

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.

My Neighbor Emily



In 2002, we bought a new (to us) home. I had never given much thought to my neighbors or how important they are (or could be). My grandmother asked, “Hayley Jo, do you know your neighbors? Mine are my best friends.” I had to admit that I didn’t.

I made a point to get to know my 72 year old neighbor, Emily. I discovered she was a mother, grandmother, friend, widow, former nurse, cross-country bicyclist, pilot, quilter and one of the coolest people I knew.

Emily was the first person I tearfully told I had breast cancer (I was 36). Turns out, she fought her battle with breast cancer the year I was born (1966) when she was in her mid-30’s. She gave me so much hope and strength when she said, “If I can do it, so can you. Kick cancer’s butt.” I believed her with all my heart. It was also exactly what I needed to hear. While I was going through treatment she brought me flowers from her garden, books from her bookshelf, knowledge from her mind and food from her kitchen. We stayed the best of friends. We proudly shared the title of breast cancer survivors.

The moral of the story is that your cancer neighbors are everywhere. You might be surprised where your main support will come from. A Chinese proverb says “to know the road ahead, ask the ones coming back.” Let people who have walked down the path before you give you hope, be your strength, and lift you up.

If my neighbor Emily were sitting next to you, she would look you straight in the eye, and say, “If I can do it, so can you. Kick cancer’s butt.”

Please join us for our upcoming meetup:

Celebrating Survivorship

WHEN: Tuesday, June 8 at 5:30 PM

WHERE: Virtual Zoom presentation

PRESENTED BY: Kathleen McKinnon, breast cancer survivor and owner of Harmony Schoolhouse

Reservations are required.

Please email HCRC@dignityhealth.org

or call Hearst Cancer Resource Center at 805.542.6234. Valid email, name and phone number will be required for a Zoom invite.

A note from our director:

Our passion for support!



At the Hearst Cancer Resource Center, we have always been here to support the needs of our patients and their loved ones. These times are no different, just more challenging. We have had to adapt over the last year as an organization, as a community, as a country and as patients. These times have been a learning curve for us all. The silver lining that I have found from my own cancer journey

and from the long year of Covid, is that we all have grown and adapted in ways that we never knew possible.

Hearst Cancer Resource Center has recently made some new additions to our website, calendar, social media and our technology. We are hoping that by adapting to the “new normal,” we will also be embracing an expanded reach to the patients all around our community. We are currently offering many great support groups, exercise classes, educations and wellness programs. As soon as possible, we will be expanding in-person programs and services as well.

Hopefully you find something from this list that supports your cancer journey needs. If not, please reach out and we will try to support you in other ways!

Most sincerely,

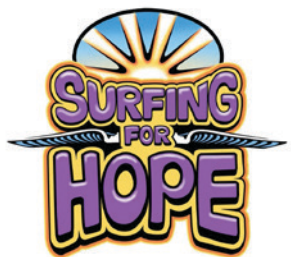
Shannon D'Acquisto,
Director



Free services include:

- **Nurse navigator to guide, advocate and support patients through their journey**
- **Support Groups**
 - *All Blood Support Group*
 - *Breast Cancer Support Group*
 - *Caregiver Support Group*
 - *Living With Cancer Support Group*
 - *Prostate Cancer Support Group*
 - *Spanish Support Group, en Español*
 - *Young Survivor Support Group*
- **Social services, programs, one-on-one, family, and financial insight**
- **Nutritional counseling to achieve health and well-being goals with our Registered Dietitian**
- **Wellness tools to aid in holistic well-being and relaxation**
 - *Energy Balancing*
 - *Guided Meditation*
 - *Intuitive Collage*
- **Appearance center with resources for cancer patients to look and feel their best**
- **Exercise and strengthening classes**
 - *Pilates*
 - *Tai Chi Chih*
 - *Qigong*
 - *Yoga*
- **Educational presentations to gain cancer knowledge and understanding from local and national experts**
- **Transportation Support for Treatment**

Pure Stoke Surf Camp Has Added a New Program



The Pure Stoke program offers a safe, fun environment, utilizing the healing energy of the beach and ocean and provides an outlet to help you deal with the stress of cancer.

The program involves a day that includes surf lessons and all equipment, ocean and marine biology education as well as “fun” beach activities in setting of a non-intimidating environment, staffed by supportive instructors and counselors. The day is capped off with a great lunch!

We're excited to announce the addition of a Women's Cancer Survivor Camp! This unique event will held be on shores of Pismo Beach and is open to women currently undergoing treatment or who have completed cancer treatment, as well as oncology health care providers. A day of yoga, beginner surf instruction similar to the youth program and a gourmet luncheon will be provided free of charge. Dr. Tom Spillane will lead a brief discussion on survivorship as well as updates on cancer treatments and resources.

