

# ON CENTER



**Ridley-Tree Cancer Center**  
at Sansum Clinic

## Summer 2018 Issue

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*The Ridley-Tree Cancer Center provides state-of-the-art care to those on the journey to live with, through and beyond cancer by retaining devoted personnel from nationally renowned medical programs, acquiring the latest technology and research protocols, as well as integrating patient support, wellness and survivorship programs. Funding for programs and services is provided through the Cancer Foundation of Santa Barbara.*

[www.ridleytreec.org](http://www.ridleytreec.org) [www.cfsb.org](http://www.cfsb.org)

## Mary Solis Receives Lifetime Achievement Award

**R**idley-Tree Cancer Center is proud to announce that **Mary Solis**, program manager of the Oncology Social Work department, recently received a **Lifetime Achievement Award** from the **Santa Barbara Chapter of the National Association of Social Workers (NASW)**. She was recognized for her commitment and service to patients and families, her mentoring of many new social workers, her service to regional and national social work professional societies, and her commitment to the values and ethics of her profession which include service, social justice, dignity and worth of the person, importance of human relationships, integrity and competence.

In Mary's acceptance speech, she quoted from the NASW code of ethics, *"The primary mission of the social work profession is to enhance human well-being and help meet the basic human needs of all people, with particular attention to the needs and empowerment of people who are vulnerable."*

Mary Solis has accomplished that mission many thousands of times in her **34 years of work** with the Cancer Center. Offerings such as counseling, support, advocacy, referrals, and financial aid are just a few ways in which Mary and her team assist patients. They collaborate with government agencies, patient advocacy groups, foundations, and national oncology organizations whose primary focus is to improve quality care for cancer patients.

**Congratulations to Mary on receiving this award!** Her commitment to helping cancer patients and their families has been an inspiration to colleagues, patients and the community over the course of her very accomplished career. ▲



Mary Solis and mentee Amy Lopez

# Spotlight on the Resource Library

At the **Ridley-Tree Cancer Center's Resource Library**, we aim to empower anyone touched by cancer with the knowledge they need to become well-informed partners in their healthcare. The Resource Library offers a comfortable place where patients and families in our community can find current, comprehensive information about all aspects of cancer. Services include research assistance, a lending library and online information guides. The Resource Library is open to all and services are offered at no charge.

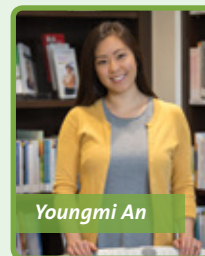


Ridley-Tree Cancer Center's Resource Library

## One Patient's Library Experience

"I was diagnosed with breast cancer the day that the new Ridley-Tree Cancer Center opened. I thought the library would be a good place to get accurate information. I loved that it was located in the same place as most of my medical appointments so if the doctor mentioned something during the consultation, I could check out a book and read more about it. Youngmi was very kind and compassionate every time I arrived. She helped me research different studies and find materials detailing each step of the treatment process. I felt confident knowing the library's materials were vetted sources and the experience was instrumental in helping me make my healthcare decisions. Having this information minimized my fears and enabled me to face each step in my cancer journey with confidence."

**Youngmi An**, Resource Library and Education Coordinator, is ready to connect patients, caregivers and community members with the wealth of materials available at the Resource Library. The free service she provides helps those facing a cancer diagnosis find reliable and trustworthy information, whether it's contained in a book, brochure, DVD or on the Internet. ▲



Youngmi An

### Visit Us!

540 West Pueblo Street  
Santa Barbara, CA 93105  
Mon – Fri, 8:00 am - 4:30 pm  
Have a question?  
Email [library@ridleytrecc.org](mailto:library@ridleytrecc.org)  
or call (805) 879-5648.

## Recommended Resources

The **Resource Library** recommends the following websites for reliable health information available by diagnosis and other cancer-related topics. These resources bring together information from high quality sources:

**InfoGuides - [bit.ly/CancerCenterInfoGuides](http://bit.ly/CancerCenterInfoGuides):** Created by our **Resource Library**, these customized online research guides feature Library resources, links to helpful websites and information about our Oncology Supportive Care Programs.

**Chemocare - [chemocare.com](http://chemocare.com):** Created by **Cleveland Clinic**, this website includes information about cancer drugs, potential side effects and self care tips.

**MedlinePlus - [medlineplus.gov](http://medlineplus.gov):** Created by the **National Institutes of Health** for the general public, this website allows you to search for up-to-date information on a wide range of diseases, conditions, wellness issues, drugs and treatments.

**National Cancer Institute - [cancer.gov](http://cancer.gov):** As the federal government's main agency for cancer research and training, this website provides information about general cancer topics such as coping, genetics and treatment.

**American Cancer Society - [cancer.org](http://cancer.org):** This website offers information on a wide variety of cancer topics including prevention, treatment, coping and caregiving. ▲



# Evaluating Online Health Information

By Youngmi An

The internet can be a valuable source of information, but how do you know if the information you find online is trustworthy? As you research, it is important to evaluate the information you find and make sure it is reliable, current, accurate and safe. If you are visiting a health website for the first time, these five quick questions can help you decide whether the site is a reliable resource:

## WHO? Who runs the website? Who pays for it?

The person or organization running the website and its funding sources will determine its purpose. Look for an **"About Us"** page to determine who oversees the website. Is it a pharmaceutical company? If so, the information may be biased toward their product. Is it a personal blog? Personal blogs can be a source of inspiration but the writer may not be an expert on the topic. Look for sites that have an editorial board comprised of medical professionals who are experts in the field. This tells you that there are qualified, knowledgeable people reviewing the content to maintain a high level of quality.

