



Cancer Care

News and inspiration for Mission Hope Cancer Center patients, caregivers and survivors.

January | February | March 2026

WORLD CANCER DAY



BUILDING A HEALTHIER FUTURE

Join us in Recognizing World Cancer Day 2026

Help us in raising awareness, supporting those affected, and taking action for cancer prevention and early detection on Wednesday, February 4, 2026. Cancer remains one of the most pressing health challenges globally with millions of new diagnoses each year. World Cancer Day is a global call to action to reduce the impact of cancer by spreading awareness. Thousands of individuals around the world will unite to focus on promoting early detection. Together, we can help save lives and build a healthier future.

Wednesday, February 4, 2026

Mission Hope Cancer Center, Main Lobby
1325 East Church Street, Santa Maria

Please call for details 805.219.4673 (HOPE)

*Educational booths and free giveaways
for community members.*



Dignity Health™

OUR MISSION

YOUR CENTER

TOGETHER FOR HOPE

Mission Hope Cancer Center Leadership

Keith A. Ayrons, MD
Medical Oncology/Hematology

Wei Bai, MD
Medical Oncology/Hematology

Julie Barone, DO, FACS
Breast Surgical Oncology

Dylan R. Conroy, MD
Radiation Oncology

Joel Dean, MD
Colorectal Surgery

K. April Kennedy, MD
Medical Oncology/Hematology

Samuel B. Kieley, MD
Urologic Oncology

Kevin Kim, MD
Medical Oncology/Hematology

Constantine Melitas, MD
Advanced Gastroenterology

Jonathan E. Tammela, MD,
FACOG
Gynecologic Oncology

Jonathan Van Wickle, MD
Radiation Oncology

J. Ben Wilkinson, MD, FACRO
Radiation Oncology

Derek Baden, RN
Senior Director,
Cancer Care Services



If you would like to
receive newsletters via
email, scan the QR code
here to sign up.

Two Generous Donations Support Cancer Care Fund

Arroyo Grande Community Hospital Foundation received two significant donations for the Cancer Care Fund at Mission Hope Cancer Center–Arroyo Grande. This fund provides local cancer patients and survivors with financial and emotional assistance to remove unnecessary stress that could diminish their health. These vital contributions directly support patients and their families undergoing cancer treatment.



Midnight Met Gala: \$20,000

SLO Wedding Planners once again proved their commitment to community well-being with a remarkable \$20,000 donation to the Cancer Care Fund. These funds were raised at their dazzling Midnight Met Gala in December. As this is the

final year of the gala, we extend a heartfelt thank you to SLO Wedding Planners for their partnership and dedication to Mission Hope Cancer Center–Arroyo Grande and the Cancer Care Fund.

SamFest: \$5,000

The spirit of community and kindness shone through at SamFest, an annual event put on by The Studio of Performing Arts celebrating the legacy of local dancer Samantha Ford. We were proud to be a beneficiary of SamFest's fundraising efforts.

This year, the SamFest team made a \$5,000 donation to the Cancer Care Fund. SamFest 2025, held on November 2, 2025 at Heritage Square Park, brought the community together with music, art, and kindness. We are already looking forward to SamFest 2026 and its continued positive impact.



These two incredible donations underscore the difference that local businesses and community events can make in supporting those affected by cancer. Arroyo Grande Community Hospital Foundation extends its deep appreciation to SLO Wedding Planners and the SamFest team for their support and commitment to enhancing cancer care in our community.

A Big Thank You to Community Members for Supporting Local Patients at Mission Hope Cancer Center



◀ Rugged Radios team in Arroyo Grande: over \$37,000

Pink Radio Day check presented to Mission Hope staff

Pink Radio Day, hosted this summer by our dear friends Rugged Radios as part of Day of Hope, was a huge success! Greg Cottrell and the incredible Rugged Radios team in Arroyo Grande raised over \$37,000 this year for Day of Hope through their exclusive pink radio sales and fundraising efforts, earning them the title of top corporate fundraising team! Greg and his son, Jaden, visited Mission Hope Cancer Center to present their official fundraising check and share an emotional message with our care team... a heartfelt reminder of their deep commitment to the mission and the life-changing work we do for our community.

► Community Bank of Santa Maria: \$15,000

Community Bank of Santa Maria host breast cancer fundraiser

Community Bank of Santa Maria proudly raised an astounding \$15,000 during Breast Cancer Awareness Month for Mission Hope Cancer Center! The heartwarming efforts were made to honor the memory of a cherished staff member, uplift their incredible colleagues who are survivors, and show unwavering support for families navigating their own breast cancer journeys throughout the community they serve. Contributions came from bank staff AND customers through basket drives, direct cash donations, weekly Monday Night Football pools, and a delicious homemade baked goods sale with sourdough stealing the show! The bank then made a corporate gift to round out the total.



