

# cancer care



Dignity Health.  
French Hospital Medical Center

Hearst Cancer Resource Center

Hearst Cancer Resource Center

## *About Cancer Care*

*Hearst Cancer Resource Center at French Hospital Medical Center provides comprehensive support services for all cancer patients in our community at no charge, and appreciates the generosity of our donors who make it all possible.*

## A Journey I Never Wanted

*Written by: Carol Walker*

Like many cancer patients, my journey began after a colonoscopy, with a follow up visit on August 7, 2024, with my Gastroenterologist, Dr. Mundorf. He began by saying he removed two polyps, one was benign BUT the other was cancerous. My world got very dark instantly and then he said I needed surgery as soon as possible. Two days later, I met Dr. Howard Hayashi and eleven days after that I was having surgery to remove my appendix and a section of the colon. I was terrified; I had never had a major surgery. However, I feel that Dr. Hayashi was responsible for saving my life. HCRC director Julie Neiggmann visited me in the hospital and gave me information regarding the Hearst Cancer Resource Center. I knew nothing about it so I was impressed with all the support they offered to cancer patients.

Six weeks after surgery I met with Dr. Tom Spillane who explained the chemotherapy going forward. The cancer had not metastasized but there were four lymph nodes involved so I needed six months of infusions along with daily pills. He called it “mopping up” any leftover cells. It was not fun. Once completed, Dr. Spillane is monitoring

me with a Signatera DNA blood test every three months and so far, so good.

As part of my recovery, I participate in the HCRC online cancer support group, have tried acupuncture, met with the dietitian, and was encouraged to join the Cancer Well Fit program. This is a ten week exercise course, meeting three times a week, at the Avila Fitness Club. Once chemotherapy was completed, Dr. Spillane gave me the OK to join this program. I cannot recommend it highly enough as the benefits to me were exactly what I needed. I made new friends, did things I had never done before and most important was regaining strength and gaining hope and a positive attitude. Learning qigong has been especially rewarding. Thank you, Hearst Cancer Resource Center, for your kind, caring staff and ALL your support.



# Colorectal Cancer Updates



PRESENTED BY (Left to Right):

**Edwin Hayashi, MD**  
General Surgery

**Jeffrey Mundorf, MD**  
Gastroenterology

**Paul Guzik, DO**  
Gastroenterology

Did you know that colorectal cancer (CRC) is the fourth most common cancer diagnosis in the U.S. and the second most common cause of cancer deaths for men and women combined? The number of CRC cases diagnosed in young people under the age of 50 is also on the rise. However, there are lifestyle and health screening behaviors that can lower your risk.

Our panel of professionals will discuss prevention strategies and provide updated information about colorectal cancer at this community education presentation.

**WHEN: Monday, April 20, 2026 • 5:30 p.m.**

**WHERE:** Wacker Family Auditorium, Copeland Health Education Pavilion  
at French Hospital/Third floor  
1911 Johnson Avenue, San Luis Obispo

To register, contact: [HCRC@commonspirit.org](mailto:HCRC@commonspirit.org) or call **805.542.6234**



## CLIP THIS RECIPE

*Spring produce offers a delicious variety of vegetables to include in pasta dishes. Using a whole grain pasta will add a richer taste and chewier texture than regular pasta.*

## Spring Pasta Salad

### INGREDIENTS:

- |  |                          |
|--|--------------------------|
| 1 lb. whole wheat pasta<br>spaghetti or linguine                               | 1/4 cup chopped parsley  |
| 1 lb. asparagus  | Zest 1 lemon             |
| 1 lb. yellow (summer) squash<br>(use zucchini if yellow squash is unavailable) | 1/2 cup Pine nuts        |
| 3 cloves of garlic   | 1/2 cup Parmesan cheese  |
|  | 4 tbsp. Olive oil        |
|  | Salt and Pepper to taste |

### INSTRUCTIONS:

- 1 Cook whole grain pasta according to directions on the package. Set aside.
- 2 Cut asparagus into two inch sections and slice yellow squash into strips lengthwise.
- 3 Set on a baking sheet and drizzle with 3 tbsp. olive oil, salt and pepper.
- 4 Bake at 375 degrees for 20 minutes until vegetables are tender.
- 5 In a large saucepan cook garlic with 1 tbsp. of olive oil for three minutes (without browning). Add lemon zest, parsley and pine nuts to heat through, 2-3 minutes.
- 6 Toss cooked pasta and roasted vegetables in the saucepan.
- 7 Add salt and pepper to taste. Dust with parmesan cheese once served and enjoy.

