

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

Breast Cancer Support Group ☞
5:45PM
Virtual/Zoom Meeting

3

Tai Chi Chih
11:00AM
Call HCRC for details

Guided Meditation ☞
5:00PM
Virtual/Zoom Meeting

Qigong Class
3:00PM
Call HCRC for details

4

Nutritional Counseling ♥
by phone appointment

Caregiver Support Group
3:30PM
Call HCRC for details

Living with Cancer ☞
6:00PM
Virtual/Zoom Meeting

5

HCRC is temporarily closed to walk-ins. but available by appointment

8

Energy Balancing Session ☞
11:00AM–12:00PM
Virtual/Zoom Meeting

Restorative Yoga ☞
5:00PM
Virtual/Zoom Meeting

9

Spanish Support Group ☞
5:30PM
Virtual/Zoom Meeting

Courage for the Caregiver Education
5:30PM

10

Tai Chi Chih
11:00AM
Call HCRC for details

All Blood Cancer Support Group ☞
1:00–2:00PM
Virtual/Zoom Meeting

Qigong Class
3:00PM
Call HCRC for details

11

Nutritional Counseling ♥
by phone appointment

Intuitive Collage
2:00–4:00PM
Call Kathleen at 805.440.8834

12

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15

16

Pilates ☞
9:30AM
Virtual/Zoom Meeting

Breast Cancer Support Group ☞
5:45PM
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17

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25

Holiday HCRC Closed
Happy Thanksgiving

26

Holiday HCRC Closed



29

30

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Virtual/Zoom Meeting

Holiday Wellness and Self-Care Education
12:00PM

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by phone appointment

HCRC is temporarily closed to walk-ins. but available by appointment

Hearst Cancer Resource Center is closed for the Holidays.

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Please call Hearst Cancer Resource Center for more information or to get started with our programs: 805.542.6234 or email: HCRC@dignityhealth.org

Key

☞ - Phone appointment

☞ - Zoom/Virtual

BLUE-Wellness, Qigong, Tai Chi, Pilates, Nutrition

GREEN-Education

ORANGE-Support Group

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Locations


- **SAN LUIS OBISPO (SLO)**
Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
- **SANTA MARIA (SM)**
Mission Hope Cancer Center
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 support your journey.

- **Hearst Cancer Resource Center, SLO—by phone**
Call for details:
805.542.6234 English
805.786.6130 Español
- **Mission Hope Cancer Center, SM**
By appointment;
805.346.3402 English
805.346.3406 Español
- **Mission Hope Cancer Center, AG**
By appointment; 805.474.5303

 **FOLLOW US**
facebook.com/HearstCancer
ResourceCenterSanLuisObispo

SUPPORT GROUPS

All Blood Cancer Support Group (Leukemia, Lymphoma, Myeloma and MDS)

Helping individuals and families cope with diagnosis and treatment.

- **Virtual/Zoom Session, SLO**
2nd Wednesday; 1PM
Call 805.542.6234 for details

Apoyo y Educación para Personas con Cáncer (Spanish Support Group)
Usted no está sola(o) en la lucha contra el cáncer. Si usted o alguien de su familia sufre de cáncer, acompañenos para discutir temas de como combatir y sobrevivir la enfermedad.

- **Virtual/Zoom Session, SLO**
El Segundo martes de cada mes; 5:30PM
Llame e Eloisa al 805.786.6130
- **Mission Hope Cancer Center, SM**
November 16 & December 14; 9AM
Llame e Hector al 805.346.3406
En Español

Breast Cancer Support Group

A support group focusing on breast cancer, the journey and sharing valuable information and resources.

- **Virtual/Zoom Session, SLO**
1st and 3rd Tuesday; 5:45PM
Call 805.542.6234 for details
- **Virtual/Zoom Session, SM & AG**
1st Tuesday; 4PM
Call 805.346.3402 for details
- **Mission Hope Cancer Center, SM**
November 16, December 21; 4PM
Held onsite, class seating is limited.
Call 805.346.3402 to register.

