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Your impact on local cancer care

Your support of the cancer programs and services at Mission Hope Cancer Center Arroyo Grande has a lasting impact on the lives of local cancer patients and their families. The Cancer Care newsletter pages below highlight current news and events related to the programs you've supported. Thank you for partnering with us to provide outstanding cancer care services!

[Read about the programs we help fund on our website »](#)



Cancer Care

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

May/June



Kevin Kim, MD
Medical Oncology/
Hematology

Dr. Kim strives to balance his experience and knowledge of individualized cancer care with a deep empathy and compassion

Mission Hope Cancer Center is pleased to welcome our newest physician who will join our team of cancer care experts on June 7, 2021.

Introducing Kevin Kim, MD

Dr. Kevin Kim grew up in the Seattle, Washington area. He obtained his undergraduate education at the University of Chicago and attended Tufts University in Boston, Massachusetts, for his medical degree. He received training in Internal Medicine residency and Hematology/Oncology fellowship at Scripps Clinic/Green Hospital in Jolla, California.

After completing his training in 2010, he joined Kootenai Clinic Cancer Services in Coeur d'Alene, Idaho. He was instrumental in achieving the Cancer Center's prestigious National Accreditation Program for Breast Centers (NAPBC). As well, he is a strong proponent of clinical trials to improve patient care.

Dr. Kim strives to balance his experience and knowledge of individualized cancer care with a deep empathy and compassion for his patients. He believes in building partnership with each patient. Additionally, he supports patient education that optimizes patients' understanding of their disease and treatment options.

He comes to the Central Coast with his beautiful wife, Anna Kim, MD, and two amazing children. He enjoys many outdoor activities, such as surfing, fishing, golfing, skiing and hiking.

■ Pictured left to right, Robert Dichmann, MD, and Ben Wilkinson, MD, each getting the vaccine injection to protect themselves, their families and patients.

Your turn! Check the website <https://myturn.ca.gov> or call 805.219.HOPE (4673)



Just a reminder that vaccines are an important prevention strategy for cancer patients who are at high risk of serious complications from COVID-19

**Mission Hope
Cancer Center Leadership**

Robert A. Dichmann, MD
Medical Oncology/Hematology
Medical Director
Marian Cancer Program

Keith A. Ayrons, MD
Medical Oncology/Hematology

Wei Bai, MD
Medical Oncology/Hematology

Thomas Bosshardt, MD, FACS
Oncology Surgeon

Case H. Ketting, MD
Radiation Oncology

Samuel B. Kieley, MD
Urologic Oncology

Kevin Kim, MD
Medical Oncology/Hematology

Dustin E. Stevenson, DO
Medical Oncology/Hematology

Jonathan E. Tammela, MD,
FACOG
Gynecologic Oncology

J. Ben Wilkinson, MD, FACRO
Radiation Oncology

Jeffrey Wu, MD
Radiation Oncology

Katherine M. Guthrie
Senior Director, Cancer Services,
California Central Coast Division

A tribute gift in honor of a caregiver, nurse, doctor, or an entire cancer care team is a special way to say thank you and will further our healing services.

ARROYO GRANDE COMMUNITY HOSPITAL FOUNDATION

The Power of Gratitude

Expressing gratitude has been shown to positively impact both physical and mental health. It not only improves one's mood and relationships, but can lead to better sleep, less fatigue, and even better cardiac health, according to research published by the American Psychological Association.

Sherry Richison pens a positive note to the staff of Mission Hope–Arroyo Grande in appreciation of their initiative and compassion in caring for cancer patients

Local cancer patient Sherry Richison has mastered the skill of expressing gratitude. As a cancer patient, she was defined by the CDC as having increased risk of severe illness from COVID-19. This fact left Sherry and many other cancer patients fearful and wishing to be vaccinated as soon as possible, but vaccinations were long restricted by age groups and occupations instead of health concerns. The staff at Mission Hope Cancer Center–Arroyo Grande advocated for their cancer patients to receive the vaccine, and Sherry was one of several patients who were able to receive the vaccine due to the proactive work of the staff.

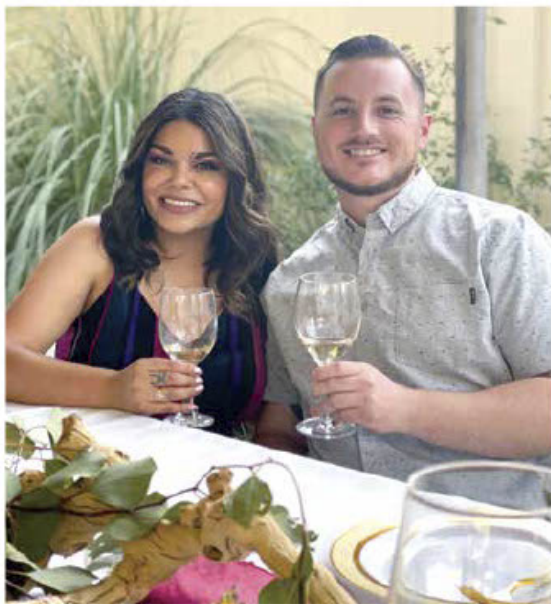


Sherry felt a great sense of relief after being vaccinated, and she wanted to make sure those who helped her knew the significant difference they made. She wrote a beautiful letter of appreciation in which she explained, "Someone in your organization acted from loving compassion and took a great deal of initiative to protect those of us who are already frightened and struggling with cancer. I am overwhelmed that in addition to the wonderful care I have been receiving, I will also be gifted added protection for my straining physical resources. I just wish I could give each and every one of you a hug and a personal thank-you."

Sherry's positivity became contagious as the staff read her kind note of gratitude. If you would like to share your gratitude for caregivers at Mission Hope–Arroyo Grande while making a difference for other patients, you can make a tribute gift at SupportArroyoGrande.org. Be sure to leave a note in the comments section of the donation form, and we will share your kind words with your caregiver!

supportagch@dignityhealth.org | 805.994.5421 | www.SupportArroyoGrande.org

Meet our Day of Hope 2021 Ambassador...



■ Karissa Sanchez enjoying dinner with her fiancée, Brenden

Karissa Sanchez

Two months after celebrating her 30th birthday, and shortly after getting engaged, Karissa Sanchez was diagnosed with breast cancer. Save the date cards had been sent and a venue was booked, but unfortunately the planning suddenly came to an abrupt halt when she received her devastating diagnosis. Instead of picking out honeymoon destinations, she scheduled chemotherapy treatments, planned for surgery and lived one day at a time.

