

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Key



Phone appointment



Zoom/Virtual Meeting

**BLUE**

Wellness, Qigong, Guided Meditation, Tai Chi Chih, Nutrition, Yoga

**GREEN**

Education

**ORANGE**

Support Group

**Tai Chi Chih**

11:00AM  
Call HCRC for details

**Qigong Class**

5:30PM  
Call HCRC for details

31

**Nutritional Counseling**

by phone appointment

**Living with Advanced Cancer**

3:00PM  
Virtual/Zoom Meeting

1

2

Closed in observance of Labor Day

5

**Breast Cancer Support Group**

5:45PM Virtual/Zoom

6

**Tai Chi Chih**

11:00AM  
Call HCRC for details

**Music for Teens**

3:45PM Virtual/Zoom

**Guided Meditation**

5:00PM Virtual/Zoom

**Qigong Class**

5:30PM  
Call HCRC for details

7

**Nutritional Counseling**

by phone appointment

8

**Intuitive Collage**

2:00–4:00PM  
Call Kathleen at 805.440.8834

9

**Energy Balancing Session**

11:00AM–12:00PM  
Virtual/Zoom Meeting  
Call HCRC to RSVP

12

**Cancer Patient Support Group**

1:00PM Virtual/Zoom  
Call HCRC to RSVP

13

**Spanish Support Group**

3:00PM  
Call HCRC to RSVP

**Breast Cancer Support Group**

5:45PM Virtual/Zoom

**Tai Chi Chih**

11:00AM  
Call HCRC for details

**All Blood Cancer Support Group**

1:00–2:00PM  
Virtual/Zoom

**Qigong Class**

5:30PM  
Call HCRC for details

14

**Living with Advanced Cancer**

3:00PM  
Virtual/Zoom Meeting

**Nutritional Counseling**

by phone appointment

15

16

**NEW Acupuncture**

2:30PM  
Call HCRC to RSVP

**Prostate Cancer Support Group**

6:30PM  
Call HCRC to RSVP

19

**Breast Cancer Support Group**

5:45PM Virtual/Zoom

20

**Education: Palliative Care and Cancer**

5:30PM Virtual/Zoom  
Call HCRC to RSVP

**Tai Chi Chih**

11:00AM  
Call HCRC for details

**Nutritional Counseling**

by phone appointment

**Qigong Class**

5:30PM  
Call HCRC for details

21

**Reconnecting to Nature**

8:30–10:00AM  
Call HCRC for details

**Restorative Yoga**

Virtual/Zoom  
Call HCRC for details

**Nutritional Counseling**

by phone appointment

22

23

**Energy Balancing Session**

11:00AM–12:00PM  
Virtual/Zoom Meeting  
Call HCRC to RSVP

26

**Introduction to Mindfulness**

8:30–10:00AM  
Call HCRC for details

27

**Cancer Patient Support Group**

1:00PM Virtual/Zoom  
Call HCRC to RSVP

**Breast Cancer Support Group**

5:45PM Virtual/Zoom

**Tai Chi Chih**

11:00AM  
Call HCRC for details

**Nutritional Counseling**

by phone appointment

**Qigong Class**

5:30PM  
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**Nutritional Counseling**

by phone appointment

29

30

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**Breast Cancer Support Group** 