2021 Youth Surf Camp

DATES: Saturdays, May 15, June 19, July 17, Aug 21, Sept 18, Oct 2 (Same day as the Longboard Surf Contest), & Nov 20

2021 Adult Survivor Camp

DATES: Sundays, May 16, June 20, July 18, Aug 22, Sept 19, Oct 3 & Nov 21

MEETING PLACE: SeaCrest Ocean Front Hotel, 2241 Price Street, Pismo Beach

For more info and to reserve a spot go to: surfingforhope.org

Check your spots—before it's too late.

According to the American Academy of Dermatology Association:



Anyone can get skin cancer, regardless of skin color. It is estimated that one in five Americans will develop skin cancer in their lifetime. When caught early, skin cancer is highly treatable.

Everyone is at risk for skin cancer. How much do you know about skin cancer?

Basal cell carcinoma and squamous cell carcinoma:

- These are the most common forms of skin cancer, and are collectively referred to as non-melanoma skin cancers.
- These arise within the top layer of the skin and can appear on any sun-exposed area of the body, but are most frequently found on the face, ears, bald scalp, and neck.
- Basal cell carcinoma frequently appears as a pearly bump, whereas squamous cell carcinoma often looks like a rough, red, scaly area, or an ulcerated bump that bleeds.
- Although non-melanoma skin cancer spreads slowly, if left untreated, it can lead to disfigurement.
- Researchers estimate that 5.4 million cases of non-melanoma skin cancer, including basal cell carcinoma and squamous cell carcinoma, were diagnosed in 3.3 million people in the United States in 2012.
- See a board-certified dermatologist if you spot anything changing, itching, or bleeding on your skin.
- When caught early and treated properly, skin cancer is highly curable.

Please join us for our upcoming education:

Skin Cancer 101: What you need to know

WHEN: Wednesday, May 5, 2021: 5:30pm

WHERE: Virtual Zoom presentation

PRESENTED BY: Dr. Karen Allen, Dermatologist

To receive the zoom link please email:

hcrc@dignityhealth.org



Supporting Cancer Patients during COVID-19

During the past year of the COVID-19 pandemic, cancer patients have faced increased challenges and isolation on top of their already difficult cancer journeys. That's why the Hearst Cancer Resource Center (HCRC) is more important than ever, offering a lifeline during exceedingly difficult times.

Since the start of the pandemic, ensuring that cancer patients and their families continue to have access to the vital services provided by HCRC has been of the utmost importance. Programs and services transitioned to virtual and by phone offerings in order

to provide patients with continued and safe access. We have also recently added short in-person visits, by appointment.

As our community moves forward in recovery from the pandemic, HCRC will fully transition to seeing patients one-on-one in-person and we also look forward to a time when we can safely bring our in-person group classes and programs back.

But in order to do this, we value the support of our community! Please consider supporting the Hearst Cancer Resource Center today, so that patients and their families continue to have access to the resources they need.

Visit SupportFrenchHospital.org/donate-now-hcrc or call 805.542.6496.

DIGNITY HEALTH CLASSES, GROUPS & PROGRAMS

● **Virtual/Zoom Session**

MAY 11; 2-3PM

Staying Hopeful and Balanced with Nutrition and Exercise

JUNE 8; 2-3PM

Creating Cancer Fighting Habits for Survivorship

Call 805.219.HOPE for details

Guided Meditation

Join us for a gentle guided meditation session.

● **Virtual/Zoom Session, SLO**

1st Wednesday of each month starting in June; 5PM

Call 805.542.6234 for details

Intuitive Collage

Using colorful pictures, meaningful words and phrases that appeal to you in a personal way, you will explore ideas and dreams. Your collage will speak, inspire and motivate you in creative ways.

● **Hearst Cancer Resource Center, SLO**

2nd Thursday; 2–4PM

Call 805.542.6234 for details

Learn Golf

● **Monarch Dunes, Nipomo**

2nd and 4th Wednesday; by appointment

Call 805.346.3413 for details

Lymphedema Evaluation

● **Hearst Cancer Resource Center, SLO**

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

Lymphedema Prevention Exercise

Therapeutic exercise program for cancer survivors and those battling chronic conditions. RSVP and fitness assessment required

● **Marian Health & Wellness Center, SM**

Every Tuesday of each month

Call 805.346.3413 for details

● **Mission Hope Cancer Center, AG**

Every Thursday of each month

Call 805-474-5334 for details

Nutritional Counseling

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

● **Hearst Cancer Resource Center, SLO**

By phone appointment; 805.542.6234

● **Mission Hope Cancer Center, SM**

By appointment; 805.346.3403

● **Mission Hope Cancer Center, AG**

By appointment; 805.474.5304

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 Center, SM**

2nd and 4th Friday of each month

Call 805.346.3413 for details

Pilates Class

Develop strength and flexibility with exercise geared towards the recovery from a cancer diagnosis.

