

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.

Celebrating HCRC as Part of My Ongoing Care Team



Tami and baby Rory savor their time together

By Tami Gunther

In July of 2023, while at work, I received a phone call from my doctor telling me that I had breast cancer. Shock, disbelief, horror! I was diagnosed with stage III lobular carcinoma, which had already invaded my lymph nodes. Denial, fear, feeling lost...so many emotions overwhelmed me. Above all, I wanted to know how to fix this problem. But nothing happens quickly at the beginning. More tests, then waiting for results, and then referrals,

and more waiting. My first call to HCRC was for help understanding my diagnosis, and Nurse Navigator Julie explained everything and calmed my nerves.

A friend told me about City of Hope (COH), where I asked for and received a second opinion, and then became a patient. My local oncologist, Dr. Akpek, was happy to

Giving a shout-out to HCRC's Breast Cancer Support Group—a safe place to inform and encourage each other.

work with my COH doctors, so my chemo was done locally, as was my radiation with Dr. Wu, whose staff made me feel like family. Surgery—a double mastectomy and reconstruction—took place at COH. I'm happy to say that all went very well, and I am currently cancer free!

Over these past two years, I have been buoyed by HCRC in many ways, from multiple visits with Nurse Navigator Julie (now Director Julie), to head wraps and wig consultation. HCRC offered financial assistance, many exercise classes and stress workshops, educational presentations, and ongoing support. All of this is provided free of charge to patients, and caregivers will also find support for their role.

Best of all has been HCRC's Breast Cancer Support Group. This group is a place where everybody has "been there." We are safe, sharing our strange symptoms and talking about everything affecting our treatment, the effects on our lives, and our recoveries. We share information, encourage each other, and learn from each other's experiences. I leave each meeting knowing that I am not alone.

HCRC has been a major part of my journey through cancer, and I am grateful every day to have HCRC as part of my ongoing care team!

Join us for an educational presentation:

Understanding Medicare

Thursday, September 18, 2025

1:30 to 3:30 p.m.

Copeland Health Education Pavilion at French Hospital

First Floor/Urology Associates Classroom

1911 Johnson Avenue, San Luis Obispo

Light refreshments served

- Basics of Medicare
- Drug Plans
- Medicare Advantage Plans
- Low Income Assistance
- Long Term Care Insurance
- Medigap Plans

Space is limited; reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@commonspirit.org



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HiCAP

HEALTH INSURANCE COUNSELING
AND ADVOCACY PROGRAM

HICAP Helps Medicare Beneficiaries

HICAP offers free and unbiased counseling and information on Medicare issues. HICAP does not sell, recommend, or endorse any insurance product, agent, insurance company, or health plan.

CLIP THIS RECIPE

This colorful quinoa salad is full of vibrant flavors with the addition of zesty lemons and fresh cilantro. It is also rich in cancer-fighting foods.

Citrus Quinoa Avocado Salad

INGREDIENTS:

- 1/2 cup cucumber, diced
- 1 cup cherry tomatoes, cut in half
- 2 small cloves garlic, minced
- 1/4 cup red onion, chopped
- 1 bunch cilantro
- 2 cups spinach, thinly sliced
- 1 15.5 oz can no salt added garbanzo beans (drained and rinsed)
- 1 cup cooked and cooled quinoa
- 2 medium avocados, diced

FOR THE DRESSING:

- Juice of 2 lemons
- Zest of 1 lemon
- 2 tsp. Dijon mustard
- 1 Tbsp. olive oil
- 1 tsp. honey
- 1/2 tsp. ground cumin
- Dash of cayenne pepper (optional)
- Salt and pepper, to taste

INSTRUCTIONS:

1. Place all salad ingredients in a bowl.
2. Whisk all dressing ingredients together in a separate bowl.
3. Drizzle dressing over salad mixture and gently toss ingredients together until dressing is incorporated throughout.

Makes 4 servings. Per serving: 390 calories, 20 g total fat (3 g saturated fat, 0 g trans fat), 0 mg cholesterol, 43 g carbohydrates, 11 g protein, 13 g dietary fiber, 110 mg sodium, 6 g sugar, 1 g added sugar.