## WHAT? What does the site say?

Dramatic health claims and phrases like *"miracle cure"*, *"ancient secret"* and *"breakthrough"* are often indicators of a scam. Check to see if the claims are backed by research or if you can find the same information on another reputable site. Be wary of ads that are posing as a news article. These look and read like a news article, usually featuring an interview from a doctor and quotes from satisfied patients, but if you read the fine print at the bottom, it indicates that it is a paid advertisement.

## WHERE? Where did the information come from?

Websites can get their information from a number of places. Good websites get information from articles published in peer-reviewed medical journals or other reliable sources. They often list the sources used at the bottom of the page. Be careful when visiting sites that do not disclose their sources of information.

## WHEN? When was the information posted? Is it up-to-date?

Most reliable health websites will have a date indicating when the page was last reviewed or revised. Cancer information from 10 years ago can be very different than cancer information today, so it is important to confirm that the information you find is current. Medicine is continuously changing, becoming more accurate, safer and effective.

## WHY? Why does the website exist?

Is it to sell you something? Or is it to inform and educate? You want to make sure that the information provided is unbiased.

## IMPORTANT!

Always discuss health information you find online or anywhere else with your healthcare providers. They can help you determine whether the information you find is accurate and applicable to your specific situation. ▲



WALK  
SKIP  
JOG  
RUN

walk  
run '18

Save the Date for  
Cancer Center  
Walk/Run!

Join us for the 2018 Walk/Run on  
Sunday, October 21!

The event features a 5K, 10K  
and Kids' Fun Run.

One hundred percent of these funds  
will support cancer research and  
patient supportive care programs.

To learn more, please visit [cfsb.org](http://cfsb.org)



Ridley-Tree  
Cancer Center 3

# Wolf Education & Training Center is Open!

Ridley-Tree Cancer Center celebrated the opening of the **Wolf Education & Training Center** by hosting the first community event in the new space, **Cancer Prevention: From Research to Public Benefit**. **Peter Greenwald, MD, DrPH**, former Associate Director for Cancer Prevention at the National Cancer Institute (NCI), National Institutes of Health (NIH), and a former Assistant Surgeon General in the U.S. Public Health Service, discussed the history of cancer prevention from his career experience, and addressed current and future cancer prevention research initiatives.

The Wolf Education & Training Center, made possible by the Wolf Family Foundation, enables the Cancer Center to continue to offer patient and community education programs, such as talks on cancer prevention and the latest advancements in cancer treatment. The education center is also the first facility since the founding of the Cancer Center in 1949 that can accommodate all RTCC physicians, nurses and medical staff for the ongoing education required of oncology professionals. ▲



## Advance Care Planning

**A**dvance care planning is an ongoing process of planning and documenting future healthcare priorities and values in the event that medical decision-making is no longer possible. Whether you are a patient or a caregiver, having conversations about your care and the future should be part of your journey. Ridley-Tree Cancer Center is committed to helping patients and caregivers with this process of talking about goals, values and decisions in terms of health care. Below are resources available to patients at Ridley-Tree Cancer Center:

**Advance Care Planning Appointments** – Meet with an oncology social worker to explore your values, goals, beliefs and preferences for your healthcare and have one-on-one assistance to complete your advance care directives. **Call (805) 879-0669** to learn more.

**Sansum Clinic's Advance Directives Workshop** - A free workshop to learn about completing your own Advance Health Care Directive document and get answers to your questions. RSVP required.

**Santa Barbara** Sansum Clinic, 215 Pesetas Lane,  
3rd Floor Conference Room:  
Mondays: June 11, July 9, Aug. 13, Sept. 10  
10:00 am – 12:00 pm

**Lompoc** Sansum Clinic, 1225 North H Street:  
Wednesdays – June 6, Aug. 1, Sept. 5  
10:00 am – 12:00 pm

**Call (866) 829-0909** to RSVP or to learn more. ▲



### RIDLEY-TREE CANCER CENTER

#### GENETIC COUNSELING

#### CANCER PREVENTION PROJECT

Visit [ridleytreeecc.org](http://ridleytreeecc.org) to learn about our genetic counseling program and how we help both cancer patients and their family members understand and manage the risk of developing cancer.



Thank you to the Florence and Laurence Spungen Family Foundation for their support of the Genetic Counseling Program.



# Upcoming Oncology Nutrition Classes

Join Oncology Dietitian Nutritionists, **Sarah Washburn, MS, RDN, CSO** and **Rebecca Colvin, MPH, RDN, CSO** to learn about recent research related to cancer, food and lifestyle, all while they prepare healthy seasonal foods for you to taste. Every monthly class in the Oncology Nutrition Series will cover a different topic.

Classes are open to patients currently in treatment or within one year of their last treatment, and their caregivers.