Due to Karissa's cancer journey beginning at the start of the COVID-19 pandemic, Karissa attended her medical appointments and treatments alone. However, she quickly became close friends with the staff at Mission Hope Cancer Center. She knew the friendly faces who were for her were eager to hear of the revised wedding plans. She also looked forward to connecting with others undergoing breast cancer treatment during the virtual support groups hosted by Mission Hope Cancer Center.

Karissa is on the road to recovery and feels forever indebted to the service, kindness and support she received at Mission Hope Cancer Center. She recently said yes to the dress, and is planning her dream wedding in Maui this fall.

Day of Hope

Wednesday, August 4, 2021

Save the date and start fundraising today! Please visit SupportMarianMedical.org/DayofHope or call 805.739.3595 to learn more about how you can gift hope to local cancer patients.

■ Karissa counts her chemotherapy treatments for the camera



JUNE NATIONAL CANCER SURVIVORS MONTH

Mission Hope Cancer Center Celebrates our Cancer Survivors

- **RECOGNIZING** Cancer Survivors
- **SUPPORTING** Cancer Patients
- **EDUCATING** the Community

We are proud to be an Accredited Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer and an Accredited Breast Program by the National Accreditation Program for Breast Centers. Honored to serve our community. **Improving outcomes, survival and quality of life for patients with cancer.**

Prestigious National Accreditations



ACCREDITED PROGRAM

A **QUALITY PROGRAM**
of the AMERICAN
COLLEGE OF SURGEONS



ACCREDITED BREAST CENTER

A **QUALITY PROGRAM**
of the AMERICAN
COLLEGE OF SURGEONS



Healthgrades
is dedicated to
empowering stronger
and more meaningful
connections between
patients and their
healthcare providers.

Marian is named to Healthgrades America's 250 Best Hospitals Award™ list

Marian Regional Medical Center Ranked Among Top Five Percent Nationally for Clinical Outcome

■ Marian Regional Medical Center received the HealthGrades Award and was named in America's 250 Best Hospitals Award™ 2021. This distinction places Marian in the top five percent of nearly 4,500 hospitals assessed across the United States for superior clinical excellence. Healthgrades awards identify which hospitals deliver superior quality care by evaluating hospital performance using objective quality measures including clinical outcomes and patient safety, as well as patient experience.

Healthgrades America's 250 Best Hospitals Award™ recognizes hospitals for superior performance in providing care for conditions and procedures across multiple specialty lines and areas. While many hospitals have specific areas of expertise and high-quality outcomes in certain areas, these hospitals exhibit comprehensive high-quality care across clinical areas.

MISSION HOPE WELCOMES NEW STAFF MEMBER

Introducing

Ginger Carmichael, MSN, OCN, AGNP-BC

Ginger is a Master's prepared Oncology Nurse with many years of clinical experience who will now provide care for patients at Mission Hope in Santa Maria and Arroyo Grande. Her focus is on adult and geriatric patients and their individual needs based on their stage in life.

Ginger's goal is to be an integral component in the care of her patients and their families. While some of her focus has shifted over the years with regard to the area of medical expertise, the desire to provide care and dedication to the best of her ability has never changed. This is a focus that has led her through a number of helpful professions and specialties. She has worked in family medicine, emergency medicine, and critical care medicine until she landed in oncology. Once there she knew that she had found her niche. Her choice has been reinforced over the years as she has helped many people understand their choices and methods of care. Her knowledge has also helped her family as both her mother and mother-in-law have dealt with cancer diagnoses. This understanding as both a provider and family member gives her a special empathy with her patients. She has spent over 30 years working in medicine and over half of those have been working in oncology as an oncology certified nurse.

Ginger's education began at an early age tagging around after her family doctor and peppering him with questions to increase her understanding of the work that would eventually lead her to become a Nurse Practitioner. She completed her undergraduate and post-graduate education at the University of Colorado and has continued to learn and grow since then in her chosen area of medicine. In the course of her career, she has directed the opening and has managed four community cancer centers that offer multidisciplinary care. She has participated in multiple nursing committees including one that presented information to Congress on the importance of oncology care in the community setting. Ginger has also participated in writing questions for the oncology nursing society's national certification exams.

Her goal is to work in a community oncology practice that focuses on care and compassion which has led her to Mission Hope Cancer Center. Here, she looks forward to playing a pivotal role in the care of patients and their families.

In her spare time, she plays competitive billiards, golfs, exercises and spends time with her family of her husband and two furry pillows that eat—otherwise known as cats. She is also looking forward to seeing all that California has to offer. While her husband spent much of his life in and around California, she is new to the area and anticipating many wonderful new experiences.



Ginger Carmichael, MSN,
OCN, AGNP-BC
Nurse Practitioner

Ginger is best known
for her passion
and commitment
to patient centered
care based on
understanding and
respect of each
patient's needs.

MAY IS BETTER SPEECH & HEARING MONTH



**Gina Rotondo, MS,
CCC-SLP**



**Yamini Balasubramanian,
MS, CCC-SLP**

Early referral to an SLP prior to surgery or radiation is critical to improve patient outcomes

Head and neck cancer related treatments, including surgery and radiation, can have significant short- and long-term negative implications on speech and swallow functions, as well as quality of life. We are here to help head and neck cancer patients through the entire process of treatment and recovery.

The Role of a Speech-Language Pathologist

Speech-Language Pathologists (SLPs) are clinical professionals trained to diagnose and treat speech, language, cognitive and swallow disorders. SLPs form an essential part of the multidisciplinary head and neck cancer management team. The muscles and nerves essential for speech and swallow are weakened, scarred and/or damaged during the surgery or radiation process. This can negatively impact an individual's ability to speak clearly, use their voice to communicate and/or eat and drink safely. More specifically, individuals may sense food sticking in the throat, or food or liquid going down the wrong pipe and up the nose when swallowing. Some individuals may begin slurring their speech, develop a hoarse and breathy voice or experience changes in their pitch and loudness.

Early referral to an SLP prior to surgery or radiation is critical to improve patient outcomes. Pre-treatment assessments include a speech and swallow evaluation to determine baseline skills and generate a patient-centric treatment plan to ensure maintenance of skills and preservation of function during the course of treatment. Initial sessions also include education and counseling regarding potential speech and swallow changes. An individual's understanding of these changes and their

responsibility during the process is critical for successful rehabilitation. Additionally, research has indicated that prophylactic preventative speech and swallow intervention may help individuals maintain voice and swallow function and oral intake throughout the process of cancer treatment. SLPs encourage persistent use of the muscles during the course of treatment using targeted preventive exercises catered to each patient based on site of radiation and specific deficits.