Hope and Progress: Exciting New Advances in Breast Cancer Treatment

By Tom Spillane, MD

Breast cancer affects one in eight women during their lifetime, but the landscape of diagnosis and treatment is evolving faster than ever before. Ongoing scientific breakthroughs provide patients today with more personalized, effective, and less invasive treatment options.

One of the most exciting areas of progress is precision medicine. Instead of treating all breast cancers the same way, we can now analyze a tumor's genetic makeup to identify specific mutations. This allows us to use targeted pills, antibody therapy or antibody drug conjugates. These treatments directly target the cancer's unique characteristics—improving outcomes and reducing side effects.

Another major breakthrough is the use of immunotherapy, a treatment that harnesses the body's own immune system to fight cancer. While not yet used for all breast cancer types, immunotherapy has shown promising results, especially in triple-negative breast cancer—a form that has been historically difficult to treat.

Advances in liquid biopsy technology also offer new hope. With a simple blood test, we can detect small fragments of tumor DNA circulating in the bloodstream. This helps monitor how well treatment is working or if cancer is returning—without the need for invasive procedures or imaging.

Additionally, there are exciting developments in surgical and radiation techniques. Many patients today can avoid full mastectomies thanks to breast-conserving surgery techniques and more precise radiation delivery that spares healthy tissue.

These innovations not only extend lives but also improve quality of life. As a result, more women (and men) with breast cancer are living longer, healthier lives—often with fewer side effects from treatment.

While challenges remain, especially in making these new treatments accessible to all, the momentum is strong. The future of breast cancer care is brighter than ever, with science offering new hope each day. If you or someone you love is facing breast cancer, talk to your care team about whether any of these new approaches might be appropriate. The era of one-size-fits-all treatment is ending—and personalized, powerful care is taking its place.



PRESENTED BY (left to right):

Tom Spillane, MD;
Colleen Russell, PT, DPT, OCS;
and
Cancer Survivor, Tami Gunther

Breast Cancer Panel

Join us to learn about advanced cancer treatment, physical activity recommendations and a survivor's perspective.

WHEN: Tuesday, October 21, 2025 • 5:30 p.m.

WHERE: Wacker Family Auditorium, Copeland Health Education Pavilion at French Hospital/Third floor

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

Supporting San Luis Obispo Families Facing Childhood Cancer

By Teddy Bear Cancer Foundation



We know that children in treatment—and their siblings—need extra support during one of the most difficult times of their child's young life.

As a nonprofit serving families in Santa Barbara, Ventura, and San Luis Obispo counties, our mission is to ensure that no family faces pediatric cancer alone. We provide critical financial, emotional, and educational support throughout every step of a family's journey.

Financial and Travel Assistance

Families of all income levels can receive up to \$2,000 in gift cards for travel expenses, helping offset the cost of gas and hotel stays—support that is especially critical for families in SLO County who must travel for treatment. In addition, TBCF provides up to \$17,000 in financial assistance to families who qualify as low-to-moderate income, helping cover rent, utilities, groceries, and other essential living expenses.

Educational Support

We know that children in treatment—and their siblings—often miss valuable classroom time. To help them stay on track, we provide professional, bilingual tutoring services that are flexible and accessible regardless of location or treatment schedule. Additionally, TBCF offers post-treatment neuropsychological assessments to help determine a student's strengths and weaknesses before returning to the classroom.

We support the entire family when their child has cancer.

At Teddy Bear Cancer Foundation (TBCF), we understand the emotional and financial toll a childhood cancer diagnosis takes on families—especially those in San Luis Obispo County. Local families must travel to hospitals in Santa Barbara, Central Valley, Los Angeles, or the Bay Area for treatment. In many cases, one parent must leave their job to become a full-time caregiver, leading to a sudden loss of income and increased financial strain. We are here to help.

Emotional Support

Our bilingual support groups and 1:1 counseling programs create safe spaces for families to connect, share experiences, and find comfort. Our holiday support programs allow the spirit of the holidays to be delivered to their home or treatment location.

Family Connection Events

We also bring families together through uplifting Family Connection events. One recent example was our Surf Day, held in partnership with Surfing for Hope, where families enjoyed a day of healing and fun in Pismo Beach—connecting with others who understand their journey.

We're Here for You

At TBCF, we recognize the unique challenges faced by families in San Luis Obispo County. Whether you're struggling financially, academically, or emotionally, we are here to support you with compassion and care.

