

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6
	<p><b>Breast Cancer Support Group</b> ☒ 5:45PM Virtual/Zoom</p>	<p><b>Tai Chi Chih</b> 11:00AM <i>Call HCRC to RSVP</i></p> <p><b>Music for Teens</b> ☒ 3:45PM Virtual/Zoom</p> <p><b>Guided Meditation</b> ☒ 5:00PM Virtual/Zoom</p> <p><b>Qigong Class</b> 5:30PM <i>Call HCRC to RSVP</i></p>	<p><b>Nutritional Counseling</b> ☎ by phone appointment</p> <p><b>Restorative Yoga</b> ☒ 12:00PM Virtual/Zoom</p> <p><b>Living with Advanced Cancer</b> ☒ 6:00PM Virtual/Zoom Meeting</p>	
9	10	11	12	13
<p><b>Energy Balancing Session</b> ☒ 11:00AM–12:00PM Virtual/Zoom Meeting</p>	<p><b>Patient's with Cancer Support Group</b> 1:00PM <i>Call HCRC to RSVP</i></p> <p><b>Spanish Support Group</b> 3:00PM <i>Call HCRC to RSVP</i></p> <p><b>Breast Cancer Support Group</b> ☒ 5:45PM Virtual/Zoom Meeting</p>	<p><b>Tai Chi Chih</b> 11:00AM <i>Call HCRC to RSVP</i></p> <p><b>All Blood Cancer Support Group</b> ☒ 1:00–2:00PM Virtual/Zoom</p> <p><b>Qigong Class</b> 5:30PM <i>Call HCRC to RSVP</i></p>	<p><b>Nutritional Counseling</b> ☎ by phone appointment</p> <p><b>Intuitive Collage</b> 2:00–4:00PM <i>Call Kathleen at 805.440.8834</i></p>	
16	17	18	19	20
<p><b>NEW Acupuncture</b> 2:30PM <i>Call HCRC to RSVP</i></p>	<p><b>Breast Cancer Support Group</b> ☒ 5:45PM Virtual/Zoom Meeting</p>	<p><b>Tai Chi Chih</b> 11:00AM <i>Call HCRC to RSVP</i></p> <p><b>Nutritional Counseling</b> ☎ by phone appointment</p> <p><b>Qigong Class</b> 5:30PM <i>Call HCRC to RSVP</i></p>	<p><b>Nutritional Counseling</b> ☎ by phone appointment</p> <p><b>Living with Advanced Cancer</b> ☒ 6:00PM Virtual/Zoom Meeting</p> <p><b>Education: Skin Cancer Updates</b> 5:30PM</p>	
23	24	25	26	27
<p><b>Energy Balancing Session</b> 11:00AM–12:00PM <i>Call HCRC to RSVP</i></p> <p><b>Prostate Cancer Support Group</b> 6:30PM <i>Call HCRC to RSVP</i></p>	<p><b>Patient's with Cancer Support Group</b> 1:00PM <i>Call HCRC to RSVP</i></p> <p><b>Breast Cancer Support Group</b> ☒ 5:45PM Virtual/Zoom Meeting</p>	<p><b>Tai Chi Chih</b> 11:00AM <i>Call HCRC to RSVP</i></p> <p><b>Nutritional Counseling</b> ☎ by phone appointment</p> <p><b>Qigong Class</b> 5:30PM <i>Call HCRC to RSVP</i></p>	<p><b>Nutritional Counseling</b> ☎ by phone appointment</p>	

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

Key

☎ - Phone appointment

☒ - Zoom/Virtual

**BLUE** – Wellness, Qigong, Tai Chi, Pilates, Nutrition

**GREEN** – Education

**ORANGE** – Support Group

MONDAY


TUESDAY



WEDNESDAY




THURSDAY

FRIDAY

30  
**Memorial Day—  
 HCRC Closed**


31  
**Breast Cancer  
 Support Group**   
 5:45PM  
 Virtual/Zoom


1  
**Tai Chi Chih**  
 11:00AM  
*Call HCRC to RSVP*  
**Music for Teens**   
 3:45PM Virtual/Zoom  
**Guided Meditation**   
 5:00PM Virtual/Zoom  
**Qigong Class**  
 5:30PM  
*Call HCRC to RSVP*