◀ Special delivery for Mission Hope staff from a grateful patient: more than 120 poinsettias

For the second year in a row, the staff at Mission Hope Cancer Center received a very special delivery from a grateful patient, Ulf Schnack. Originally from Germany, Ulf has lived in the United States since 2010. In October 2022 he was diagnosed with stage 4 prostate cancer and has since been under the care of our radiation oncology teams in Santa Maria and Arroyo Grande. Grateful for the compassionate care he received, Ulf grew and delivered more than 120 poinsettias to hand out to staff. He grew four different colors, all started from cuttings of other plants. Ulf is the Greenhouse Facility Manager at Ball FloraPlant in Arroyo Grande, and the company has been incredibly supportive of his journey as a patient and his generosity as a community member.

Staff from the Marian Foundation and MHCC's community outreach and education team helped cart the plants through the halls and offices, but it was Ulf's smile and personality that lit up every room we visited. Ulf's kindness and generosity means the world to us!



**Lindsey Hughes, RN,
BSN**
Oncology Nurse Navigator



Mission Hope Cancer Center is pleased to invite you to our new

Breast Cancer Survivors Support Group

*Join our quarterly
in-person meeting:*

**Tuesday, February 3
4:00 p.m.**

Let's step away from
the screen as we take a
sunset walk together.

**Must RSVP:
805.474.5302**



**First and Third Tuesday of the month (online)
4:00 p.m.**

**Reservations are required. Please call Lindsey at Mission Hope for details
and/or to register for these meetings at 805.474.5302**

Mission Hope is excited to announce the launch of a new support group for breast cancer survivors facilitated by our Oncology Nurse Navigator, Lindsey Hughes. This group offers a safe, welcoming space to connect with others who understand the journey whether you're newly diagnosed, in treatment or navigating life after treatment.

Join us to share experiences, find encouragement, and build community in a confidential, supportive environment. There's no pressure to talk—just come as you are.

This group meets online the first and third Tuesday of each month. Group also holds a quarterly in-person meeting at various locations. Please join us for our next in-person meeting as we come together to watch the sunset and share a moment of reflection.

Please call Lindsey at Mission Hope for details and/or to register for these meetings at 805.474.5302.

PROFESSIONAL SUPPORT SERVICES

Did you know that Mission Hope Cancer Center offers free support services to individuals affected by cancer? Marian Cancer Care is located within Mission Hope.

Solutions and Answers for People with Cancer

What is Marian Cancer Care Services?

Marian Cancer Care Services (MCCS) provides free, professional support services to anyone affected by cancer.

How can Marian Cancer Care Services help me?

Oncology appointments can become overwhelming. We offer at no charge, nurse navigators that can assist with navigating oncology appointments.

Do you feel emotional about your cancer diagnosis?

We know that counseling helps. We offer at no charge Licensed Oncology Social Workers who can provide individuals with guidance. Some people prefer individual counseling with an oncology counselor who is available to address psychosocial issues on an outpatient basis. Referrals can also be made to a spiritual care advisor. Others can find help from our facilitated support groups.

Cancer treatment and medications can cause financial burden—can Marian Cancer Care help me?

MCCS can provide you with helpful resources, in addition to offering direct financial assistance for people who qualify. We can provide information regarding prescription drugs, hospitals, co-pay and government patient assistance programs. MCCS can also provide resources including transportation assistance, mileage reimbursement, legal information, referral information for MediCal, MediCare, and other insurance financial hardships.

Where can I learn about my diagnosis, possible side effects and how to make treatment decisions?

Medical questions and concerns can be addressed in one on one, private sessions with the oncology nurse navigator. Educational programs and publications are also available, as well as translation services.

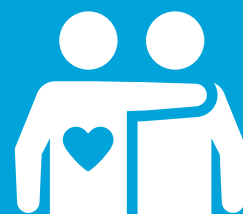
What if I don't have a ride to treatment?

Marian Cancer care has a transportation service free of charge. Appointments must be made in advance for this service as services may be limited.

How can Marian Cancer Care Services provide all these services for free?

Marian Cancer Care Services is a nonprofit organization, and is able to provide free services because of the generosity of many committed donors. The donations that are so generously provided to MCCS are utilized for direct assistance to local patients and their loved ones.

