

# cancer care



Hearst Cancer Resource Center

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## About Cancer Care

*Hearst Cancer Resource Center at French Hospital Medical Center provides comprehensive support services for all cancer patients in our community at no charge, and appreciates the generosity of our donors who make it all possible.*

## The Blessing of Community Through HCRC

by Karyn Steckling



When I was diagnosed with stage 2a breast cancer in December 2021, I was in shock. At only age 40 I hadn't started regular mammograms yet, but I felt a lump.

My supervisor, a breast cancer survivor, and one of my friends who had recently gone through a breast cancer diagnosis, both helped me navigate those first decisions of surgeons and oncologists and she also personally connected me with HCRC. I had no idea how consequential this connection would be at the beginning of my cancer journey. HCRC's social worker helped me navigate anxiety, sleep issues, medical decisions, and how to tell my daughters (then ages 9 and 13) about my diagnosis. She also encouraged me to get

connected with the Breast Cancer Support Group. That group truly became the most significant way that HCRC blessed me during my journey. Their experiences, wisdom, and camaraderie were truly a life-line during this time. A few of us continue to keep in touch to this day to pray, encourage, and celebrate one another in this survivorship phase of the cancer journey.

My cancer journey involved targeted chemo, lumpectomy surgery, traditional chemo, radiation, and now anti-estrogen therapy. I have had three imaging sessions since completing treatment with no evidence of disease!

HCRC also pointed me in the direction of other partnering organizations where I received valuable counseling through Cancer Support Community; a victory trip through 17 Strong;



community and encouragement to get back in shape with the Cancer Well Fit program; and memorable surfing experiences with Surfing for Hope!

When I was overwhelmed with appointments, decisions, and enduring treatment, HCRC was there for me with amazing resources when I needed them. Thank you HCRC for your support, your continued guidance, and connecting me with lifelong pink sister friends!