2  
**Nutritional  
 Counseling**   
 by phone appointment  
**Restorative Yoga**   
 12:00PM Virtual/Zoom  
**Living with Advanced  
 Cancer**   
 6:00PM  
 Virtual/Zoom

3


6


7  
**Breast Cancer  
 Support Group**   
 5:45PM  
 Virtual/Zoom

8  
**Tai Chi Chih**  
 11:00AM  
*Call HCRC to RSVP*  
**All Blood Cancer  
 Support Group**   
 1:00–2:00PM  
 Virtual/Zoom  
**Qigong Class**  
 5:30PM  
*Call HCRC to RSVP*



9  
**Nutritional  
 Counseling**   
 by phone appointment  
**Intuitive Collage**  
 2:00PM–4:00PM  
*Call Kathleen at  
 805.440.8834*

10

13  
**Energy Balancing  
 Session**   
 11:00AM–12:00PM  
 Virtual/Zoom Meeting

14  
**Patient's with Cancer  
 Support Group**  
 1:00PM  
*Call HCRC to RSVP*  
**Spanish Support Group**  
 3:00PM  
*Call HCRC to RSVP*  
**Breast Cancer  
 Support Group**   
 5:45PM  
 Virtual/Zoom Meeting

15  
**Tai Chi Chih**  
 11:00AM  
*Call HCRC to RSVP*  
**Qigong Class**  
 5:30PM  
*Call HCRC to RSVP*


16  
**Nutritional  
 Counseling**   
 by phone appointment  
**Living with Advanced  
 Cancer**   
 6:00PM  
 Virtual/Zoom Meeting

17

20  
**NEW Acupuncture**  
 2:30PM  
*Call HCRC to RSVP*  
**Prostate Cancer  
 Support Group**  
 6:30PM  
*Call HCRC to RSVP*


21  
**Education:  
 Survivorship**  
 5:30PM

22  
**Tai Chi Chih**  
 11:00AM  
*Call HCRC to RSVP*  
**Qigong Class**  
 5:30PM  
*Call HCRC to RSVP*


23  
**Nutritional  
 Counseling**   
 by phone appointment

24

27  
**Energy Balancing  
 Session**  
 11:00AM–12:00PM  
*Call HCRC to RSVP*

28  
**Patient's with Cancer  
 Support Group**  
 1:00PM  
*Call HCRC to RSVP*  
**Breast Cancer  
 Support Group**   
 5:45PM  
 Virtual/Zoom Meeting

29  
**Tai Chi Chih**  
 11:00AM  
*Call HCRC to RSVP*  
**Qigong Class**  
 5:30PM  
*Call HCRC to RSVP*

30  
**Nutritional  
 Counseling**   
 by phone appointment

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## Locations

- **SAN LUIS OBISPO (SLO)**  
*Hearst Cancer Resource Center (HCRC)*  
1941 Johnson Avenue, Suite 201
- **SANTA MARIA (SM)**  
*Mission Hope Cancer Center (MHCC)*  
1325 East Church Street  
*Marian Health & Wellness Center*  
1207 East Main Street
- **ARROYO GRANDE (AG)**  
*Mission Hope Cancer Center*  
850 Fair Oaks Avenue
- **PASO ROBLES (PR)**  
*Oak Park 3 Community Room*  
3120 Pine Street
- **VIRTUAL/ZOOM SESSION**  
*Call for phone consultation*
- **COMMUNITY PARTNER OFFERING**
- **EN ESPAÑOL**

## GETTING STARTED

### Patient Orientation

Get to know us and the services we provide so we can better support your journey.

- **HCRC, SLO**  
*Call to RSVP:*  
805.542.6234 English  
805.786.6130 Español
- **MHCC, SM**  
*Call to RSVP:*  
805.219.HOPE English
- **MHCC, AG**  
*Call to RSVP:*  
805.474.5303 English  
805.346.3410 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).

