

# cancer care

Hearst Cancer Resource Center



**Dignity Health.**  
French Hospital Medical 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.*



## Looking for the Beauty of Life in the Grey of Winter

*Written by: Chaplain Tony Cowans*



If you are interested in meeting with a chaplain, please call the Spiritual Care Office at 805.739.3131.

**A**s we find ourselves in the winter season, I like to reflect on the story that nature tells us.

Winter can look very grey. It can feel cold and isolating as darkness arrives sooner. The branches are bare, the bright colors of flowers are absent. At times, nature during winter can feel devoid of joy.

The winter season may sometimes feel like a reflection of your soul as you navigate you or your loved one's health. There may be darkness, cold, a lack of brightness and color. It may be hard to see the beauty of life in the grey of winter. Yet, we know the secret of winter. We know that spring, renewal, growth, and color are just around the corner. We know that new flowers will bloom. We know the buds on the tree branches will unfurl into deep green leaves.

As author Anita Diamant says, "This is the season when people of all faiths and cultures are pushing back against the planetary darkness. We string bulbs, ignite bonfires, and light candles. And we sing." In a time of darkness, we come together to make our own light and joy. It is no accident that in this season we celebrate light, family, traditions, community, and our shared humanity. We can come together and appreciate the small joys despite the cold and darkness that may also be present.

So in this season, may you find light and hope in those around you, may you be a source of warmth for someone else, and may you experience the small hidden joys around you.

## Nourishing Your Health for the New Year



*Written by Angela Fissell, MS, Registered Dietitian*

**As we begin a new year, it is an opportune time to look at habits that can help support you on your healing journey. Making small conscious choices can make a big impact in feeling your best no matter if you are in the midst of cancer treatment, in recovery mode or in remission.**

One key choice is nutrition! Good nutrition is important in helping maintain strength and fuel your body's immune system. Always aim to fill half of your plate with colorful veggies and fruits that are rich in vitamins, minerals and natural antioxidants that can help aid in the recovery and repair of your body. Lean protein foods such as beans, poultry or fish can help support muscle health. Whole grain foods like quinoa, barley, wild rice and whole wheat products help give energy. Limiting added sugars or highly processed foods can also help boost how you feel each day. Being healthy isn't just about what you eat—it's about finding balance. Moving your body in gentle ways like walking or stretching can help decrease fatigue and improve your mood. Rest is equally important, allowing time to relax and reset.

Remember, healing isn't linear and there is no exact timeline. Celebrate the small wins like a nourishing meal, a short walk or time with a loved one. All of these things can bring health. We at the HCRC wish everyone a new year filled with resilience, nourishment and hope.



### CLIP THIS RECIPE

*Ready in thirty minutes or less, a healthy delicious dinner awaits! Serve with a fresh green salad and a few slices of crusty multigrain bread.*

## Spinach-Ricotta Stuffed Portobello Caps

### INGREDIENTS:

- |  |   |
|--|---|
| 8 portobello mushroom caps,<br>wiped clean with a damp cloth | 1/3 cup chopped fresh basil, divided            |
| 2 tablespoons water  | Salt and freshly ground black pepper            |
| 1 (5-ounce) package fresh baby spinach                       | 1 cup reduced-sodium marinara sauce,<br>divided |
| 1/2 cup part-skim ricotta cheese                             | 3/4 cup shredded Italian-blend cheese           |

### INSTRUCTIONS:

1. Preheat oven to 425°. Spray mushroom caps with cooking spray, place stem-side down on a foil-lined sheet, and bake 10 minutes. Turn and bake 5 minutes more until tender.
2. Meanwhile, heat water in a large skillet over medium-high heat. Add spinach, cook 1-2 minutes until wilted, then remove from heat.
3. Stir in ricotta and 1/4 cup basil; season with salt and pepper. Spoon half the marinara (1 Tbsp per mushroom) over the caps. Top with the spinach mixture, spoon remaining marinara over all, and sprinkle with Italian cheese.
4. Bake 10 minutes until heated and cheese is melted. Garnish with remaining basil.

**Makes 4 servings.** Per Serving: 190 Calories, 11g Fat (5g saturated), 25mg Cholesterol, 360mg Sodium, 14g Carbohydrate (2g fiber, 6g sugars), 14g Protein. 2 g added sugar.



# Cervical Cancer: What Everyone Should Know



*By Tom Spillane, MD, Oncology/Hematology*

Cervical cancer remains one of the most preventable cancers but thousands of women are diagnosed every year. If not caught early, this can be a deadly cancer as it can spread through the body. However, with routine screening, vaccination, and early treatment, cervical cancer can usually be managed before it becomes dangerous.

## What Is Cervical Cancer?

Cervical cancer begins in the cells of the cervix, the lower part of the uterus in women. In most cases, it develops slowly over many years, starting with precancerous changes called cervical dysplasia. When detected early through a Pap smear, these changes can be treated before they turn into cancer. Cervical cancer most often has no symptoms in early stages, which makes screening essential. When symptoms do appear, they may include abnormal vaginal bleeding (after sex, between periods, or after menopause), unusual discharge or pelvic pain. These symptoms should always be checked by a healthcare provider.

## The Primary Cause:

HPV Most cervical cancers are caused by persistent infection with human papillomavirus (HPV), a very common virus spread through intimate skin-to-skin contact. Many people will be exposed to HPV at some point in their lives. In most cases, the virus clears on its own. There are certain “high-risk” HPV types can cause cervical cancer if the body doesn’t clear the infection.

## Prevention is the Key

The HPV vaccine is one of the most effective ways to prevent cervical cancer. It protects against the high-risk HPV strains that cause most cases. Vaccination is recommended starting at age 9, with catch-up vaccination into the mid-twenties. Some adults up to age 45 may also be eligible. Cervical cancer screening detects early cell changes before they become cancer. Screening tests include the Pap test (Pap smear) that looks for abnormal cervical cells. The HPV test detects high-risk HPV types.

## Bottom Line

It is import that we reduce the stigma attached to cervical cancer and increase awareness about early detection and prevention. HPV vaccination and screening for cervical cancer saves lives. By encouraging loved ones to get screened and vaccinated, we can dramatically reduce cervical cancer rates.



### ***Did you know?***

- Cervical cancer is the fourth most common cancer in women worldwide
- There are approximately 14,000 new cases diagnosed each year in the United States

## Cancer Risk Reduction Tips



*Written by Julie Neiggemann, RN, MSN, OCN, HCRC Director*

The following tips on lowering cancer risk are summarized from the American Cancer Society website: [www.cancer.org](http://www.cancer.org). Please come to our education presentation on February 23 to learn more!

- **Tobacco:** Tobacco use is the leading preventable cause of death/disease in the United States. There is no safe way to use any tobacco products, and total abstinence is the best way to lower cancer risk.
- **Healthy body weight:** Excess body weight is the second most common potentially avoidable cause of cancer. Maintaining a healthy weight helps to lower cancer risk by regulating levels of insulin, estrogen, and progesterone.
- **Alcohol:** Alcohol is the third most common preventable cause of cancer, and even small amounts can increase risk. It is best to abstain completely, but if going to drink, limit to no more than two drinks per day for men and one drink per day for women.
- **Exercise:** Physical activity can reduce cancer risk by helping persons to stay at a healthy weight, regulating hormone levels, and strengthening the immune system. It is recommended to include 150-300 minutes of moderate intensity exercise or 75-150 minutes of vigorous exercise every week (or a combination of the two).
- **Nutrition:** A diet focused on plant-based foods including a variety of fruits, vegetables, and whole grains, as well as lean protein is the best way to decrease cancer risk through foods. It is recommended to limit red meat, and avoid highly processed foods, processed meats, and food high in sugar.
- **Sun exposure:** Exposure to UV rays is a risk factor for all types of skin cancer, and tanning beds raise the risk of skin cancers significantly. Wearing broad spectrum sunscreen SPF 30 or higher, avoiding the sun during midday hours, wearing sunglasses, and covering up when outside are great ways to prevent skin cancer.
- **Protect against HPV:** Human papillomavirus is spread through intimate skin to skin contact and is responsible for several different types of cancer. Ways to prevent HPV infections include vaccinations and limiting the number of sexual partners.

**You can significantly lower your cancer risk by making informed decisions about what to eat, drink, and expose yourself to.**

### Cancer Prevention Panel Presentation

*Our panel of professionals will discuss strategies each of us can take to minimize cancer risk. Topics include smoking cessation, lifestyle habits that promote optimal wellness and the importance of HPV prevention.*

**PRESENTED BY:** Janett Aguilar, PA; Holly Taylor, RN, HCRC Nurse Navigator; and a representative of the SLO County Public Health Department

**WHEN:** Monday, February 23, 2025 • 5:30 p.m.

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

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

## Local Organizations Raise More Than \$20,000 for the Hearst Cancer Resource Center

Each October, in honor of Breast Cancer Awareness Month, local organizations raise funds to support Hearst Cancer Resource Center (HCRC) patients. In 2025, a dozen businesses and organizations raised more than \$20,000 to support the HCRC and the HCRC's Angel of Hope Fund.

Fundraising efforts included golf, bocce ball, pinball tournaments, concerts, sales proceeds, donations, and more. These events are an easy way for local businesses and groups to show their support for local cancer patients—raising both awareness and funds for the HCRC.

We encourage others to join the below list of participating organizations any time of the year! Here are a few simple ways to get involved: Host an event, donate a percentage of your sales during a select time (a day, a week or a month), add a round-up option for customers, or just make a tax-deductible donation. For more creative, easy ideas on how your business or group can support the HCRC, please contact the French Hospital Foundation at 805.542.6496 or email [fhmcfoundation@commonspirit.org](mailto:fhmcfoundation@commonspirit.org).

### Thank you to the following businesses and organizations for their support in October 2025!

- Atascadero Police Officers' Association
- BA Start Arcade and Taproom
- French Hospital Gift Shop
- Grover Beach Police Officers' Association
- The Human Bean
- Bocce League at Morro Shores Mobile Home Park
- Movement for Life
- Sea Pines Golf Course
- Sea Pines Ladies' Golf Club
- San Luis Obispo Girl's Volleyball Program
- Sunset Honda
- UkeLadies



The Human Bean hosted Coffee for a Cure on October 17, donating all sales proceeds from their three locations to the HCRC. Left: HCRC and Foundation team members with The Human Bean owners Pat and Vikki Mitchell (center). Below: Holly Taylor, HCRC



## Cancer Partner Spotlight



## Blood Cancer United

We are pleased to share that The Leukemia & Lymphoma Society has recently changed its name to Blood Cancer United! This new name better reflects our commitment to serving all people impacted by blood cancer. With this change, we're expanding our reach to ensure every patient, caregiver, and family have access to the support they need.

At Blood Cancer United, we believe everyone affected by blood cancer deserves a longer, better life. We're on a mission to cure blood cancers and improve quality of life for patients and their loved ones. We fund groundbreaking research worldwide, provide free education and support services, and advocate for access to quality, affordable, and coordinated care.

From the moment of diagnosis through treatment and beyond, we're here for patients and caregivers every step of the way. Two of our most valuable resources are our Information Specialists, highly trained oncology social workers and nurses who provide personalized guidance, treatment information, and emotional support and our First Connection peer support program, which matches patients and caregivers with trained volunteers who share similar experiences. We also offer a wide range of free programs and resources, including support groups, educational materials, nutrition services, clinical trial navigation, financial support, and more.

Our goal is to ensure every patient and family feels informed, supported, and empowered to live their best possible life.

To learn more or get connected today, visit [www.bloodcancerunited.org](http://www.bloodcancerunited.org) or call 1.800.955.4572.



## MONDAY



**Nutritional Counseling** ⓘ  
by appointment

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

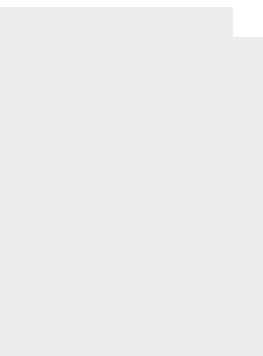
**Nutritional Counseling** ⓘ  
by appointment

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

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

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

## TUESDAY



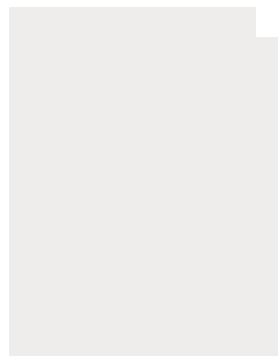
**Therapeutic Massage**  
1:00–4:00PM  
Onsite by appointment  
Call HCRC to register

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

**Yoga**  
4:30PM onsite  
Call HCRC to RSVP

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

## WEDNESDAY



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

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

**Qigong**  
3:00PM offsite

**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

**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

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

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

## THURSDAY

**Office closed for New Year's Day**



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

**Nutritional Counseling** ⓘ  
by appointment

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

**Nutritional Counseling** ⓘ  
by appointment

**Nutritional Counseling** ⓘ  
by appointment

**Hypnosis Session** ⓘ  
7:00PM  
Virtual/Zoom Meeting  
Call HCRC to RSVP

## FRIDAY

**Nutritional Counseling** ⓘ  
by appointment

**Intuitive Collage**  
1:00–3:00PM  
Call HCRC to RSVP

**Nutritional Counseling** ⓘ  
by appointment

**Presentation: Spice Up the New Year**  
12:30PM onsite  
Call HCRC to RSVP  
See page 12 for details

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

**Intuitive Collage**  
1:00–3:00PM  
Call HCRC to RSVP

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2

3

4

5

6

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

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

**Qigong**  
3:00PM offsite

**Nutritional  
Counseling** ☎  
by appointment

**Intuitive Collage**  
1:00–3:00PM  
Call HCRC to RSVP

**Nutritional  
Counseling** ☎  
by appointment

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

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

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

**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

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

**Nutritional  
Counseling** ☎  
by appointment

**Nutritional  
Counseling** ☎  
by appointment

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

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

16

17

**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

18

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

**Nutritional  
Counseling** ☎  
by appointment

19

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

**Intuitive Collage**  
1:00–3:00PM  
Call HCRC to RSVP

20

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

**Cancer Prevention  
Panel Presentation**  
5:30PM in person  
Call HCRC to RSVP

23

**Yoga**  
4:30PM onsite  
Call HCRC to RSVP

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

24

**Tai Chi Chih**  
11:00AM offsite

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

25

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

26

27

## Key



Phone appointment



Zoom/Virtual Meeting

## BLUE

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

## GREEN

Education

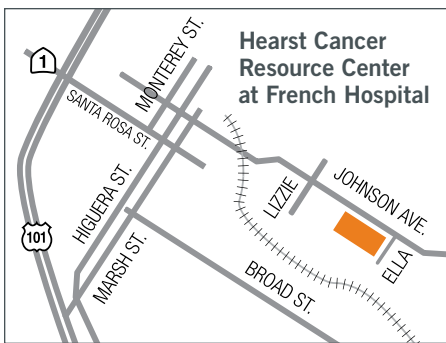
## ORANGE

Support Group

# 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*

### Note new day of the week

### 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 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)**  
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

### — JANUARY —

### Spice Up the New Year!

*Presenters: Neeta Mittal and Sunni Mullinax*

Rediscover the joy of flavor and connection in this special hands-on class. Health and wellbeing will have a flavor like never before! (See page 12)

- **HCRC, SLO (onsite)**  
Friday, January 16; 12:30PM  
HCRC, 1941 Johnson Ave., Suite 201  
*Call 805.542.6234 to register*

### — FEBRUARY —

### Cancer Prevention Panel Presentation

*Presenters: Janett Aguilar, PA; Holly Taylor, RN, and a representative of the SLO County Public Health Department*  
Topics include smoking cessation, lifestyle habits that promote optimal wellness and the importance of HPV prevention. Light refreshments will be served. (See page 3)

- **HCRC, SLO (onsite)**  
Monday, February 23; 5:30PM  
Wacker Family Auditorium,  
Copeland Health Education Pavilion  
at French Hospital/Third Floor  
*Call 805.542.6496 to register*



# HCRC CLASSES, GROUPS & PROGRAMS



Angela Fissell.  
MS, RD

## *In Need of Nutrition Advice?* **Meet our Registered Dietitian**

Navigating nutrition during cancer treatment can be challenging. Our registered dietitian, Angela Fissell, offers personalized nutritional telephone consultations. This includes information about evidence-based strategies, healthy eating habits, and recipes tailored to support your treatment and symptom management.

Please call the HCRC at 805.542.6234 or email us at [HCRC@commonspirit.org](mailto:HCRC@commonspirit.org) to schedule a no-cost phone consultation

## 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)**

Last Thursday of the month; 7:00PM

*Call 805.542.6234 to register*

### Intuitive Collage

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

- **HCRC, SLO**

Jan. 9, 23 & Feb. 6, 20; 1:00PM

*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

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*

### 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.)**

Jan. 13 & Feb. 10

*Call 805.542.6234 to register*

### Yoga In-person

Restorative yoga is a gentle practice focused on deep relaxation and healing, using props like blankets and blocks to fully support the body in passive poses. Bring your yoga mat or we can provide one for you.

- **HCRC, SLO**

4<sup>th</sup> Tuesday; 4:30PM

*Call 805.542.6234 to register*

# ADDITIONAL DIGNITY HEALTH CLASSES, GROUPS, & PROGRAMS

## SUPPORT GROUPS

### Breast Cancer Support 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

**Shauna 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**  
[cancerconnectionsslo.org](http://cancerconnectionsslo.org)

**Cancer Support Community**  
[cscslo.org](http://cscslo.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**  
[dreammakersslo.com](http://dreammakersslo.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

**Julia Fogelson, MSN, RN**—CNE

**Tessa Espinoza**—CPO

### *Committee Members*

**Sandy Dunn**—  
CHAIR

**Gayle Cekada, MD**

**Leslie Coe**

**Edwin**

**Hayashi, MD**

**Jack Hearst**

**Stephen Hearst**

**Stephen Hilty, MD**

**Cathy Johnson**

**Robert**

**Johnson, MD**

**Noreen Martin**

**Susan Minker, MD**

**Debby Nicklas**

**Don Oberhelman**

**Lauren Rava**

**John Ronca**

**Colleen**

**Russell, DPT**

**Thomas**

**Spillane, MD**

**Jackie Starr**

**Christine Williams**

## Spice Up the New Year !



Rediscover the joy of flavor and connection in this special hands-on class led by Neeta Mittal and Sunni Mullinax. We'll explore how intention and a touch of spice can reignite your senses and bring comfort back to the table. Health and wellbeing will have a flavor like never before!

**Friday, Jan 16<sup>th</sup>, 12:30 PM - 2:00 PM**  
1941 Johnson Avenue, Ste #201 San Luis Obispo

Reignite Taste Buds

Discover Nausea Busting Spices

Find Comfort in Each Bite

Nourish Body & Spirit

Spice Up Your Healing Journey

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



**Dignity Health.**  
French Hospital Medical Center

Hearst Cancer Resource Center