Teddy Bear
CANCER
FOUNDATION
San Luis Obispo County

To learn more, please visit
teddybearcancerfoundation.org
or call 805.962.7466.

Edwin Hayashi, MD, and Howard Hayashi, MD, to receive the 2025 Louis Tedone, MD Humanitarian Award

The French Hospital Medical Center Foundation will be honoring Dr. Edwin Hayashi and the late Dr. Howard Hayashi with the annual Louis Tedone, MD Humanitarian Award at the Foundation's Gathering for Good fundraising event on October 18, 2025 in San Luis Obispo.

This special award honors the legacy of the late Dr. Louis Tedone, a physician who compassionately cared for more than 30,000 children during his 45-year career and who dedicated his life to the health of our community. Each year, the French Hospital Foundation presents the Louis Tedone, MD Humanitarian Award to individuals who have also dedicated a lifetime to the health and well-being of the San Luis Obispo community.

Dr. Edwin Hayashi and his late brother, Dr. Howard Hayashi, are general surgeons who have provided excellent care to our community for over three decades. Combined, both physicians have cared for thousands of local cancer patients, as well as patients with many other conditions. Personifying compassion and humankindness, they are known for their willingness to go above and beyond to care for their patients and families.



Please join us in recognizing the contributions of Drs. Edwin Hayashi and Howard Hayashi by participating in our event this fall.

Gathering for Good Reception and Awards Dinner Saturday, October 18, 2025 • 5:00 p.m.

The White Barn, San Luis Obispo

The event, formerly known as the Celebration of Caring Gala, will include a cocktail reception, live music and dancing, gourmet dinner, live auction, and the presentation of the 2025 Louis Tedone, MD Humanitarian Award.

To attend, visit supportfrenchhospital.org/gathering-for-good or call 805.542.6496. Donations in their honor can also be made at supportfrenchhospital.org.



Volunteer Spotlight

Dr. Bianca Clayton, DTCM, L.Ac.

Licensed Acupuncturist and Herbalist

Q: How long have you worked at HCRC?

I have been with HCRC since January of 2017—eight and a half years!

Q: Why is HCRC important to you and/or this community?

I have learned during my time with HCRC that having camaraderie and community support is so important for getting through cancer treatment. One of my favorite parts of my volunteer position is overhearing the conversations as participants are settling in for the acupuncture treatment portion. People sharing about their experiences, offering support, and friendships being forged. HCRC provides this opportunity for connection along with all their other wonderful offerings.

Q: Tell us a fun fact about yourself or something personal you would like to share.