**Makes 4-6 servings.** Recipe is adopted from [preventcancer.org](http://preventcancer.org)

# Combating 'Chemo Brain'



By: Ashley Hahn, LCSW, Social Worker

A commonly reported side effect of cancer and its treatment is often referred to as 'chemo brain' and approximately 75% of cancer survivors experience it. The symptoms vary from person to person but often include forgetfulness, impaired concentration, difficulty word-finding, inability to multitask, and short term memory loss. Medical providers refer to this as cancer-related cognitive impairment and diagnosis is based on patients' self report of their symptoms. Fortunately, most cancer survivors report relief from 'chemo brain' within 6-12 months after completing treatments.

There are many potential causes of chemo brain including chemotherapy, radiation, hormone therapy or other medications. It may be difficult to know the exact cause of the 'chemo brain' because many factors can contribute to cognitive changes including anxiety, depression, difficulty with sleep, chronic stress, poor nutrition, other medications, and fatigue. Other factors to consider are age, genetics, anemia, other illness or substance use. There is likely more than one cause of 'chemo brain' and it is important to look at the whole picture and address areas that you have control over.

Research has shown there are ways cancer patients can combat 'chemo brain' including sleep hygiene, quality nutrition, exercise, and stress management techniques (mindfulness). There are many tips to help you stay focused such as using a daily planner, keeping a journal, creating routines, setting timers, focusing on one task at a time, and tackling tasks during the time of day when you have the most energy. It may be helpful to take notes or have a loved one take notes at medical appointments. Share your concerns about 'chemo brain' with your family and friends so they can be aware and support you.

Be proactive and keep a journal of your symptoms if you suspect your 'chemo brain' is persisting. Cancer survivors who experience longer term cognitive impairments (about 30%) may need to seek support from their doctor to see what referrals might be helpful. Potential resources include neuropsychologists, speech-language pathologists and other rehabilitation specialists. There is hope for the future of treatment for 'chemo brain' which is currently being studied using medications for multiple sclerosis that help with inflammation (National Cancer Institute). If your quality of life is negatively impacted by 'chemo brain' talk to your doctor to get some help and know you are not alone.



## Sound Bath

Ready for deep relaxation and a recharge? Release stress, calm your nervous system, and find your inner peace with sound bath! Offered at no cost to those living with cancer

**Tuesdays: March 24 and April 21**  
**3:30 to 4:30 p.m.**

Please call 805.542.6234 to register

SAFE, SUPPORTIVE SPACE FOR KIDS

## Camp Kesem: Creating Fun. Building Community.

Kesem is a national nonprofit supporting children aged 6-18 affected by a parent's cancer. Founded in 2000, it has a growing network of over 4,000 student leaders across 120 college campuses.

Kesem at Cal Poly SLO offers free, year-round services to local children, including Friends and Family Days, care packages, and our flagship program, Camp Kesem—a free, week-long summer camp. Camp provides kids with a safe, supportive space to have fun, connect, and heal alongside others who understand their unique challenges. Through activities and meaningful connections, campers build resilience, form friendships, and experience joy in a nurturing environment.

Our community is inclusive and inspiring, offering children and families a sense of belonging and understanding. Many kids feel isolated in their experiences, but Camp Kesem fosters friendships and shared understanding that last far beyond the week of camp. When we allow kids the chance to escape the hardships of dealing with a parent's diagnosis, they are able to fully experience their childhood and be their best selves. Witnessing campers' growth and happiness is deeply rewarding.