Metastatic Breast Cancer Support Group

- **Virtual/Zoom Session, SM & AG**
1st Wednesday; 10AM
Call 805.346.3402 for details
- **Mission Hope Cancer Center, SM**
November 17, December 15; 10AM
Held onsite, class seating is limited.
Call 805.346.3402 to register.

Caregiver Support Group

A forum for people to get together with those who understand their concerns, share helpful strategies and lend support.

- **Hearst Cancer Resource Center, SLO**
Alternating between in-person & Zoom
1st and 3rd Thursday; 3:30PM
Call 805.542.6234 for details
- **Mission Hope Cancer Center, SM**
November 10; 1PM
Call 805.219.HOPE for details
- **Mission Hope Cancer Center, AG**
December 15; 1PM
Call 805.219.HOPE for details

Grupo de Apoyo Para Hombres con Cancer

Tome la oportunidad e intercambiar informacion relacionada con todos los tipos de cancer, y asi como el cuidado de su salud.

- **Mission Hope Cancer Center, SM**
1st Tuesday; 9AM
Call 805.219.HOPE to RSVP
Llame e Hector al 805.346.3406
en Español

Living with Cancer Support Group

Support group for patients newly diagnosed or recently out of treatment.

- **Virtual/Zoom Session, SLO**
1st and 3rd Thursday; 6PM
Call 805.542.6234 for details
- **Mission Hope Cancer Center, AG**
Call 805.474.5303 for details
- **Mission Hope Cancer Center, SM**
Call 805.346.3402 for details

Men's Cancer Discussion Group

Many men find that sharing their experiences with fellow patients who can empathize along with the guidance of an experienced professional helps them manage their stress and figure out solutions to problems.

- **Mission Hope Cancer Center, SM**
November 19, December 17; 8AM
Call 805.219.HOPE for details

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Navigating Grief During the Holidays

With the loss of a loved one, the holiday season may no longer hold appeal. Many find it challenging to face the festivities in new circumstances. We are here to help. You are welcome to join us for one of the free informal discussions.

- **Mission Hope Cancer Center, SM**

November 17; 5PM

Call 805.219.HOPE to register

- **Mission Hope Cancer Center, AG**

November 15; 3PM

Call 805.219.HOPE to register

Pediatric Oncology Patients & Families

Virtual support groups are available in English and Spanish for children, teens and parents.

- **Virtual/Zoom Session, SM**

Call for details:

805.219.HOPE English

805.346.3406 Español

Prostate Cancer Support Group

Information, support and encouragement for newly-diagnosed patients and survivors.

- **Postponed until in-person is safe, SLO**

Call 805.542.6234 for details

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

Information, support and encouragement to newly-diagnosed patients and survivors.

- **Virtual/Zoom Session, SM & AG**

December 14; 3:30PM

Call 805.219.HOPE to register

Young Survivor Support Group

For the challenges unique to patients, ages 25-50ish, stages 1-3. Come together for information, support and encouragement for newly-diagnosed patients and survivors.

- **Hearst Cancer Resource Center, SLO**

4th Thursday; 6PM

Will return in January

Call 805.542.6234 for details

EDUCATIONAL LECTURES

— NOVEMBER —

Courage for the Caregiver

Caregiving takes courage. Join us for a candid conversation about self care tips and resources for the caregiver. Question-and-answer session included with Flora Washburn.

- **Virtual/Zoom Session, SLO**

Tuesday, November 9; 5:30PM

805.542.6234 or

HCRC@dignityhealth.org to register

— DECEMBER —

Holiday Wellness and Self Care

Learn important mental health and tips for navigating the holidays, through a cancer diagnosis, treatment and beyond. Question and answer session included with HCRC social worker, Lauren Jermstad.