Please contact us now by calling 805.219.HOPE (4673)



Don't walk this journey alone. See what service you can use to ease your concerns.



Cynthia Maldonado,
RN, BSN, OCN
Supervisor Cancer
Outreach and Registry

The Importance of Colon Cancer Screening and Early Detection

By Cynthia Maldonado, RN, BSN, OCN

Did you know that new recommendations for colon cancer screening is age 45 for men and women? Colon cancer ranks as the second leading cause of cancer-related deaths in the United States. It is often referred to as a “silent killer” because of the lack of symptoms. By the time you actually have symptoms the disease has often progressed to a later stage, making it harder to treat. However, if found early colorectal cancer treatment can lead to a complete cure.

Colon cancer is one of the most common and preventable forms of cancer worldwide. The driving force behind this disease being one of the deadliest is the lack of early detection and the fact that the disease is often diagnosed at later stages. In the early stages, colon cancer typically has no noticeable symptoms. Once patients become symptomatic or have complaints of unexplained bowel habits, abdominal pain, bloating, unexplained weight loss or blood in the stool, the cancer may already be advanced.

Routine cancer screenings save lives and detect cancers at earlier stages making it easier to treat/cure. The American Cancer Society recommends that for people at average risk for colorectal cancer screenings should begin at age 45. Routine screenings can actually prevent cancer from developing in the first place with the removal of any polyps that may be found during the colonoscopy.

Santa Maria has a higher rate of colorectal cancer found in late stages when compared to other accredited facilities according to the American College of Surgeons. Approximately 60% of colon cancers diagnosed here on the central coast are stage 3 and stage 4 at the time of diagnosis. Colon cancer is also rising in younger adults with about one in five cases in people under the age of 55.

Please join us at Mission Hope to take the pledge to be proactive and get screened early and encourage others to do the same. Mission Hope's Cancer Outreach team will have screening information and free giveaways on Friday, March 6, 2026. Everyone is encouraged to wear blue for National Colon Cancer Awareness Month.

This March, as we recognize Colorectal Cancer Awareness Month, make it a goal to talk to your doctor if you haven't been screened for colorectal cancer.

**Join us on Friday,
March 6, for a
special day of
screening information
and free giveaways!**



Did you know?

Santa Maria has a higher rate of colorectal cancer found in late stages when compared to other accredited facilities according to the American College of Surgeons. Approximately 60% of colon cancers diagnosed here on the central coast are stage 3 and stage 4 at the time of diagnosis.



Offered to the public at no charge...

Skin Cancer Screenings

This event specifically for under or uninsured people

Please join us for Free Skin Cancer Screening
with Logan Thomas, MD, Dermatologist

Saturday, March 7, 2026

8:00 a.m. to 12:00 noon

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

Reservations are required.

Please call Mission Hope to register: 805.219.HOPE (4673)

- **One in five** Americans will develop skin cancer by the age of 70
- Having **five or more sunburns** doubles your risk of developing melanoma
- When detected early, the **five-year survival rate** for melanoma is 99 percent



Logan Thomas, MD

Dermatologist

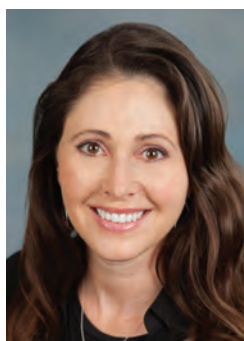
West Dermatology, Santa Maria

The basics:

There are three main types of skin cancer:

- **Basal cell carcinoma**
- **Squamous cell carcinoma**
- **Malignant melanoma**

All of these cancers need early identification and intervention/treatment to minimize the damage to surrounding healthy cells.



Brook Stephenson,
MPH, RDN
Registered Dietitian
Nutritionist

Make it a goal to eat a variety of foods every day with a focus on plant-based foods.

Registered Dietitian
805.346.3403
SANTA MARIA
805.474.5305
ARROYO GRANDE

Staying Warm in the Winter

During cancer treatment, protein needs are typically higher. In addition, evidence is mounting that the minerals, vitamins and phytochemicals in plant foods interact to provide extra cancer protection—a concept called synergy. The recipe below includes both.

Layers of protein-packed oats and powerhouse chia seeds meet an indulgent homemade date caramel in this make-ahead breakfast pudding that's rich, nourishing and perfect for busy mornings. With extra caramel for topping (or drizzling over pancakes!), it's ideal for enjoying on the go or making it your new favorite ritual for simple, energizing mornings.