**RSVP required.** Please call **(805) 879-5652** or email [oncnutrition@ridleytreecc.org](mailto:oncnutrition@ridleytreecc.org) to RSVP.

## JUNE

### *Caregiver Class – Food and Nutrition for the Cancer Patient*

June 21, 4:00 – 5:00 pm, 540 W. Pueblo Street, 2nd Floor Multipurpose Room

**With Sarah Washburn, MS, RDN, CSO**

As a caregiver, you have a very important job to watch for changes in a patient's condition during cancer treatment. Come learn about some of the nutrition related conditions that may happen to a patient and ways to manage these conditions. Fortunately, you do not need to be an accomplished chef to prepare tasty meals and snacks.



Sarah Washburn

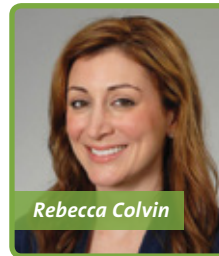
## JULY

### *Common Nutrition Questions Asked by Cancer Patients*

July 26, 4:00 – 5:00 pm, 540 W. Pueblo Street, 1st Floor Conference Hall

**With Rebecca Colvin, MPH, RDN, CSO**

It can be challenging to sift through the abundance of information available on how nutrition can impact you before, during and after cancer treatment. In this class, we'll discuss common myths versus evidence-based nutrition related to your diet and cancer.



Rebecca Colvin

## AUGUST

### *Life on an Aromatase Inhibitor – with Focus on Nutrition and Lifestyle*

August 23, 4:00 – 5:00 pm, 540 W. Pueblo Street, 2nd Floor Multipurpose Room

**With Sarah Washburn, MS, RDN, CSO**

Join us to learn ways to alleviate and cope with common side effects of Aromatase Inhibitors. Adjustments to nutrition and lifestyle can have a positive impact. ▲

## The Science Behind Our Supportive Care Programs

**W**e all expect that when we see a physician, the care we receive is based on scientific research and clinical experience. This is especially important in cancer treatment where new medications, treatment protocols, and guidelines are updated frequently. That is certainly true of the clinical care provided at Ridley-Tree Cancer Center. But did you know that new research also impacts the care provided by the Patient Support and Integrative Services teams? Our care teams stay abreast of new research and guidelines to ensure that all the care you receive here is based on the most current scientific evidence and the expertise of national thought leaders. Our nutritionists, genetic counselors, patient navigators, social workers and wellness class instructors all incorporate research findings from their areas of specialty into their work. Providing the best evidence-based care is a value that applies to all aspects of your care at Ridley-Tree Cancer Center. ▲



Tami Mayorga

## Introducing Tami Mayorga

Tami Mayorga is a licensed cosmetologist who specializes in wigs and hair restoration. Tami has been volunteering for the **Look Good Feel Better Program** for ten years. Tami is passionate about her work and helping others.

Tami will be at the Ridley-Tree Cancer Center twice a month and we encourage patients to call her directly at (805) 720-4836 to make an appointment for a complimentary wig fitting, cutting and styling. Wigs are donated by the Paula Young Wig Company.



# Do You Know About Our Supportive Care Programs?

## Wellness Classes

### Painting the Pictures of Health Class

Enjoy the creative process and receive support and instruction on varied art materials and creative art techniques. All materials and supplies are provided. Drop-ins welcome.

Every Monday  
(805) 879-5678

### The Art of Flower Arranging Class

Join the Garden Club of Santa Barbara for an interactive flower arranging demonstration and take home a beautiful creation! RSVP required.

Call for schedule: (805) 879-5678

### Yoga for Strength and Empowerment

Geared for those seeking to reduce stress and restore strength as part of their cancer recovery process. Drop-ins welcome.

Monday, Wednesday, Friday  
(805) 879-5678

### Gentle Therapeutic Yoga

A restorative class featuring supported yoga postures, breath work and guided imagery to help manage side effects, reduce stress and support healing. Drop-ins welcome.

Monday, Wednesday, Friday  
(805) 879-5678

### Well-fit Exercise Program

In partnership with Santa Barbara Athletic Club, this 10-week program is for those diagnosed in the past nine months who are looking to regain strength. RSVP required.

Call for schedule  
(805) 966-6147 x262

### Oncology Wellness Series

Come hear local experts speak on an array of wellness topics.

Call for schedule: (805) 879-5678

### LIVESTRONG at the YMCA

12-week small group program for adult cancer survivors looking to bridge the period between completing treatment and developing a fitness program as part of recovery. RSVP required.

Call for schedule

Classes offered at four YMCA locations:  
Montecito (805) 969-3289, x110  
Santa Ynez (805) 686-2037  
Lompoc (805) 736-3483, x37  
Santa Barbara (805) 687-7720, x227

### Strength After Breast Cancer – A Physical Therapy Program

This four-week program provides education and strength training instruction to those at risk for lymphedema. \$40 program fee. RSVP required.

Call for schedule: (805) 681-7781

### Practices in Stress Management Series

Join us for this four week series to learn about stress management techniques to incorporate into your life. RSVP req.

Call for schedule: (805) 879-5678

### Oncology Lymphedema Education Seminar

Join our Certified Lymphedema Specialist to learn about lymphedema and how to reduce your risk. RSVP req.

