

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
3:00PM offsite
Call HCRC for details

4

5

Nutritional Counseling ⓘ
by appointment

Intuitive Collage
2:00–4:00PM
Call HCRC to RSVP

6

Mindfulness Session ⓘ
4:30PM
Virtual/Zoom Meeting
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

7

8

Tai Chi Chih
11:00AM offsite
Call HCRC for details

All Blood Cancer Support Group ⓘ
1:00–2:00PM Hybrid
Call HCRC to RSVP

9

Nutritional Counseling ⓘ
by appointment

10

13

Energy Balancing Session
11:00AM–1:00PM onsite
Call HCRC to RSVP

14

Breast Cancer Support Group ⓘ
5:45PM Virtual/Zoom
Call HCRC to RSVP

15

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Qigong
3:00PM offsite
Call HCRC for details

Thriving with Advanced Cancer ⓘ
5:15PM Virtual/Zoom
Call HCRC to RSVP

16

Restorative Yoga
4:00PM onsite
Call HCRC to RSVP

Nutritional Counseling ⓘ
by appointment

17

Nutritional Counseling ⓘ
by appointment

20

Acupuncture
2:30PM onsite
Call HCRC to RSVP

Prostate Cancer Support Group
6:30PM onsite
Call HCRC to RSVP

21

22

Tai Chi Chih
11:00AM offsite
Call HCRC for details

Cancer Patient Support Group ⓘ
1:00PM Virtual/Zoom
Call HCRC to RSVP


23

24

Nutritional Counseling ⓘ
by appointment

27

Office Closed



28

Breast Cancer Support Group ⓘ
5:45PM Virtual/Zoom
Call HCRC to RSVP

29

Tai Chi Chih
11:00AM offsite
Call HCRC for details

The Power of Pausing: Mindfulness Practices
5:30PM in person
Call HCRC to RSVP

30

Nutritional Counseling ⓘ
by appointment

31

Nutritional Counseling ⓘ
by appointment


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FRIDAY


Mindfulness Session  3
 4:30PM
 Virtual/Zoom Meeting
 Call HCRC to RSVP


Nutritional Counseling  4
 by appointment


Tai Chi Chih 5
 11:00AM offsite
 Call HCRC for details
Qigong
 3:00PM offsite
 Call HCRC for details


Nutritional Counseling  6
 by appointment

Nutritional Counseling  7
 by appointment


Energy Balancing Session  10
 11:00AM–1:00PM onsite
 Call HCRC to RSVP

Breast Cancer Support Group  11
 5:45PM Virtual/Zoom
 Call HCRC to RSVP

Tai Chi Chih 12
 11:00AM offsite
All Blood Cancer Support Group 
 1:00–2:00PM Hybrid
 Call HCRC to RSVP

Nutritional Counseling  13
 by appointment


Survivorship Panel
 5:30PM in person
 Call HCRC to RSVP

Intuitive Collage 14
 2:00–4:00PM
 Call HCRC to RSVP
Nutritional Counseling 
 by appointment


Acupuncture 17
 2:30PM onsite
 Call HCRC to RSVP
Prostate Cancer Support Group
 6:30PM onsite
 Call HCRC to RSVP


18


Tai Chi Chih 19
 11:00AM offsite
 Call HCRC for details
Qigong
 3:00PM offsite
 Call HCRC for details
Thriving with Advanced Cancer 
 5:15PM Virtual/Zoom
 Call HCRC to RSVP


Restorative Yoga 20
 4:00PM onsite
 Call HCRC to RSVP
Nutritional Counseling 
 by appointment


21

Energy Balancing Session  24
 11:00AM
 Virtual/Zoom Meeting
 Call HCRC to RSVP

Breast Cancer Support Group  25
 5:45PM Virtual/Zoom
 Call HCRC to RSVP

Tai Chi Chih 26
 11:00AM offsite
 Call HCRC for details
Cancer Patient Support Group 
 1:00PM Virtual/Zoom
 Call HCRC to RSVP

Nutritional Counseling  27
 by appointment

Intuitive Collage 28
 2:00–4:00PM
 Call HCRC to RSVP
Nutritional Counseling 
 by appointment

Key



Phone appointment



Zoom/Virtual Meeting

BLUE

Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Mindfulness, Qigong, Yoga

GREEN

Education

ORANGE

Support Group

Questions?