Student leaders play a pivotal role, fundraising to support services, organizing camp, recruiting staff, and building relationships with families and the community. For them, Kesem is life-changing, offering a sense of purpose and connection they describe as "Kesem love and magic."

Supporting Kesem leaves a lasting impact on the children, their families, and everyone involved. If you know a family in need, want to volunteer, or wish to support us financially, contact [calpolyslo@kesem.org](mailto:calpolyslo@kesem.org) or visit [kesem.org](http://kesem.org).



**Camp Kesem at Cal Poly San Luis Obispo will host summer camp for kids:  
Sunday, July 19 to Friday, July 24, 2026  
Camp Whittier in Santa Barbara**

Please contact: [calpolyslo.outreach@kesem.org](mailto:calpolyslo.outreach@kesem.org)  
or call **909.257.7348** if you are interested  
in joining us at camp this summer!



## SLO Oncology Serves 80 Neighbors at El Camino Homeless Organization in Atascadero

On Sunday, January 4, 2026, SLO Oncology staff brought warmth and nourishment to 80 individuals by providing a hearty meal at the El Camino Homeless Organization (ECHO) in Atascadero. Guests enjoyed a delicious meal featuring rotisserie chicken, tamales, rice, salad, dinner rolls, Krispy treats, and fruit.

This heartwarming event was made possible by a dedicated team of amazing volunteers from SLO Oncology, Hearst Cancer Resource Center and ECHO: Eloisa Medina (of HCRC) Betty Arvizu, NP, and her husband Joe; Robin DiBiase, NP, and her children; Jessica Reyes (of HCRC) and her husband, Aldo Reyes; along with Bonifacio and Delia Coter and their children, who served lemonade and milk. Kenia (MA at SLO Oncology) is pictured shopping for groceries. Grecia prepared the delicious tamales for everyone to enjoy!

This effort highlights SLO Oncology's ongoing dedication to the underserved in our community. To support and learn more about these vital initiatives, please visit the ECHO website [echoshelter.org](http://echoshelter.org).



ECHO is a nonprofit organization whose mission is to empower people in SLO County to make positive change by providing food, shelter, and supportive services.



**Michelle DeStefano**  
CCH, CLC

### Spotlight on Program: Hypnosis

If you're exploring hypnosis and feeling curious or even skeptical, you're not alone! Hypnosis is not mind control and it's not something being done to you. It's a guided, focused state of attention, similar to being absorbed in a book or a movie, where your mind becomes more receptive to helpful suggestions that you choose. During hypnosis you are always awake, aware and in control. You can speak, move, stop, or shift your attention at any time. Many people living with cancer use hypnosis as a supportive tool to help manage stress, anxiety discomfort, sleep challenges and the emotional baggage that can come with treatment and uncertainty. Hypnosis does not replace medical care. It works alongside your treatment team, supporting your nervous system and your sense of inner calm and resilience. You don't have to believe in hypnosis for it to be helpful. You simply need to be open to relaxing and following gentle guidance. If you're looking for a safe, empowering and evidence supported way to support your wellbeing, hypnosis may be worth exploring, at your own pace and on your own terms. Join us for hypnosis!

*Hypnosis is a guided, focused state of attention, similar to being absorbed in a book or a movie.*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