Salted Date Caramel Chia Pudding

SERVINGS: Four 8 oz jars servings • PREP: 15 min • PASSIVE: 8 hours or overnight

Ingredients

DATE CARAMEL

20 Medjool Dates, pitted
¾ cup Coconut Milk (or other non-dairy Milk)
½ tsp Salt
1 tsp Vanilla Extract

OVERNIGHT OAT PUDDING

1 ½ cups Protein Oats
¾ cup Coconut Milk
¾ cup Coconut Yogurt (or Greek Yogurt/other non-dairy Yogurts)
3 Tbsp Date Caramel
3 Tbsp Almond Butter
1 Tbsp Vanilla Extract
¼ tsp Salt
1 Tbsp Organic Chia Seeds

CHIA PUDDING

¾ cup Coconut Milk
¼ cup Coconut Cream (or Greek Yogurt/other non-dairy Yogurts)
2 Tbsp Date Caramel
3 Tbsp Organic Chia Seeds

TOPPINGS

Date Caramel
Chopped Dates
Flaky Salt

Instructions

DATE CARAMEL

1. Place dates in a heatproof bowl and cover with boiling water; let soak 10 minutes. Drain and transfer dates to a blender or food processor. Add coconut milk, salt and vanilla; blend until smooth.
2. Store in an airtight container and refrigerate for up to 2 weeks.

OVERNIGHT OAT PUDDING

1. Add all ingredients to a blender. Blend on high just until smooth, about 20 seconds.
2. Transfer to a covered container and refrigerate overnight.

CHIA PUDDING

1. Whisk together coconut milk, coconut cream (or yogurt) and 2 tablespoons date caramel. Stir in chia seeds until evenly combined.
2. Transfer to a covered container and refrigerate overnight.

ASSEMBLE

1. Add about ½ cup overnight oat pudding to the bottom of each of four 8-oz jars.
2. Spoon about ¼ cup chia pudding over the oat layer.
3. Top with another ½ cup oat pudding to fill the jars, making sure to leave enough space to add the toppings and place the lids on the jars.
4. Finish with a thin layer of remaining date caramel and top with chopped dates and flaky salt.

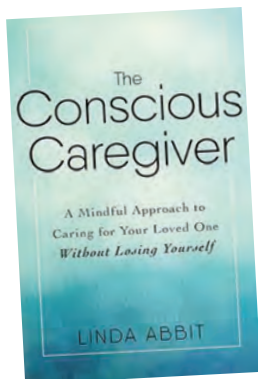
NOTES:

1. This recipe will yield about 1 ½ cups of date caramel (more than the recipe will use).
2. Coconut milk adds richness to this pudding and makes it feel luxurious, but if coconut is not your thing, feel free to swap in your favorite non-dairy milk that suits your taste.

Mission Hope Cancer Center is pleased to offer

Support Group for Caregivers and Family

Facilitated by Katie Crafton, OSW-C, LCSW



When your spouse or loved one is diagnosed with cancer, roles shift, expectations change, and oftentimes stress increases. Caring for someone enduring a serious medical diagnosis requires selfless service and can drain your battery. Come meet with others who are also navigating a similar journey as we discuss the challenges of being a caregiver and brainstorm ideas for how to best take care of ourselves while also being the best support to our loved one.

Class will use the book shown here which features practical exercises to teach caregivers the importance of self-care as they care for others.

Wednesdays: January 7, February 4, March 4 • 11:00 a.m. (in-person)

Mission Hope Cancer Center, Arroyo Grande

Matthew Will Building, 850 Fair Oaks Avenue, Third Floor



Wednesdays: Jan. 21, Feb. 18, March 18 • 11:00 a.m. (via Zoom)

Please call to register: 805.474.5303



**Katie Crafton,
OSW-C, LCSW**

Oncology Social
Worker

***New class in
Arroyo Grande
or online!***

SPOHNC, Santa Maria/Arroyo Grande hybrid in-person and online meeting

Support for People with Oral, Head and Neck Cancer

Guest Speaker: John Malinowski, ACSM-CPT, CET, EIM

Regaining Strength and Mobility for the Neck and Upper Body

Our guest speaker, John Malinowski, Cancer Exercise Specialist from Mission Hope Cancer Center, will demonstrate basic neck and shoulder stretches and exercises suitable for a home exercise program for Head and Neck cancer patients.

Regaining and maintaining range of motion and strength can be a significant challenge following Head and Neck cancer treatments. Learn common stretches and strengthening exercises that can help you maintain active range of motion and strengthen muscles to support proper posture.



Tuesday, February 17 • 3:30 to 4:30 p.m.

Mission Hope Cancer Center, Arroyo Grande

Matthew Will Building, 850 Fair Oaks Avenue, Third Floor

To register to attend the meeting onsite or connect by Zoom, please call Mission Hope at 805.219.HOPE (4673)

Support group facilitated by Gina Rotondo, MS, CCC-SLP, Speech Language Pathologist



**John Malinowski,
ACSM-CPT**

Cancer Rehabilitation
Program

**Join us to learn
common stretches
and strengthening
exercises**

EVENT LOCATIONS

SANTA MARIA (SM)

Allan Hancock College
800 South College Drive

MHCC–SM

Mission Hope Cancer Center
1325 East Church Street

MHW

Marian Health & Wellness Center
1207 East Main Street

ARROYO GRANDE (AG)

MHCC–AG

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Third Floor

SAN LUIS OBISPO (SLO)

HCRC

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201

Classes are offered onsite and/
or virtually. For each class, please
note either the location or the icon:



Virtual/Zoom Meeting

Getting Started at Mission Hope

For All New Patients

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

Mission Hope Cancer Center, SM

By appointment; 805.219.HOPE (4673)

Mission Hope Cancer Center, AG

By appointment; 805.474.5303
English/Español

Hearst Cancer Resource Center, SLO

Please call for details: 805.542.6234
English or 805.786.6130 Español

Spanish Language • En Español:

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. Esta
oportunidad puede ayudarle a
sentirse menos solo(a).

Mission Hope Cancer Center, SM

8 ENERO, 12 FEB, 12 MAR; 4:00 PM
Plática General

Reservaciones requeridas. Por favor llame
a 805.219.HOPE (4673) para registrarse

Apoyo y Educación para Personas con Cáncer



Virtual/Zoom Meeting

Llame a Eloisa al 805.786.6130

Aquatic Therapy Class

Exercising in water reduces the
impact on joints by 50% and the
properties of water allow you to do
more than you can on land.

Allan Hancock College, SM

JAN 23, 30; FEB 6, 20, 27;
MAR 6, 13, 27

Reservation and assessment required;
please call 805.346.3413 (Santa Maria)
or 805.474.5334 (Arroyo Grande)

Art Therapy Classes

It's important to carve out time for
self expression and creativity to add
balance and fun to your life. Mission
Hope offers art workshops that use
varied art materials and techniques
to help boost self expression and
promote relaxation. Materials
supplied; no experience necessary.

Mission Hope Cancer Center, SM

JANUARY 13; 9:00 AM–12:00 PM
Practice Calligraphy with Linda

JAN 14, FEB 11, MAR 11;
9:00–11:00 AM

Jewelry with Susan Johnson

Mission Hope Cancer Center, SM,
continued

JANUARY 21; 1:00–3:00 PM

Neurographic Art with Cheryl Kelly
Birds on a Wire

FEBRUARY 4; 9:00 AM–12:00 PM

Watercolor Lovebirds with Linda

FEBRUARY 18; 1:00–3:00 PM

Neurographic Art with Cheryl Kelly
Independent Projects

MARCH 4; 9:00 AM–12:00 PM

Acrylic Painting with Linda

MARCH 18; 1:00–3:00 PM

Neurographic Art with Cheryl Kelly
Neurographic Exploration

Held onsite, class seatings are limited.

Reservations required; please call
805.219.HOPE (4673)

Mission Hope Cancer Center, AG

JANUARY 14; 1:00–4:00 PM

Practice Calligraphy with Linda

FEBRUARY 3; 1:00–4:00 PM

Watercolor Lovebirds with Linda

MARCH 3; 1:00–4:00 PM

Acrylic Painting with Linda

Held onsite, class seatings are limited.

Reservations required; please call
805.474.5302

Spanish Language • En Español:

Clases de Arte

En cada clase aprenderemos
una nueva actividad para crecer
nuestras habilidades artísticas y
darnos animo. ¡Todos los materiales
son provistos y experiencia no es
requerida!

Mission Hope Cancer Center, SM

19 ENERO, 16 FEBRERO,

16 MARZO; 10:00 AM–12:00 PM

Reservaciones requeridas. Por favor llame
a 805.219.HOPE (4673) para registrarse

Art classes continue next column

Keep up with all of our classes and programs at our website: www.missionhopecancercenter.com

A New Class in the Cancer Rehab Program AG Facility Only



■ **Instructor Debi Napzok** is a Cancer Survivor and has been a fitness instructor for seven years. She invites people of every fitness level to join in on the fun.

Fun Fitness for Cancer Survivors

First and most importantly is to have fun. The music will help you in this one hour class to enjoy raising your heart beat with slow and low impact movement to renew your energy level, lifting weights for gaining back your strength, and finishing the hour with gentle but feel good stretches. Remember, as you participate in the exercises to listen to your body and modify or rest when it tells you to.

Every Thursday

Mission Hope Cancer Center, Arroyo Grande

Matthew Will Building, 850 Fair Oaks Avenue, Third Floor, Suite 320

To sign up, please call John Malinowski at 805.474.5334

Note: A fitness assessment is required before participation.

Support Groups for Women: Breast Cancer Survivors Group

Women gather to share valuable information and resources to manage the challenges a breast cancer diagnosis can bring while forging meaningful friendships.

Mission Hope Cancer Center, AG

JAN 6, 20, FEB 17, MAR 3, 17;
4:00 PM



Virtual/Zoom Meeting

Reservation required; please call 805.474.5302 to register

FEBRUARY 3; 4:00 PM

Quarterly **in-person meeting** location TBD. Please call to register.

JAN 13, FEB 10, MAR 10; 5:45 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@commonspirit.org

★Breast Cancer Support Group (Meeting onsite)

Our newest breast cancer support group addresses the unique challenges women/men face. Our support group provides a variety of topics and activities to help cope with this stage of life.

Mission Hope Cancer Center, SM

JAN 26; FEB 23; MAR 30; 4:00 PM

Reservations required; call 805.346.3405

Cancer Rehabilitation

A 12-week program which includes group strengthening and aquatic exercise. Each participant meets one-on-one with our Certified Exercise Trainer to develop personal fitness goals which are tailored to your specific needs and abilities for an individualized program.

Marian Health & Wellness Center, SM Mission Hope Cancer Center, AG

Reservation and assessment required; please call 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)

Circuit Training

Circuit training is a form of exercise that involves both aerobic and anaerobic exercises done in a circuit, one exercise after another which targets strength building and muscular endurance. The intensity level will be modified to fit your needs. *A fitness assessment and medical release required for this class.*

Marian Health & Wellness Center, SM EVERY WEDNESDAY

Reservation required; call 805.346.3413

■ **Please note:** class seating is limited so classes may fill up.
Call to reserve your spot early!

Energy Balancing

Certified practitioners help promote relaxation, decrease stress and enhance well-being while encouraging the body's natural ability to heal itself.

JAN 26, FEB 23, MAR 23; 11:00 AM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@commonspirit.org

Fight Against Falls Exercise Class

If you are experiencing symptoms such as peripheral neuropathy in the feet or generalized muscle weakness don't wait until you have fallen to do something about it. Participants gain the knowledge to reduce the risk of falls in addition to conditioning the muscles to battle muscle fatigue and gain strength.

Marian Health & Wellness Center, SM EVERY FRIDAY

Reservation and assessment required; call 805.346.3413 for dates/details

Mission Hope Cancer Center, AG MOST THURSDAYS (NOT JAN 1)

Reservation and assessment required; call 805.474.5334 for dates/details

★NEW CLASSES

☼ Fun Fitness for Cancer Survivors

The music will help you in this one hour class to enjoy raising your heart beat with slow and low impact movement to renew your energy level, lifting weights for gaining back your strength, and finishing the hour with gentle but feel good stretches.

Mission Hope Cancer Center, AG

MOST THURSDAYS (NOT JAN 1)
Reservation and assessment required; please call 805.474.5334

Gentle Stretching for Beginners

In this relaxing class we perform static stretching which means we gently move our body through a range of motion that causes a slight pull on the intended muscle group we are targeting—no pain involved. With a consistent stretching routine you should feel less stiffness and enjoy a greater range of motion.

Mission Hope Cancer Center, AG

EVERY MONDAY
Reservation and assessment required; please call 805.346.3413

Learn Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the basics of golf.

MARCH 11, 25

Please call 805.346.3413 for details

☼ Line Dancing with Terri Manda

Come enjoy yourself while improving balance, strength, endurance, coordination, and memory through line dancing. This is a low-impact class for absolute beginners—no previous experience required.

Mission Hope Cancer Center, AG

MOST THURSDAYS (NOT JAN 1)
Reservation and assessment required; please call 805.474.5334

☼ Living with Cancer Support Group

This support group offers a safe place to explore the emotional aspects of cancer by providing a forum to share and work through feelings and challenges. All types of cancer diagnoses are welcome.

Mission Hope Cancer Center, SM

JAN 21, FEB 18, MAR 18;
8:30–9:30 AM

Walk-ins welcome. For details, call 805.219.HOPE (4673)

Meeting in person!

Look Good Feel Better

This free service is offered for patients in treatment or those who have recently finished. Facilitators Yolanda Ramos and Renée Swan help patients with appearance-related issues including makeup (cosmetic kit included), wig styling and head coverings.

Mission Hope Cancer Center, SM

JAN 8, FEB 5, MAR 5
10:00 AM–12:00 NOON

Reservations are required; please call 805.219.HOPE (4673)

¡DISPONIBLE EN ESPAÑOL!

Favor de llamar para una cita a 805.346.3410

Lymphedema Evaluation

Hearst Cancer Resource Center, SLO

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

Lymphedema Prevention Exercise

Designed for breast cancer survivors and those with chronic conditions, these therapeutic exercises can play a role in helping to avoid the onset of lymphedema.

Marian Health & Wellness Center, SM EVERY TUESDAY

Reservation and assessment required; call 805.346.3413 for dates/details

Mission Hope Cancer Center, AG EVERY MONDAY

Reservation and assessment required; call 805.474.5334 for dates/details

Lymphoma, Leukemia & Multiple Myeloma (LL&MM) (All Blood Cancer Support Group)

Established to help individuals and their families cope with diagnosis, before, during and after treatment.

JAN 14, FEB 11, MAR 11; 1:00 PM

Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@commonspirit.org

Mindfulness Session

Experience healing energy and calmness with a gentle guided meditation session.

JAN 5, FEB 2, MAR 2; 4:30 PM

Virtual/Zoom Meeting

Reservations required; please call HCRC at 805.542.6234 or email HCRC@commonspirit.org

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 Center, SM

JAN 9, 23; FEB 13, 27; MAR 13, 27

Reservations required; please call 805.346.3413 for details

Nutrition and Exercise Support for Survivors

This exciting and informative class combines nutrition advice with practical exercise tips to support your health throughout your treatment and beyond.

Mission Hope Cancer Center, SM

JANUARY 13; 2:00 PM

Topic: Kick Off the New Year by Building Healthy Habits

FEBRUARY 10; 2:00 PM

Topic: Help Prevent Cancer Through Nutrition and Exercise

MARCH 10; 2:00 PM

Topic: Reduce Colorectal Cancer Risk Through Nutrition and Exercise

Reservations required, please call 805.219.HOPE (4673)

Qigong Class

Involves repetitive, flowing movements coordinated with deep-breathing which increase energy and improves balance and flexibility.

(Hosted offsite)

Hearst Cancer Resource Center, SLO

SELECTED MON/WED; 3:00 PM

Call for times: HCRC at 805.542.6234 or email HCRC@commonspirit.org

SPOHNC, Santa Maria

(Support for People with Oral, Head, and Neck Cancer, Inc.)

These meetings offer practical support to address the challenges of oral, head and neck cancer.

Mission Hope Cancer Center, AG with Zoom option

FEBRUARY 17; 3:30 PM

Guest Speaker: John Malinowski, ACSM-CPT

Topic: Regaining Strength and Mobility for the Neck and Upper Body

Reservations required, please call 805.219.HOPE (4673)

★Support Group for Caregivers and Family

Join us to discuss the challenges of being a caregiver and brainstorm ideas for how to best take care of ourselves while also being the best support to our loved one.

Mission Hope Cancer Center, AG

JAN 7, FEB 4, MAR 4; 11:00 AM

JAN 21, FEB 18, MAR 18; 11:00 AM



Virtual/Zoom Meeting

Reservation required; please call 805.474.5303 to register

Support for Pediatric Oncology Patients and their Families

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



Virtual/Zoom Meeting

Please call 805.219.HOPE (4673) or 805.786.6130 (Español) for details

Tai Chi Chih

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

(Hosted offsite)

Hearst Cancer Resource Center, SLO

WEDNESDAYS; 11:00 AM

Please call 805.542.6234 for details

Thriving with Advanced Cancer Support Group

Support for the specific needs and concerns of patients with advanced, recurrent or metastatic cancer.

JAN 21, FEB 18, MAR 18; 5:15 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234 or email HCRC@commonspirit.org

TRX Workouts

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability.

Mission Hope Cancer Center, AG

MOST THURSDAYS (NOT JAN 1)

Reservation and assessment required; call 805.474.5334

Warm Yarns Knitting and Crocheting Support Group

All experience levels are welcome to join. Instructions, needles and yarn are provided.

Mission Hope Cancer Center, SM

JAN 5, 12, 19; FEB 2, 9, 16, 23; MAR 2, 9, 16, 23; 2:00 PM

Call 805.219.HOPE (4673) to register

Yoga for Cancer Patients and Survivors

Our gentle yoga class is geared specifically for those new to yoga or who prefer a gentle practice. This program incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. May help combat the uncomfortable side effects of treatment and reduce anxiety and stress. No experience required; please bring a yoga mat.

Mission Hope Cancer Center, AG

EVERY MONDAY

Reservation and assessment required; call 805.474.5334 for dates/details

A New Class in the Cancer Rehab Program AG Facility Only

Line Dancing with Terri Manda

Line dancing is an interactive and fun exercise for both the mind and body that will have you smiling. Come enjoy yourself while improving balance, strength, endurance, coordination, and memory through line dancing. This is a low-impact class for absolute beginners—no previous experience required. Participants will learn basic steps and terminology while dancing to various genres of music. Wear tennis shoes and comfortable clothing.

Every Thursday

Mission Hope Cancer Center, Arroyo Grande

Matthew Will Building

850 Fair Oaks Avenue, Third Floor, Suite 320

To sign up or for more information, call John Malinowski at 805.474.5334

Note: Meetings are limited to 8 spots per class. A fitness assessment is required before participation.



REACH OUT TO US; WE'RE HERE TO HELP

Mission Hope Cancer Center, Santa Maria

1325 East Church Street, Suite 102, Santa Maria, California

805.219.HOPE (4673) • Se habla español: 805.346.3410

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Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:

Marian Cancer Care805.219.HOPE (4673)

Marian PET/CT Center 805.346.3470

Radiation Oncology 805.925.2529

SECOND FLOOR:

Breast Imaging and Bone Densitometry Center 805.346.3490

Cancer Rehabilitation Program 805.346.3413

Mission Hope Surgical Oncology 805.346.3456

Julie Barone, DO, FACS, Breast Surgical Oncologist

Joel Dean, MD, Colorectal Surgeon

Jonathan Tammela, MD, FACOG, Gynecologic Oncologist

Constantine Melitas, MD, Advanced Gastroenterology 805.434.5530

THIRD FLOOR:

Medical Oncology805.349.9393

Mission Hope Infusion Center 805.346.3419

Non-Chemo Infusion Center 805.614.7999

Mission Hope Lab (Office hours: 8:00 a.m. to 4:30 p.m.) 805.346.3480



TURN TO US FOR ANSWERS ABOUT CANCER



Mission Hope Cancer Center, Arroyo Grande

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805.614.2060

Mission Hope Cancer Center, Arroyo Grande Phone Numbers

FIRST FLOOR:

Arroyo Grande Lab and Imaging.....805.473.7677
(Imaging Scheduling ONLY: 8:00 a.m. to 5:00 p.m.)

THIRD FLOOR:

Cancer Rehabilitation Program.....805.474.5334
Cancer Resource Center 805.474.5300
Medical Oncology805.474.5310
Mission Hope Infusion Center 805.474.5325 or 805.474.5326



If you would like to receive newsletters via email, scan the QR code here to sign up.

Colorectal Cancer is:

- a) Preventable
- b) Treatable
- c) Beatable
- d) All of the above

The best chance of detecting colorectal cancer while it's most curable is through a colonoscopy.

If you are over the age of 45, a screening colonoscopy is considered preventive care and is covered by your health insurance plan.

WHO IS AT RISK FOR COLORECTAL CANCER?

Risk factors include:

- People ages 45 or above
- Family history of colon or rectal cancer
- Personal history of cancer
- History of polyps in the colon
- History of ulcerative colitis or Crohn's disease

WHY SCREENING COLONOSCOPIES ARE IMPORTANT

Screening for colorectal cancer can prevent death by detecting and removing polyps before they become cancers. With early diagnosis, colorectal cancer can be successfully treated more than 90% of the time.

FACTS ON COLORECTAL CANCER

- Colorectal cancer is the second-leading cause of cancer related death in men and women combined. TRUE
- 1 in 25 women will have colorectal cancer. TRUE
- 1 in 23 men will have colorectal cancer. TRUE
- The rate of colorectal cancer is increasing in people under 50. TRUE
- Colorectal cancer rates in people under 50 have doubled since 1990. TRUE
- Screening for Colorectal cancer starts at age 45. TRUE
- Colorectal cancer is preventable. TRUE
- Colorectal cancer is treatable. TRUE
- Colorectal cancer is beatable. TRUE

COLORECTAL CANCER

AWARENESS MONTH