Please contact us:

Telephone:

805.542.5234

Email: HCRC@

dignityhealth.org

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Locations

- **SAN LUIS OBISPO (SLO)**
Hearst Cancer Resource Center (HCRC)
1941 Johnson Avenue, Suite 201
- **SANTA MARIA (SM)**
Mission Hope Cancer Center (MHCC)
1325 East Church Street
Marian Health & Wellness Center
1207 East Main Street
- **ARROYO GRANDE (AG)**
Mission Hope Cancer Center
850 Fair Oaks Avenue
- **PASO ROBLES (PR)**
Oak Park 3 Community Room
3120 Pine Street
- **VIRTUAL/ZOOM SESSION**
Call for phone consultation
- **COMMUNITY PARTNER OFFERING**
- **EN ESPAÑOL**

GETTING STARTED

Patient Orientation

Get to know us and the services we provide so we can better support your journey. Please call our office to get oriented with our services prior to attending support groups or classes.

- **HCRC, SLO**
By appointment:
805.542.6234 English
805.786.6130 Español
- **MHCC, SM**
By appointment: English/Español
805.219.HOPE (4673)
- **MHCC, AG**
By appointment: English/Español
805.474.5303

SUPPORT GROUPS

All Blood Cancer Support Group

Helping individuals and families cope with diagnosis and treatment of Leukemia, Lymphoma, Myeloma and Myelodysplastic syndrome (MDS).

- **HCRC, SLO (Zoom available)**
Wednesday, May 8; 1:00PM
- **HCRC, SLO (Zoom available)**
Wednesday, June 12; 1:00PM
Call 805.542.6234 to RSVP

Breast Cancer Support Groups

Support groups focusing on breast cancer, the journey and sharing valuable information and resources.

- **HCRC, SLO (Zoom)**
2nd and 4th Tuesdays; 5:45PM
Call 805.542.6234 to RSVP
- **MHCC, SM (Zoom)**
1st and 3rd Tuesdays; 4:00PM
Call 805.474.5302 to RSVP

Breast Cancer Support Group for Young Women

This group addresses the unique challenges young women face as we gather to learn and share in some lighthearted fun together.

- **MHCC, SM**
Monday, June 24
Call 805.219.HOPE to register

Cancer Patient Support Group

For newly-diagnosed patients or recently out of treatment to encourage a sense of family with those in a similar place in their care.

- **HCRC, SLO (Zoom)**
4th Wednesday 1:00PM
Call 805.542.6234 for link

Family Caregiver Support

Support for the special needs of caregivers and people taking care of a loved one with cancer.

- **HCRC, SLO**
Call 805.542.6234 for support

Pediatric Oncology Patient and Family Support

Support in English and Spanish for children, teens and parents.

- **HCRC, SLO**
805.542.6234 English
805.786.6130 Español
- **MHCC, SM (Zoom)**
805.219.HOPE (4673)

Prostate Cancer Support Group

Information, encouragement and support for patients and survivors.

- **HCRC, SLO**
3rd Monday; 6:30PM
Call 805.542.6234 to RSVP

Support for People with Oral, Head, and Neck Cancer (SPOHNC)

SPOHNC offers encouragement and support for the challenges of oral, head and neck cancer. Meetings include helpful suggestions and up-to-date information by qualified professionals as well as time to brainstorm with patients who have successfully coped with issues specific to these cancers.

- **MHCC, AG (Zoom available)**
Tuesday, June 18; 3:30PM
Guest Speaker:
Ruth Farrell, MPH, RDN
Topic: Maintaining Nutrition with Head and Neck Cancer
Call 805.219.HOPE to register

Thriving with Advanced Cancer Support Group

This group is designed to create a safe haven for patients to find comfort and support in navigating an advanced cancer diagnosis. The specific needs and concerns of patients with advanced, metastatic or recurrent cancer are addressed.