**Appearance Center Walk-in Hours**  
10:30AM–1:00PM

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

**Qigong**  
3:00PM offsite

5

**Nutritional Counseling** ☎  
by appointment

6

**Nutritional Counseling** ☎  
by appointment

9

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

**Nutritional Counseling** ☎  
by appointment

10

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

11

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

**All Blood Cancer Support Group** 💻  
1:00–2:00PM  
In Person/Hybrid  
*Call HCRC to RSVP*

12

**Hypnosis Session**  
3:00–4:00PM  
Onsite  
*Call HCRC to RSVP*

**Nutritional Counseling** ☎  
by appointment

13

**Nutritional Counseling** ☎  
by appointment

16

**Acupuncture**  
2:30PM onsite  
*Call HCRC to RSVP*

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

17

**Therapeutic Massage**  
1:30–4:00PM  
Onsite by appointment  
*Call HCRC to RSVP*

18

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

**Qigong**  
3:00PM offsite

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

19

**Care-Partner Support and Discussion Group** 💻  
1:00–2:00PM  
In Person/Hybrid  
*Call HCRC to RSVP*

**Nutritional Counseling** ☎  
by appointment

20

**Appearance Center Walk-in Hours**  
10:30AM–1:00PM

23

**Energy Balancing Session** 💻  
11:00AM–12:30PM  
Virtual/Zoom Meeting  
*Call HCRC to RSVP*

**End-of-Life Doula Information Session:**  
1:00PM onsite  
*Call HCRC to RSVP*

24

**Sound Bath**  
3:30PM onsite  
*Call HCRC to RSVP*

**Breast Cancer Support Group**  
5:45PM In Person  
*Call HCRC to RSVP*

25

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

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

26

**Hypnosis Session** 💻  
7:00–8:00PM  
Virtual/Zoom  
*Call HCRC to RSVP*

**Nutritional Counseling** ☎  
by appointment

27

30

31

**Key**

☎ *Phone appointment*

💻 *Zoom/Virtual Meeting*

**BLUE** *Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Intuitive Collage, Qigong, Yoga*

**GREEN** *Education*

**ORANGE** *Support Group*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

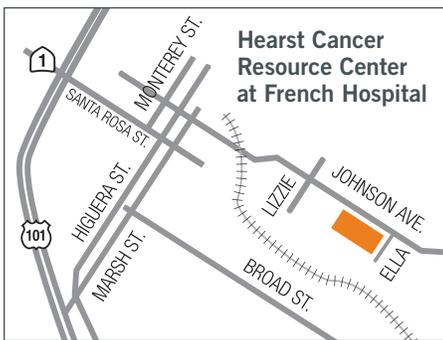
FRIDAY

		<p><b>Appearance Center Walk-in Hours</b> 10:30AM–1:00PM</p> <p><b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i></p> <p><b>Qigong</b> 3:00PM offsite</p>	<p><b>Nutritional Counseling</b> ⓘ by appointment</p>	<p><b>Intuitive Collage</b> 2:00–4:00PM <i>Call HCRC to RSVP</i></p> <p><b>Nutritional Counseling</b> ⓘ by appointment</p>
<p><b>Nutritional Counseling</b> ⓘ by appointment</p>		<p><b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i></p> <p><b>All Blood Cancer Support Group</b> ⓘ 1:00–2:00PM In Person/Hybrid <i>Call HCRC to RSVP</i></p>	<p><b>Hypnosis Session</b> 3:00–4:00PM Onsite <i>Call HCRC to RSVP</i></p> <p><b>Nutritional Counseling</b> ⓘ by appointment</p>	<p><b>Nutritional Counseling</b> ⓘ by appointment</p>
<p><b>Energy Balancing Session</b> 11:00AM–1:00PM Onsite <i>Call HCRC to RSVP</i></p>	<p><b>Breast Cancer Support Group</b> ⓘ 5:45PM Virtual/Zoom <i>Call HCRC to RSVP</i></p>	<p><b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i></p> <p><b>Qigong</b> 3:00PM offsite</p> <p><b>Thriving with Advanced Cancer</b> ⓘ 5:15PM Virtual/Zoom <i>Call HCRC to RSVP</i></p>	<p><b>Care-Partner Support and Discussion Group</b> ⓘ 1:00–2:00PM In Person/Hybrid <i>Call HCRC to RSVP</i></p> <p><b>Nutritional Counseling</b> ⓘ by appointment</p>	<p><b>Appearance Center Walk-in Hours</b> 10:30AM–1:00PM</p> <p><b>Intuitive Collage</b> 2:00–4:00PM <i>Call HCRC to RSVP</i></p>
<p><b>Acupuncture</b> 2:30PM onsite <i>Call HCRC to RSVP</i></p> <p><b>Presentation: Colorectal Cancer Updates</b> 5:30PM in person <i>Call HCRC to RSVP</i></p> <p><b>Prostate Cancer Support Group</b> 6:30PM onsite</p>	<p><b>Therapeutic Massage</b> 1:30–4:00PM Onsite by appointment <i>Call HCRC to RSVP</i></p> <p><b>Sound Bath</b> 3:30PM onsite <i>Call HCRC to RSVP</i></p>	<p><b>Tai Chi Chih</b> 11:00AM offsite <i>Call HCRC for details</i></p> <p><b>Cancer Patient Support Group</b> ⓘ 1:00PM Virtual/Zoom <i>Call HCRC to RSVP</i></p>	<p><b>Hypnosis Session</b> ⓘ 7:00–8:00PM Virtual/Zoom <i>Call HCRC to RSVP</i></p>	
<p><b>Energy Balancing Session</b> ⓘ 11:00AM–12:30PM Virtual/Zoom Meeting <i>Call HCRC to RSVP</i></p>	<p><b>Breast Cancer Support Group</b> 5:45PM In Person <i>Call HCRC to RSVP</i></p>	<p><b>Tai Chi Chih</b> 11:00AM offsite</p> <p><b>Presentation: CalFresh/Nutrition</b> 5:30PM in person <i>Call HCRC to RSVP</i> <i>See page 12 for details</i></p>	<p><b>Nutritional Counseling</b> ⓘ by appointment</p>	

# HCRC CLASSES, GROUPS & PROGRAMS

## Color Key:

- **SAN LUIS OBISPO (SLO)**  
*Hearst Cancer Resource Center (HCRC)*  
1941 Johnson Avenue, Suite 201
- **VIRTUAL/ZOOM SESSION**  
*Call for phone consultation*
- **COMMUNITY PARTNER OFFERING**



## GETTING STARTED

### Patient Orientation

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

- **HCRC, SLO**  
*By appointment:*  
805.542.6234 English  
805.786.6130 Español

### 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

## 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)**  
2<sup>nd</sup> Wednesday; 1:00PM  
*Call 805.542.6234 to register*

### Breast Cancer Support Group

A support group focusing on breast cancer, the journey and sharing valuable information and resources. Meetings will be hosted both in person and via Zoom.

- **HCRC, SLO (Zoom)**  
2<sup>nd</sup> Tuesday; 5:45PM
- **HCRC, SLO (In Person)**  
4<sup>th</sup> Tuesday; 5:45PM

*Call 805.542.6234 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)**  
4<sup>th</sup> Wednesday; 1:00PM  
*Call 805.542.6234 call to register*

### Care-Partner Support and Discussion Group

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

- **HCRC, SLO (Zoom available)**  
3<sup>rd</sup> Thursday; 1:00PM  
*Call 805.542.6234 to register*

### Grupo de Apoyo de Cáncer

Si usted o alguien de su familia sufren de cáncer, acompañenos para discutir temas de cómo combatir y sobrevivir la enfermedad.

*Llame a Eloisa al 805.786.6130*

### Prostate Cancer Support Group

Information, encouragement and support for patients and survivors.

- **HCRC, SLO**  
3<sup>rd</sup> Monday; 6:30PM  
*Call 805.542.6234 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. .

- **HCRC, SLO (Zoom)**  
3<sup>rd</sup> Wednesday; 5:15PM  
*Call 805.542.6234 to register*

## EDUCATIONAL LECTURES

### — MARCH —

### End-of-Life Doula Information Session

End-of-life doulas offer non-medical and emotional support to patients and families to ensure comfort and dignity. Join us to learn what the services of an end-of-life doula can do for you or a loved one.

- **HCRC, SLO (onsite)**  
Monday, March 23; 1:00PM  
Multipurpose Room  
*Call 805.542.6234 to register*

### — APRIL —

### Colorectal Cancer Updates

*Presenters: Edwin Hayashi, MD, Jeffrey Mundorf, MD, and Paul Guzik, DO*

Our panel of professionals will discuss prevention strategies including lifestyle and health screening behaviors and provide updated information about colorectal cancer. (See page 2)

- **French Hospital, SLO (onsite)**  
Monday, April 20; 5:30PM  
Wacker Family Auditorium,  
Copeland Health Education Pavilion  
at French Hospital/Third Floor  
*Call 805.542.6234 to register*

# HCRC CLASSES, GROUPS & PROGRAMS

## EDUCATIONAL LECTURES

### CalFresh 101 and Taming Sugar Cravings

*Presenters: Angela Fissell, MS, RD, and a CalFresh Representative*

Learn more about the CalFresh program: if you qualify, and how it can benefit you. We will also explore how to combat sugar cravings with some delicious, healthy snack options.