In some cases, chemotherapy leads to changes in cognitive functioning, often termed as 'chemo brain'. These changes can negatively impact attention, concentration, memory, and language skills. Referral to an SLP for a cognitive-communication evaluation and intervention may be beneficial to facilitate cognitive abilities and return to prior level of function.

Contact Information:

Gina Rotondo, MS, CCC-SLP,
of Arroyo Grande Community Hospital
Outpatient Rehabilitation
E-mail: Gina.Rotondo@dignityhealth.org

Yamini Balasubramanian, MS, CCC-SLP
of Marian Health & Wellness Center
Outpatient Rehabilitation • **E-mail:** Yamini.Balasubramanian@dignityhealth.org

For more information and practical support

■ As Speech-Language Pathologists, we understand the impact communication and eating can have on quality of life. We conduct bi-monthly Zoom meetings as part of the Support for People with Oral and Head and Neck Cancer (SPOHNC) community. Our next meeting is on **Tuesday, June 15 at 3:30 p.m.** with guest speaker Melanie Logue, MS, RD, of Mission Hope Cancer Center. You are welcome to join us.

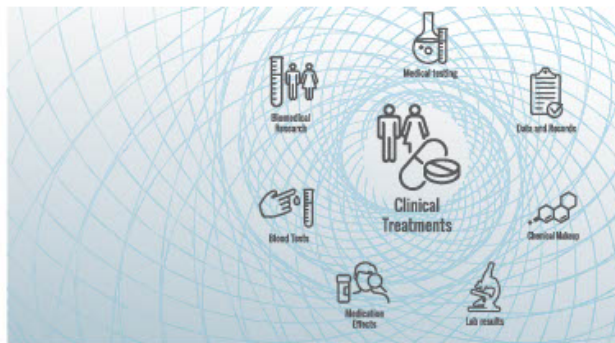
MAY IS CLINICAL TRIALS AWARENESS MONTH

Clinical trials at Mission Hope Cancer Center range from screening trials to survivorship to interventional and treatment trials—all to aid in the advancement of medicine.

May 20 is International Clinical Trials Day

This date commemorates the date that James Lind began the first randomized clinical trial on scurvy in 1747, which laid the foundation for modern clinical research. The story is that Lind, a surgeon mate, aboard a ship in the English Channel believed that scurvy was the cause for the putrefaction of the body. The story continues that Lind then recruited 12 men whom he divided in to groups of two and then allocated each group to one of six treatments for 14 days (or until supplies were depleted). It is told that Lind found that those who were allocated to the citrus group had the best and fastest visible results.

Clinical Trials have come a long way since Lind's first randomized trial, yet we still see many similarities in the methods still used today. Mission Hope Cancer Center is proud to support clinical research and offers nearly 120 clinical trials for various cancer diagnoses to our community. Our trials here at Mission Hope Cancer Center range from screening trials to survivorship to interventional and treatment trials. Many of our patients are eager to participate in clinical trials, which affords them the potential at new therapeutic regimens as well as offers them the opportunity to aid in the advancement of medicine. If you or a loved one would like to learn more about our clinical trials available, we encourage you to contact our designated Clinical Research Coordinator, Jessica Salamacha, BS, CCRC, NRCMA, at 805.346.3462.



BLADDER CANCER *Awareness Month* *May*



Bladder cancer is the second most common urologic cancer in adults. There are 67,000 new cases of bladder cancer each year in the United States.

Bladder Cancer Facts

■ Bladder cancer tends to occur most commonly in individuals over the age of 60 and is about two to three times more common in men than in women. Cigarette smoking and exposure to certain industrial chemicals are strongly associated with the development of bladder cancer.

As with most cancers, early detection of the disease saves lives when the disease is treatable. The five-year survival rate for individuals with bladder cancer is 77% when compared to the population; however, this jumps up to 96% if the tumor has not spread beyond the lining of the bladder wall. As it stands, around half of cases are diagnosed at this stage.

Recognize the warning signs of bladder cancer and see your doctor if you have the following symptoms:

- Blood or blood clots in the urine
- Pain or burning sensation during urination
- Frequent urination
- Feeling the need to urinate many times throughout the night
- Feeling the need to urinate, but not being able to pass urine
- Lower back pain on one side of the body

SUPPORT HEALING WITH PROPER NUTRITION



Melanie Logue, MS, RD
Registered Dietitian
Nutritionist

HEAL: Healthy Eating and Activity for Living Support Group

TUESDAY, MAY 11

**Topic: Staying Hopeful and
Balanced with Nutrition
and Exercise**

MHCC Conference Room
1325 East Church Street,
Santa Maria

**The class seating is limited;
please register at
805.219.HOPE (4673)**

With the arrival of spring comes longer, sunny days and hope. As of yet, no diet has been proven to cure cancer. However, simple lifestyle changes involving diet and physical activity have been shown to have great benefits and cancer-risk reducing potential. Proper nutrition is vital to complement traditional cancer treatments, aid in recovery, minimize unpleasant symptoms, and improve quality of life. A healthy, balanced diet is your best bet.

Staying Hopeful and Balanced with Nutrition and Exercise

So what are the components of a healthy, balanced diet? Lean protein, healthy fats, fruits, vegetables, and whole grains. A well-balanced diet also limits added sugars (usually found in processed foods), caffeine, salt, processed meats and alcohol.

This time of year, fresh produce at our local farmers market is abundant. By consuming different types of fruits and vegetables, you will also add balance to your diet and receive a wide variety of vitamins, minerals, and cancer-fighting compounds. For instance, carrots contain carotenoids—the pigment from which they get their orange color—which act as antioxidants and have been found to reduce the risk of certain cancers. Avocados, on the other hand, are high in healthy fats, which have also been shown to reduce cancer risk. As for your proteins, be sure to try plant-based sources of protein such as lentils and beans which have gut-friendly fiber, too. Fish and lean poultry are good choices as well. We recommend having two-thirds of your plate be fruits, vegetables, beans or whole grains, and one-third of your plate protein.

Overall, eating a diet full of diverse whole foods, such as fruit, vegetables, whole grains, and healthy fats will provide you the greatest health benefits and may reduce cancer risk. Along with balancing your diet, incorporating balance training into your exercise routine helps to maintain or improve your balance, which is needed to prevent falls and fractures. As we age our balance can deteriorate; this is something we want to avoid. Balancing exercises can also help with joint stability, strength, reaction time and can even improve cognitive function. Remember to work with your healthcare team to determine a safe exercise regimen.

If you have questions or would like help with strategies to upgrade your diet or exercise regimen, consider joining us for the next Healthy Eating and Activity for Living (HEAL) class. Please contact Registered Dietitian Melanie Logue at 805.346.3403 or Cancer Exercise Trainer John Malinowski at 805.346.3413 to be added to the class. HEAL classes meet on the second Tuesday of each month at 2:00 p.m.

■ **Melanie Logue, MS, RD**, completed her Bachelor's degree from Rutgers University in New Brunswick, New Jersey, and went on to complete her dietetic internship through Sodexo in Allentown, Pennsylvania. She then completed her Master's in Nutrition from the University of Rhode Island. Melanie began her career as a dietitian working in an inpatient acute care facility. She found her true passion in oncology which led her to work as the primary dietitian for multiple cancer centers in the Central Valley. In 2021, she relocated to the Central Coast and joined Mission Hope Cancer Center. When she is not working, Melanie enjoys cooking, hiking, going to the beach, and spending time with her family and pets.

EATING WELL EVERYDAY

A trip to the farmers' market will yield fresh finds to perk up your daily diet. Making a delicious soup is an easy way to amp up your vegetable intake.

Farmers' Market Vegetable Soup



During May and June there is a wide selection of fresh vegetables available. Try some new or stock up on favorites:

- Carrots
- Fennel
- New potatoes
- Peas
- Spring onions
- Watercress
- Zucchini

INGREDIENTS:

- | | |
|--|--|
| 2 Yukon Gold potatoes,
cut into 1/2 inch dice | 3/4 lb green beans,
trimmed and cut 1/2 inch pieces |
| 1 onion, chopped | 1 C fresh or frozen peas |
| 2 carrots, chopped | 1 tsp dried oregano |
| 2 celery stalks, thinly sliced | 1/2 tsp salt |
| 6 C reduced-sodium chicken broth | 1/2 tsp black pepper |
| 2 large tomatoes,
halved, seeded, and diced | 1/2 C chopped fresh basil
or herb of your choice |
| 2 zucchini, halved lengthwise and sliced | 1/2 C grated Parmesan cheese |

INSTRUCTIONS:


Combine potatoes, onion, carrots, celery, and broth in large saucepan; bring to boil over medium-high heat. Reduce heat and simmer, covered, until potatoes are just tender, about 10 min. Add tomatoes, zucchini, beans, peas, oregano, salt, and pepper to pot; cook, stirring occasionally, until vegetables are tender, about 10 min longer. Remove pot from heat and stir in basil. Serve sprinkled with Parmesan cheese.

Yields 8 servings



Engaging in a support group helps to manage the physical and emotional challenges a breast cancer diagnosis can bring.

Breast Cancer Support Group

 Zoom meetings twice a month on Tuesdays:

May 4, 18 & June 1, 15
4:00 to 5:30 p.m.

Research has shown that actively engaging in a support group helps to manage the physical, emotional and practical challenges a breast cancer diagnosis can bring. Support groups offer a safe and empowering setting where people can implement important life changes, develop new attitudes and forge meaningful personal connections. Join us on online.

For more information and/or to register, please call Carol Dichmann at 805.474.5302

EXPERIENCE THE HEALING POWERS OF THE OCEAN

Enjoy a day at the beach with other women who are facing similar challenges

Women's Cancer Survivor Camp

Third Sunday of the month: May 16 & June 20

Apply online at: <http://surfingforhope.org/womens-cancer-survivor-camp>

Held on shores of Pismo Beach, this exhilarating event is open to women currently undergoing treatment or who have completed cancer treatment as well as oncology health care providers. A day of yoga, beginner surf instruction (similar to our children's program) and gourmet luncheon will be provided free of charge. Dr. Tom Spillane will lead a brief discussion on survivorship as well as update the group on cancer treatments and resources.

Due to the importance of safe social distancing, spots are limited, so register today for this unique opportunity to join other women for an informative and fun filled day. Please feel free to sign up with a girlfriend or two—they do not have to be a survivor themselves.

- All camp details will be sent by email (after your application is accepted)
- The program will provide participants with wetsuits and gear the day before their lesson
- We meet on the beach in front of the SeaCrest Hotel in Pismo Beach 9:00 a.m. beginning with yoga warm up and brief instruction



SUPPORT FOR KIDS



Pure Stoke Surf Camp for Kids

Third Saturday of the month: May 15 & June 19

Apply online at: <http://surfingforhope.org/pure-stoke-surf-camp>

This unique program provides a safe, fun environment utilizing the healing energy of the beach and ocean to help children and teens deal with the stress of a family member with cancer.

The goal of our program is to recognize and provide support to what we believe is an often overlooked group of cancer victims: adolescent and teenage children whose family members are going through the cancer fight.

Children who are living with family members fighting cancer and aware of their parent's plight are generally overlooked by the medical cancer support community. These young secondary victims may not be able to attend office visits and therefore do not feel part of the team. They can have a sense of helplessness as they see the pain and suffering of their parent going through the cancer battle. In addition, they witness the emotional strain of the other parent who is trying to support their sick spouse.

The Pure Stoke Youth Program provides an outlet in which these young victims can find help to deal with the stress of a family member with cancer. Our program involves a day at the beach with other children who are facing similar situations. The day includes surf lessons and all equipment, ocean and marine biology education as well as engaging beach activities in a non-intimidating environment staffed by supportive instructors and counselors.

Please visit surfingforhope.org for more information

Camper application for summer 2021 is now open for children (ages 6-18)

Kesem at Home

VIRTUAL SUMMER CAMP

Kesem at Home provides a safe space for children of a parent with cancer to build connections, along with a safe place for self expression, reflection, and to have fun with other kids who are going through similar experiences.

Kesem is a nationwide community driven by passionate college student leaders, that support children through and beyond parent's cancer. Camp Kesem operates free summer camps for children who have been impacted by a parent's cancer. Founded at Stanford University in 2000, Kesem has since expanded to chapters in 44 states across the country.

Camp Kesem through Cal Poly
July 11-15, 2021 and it is virtual
Email: calpolyslo@campkesem.org
Call: 805.316.0510

Camp Kesem through UCSB
July 5-9, 2021 and it is virtual
Email: ucsb@campkesem.org
Call: 657.204.3249



ADVANCED RADIATION THERAPY



J. Ben Wilkinson MD, FACRO
Radiation Oncology

One of the most common places that Mission Hope's radiation oncology specialists will use radiation to treat skin cancer is for lesions involving the face

Skin cancer is the most common type of cancer in the United States with over five million cases diagnosed each year. The most typical forms that we see in clinical practice are basal cell carcinomas (BCCs) and squamous cell carcinomas (SCCs). In the sunny central coast of California, we also must be aware of even more serious types of skin cancers including melanomas.

Radiation Therapy and Skin Cancer

The best medical advice regarding prevention of a skin cancer diagnosis is protection and routine screening. Since the summer months are coming up, please remember to apply a sunscreen that includes UV protection as well as to dress appropriately for sun exposure including wearing long sleeves and pants if possible or a wide-brimmed hat. If you or a loved one has had significant sun exposure or if skin cancers run in your family, a visit to your local primary care provider or dermatologist for a skin exam would be reasonable. For people at high risk for aggressive skin cancers, full-body skin examination and even medical photographic mapping as a baseline to compare against for future growth or changes of existing areas of concern on the skin are available.

There are many types of treatments for skin cancer including surgical excision, cryotherapy, radiation therapy, and topical medications. Although surgery is commonly used as the initial treatment of choice for most skin cancers, Mission Hope Cancer Center has an excellent follow-up therapy or primary treatment in the form of advanced radiation therapy if you are diagnosed with a skin cancer and are not able to receive surgery.

One of the most common places that Mission Hope's radiation oncology specialists will use radiation to treat skin cancer is for lesions involving the face. Because this is such a cosmetically sensitive area of the body, even minor surgery can create a long-lasting change in the appearance of the nose, mouth, ears, or areas around the eyes. The process for receiving radiation therapy for skin cancer includes meeting one of our physicians, an appointment called a simulation to create a radiation plan, and

then starting daily radiation therapy sessions about a week or two later. The main benefit of using radiation therapy for skin cancer is that it is a noninvasive treatment without the chance of infection or bleeding.

There are also times when we will offer radiation therapy after surgical removal of skin cancer. Usually this is for large or complex invasive cancers, tumors that show evidence of nerve or lymph channel involvement, if surgery is not able to remove the entire tumor. Also, if a skin cancer comes back after surgery, it may be appropriate to talk with a radiation oncologist regarding additional treatment.

For advanced cancers of the skin, it is also common to use a form of systemic therapy such as immunotherapy or targeted therapy which may either be given on their own or in combination with radiation therapy. Advanced cancers are best treated with the input of multiple specialists including pathologists, imaging specialists called radiologists, surgeons, medical oncologists, and radiation oncologists. At Mission Hope, we have a multidisciplinary team that meets multiple times per week to discuss cases and come up with complete treatment plans for our patients.

As temperatures begin to warm up and we all start spending more time outside, please remember to reduce your risk of skin cancer by limiting sun exposure, applying sunscreen, and wearing protective clothing. If you have a question about skin cancer treatment or would like to schedule an appointment with one of our radiation oncologists at Mission Hope, please contact us at 805.925.2529 or se habla español at 805.346.3406.

MISSION HOPE AND CLINICAL TRIALS

Every therapy, drug or approach that is in place today to treat cancer had its start in a clinical trial. With a shared focus on clinical excellence and cutting-edge research, Mission Hope Cancer Center is not only personalizing treatment but also transforming the standard of care by advancing today's clinical trials into tomorrow's treatment.

Skin Cancer and Clinical Trials

Did you know having five or more sunburns in your life doubles your risk for being diagnosed with melanoma skin cancer or that on average 9,500 people a day are diagnosed with skin cancer? More than one million Americans alone are living with melanoma—the most serious type of skin cancer. Living on the central coast of California provides ample time for our community to be in the sun and it is important to take appropriate precautions. Mission Hope Cancer Center offers several new and innovative clinical trial options for those diagnosed with advanced melanoma. These clinical trials offer our patients the chance at potentially receiving new therapies that may directly help their cancer diagnosis while giving back and advancing the future of medicine.

Should you or someone you know be affected by melanoma or any other type of cancer and are interested in clinical trials, please contact us. Our Certified Clinical Research Coordinator works closely with our physicians to help identify trials for eligible and interested patients. Please reach out to our coordinator, Jessica Salamacha, BS, CCRC, NRCMA, at Jessica.Salamacha@dignityhealth.org or 805.346.3462.



Jessica Salamacha, BS, CCRC, NRCMA

Clinical Research Coordinator

■ Jessica has over 10 years of experience in healthcare, specializing in clinical research. Her mission is to educate patients about clinical trials and to support oncology patients and their families through their journey to ensure they feel safe and confident in their treatment plan while on a clinical trial.



Having five or more sunburns in your life doubles your risk for being diagnosed with melanoma skin cancer. You can reduce your risk of skin cancer by limiting exposure, applying sunscreen, and wearing protective clothing.

CULTIVATING CANCER FIGHTING HABITS



John Malinowski, ATC, CET
Cancer Rehabilitation Program

Whether you have recently completed treatment or you are now seeing your oncologist on an annual basis, you can help take control of your health with a few tips to create healthy long term survivorship. When it comes to nutrition, try not to become overwhelmed by the fad diets you hear about or see on the internet or social media. Below are a few principles that will support long term health.

Creating Cancer Fighting Habits for Survivorship with Nutrition and Exercise

Generally speaking, stick to a balanced diet of a variety of vegetables and fruits, healthy fats, lean proteins and whole grains. A few other considerations are staying hydrated, limiting sodium intake, sugar, and alcohol. Keeping these principles and implementing a few of these basic tips can help you create some healthy habits throughout your survivorship:

- Take a few minutes to plan out your meals for the week. This can save time and money during your busy week. Also never go grocery shopping hungry!
- Be mindful of what you eat. Enjoy the experience of eating, notice the smells, textures and flavors of each meal. Don't be in a rush. Don't eat while watching television.
- Take note of portion sizes, nutrition labels, and avoid processed foods and foods high in unhealthy fats.

Along with making healthy nutritional choices implementing a consistent exercise routine is an important part of survivorship! Exercise can be put into two basic categories: aerobic and anaerobic. Both are important; however, new research is showing that anaerobic exercise has a positive effect on longer life expectancy in all-cause mortality. Here are a few suggestions to develop healthy habits:

- Avoid inactivity; if you find you have been sitting for more than an hour or two stand up and do some toe and heel raises, leg curls or shoulder rolls. Get your blood circulating!
- Schedule a set time for exercise. Many people do it early in the day to get it done and get over with. Whatever time works best in your schedule. The point is to perform some exercise most days of the week.
- Be mindful of your activity level. It can be as simple as writing on a calendar what type of exercise (aerobic or anaerobic), how much (number of minutes or sets and repetitions) and intensity (easy, moderate, or hard).
- Remember a short and easy workout is better than no workout at all. Try getting into the habit of reaching four or five days a week of any intensity of activity. Then progress from there.

If you have questions consider joining us for the next Healthy Eating and Activity for (HEAL) class. Contact Cancer Exercise Trainer John Malinowski at 805.346.3413 or Registered Dietitian Melanie Logue at 805.346.3403 to be added to the class list. HEAL classes meet on the second Tuesday of each month at 2:00 p.m.

Did you know?

New research is showing that anaerobic exercise has a positive effect on longer life expectancy in all-cause mortality

HEAL: Healthy Eating and Activity for Living Support Group

TUESDAY, JUNE 8

Topic: Creating Cancer Fighting Habits for Survivorship

MHCC Conference Room
1325 East Church Street,
Santa Maria

The class seating is limited; please register at 805.219.HOPE (4673)

STRETCH AND STRENGTHEN

Featuring all new equipment and a beautiful view of the countryside, **Mission Hope Arroyo Grande Cancer Rehabilitation Center** is the perfect place to take advantage of the therapies that will enhance your health and healing. Try something new! All sanitizing precautions and protocols are in place.

Fight Against Falls

With John Malinowski, ATC, CET
(by appointment)

**Thursdays: May 6, 13, 20, 27 &
June 3, 10, 17, 24**

(Also in Santa Maria; see page 20)

Some cancer survivors notice ongoing side effects that negatively affect their balance—such as peripheral neuropathy in the feet or generalized muscle weakness—which could lead to a serious fall and/or could affect your ability to walk with a normal gait. This can also happen if we lose our muscle mass and strength. This exercise class helps with general muscle strength and also implements specific balance activities to help prevent falls.

Gentle Yoga

With Carol Dichmann, RN, BSN
(by appointment)

**Thursdays: May 6, 13, 20, 27 &
June 3, 10, 17, 24**

This 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. Many patients discover Yoga helps them gain a greater sense of well-being by strengthening their bodies, combating uncomfortable side effects of treatment and reducing anxiety and stress.

Pilates for Survivors

With certified instructor Julie Coleman
(by appointment)

**Thursdays: May 6, 13, 20, 27 &
June 3, 10, 17, 24**

Pilates is a corrective exercise method designed to connect you towards your core musculature and posture. You will develop strength, flexibility, and body awareness. With an emphasis on breath, movement, coordination, stabilization, and rehabilitation, attendees will develop muscular strength in a non-threatening, safe environment. The practice of Pilates can help to combat fatigue, strengthen core muscles, and create a firm foundation.

TRX Workouts

With Carol Dichmann, RN, BSN
(by appointment)

**Thursdays: May 6, 13, 20, 27 &
June 3, 10, 17, 24**

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. The benefits from training with TRX are innumerable from getting stronger, having better balance, increased stamina and many more. It is also a wonderful recovery tool, whether from an injury, starting a fitness routine or just wanting to try something new.

■ **Please note:** The classes above require a fitness assessment, physical therapy referral and medical release; call today to reserve your spot and get started. Call John Malinowski at 805.346.3413 to schedule your fitness assessment.



EXPRESS YOURSELF CREATIVELY



Catherine Lemoine
Award-winning artist



Terrie Miley
SoulCollage® Facilitator

Art therapy class

Learn to Paint

Instruction by **Catherine Lemoine, on-site in Santa Maria**

Creating art is an wonderful way to access a meditative state of mind and the healing it brings. Learn from Catherine as she teaches participants the technique uses in her paintings using her artwork as models.

Wednesday, May 12 • 10:00 a.m. to 12:30 p.m.

Enjoy the creativity learning how to paint an ocean wave. Don't expect to do this sitting down! Bring your apron and a smile. You can do this.

Wednesday, May 26 • 10:00 a.m. to 12:30 p.m.

This painting is the Monarch Butterfly in detail. Get ready for a more intense class and learn a few important details about how to use your brush to do small work.

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Held onsite, the class seating is limited.

Please call to register at 805.219.HOPE (4673)

All supplies are provided.

Free self-help workshop

SoulCollage® Class

Led by **Terrie Miley, Facilitator, on-site in Santa Maria**

SoulCollage® is an art therapy activity suitable for everyone, offering a visual way to discover your feelings and inner wisdom. Originated by Seena B. Frost, SoulCollage leads participants in a collage process that promotes healing and self-discovery while encouraging recovery, respite and renewal. This creative outlet has been successfully in the treatment of grief, trauma, and all of life's major transitions.

Friday, June 11 • 1:00 p.m.

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Held onsite, the class seating is limited.

Please call to register at 805.219.HOPE (4673)

No special artistic ability or previous experience is necessary

All supplies are provided

DISCOVER YOUR WISDOM, CHANGE YOUR WORLD™

MAKE ART, MELT STRESS

Art therapy class

Folk Art Project

*Held on-site
and virtually*



Annabelle Primrose, Facilitator, in person and via Zoom

This class session we will create a folk art based on a Pennsylvania Dutch design called a hex sign. German immigrants brought the custom of decorating barns with circles containing compass roses along with pictures of stars and petals, birds and acorns. Some believe they protect from bad luck and keep the barn safe from lightning, but most just enjoy them as a colorful addition to a large barn wall. The decorations we'll create are easy to make with few materials needed. Your designs and colors are only limited to your imagination.

Thursday, May 13 • 2:30 p.m.

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

**Held onsite, the class seating is limited; or call to reserve a Zoom spot.
Please call to register at 805.219.HOPE (4673)**

No special artistic ability or previous experience is necessary
All supplies are provided



Annabelle Primrose, facilitator
Breast cancer survivor



Who is art therapy class for?

"You don't have to be an artist, or even like art to benefit. The only requirement is an open mind and the ability to a pencil or paintbrush."

—Art therapy participant

Make art to help melt your stress away...

If you or someone you love is undergoing cancer treatment, you know it can take over your thoughts and hours. It's important to carve out time for self expression and creativity to add balance and fun to the equation. Mission Hope is pleased to offer this exciting art therapy class series designed to introduce patients and caregivers to the diverse world of art. The class each month features a different medium presented by a skilled artist. Join us to learn imaginative techniques to help boost your brain and reactivate your creative expression.

May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Lymphedema Prevention Exercise (SM) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am 🖥️ Breast Cancer Support Group 4:00 pm	5	6 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG) 🖥️ Caregiver Support Group 5:30 pm 🖥️ Living with Cancer Support Group 6:00 pm	7 Fight Against Falls C
10 🖥️ Energy Balancing 11:00 am	11 Lymphedema Prevention Exercise (SM) HEAL Class 2:00 pm	12 Learn Golf 🖥️ All Blood Cancers Support Group 1:00 pm Art Therapy–Painting (SM) 10:00 am	13 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG) Art Therapy–Folk Art Therapy (SM) 2:30 pm	14 Fight Against Falls C Pelvic Floor Strength Class for Men (SM)
17 🖥️ Prostate Cancer Support Group 6:30 pm	18 Lymphedema Prevention Exercise (SM) 🖥️ Breast Cancer Support Group 4:00 pm	19	20 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG) 🖥️ PRESENTATION: Taking Back Control When Emotions Become Overwhelming 5:00 pm 🖥️ Caregiver Support Group 5:30 pm 🖥️ Living with Cancer Support Group 6:00 pm	21 Fight Against Falls C
24 🖥️ Energy Balancing 11:00 am	25 Energy Balancing (SM) Lymphedema Prevention Exercise (SM) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am	26 Learn Golf Art Therapy–Painting (SM) 10:00 am	27 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	28 Fight Against Falls C Pelvic Floor Strength Class for Men (SM)
31  ALWAYS Remember — MEMORIAL DAY — Office closed	Key to locations of activities: Please note that some of the classes we offer are transitioning to meet person at one of our facilities, and some will remain virtual on Zoom. 🖥️=Zoom presentation AG=Mission Hope, Arroyo Grande HCRC=Hearst Cancer Resource Center, San Luis Obispo SM=Santa Maria (Mission Hope, Santa Maria or Marian Health & Well			

June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lymphedema Prevention Exercise (SM) Grupo de Apoyo Para Hombres con Cáncer (SM) 9:00 am 📺 Breast Cancer Support Group 4:00 pm	2	3 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG) 📺 Caregiver Support Group 5:30 pm 📺 Living with Cancer Support Group 6:00 pm	4 Fight Against Falls C
7	8 Lymphedema Prevention Exercise (SM) HEAL Class 2:00 pm	9 Learn Golf 📺 All Blood Cancers Support Group 1:00 pm	10 Energy Balancing (AG) Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	11 Fight Against Falls C Pelvic Floor Strength Class for Men (SM) Soul Collage (SM) 1:
14 📺 Energy Balancing 11:00 am	15 Lymphedema Prevention Exercise (SM) 📺 SPOHNC, Santa Maria 3:30 pm 📺 Breast Cancer Support Group 4:00 pm	16	17 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG) 📺 Caregiver Support Group 5:30 pm 📺 Living with Cancer Support Group 6:00 pm	18 Fight Against Falls C
21 📺 Prostate Cancer Support Group 6:30 pm	22 Energy Balancing (SM) Lymphedema Prevention Exercise (SM) 📺 Breast Cancer Support Group 4:00 pm	23 Learn Golf	24 Fight Against Falls Class (AG) Gentle Yoga (AG) Lymphedema Prevention Exercise (AG) Pilates for Survivors (AG) TRX Workouts (AG)	25
28 📺 Energy Balancing 11:00 am	29 Lymphedema Prevention Exercise (SM) Apoyo y Educación para Personas con Cáncer (SM) 9:00 am	30		

DIGNITY HEALTH OF THE CENTRAL COAST CLASSES, GROUPS & PROGRAMS

Getting Started at Mission Hope Patient Orientation Class

Get to know Mission Hope—our programs and services.

Mission Hope Cancer Center, SM
Reservation required; please call 805.346.3402 (English)

DISPONIBLE EN ESPAÑOL
Favor de llamar para una cita a 805.346.3406

Mission Hope Cancer Center, AG
Reservation required; please call 805.474.5303

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.

Mission Hope Cancer Center, SM
MAY 25 & JUN 29; 9:00 AM
Favor de llamar a Hector Rodriguez al 805.346.3406 para una cita

Art Therapy Class

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

Mission Hope Cancer Center, SM
MAY 12, 26; 10:00 AM
Learn to paint with instructor Catherine Lemoine

MAY 13; 2:30 PM
Folk Art Therapy

Held onsite, the class seating is limited.
To register, call 805.219.HOPE (4673)

Breast Cancer Support Group

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

MAY 4, 18 & JUN 1, 15

 **Virtual/Zoom Meeting**

For more information, please contact Mission Hope at 805.346.3405

Cancer Rehabilitation

A 12-week program which includes group strengthening. Each participant meets one-on-one with our Certified Exercise Trainer for an individualized program. A fitness assessment and medical release are required before participating.

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

Reservation and assessment required; call John Malinowski at 805.346.3413

Caregiver Support

A forum for people to share their concerns and offer helpful strategies and support.

MAY 6, 20 & JUN 3, 17; 5:30 PM

 **Virtual/Zoom Meeting**

For more information, please call HCRC at 805.542.6234

Energy Balancing

Learn helpful techniques to reduce pain and de-stress.

Marian Health & Wellness Center, SM
MAY 25 & JUN 22

Mission Hope Cancer Center, AG
JUN 10

Reservation and assessment required; call Natasha Escobedo at 805.346.3400

MAY 10, 24 & JUN 14, 28; 11:00 AM

 **Virtual/Zoom Meeting**

Please call HCRC at 805.542.6234

Fight Against Falls Exercise Class

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
MAY 7, 14, 21, 28 & JUN 4, 11, 18
By appointment: please call John Malinowski at 805.346.3413. A fitness assessment is required before attending

Mission Hope Cancer Center, AG

MAY 6, 13, 20, 27 &
JUN 3, 10, 17, 24

Reservation and assessment required; call John Malinowski at 805.346.3413

Grupo de Apoyo Para Hombre con Cáncer

Tome la oportunidad de aprender e intercambiar información relacionada con todos los tipos de cáncer así como el cuidado de su salud.

Mission Hope Cancer Center, SM
MAY 4 & JUN 1; 9:00 AM

Para obtener más información o ayuda favor de llamar a Hector Rodriguez a 805.346.3406

HEAL: Healthy Eating and Activity for Living

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

Mission Hope Cancer Center, SM
MAY 11; 2:00 PM

Topic: Staying Hopeful and Balanced with Nutrition and Exercise

JUN 8; 2:00 PM

Topic: Creating Cancer Fighting Habits for Survivorship

Please register for these meetings by calling John Malinowski at 805.346.3413

Learn Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the rules of golf along with tips on putting, chipping and hitting.

Monarch Dunes, Nipomo
MAY 12, 26 & JUN 9, 23

By appointment: please call John Malinowski at 805.346.3413. A fitness assessment is required before attending

Living with Cancer General Support Group

Informal support group provide information for all diagnoses and a forum to learn and share.

MAY 6, 20 & JUN 3 & 17; 6:00 PM

 **Virtual/Zoom Meeting**

For more information, please call HCRC at 805.542.6234

■ For the latest class information please visit our website:
www.missionhopecancercenter.org

Look Good Feel Better Live!

Free workshops to help patients mitigate the appearance-related issues of cancer treatments. Topics include skincare and makeup (cosmetic kit included) and wigs/head coverings. New class offers wardrobe tips to help manage concerns such as infusion ports, mastectomy and reconstruction, and other physical changes.



Virtual/Zoom Meeting

For more information, please call Natasha Escobedo at 805.219.HOPE (4673)

¡DISPONIBLE EN ESPAÑOL!

Favor de llamar para una cita a Hector Rodriguez al 805.346.3406

Lymphedema Prevention Exercise

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

Marian Health & Wellness Center, SM
MAY 4, 11, 18, 25 &
JUN 1, 8, 15, 22, 29

Reservation and assessment required;
call John Malinowski at 805.346.3413

Mission Hope Cancer Center, AG
MAY 6, 13, 20, 27 &
JUN 3, 10, 17, 24

Reservation and assessment required;
call John Malinowski at 805.346.3413

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.

MAY 12 & JUN 9; 1:00 PM



Virtual/Zoom Meeting

Please call HCRC at 805.542.6234



Need to get out of the house? On-site exercise classes now available. Call us to get started.

Free Nutrition Services

For help with specific dietary issues before, during, or after treatment, please schedule a one-on-one consultation with Mission Hope's Registered Dietitian by calling 805.346.3403 or 805.474.5304

Pelvic Floor Strengthening for Men with Prostate Cancer

Benefiting men with issues from prostate cancer such as urinary or fecal incontinence, weak core muscles and general deconditioning.

Marian Health & Wellness Center, SM
MAY 14, 28 & JUN 11

By appointment: please call John Malinowski at 805.346.3413. A fitness assessment is required before attending

Pilates for Survivors

The team of instructors have training for modifying to a cancer survivors' needs.

Mission Hope Cancer Center, AG
MAY 6, 13, 20, 27 &
JUN 3, 10, 17, 24

Held onsite, the class size is limited.

Please call John Malinowski at 805.474.5334 to reserve a spot. A fitness assessment is required before attending

Prostate Cancer Support Group

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

MAY 17 & JUN 21; 6:30 PM



Virtual/Zoom Meeting

Please call Scott Wilcox for information 909.912.4492

Soul Collage

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

Mission Hope Cancer Center, SM
JUN 11; 1:00 PM

To register, call 805.219.HOPE (4673); class seating is limited

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. All welcome.

JUN 15; 3:30 PM



Virtual/Zoom Meeting

To register, call 805.219.HOPE (4673)

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 Hector Rodriguez at 805.346.3406 (Spanish) for details

TRX Workouts

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

Mission Hope Cancer Center, AG
MAY 6, 13, 20, 27 &
JUN 3, 10, 17, 24

Please contact Carol Dichmann at 805.474.5302 to register. A fitness assessment is required before attending

Yoga for Cancer Patients and Survivors

This Gentle Yoga class incorporates simple flowing sequences and slower paced movements focusing on alignment, strength, balance, and flexibility. No experience required; please bring a yoga mat.

Mission Hope Cancer Center, AG
MAY 6, 13, 20, 27 &
JUN 3, 10, 17, 24

Please contact Carol Dichmann at 805.474.5302 to register. A fitness assessment is required before attending

■ Please note: Some classes will transition back to our buildings but with reduced capacity. Reserve your spot early!

REACH OUT TO US; WE'RE HERE TO HELP

Mission Hope Cancer Center, Santa Maria

Mission Hope Cancer Center, SM
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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Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:

Marian Cancer Care 805.219.HOPE (4673)
Marian PET/CT Center 805.346.3470
Radiation Oncology 805.925.2529

SECOND FLOOR:

Mission Hope Breast Imaging Center 805.346.3490
Mission Hope Surgical Oncology 805.346.3456
Thomas Bosshardt, MD, FACS, Oncology Surgeon
Jonathan Tammela, MD, FACOG, Gynecologic Oncologist

THIRD FLOOR:

Medical Oncology 805.349.9393
Mission Hope Infusion Center 805.346.3419
Mission Hope Lab (Office hours: 7:30 a.m. to 4:30 p.m.) 805.346.3480

Dignity Health Central Coast

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TURN TO US FOR ANSWERS ABOUT CANCER



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Behind Arroyo Grande Community Hospital



Mission Hope Cancer Center, Arroyo Grande Phone Numbers

FIRST FLOOR:

Arroyo Grande Lab and Imaging 805.474.5300
(Office hours: 7:00 a.m. to 5:00 p.m.)

THIRD FLOOR:

Cancer Resource Center 805.474.5300
Medical Oncology 805.474.5300
Mission Hope Infusion Center 805.474.5325 or 805.474.5300



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

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Like us on Facebook:
Mission Hope Cancer Center

FREE COMMUNITY PRESENTATION



Nell Bennett, MSW, LCSW
Licensed Clinical Social Worker
and Psychotherapist

■ New to Dignity's Mission Hope Cancer Center Arroyo Grande team, Nell is a psychotherapist and medical social worker who has worked extensively in both private practice and multiple health settings in the San Luis Obispo region. She specializes in working with persons impacted by chronic illness and adjustment to unexpected health challenges.

Taking Back Control When Emotions Become Overwhelming

Nell Bennett, MSW, LCSW, via Virtual/Zoom Meeting



Thursday, May 20 • 5:00 p.m.

To register for this Zoom meeting, please call 805.219.HOPE (4673)

Join us for an informative and compassionate discussion on how to use Cognitive Reframing and Mindfulness techniques to respond to emotions in a way that support resiliency during the cancer journey. Question and answer session included.

HIGHLIGHTS:

- Learn how to respond to overwhelming emotions and unwanted negative thoughts
- Introduction of mindful practice exercises to help with concentration and focus
- Increase your understanding of local counseling support resources for patients, families and loved ones



**Community supporters like you
help to make a difference every
day.**

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Arroyo Grande Community Hospital Foundation
345 South Halcyon Road, Arroyo Grande, CA 93420
supportagch@dignityhealth.org | www.supportarroyogrande.org