

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.

Caregivers Receive Emotional and Practical Support at HCRC

By Diane Fraser

The world came crashing down around my husband Steve and me on December 21, 2023 when Steve was diagnosed with stage 3 Gastroesophageal Cancer.



Steve and Diane Fraser try to focus on the beauty of their lives together

Just six months earlier we were exchanging wedding vows on a cliff overlooking the ocean, looking forward to spending our golden years living on the central coast. In my wedding vows I told Steve I would always be there to take care of him, rubbing Bengay on his aching back and kissing the cuts and bruises he gets from fixing things around the house. I NEVER expected CANCER!

Almost two years later he's now battling metastasized liver and lung cancer after dealing with chemo, radiation and surgery. I knew I wanted to find a group that helps cancer caregivers to learn about finding more ways to care for their loved ones. Our oncology nurse told me about the Hearst Cancer Resource Center and the Care-Partner Support and Discussion Group that meets once a month.

About six months ago I joined the group and I find it has helped me immensely with new thoughts and ways to help Steve and myself. Our group leader is Ashley Hahn. She's very sweet and always supportive. Ashley is so knowledgeable about the best resources we might need and great ways to care for our loved ones. It's a wonderful group that shares their individual stories on how their loved ones with cancer are doing, what caregiving tips are working for them and what they're doing to try and stay emotionally healthy too.

I love my husband so much and it's important to me to stay emotionally strong for him. I do it through prayer and keeping things as normal as possible with humor and listening to beautiful music that takes away the stress. I also encourage Steve to talk to me about the thoughts and fears he has about his cancer so he won't keep his feelings buried deep inside. There's still so much beauty all around us so it's important to see it and look at life with cancer as the glass half full, not empty.

STAFF UPDATES FOR 2025

As you may have noticed, Hearst Cancer Resource Center has had several additions to our team throughout 2025 and we would like to introduce you!



Jessica Reyes joined our team in March of this year as our second full-time bilingual patient navigator. She and Eloisa Medina work closely with our Spanish-speaking community members that have been diagnosed with cancer. They provide a variety of important services, such as real-time, in-person translation services during medical appointments, coordination of referrals and follow-up care, and connection with support and community resources. Jessica brings 22 years of experience working in the medical field as she transferred from within Dignity Health to HCRC, including diabetes education for Spanish-speaking expectant mothers. Jessica was featured in the Staff Spotlight column on page 5 of our May/June 2025 Newsletter.



Holly Taylor, RN, is the newest member of the team as our new nurse navigator. Holly's role is to assist patients in navigating through a complex healthcare system, provide education on diagnosis and treatment options, and connect patients with supportive resources. Holly brings with her several decades of nursing experience including surgical care, hospice, and palliative care where she has assisted many cancer patients in navigating their diagnosis and care. Holly is also a survivor of breast cancer and has first-hand experience of the multifaceted challenges cancer patients can face throughout their journey. Learn more about Holly on page 5 of this newsletter edition.



While not a new staff member, **Julie Neiggemann, RN, MSN, OCN**, has transitioned to the role of director of HCRC after serving as nurse navigator for over four years. She brings over 20 years of nursing experience to this role, including work in pediatric and adult oncology, hematology/stem cell transplantation, post-op orthopedics, nurse navigation, and higher education where she served as assistant professor and assistant director of an accredited bachelor of science in nursing program. She greatly enjoyed her work as nurse navigator at HCRC and is delighted to continue to serve the staff and patients in this new capacity.



CLIP THIS RECIPE

Due to the nutrient density of this salad, it is perfect for those with reduced appetite.

Creamy Broccoli and Apple Salad

INGREDIENTS:

4 cups broccoli florets	1/2 cup dried cranberries
1/2 cup carrots, shredded	1 cup plain Greek yogurt
1/2 red onion, sliced thin	2 Tbsp. lemon juice
2 apples, diced	1 Tbsp. honey
1/2 cup pecans, chopped	Salt and pepper, to taste

INSTRUCTIONS:

1. In large bowl, combine broccoli, carrots, onion, apples, pecans and cranberries.
2. In separate bowl, whisk together yogurt, lemon juice and honey.
3. Combine yogurt mixture with vegetable mixture and toss well. Season to taste with salt and pepper.
4. Chill until ready to serve.