2nd Tuesday/month  
(805) 681-7781

### Book Club

The Resource Library partners with the Santa Barbara Public Library to host a monthly book club. Books will be provided by the Santa Barbara Public Library and can be picked up at RTCC's Resource Library.

4th Thursday/month  
(805) 879-5648

### Look Good, Feel Better Class

Professionals teach women how to cope with skin changes and hair loss. Free cosmetic kit provided. RSVP required.

Call for schedule: (800) 227-2345

### Meditation for Relaxation Class

A regular meditation practice improves your mental, physical, and emotional states. Learn the basics including breathing techniques, visualization and guided images. Drop-ins welcome.

Every Thursday  
(805) 879-5678

### Healing Touch Appointments

A non-invasive complementary therapy utilizing light touch to promote relaxation and increase overall well-being. Appointment required.

Every Tuesday  
(805) 879-5678

### Oncology Nutrition Series

Come learn about recent research related to cancer, food and lifestyle, all while we prepare healthy seasonal foods for you to taste. Every monthly class in the series will cover a different topic. RSVP required.

Call for schedule: (805) 879-5652

### Patient Massage Appointments

Patients can schedule massage appointments to reduce tension and pain, and promote relaxation. Appointments required.

Every Wednesday  
(805) 879-5678

### Colors of Hope Coloring Class

This adult coloring class is offered in Santa Ynez for people who are dealing with cancer. All art materials are provided. Drop-ins welcome.

Every Tuesday  
(805) 879-5678

## Supportive Care Programs

### Life After Cancer - Discovering Your New Normal

For those one year past diagnosis, this group provides a place where experiences can be shared and new tools learned to manage life during and after cancer treatment.

1st and 3rd Tuesday/month  
(805) 879-0647

### Gynecological Cancer Support Group

This group provides a safe place where women can share their experiences and exchange information about gynecological cancers.

2nd and 4th Tuesday/month  
(805) 879-0647

### Breast Cancer - Beginning the Journey to Wellness

A group where those living with breast cancer can exchange information, provide mutual support and learn tools to manage life's changes.

2nd and 4th Tuesday/month  
(805) 879-0647

### Head and Neck Tumors

This is a special forum where those diagnosed with cancer of the head and neck can learn from others and share their experiences to help manage the process of treatment and recovery.

4th Tuesday/month  
(805) 879-0647

### Caring for the Caregiver

This class is designed for relatives and friends who are caring for a loved one with cancer. Learn the importance of self-care and tools to assist in the caregiver role.

Call for schedule: (805) 879-0647

### Sobreviviendo el Cancer

Todos estan invitados a estas platicas para familias y personas que tuvieron o que estan bajo tratamiento de cancer.

1st and 3rd Monday/month  
(805) 879-5690

### Brain Tumor Support Group

This group provides a place where those living with a brain tumor and their families can exchange information and provide mutual support.

3rd Tuesday/month  
(805) 879-0647

## Who Qualifies for RTCC Wellness Programs?

Programs are offered free-of-charge to those under the care of an oncologist and currently in active cancer treatment (chemotherapy, radiation, biologic) or within one year of their last treatment. Programs are also offered to their caregivers during this period of time.

We aspire to provide a safe place for those in the midst of a difficult time, and to provide a healing and supportive atmosphere. Participants are asked to respect and support the program guidelines. We reserve the right to deny anyone admittance.

If you have questions or would like to know if you qualify, please call 805-879-5678.

# Options for Patients and Their Caregivers?

## Support Groups

### Prostate Cancer Discussion Group

*This group provides a forum for men and their family to discuss their experience with prostate cancer, its treatment and the impact on their lives.*

2nd Tuesday/month  
(805) 879-0647

### Tools for Coping with a Cancer Diagnosis

*This group provides a safe place for those who are newly diagnosed with cancer to learn coping skills for the cancer journey. The group will discuss common issues such as shock, sharing the diagnosis, regaining control, self-image, living with uncertainty and more.*

1st and 3rd Tuesday/month  
(805) 879-0647

### Living with Lung Cancer

*This group provides a safe place for those living with lung cancer and their families to exchange information and provide mutual support.*

1st Tuesday/month  
(805) 879-0647

### Young Adult Support Group

*This support group provides a place where young adults, ages 18 - 40, can share their cancer experience, support one another and exchange information.*

3rd Thursday/month  
(805) 879-0647

### Talking to Your Children About Cancer

*A class for parents and guardians addressing how, what and when to discuss a cancer diagnosis with children, considering age and development stages.*

Call for schedule  
(805) 879-0647

### I Count Too - Kids Support Group

*A youth support program for those ages 6-12. Through the use of art and play, children's fears are eased and their coping skills are improved.*

Call for schedule  
(805) 879-0647

### Teens Helping Teens

*A support group for teens, ages 13-18. This program uses art and social interaction to help reduce feelings of isolation and improve coping strategies.*

Call for schedule  
(805) 879-0647

For complete descriptions and the current schedule, visit [calendar.ridleytreec.org](http://calendar.ridleytreec.org)