- **Virtual/Zoom Session, SLO**  
2<sup>nd</sup> Wednesday of each month; 1PM  
*Call 805.542.6234 to RSVP*

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

- **Oak Park 3 Community Room, PR**  
El Segundo y cuarto martes de cada mes: 3:00PM  
*Llame a Teresa al 805.458.4526*
- **MHCC, SM**  
May 10; 9AM  
*Llame a Wendy al 805.346.3410*  
*En Español*

**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**  
Tuesdays; 5:45PM  
*Call 805.542.6234 to RSVP*
- **MHCC, SM**  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday; 4PM  
*Call 805.346.3402 to RSVP*

**Metastatic Breast Cancer Support Group**  
The metastatic cancer patient has to deal with a “no-cure” label. Stay connected and maintain quality of life with support.

- **MHCC, SM**  
3<sup>rd</sup> Wednesday; 1PM  
*Call 805.346.3402 to RSVP*

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

- **HCRC, SLO**  
1<sup>st</sup> Thursday; *Currently on Hold*
- **MHCC, SM & AG**  
*Call 805.219.HOPE to RSVP*

**Grupo de Apoyo Para Hombres con Cancer**  
Tome la oportunidad e intercambiar informacion relacionada con todos los tipos de cancer, y asi como el cuidado de su salud.

- **MHCC, SM**  
Tuesday Jun 7; 9AM  
*Call 805.219.HOPE to RSVP*  
*Llame a Wendy al 805.346.3410*  
*En Español*

**Living with Advanced Cancer Support Group**  
Support for the special needs of patients with Advanced Cancer.

- **Virtual/Zoom Session, SLO**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday; 6PM  
*Call 805.542.6234 to RSVP*

**Men's Cancer Discussion Group**  
Many men find that sharing their experiences with fellow patients who can empathize, in combination with an experienced professional's guidance, helps manage stress and problem solve.

- **MHCC, SM**  
4<sup>th</sup> Thursday; 9AM  
*Call 805.219.HOPE to RSVP*

**New Patient Support Group**  
For newly diagnosed patients or those recently out of treatment, each session features a stress reduction technique followed by a facilitated support group.

- **HCRC, SLO**  
2<sup>nd</sup> and 4<sup>th</sup> Tuesday; 1–2:30PM  
*Call 805.542.6234 to RSVP*

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## Pediatric Oncology Patients & Families

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

- **HCRC, SLO**  
805.542.6234 English  
805.786.6130 Español
- **Virtual/Zoom Session, SM**  
805.219.HOPE

**Prostate Cancer Support Group**  
Information, support and encouragement for newly-diagnosed patients and survivors.

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

**Support for People with Oral, Head, and Neck Cancer (SPOHNC)**  
SPOHNC offers information, support and encouragement for newly diagnosed patients and survivors.

- **Virtual/Zoom Session**  
Tuesday, June 14; 3:30PM  
Guest speaker: Kylie Conner, RDN, Registered Dietitian  
Call 805.219.HOPE to RSVP

## EDUCATIONAL LECTURES

— MAY —

### Updates in Skin Cancer

Learn important updates in prevention, diagnosis and treatment of skin cancer. Q&A session included with Dr. Johanna Moore.

- **Virtual/Zoom Session, SLO**  
Thursday, May 19; 5:30PM  
Call 805.542.6234 or email  
HCRC@dignityhealth.org to RSVP

### Skin Cancer Mindfulness

Melanoma is the most dangerous form of skin cancer, but when diagnosed early is almost always curable. Q&A session included: Dr. Ben Wilkinson and Dr. Johanna Moore

- **MHCC, SM**  
Wednesday, May 25; 5PM  
Call 805.219.HOPE to RSVP

— JUNE —

### Survivorship—your next steps after treatment

Survivorship is as unique as the Survivor. Join Tracy Tilley, NP, and Kylie Conner, RDN.

- **MHCC, SM**  
Wednesday, June 15; 5PM  
Call 805.219.HOPE to RSVP

### Let's Talk About Survivorship with Becky Rice Szejkowski, Psy.D.

A candid conversation about survivorship with a cancer survivor and mental health professional. Speaker: Becky Szejkowski, Psy.D.

