

Cancer Care

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

March/April 2018

Free Cancer Wellness Community Forum

How to **stay well**, **improve quality of life** and **maintain hope** through your cancer journey.

Health and Hope in Your Hands

Saturday, April 14
9:00 a.m. to 12:30 p.m.

Hilton Garden Inn
Conference Center
1201 North "H" Street, Lompoc



**Sandra Kurtin, PhDc,
ANP-C, AOCN**
Clinical Assistant Professor
of Medicine and Nursing

Featured lecture:
**LIVING with Cancer:
Staying Well and
Maintaining Hope**

Motivational speaker and author Sandra Kurtin, PhDc, ANP-C, AOCN, Clinical Assistant Professor and Nurse Practitioner, shares her vision of wellness through the integration of technology into life practices, resulting in hope, healing and a positive state of well-being.

Please join us for this special community event designed to inform and motivate those who want to learn more about cancer **wellness** and **prevention**.

Physician Panel Presentations with Q&A • Gourmet Refreshments
Health and Wellness Booths including the Be The Match® Bone Marrow Registry

Make your reservations now! Please register by calling 805.219.HOPE (4673).



**Robert
Dichmann, MD**
Medical Oncologist



Matt Katics, DO
Palliative Care



April Kennedy, MD
Medical Oncologist/
Hematologist



**Christopher Lutman,
MD, FACOG**
Gynecologic Oncologist



**Monica Rocco, MD,
FACS**
Breast Surgeon

**Beautiful new venue
in Lompoc!**



**Mission Hope
Cancer Center Leadership**

Robert A. Dichmann, MD
Medical Director
Marian Cancer Program

Todd M. Erickson, MD
Medical Oncologist/Hematologist

April Kennedy, MD
Medical Oncologist/Hematologist

Case H. Ketting, MD
Radiation Oncologist

Samuel B. Kieley, MD
Urologic Oncologist

Christopher V. Lutman, MD,
FACOG
Gynecologic Oncologist

Monica A. Rocco, MD, FACS
Breast Surgeon

Gisele R. Rohde, MPAP, PA-C
Cancer Risk Program/
Survivorship Program

Stephen J. Vara, MD
Medical Oncologist/Hematologist

Jeffrey Wu, MD
Radiation Oncologist

Katherine M. Guthrie
Senior Regional Director, Cancer
Services, Central Coast Service Area

In One Day, Dollar By Dollar, We Can Fight Cancer Together!

Fifth Annual Day of Hope to Take Place Wednesday, April 11

Cancer not only affects those with the disease; it affects an entire community. This is why Marian Regional Medical Center, in partnership with the *Santa Maria Times*, is proud to present the fifth annual Day of Hope on Wednesday, April 11, 2018. Working together, we can bring help and hope to our friends and neighbors.



You can't get much for a dollar these days; however, on April 11, hundreds of volunteers throughout the Santa Maria Valley, Lompoc, and Nipomo will stand on street corners with a mission to ask drivers passing by to roll down their car windows and purchase a \$1.00 Day of Hope newspaper. One hundred percent of the proceeds raised through this community event will stay in the area to benefit local patients and families in important ways. Last year, more than \$170,000 was raised on this hope-filled day.



Day of Hope Proceeds Directly Support:

- **Patient Outreach Needs**—Meeting the needs of patients and families struggling to make ends meet
- **Equipment & Technology**—Acquisition of the most advanced medical treatments and technologies to better serve the community
- **Programs & Services**—Nutritional support, education, counseling, support groups, etc., all offered at no charge to patients and families

Get involved! Call 805.739.3595 to learn more.

Rancho Harvest's prolific support of Day of Hope

Delivering Hope



Above: **Jesse and Rosa Manriquez**, owners of Rancho Harvest, Inc., have furthered the life-giving services of Marian Cancer Care through their exceptional generosity.

Left: The Rancho Harvest team hits the streets for Day of Hope 2017.

With a family history of cancer, advocating on the behalf of local cancer patients and their families is a cause that remains near and dear to the hearts of Jesse and Rosa Manriquez, community philanthropists and owners of Rancho Harvest, Inc. Cancer has impacted the lives of the Manriquez family with the loss of Rosa's mother, Trinidad Guadalupe Sanchez, to colon cancer, and the loss of Jesse's cousin, Jose Leal, at the age of 59 to prostate cancer.

Cancer not only affects those with the disease. It affects an entire community and does not discriminate based upon an individual's health or age. This is why so many have chosen to support the healing work of Marian Cancer Care at Mission Hope Cancer Center and Day of Hope.

When Day of Hope first launched five years ago, Jesse strongly believed in supporting it from the start. As a loyal Hope Level Sponsor of Day of Hope, Rancho Harvest has helped provide necessary support for this day to become a rallying event for the Santa Maria Valley and the surrounding areas. The employees, too, at Rancho Harvest have proved to be a prolific newspaper sales team—earning accolades as the top fundraising team in 2017.

Day of Hope has seen a tremendous level of growth in team registrations on a yearly basis. Forming a team is an excellent way to build cohesion among an existing team or is a great excuse to get together with family and friends. It has quickly become an annual tradition for a number of teams. As for Jesse, his support of local cancer patients remains as vibrant as ever, enthusiastically noting, "I look forward to Day of Hope every year, and it keeps getting bigger and better!"

If you are interested in sponsoring or forming a team during the fifth annual Day of Hope, please contact 805.739.3595 or visit supportmarianmedical.org/dayofhope.

"Seeing the community come together really touches your heart," said Jesse. "You see people who come over to donate \$10 or \$20 to buy a newspaper and it warms your heart."

Diversified Treatment Options in the Fight Against Cancer

For the past 20 years our cancer program has provided clinical research trials for patients in our community. The early trials were focusing on newer chemotherapies which became ‘standard of care’ (the most effective treatments known at the time) and progressed over the years to actually targeting the cancer cells themselves. These targeted treatments are different than chemotherapy which, as you know, aims to kill all rapidly moving cells, such as cancer cells, blood and abdominal tract cells along with healthy hair and can actually weaken your immune system. The newer drugs work by directly targeting the immune system to stimulate it to fight the cancer. In addition, other treatments can target the receptors, biomarkers, and proteins found on cancer cells which in turn kills the cancer cells.

You may have heard of the approved anti-PD-1 approved drugs OPDIVO and YERVOY and the newest agents Tecentriq. Currently, the following studies here at the Mission Hope Cancer Center use these type of drugs:

There are more options than ever before for treating cancer.