## Clinical Support Services

### Patient Navigation

*The Cancer Center's Patient Navigators educate patients and families, provide support at times of transition in care, and act as liaisons between individual patients and the various healthcare providers required for proper diagnosis, treatment and disease management.*

(805) 879-0660

### Oncology Social Work Services

*The Cancer Center employs clinical social workers who provide emotional and practical support for patients, their families, and their friends. Oncology social workers can provide advocacy and referrals as well as individual and family counseling services. Our oncology social work staff is available at no cost, to help meet your needs.*

(805) 879-0669

### Oncology Nutrition Counseling

*The Cancer Center's Oncology Dietitian Nutritionists provide personalized food and supplement recommendations to correct nutritional deficiencies and help enhance nutritional health and well being during and after treatment. Individuals currently in treatment or within one year of their last treatment may receive nutrition counseling free-of-charge.*

(805) 879-5652

### Genetic Counseling

*The Cancer Center offers hereditary cancer risk counseling to help patients and families, with a history of cancer, better understand and manage the risk for developing cancer through genetic risk assessment and genetic testing. Our genetic counselors translate complex genetic information into understandable recommendations for patients, physicians and families. Ask your doctor if genetic counseling is right for you.*

(805) 879-5653

### Cancer Information & Resource Library

*The Resource Library offers a comfortable place where patients and families can find current, comprehensive information about all aspects of cancer. We have an extensive collection of books, DVDs and CDs available as well as online information guides. Our Librarian can help answer questions and provide personalized searches. The Library is open to all and services are offered at no charge.*

(805) 879-5648 • 540 West Pueblo Street  
Monday – Friday • 8:00 am – 4:30 pm

### Music Therapy

*This program provides music therapy services and support to cancer patients, family members and loved ones in a way that meets physical, social, emotional and spiritual needs in a one-on-one or group setting. Activities include listening to music and relaxation, improvisation, song writing, singing and more.*

(805) 879-5654

### Physical Therapy Intervention

*Physical therapy may be beneficial for most cancer survivors who are experiencing weakness, fatigue, lymphedema (swelling), pain, decreased range of motion or other physical limitations or challenges with returning to normal activities. Physician referral required.*

(805) 681-7781

### Community Palliative Care

*This program optimizes quality of life by treating pain and other symptoms, as well as addressing emotional and spiritual needs. Services can be provided throughout treatment. Physician referral required.*

(805) 690-6212

### Beauty and Boutique Services

*Life during and after cancer treatment can leave many feeling unlike themselves due to hair loss and physical alterations. The Cancer Center offers free wigs and hats, as well as referrals for free hair cuts, beauty supplies and prosthesis fittings.*

(805) 879-5690 • 540 West Pueblo Street  
Monday – Friday • 8:00 am – 5:00 pm

### Clinical Trials

*The Cancer Center leads our community's involvement in cancer research, working on global studies alongside other major medical facilities. This includes providing our patients with access to many of the same trials that are available at leading cancer centers and academic centers around the country. Ask your doctor if there is a clinical trial that is right for you.*

(805) 879-0643

### Advance Directives Workshop

*Join us to learn about completing your own Advance Health Care Directive and get answers to your questions. RSVP required.*

Call for schedule/location: (866) 829-0909





# Ridley-Tree Cancer Center Supportive Care Programs

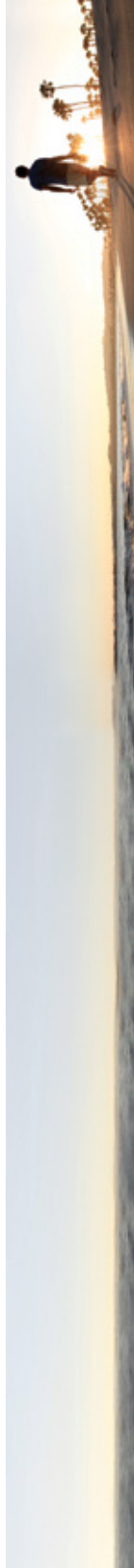
Monday

Tuesday

Wednesday

Thursday

Friday



**4** 10:00 am - 12:00 pm • Painting Class **MR**  
 12:30 - 1:30 pm • Yoga for Strength **MR**  
 1:45 - 2:45 pm • Gentle Yoga **MR**  
 3:00 - 4:00 pm • Strength After Breast Cancer **BEGINS TODAY\*** **PT**  
 5:00 - 6:00 pm • Sobreviviendo El Cancer **CH**

**5** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
 12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
 4:00 - 5:00 pm • Living w/Lung Cancer Support Group **MR**

**6** 9:30 - 11:30 am • Patient Massage Appts.\* **IM**  
 10:00 am - 12:00 pm • Advance Directives Workshop (Lompoc)  
 2:00 - 3:00 pm • Yoga for Strength **MR**  
 3:15 - 4:15 pm • Gentle Yoga **MR**

**7** 11:00 am - 12:00 pm • Meditation Class **MR**

**8** 9:45 - 10:45 am • Yoga for Strength **MR**  
 11:00 am - 12:00 pm • Gentle Yoga **MR**

**11** 10:00 am - 12:00 pm • Painting Class **MR**  
 10:00 am - 12:00 pm • Advance Directives Workshop (Santa Barbara)  
 12:30 - 1:30 pm • Yoga for Strength **MR**  
 1:45 - 2:45 pm • Gentle Yoga **MR**

**12** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
 11:00 am - 12:00 pm • Well-ffit Exercise Program – **BEGINS TODAY\***  
 12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
 12:30 - 1:30 pm • Lymphedema Education Seminar\* **PT**  
 2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**  
 4:00 - 5:00 pm • Breast Cancer Support Group **MR**

**13** 9:30 - 11:30 am • Patient Massage Appts.\* **IM**  
 2:00 - 3:00 pm • Yoga for Strength **MR**  
 3:15 - 4:15 pm • Gentle Yoga **MR**

**14** 11:00 am - 12:00 pm • Meditation Class **MR**  
 3:00 - 4:00 pm • Oncology Wellness Series: What Role Can Art Play in Cancer Treatment? **L**

**15** 9:45 - 10:45 am • Yoga for Strength **MR**  
 11:00 am - 12:00 pm • Gentle Yoga **MR**

**18** 10:00 am - 12:00 pm • Painting Class **MR**  
 12:30 - 1:30 pm • Yoga for Strength **MR**  
 1:45 - 2:45 pm • Gentle Yoga **MR**  
 5:00 - 6:00 pm • Sobreviviendo El Cancer **L**

**19** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
 12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
 5:30 - 6:30 pm • Brain Tumor Support Group **CH**

**20** 9:30 - 11:30 am • Patient Massage Appts.\* **IM**  
 2:00 - 3:00 pm • Yoga for Strength **MR**  
 3:15 - 4:15 pm • Gentle Yoga **MR**

**21** 9:30 - 10:30 am • Flower Arranging Class\* **MR**  
 11:00 am - 12:00 pm • Meditation Class **MR**  
 4:00 - 5:00 pm • Oncology Nutrition Series: Caregiver Class – Food and Nutrition for the Cancer Patient\* **MR**  
 5:30 - 7:00 pm • Young Adult Support Group **L**

**22** 9:45 - 10:45 am • Yoga for Strength **MR**  
 11:00 am - 12:00 pm • Gentle Yoga **MR**

**25** 10:00 am - 12:00 pm • Painting Class **MR**  
 11:00 am - 1:00 pm • Look Good, Feel Better\* **207**  
 12:30 - 1:30 pm • Yoga for Strength **MR**  
 1:45 - 2:45 pm • Gentle Yoga **MR**

**26** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
 2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**  
 4:00 - 5:00 pm • Breast Cancer Support Group **MR**  
 5:30 - 6:30 pm • Head and Neck Tumor Program **CH**

**27** 9:30 - 11:30 am • Patient Massage Appts.\* **IM**  
 2:00 - 3:00 pm • Yoga for Strength **MR**  
 3:15 - 4:15 pm • Gentle Yoga **MR**

**28** 11:00 am - 12:00 pm • Meditation Class **MR**  
 2:00 - 3:00 pm • Book Club **L**

**29** 9:45 - 10:45 am • Yoga for Strength **MR**  
 11:00 am - 12:00 pm • Gentle Yoga **MR**



Ridley-Tree Cancer Center

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All programs are drop-in unless otherwise noted. To register for those marked with an asterisk (\*), please call the number listed in the description on pages 6 - 7.

**Coding Key**  
**for Locations:**

- MR** Cancer Center; Multipurpose Room (second floor), 540 West Pueblo Street
- CH** Cancer Center; Conference Hall (first floor), 540 West Pueblo Street
- 207** Cancer Center; Meeting Room 207 (second floor), 540 West Pueblo Street
- IM** Cancer Center; Integrated Medicine Room (second floor), 540 West Pueblo Street
- PT** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
- SV** YMCA, Activity Center, 900 Refugio Road, Santa Ynez, CA 93460
- L** Cancer Center; Cancer Resource Library, 540 West Pueblo Street
- W** Cancer Center; Wolf Education & Training Center; 529 West Junipero Street





# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

July 2018

- 2** 10:00 am - 12:00 pm • Painting Class **MR**
- 12:30 - 1:30 pm • Yoga for Strength **MR**
- 1:45 - 2:45 pm • Gentle Yoga **MR**
- 5:00 - 6:00 pm • **Sobreviviendo El Cancer** **CH**

- 3** 10:00 am - 2:30 pm • **Healing Touch Appointments\*** **IM**
- 12:00 - 1:15 pm • Life After Cancer Support Group **MR**
- 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**
- 4:00 - 5:00 pm • Living w/ Lung Cancer Support Group **MR**

Closed for the 4th of July

- 5** 11:00 am - 12:00 pm • Meditation Class **MR**

- 6** 9:45 - 10:45 am • Yoga for Strength **MR**
- 11:00 am - 12:00 pm • Gentle Yoga **MR**

- 9** 10:00 am - 12:00 pm • Painting Class **MR**
- 10:00 am - 12:00 pm • Advance Directives Workshop (Santa Barbara)\*
- 11:00 am • LiveSTRONG at the YMCA (Montecito) BEGINS TODAY\*
- 12:30 - 1:30 pm • Yoga for Strength **MR**
- 1:45 - 2:45 pm • Gentle Yoga **MR**

- 10** 10:00 am - 2:30 pm • **Healing Touch Appointments\*** **IM**
- 12:00 - 1:30 pm • Prostate Cancer Support Group **MR**
- 12:30 - 1:30 pm • **Lymphedema Education Seminar\*** **PT**
- 2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**
- 4:00 - 5:00 pm • Breast Cancer Support Group **MR**

- 11** 9:30 - 11:30 am • Patient Massage Appts.\* **IM**
- 1:00 pm • LiveSTRONG at the YMCA (Santa Barbara) BEGINS TODAY\*
- 2:00 - 3:00 pm • Yoga for Strength **MR**
- 3:15 - 4:15 pm • Gentle Yoga **MR**
- 5:30 - 6:30 pm • **Caregiver Class** **CH**

- 12** 2:30 - 3:30 pm • Practices in Stress Management BEGINS TODAY\* **MR**
- 11:00 am - 12:00 pm • Meditation Class **MR**

- 13** 9:45 - 10:45 am • Yoga for Strength **MR**
- 11:00 am - 12:00 pm • Gentle Yoga **MR**

- 16** 10:00 am - 12:00 pm • Painting Class **MR**
- 12:30 - 1:30 pm • Yoga for Strength **MR**
- 1:45 - 2:45 pm • Gentle Yoga **MR**
- 5:00 - 6:00 pm • **Sobreviviendo El Cancer** **CH**

- 17** 10:00 am - 2:30 pm • **Healing Touch Appointments\*** **IM**
- 12:00 - 1:15 pm • Life After Cancer Support Group **MR**
- 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**
- 5:30 - 6:30 pm • **Brain Tumor Support Group** **CH**

- 18** 9:30 - 11:30 am • Patient Massage Appts.\* **IM**
- 2:00 - 3:00 pm • Yoga for Strength **MR**
- 3:15 - 4:15 pm • Gentle Yoga **MR**
- 5:30 - 6:30 pm • **Caregiver Class** **CH**

- 19** 11:00 am - 12:00 pm • Meditation Class **MR**
- 5:30 - 7:00 pm • **Young Adult Support Group** **L**

- 20** 9:45 - 10:45 am • Yoga for Strength **MR**
- 11:00 am - 12:00 pm • Gentle Yoga **MR**

- 23** 10:00 am - 12:00 pm • Painting Class **MR**
- 12:30 - 1:30 pm • Yoga for Strength **MR**
- 1:45 - 2:45 pm • Gentle Yoga **MR**

- 24** 10:00 am - 2:30 pm • **Healing Touch Appointments\*** **IM**
- 2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**
- 4:00 - 5:00 pm • Breast Cancer Support Group **MR**
- 5:30 - 6:30 pm • **Head and Neck Tumor Program** **CH**

- 25** 9:30 - 11:30 am • Patient Massage Appts.\* **IM**
- 2:00 - 3:00 pm • Yoga for Strength **MR**
- 3:15 - 4:15 pm • Gentle Yoga **MR**
- 5:30 - 6:30 pm • **Caregiver Class** **CH**

- 26** 11:00 am - 12:00 pm • Meditation Class **MR**
- 2:00 - 3:00 pm • Book Club **L**
- 4:00 - 5:00 pm • **Oncology Nutrition Series: Common Nutrition Questions\*** **CH**

- 27** 9:45 - 10:45 am • Yoga for Strength **MR**
- 11:00 am - 12:00 pm • Gentle Yoga **MR**



- 30** 10:00 am - 12:00 pm • Painting Class **MR**
- 12:30 - 1:30 pm • Yoga for Strength **MR**
- 1:45 - 2:45 pm • Gentle Yoga **MR**

- 31** 10:00 am - 2:30 pm • **Healing Touch Appointments\*** **IM**



Ridley-Tree Cancer Center

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**CH** Cancer Center; Conference Hall (first floor), 540 West Pueblo Street  
**PT** Cancer Center; Meeting Room 2027 (second floor), 540 West Pueblo Street  
**IM** Cancer Center; Integrated Medicine Room (second floor), 540 West Pueblo Street  
**SV** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A  
**SY** YMCA, Activity Center, 900 Refugio Road, Santa Ynez, CA 93460  
**L** Cancer Center; Cancer Resource Library, 540 West Pueblo Street  
**W** Cancer Center; Wolf Education & Training Center; 529 West Junipero Street

Coding Key for Locations:

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Online Calendar  
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# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

August 2018



**3** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**

**10** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**

**2** 9:30 - 11:30 am • Patient Massage Appts.\* **MM**  
10:00 am - 12:00 pm • Advance Directives Workshop (Lompoc) **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**

**9** 9:30 - 11:30 am • Patient Massage Appts.\* **MM**  
11:00 am - 12:00 pm • Meditation Class **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**

**1** 9:30 - 11:30 am • Patient Massage Appts.\* **MM**  
10:00 am - 12:00 pm • Advance Directives Workshop (Lompoc) **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**

**8** 9:30 - 11:30 am • Patient Massage Appts.\* **MM**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**

**7** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MM**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
4:00 - 5:00 pm • Living w/ Lung Cancer Support Group **MR**