Makes 8 servings (1 cup). Per serving: 140 calories, 6 g total fat (1 g saturated fat, 0 g trans fat), 5 mg cholesterol, 20 g carbohydrates, 5 g protein, 3 g dietary fiber, 25 mg sodium, 15 g sugar, 2 g added sugar.

Note: Full fat Greek yogurt can be used to promote additional caloric intake for weight gain. Adding more lemon juice may also improve the taste profile for someone with mild dysgeusia.

Pancreatic Cancer Screening



*Written by Constantine Melitas, MD, Gastroenterology
Advanced Therapeutic/Interventional Endoscopy*

Pancreatic cancer is one of the deadliest cancers in the US and worldwide. Although it affects a small portion of our population—in only 1% of the US population and only 2.5% of the world's population—it accounts for 8% of cancer deaths in the US and 4.6% of cancer deaths worldwide. Thus, it has become the third most common cause of cancer related deaths in the US and sixth leading cause of cancer death in the world.

It accounts for about 3% of all newly diagnosed cancers both globally and in the US, with the incidence expected to continue to increase. Its poor prognosis is thought to be due to its aggressiveness, often advanced stage at time of diagnosis, and inadequate response to current standard therapies.

As with most malignancies, diagnosis at earlier stages has been shown to be associated with higher rates of survival with a 93% 10-year survival among stage 0 cancers and 34% to 39% 5-year survival among stage I cancers. However, by the time patients develop symptoms, almost 80% have advanced disease that is often inoperable and presents a significantly lower chance of cure.

Given its aggressive nature, there has been extensive research to highlight high risk patient populations and risk factors. Luckily there are pancreatic cancer screening guidelines which incorporate endoscopic ultrasound and MRI in actively screening these high-risk individuals for early signs of pancreatic cancer. These populations include patients with BRCA1 or BRCA2 mutations, PALB2 mutation, Lynch syndrome, Peutz-Jeghers syndrome, familial atypical multiple mole melanoma syndrome, autosomal dominant hereditary pancreatitis, familial pancreatic cancer, and heterozygotes for an ATM gene pathogenic variant. Pancreatic cancer screening in these high-risk patients has been shown to increase the likelihood of positive outcomes as the rate of early detection is higher.

Although these high-risk populations have been identified, patients in these groups do not make up the majority of patients affected by pancreatic cancer. Despite its known aggressive behavior and high rate of mortality, there has yet to be guidelines set forth for pancreatic cancer screening in the general population. This has been an area of aggressive research recently with encouraging technologies leading the way. Much of the most recent research in early detection of pancreatic cancer is with tests in the blood. Pancreatic tumors have been found to have a high degree of DNA and RNA “shedding” in the blood, even by very early cancers. Therefore, testing for detection of trace amounts of these worrisome circulating DNA or RNA markers are being studied and seem promising. These tests would offer early detection, high accuracy, are non-invasive, and in the future could potentially be tests performed in the primary care setting as part of other routine laboratory and cancer screening examinations.

As previously mentioned, pancreatic cancer is a highly aggressive disease affecting the world as a whole to a high degree. With further research and breakthroughs in technology, hopefully pancreatic cancer can become easier to detect at early stages making it much more manageable to treat and more likely to cure.

■ As an advanced therapeutic endoscopist, **Constantine Melitas, MD**, has been trained to manage many complex gastrointestinal, pancreatic, biliary, and liver diseases endoscopically.

“My approach to patient care is based on an individualized care plan which provides distinctive advanced medical and procedural therapy yet also meeting the unique emotional needs of each patient. I pride myself on utilizing my Advanced Therapeutic and Gastroenterologic training to provide cutting edge and evidence based care to patients.”

—Constantine Melitas, MD



Hints for Happy Holidays

Written by Candice Sanders Galli

Holidays are traditionally viewed as a time to celebrate. Many people enjoy reuniting with family and friends, exchanging gifts, enjoying meals, and honoring family traditions. However, sometimes people with cancer and their loved ones feel uncertainty and “out of step” from the rest of the world during the holidays and that can increase feelings of isolation and loneliness.