What I love about Traditional Chinese Medicine is that it teaches us how to live in harmony with our environment, that we are not separate. As a big nature lover and avid outdoorswoman, I get to practice what I preach every day. Especially being so fortunate to have incredible access to the outdoors living on the Central Coast!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div></div> <div>Office closed</div>	<div>2</div> <div></div> <div></div>	<div>3</div> <div>Appearance Center Walk-in Hours 10:30AM–1:00PM</div> <div>Tai Chi Chih 11:00AM offsite Call HCRC for details</div> <div>Qigong 3:00PM offsite</div>	<div>4</div> <div>Nutritional Counseling ☎ by appointment</div>	<div>5</div> <div>Intuitive Collage 2:00–4:00PM Call HCRC to RSVP</div> <div>Nutritional Counseling ☎ by appointment</div>
<div>8</div> <div>Energy Balancing Session 11:00AM–1:00PM onsite Call HCRC to RSVP</div>	<div>9</div> <div>Breast Cancer Support Group 💻 5:45PM Virtual/Zoom Call HCRC to RSVP</div>	<div>10</div> <div>Tai Chi Chih 11:00AM offsite Call HCRC for details</div> <div>All Blood Cancer Support Group 💻 1:00–2:00PM In Person/Hybrid Call HCRC to RSVP</div>	<div>11</div> <div>Nutritional Counseling ☎ by appointment</div>	<div>12</div> <div>Nutritional Counseling ☎ by appointment</div>
<div>15</div> <div>Acupuncture 2:30PM onsite Call HCRC to RSVP</div> <div>Prostate Cancer Support Group 6:30PM onsite Call HCRC to RSVP</div>	<div>16</div> <div></div> <div></div>	<div>17</div> <div>Tai Chi Chih 11:00AM offsite Call HCRC for details</div> <div>Thriving with Advanced Cancer 💻 1:00PM Virtual/Zoom Call HCRC to RSVP</div> <div>Qigong 3:00PM offsite</div>	<div>18</div> <div>Understanding Medicare Presentation 1:30PM in person Call HCRC to RSVP See page 2 for details</div>	<div>19</div> <div>Appearance Center Walk-in Hours 10:30AM–1:00PM</div>
<div>22</div> <div>Energy Balancing Session 💻 11:00AM–12:30PM Virtual/Zoom Meeting Call HCRC to RSVP</div>	<div>23</div> <div>Yoga 4:30PM onsite Call HCRC to RSVP</div> <div>Breast Cancer Support Group 5:45PM In Person Call HCRC to RSVP</div>	<div>24</div> <div>Tai Chi Chih 11:00AM offsite Call HCRC for details</div> <div>Cancer Patient Support Group 💻 1:00PM Virtual/Zoom Call HCRC to RSVP</div>	<div>25</div> <div>Care-Partner Support and Discussion Group 💻 1:00–2:00PM In Person/Hybrid Call HCRC to RSVP</div> <div>Nutritional Counseling ☎ by appointment</div>	<div>26</div> <div>Nutritional Counseling ☎ by appointment</div>
<div>29</div> <div>Tentative: Floral Arranging 1:00PM onsite Depending on flower availability; call HCRC for up to date information</div>	<div>30</div> <div></div> <div></div>	<div>Key</div> <div>☎ Phone appointment</div> <div>💻 Zoom/Virtual Meeting</div> <div>BLUE Wellness, Energy Balancing, Guided Meditation, Tai Chi Chih, Nutritional Counseling, Intuitive Collage, Qigong, Yoga</div> <div>GREEN Education</div> <div>ORANGE Support Group</div>		

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

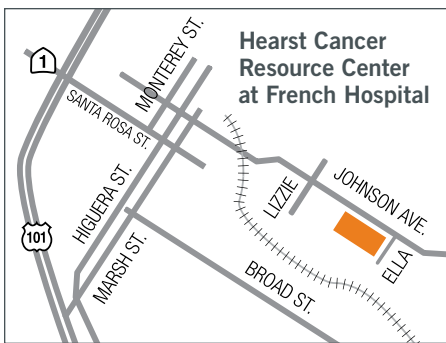
FRIDAY

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

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

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)**

2nd 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)**

2nd Tuesday; 5:45PM

● **HCRC, SLO (In Person)**

4th 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)**

4th Wednesday; 1:00PM

Call 805.542.6234 for link

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)**

Sept. 25 & Oct. 16; 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

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

Prostate Cancer Support Group

Information, encouragement and support for patients and survivors.

● **HCRC, SLO**

3rd Monday; 6:30PM

Call 805.542.6234 to register

Please note new time:

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; 1:00PM

Call 805.542.6234 to register

EDUCATIONAL LECTURES

— SEPTEMBER —

Understanding Medicare

Presenter: HICAP Health Insurance Counseling and Advocacy Program

HICAP offers unbiased information on Medicare issues such as Medigap Plans, Medicare Advantage Plans, Long Term Care Insurance, and more. (See page 2 for more information.)

● **HCRC, SLO (onsite)**

Thursday, September 18; 1:30PM

Copeland Health Education Pavilion at French Hospital

First Floor, Urology Classroom

Call 805.542.6234 to register

— OCTOBER —

Breast Cancer Panel

Presenters: Tom Spillane, MD; Colleen Russell, PT, DPT, OCS; and Cancer Survivor, Tami Gunther

Discussion will include advanced cancer treatment, physical activity recommendations and a survivor's perspective. (See page 3 for more information.)

● **HCRC, SLO (onsite)**

Tuesday, October 21; 5:30PM

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

Call 805.542.6234 to register

HCRC CLASSES, GROUPS & PROGRAMS

WELLNESS 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

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 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*



Try something new!

Energy Balancing

Sessions encourage a free and balanced flow of energy, enhancing the body's natural ability to heal itself. Benefits include reduced pain and improved sleep.