(See page 12)

- **French Hospital, SLO (onsite)**

Wednesday, April 29; 5:30PM

Copeland Health Education Pavilion at French Hospital, First Floor/Urology Associates Classroom

Call 805.542.6496 to register

## WELLNESS PROGRAMS

### Acupuncture Class

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

- **HCRC, SLO**

3<sup>rd</sup> Monday; 2:30PM

*Held in person, seating is limited.*

Call 805.542.6234 to register

### Beauty and You

Schedule an appointment in our center to regain a renewed sense of self, and confidence. Skin care tips, how to wear hats and wigs and make-up application are included.

- **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 register

AG: call 805.474.5334 to register

### 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.)**

2<sup>nd</sup> Monday; 11:00AM–1:00PM

- **HCRC, SLO (Zoom)**

4<sup>th</sup> Monday; 11:00AM

Call 805.542.6234 to register

### New: Hypnosis Sessions

Hypnosis offers soothing mind-body connections that can lessen stress, discomfort, and overwhelm. This evidence-based, positive process empowers you to relax, refocus, and feel more supported—always remaining conscious and in control.

- **HCRC, SLO (onsite)**

2<sup>nd</sup> Thursday; 3:00–4:00PM

- **HCRC, SLO (Zoom)**

4<sup>th</sup> Thursday; 7:00PM

Call 805.542.6234 to register

### Intuitive Collage (new time)

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

- **HCRC, SLO**

April 3, 17; 2:00PM

Call 805.440.8834 to register

### Livestrong

A 12-week exercise program for cancer survivors. Physician medical release required.

- **YMCA, SLO**

Call 805.543.8235 to register

### Lymphedema Evaluation

- **HCRC, SLO**

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

### Nutritional Counseling

Telephone consultation with a Registered Dietitian. Appointment required.

- **HCRC, SLO call 805.542.6234**

### Qigong

Movement coordinated with deep-breathing to increase energy.

*In-person and outside*

- **HCRC, SLO (hosted offsite)**

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays; 3:00PM

Call 805.542.6234 to register

### New: Sound Bath

Our sound bath experience uses vibrations and frequencies to gently help you feel grounded, restored, and truly cared for. (See page 3)

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

Mar. 24 & Apr. 21; 3:30–4:30PM

Call 805.542.6234 to register

### T'ai Chi Chih

Slow, rhythmic movements promote circulation and stimulate the lymphatic system. *In-person and outside*

- **HCRC, SLO (hosted offsite)**

Every Wednesday; 11:00AM

Call 805.542.6234 to register

### New: Therapeutic Massage

Experience stress relief and relaxation with therapeutic massage from a certified therapist. *A signed doctor's note is required before participation.*

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

Mar. 17 & Apr. 21; 1:30–4:00PM

Call 805.542.6234 to register

### Yoga In-person

- **HCRC, SLO**

TBD

Call 805.542.6234 for information

# ADDITIONAL DIGNITY HEALTH CLASSES, GROUPS, & PROGRAMS

## SUPPORT GROUPS

### Breast Cancer Survivors Group

Sharing information to help manage the physical, emotional and practical issues of a breast cancer diagnosis.

- **MHCC, AG (Zoom only)**

Call to register: 805.474.5302 or 805.219.HOPE (4673)

### Breast Cancer Support Group

Addressing the unique challenges women/men face, our onsite meeting provides a variety of topics and activities to help patients cope.