- **Virtual/Zoom Session, SLO**

Tuesday, December 7; 12PM

Contact 805.542.6234 or

HCRC@dignityhealth.org for details

Spanish HICAP Free Community Forum

Cada año, los afiliados al plan de Medicare pueden reevaluar su cobertura y realizar cambios durante un período de tiempo específico.

- **Mission Hope Cancer Center, SM**

November 3; 2:30PM

Llame e Hector al 805.346.3406

En Español

SELF-HELP PROGRAMS

Art Therapy

Art workshops using varied art materials and techniques to help boost creative expressions.

- **Mission Hope Cancer Center, SM & AG**

November 9 & December 3, 8

Held in-person, seating is limited. Reservations required.

Call 805.219.HOPE for details.

Auricular Acupuncture

- **Mission Hope Cancer Center, SM & AG**

1st Monday

SM call 805.219.HOPE to RSVP

AG call 805.474.5334 to RSVP

Cancer Rehabilitation

A 12-week program which includes group strengthening and aquatic exercise.

- **Now offered in both Santa Maria and Arroyo Grande.**

Call 805.346.3413 for details

Cancer Well-Fit

A 10-week supervised exercise program for first year survivors. Physician medical release required.

- **Avila Bay Athletic Club & Spa**

Call 805.595.7600 x 122

- **Paso Robles Sports Club**

Call 805.610.6486 to register

Capacitar

Some of the practices Capacitar teaches are acupressure, breath work, tai chi, emotional freedom technique, hand mudras and much more. These practices can boost your immune system, transform feelings of anxiety and fear and help you manage times of panic or stress.

- **Virtual/Zoom Session, SM & AG**

2nd Wednesday; 3PM

Call 805.219.HOPE to RSVP

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Circuit Training

Circuit Training is a form of exercise that involves both aerobic and anaerobic exercises done in a circuit. A fitness assessment and medical release is required for this class.

Call 805.346.3413 for details

Counseling

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

● Call 805.238.4411 for details

Energy Balancing

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

● **Virtual/Zoom Session, SLO**

2nd and 4th Monday; 11AM

Call 805.542.6234 for details

Fight Against Falls Class

This class will provide you with knowledge to reduce risk of falls and conditioning your muscles to battle muscle fatigue. A fitness assessment is required before attending.

● **Mission Hope Cancer Center, AG**
Every Thursday

Call 805.474.5334 for details

● **Marian Health & Wellness Center, SM**

Every Friday

Call 805.346.3413 for details

Guided Meditation

Join us for a gentle guided meditation session.

● **Virtual/Zoom Session, SLO**

1st Wednesday; 5PM

Call 805.542.6234 for details

HEAL: Healthy Eating and Activity for Living

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines delicious recipes and nutrition advice with practical exercise tips.

● **Mission Hope Cancer Center, SM**

2nd Tuesday

Call 805.219.HOPE to RSVP

Intuitive Collage

Using colorful pictures, meaningful words and phrases that appeal to you in a personal way, you will explore ideas and dreams. Your collage will speak, inspire and motivate you in creative ways.

● **Hearst Cancer Resource Center, SLO**

2nd Thursday; 2–4PM

Call 805.542.6234 for details

Learn Golf

● **Monarch Dunes, Nipomo**

November 11

By appointment; 805.346.3413

Lymphedema Evaluation

● **Hearst Cancer Resource Center, SLO**

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

Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors. RSVP and fitness assessment required.

● **Marian Health & Wellness Center, SM & AG**

SM call 805.346.3413 for details

AG call 805.474.5334 for details

Nutritional Counseling

One-on-one phone consultation with a Registered Dietitian.

● **Hearst Cancer Resource Center, SLO**

By appointment; 805.542.6234

● **Mission Hope Cancer Center, SM & AG**

By appointment; 805.346.3403

Pelvic Floor Strengthening Class For Prostate Cancer Survivors

Join us to learn about exercises that could help strengthen your pelvic floor after prostate cancer.

● **Marian Health & Wellness Center, SM**

2nd Friday

Call 805.346.3413 for details

Pilates Class

Develop strength and flexibility with exercise geared towards the recovery from a cancer diagnosis.

● **Virtual/Zoom Session, SLO**

3rd Tuesday; 9:30AM

● **Mission Hope Cancer Center, AG**
Every Thursday

Assessment required.

By appointment; 805.474.5334

Qigong Class

Involves repetitive, flowing movements coordinated with deep-breathing which increase energy and improves health, balance, flexibility and stamina.

● **Hearst Cancer Resource Center, SLO**

Wednesdays; 3:30 PM

Call 805.542.6234 for details

Tai Chi Chih

Increase energy and improve health, balance, flexibility and stamina.

● **Hearst Cancer Resource Center, SLO**

Wednesdays; 11AM

Call 805.542.6234 for details

TRX

The benefits of TRX are innumerable from getting stronger, having better balance, to increased stamina. RSVP and fitness assessment is required.

● **Mission Hope Cancer Center, AG**

Every Thursday

Call 805.474.5334 for details

Yoga

This gentle yoga class incorporates simple flowing sequences. RSVP is required.

● **Virtual/Zoom Session, SLO**

November 8–December 6; 5PM

Call 805.542.6234 for details

● **Mission Hope Cancer Center, AG**

November 4 & December 2, 9, 16

Call 805.474.5334 for details

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
HCRC is temporarily closed to walk-ins.
Please call for assistance.

Thomas Spillane, MD
Medical Director

Shannon D'Acquisto
Director, Cancer Survivor
Shannon.DAcquisto@dignityhealth.org

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator
Julie.Neiggemann@dignityhealth.org

Lauren Jermstad, MSW, LCSW
Social Worker

Eloisa Medina
Lay Patient Navigator
805.786.6130—en español
Eloisa.Medina@dignityhealth.org

Angela Fissel, RD
Registered Dietician

DIGNITY CANCER CARE CENTRAL COAST

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

850 Fair Oaks Avenue
Arroyo Grande, CA 93420
805.474.5300

Katherine Guthrie
*Senior Regional Director,
Cancer Services*
CENTRAL COAST SERVICE AREA
805.346.3434
Katherine.Guthrie@dignityhealth.org

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

SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road
San Luis Obispo, CA 93401
Direct: 805.543.5577
Infusion Center Front Desk:
805.786.6140

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*
Gorgun Akpek, MD, MHS
Diane De Vos Schmidt, FNP-C
Robin DiBiase, NP, OCN
James Malone III, MD
Tim Souchek, PA
David Harrison, MD

IMAGING CENTERS

FHMC San Luis Diagnostic Center
1100 Monterey St #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 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

Viridiana Ruiz
Oncology Counselor

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

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.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**

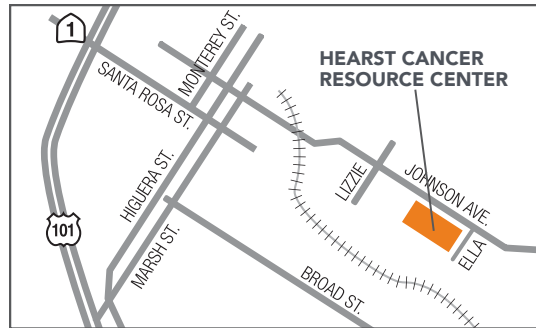
French Hospital Medical Center

- Alan Iftiniuk**—PRESIDENT AND CEO
- Julia Fogelson, MSN, RN**—COO, CNE
- Debby Nicklas**—VP PHILANTHROPY
- Thomas Vendegna, MD**—CMO

Board Members

- Sandy Dunn**
- Stephen Hearst**
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- Stephen Holtzman, MD**
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- Susan Minker, MD**
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- 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