Mondays: September 8 and October 13 onsite
11:00 a.m. to 1:00 p.m.

Mondays: September 22 and October 27 Zoom
11:00 a.m.

Please call 805.542.6234 to make an appointment

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 register

Floral Arrangement Class*

Learn this beautiful art with Linda and take home your own creation. Flowers provided.

- **HCRC, SLO**

September 29; 1:00PM

**Call 805.542.6234 to register and check on flower availability*

Intuitive Collage

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

- **HCRC, SLO**

Sept. 5 & Oct. 3, 17, 31; 2:00PM

Call 805.440.8834 to register

Livestrong

A twelve-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

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

- **HCRC, SLO call 805.542.6234**

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 register

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 register

Yoga *In-person*

Kundalini yoga is a gentle yet powerful practice that helps awaken energy at the base of the spine and move it through the body. It combines movement, breathwork, and meditation to engender balance and calm. Please bring a yoga mat and/or a cushion.

- **HCRC, SLO**

4th Tuesday; 4:30PM

Call 805.542.6234 to register



SCAN ME

Scan the QR code to learn more about HCRC programs and services

ADDITIONAL DIGNITY HEALTH CLASSES, GROUPS, & PROGRAMS

SUPPORT GROUPS

Breast Cancer Support Group

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

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

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

Breast Cancer Support Group

This support group addresses the unique challenges women/men face. Our onsite meeting provides a variety of topics and activities to help cope with this stage of life.

- **MHCC, SM**

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

Living with Cancer Support Group

This group provides 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)

SPOHNC offers support for dealing with the unique challenges of oral, head and neck cancer.

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

Call 805.219.HOPE to register

WELLNESS PROGRAMS

Aquatic Therapy Class

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

- **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

Barre Class

A low impact class that combines ballet, yoga and Pilates; suitable for all ages and abilities.

- **MHCC, AG**

Reservation and assessment required; call 805.474.5334

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

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

- **Monarch Dunes, Nipomo**

Call 805.346.3413 for details

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 strength, balance, flexibility and core stability simultaneously.

- **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

Please call for an appointment

Thomas Spillane, MD
Medical Director

Julie Neiggemann, RN, MSN, OCN
Director, 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

Angela Fissell, RD
Registered Dietitian

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 Avenue, Suite 104
San Luis Obispo, CA 93401
805.597.6700



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

SLO INFUSION CENTER

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

Susan Diaz, RN, OCN

*Director, SLO Oncology &
Hematology and SLO Infusion Center*

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

ADDITIONAL SERVICES

Dignity Health Home Health
& Hospice: 805.739.3830

Palliative Care: 805.739.3950

*Pictured left: SLO Oncology staff getting
in the spirit for the Fourth of July*

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

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionsslo.org

Cancer Support Community
csclslo.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

LIVESTRONG—SLO YMCA
ciymca.org/livestrong

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

Sue Andersen—PRESIDENT AND CEO
Thomas Vendegna, MD—CMO
Julia Fogelson, MSN, RN—CNE
Tessa Espinoza—CPO

Committee Members

Sandy Dunn — CHAIR	Susan Minker, MD Debby Nicklas
Gayle Cekada, MD	Don Oberhelman
Leslie Coe	Lauren Rava
Edwin Hayashi, MD	John Ronca
Jack Hearst	Colleen Russell, DPT
Stephen Hearst	Thomas Spillane, MD
Stephen Hilty, MD	Jackie Starr
Cathy Johnson	Christine Williams
Robert Johnson, MD	
Noreen Martin	

You're Invited: Cancer Partners Resource Fair



Visit us at the Cancer Partners Resource Fair hosted by Hearst Cancer Resource Center & Jamestown Properties! Get info and support from local organizations helping to support cancer patients and survivors!

Sunday, Sept. 28th , 11:00 AM - 1:00 PM
879 Higuera Street, San Luis Obispo



Call French Hospital's Hearst Cancer Resource Center at (805) 542-6234, or email [hrcr@commonspirit.org](mailto:hcrc@commonspirit.org) for more info.



Dignity Health.
French Hospital Medical Center

Hearst Cancer Resource Center

Hello humankindness™



Commission on Cancer®
ACCREDITED PROGRAM

A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS