

cancer care



Dignity Health.
French Hospital Medical Center

Hearst Cancer Resource Center

Hearst Cancer Resource Center

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 Unexpected Benefits of Joining a Support Group

By Jessica Scarffe

I was diagnosed with Chronic Lymphocytic Leukemia/ Small Lymphocytic Lymphoma (CLL) in April 2022.

Like many others, my CLL diagnosis was incidental. Routine blood tests raised red flags which led to further testing and then diagnosis.

Any cancer diagnosis is a shock. The flurry of tests and appointments is disorienting. My husband and I began looking for as much information as we could. While we all need to be wary of “Dr. Google” we did find some organizations with terrific resources online.

What I did not expect I would do is join a support group. I didn’t think a support group would be a good fit for me, and it wasn’t something I’d considered. Fortunately, I decided to give it a try and attend a meeting of the “All Blood Cancer Support Group” facilitated by the Hearst Cancer Resource Center.

From the very first meeting, I realized the tremendous value of the group. The main benefit for me was what I learned—about my specific form of cancer, different treatments, local doctors and resources, as well as cancer specialists out of the area. It was a wealth of information, which made me feel more empowered, more in control.

As I continued to attend the meetings, I developed a fuller understanding of the different blood cancers and the

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Jessica Scarffe takes a break with her walking buddies

people who live with them. It wasn’t long after I started attending the meetings that a neighbor was diagnosed with cancer. As I joined with others to provide help and support for my neighbor, I realized that I felt more equipped and comfortable to offer that help because of what I learned and experienced through the support group. So, the benefits of the group go beyond just me. What an impact that can mean for our community.

The Hearst Cancer Resource Center invites you to attend an educational presentation

Managing Blood Cancers

The Latest Treatments and Whole Person Approaches to Living Well



James Malone, MD
Hematology/
Internal Medicine



Levanto G. Schachter, DO, MS
Hematology/Oncology

Highlights:

- Topics will include cellular therapies, discussion of recent research breakthroughs, and general side effect management
- Panel discussion with a question and answer session following

The Hearst Cancer Resource Center is proud to partner with The Leukemia & Lymphoma Society to provide this upcoming patient education event. We invite all those touched by blood cancer to join this talk including those diagnosed with leukemia, lymphoma, myeloma, myelodysplastic syndromes (MDS), myeloproliferative neoplasms (MPN), or other blood cancers. Topics will include cellular therapies, highlights of recent research breakthroughs, general side effect management, and whole person approaches to care and living well. The program will include a panel discussion with a question and answer session following. Participants will also have a chance to learn about free ongoing resources and programs provided by The Leukemia & Lymphoma Society. Please join us for a wonderful opportunity to learn from these robust presenters and to connect with others in the community facing a blood cancer diagnosis.

Guest Speakers: James Malone III, MD, and Levanto G. Schachter, DO, MS

Wednesday, February 26, 2025 • 5:30 p.m.

Wacker Family Auditorium, Third Floor

(in the Copeland Health Education Pavilion at French Hospital)

1911 Johnson Avenue, San Luis Obispo

Space is limited; reservations required. To RSVP, please contact: hrc@dignityhealth.org or call 805.542.6234 or visit <https://na.eventscloud.com/SLObloodcancers/>

THE LEUKEMIA & LYMPHOMA SOCIETY (LLS)

LLS is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. LLS

provides financial assistance, education, and emotional support programs and services which are all free of charge. Compassionate and knowledgeable LLS information specialists are available to offer individualized support over the phone. For more information about LLS please visit: www.lls.org.

LLS partners with the Hearst Cancer Resource Center (HCRC) to provide a monthly support group for people living with blood cancer on the second Wednesday of the month at 1:00 pm.

To register for this group, please contact the HCRC at 805.542.6234 or HCRC@dignityhealth.org



Are you caring for someone with cancer?



The Hearst Cancer Resource Center invites you to attend our

Care-Partner Support and Discussion Group

Group facilitator: Ashley Hahn, LCSW

**Third Thursday of the month
1:00 to 2:00 p.m.**

Hybrid meeting:

**In person or
Zoom available**

Let us take care of you while you are providing care for the ones you love.

Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201, San Luis Obispo

Reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@dignityhealth.org

■ Wondering how to care for a loved one on the cancer journey? As a caregiver you are invited to join us to learn ways to manage the practical aspects of caring for a person with a serious illness. Listen, learn and share experiences in a comfortable, caring and safe environment. Our support group is a safe place where you can:

- Learn techniques to cope with the changes cancer brings and reduce stress
- Speak honestly about the challenges you face with people who understand
- Discover from others how to take care of yourself so you can continue to care for your loved one



The Power of Intuitive Collage

by Kathleen McKinnon

Intuitive collage is a practice that allows your mind to journey through images. It is a personal act. It is done by quieting your mind so your intuitive nature can choose images and compose a collage.

Kathleen McKinnon
Breast cancer survivor
and class facilitator

After breast cancer treatment (mastectomy, chemo, and radiation) I felt lost. The void was big. Where did everybody go? I walked around feeling numb. What happens now that life has changed so much?

To help answer the questions, I filled the gap with art through intuitive collage as I knew its healing power. I created an art journal of my journey and created the Hope Gives Us Wings installation in the Hearst Cancer Resource Center (HCRC). After the installation was complete I asked the center if I could teach an intuitive collage class to which the team agreed!

The collage process begins with the reading of a poem. Time is provided to reflect and journal how the poem connects to your current life circumstances. The next step is intuitive, no thinking! This consists of rapidly turning pages of magazines and collecting images, words, phrases, anything that catches your attention. From the images collected, a collage is created based on the poem and your reflection. All of this is done in silence as it is a personal experience.

The most amazing and wonderful part of the process is the group sharing of our collages. There is always laughter and a few tears, as insights, thoughts and unexpected messages come to light. The healing, the release of emotions and feelings that take place are gifts to everyone involved. The collages are taken home and posted for further reflection. It is fantastic how additional messages are revealed over time.

This is one of the most popular classes hosted by HCRC. We hope you will join us and experience the healing process of intuitive collage. For more information call Kathleen at 805.440.8834 and/or visit <http://harmonyschoolhouse.com/>

Art

has a way of
activating the
pleasure centers
in the brain and
soothing the mind,
body and heart.



Join an Intuitive Collage class at HCRC to experience the healing art can bring.

Fridays: January 3, 17 and February 7, 21
2:00 p.m.

Please call 805.440.8834 to reserve a spot



Local Businesses Raise \$24,000 for the Hearst Cancer Resource Center

Each October, in honor of Breast Cancer Awareness Month, local businesses come together to raise funds to support patients at the Hearst Cancer Resource Center (HCRC). In 2024, ten businesses and organizations raised more than \$24,000!

Fundraising efforts by these organizations include golf tournaments, sales proceeds from pink hoodies, t-shirts and patches, bocce ball tournaments, and much more. These events are an easy way for local businesses and groups to show their support for local cancer patients—raising both awareness and funds for the HCRC.

We encourage others to join the list below of participating organizations in October or any time of the year! Here's a few easy ways to get involved:

- Host an event
- Dedicate a day, week or the entire month and donate a percentage of your profits during that time
- Select one item or product and donate a percentage of your sales
- Add a round up option for customers
- Encourage employees to make a group donation and then match the amount raised
- Make a donation!

For more creative, easy ideas on how your business or group can support the HCRC, please contact the French Hospital Foundation at 805.542.6496 or fhmcfoundation@commonspirit.org.



Sea Pines Ladies Golf Tournament: (L to R) Ramie Castilleja, MBA, Program Coordinator; Members of Sea Pines Ladies Golf Club; Samantha Cardenas, Manager of Philanthropy

Bull's Tavern October Pink Sweatshirts: (L to R) Samantha Cardenas, Manager of Philanthropy; Ramie Castilleja, MBA, Program Coordinator; Kevin Melvey, Bull's Tavern; Marina LeVine, Bull's Tavern; Julie Neiggemann, RN, MSN, OCN, Nurse Navigator



Thank you to the following businesses and organizations for their support in October 2024!

Bull's Tavern • Farm Supply • French Hospital Gift Shop • The Human Bean • Morro Shores Golf Club • Movement for Life • San Luis Obispo Police Officers' Association • Sea Pines Golf Course • Sea Pines Ladies' Golf Club • Sunset Honda



Spotlight on Program Appearance Center

The Hearst Cancer Resource Center (HCRC) has many supportive resources and programs for cancer patients and their families here in SLO County. One of the programs that patients utilize is our Appearance Center, where patients are able to try on and take home various head coverings. Since 2008 the HCRC has provided this service to many patients and has made sure each wig and head covering is cared for and feels brand new for each new patient. As we come to a close for the year we have tallied the amount of wigs in our inventory, and we are excited to share that we have amassed over 400 wigs, all of which have come to the HCRC as donations from survivors, wig shops, national organizations, and family members! We are grateful for our volunteers, Nancy Bracewell and Anita Stuckenburg, for all the hard work and dedication to ensuring patients have an inviting experience and take the time to clean, prep, and style each wig that comes through our doors.

We happily accept all wigs and head coverings. If you are interested in donating head coverings or would like to schedule an appointment to come in for a head covering, please contact the HCRC at 805.542.6234 or HCRC@dignityhealth.org.

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
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

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

American Cancer Society
cancer.org

Camp Kesem Cal Poly
campkesem.org

Cancer Connections
cancerconnectionslo.org

Cancer Support Community
cscslo.org

Cancer Well-Fit Program
cancerwell-fit.com

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

DreamMakers SLO
dreammakersslo.com

Hats for Hope
hatsforhope.com

Jack’s Helping Hand
jackshelpinghand.org

Leukemia and Lymphoma Society
lls.org

SabesWings
SabesWings.org

Surfing for Hope
surfingforhope.org

Teddy Bear Foundation
teddybearcancerfoundation.org

Hearst Cancer Resource Center

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

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

HCRC Advisory Committee

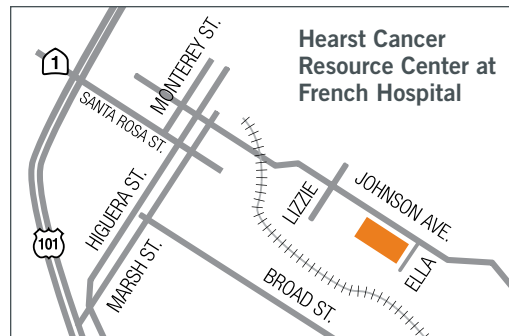
French Hospital Medical Center

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

Committee Members

Sandy Dunn — CHAIR	Susan Minker, MD Debby Nicklas
Gayle Cekada, MD	Don Oberhelman
Leslie Coe	Lauren Rava
Edwin Hayashi, MD	Colleen Russell, DPT
Jack Hearst	Thomas Spillane, MD
Stephen Hearst	Jackie Starr
Stephen Hilty, MD	Christine Williams
Cathy Johnson	
Robert Johnson, MD	
Noreen Martin	

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