In fact, the holiday season can prompt a lot of questions, such as: How do I take care of the holiday rush and myself at the same time? How can I celebrate when I have so many other things on my mind? Sharing these concerns with others can help you feel more connected and encourage feelings of hope. Here are some other tips and techniques to help navigate this holiday season:

Think of the holidays in the now instead of how it used to be or how they will be in the future. Focus on the meaning of the holiday as opposed to the overwhelming hustle, bustle, and tasks to be done.

Stay within your limits. If you are tired and overwhelmed, communicate this to your loved ones. It is perfectly okay to turn down activities or events that you would typically say yes to, trust yourself and do what feels right for you.

Practice self-love and mindfulness. Find a quiet, heart-nourishing spot to write or meditate. And most importantly, breathe and let go of things you cannot control.

Try not to take it personally if friends and family do not understand what you are feeling. They may be immersed in their own holiday stress and sometimes have a difficult time managing their own reactions to cancer.

Delegate or ask for help. If you have a support network who can assist with your shopping and wrapping, reach out and enlist them. Online gift-giving is also incredibly easy and efficient.

Don't beat yourself up for feeling sad at this time of year. Validate your feelings and remember you have been through a tremendous challenge. It's okay to feel blue; the worst thing you can do is stifle your emotions.

Music can work wonders. If holiday songs are not your thing, play songs that lift your spirits. You might just find yourself moving to the music when you least expect it.

If you are in the middle of treatment during the holidays, find healthy distractions, and let your creative spirit shine. Maybe you will discover a talent you never knew you had! But also know that it is okay to just be.

Get moving! Physical activity is one of the best ways to benefit your health during the holidays. Walking, Tai Chi Chih, yoga, stretching and gentle movements are great options. Exercise can work wonders for your mood.

Facing cancer can be a challenging journey, but you don't have to navigate it alone. Reach out for support.



CANCER SUPPORT COMMUNITY

Uplifting and strengthening people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

Cancer Support Community—California Central Coast (CSC-CCC) provides social and emotional support for all families touched by cancer. Their team of medically trained licensed therapists are there to support and arm you with best practices to get you through those feelings of doubt, uncertainty, and isolation.

Please visit www.cscslo.org for more information about CSC-CCC. If you or someone you know could benefit from CSC-CCC's support groups, individual counseling, or restorative fitness classes, please contact them at programs@cscslo.org or at 805.238.4411.

GIFTING WITH GRATITUDE

Give hope



Support the Hearst Cancer Resource Center this Holiday Season

During this season of giving, people often choose to express their gratitude by making a gift to support organizations with causes near to their heart. This year, we hope that you will consider making a gift to support cancer patients at the Hearst Cancer Resource Center.

Thanks to support from people like you, the HCRC is able to provide all programs and services at no charge to cancer patients and their families, ensuring that local cancer patients, including those most in need, have access to the vital resources that the HCRC provides. 100% of every gift goes directly to support the HCRC, impacting the lives of patients and providing them with hope.

To make a gift, scan the QR code, visit our website supportfrenchhospital.org/hcrc, call the French Hospital Foundation at 805.542.6496, or mail your gift to the Foundation at 1911 Johnson Avenue, San Luis Obispo, CA 93401.



Join us for an exciting educational presentation:

What's Up, Doc: Cancer Care at French Hospital



You are invited to the French Hospital Foundation's free education series to learn the latest developments about cancer care at French Hospital. **Tom Spillane, MD**, hematologist/oncologist;

Kathleen Sullivan, PhD, RN, Vice President, Cancer Care Services and Post Acute Care; and **Julie Neiggemann, RN, MSN, OCN**, HCRC Director, will share information about the resources available at the HCRC, current methods of care for cancer patients in our community, and updates on the new Comprehensive Cancer Center coming to San Luis Obispo in 2026!

Thursday, November 13 • 4:30 to 6:00 p.m.

**Wacker Family Auditorium, Copeland Health Education Pavilion
at French Hospital/Third Floor**

1911 Johnson Avenue, San Luis Obispo

Light refreshments served

Advanced registration required. Sign up to attend this free event by scanning the QR code, visiting supportfrenchhospital.org/whats-up-doc or calling the Foundation at 805.542.6496.



Staff Spotlight

**Holly
Taylor, RN**

Nurse Navigator

Q: How long have you worked at HCRC?