- **HCRC, SLO (Zoom)**
3rd Wednesday; 5:15PM
Call 805.542.6234 to RSVP

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

EDUCATIONAL LECTURES

— MAY —

The Power of Pausing

with *Laura Liss, MA, MSW*

Learn more about the mindfulness practices that have benefited many in coping with the ever-changing landscape of life.

- **HCRC, SLO (onsite)**

Wednesday, May 29; 5:30PM

Wacker Family Auditorium
(Copeland Health Education Pavilion
at French Hospital/Third floor)

Call 805.542.6234 to register

— JUNE —

Celebrating Cancer Survivorship

Guest panel: *Robert Johnson, MD,*
Lindsey Levenson, LMFT and Holly
Taylor, RN

Our panel will share the wisdom accrued from years of surviving and/or treating cancer patients as well as the latest information in cancer survivorship medical care, mental health and personal stories.

- **HCRC, SLO (onsite)**

Thursday, June 13; 5:30PM

Wacker Family Auditorium
(Copeland Health Education Pavilion
at French Hospital/Third floor)

Call 805.542.6234 to register

SELF-HELP PROGRAMS

Acupuncture Class

Acupuncture is a popular treatment for health complaints, including anxiety, pain and insomnia.

- **HCRC, SLO**

3rd Monday; 2:30PM

Held in person, seating is limited.

Call 805.542.6234 to register

WIGS ACCEPTED

If you have a wig to donate,
please call **805.542.6234**.

Wigs will be professionally cleaned.

Aquatic Therapy Class

Benefits include increased joint flexibility and range of motion while decreasing pain and swelling.

- **Allan Hancock College, SM**

Selected Fridays: May 3, 10

RSVP and assessment required;

please call John Malinowski

at 805.346.3413 (SM) or

805.474.5334 (AG)

Art Therapy

Art workshops employing a variety of techniques to help boost creative expression. Classes offered during May and June include: Watercolor Card Painting and Neurographic Art. Materials are provided. Please call for class details.

- **MHCC, SM/AG**

Held in-person, seating is limited.

SM: Call 805.219.HOPE

AG: Call 805.474.5303

Barre Class

Combining classic ballet dance movement with yoga and Pilates, Barre exercise is low impact and suitable for all ages and abilities.

- **MHCC, AG**

Every Thursday

Reservation and assessment

required; call 805.474.5334

Beauty and You

Schedule an appointment in our center to regain a renewed sense of self, strength and confidence. Learn skin care tips, how to wear hats and wigs and the art of applying make-up.

- **HCRC, SLO**

Call 805.542.6234 to register

Cancer Rehabilitation

A 12-week group program including strengthening and aquatic exercise offered in both Santa Maria and Arroyo Grande.

Assessment required

SM: call 805.346.3413 to RSVP

AG: call 805.474.5334 to RSVP

Cancer Well-Fit

A supervised 10-week exercise program for first year survivors and those within two years post treatment. Physician medical release required.

- **Avila Bay Athletic Club & Spa**

Call 805.595.7600 x122

- **Paso Robles Sports Club**

Call Kathy at 805.610.6486

Counseling

Patient, family and caregiver counseling offered by Cancer Support Community—CA Central Coast.

- Call 805.238.4411

Energy Balancing

Certified practitioners help promote relaxation, decrease stress and enhance well-being.

- **HCRC, SLO (onsite by appt.)**

2nd Monday; 11:00AM–1:00PM

- **HCRC, SLO (Zoom)**

4th Monday; 11:00AM

Call 805.542.6234 to RSVP

Fight Against Falls Exercise Class

Learn to reduce the risk of falls and how to condition your muscles to battle muscle fatigue.