- **MHCC, SM**

Call 805.219.HOPE (4673) for specific details and to register

### New: Caregiver and Family Support Group

Learn to take care of yourself while supporting a loved one

- **MHCC, AG (Zoom available)**

Call 805.474.5303 to register

### Living with Cancer Support Group

A forum to share and work through feelings and challenges. All types of cancer diagnoses are welcome.

- **MHCC, SM**

Call 805.219.HOPE (4673) for specific details and to register

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

Support for dealing with the challenges of oral, head and neck cancer.

- **MHCC, AG (Zoom available)**

Call 805.219.HOPE to register

## WELLNESS PROGRAMS

### Aquatic Therapy Class

Use the resistance of water instead of weights for gentle exercise.

- **Allan Hancock College, SM**

RSVP and assessment required; please call John Malinowski at 805.346.3413 (SM) or 805.474.5334 (AG)

### Art Therapy

A variety of creative classes offered; instruction and 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

### Fight Against Falls Exercise Class

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

- **MHCC, AG**

Reservation and assessment required, please call 805.474.5334

### Gentle Stretching

Gentle range of motion exercises to target muscle groups for less pain.

- **MHCC, AG**

Reservation and assessment required, please call 805.474.5334

### Golf

Learn the basics of golf on a 12-hole, par 3 portion of the golf course.

- **Monarch Dunes, Nipomo**

Call 805.346.3413 for details

### New: Line Dancing Instruction

This is a low-impact class for beginners to learn basic steps while dancing to various genres of music. Limited to 8 spots per class.

- **MHCC, AG**

Reservation and assessment required; call 805.474.5334

### Lymphedema Prevention Exercise

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

- **MHCC, AG**

Reservation and assessment required; call 805.474.5334

### Nutrition and Exercise Support

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

- **MHCC, SM**

Reservations required: 805.219.HOPE (4673)

### Pelvic Floor Strengthening Class for Prostate Cancer Survivors

This class benefits men with issues such as urinary or fecal incontinence, weak core muscles and/or general deconditioning.

- **Marian Health & Wellness, SM**

Call 805.346.3413 to register

### TRX

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

- **MHCC, AG**

Assessment required

Call 805.474.5334 to register

### Yoga (Restorative) In-person

Classes feature slower paced movements focusing on balance and flexibility. Please bring a yoga mat.

- **MHCC, AG**

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**

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

### Apoyo de Cáncer: Viviendo con Cáncer

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

- **MHCC, SM**

Por favor llame para reservar 805.219.HOPE (4673)

## OUTSIDE THE AREA

**Please note:** the classes on this page are held in nearby towns, not in San Luis Obispo. Please call the numbers listed for more information.

# 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](http://dignityhealth.org/hcrc)

Please call for an appointment

**Thomas Spillane, MD**  
*Medical Director*

**Julie Neiggemann, RN, MSN, OCN**  
*Director*

**Holly Taylor, RN**  
*Nurse Navigator*

**Ashley Hahn, MSW, LCSW**  
*Social Worker*

**Eloisa Medina**  
*Patient Navigator*  
805.786.6130—en español

**Jessica Reyes**  
*Patient Navigator*  
805.235.3641—en español

**Sauna Soltero**  
*Support Services Coordinator*

**Lisa Steinbeck, ODS-C**  
*Cancer Registrar*

**Angela Fissell, RD**  
*Registered Dietitian*

## 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 Avenue, Suite 104  
San Luis Obispo, CA 93401  
805.597.6700

## ADDITIONAL SERVICES

Dignity Health Home Health  
& Hospice: 805.739.3830

Palliative Care: 805.739.3950

## SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715 Tank Farm Road, Suite C  
San Luis Obispo, CA 93401  
Direct: 805.543.5577

*Care Providers:*

**Thomas Spillane, MD**

*Medical Oncology Director of  
Clinical Trials*

**Gorgun Akpek, MD, MHS**

**Daniel Lewis, MD**

**James Malone III, MD**

**Lin Soe, MD**

**Elizabeth Arvizu, NP**

**Robin DiBiase, NP, OCN**

**Grace Thompson Bell, NP-C**

## SLO INFUSION CENTER

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

## 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

**Derek Baden, RN**

*Senior Director, Cancer Care Services*

**Kathleen Sullivan, PhD, RN**

*Vice President, Cancer Care Services  
and Post Acute Care, Dignity Health  
Central Coast*