Virtual/Zoom meeting

## Cancer Patient Support Group

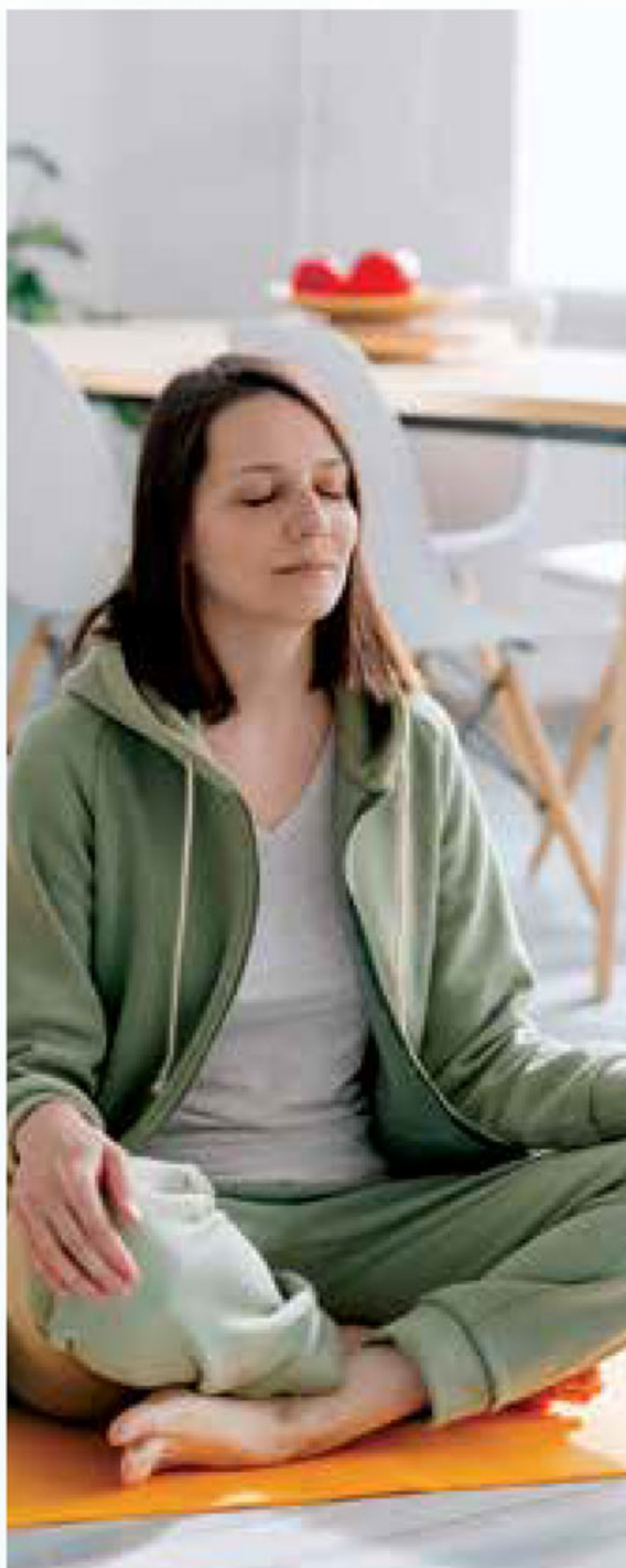
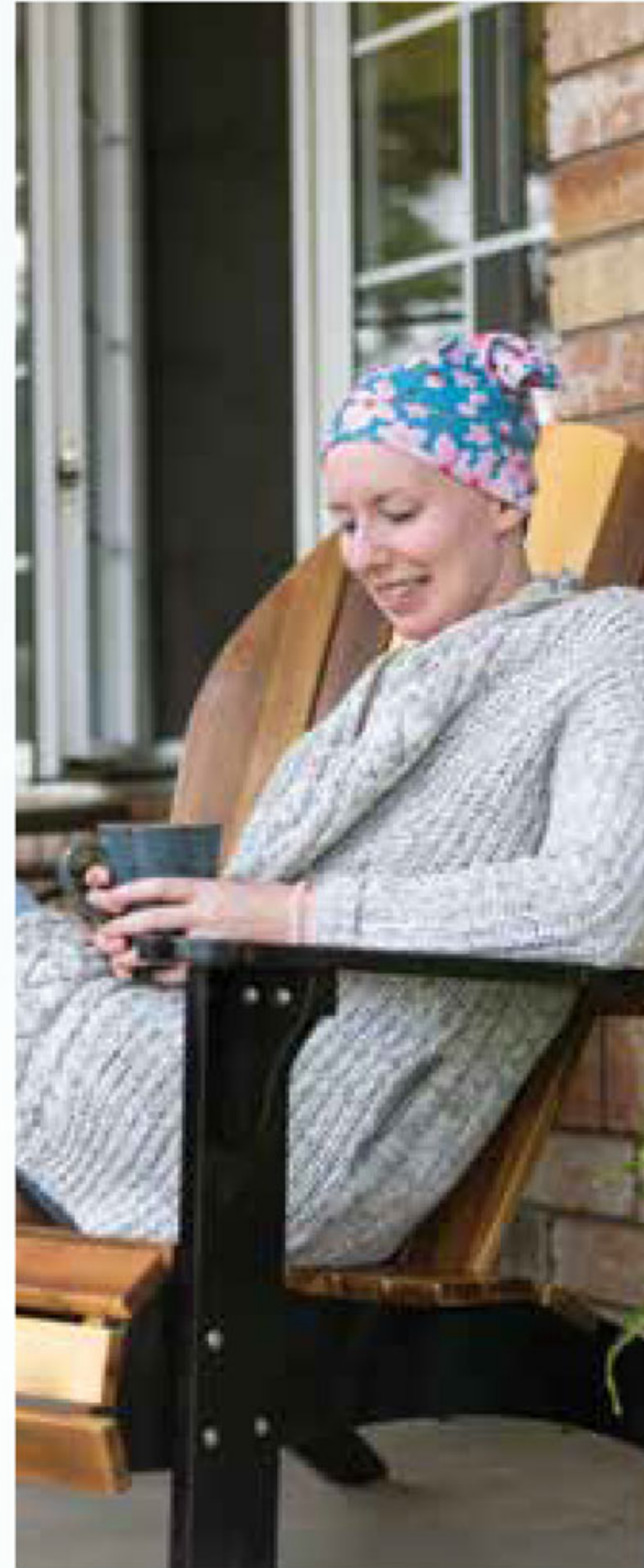
*There's much a cancer patient can do to mitigate the stress of coping with illness and working toward wellness. Each professionally led discussion contains practical information to help participants implement strategies to do just that.*

*For newly diagnosed patients, recently out of treatment, or in survivorship. All types of cancer diagnoses are welcome. Join us to gain a sense of family with others in a similar part of their journey.*



**Fourth Wednesday of the month  
1:00 to 2:00 p.m.**

To register and secure the link, please contact:  
[hcrc@dignityhealth.org](mailto:hcrc@dignityhealth.org) or call 805.542.6234



Onsite by appointment and Virtual/Zoom

## Energy Balancing Sessions

*Energy balancing is the art of working with chi (life force) energy with the intention of encouraging a free and balanced flow of energy, enhancing the body's natural ability to heal itself.*

*The virtual classes allow clients the opportunity to explore new techniques such as open meditations and group balancing work.*

**Second Monday  
11:00 a.m. to 1:00 p.m.**

**Hearst Cancer Resource Center  
1941 Johnson Avenue, Suite 201, San Luis Obispo**



**Fourth Monday • 11:00 a.m.**

To register for either class, please contact:  
[hcrc@dignityhealth.org](mailto:hcrc@dignityhealth.org) or call 805.542.6234

## FREE EDUCATIONAL DISCUSSION

The Hearst Cancer Resource Center invites you to attend a panel presentation

# Navigating Breast Health with Confidence



**Erin Chamberlain, MD**  
Medical Oncologist



**Jamie Cinotto, DPT,  
CWS, CLT-LANA, ONC**  
Lymphedema Specialist



**Julie Neiggemann, RN,  
MSN, OCN**  
Nurse Navigator

If you or a loved one has recently been diagnosed with breast cancer, you are likely overwhelmed by this news. But you are not alone. Our panel of experts will present the latest information to help women to navigate their long term breast health with confidence. Discussion will include how to understand the terminology related to cancer, the importance of lymphedema support, and how to navigate your treatment and survivorship.

**Tuesday, October 15, 2024 • 5:30 to 7:30 p.m.**

**Wacker Family Auditorium**

**(in the Copeland Health Education Pavilion at French Hospital)**

1911 Johnson Avenue, San Luis Obispo

Space is limited; reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org)

***Come at 5:00 p.m. to meet our Community Cancer Partners:***

- 17 Strong • American Cancer Society • Camp Kesem Cal Poly
- Cancer Connections • Cancer Support Community • Cancer Well-Fit Program • CCDBA–SurviveOars • Hats for Hope • Jack’s Helping Hand
- Leukemia and Lymphoma Society • SabesWings • Surfing for Hope
- Teddy Bear Foundation



**EMAIL US**



# Navigating the Childhood Cancer Journey with Jack's Helping Hand

*By Jack's Helping Hand*

Childhood cancer is an overwhelming journey, not only for young patients but also for their families. At Jack's Helping Hand, support is available to lighten this heavy load. Founded in 2006 by Bridget and Paul Ready following the loss of their young son, the organization offers a variety of vital programs aimed at easing financial burdens and providing physical and emotional support.



One of the most impactful services offered by Jack's Helping Hand is the Financial Assistance Program. This program aims to alleviate the financial burden that often accompanies cancer treatment. Families can receive help covering medical expenses, travel costs for treatments, and medical equipment. By addressing these pressing financial concerns, Jack's Helping Hand enables families to focus on what truly matters: the health and well-being of their child.

In addition to financial support, Jack's Helping Hand hosts engaging recreational programs such as Little Swimmers, Little Riders, and Camp Reach for the Stars, a free weekend-long camp for the whole family. These programs are designed to provide joyful experiences for children undergoing treatment, allowing them to engage in activities that promote physical and emotional healing and a feeling of normalcy.

The Little Swimmers program offers aquatic therapy and swim lessons tailored specifically for young cancer patients. These sessions help improve physical strength and coordination and provide a soothing escape from the rigors of treatment. The Little Riders program introduces children to the therapeutic benefits of horseback riding. This program promotes emotional well-being and physical activity, helping children develop confidence and resilience while building connections with the animals.

Jack's Helping Hand is dedicated to assisting families impacted by pediatric cancer by offering programs that reduce financial stress and enhance quality of life. Jack's Helping Hand empowers families to navigate their cancer journeys with strength and hope, making the journey a little less scary, a little less impossible, and a lot more supported.

To learn more about Jack's Helping Hand, please visit [jackshelpinghand.org](http://jackshelpinghand.org) or call 805.547.1914.

## *Did you know?*

**Jack's Helping Hand assists more than 300 local children with special needs and cancer in San Luis Obispo County.**

# Share gratitude

**You are invited to support our work by making a financial contribution, hosting a fundraiser and more.**

Throughout the month of October, Hearst Cancer Resource Center and the French Hospital Medical Center Foundation team focus on the connections with local businesses, programs, and community members to help us continually grow our programs that support cancer patients here in SLO County through various fundraising efforts. These events allow us to champion those with a cancer diagnosis through our Angel of Hope resources, and continue to create beneficial programs for our local cancer community. The funds that are generated from these connections are able to help carry on and enable us to provide support for those who have faced a cancer diagnosis.

If you or your business are interested in partnering with the Hearst Cancer Resource Center for the month of October—whether that be by a percentage round up, personal fundraiser, sales of pink items, general donation or sponsorship, we'd love to work with you! You can help make sure that cancer services are always available at no charge to those who need them by donating to the HCRC today. 100% of every gift goes directly to support the HCRC. The fall season is a time to reflect, share gratitude and support others in ways that truly impact local lives.

To make a gift or to partner with the HCRC, please contact the French Hospital Foundation at 805.542.6496 or visit [www.supportfrenchhospital.org](http://www.supportfrenchhospital.org). Checks can be made payable and mailed to French Hospital Foundation, 1911 Johnson Avenue, San Luis Obispo, CA 93401 (please note "HCRC" in the memo of your check).



(Left to right)  
Ramie Castilleja,  
MBA, and Julie  
Neiggemann, RN,  
MSN, OCN

The Human Bean's annual "**Coffee for a Cure**" breast cancer giveback event was held in October, 2023. The event was a great success! Thanks to the customers and staff, we raised **\$5,872.35** for this valuable community resource.



## Staff Spotlight

**Ashley Hahn, MSW, LCSW**  
Social Worker

*Q: How long have you worked at HCRC?*

I've been with HCRC part-time since December and I have loved every minute of it! I have worked closely with HCRC the past five years as I worked in outpatient oncology and home health. I have always valued knowing the HCRC team and referring patients to HCRC for supportive services. I am so thankful for the opportunity to provide social work consults to any cancer patient in San Luis Obispo County.

*Q: Why is HCRC important to you and/or this community?*

HCRC is a small but mighty community service that is invaluable. HCRC is able to help any cancer patient who lives in SLO County or is being treated in SLO County. As a social worker I can jump in and help patients and families without the concern of insurance coverage or pre-approvals because all our services are free to the cancer community. I am able to collaborate with other cancer support services and this is very important to me to ensure the needs of the cancer community are met!

*Q: What is something personal that you enjoy and would like to share?*

The most important job I have is being a mom to my two beautiful children, Troy and Ruby. When I am not working I enjoy time with family, fellowship with friends, camping, BBQ, music and traveling.

# Turn to us for answers

## HEARST CANCER RESOURCE CENTER

1941 Johnson Avenue, Suite 201  
San Luis Obispo, CA 93401  
805.542.6234  
Monday–Friday  
9AM–4:30PM  
[dignityhealth.org/hcrc](http://dignityhealth.org/hcrc)

Please call for an appointment

**Thomas Spillane, MD**  
*Medical Director*

**Shannon D'Acquisto**  
*Director, Cancer Survivor*  
HCRC@dignityhealth.org

**Julie Neiggemann, RN, MSN, OCN**  
*Nurse Navigator*

**Ashley Hahn, MSW, LCSW**  
*Social Worker*

**Eloisa Medina**  
*Patient Navigator*  
805.786.6130—en español

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

**Ramie Castilleja, MBA**  
*Program Coordinator*

**Lisa Steinbeck**  
*Cancer Registrar*

## IMAGING CENTERS

FHMC San Luis Diagnostic Center  
1100 Monterey Street, #210  
San Luis Obispo, CA 93401  
805.542.9700

FHMC Women's Health and  
Imaging Center  
1941 Johnson Ave., Suite 104  
San Luis Obispo, CA 93401  
805.597.6700

## SLO ONCOLOGY & HEMATOLOGY HEALTH CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.543.5577

*Care Providers:*

**Thomas Spillane, MD**  
*Medical Oncology Director of  
Clinical Trials*  
**Gorgun Akpek, MD, MHS**  
**Robin DiBiase, NP, OCN**  
**Daniel Lewis, MD**  
**James Malone III, MD**  
**Lin Soe, MD**  
**Tim Soucek, PA**

## SLO INFUSION CENTER

715-B/C Tank Farm Road  
San Luis Obispo, CA 93401  
Direct: 805.786.6140  
Nurse Line: 805.786.6144

**Susan Diaz, RN, OCN**  
*Director*

## DIGNITY CANCER CARE CENTRAL COAST

Mission Hope Cancer Center  
1325 East Church Street, Suite 102  
Santa Maria, CA 93454  
805.219.HOPE (4673)

850 Fair Oaks Avenue  
Arroyo Grande, CA 93420  
805.474.5300

**Kathleen Sullivan, PhD, RN**  
*Vice President, Post Acute Care and  
Health Services Operations*

## ADDITIONAL SERVICES

Dignity Health Home Health  
& Hospice  
800.549.9609

Palliative Care  
805.739.3950

## COASTAL CANCER PARTNERS

The Hearst Cancer Resource Center has partnered with these organizations to bring programs and activities to the community:

**17 Strong**  
[17strong.org](http://17strong.org)

**American Cancer Society**  
[cancer.org](http://cancer.org)

**Camp Kesem Cal Poly**  
[campkesem.org](http://campkesem.org)

**Cancer Connections**  
[cancerconnectionslo.org](http://cancerconnectionslo.org)

**Cancer Support Community**  
[cscslo.org](http://cscslo.org)

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

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

**DreamMakers SLO**  
[dreammakersslo.com](http://dreammakersslo.com)

**Hats for Hope**  
[hatsforhope.com](http://hatsforhope.com)

**Jack's Helping Hand**  
[jackshelpinghand.org](http://jackshelpinghand.org)

**Leukemia and Lymphoma Society**  
[lls.org](http://lls.org)

**SabesWings**  
[SabesWings.org](http://SabesWings.org)

**Surfing for Hope**  
[surfingforhope.org](http://surfingforhope.org)

**Teddy Bear Foundation**  
[teddybearcancerfoundation.org](http://teddybearcancerfoundation.org)

## Hearst Cancer Resource Center

Mailing address:  
1911 Johnson Avenue,  
San Luis Obispo, CA 93401

Street address:  
1941 Johnson Avenue, Suite 201,  
San Luis Obispo, CA 93401

## HCRC Advisory Committee

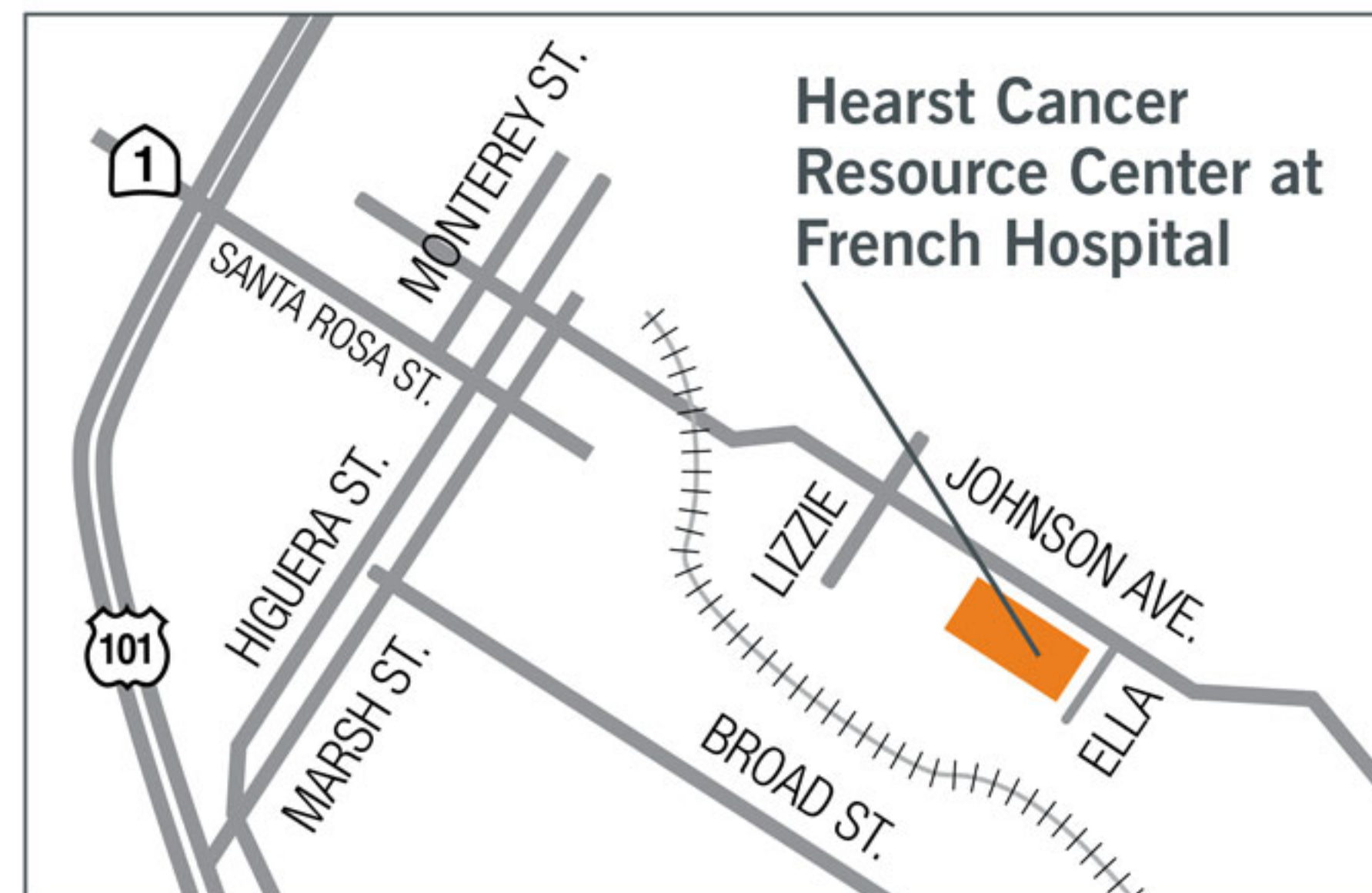
*French Hospital Medical Center*

**Sue Anderson**—PRESIDENT AND CEO  
**Julia Fogelson, MSN, RN**—CNE  
**Tessa Espinoza**—CPO  
**Thomas Vendegna, MD**—CMO

### *Committee Members*

**Sandy Dunn**—CHAIR  
**Gayle Cekada, MD**  
**Edwin Hayashi, MD**  
**Jack Hearst**  
**Stephen Hearst**  
**Stephen Hilty, MD**  
**Robert Johnson, MD**  
**Noreen Martin**  
**Susan Minker, MD**  
**Don Oberhelman**  
**Colleen Russell, DPT**  
**Thomas Spillane, MD**  
**Jackie Starr**  
**Christine Williams**

## Hearst Cancer Resource Center



### Hearst Cancer Resource Center

*Commission on Cancer Community Cancer Program*

1911 Johnson Avenue  
San Luis Obispo, CA, 93401  
805.542.6234



A QUALITY PROGRAM  
of the AMERICAN COLLEGE  
OF SURGEONS



SCAN ME