I'm new here! I was inspired to apply for the Nurse Navigator position at HCRC by the opportunity to work closely with oncology patients and provide support throughout their cancer journey. My prior personal and professional experiences with HCRC highlighted it as an invaluable resource to our community, and my interactions with the staff and their patient programs, including the support groups, wellness programs, and one on one navigation, further solidified my aspiration to work here.

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

My oncology experience includes a personal journey as a cancer survivor. Professionally, I spent many years in the operating room performing various surgeries for oncology patients as well as other conditions. More recently, I managed a palliative care program where a significant number of our patients were oncology patients. In this role, I provided guidance in symptom management, disease education, and support in navigating challenging aspects of their cancer experience.

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

I enjoy exploring the area where we live, particularly through hiking and paddle boarding, and appreciating its natural beauty. With my two children now adults, I am discovering new personal activities to fill the time previously dedicated to their baseball games, swim meets, and FFA activities. My wonderful husband of 22 years has supported me and stood by my side on every new adventure personally and professionally.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>3</div>	<div>4</div> <p>Therapeutic Massage Onsite by appointment <i>Call HCRC to register</i></p>	<div>5</div> <p>Appearance Center Walk-in Hours 10:30AM–1:00PM</p> <p>Tai Chi Chih 11:00AM offsite <i>Call HCRC for details</i></p> <p>Qigong 3:00PM offsite</p>	<div>6</div> <p>Nutritional Counseling ☎ by appointment</p>	<div>7</div> <p>Nutritional Counseling ☎ by appointment</p>
<div>10</div> <p>Energy Balancing Session 11:00AM–1:00PM Onsite <i>Call HCRC to RSVP</i></p> <p>Nutritional Counseling ☎ by appointment</p>	<div>11</div> <p>Breast Cancer Support Group 💻 5:45PM Virtual/Zoom <i>Call HCRC to RSVP</i></p>	<div>12</div> <p>Tai Chi Chih 11:00AM offsite <i>Call HCRC for details</i></p> <p>All Blood Cancer Support Group 💻 1:00–2:00PM In Person/Hybrid <i>Call HCRC to RSVP</i></p>	<div>13</div> <div> <p>What's Up Doc: Cancer Care at French Hospital Presentation 4:30PM in person <i>Call HCRC to RSVP</i> <i>See page 5 for details</i></p> </div>	<div>14</div> <p>Intuitive Collage 2:00–4:00PM <i>Call HCRC to RSVP</i></p> <p>Nutritional Counseling ☎ by appointment</p>
<div>17</div> <p>Acupuncture 2:30PM onsite <i>Call HCRC to RSVP</i></p> <p>Prostate Cancer Support Group 6:30PM onsite <i>Call HCRC to RSVP</i></p>	<div>18</div>	<div>19</div> <p>Tai Chi Chih 11:00AM offsite <i>Call HCRC for details</i></p> <p>Qigong 3:00PM offsite</p> <p>Thriving with Advanced Cancer 💻 5:15PM Virtual/Zoom <i>Call HCRC to RSVP</i></p>	<div>20</div> <p>Care-Partner Support and Discussion Group 💻 1:00–2:00PM In Person/Hybrid <i>Call HCRC to RSVP</i></p> <p>Nutritional Counseling ☎ by appointment</p>	<div>21</div> <p>Appearance Center Walk-in Hours 10:30AM–1:00PM</p>
<div>24</div> <p>Energy Balancing Session 💻 11:00AM–12:30PM Virtual/Zoom Meeting <i>Call HCRC to RSVP</i></p>	<div>25</div> <p>Cancer Patient Support Group 💻 1:00PM Virtual/Zoom <i>Call HCRC to RSVP</i></p> <p>Yoga 4:30PM onsite <i>Call HCRC to RSVP</i></p> <p>Breast Cancer Support Group 5:45PM In Person <i>Call HCRC to RSVP</i></p>	<div>26</div> <p>Tai Chi Chih 11:00AM offsite <i>Call HCRC for details</i></p> <p>Office closing early at 1:00 PM</p>	<div>27</div> <div> <p>HAPPY Thanksgiving</p> <p>Office closed</p> </div>	<div>28</div> <p>Office closed</p>