5:45PM Virtual/Zoom

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

**Music for Teens** 


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**Guided Meditation** 


5:00PM Virtual/Zoom

**Qigong Class**  
5:30PM  
*Call HCRC for details*

6

**Nutritional Counseling** 

by phone appointment

**Living with Advanced Cancer** 


3:00PM  
Virtual/Zoom Meeting

7


10

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


11

**Cancer Patient Support Group** 

1:00PM Virtual/Zoom  
*Call HCRC to RSVP*

**Spanish Support Group** 


3:00PM *Call to RSVP*

**Education: Breast Cancer & Lymphedema Education** 

5:30PM Virtual/Zoom  
*Call HCRC to RSVP*

12


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

**All Blood Cancer Support Group** 

1:00–2:00PM  
Virtual/Zoom

**Qigong Class**  
5:30PM  
*Call HCRC for details*

13

**Nutritional Counseling** 

by phone appointment

**Education: Girls Night Out**  
5:00PM MHCC SM  
*Call MHCC to RSVP*


14

**Intuitive Collage**  
2:00–4:00PM  
*Call Kathleen at 805.440.8834*

17

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


18

**Breast Cancer Support Group** 

5:45PM Virtual/Zoom

19


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

**Nutritional Counseling** 


by phone appointment

**Qigong Class**  
5:30PM  
*Call HCRC for details*


20

**Nutritional Counseling** 

by phone appointment

**Restorative Yoga** 


Virtual/Zoom  
*Call HCRC for details*

**Living with Advanced Cancer** 

3:00PM  
Virtual/Zoom Meeting


21

24


**Energy Balancing Session** 

11:00AM–12:00PM  
*Call HCRC to RSVP*

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**Cancer Patient Support Group** 

1:00PM Virtual/Zoom  
*Call HCRC to RSVP*

**Breast Cancer Support Group** 


5:45PM Virtual/Zoom

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

**Qigong Class**  
5:30PM  
*Call HCRC for details*

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**Nutritional Counseling** 

by phone appointment

28

31


**Nutritional Counseling** 

by phone appointment



**Happy Halloween**

1

**Breast Cancer Support Group** 

5:45PM Virtual/Zoom

2

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

**Nutritional Counseling** 

by phone appointment

**Qigong Class**  
5:30PM  
*Call HCRC for details*

Please contact Hearst Cancer Resource Center for more information about our classes or to get started with our programs:

Telephone: 805.542.5234  
Email: HCRC@dignityhealth.org

# 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**

*By appointment:*  
805.542.6234 English  
805.786.6130 Español

- **MHCC, SM**

*By appointment:*  
805.219.HOPE (4673) English

- **MHCC, AG**

*By appointment:*  
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).

- **HCRC, SLO (Zoom)**

2<sup>nd</sup> Wednesday of the month; 1PM  
Call 805.542.6234 to RSVP

### Grupo de Apoyo de Cáncer (Spanish Support Group)

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

- **HCRC, SLO (Zoom)**

El segundo martes de cada mes; 3PM  
Llame a Teresa al 805.458.4526

### Breast Cancer Support Group

A support group focusing on breast cancer, the journey and sharing valuable information and resources.

- **HCRC, SLO (Zoom)**

Every Tuesday; 5:45PM  
Call 805.542.6234 to RSVP

- **MHCC, SM (Zoom)**

1<sup>st</sup> Tuesday; 4PM

### Metastatic Breast Cancer Support Group

This group is specifically designed for the unique needs of metastatic cancer patients.

- **MHCC, SM**

3<sup>rd</sup> Wednesday; 1PM  
*Option for zoom or in-person;*  
call 805.346.3405 to RSVP

### Cancer Patient Support Group

For those newly-diagnosed or recently out of treatment, each session includes a stress reduction technique followed by a facilitated support group.

- **HCRC, SLO (Zoom)**

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

### Family Caregiver Support

Get together with those who understand their concerns, share helpful strategies and lend support.

- **HCRC, SLO (Zoom)**

Call 805.542.6234 for support

- **MHCC, SM**

4<sup>th</sup> Wednesday; 1PM  
Call 805.219.HOPE to RSVP

### Gynecologic Cancer Support Group

Individuals with gynecologic cancers share experiences and establish a new support system.

- **MHCC, SM (Zoom)**

2<sup>nd</sup> Tuesday; 4PM  
Call 805.346.3441 to register

### Living with Advanced Cancer Support Group

Support for the special needs of patients with advanced and metastatic cancers.

- **HCRC, SLO (Zoom)**

1<sup>st</sup> and 3<sup>rd</sup> Thursday; 3PM  
Call 805.542.6234 to RSVP

### Men's Cancer Discussion Group

Men gather to discuss managing challenges and problem solve.