- **Virtual/Zoom, SLO**  
Tuesday, June 21; 5:30PM  
Call 805.542.6234 or email  
HCRC@dignityhealth.org to RSVP

## SELF-HELP PROGRAMS

### Acupuncture Group

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 RSVP
- **MHCC, SM & AG**  
4<sup>th</sup> Monday; 3PM  
SM call 805.219.HOPE to RSVP  
AG call 805.474.5334 to RSVP

### Aquatic Therapy Class

- **Allan Hancock College, SM**  
May 6 & June 17  
Assessment required  
SM call 805.346.3413 to RSVP  
AG call 805.474.5334 to RSVP

### Art Therapy

Art workshops employing a variety of materials and techniques to help boost creative expression and work through life's transitions. Materials provided.

- **MHCC, SM & AG**  
Held in-person, seating is limited.  
Call 805.219.HOPE to RSVP

### Beauty and You

Visit our appearance center to regain a renewed sense of self, strength and confidence. Learn skin care tips, the art of applying make-up. Free hats and wigs.

- **HCRC, SLO**  
Call 805.542.6234 to RSVP

### Cancer Rehabilitation

A 12-week group program including strengthening and aquatic exercise now offered in both Santa Maria and Arroyo Grande.

- Assessment required  
SM call 805.346.3413 to RSVP  
AG call 805.474.5334 to RSVP

### Cancer Well-Fit

A 10-week supervised, exercise program.

- **Avila Bay Athletic Club & Spa**  
Call 805.595.7600 x 122 to RSVP
- **Paso Robles Sports Club**  
Call 805.610.6486 to RSVP

### Circuit Training

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

- **Marian Health & Wellness, SM**  
Every Wednesday; 9AM  
Call 805.346.3413 to RSVP

### Counseling

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

- Call 805.238.4411

### Energy Balancing

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

- **Virtual/Zoom Session, SLO**  
2<sup>nd</sup> and 4<sup>th</sup> Monday; 11AM  
Call 805.542.6234 to RSVP
- **MHCC, SM**  
1st and 3rd Tuesday  
Call 805.219.HOPE to RSVP



# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## HEAL: Healthy Eating and Activity for Living

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

- **MHCC, SM**

Call 805.219.HOPE to RSVP

## Guided Meditation

Join us for a gentle guided meditation session.

- **Virtual/Zoom Session, SLO**

1<sup>st</sup> Wednesday; 5PM

Call 805.542.6234 to RSVP

## Intuitive Collage

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

- **HCRC, SLO**

2<sup>nd</sup> Thursday; 2–4PM

Call Kathleen at 805.440.8834

## Learn Golf

- **Monarch Dunes, Nipomo**

May 11, 25 & June 8

Call 805.346.3413 to RSVP

## Lymphedema Evaluation

- **HCRC, SLO**

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

## Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors. Fitness assessment required.

- **MHCC, SM & AG**

SM call 805.346.3413 to RSVP

AG call 805.474.5334 to RSVP

## Music for Teens

Join Joey to learn how to create beats and computer generated music. Open to teens affected personally by cancer themselves or in their family.

- **HCRC, SLO**

1<sup>st</sup> Wednesday; 3:45PM

Call 805.542.6234 to RSVP

## Nutritional Counseling

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

- **HCRC, SLO**

Call 805.542.6234

- **MHCC, SM & AG**

Call 805.346.3403

## Pelvic Floor Strengthening Class For Prostate Cancer Survivors

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

- **Marian Health & Wellness, SM**

2<sup>nd</sup> & 4<sup>th</sup> Friday

Call 805.346.3413 to RSVP

## Qigong Class

Qigong involves repetitive, flowing movements coordinated with deep-breathing to increase energy and improve health, balance, flexibility and stamina.

- **HCRC, SLO—Outdoors, offsite**

Wednesdays; 5:30PM

Call 805.542.6234 to RSVP

## Spiritual Awareness & Mindfulness

Interactive class where you will be led in discovering a personal spirituality and learn how to practice mindfulness in troubled times. For cancer survivors and caregivers.

Facilitated by former Dignity Chaplain, Elizabeth Hillis.