## COASTAL CANCER PARTNERS

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

**17 Strong**

[17strong.org](http://17strong.org)

**American Cancer Society**  
[cancer.org](http://cancer.org)

**Blood Cancer United  
(formerly LLS)**  
[bloodcancerunited.org](http://bloodcancerunited.org)

**Camp Kesem Cal Poly**  
[campkesem.org](http://campkesem.org)

**Cancer Connections**  
[cancerconnectionslo.org](http://cancerconnectionslo.org)

**Cancer Support Community**  
[csclslo.org](http://csclslo.org)

**Cancer Well-Fit Program**  
[cancerwell-fit.com](http://cancerwell-fit.com)

**Central Coast Dragon Boat  
Association—Central Coast  
SurviveOars**  
[ccdba.org](http://ccdba.org)

**DreamMakers SLO**  
[dreammakerslo.com](http://dreammakerslo.com)

**Hats for Hope**  
[hatsforhope.com](http://hatsforhope.com)

**Jack's Helping Hand**  
[jackshelpinghand.org](http://jackshelpinghand.org)

**LIVESTRONG-SLO YMCA**  
[ciymca.org/livestrong](http://ciymca.org/livestrong)

**SabesWings**  
[SabesWings.org](http://SabesWings.org)

**Surfing for Hope**  
[surfingforhope.org](http://surfingforhope.org)

**Teddy Bear Foundation**  
[teddybearcancerfoundation.org](http://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*

**Sue Andersen**—PRESIDENT AND CEO  
**Thomas Vendegna, MD**—CMO  
**Tessa Espinoza**—CPO

*Committee Members*

<b>Sandy Dunn</b> — CHAIR	<b>Susan Minker, MD</b> <b>Debby Nicklas</b>
<b>Gayle Cekada, MD</b>	<b>Lauren Rava</b>
<b>Leslie Coe</b>	<b>John Ronca</b>
<b>Edwin Hayashi, MD</b>	<b>Colleen Russell, DPT</b>
<b>Jack Hearst</b>	<b>Thomas Spillane, MD</b>
<b>Stephen Hearst</b>	<b>Jackie Starr</b>
<b>Stephen Hilty, MD</b>	<b>Kathleen Sullivan, PhD, RN</b>
<b>Cathy Johnson</b>	<b>Christine Williams</b>
<b>Robert Johnson, MD</b>	
<b>Noreen Martin</b>	



**Angela Fissell.**  
MS, RD

*In Need of Nutrition Advice?*

**CalFresh 101 and Taming Sugar Cravings**

Join us for an informative, collaborative event where CalFresh and Diabetes Education team up to bring you impactful insights, all at no cost to you! Learn more about the CalFresh program: if you qualify, and how it can benefit you. We will also explore the causes of sugar cravings and discuss delicious, healthy snack options to help ease a transition to healthier choices. Join us and take part in a short Q&A at the end of the session.

**PRESENTED BY:** Registered Dietitian Angela Fissell, MS, RD, and a CalFresh Representative

**WHEN:** Wednesday, April 29, 2026 • 5:30 p.m.

**WHERE:** Copeland Health Education Pavilion at French Hospital  
First Floor/Urology Associates Classroom  
1911 Johnson Avenue, San Luis Obispo

*Light refreshments served*

To register, contact:  
**HCRC@commonspirit.org** or  
call **805.542.6234**

Refer to this chart for income limits

Monthly Income Limits		
People in Household	Gross Monthly Income	Net Monthly Income
1	\$2,610	\$1,305
2	\$3,526	\$1,763
3	\$4,442	\$2,221
4	\$5,360	\$2,680
5	\$6,276	\$3,138
6	\$7,192	\$3,596
7	\$8,110	\$4,055
8	\$9,026	\$4,513
Each Additional Member	+\$918	+\$459



A QUALITY PROGRAM  
of the AMERICAN COLLEGE  
OF SURGEONS