- Stage IV kidney cancer
- Stage IV TRIPLE NEGATIVE breast cancer
- Stage IV lung cancer
- Hi-risk and Stage IV bladder cancer
- Recurrent head and neck cancer
- Multiple Myeloma

Other study drugs that enhance the immune system differently from anti-PD-1 drugs are Interleukin therapies. These therapies are used in Stage IV pancreatic cancer combined with the most effective chemotherapy regimens.

Lastly, along with the standard hormonal therapies there is another new targeted therapy (IBRANCE) that blocks a pathway, preventing cancer cells from growing. The Mission Hope Cancer Center was part of the approval for IBRANCE in stage IV breast cancer and is now investigating the use of these drugs in early breast cancer stages, to decrease the chance of cancer reoccurrence.

All clinical trials answer important questions to improve treatment outcomes, while also raising new questions that may require further research. The goals of these studies are always to provide the best outcomes for patients while maintaining patient safety and minimal side effects.

Here on the central coast we are incredibly fortunate to have a regional cancer center—Mission Hope—that provides quality cancer care within our community offering a variety of clinical trials that insures our patients receive the newest cancer treatments available.

Is there a clinical study that is right for you? If so, which one? Schedule a discussion with your physician to determine the facts and make a decision that is best for your care.

Bone Marrow Donors Needed

Be part of the miracle!

Does donating bone marrow make a difference?

A bone marrow or cord blood transplant may be the best treatment option or the only potential for a cure for patients with leukemia, lymphoma, sickle cell anemia and many other diseases. More than 10,000 people need transplants every year.

What will I have to do?

To join the Be The Match registry, you'll need to fill out some paperwork and provide a sample of cells by swabbing the inside of your cheek.

How is a match determined?

Doctors look for a donor who matches their patient's tissue type—specifically their human leukocyte antigen (HLA) tissue. Your immune system uses HLA proteins to recognize which cells belong in your body and which do not. Therefore, the closer the match between the patient's HLA tissue and yours, the better potential for the patient.

If I am a match, how does bone marrow donation work?

People can donate bone marrow in two different ways. One is by donating blood—it's a procedure similar to donating plasma. The donor gets an injection of a drug to increase the number of blood-forming cells, and once the blood is collected, the marrow cells are separated from the blood.

The other method is a surgical procedure that involves extracting marrow cells from the pelvic bones. This procedure takes place in an operating room, but donors are given anesthesia and feel no pain during the donation. After donation, your liquid marrow is transported to the patient's location for transplant.

To register takes less than 10 minutes and requires a quick and painless cheek swab. **Participants must be between the ages of 18 and 44.** This simple gesture has the potential to mean so much.

Could you be a match for someone? Come and find out!

The national Be the Match marrow donor program is offered at Mission Hope Cancer Center to help local patients find a potential donor. In addition, Community Bone Marrow Registry Drives are held throughout the year (see below). Joining the registry is free, fast, and easy! Our Nurse Navigator will explain the process and answer all of your questions.

Bone Marrow Registry Drives:

- **Friday, March 16**
11:00 a.m. to 1:00 p.m.
Marian Regional Medical Center Café
1400 East Church Street,
Santa Maria
- **Saturday, April 14**
9:00 a.m. to 12:30 p.m.
Hilton Garden Inn Conference Center
1201 North "H" Street
Lompoc

Please consider attending one of the above Bone Marrow Drives listed here and adding your name to the list. If you can't make it, personal appointments to participate may also be made directly with Sean Hunt, RN, BSN, OCN, at 805.346.3401.

Nipomo Rotary and United Blood Services are holding a

Blood Drive

Thursday, April 19 • 12:30 to 6:00 p.m.

Miner's Ace Hardware Parking Lot • 553 West Tefft Street, Nipomo

Rotary
Club of Nipomo



Mission Hope will conduct a Bone Marrow Drive at this event. Staff will be on hand to answer your questions.



Kelly Tomita, MS, RD
Clinical Registered Dietitian

The key to healthy eating at home is to have tasty, wholesome ingredients on hand.

**What's Coming Up?
Fighting Cancer with
Your Fork Nutrition
Classes:**

**How to Build a Cancer
Fighting Meal**

Each participant takes home a free Mason jar!
March 13 • 10:00 a.m.

**Tips and Tricks for
Eating Out**

Cancer patient focused
April 10 • 10:00 a.m.
Mission Hope
Cancer Center

**For reservations,
please call
805.219.HOPE (4673)**

Quick and Nourishing Meals at Home

A well-stocked pantry can be the golden ticket to keeping up with a healthy lifestyle during cancer treatment. There are a few staples that should hold a permanent spot on your grocery list to ensure you stay on track with your health goals. Take a look at the list below and think about your pantry: some, you probably already have, while others might spark your interest to add to your next grocery list.

Cruciferous vegetables

Cru-what? Not to worry. This is just a fancy term for cancer fighting vegetables! All vegetables are great and should always make their way on your grocery list. Research has shown these forms of vegetables have anti-inflammatory effects and help fight against carcinogens, substances that can lead to cancer. Examples include kale, broccoli, cauliflower, Brussel sprouts, arugula, and cabbage. These vegetables include high amounts of vitamin C, E, K, and folate. Try steaming, grilling, sautéing these to add a good source of fiber to your diet to keep you full as well.

Herbs/Spices

I encourage you to branch out from salt and pepper and try all the wonderful combinations that can be made with herbs and spices—without adding any extra calories or sodium. For those who are experiencing dysgeusia (altered taste) spices can come in handy. Try adding cinnamon to oatmeal in the morning, basil to pastas, or garlic powder to proteins. If you are having trouble with nausea, ginger has been known to sooth upset stomachs and ease symptoms. You can add it to teas, soups, or even just smell it in the form of an essential oil. Herbs and spices are a great opportunity to get creative! Try adding your favorite spice to a vegetable you are unfamiliar with; you might be surprised at how much the flavor can increase.

Assorted Nuts

Should you go nuts? YES! Nuts are convenient, tasty, and can add a number of great health benefits to the diet. Common nuts you might find are peanuts, walnuts, pistachios,

hazelnuts and almonds. If you are lacking an appetite, these can pack a punch for a small amount. One ounce (a small handful) of mixed nuts offers an impressive boost of nutrients such as copper for quick wound healing, protein, omega-3 fats to help balance cholesterol levels and selenium to neutralize effects of free radicals (cancer causing cells). Make it a goal to try a different nut each week; with over 50 types of nuts out there, the possibilities are endless.

Quinoa

This hearty whole grain is a good source of B vitamins and energizing iron. Also, it is rich in magnesium which can help relax blood vessels and thus aid in alleviating migraines. In one cup you get 8 grams of quality protein and 5 grams of fiber. It only takes a speedy 15 minutes to cook and is appropriate at any time of the day. Try it as a hot substitute for oatmeal with almond milk, dried fruit, and nuts. Or, combine it with chicken and chopped veggies for lunch or dinner.

Canned Beans

Making sure your shelves are stocked with a variety of beans is an inexpensive alternative to animal protein. Pinto beans, black beans, garbanzo beans, kidney beans, navy beans just to name a few. Adding beans to a salad, soup, omelets, casseroles, or tacos is a fast way to add fiber and protein to any dish. Protein and fiber foods help to maintain a healthy weight during and after treatment. Keep an eye out for 'low sodium' options and remember to thoroughly rinse the canned beans to eliminate up to 40% of the sodium content!

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The decisions you make everyday
have an impact on your health.
We have some good ideas!

Begin thinking of ways you can incorporate these staples into your favorite dishes at home. Remember, if you keep a kitchen full of healthy options it allows you to throw together a fast, flavorful, and nourishing meal after a long day. Or, if you wake up a little tired and have to dash out the door for work or appointments, it pays to have wholesome grab-and-go breakfast and snack options

on hand to set you up for success in cancer treatment.

For more suggestions about eating well during cancer treatment, check out one of our nutrition classes or you may make an appointment through Marian Cancer Care for a free consultation with our registered dietitian by calling 805.219.HOPE (4673).

Try this protein-packed salad for a quick and easy lunch!

Quinoa and Black Bean Salad

1/3 cup quinoa	1 can black beans (15 oz), rinsed
1 cup water	1 can corn (15 oz), rinsed
1 tsp olive oil	1 cup bell pepper, diced
1/4 tsp cumin	2 cups tomatoes, diced
1/4 tsp coriander	1/2 cup feta cheese
1 Tbsp fresh cilantro, minced	Salt and pepper to taste
2 Tbsp scallions	Optional: add avocado or chicken

Cook the quinoa in water, allow to cool slightly.

In large bowl combine the oil, cumin, coriander, cilantro, scallions and salt and pepper.

Stir in beans, tomatoes, bell peppers, corn, and feta cheese.

Add cooled quinoa and avocado or chicken (optional). Refrigerate for 30 minutes, then serve and enjoy!

Preparation Time: 20 minutes • Yields: 4-6 servings

Clase en Español:

Comida Para la Vida:

Únete a nuestra dietista y al intérprete mientras exploran los fundamentos de la alimentación en la clase de nutrición.

March 6 • 10:00 a.m.

Mason jar class
¡Tarro de albañil gratis!

April 3 • 10:00 a.m.

Mission Hope
Cancer Center

Favor de llamar para una cita a 805.346.3406.



Aundie Werner, MS,
CCC-SLP

Coping with oral, head and neck cancer often brings particular challenges. The SLP creates an individualized plan to address a patient's specific concerns.

The Role of the Speech-Language Pathologist

When a patient is diagnosed with cancer of the head and/or neck, a speech-language pathologist (SLP) becomes an integral part of the healthcare team. Along with the surgeon, otolaryngologist, oncologist, radiation oncologist, dietitian, dentist and physical therapist, the SLP guides the patient and their loved ones through the cancer recovery path in several important ways.

It is estimated that about 100,000 people will be diagnosed with a head, neck or thyroid cancer this year. Although this does not make headlines as often as many other cancers, for those affected the disease and treatment can have a significant impact on their lives. Survival rates for head and neck cancer patients continue to improve; however, side effects of treatment can sometimes be a long-term problem. The support and guidance of a speech-language pathologist (SLP) can do much to help promote recovery and cope with the difficult symptoms of treatment. Ideally, the SLP becomes involved when the patient has been identified as having head and neck cancer *before* their surgery or *before* their chemotherapy/radiation protocol. Counseling and education are provided as to the functions of voice, speech and swallowing. Assessment is made to determine the patient's baseline and to provide guidance as to the patient's role in their rehabilitation.

Frequently, the SLP works with patients who have difficulty eating and drinking. Treatment is based on the cause of the problem: anatomical changes from surgery, decreased saliva, changes in taste, difficulty opening the mouth due to trismus, and problems protecting the airway, which can result in coughing and choking during meals. Maintaining nutrition after surgery and during treatment is necessary to help the body heal. At times, the patient may need to have a feeding tube to help with nutrition when it becomes too difficult to swallow. The SLP

assesses the patient's current needs, instructs the patient in specific swallowing exercises, compensatory swallowing strategies or diet modification recommendations. The goal is for patients to continue to eat and drink during and after treatment.

Following radiation therapy, patients may experience lymphedema and/or fibrosis of the radiated tissue. These effects can persist long after the treatment concludes. Difficulties can include problems opening the mouth to eat from a spoon or fork, or decreased ability of the throat muscles to protect the airway while eating or drinking. In these cases, specific testing and exercises are instructed by the SLP.

Voice changes may also occur after surgery or radiation. The SLP instructs patients how to use their voice efficiently so as not to strain the muscles. Patients who have had their voice box removed are instructed in alternative methods to produce voicing to communicate.

Articulation and resonance changes can occur from surgery and/or radiation. Patients who have had sinus, palatal, jaw, or tongue cancer are instructed how to articulate more clearly through customized treatment, or prosthetic devices, if needed.

Each patient's cancer is unique, as is the plan of care developed by the SLP. The Central Coast is fortunate to have excellent speech-language pathologists who are trained to provide their expertise to facilitate your road to recovery.



Do you need to attend a support group?

Read what patients with head and neck cancer have to say.

“There is no medicine like hope, no incentive so great, and no tonic so powerful as the expectation of something better tomorrow.”

—Orison Swett Marden (1850-1924)

“My head and neck cancer experience was a fearful time and took me into the realm of unknown outcome. Yet the positive things outweigh the negative by far; that is where faith can overcome the fear. Faith in the outstanding medical professionals who are knowledgeable, compassionate and positive. Fortunately for patients like myself, many have blazed the trail of recovery ahead of us. The cutting-edge medical treatments followed by incredibly talented speech therapists, nurses and doctors saved my life with minimal collateral damage. I have to continue to do my part for the rest of my life, such as daily head and neck exercises, along with thorough dental hygiene and nightly fluoride trays which are a must to minimize tooth decay. Life has never been better on the road to recovery.” —CS

“The support group has greatly helped me in my recovery from cancer. I appreciate the information presented by professional experts in the field and the group members who share valuable tips regarding what has worked for them for specific problems in dealing with their cancer.” —GL

“Since 2014, the SPOHNC group has been an integral, important, informative and enriching part of my continued recovery from three cancer diagnoses (inner cheek, neck and thyroid). With this group of fellow cancer patients and caregivers, I experience the power of personal sharing of experience, strength and hope. We are dealing with a cancer diagnosis and treatments affecting some pretty basic functions such as breathing, eating, swallowing and talking. I highly recommend attending the group where members are sharing and caring combined with professional education presentations along this healing journey.” —LK

“Well, I want to say having this group is the best thing that helped me get thru the ups and downs of having throat cancer. It’s a safe zone where all the people around you have or had a similar problem. People in this group understand where you’re coming from, and it also gives you a chance to lessen a new person’s anxiety on the future. So it works both ways! Aundie, the speech pathologist and facilitator for this group, is outstanding and is always working on how she can improve a person’s life. One month it may be a doctor or healthcare professional speaker to benefit the group. Other months it may be a round table discussion where people can share their thoughts and discuss what remedies work or don’t work. All in all it’s a greatly needed group to have available.” —CB

You are not alone! Join us.

Support for People with Oral and Head and Neck Cancer (SPOHNC)

**Meets the second Monday of the month
5:00 to 6:30 p.m.**

Mission Hope Cancer Center Conference Room
1325 East Church Street
Santa Maria

We are dedicated to meeting the specific emotional, physical and humanistic needs of oral and head and neck cancer patients, survivors and their caregivers. Meetings include educational presentations given by qualified speakers and/or time to brainstorm and address anyone’s questions, concerns or fears.

For information, please contact Group Facilitator Aundie Werner, MS, CCC-SLP, at 805.739.3185 or via email at Aundie.Werner@DignityHealth.org.

WALK-INS WELCOME

Please see page 10 for upcoming presentations of interest to those with head and neck cancer.



Laura Brennan

Informative Presentations

The Support for People with Oral and Head and Neck Cancer Support Group is pleased to provide community members an opportunity to learn from these health care experts. Join us to hear current topics discussed and get answers to your questions.

Monday, March 12 • 5:00 p.m.

A Patient's Guide to Immuno-Oncology

Laura Brennan, Immuno-Oncology Clinical Liaison/Bristol-Meyers Squibb

The innovative field of Immuno-Oncology uses drugs that target the body's immune system to help fight certain types of cancer. Learn more about this new area of research.

Monday, April 9 • 5:00 p.m.

Update on Current Nutritional Research for Cancer Patients

Dhagash Joshi, MD, Family Medicine

Nutrition is an important part of cancer treatment. Ongoing research helps to provide direction for which foods to eat during and after treatment to help you feel better and stay stronger.

Mission Hope Cancer Center Conference Room • 1325 East Church Street

NO RESERVATIONS NECESSARY

For information, please contact Aundie Werner, MS, CCC-SLP, at 805.739.3185 or via email at Aundie.Werner@DignityHealth.org.



Dhagash Joshi, MD



Zachary VandeGriend, MD
Otolaryngology

Get the latest information from an expert physician at our community forum:

Head and Neck Cancer Treatment Update

Presentation by Zachary VandeGriend, MD, ENT

Board certified in otolaryngology and neck surgery, Dr. VandeGriend has extensive expertise in facial plastic surgery as well as nasal and sinus disease. He will be sharing the latest advancements in his field and answering your questions.

Discussion will encompass:

- Risk factors including tobacco and alcohol use and a chronic infection with the human papilloma virus (HPV)
- Screening recommendations
- The latest in treatment options including the minimally invasive surgical procedures that have been developed for smaller tumors with faster recovery

Wednesday, April 25 • 5:30 p.m.

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

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

Fun Events for our Youngest Members



The mission of Camp Kesem is to support children with innovative, fun-filled programs that foster a lasting community.

Register now for a summer camp for kids

Camp Kesem

■ Camp Kesem provides a free, week-long summer camp for children ages 6-16 years old who have a parent with cancer. The mission of Camp Kesem is to provide friendship, understanding, education and support for kids and teens who have a parent with cancer or have lost a parent with cancer. Featuring a variety of exciting activities, this is a free, fun-filled experience you don't want to miss!

Camp Kesem, UCSB • July 1-6, 2018

Camp Whittier, Santa Barbara, California
Applications accepted now!

Camper applications for returning and new families are now open at this link:
<https://campscui.active.com/org/campkesem>

Applications are accepted on a first-come, first-served basis; please apply as soon as possible. For questions, please contact: ucsb.outreach@campkesem.org

Camp Kesem, Cal Poly, San Luis Obispo July 6-11, 2018

Camp Whittier, Santa Barbara, California
Applications accepted now!

Contact: calpolyslo.outreach@campkesem.org
or campkesem.org/cal-poly or you may call:
805.316.0510.

Hit the waves!

Pure Stoke Surf Camp

Pismo Beach

■ Pure Stoke Surf Camp is a youth program that provides a safe and fun environment for a child to experience the healing energy of the beach and ocean. This day at the beach includes surf lessons, beach games, lunch, and supportive instructors to help children and adolescents cope with the stress of their own, or a loved one's battle with cancer.

Check out the website www.surfingforhope.org to sign up and learn more or please call Bob Voglin at 543.4488.

"When I was diagnosed with Leukemia, my kids had to grow up fast. They internalized a lot and didn't share. (But) when they came home from camp, (it was like) they got their childhood back. You could see their inner spark reignited. They also made some life-long friends and have had experiences that will shape the rest of their lives."

—Camp Kesem Parent



Parents: Want to Know More?

Join us on March 20 at the Kids Support Circle group at Mission Hope. Representatives from the camps will be there to present information and answer questions.

SUPPORT GROUP FOR CHILDREN

Kids Support Circle

Special event! Tuesday, March 20 • 3:00 p.m.

Meet the representatives of Pure Stoke Surf Camp and both Camp Kesems

■ Kids Support Circle is especially for the children and/or grandchildren of cancer patients to make friends and learn new skills for living with cancer in the family. This small group setting offers a safe place where children can use art, games, and journals to express their feelings and grow together.

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

Please call 219.HOPE (4673) for a reservation or for more information.

SPECIAL PRESENTATIONS: GET THE FACTS



Tom Steffora, MA, LMFT
Licensed Marriage and
Family Therapist

A Caregiver's Burden: Managing Care for Your Loved One While Caring for Yourself

Caregivers are caught in the difficult predicament of lovingly extending themselves for those who require their support. They often struggle with their own need for rest and peace, as well as knowing the difference between caring sacrifice and the kind of overexertion that can lead to burnout. Learn strategies for boundary-setting, self-advocacy, and self-rejuvenation; sacrifice does not mean becoming a martyr.

Join us for a therapeutic session to help those caring for loved ones with cancer identify healthy coping strategies and techniques.

- Understanding common themes about chronic illness and care
- Having difficult conversations with those you are caring for
- What does it mean to confront the depression and anxiety that goes with caregiving?
- What kind of supports are available for caregivers in our community?
- How can one reset expectations with friends and family about caregiving?
- How to recruit other loved ones into a continuum of care

Choice of two venues • Please call Mission Hope for a reservation: 805.219.HOPE (4673).

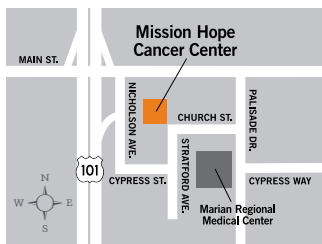
Thursday, March 15 • 5:00 p.m.

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

Monday, April 2 • 3:00 p.m.

Arroyo Grande Community Hospital Annex
345 South Halcyon Road, Arroyo Grande

SANTA MARIA



ARROYO GRANDE



MARCH IS COLORECTAL CANCER AWARENESS MONTH



Atul B. Vachhani, MD
Gastroenterology

Colorectal Cancer is: Preventable. Treatable. Beatable!

Colorectal Cancer Informational Session

Presentation by Atul Vachhani, MD

■ March serves as a gentle reminder of an annual screening colonoscopy, but colon health is of great importance all year long. Understanding the disease is essential for anyone who has been diagnosed with colorectal cancer and for those who are trying to prevent it. Learn about possible risk factors, screening recommendations, what to expect during a colonoscopy, and the latest treatment options for colorectal cancer.

Tuesday, March 13 • 5:30 p.m.

Mission Hope Cancer Center Conference Room, 1325 East Church Street, Santa Maria
Reservations required; please call 805.219.HOPE (4673).

STRATEGIES FOR WELLNESS

Ongoing encouragement for caregivers

Caregiver Support Group

■ The Caregiver Support Group at Mission Hope meets once a month and provides a safe place to get together with those who understand the challenges and concerns of caring for a loved one. It serves as a forum for contributing ideas and helpful strategies in an encouraging atmosphere. Let us take care of you while you are providing care for the ones you love.

March 7 and April 4 • 5:00 to 7:00 p.m.

Mission Hope Cancer Center, Conference Room
1325 East Church Street

Light dinner served; no reservations necessary.

Back by popular demand:

Transforming Quality of Life

Mindfulness-Based Stress Reduction



■ Learn new ways to cope using mindfulness techniques. You can find peace and enhance your quality of life in the midst of your or your loved one's cancer diagnosis. Class is free of charge for patients and caregivers.

**Thursdays: March 8, 15, 22, 29 • April 5, 12, 19, 26
9:00 a.m.**

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

Reservations are required.

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

iThrive Wellness Program

The Mission Hope iTHRIVE Plan is an online web application that creates a personalized wellness program for cancer survivors. This is an ideal way to reduce your cancer risk and promote recurrence prevention strategies. The iTHRIVE Plan is now available, free of charge, to all cancer patients and survivors on the Central Coast to help them heal from treatment and achieve optimal wellness moving forward.

To get started, call Kim Neace, RN, OCN, at 805.346.3469 to set up an appointment.

SPIRIT

- LOVE
- LAUGHTER
- JOY
- SERVICE
- SOUL

MOVEMENT

- EXERCISE DAILY
- STRENGTH
- STRETCH
- CARDIO
- NATURE

DIET

- ENGAGE YOUR SENSES
- EAT ORGANIC
- WHOLE FOODS
- MORE COLOR
- SPICE IT UP

DIETARY SUPPLEMENTS

- OMEGA-3
- PROBIOTICS
- POLYPHENOLS
- ANTIOXIDANTS
- VITAMIN D

REJUVENATION

- RHYTHM
- REST
- RELAX
- REPLENISH
- REHYDRATE

We can help you put the pieces together! Call **805.346.3469**.

March Classes and Programs

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Most classes listed here are held in the Mission Hope Cancer Center Conference Room. For specific location addresses and class details, please see pages 16-18.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 6:00 Cancer Rehab	2 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Women's Wisdom Circle
5 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	6 9:00 Lymphedema Prevention Exercise 10:00 Food for Life Class (Spanish) 3:00 Kids Support Circle	7 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Caregiver Support Group	8 9:00 Mindfulness-Based Stress Reduction Class 2:00 Mindfulness Refresher 4:00 Bereavement Support Group 6:00 Cancer Rehab	9 8:00 Men's Cancer Discussion Group 1:00 Soul Collage
12 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria Immuno-Oncology Talk	13 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork 5:30 Presentation: Colorectal Cancer Informational Session	14 9:00 Cancer Rehab 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab	15 9:00 Mindfulness-Based Stress Reduction Class 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 5:00 Presentation: A Caregiver's Burden: Managing Care 6:00 Cancer Rehab	16 8:00 Grupo de Discusión para Hombres con Cáncer 11:00 a.m. to 1:00 p.m. Bone Marrow Registry Drive Marian Regional Medical Center Café
19 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	20 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 3:00 Kids Support Circle	21 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab 6:00 Family Night Support Group	22 9:00 Mindfulness-Based Stress Reduction Class 2:00 Healing Touch 4:00 Bereavement Support Group 6:00 Cancer Rehab	23 8:00 Men's Cancer Discussion Group
26 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	27 9:00 Lymphedema Prevention Exercise 5:30 Presentation: Moving Forward with Confidence on Your Life Journey	28 9:00 Cancer Rehab 10:00 Fight Against Falls Class 3:00 Cancer Rehab	29 9:00 Mindfulness-Based Stress Reduction Class 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	30 Office closed for Good Friday

Calendar depicts weekdays only.

April Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:00 Presentation: A Caregiver's Burden: Managing Care (AG) 3:30 Community Acupuncture	3 9:00 Lymphedema Prevention Exercise 10:00 Food for Life Class (Spanish)	4 9:00 Cancer Rehab 9:00 Restorative Yoga 10:00 Fight Against Falls Class 3:00 Cancer Rehab 5:00 Caregiver Support Group	5 9:00 Mindfulness-Based Stress Reduction Class 6:00 Cancer Rehab	6 8:00 Grupo de Discusión para Hombres con Cáncer 1:00 Women's Wisdom Circle
9 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture 5:00 SPOHNC, Santa Maria Nutritional Research Talk	10 9:00 Lymphedema Prevention Exercise 10:00 Fighting Cancer with Your Fork	11 9:00 Cancer Rehab 9:00 Restorative Yoga 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab Fifth Annual Day of Hope 7:00 a.m. to 12:00 p.m.	12 9:00 Mindfulness-Based Stress Reduction Class 2:00 Mindfulness Refresher 4:00 Bereavement Support Group 6:00 Cancer Rehab	13 8:00 Men's Cancer Discussion Group 1:00 Soul Collage
16 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	17 9:00 Lymphedema Prevention Exercise 9:30 Look Good, Feel Better 3:00 Kids Support Circle	18 9:00 Cancer Rehab 9:00 Restorative Yoga 10:00 Fight Against Falls Class 3:00 Cancer Rehab 6:00 Family Night Support Group	19 9:00 Mindfulness-Based Stress Reduction Class 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab	20 8:00 Grupo de Discusión para Hombres con Cáncer
23 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Community Acupuncture	24 9:00 Lymphedema Prevention Exercise	25 9:00 Cancer Rehab 9:00 Restorative Yoga 10:00 Fight Against Falls Class 12:45 Learn Golf 3:00 Cancer Rehab 5:30 Presentation: Head and Neck Cancer Update	26 9:00 Mindfulness-Based Stress Reduction Class 2:00 Healing Touch 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 4:00 Bereavement Support Group 6:00 Cancer Rehab	27 8:00 Men's Cancer Discussion Group

30
 10:00 Cancer Rehab
 1:00 Walking into Wellness
 2:00 Knitting & Crocheting Group
 3:30 Community Acupuncture



How to stay well, improve quality of life and maintain hope through your cancer journey.

Cancer Wellness Community Forum

Saturday, April 14 • 9:00 a.m. to 12:30 p.m.

Hilton Garden Inn Conference Center, 1201 North "H" Street, Lompoc

See page one for details!

Getting Started at Mission Hope

Patient Orientation Class

(For Mission Hope Patients only)

A cancer diagnosis often requires navigating an unfamiliar world. You are invited to get to know us and our services so we can take this journey together. A mandatory meeting for patients, families and caregivers.

Mission Hope Cancer Center, SM

BY APPOINTMENT:

PLEASE CALL 805.346.3402 (ENGLISH)

DISPONIBLE EN ESPAÑOL.

FAVOR DE LLAMAR PARA UNA CITA A 805.346.3406.

Acupuncture Treatments

Schedule a free appointment with a licensed acupuncturist to manage the side effects of cancer treatment.

Hearst Cancer Resource Center, SLO

MAR 26 & APR 23; 1:30 PM

(By appointment only)

RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Community Acupuncture

At an appointed time, each person consults quietly with the practitioner followed by individualized treatment in a reclining chair.

Mission Hope Cancer Center, SM

MAR 5, 12, 19, 26 & APR 2, 9, 16, 23, 30; 3:30 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673). DONATIONS SUGGESTED

Spanish Groups • En Español:

Apoyo y Educación para Personas con Cáncer

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

Los Adobes de Maria II, SM

MAR 29 & APR 26; 2:00 PM

Oak Park Chet Dotter Senior Community Center, Paso Robles

MAR 23 & APR 27; 4:00 PM

Aquatic Therapy Class

Water exercise reduces the impact on the joints by 50% and boosts physical and mental health.

Allan Hancock College, SM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Art Therapy Class

Art workshop using varied materials and techniques to help boost creative expression.

Hearst Cancer Resource Center, SLO

MAR 19 & APR 16; 11:00 AM

Bereavement Support Group

Providing a safe place to express your feelings and begin working through the grieving process.

Mission Hope Cancer Center, SM

MAR 8, 22 & APR 12, 26; 4:00 PM

Breast Cancer Support Group

Women gather to focus on the journey and to share valuable information and resources.

Hearst Cancer Resource Center, SLO

MAR 6 & APR 3; 5:30 PM

Caregiver Support Group

A forum for people to get together with those who understand their concerns, share helpful strategies, lend support and encouragement.

Hearst Cancer Resource Center, SLO

MAR 1, 15 & APR 5, 19; 6:00 PM

Mission Hope Cancer Center, SM

MAR 7 & APR 4; 5:00 PM

Cancer Rehabilitation

An individualized 12-week program with our Certified Exercise Trainer.

Marian Health & Wellness Center, SM

RESERVATIONS REQUIRED; SCHEDULE AN ASSESSMENT AT 805.346.3413.

Coloring Your Stress Away

Coloring offers complete absorption for creativity and mindfulness. Materials provided.

Hearst Cancer Resource Center, SLO

MAR 15 & APR 19; 11:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.542.6234.

Family Night Support Group

Children with cancer and their families are invited to join us for dinner, followed by age appropriate activities. Licensed counselors and social workers on hand. Information in English and Spanish; childcare for children under 4 years provided.

Mission Hope Cancer Center, SM

MAR 21 & APR 18; 6:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673) (ENGLISH) OR 805.346.3406 (SPANISH).

Fight Against Falls

Exercise Class

This class provides participants with the knowledge to reduce the risk of falls in addition to working on conditioning the muscles to help battle muscle fatigue and gain strength.

Marian Health & Wellness Center, SM

MAR 7, 14, 21, 28 & APR 4, 11, 18, 25; 10:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

MEETING LOCATIONS

SANTA MARIA (SM)

Allan Hancock College
800 South College Drive

MHCC

Mission Hope Cancer Center
1325 East Church Street

MHW

Marian Health & Wellness Center
1207 East Main Street

Los Adobes de Maria II
1148 West Boone Street

SAN LUIS OBISPO (SLO)

HCRC

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201

Veterans' Memorial Building
801 Grand Avenue

PASO ROBLES

Oak Park Chet Dotter
Senior Community Center
801 28th Street

Fighting Cancer with Your Fork:
Separating Fact from Fiction
Registered dietitian shares topics
related to nutrition and coping with
the side effects of treatment.

Mission Hope Cancer Center, SM
MAR 13; 10:00 AM

How to Build a Cancer Fighting Meal
APR 10; 10:00 AM

Tips and Tricks for Eating Out

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Clase en Español:

Comida para la Vida

Exploraremos los fundamentos de la
alimentación y discutiremos la base
de una alimentación balanceada
y saludable en beneficio de toda la
familia.

Mission Hope Cancer Center, SM
MAR 6 & APR 3; 10:00 AM

FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406.

General Support Groups

Informal support groups for all
patients and their loved ones.

Hearst Cancer Resource Center, SLO
MAR 1, 15 & APR 5, 19; 6:00 PM

BY RESERVATION ONLY; PLEASE CALL
805.542.6234.

Guided Meditation Class

Learn to live life more peacefully
in order to handle challenges with
calmness and compassion.

Hearst Cancer Resource Center, SLO
MAR 7 & APR 4; 5:00 PM

Healing Touch (Energy Balancing)

Certified practitioners help to
promote relaxation, ease muscle
tension and decrease stress in cancer
patients which can lead to reduced
pain and improved sleep.

Hearst Cancer Resource Center, SLO
MAR 12, 26 & APR 9 & 23; 11:00 AM

RESERVATIONS REQUIRED;
PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM
MAR 22 & APR 26; 2:00 PM

RESERVATIONS REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

iThrive Wellness Program

An online web application that
creates a personalized wellness plan
for cancer survivors, iTHRIVE is
now available, free of charge, to all
cancer patients and survivors to help
them heal from treatment, reduce
risk of recurrence and achieve
optimal wellness.

Mission Hope Cancer Center, SM

PLEASE CALL 805.346.3469 TO SET UP
AN APPOINTMENT WITH KIM NEACE,
RN, OCN

Kids Support Circle

An activity group for the kids of
parents/grandparents with cancer
to learn coping skills for living with
cancer in the family. Provides a safe
place where children can express
themselves using art and games.

Mission Hope Cancer Center, SM
MAR 6, 20* & APR 17; 3:00 PM

*Guest Speakers: UCSB, Cal Poly,
Camp Kesem & Surfing for Hope
Counselors

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Learn Golf

Golf professionals use three holes of
the golf course to teach the game in
an enjoyable, stress free manner.

Monarch Dunes, Nipomo

MAR 14 & APR 11, 25; 12:45 PM

BY APPOINTMENT; PLEASE CALL
805.346.3413.

Look Good, Feel Better

Free program teaches skincare and
make-up techniques to mitigate
appearance-related side effects of
cancer treatments. Complimentary
cosmetic kit included.

Hearst Cancer Resource Center, SLO
MAR 7 & APR 4; 10:00 AM

RESERVATIONS REQUIRED; PLEASE
CALL: 805.542.6234.

Mission Hope Cancer Center, SM
MAR 20 & APR 17; 9:30 AM

RESERVATIONS REQUIRED; PLEASE
CALL 805.219.HOPE (4673).

Fifth Annual Day of Hope

Wednesday, April 11

Donate through our GoFundMe
page. Search Day of Hope April 11,
2018 at GoFundMe.com or find the
GoFundMe link on our Facebook page
at Mission Hope Cancer Center.

Lymphedema Education

A certified lymphedema specialist
reviews lymphedema symptoms and
how to manage them.

Hearst Cancer Resource Center, SLO
MAR 20 & APR 24; 1:00 PM

Lymphedema Prevention
Exercise

Therapeutic exercise class designed
for breast cancer survivors and
those battling chronic conditions.

Marian Health & Wellness Center, SM
MAR 6, 13, 20, 27 & APR 3, 10, 17,
24; 9:00 AM

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.

Hearst Cancer Resource Center, SLO
MAR 14 & APR 11; 1:00 PM

Mission Hope Cancer Center, SM
MAR 15 & APR 19 2:00 PM

Men's Cancer Discussion Group
Facilitated by Sean Hunt, RN, BSN,
OCN, this meeting provides a
relaxed forum to discuss issues,
exchange information and get
answers. The group is designed
to benefit men at any stage of the
cancer journey: newly-diagnosed,
currently undergoing treatment and
those finished with treatment.

Mission Hope Cancer Center, SM
MAR 9, 23 & APR 13*, 27; 8:00 AM
*Guest Presenter: Terrie Miley and
SoulCollage®

Classes continue

CLASSES, GROUPS & PROGRAMS

Men's Spanish Group • En Español:

Grupo de Apoyo Para Hombres con Cáncer y Sobrevivientes de Cáncer

Hombres encargados del cuidado de pacientes con cancer y familiares (hombres) son bienvenidos. Tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer y asi como el cuidado de su salud.

Mission Hope Cancer Center, SM

MAR 2, 16 & APR 6, 20*

*Guest Presenter: Terrie Miley and SoulCollage®

FAVOR DE LLAMAR PARA UNA RESERVACIÓN A 805.346.3406.

Mindfulness Refresher Class

Participants who took the eight week course can practice together.

Mission Hope Cancer Center, SM

MAR 8 & APR 12; 2:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

☯ Transforming Quality of Life: Mindfulness-Based Stress Reduction

This 8-week training class teaches techniques to help participants find peace and enhance the quality of life in the midst of a cancer diagnosis.

Mission Hope Cancer Center, SM

MAR 8, 15, 22, 29 & APR 5, 12, 19, 26; 9:00 AM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Nutritional Counseling

Learn how nutrition can support your healthcare goals. Schedule a one-on-one consultation with a Registered Dietitian.

Hearst Cancer Resource Center, SLO

BY APPOINTMENT; PLEASE CALL 805.542.6234.

Mission Hope Cancer Center, SM

BY APPOINTMENT; PLEASE CALL 805.219.HOPE (4673).

☯ NEW CLASSES

Prostate Cancer Support Group

Open discussions about a prostate cancer diagnosis and treatment options as well as objective information and solutions shared.

Hearst Cancer Resource Center, SLO

MAR 19 & APR 16; 6:30 PM

Qigong Class

Gigong is a Chinese health and spiritual development system that lowers stress, increases vitality, and aids healing. It consists of slow flowing movements and deep breathing.

Hearst Cancer Resource Center, SLO

MAR 19 & APR 16; 5:00 PM

SoulCollage® Art Therapy

Creative process for accessing your intuition and creating an incredible deck of cards with deep personal meaning. Walk-ins welcome.

Hearst Cancer Resource Center, SLO

MAR 1 & APR 5; 11:00 AM

Mission Hope Cancer Center, SM

MAR 9 & APR 13; 1:00 PM

SPOHNC, Santa Maria

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

These meetings offer information and practical support to address the particular challenges of oral, head and neck cancer. Newly-diagnosed patients, survivors and their loved ones are welcome. (See page 13)

Mission Hope Cancer Center, SM

MAR 12; 5:00 PM

Laura Brennan: A Patient's Guide to Immuno-Oncology

APR 9; 5:00 PM

Dhagash Joshi, MD: Update on Current Nutritional Research for Cancer Patients

Tai Chi Chih

The slow gentle movements of Tai Chi Chih along with deep breathing help to improve well-being, balance, flexibility and stamina.

Hearst Cancer Resource Center, SLO

MAR 7, 14, 21, 28 APR 4, 11, 18, 25; 11:00 AM

Walking Into Wellness

Regular walking improves overall health and wellness and can help reduce the cancer-related symptoms of fatigue, weakness and nausea. Join fellow walkers at Mission Hope and reap the benefits.

Mission Hope Cancer Center, SM

MAR 5, 12, 19, 26 & APR 2, 9, 16, 23, 30; 1:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.346.3413.

Warm Yarns Knitting and Crocheting Support Group

All levels are welcome; instructions, needles and yarn are provided.

Hearst Cancer Resource Center, SLO

MAR 6, 13, 20, 27 & APR 3, 10, 17, 24; 3:00 PM

Mission Hope Cancer Center, SM

MAR 5, 12, 19, 26 & APR 2, 9, 16, 23, 30; 2:00 PM

☯ Women's Wisdom Circle

Come and share your experiences, your joys, your challenges as we witness each other's lives and share in each other's journeys.

Mission Hope Cancer Center, SM

MAR 2 & APR 6; 1:00 PM

RESERVATIONS REQUIRED; PLEASE CALL 805.219.HOPE (4673).

Yoga for Cancer Patients and Survivors

Yoga combines physical postures, breathing techniques, and/or relaxation to support the body, mind and spirit. All levels welcome.

Restorative Yoga

Deep passive stretching resulting in therapeutic relaxation achieved by using bolsters and blankets. Please bring a yoga mat.

Hearst Cancer Resource Center, SLO

MAR 12, 26 & APR 9, 23; 5:00 PM

BY APPOINTMENT; PLEASE CALL 805.542.6234.

☯ Restorative Yoga

Mission Hope Cancer Center, SM

APR 4, 11, 18, 25; 9:30 AM

SPACE LIMITED; PLEASE CALL TO RESERVE A SPOT 805.219.HOPE (4673).

TURN TO US FOR ANSWERS ABOUT CANCER

Marian Regional Medical Center at Mission Hope Cancer Center

1325 East Church Street, Suite 102
Santa Maria, California

805.219.HOPE (4673)

Se habla español: 805.346.3406

www.missionhopecancercenter.com

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John Malinowski, ATC, CET

CANCER REHABILITATION PROGRAM

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CLINICAL REGISTERED DIETITIAN

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Kelly.Tomita@dignityhealth.org

Arroyo Grande Community Hospital

CANCER CARE NAVIGATOR

481.7245

French Hospital Medical Center

Hearst Cancer Resource Center

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MARIAN REGIONAL MEDICAL CENTER

Robert A. Dichmann, MD

**ARROYO GRANDE COMMUNITY
HOSPITAL**

Edwin Hayashi, MD, FACS

FRENCH HOSPITAL MEDICAL CENTER

Thomas Spillane, MD

Mission Hope Cancer Center Phone Numbers

FIRST FLOOR:

Marian Cancer Care 219.HOPE (4673)

Marian PET/CT Center 346.3470

Radiation Oncology 925.2529

SECOND FLOOR:

Marian Breast Imaging Center 346.3490

Mission Hope Health Center 346.3456

Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist

Monica A. Rocco, MD, FACS, Breast Surgeon

Gisele R. Rohde, MPAP, PA-C, Physician Assistant

Cancer Risk Program/Survivorship Program

THIRD FLOOR:

Medical Oncology 349.9393

Mission Hope Infusion Center 346.3419

Mission Hope Lab (*Office hours: 7:30 a.m. to 4:30 p.m.*) 346.3480

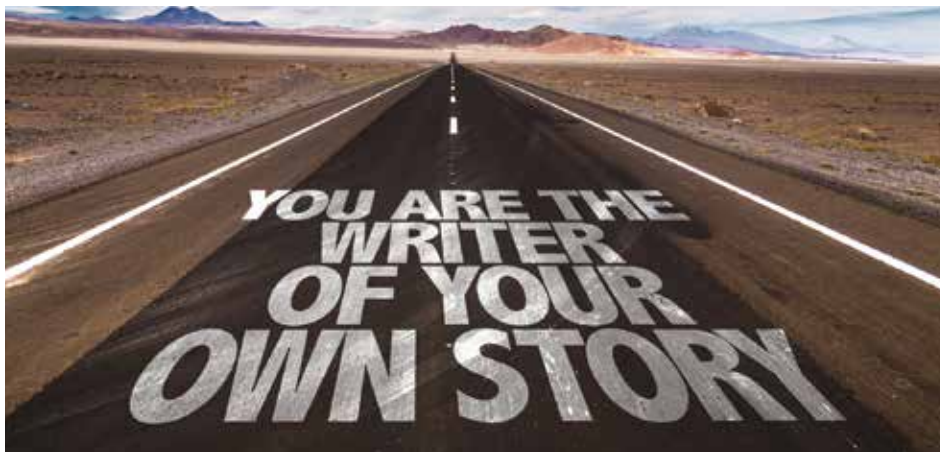
1325 East Church Street, Suite 102
 Santa Maria, CA 93454



Like us on Facebook:
Mission Hope Cancer Center

SPECIAL PRESENTATION WITH LISA RAMOS MURRAY, MA, BCC

Moving Forward with Confidence on Your Life Journey



A medical diagnosis is often life altering for the patient and for those close to the patient. The journey can be daunting and overwhelming eventually leaving the individual wondering, “What now?” It is often a time of self-reflection, re-evaluating life and questioning what is truly important. Please join us in exploring a few life-coaching tools that will provide valuable insight as you move forward on your life journey.

Tuesday, March 27 • 5:30 p.m.

Mission Hope Cancer Center
 1325 East Church Street, Santa Maria

Seating is limited and reservations are required.
 Please call Mission Hope Cancer Center at 805.219.HOPE (4673).

Are there areas of your life you want to improve? Taking a new perspective and opening oneself to the possibilities ahead can be invigorating and exciting. What might it feel like to get back in the driver’s seat and take control over those areas in your life you can?

Topics of exploration:

- Energy gainers and drainers
- Importance of identifying personal values
- Life balance

You will leave our discussion with three activity handouts to help you get started!

■ **Lisa Ramos Murray, MA, BCC**, is a board certified life and parent coach who enjoys working with people who are either entering a new chapter in their life (life transitions) or just feeling “stuck” and ready to explore what they really want in life.