- **MHCC, SM**

3<sup>rd</sup> Friday; 11AM

Call 805.219.HOPE to RSVP

## Surfing For Hope

This unique program provides a safe, fun environment and utilizes the healing energy of the beach and ocean to help children and teens deal with the stress that comes with having a family member with cancer. This program is so popular, new dates were added just for adult cancer survivors. Meets at the Sea Crest Hotel in Pismo Beach.

March–October

[surfingforhope.org](http://surfingforhope.org).

## Tai Chi Chih

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

- **HCRC, SLO—Outdoors, offsite**

Wednesdays; 11AM

Call 805.542.6234 to RSVP

## TRX

The benefits of training with TRX are many, from getting stronger and having better balance to increasing stamina and more. Fitness assessment required.

- **MHCC, AG**

Every Thursday

Call 805.474.5334 to RSVP

## Yoga

This gentle yoga class incorporates simple flowing sequences and slower paced movements focusing on alignment, strength, balance, and flexibility.

- **Virtual/Zoom Session, SLO**

1<sup>st</sup> Thursday of each month; 12PM

\*NEW date and time

Call 805.542.6234 to RSVP

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

Assessment required

SM call 805.346.3413 to RSVP

AG call 805.474.5334 to RSVP

## HCRC IS IN NEED OF WIGS

If you have a wig you would like to donate please call 805.542.6234. All wigs will be professionally cleaned.

## 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*

**Shannon D’Acquisto**  
*Director, Cancer Survivor*  
[HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org)

**Julie Neiggemann, RN, MSN, OCN**  
*Nurse Navigator*

**Lauren Jermstad, MSW, LCSW**  
*Social Worker*

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

**Teresa Fernandez**  
*Lay Patient Navigator*

**Angela Fissel, RD**  
*Registered Dietician*

### DIGNITY CANCER CARE CENTRAL COAST

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

850 Fair Oaks Avenue  
Arroyo Grande, CA 93420  
805.474.5300

**Katherine Guthrie**  
*Senior Regional Director,  
Cancer Services*

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

### SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.543.5577

*Care Providers:*

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

### SLO INFUSION CENTER

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

**Susan Diaz, RN, OCN**  
*Director*

### IMAGING CENTERS

FHMC San Luis Diagnostic Center  
1100 Monterey St #210,  
San Luis Obispo, Ca 93401  
805.542.9700

FHMC Women's Health and  
Imaging Center  
1941 Johnson Ave Suite 104,  
San Luis Obispo, Ca 93401  
805.597.6700

### ADDITIONAL SERVICES

DIGNITY HEALTH HOME HEALTH  
& HOSPICE  
800.549.9609

PALLIATIVE CARE  
805.739.3950

### COASTAL CANCER PARTNERS

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

**17 Strong**  
[seventeenstrong.org](http://seventeenstrong.org)

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

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

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

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

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

**Leukemia and Lymphoma Society**  
[lls.org](http://lls.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**

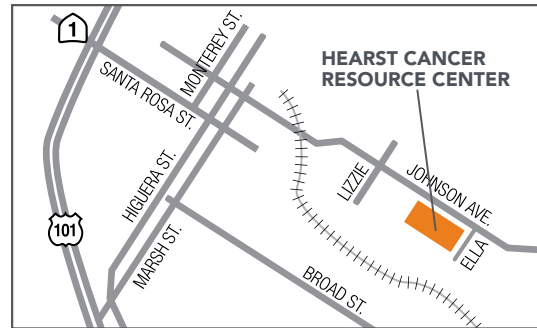
*French Hospital Medical Center*

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

*Board Members*

- Sandy Dunn**— CHAIR
- Gayle Cekada, MD**
- Stephen Hearst**
- Stephen Hilty, MD**
- Robert Johnson, MD**
- Noreen Martin**
- Susan Minker, MD**
- Don Oberhelman**
- Thomas Spillane, MD**
- Jackie Starr**
- Christine Williams**

**Hearst Cancer Resource Center**



**Hearst Cancer Resource Center**

*Commission on Cancer Community Cancer Program*  
1911 Johnson Avenue  
San Luis Obispo, CA, 93401  
805.542.6234