- **MHCC, AG**

Every Thursday

Reservation and assessment

required, please call 805.474.5334

Gentle Stretching

In this class we perform static stretching, meaning we gently move our body through a range of motion that causes a slight pull on the intended muscle group we are targeting resulting in a greater range of motion without pain.

- **MHCC, AG**

Most Thursdays

Reservation and assessment

required, please call 805.474.5334

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the basics of golf.

● **Monarch Dunes, Nipomo**

May 8, 22 & June 12, 26

Call 805.346.3413 for details

Intuitive Collage

Explore ideas using colorful pictures, meaningful words and phrases that appeal to you in a personal way.

● **HCRC, SLO**

Select Fridays; 2:00PM

Call 805.542.6234 to register

Lymphedema Evaluation

● **HCRC, SLO**

Call Jamie Cinotto, DPT,
CWS, CLT-LANA, ONC, for an
evaluation: 805.782.9300

Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors and those battling chronic conditions.

● **MHCC, AG**

Every Monday

Reservation and assessment
required; call 805.474.5334

Mindfulness

Experience the healing energy and calmness a gentle guided mindfulness session can bring.

● **HCRC, SLO (Zoom)**

1st Monday; 4:30PM

Call 805.542.6234 to RSVP

Nutrition and Exercise Support

An exciting class which combines delicious recipes and nutrition advice with practical exercise tips.

● **MHCC, SM**

Tuesday, May 14; 2:00PM

Skin Cancer Awareness

Tuesday, June 11; 2:00PM

Cancer Survivorship

Reservations required:
805.219.HOPE (4673)

Nutritional Counseling

One-on-one phone or in-person consultation with a Registered Dietitian. Appointment required.

● **HCRC, SLO** call 805.542.6234

● **MHCC, SM & AG**

SM: call 805.346.3413

AG: call 805.474.5334

Pelvic Floor Strengthening Class for Prostate Cancer Survivors

There are ways to manage the side effects of prostate cancer and strengthen your pelvic floor. This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

● **Marian Health & Wellness, SM**

Selected Fridays

Call 805.346.3413 to RSVP

Pilates with Hailey Farrar (New!)

Therapeutic exercise program for cancer survivors and those battling chronic conditions.

● **MHCC, AG**

1st and 3rd Mondays

Reservation and assessment
required; call 805.474.5334

Qigong

Involves flowing movements coordinated with deep-breathing to increase energy, improve health, balance, flexibility and stamina.

In-person and outside

● **HCRC, SLO (hosted offsite)**

1st and 3rd Wednesdays; 3:00PM

Call 805.542.6234 to RSVP

T'ai Chi Chih

This exercise uses slow, rhythmic movements which helps to promote circulation and stimulate the lymphatic system, as well as improve energy, balance and flexibility.

In-person and outside

● **HCRC, SLO (hosted offsite)**

Every Wednesday; 11:00AM

Call 805.542.6234 to RSVP

TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

● **MHCC, AG**

Every Thursday

Assessment required

Call 805.474.5334 to RSVP

Yoga (Restorative) *In-person*

Gentle yoga classes feature slower paced movements focusing on strength, balance, and flexibility. Please bring a yoga mat.

● **HCRC, SLO**

3rd Thursday; 4:00PM

Call 805.542.6234 to RSVP

● **MHCC, AG**

Every Monday

Reservation and assessment

required, please call 805.474.5334

SPANISH • ESPAÑOL

Clases de Arte

En cada clase aprenderemos una nueva actividad para crecer nuestras habilidades artísticas y darnos ánimo.

● **MHCC, SM**

10:00AM–12:00PM

20 de Mayo: *Manualidad de Flores*

24 de Junio: *Manualidad del Mar*

Favor de llamar a 805.219.HOPE
(4673) para registrarse

Grupo de Apoyo de Cáncer

Llame a Eloisa at 805.786.6130

Viviendo con Cáncer

Acompáñanos para conectarse con otras personas que viven con cáncer y hablar de temas de cómo combatir la enfermedad.