● **Virtual/Zoom Session, SLO**

2nd Thursday of each month; 2PM

● **Marian Health & Wellness Center, SM**

Every Thursday of each month

By appointment

Qigong Class

Now offered weekly. Involves repetitive, flowing movements coordinated with deep-breathing which increase energy and improves health, balance, flexibility and stamina.

● **Hearst Cancer Resource Center, SLO**

Call 805.542.6234 for details

Soul Collage

Art therapy in the treatment of trauma and life's major transitions.

Materials are provided. Space is limited.

● June 11; 1PM

Call 805.219.HOPE

Surfing For Hope—for Kids and Adult Survivors - *NEW addition*

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

● Visit surfingforhope.org for details

Tai Chi Chih

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

● **Hearst Cancer Resource Center, SLO**

Call 805.542.6234 for details.

TRX

TRX is for everyone, it's simple and versatile. The benefits from training with TRX are innumerable from getting stronger, having better balance, increased stamina and many more. RSVP and fitness assessment is required.

● **Mission Hope Cancer Center, AG**

Every Thursday of each month

Call 805.474.5302 for details

Yoga

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

● **Virtual/Zoom Session, SLO**

1st Monday of each month; 5PM

Call 805.542.6234 for details

● **Mission Hope Cancer Center, AG**

Every Thursday of each month

Call 805-474-5334 for details

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
HCRC is temporarily closed to walk-ins.
Please call for assistance.

Thomas Spillane, MD
Medical Director

Shannon D'Acquisto
Director, Cancer Survivor
Shannon.DAcquisto@DignityHealth.org

Julie Neiggemann, RN, MSN, OCN
Nurse Navigator
Julie.Neiggemann@dignityhealth.org

Eloisa Medina
Lay Patient Navigator
805.786.6130 - en español
Eloisa.Medina@dignityhealth.org

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 M. Guthrie
*Senior Regional Director,
Cancer Services*
CENTRAL COAST SERVICE AREA
805.346.3434
Katherine.Guthrie@dignityhealth.org

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
Infusion Center Front Desk:
805.786.6140

Care Providers:
Thomas Spillane, MD
*Medical Oncology Director of
Clinical Trials*
Gorgun Akpek, MD, MHS
Diane De Vos Schmidt, FNP-C
J.T. Link, MD
James Malone III, MD
Tim Souchek, PA

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

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, DCN
Director

Viridiana Ruiz, RN, DCN
Oncology Counselor

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

American Cancer Society
cancer.org

Cancer Connections
cancerconnectionslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

Central Coast Dragon Boat Association—Central Coast SurviveOars
ccdba.org

Hats for Hope
hatsforhope.com

Jack's Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.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

Non-Profit Org
US Postage Paid
Poor Richard's Press
93401

HCRC Advisory Committee

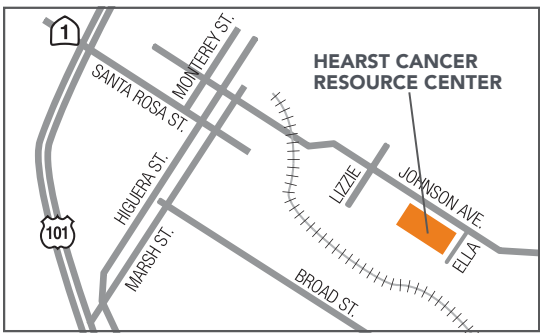
Chair
Thomas Vendegna, MD
President and CEO
Alan Iftiniuk
FRENCH HOSPITAL MEDICAL CENTER

*Chief Operating Officer (COO),
Chief Nursing Executive (CNE)*
Julia Fogelson, MSN, RN
FRENCH HOSPITAL MEDICAL CENTER

Vice President, Philanthropy
Debby Nicklas
FRENCH HOSPITAL MEDICAL CENTER

Board Members
Sandy Dunn
Stephen Hearst
Stephen Hilty, MD
Stephen Holtzman, MD
Noreen Martin
Susan Minker, MD
Don Oberhelman
Thomas Spillane, MD
Jackie Starr

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