- **MHCC, SM**

4<sup>th</sup> Thursday; 9AM  
Call 805.219.HOPE to RSVP

### Pediatric Oncology Patients and Families Support

Support in English and Spanish for children, teens and parents.

- **HCRC, SLO**

805.542.6234 English  
805.786.6130 Español

- **MHCC, SM (Zoom)**

805.219.HOPE (4673)

### Prostate Cancer Support Group

Information, encouragement and support for newly-diagnosed patients and survivors.

- **HCRC, SLO (Zoom)**

September 19; 6:30PM  
Call 805.542.6234 to RSVP

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

Support for People with Oral, Head, and Neck Cancer (SPOHNC)  
SPOHNC offers information, support and encouragement.

- **MHCC, SM (Zoom)**  
October 11; 4PM  
*Guest Speakers: Ramandeep Badhan, DDS, and Harneet Kaur, DDS; call 805.219.HOPE (4673) to register*

## EDUCATIONAL LECTURES

### — SEPTEMBER —

#### Palliative Care and Cancer

Learn about the important role that palliative care can play in cancer treatment and recovery with Jemely R. Villegas, MSN, FNP-C.

- **HCRC, SLO (Zoom)**  
Tuesday, September 20; 5:30PM  
*Call 805.542.6234 or email HCRC@dignityhealth.org to RSVP*

#### Gynecologic Cancers and Modern Medicine: What You Need to Know

Jonathan Tammela, MD, FACOG, will discuss the risk factors and important updates in the diagnosis and treatment of these cancers.

- **MHCC, SM**  
Wednesday, September 14; 5PM  
*Please call Mission Hope Cancer Center at 805.219.HOPE (4673) to register*

### — OCTOBER —

#### Breast Cancer Update and Lymphedema Education

Advances in the science of breast cancer care and the importance of screening and treating lymphedema's signs and symptoms discussed by local experts Tom Spillane, MD, and Jamie Cinotto, DPT, CWS, CLT-LANA.

- **HCRC, SLO (Zoom)**  
Tuesday, October 11; 5:30PM  
*Call 805.542.6234 or email HCRC@dignityhealth.org to RSVP*

*October events continue*

#### Special Event: Girls Night Out

Medical panel of Wei Bai, MD, Colleen O'Kelly Priddy, MD, FACS, and K. April Kennedy, MD, with Ben Wilkinson, MD, FACRO, will discuss Breast and GYN Oncology. Followed by an interactive session with April Schirmer and Lisa Murray of Two Life Coaches, One Purpose.

- **MHCC, SM**  
Thursday, October 13; 5PM  
*Call Mission Hope Cancer Center at 805.219.HOPE (4673) to register*

## SELF-HELP 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 RSVP*

#### Aquatic Therapy Class

Exercising in water reduces the impact on joints by 50%. Benefits include joint flexibility and less pain.

- **Allan Hancock College, SM**  
Every Friday  
*RSVP and assessment required; please call John Malinowski at 805.346.3413 (SM) or 805.474.5334 (AG)*

#### Art Therapy

Art workshops employing a variety of techniques to help boost creative expression. Materials provided.

- **MHCC, SM & AG**  
*Held in-person, seating is limited. SM: Call 805.219.HOPE to RSVP AG: Call 805.474.5334 to RSVP*

#### Barre Class **New!**

Barre is a low impact fitness practice that combines classic ballet dance movement with yoga and pilates.

- **MHCC, AG**  
Most Thursdays  
*Reservation and assessment required. Call 805.474.5334*

#### Beauty and You

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

- **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 RSVP*  
*AG: call 805.474.5334 to RSVP*

#### 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*

#### Circuit Training

Circuit training involves 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  
*RSVP and assessment required: call 805.346.3413*

#### 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.

- **HCRC, SLO (Zoom)**  
2<sup>nd</sup> and 4<sup>th</sup> Monday; 11AM  
*Call 805.542.6234 to RSVP*

# DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

## Fight Against Falls Exercise Class

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

- **Marian Health & Wellness, SM**  
Every Friday
- **MHCC, AG**  
Every Thursday  
*Reservation and assessment required, please call 805.346.3413*

## First Steps in Nutrition and Physical Activity

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

- **MHCC, SM**  
September 20 & October 11  
*Call 805.219.HOPE to RSVP*

## Golf

- **Monarch Dunes, Nipomo**  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday  
*Call 805.346.3413 for details*

## Guided Meditation

Experience a gentle guided meditation session.

- **HCRC, SLO (Zoom)**  
1<sup>st</sup> Wednesday; 5PM  
*Call 805.542.6234 to RSVP*

## Introduction to Mindfulness **New!**

Your skilled guide will help you engage your senses in beautiful surroundings. *In-person and outside.*

- **HCRC, SLO (hosted offsite)**  
September 27; 8:30–10AM  
*Call 805.542.6234 to RSVP*

## Intuitive Collage **(Now on Fridays)**

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

- **HCRC, SLO**  
2<sup>nd</sup> Friday; 2–4PM  
*Call 805.542.6234 to register*

## 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 (Zoom)**  
1<sup>st</sup> Wednesday; 3:45PM  
*Call 805.542.6234 to RSVP*

## Nutritional Counseling

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

- **HCRC, SLO**  
*Call 805.542.6234*
- **MHCC, SM & AG**  
*SM: call 805.346.3413*  
*AG: call 805.474.5334*

## Pelvic Floor Strengthening Class for Prostate Cancer Survivors

Featuring exercises that help strengthen the pelvic floor.

- **Marian Health & Wellness, SM**  
2<sup>nd</sup> & 4<sup>th</sup> Fridays  
*Call 805.346.3413 to RSVP*

## 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)**  
Every Wednesday; 5:30PM  
*Call 805.542.6234 to RSVP*

## Reconnecting to Nature **New!**

Join us at Dallidet Gardens for an organic exploration of nature-based practices. *In-person and outside.*

- **HCRC, SLO (hosted offsite)**  
September 22; 8:30–10AM  
*Call 805.542.6234 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, teens and adults deal with the stress that comes with having a family member with cancer. Meets at the Sea Crest Hotel in Pismo Beach.

- March–October  
*Visit [surfingforhope.org](http://surfingforhope.org) for details*

## T'ai Chi Chih

Increase energy and improve health, balance, flexibility and stamina. *In-person and outside.*

- **HCRC, SLO (hosted offsite)**  
Every Wednesday; 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.

- **MHCC, AG**  
Every Thursday  
*Assessment required*  
*Call 805.474.5334 to RSVP*

## Yoga (Restorative)

Gentle yoga classes incorporate simple flowing sequences and slower paced movements focusing on strength, balance, and flexibility.

- **HCRC, SLO (Zoom)**  
Sept. 22 & Oct. 20; TBA  
*Call 805.542.6234 to RSVP*

# 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

**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*  
805.458.4526—en español

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

**Ramie Castilleja**  
*Program Coordinator*

## 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

**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**  
**Robin DiBiase, NP, OCN**  
**James Malone III, MD**  
**Tim Soucek, 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 Street, #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**  
[csclslo.org](http://csclslo.org)

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

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

**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)

**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

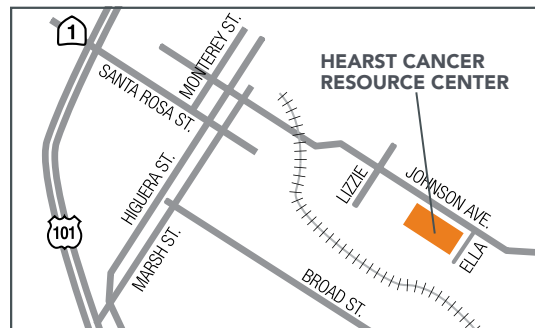
*French Hospital Medical Center*

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

#### *Committee Members*

**Sandy Dunn**—CHAIR  
**Gayle Cekada, MD**  
**Stephen Hearst**  
**Stephen Hilty, MD**  
**Robert Johnson, MD**  
**Noreen Martin**  
**Susan Minker, MD**  
**Don Oberhelman**  
**Colleen Russell, DPT**  
**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