● **MHCC, SM**

Jueves seleccionados; 4:00PM

9 de Mayo: *Celebración del
Día de las Madres*

13 de Junio: *Platica con
Sirena Sechslingloff, PA-C*

Por favor llame para reservar
805.219.HOPE (4673)

Turn to us for answers

HEARST CANCER RESOURCE CENTER

1941 Johnson Avenue, Suite 201
San Luis Obispo, CA 93401
805.542.6234
Monday–Friday
9AM–4:30PM
dignityhealth.org/hcrc
Please call for an appointment

Thomas Spillane, MD
Medical Director

Shannon D’Acquisto
Director, Cancer Survivor
HCRC@dignityhealth.org

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator

Ashley Hahn, MSW, LCSW
Social Worker

Eloisa Medina
Patient Navigator
805.786.6130—en español

Angela Fissell, RD
Registered Dietitian

Ramie Castilleja
Program Coordinator

Lisa Steinbeck
Cancer Registrar

IMAGING CENTERS

FHMC San Luis Diagnostic Center
1100 Monterey Street, #210
San Luis Obispo, CA 93401
805.542.9700

FHMC Women’s Health and
Imaging Center
1941 Johnson Ave., Suite 104
San Luis Obispo, CA 93401
805.597.6700

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.543.5577

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*

Gorgun Akpek, MD, MHS
Robin DiBiase, NP, OCN
Daniel Lewis, MD
James Malone III, MD
Lin Soe, MD
Tim Soucek, PA

SLO INFUSION CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.786.6140
Nurse Line: 805.786.6144

Susan Diaz, RN, OCN
Director

DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center
1325 East Church Street, Suite 102
Santa Maria, CA 93454
805.219.HOPE (4673)

850 Fair Oaks Avenue
Arroyo Grande, CA 93420
805.474.5300

Kathleen Sullivan, PhD, RN
*Vice President, Post Acute Care and
Health Services Operations*

ADDITIONAL SERVICES

Dignity Health Home Health
& Hospice
800.549.9609

Palliative Care
805.739.3950

COASTAL CANCER PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

17 Strong
seventeenstrong.org

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

Central Coast Dragon Boat Association—Central Coast SurviveOars
ccdba.org

DreamMakers SLO
dreammakersslo.com

Hats for Hope
hatsforhope.com

Jack’s Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

SabesWings
SabesWings.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org

Hearst Cancer Resource Center

Mailing address:
1911 Johnson Avenue,
San Luis Obispo, CA 93401

Street address:
1941 Johnson Avenue, Suite 201,
San Luis Obispo, CA 93401

HCRC Advisory Committee

French Hospital Medical Center

Patrick Caster—PRESIDENT AND CEO

Julia Fogelson, MSN, RN—CNE

Tessa Espinoza—CPO

Thomas Vendegna, MD—CMO

Committee Members

Sandy Dunn—CHAIR

Gayle Cekada, MD

Edwin Hayashi, MD

Jack Hearst

Stephen Hearst

Stephen Hilty, MD

Robert Johnson, MD

Noreen Martin

Susan Minker, MD

Don Oberhelman

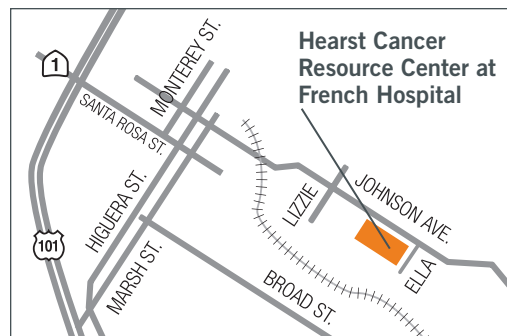
Colleen Russell, DPT

Thomas Spillane, MD

Jackie Starr

Christine Williams

Hearst Cancer Resource Center



Hearst Cancer Resource Center

Commission on Cancer Community Cancer Program

1911 Johnson Avenue
San Luis Obispo, CA, 93401
805.542.6234



A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS