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

1

**Therapeutic
Massage**Onsite by appointment
Call HCRC to register

2

**Appearance Center
Walk-in Hours**
10:30AM–1:00PM**Tai Chi Chih**11:00AM offsite
Call HCRC for details**Qigong**

3:00PM offsite

3

**Nutritional
Counseling** ⓘ
by appointment

4

**Nutritional
Counseling** ⓘ
by appointment

5

8

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

9

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

10

Tai Chi Chih11:00AM offsite
Call HCRC for details**All Blood Cancer
Support Group** ⓘ1:00–2:00PM
In Person/Hybrid
Call HCRC to RSVP

11

**Nutritional
Counseling** ⓘ
by appointment

12

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

15

Acupuncture2:30PM onsite
Call HCRC to RSVP**Prostate Cancer
Support Group**6:30PM onsite
Call HCRC to RSVP

16

17

Tai Chi Chih11:00AM 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**Nutritional
Counseling** ⓘ
by appointment

22

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

23

**Cancer Patient
Support Group** ⓘ1:00PM 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

24

Tai Chi Chih

11:00AM offsite

**Office closing early
at 1:00 PM**

25



Office closed

26

Office closed

29

**Nutritional
Counseling** ⓘ
by appointment

30

31

Tai Chi Chih

11:00AM offsite

**Office closing early
at 12:00 noon for
New Year's Eve**

1

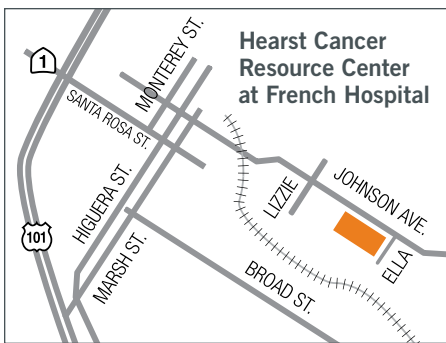


Office closed

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)**
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 Tuesday; 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)**
3rd Thursday; 1:00PM
Call 805.542.6234 to register

Grupo de Apoyo de Cáncer

Si usted o alguien de su familia sufren de cáncer, acompáñenos 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**
3rd 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. The specific needs and concerns of patients with advanced, metastatic or recurrent cancer are addressed.

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

EDUCATIONAL LECTURES

— NOVEMBER —

What's Up, Doc:

Cancer Care at French Hospital

Presenters: Tom Spillane, MD, Kathleen Sullivan, PhD, RN, and Julie Neiggemann, RN, MSN, OCN

Learn about the resources available at the HCRC, current methods of care for cancer patients in our community, and the new Comprehensive Cancer Center coming to San Luis Obispo in 2026! (See page 5 for details.)

- **HCRC, SLO (onsite)**
Thursday, November 13; 4:30PM
Wacker Family Auditorium,
Copeland Health Education Pavilion
at French Hospital/Third Floor
Call 805.542.6496 to register

— DECEMBER —

No educational events are scheduled for December.



HCRC CLASSES, GROUPS & PROGRAMS

■ HCRC would like to express their appreciation to the **Creston Rodeo** for the amazing opportunity to share our information at the rodeo this past September!



Our very own **Tom Vendegna, MD**, (pictured right) Chief Medical Officer for French, Arroyo Grande, and Marian hospitals, market CMO for CommonSpirit, and cancer survivor, was met with a warm welcome from the crowd as he shared the story of how he founded HCRC along with his oncologist **Tom Spillane, MD**, and how this was made possible through the generosity of the Hearst family.



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, 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.)**
2nd Monday; 11:00AM–1:00PM
- **HCRC, SLO (Zoom)**
4th Monday; 11:00AM
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**
Nov. 14 & Dec. 12; 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

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)**
1st and 3rd 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.)**
Nov. 4 & Dec. 2
Call 805.542.6234 to register

Yoga In-person

A gentle yet powerful practice that helps awaken energy at the base of the spine and move it through the body. Bring a yoga mat.

- **HCRC, SLO**
4th 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 basic steps and terminology 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

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

Angela Fissell, RD
Registered Dietitian

Lisa Steinbeck, ODS-C
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

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

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

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

American Cancer Society
cancer.org

**Blood Cancer United
(formerly LLS)**
bloodcancerunited.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

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

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Stephen Hearst	Thomas Spillane, MD
Stephen Hilty, MD	Jackie Starr
Cathy Johnson	Christine Williams
Robert Johnson, MD	
Noreen Martin	