**14** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MM**  
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
12:30 - 1:30 pm • Lymphedema Education Seminar\* **PT**  
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**  
4:00 - 5:00 pm • Breast Cancer Support Group **MR**

**13** 10:00 am - 12:00 pm • Painting Class **MR**  
10:00 am - 12:00 pm • Advance Directives Workshop (Santa Barbara) **MR**  
12:30 - 1:30 pm • Yoga for Strength **MR**  
1:45 - 2:45 pm • Gentle Yoga **MR**

**20** 10:00 am - 12:00 pm • Painting Class **MR**  
12:30 - 1:30 pm • Yoga for Strength **MR**  
1:45 - 2:45 pm • Gentle Yoga **MR**  
5:00 - 6:00 pm • Sobreviviendo El Cancer **CH**

**21** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MM**  
11:00 am • Well-fit Exercise Program – BEGINS TODAY\* **MR**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
5:30 - 6:30 pm • Brain Tumor Support Group **CH**

**27** 10:00 am - 12:00 pm • Painting Class **MR**  
11:00 am - 1:00 pm • Look Good, Feel Better\* **MM**  
12:30 - 1:30 pm • Yoga for Strength **MR**  
1:45 - 2:45 pm • Gentle Yoga **MR**

**28** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MM**  
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**  
4:00 - 5:00 pm • Breast Cancer Support Group **MR**  
5:30 - 6:30 pm • Head and Neck Tumor Program **CH**

**29** 9:30 - 11:30 am • Patient Massage Appts.\* **MM**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**

**30** 11:00 am - 12:00 pm • Meditation Class **MR**

**2** 11:00 am - 12:00 pm • Meditation Class **MR**

**9** 11:00 am - 12:00 pm • Meditation Class **MR**

**16** 9:30 - 10:30 am • Flower Arranging Class\* **MR**  
11:00 am - 12:00 pm • Meditation Class **MR**  
5:30 - 7:00 pm • Young Adult Support Group **L**

**15** 9:30 - 11:30 am • Patient Massage Appts.\* **MM**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**

**22** 9:30 - 11:30 am • Patient Massage Appts.\* **MM**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**

**23** 11:00 am - 12:00 pm • Meditation Class **MR**  
2:00 - 3:00 pm • Book Club **L**  
4:00 - 5:00 pm • Oncology Nutrition Series: Life on an Aromatase Inhibitor – with Focus on Nutrition and Lifestyle\* **MR**

**31** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**



Ridley-Tree Cancer Center

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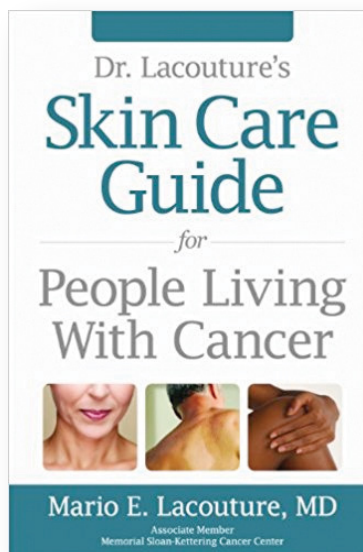
## Skin Care Tips for People Living with Cancer

Chemotherapy, targeted therapies, and radiation can cause changes to your skin including increased sensitivity to the sun. While in treatment, it is important to still enjoy time outside, as there are emotional and physical benefits of outdoor activities, especially if they take place with loved ones. Here are some recommendations from **Dr. Lacouture's Skin Care Guide for People Living with Cancer** by Mario Lacouture, MD to keep you safe and protected from the sun.



- Be sure to ask your healthcare providers if any of the medications you are receiving can make you more susceptible to sunburns.
- Generously apply a broad-spectrum sunscreen, with SPF 15 or greater, 30 minutes before going outside and every two hours while outdoors. Reapply more often if you're sweating or swimming.
- Wear protective clothing and broad brimmed hats. For added protection, wear clothing made of specially treated fabric that contains an Ultraviolet Protection Factor (UPF).
- Be sure to wear sunglasses with lenses that protect your eyes from UV rays.
- Avoid sunscreen products that contain fragrances, dyes or preservatives. These ingredients may irritate sensitive skin.

This book and others are available in the **Resource Library** on the first floor of the Ridley-Tree Cancer Center. Many books and resources are available on various cancer topics including treatment, nutrition and stress management. ▲



The Elaine and Edward Stepanek Society recognizes and honors donors who have included the Cancer Foundation in their estate plans through Planned Gifts. Membership is conferred upon those who have communicated to the Foundation their intention to make a gift through their will, living trust or other planned agreement to support the Ridley-Tree Cancer Center. Please let us know if you have remembered or would like to remember the Foundation in your plans so that we can acknowledge your support and say thank you.

For more information or questions, please call Lori Willis, Executive Director of the Cancer Foundation of Santa Barbara at (805) 898-2187.

## Tough Enough to Wear Pink Rancheros Visitadores Ride



On May 5th, more than 750 **Rancheros Visitadores** from 37 states and 6 countries paraded on horseback and carriages along Alisal Road through downtown Solvang to Old Mission Santa Inés. For the seventh year in a row, the Rancheros chose to partner with **Wrangler Jeans** and the **Tough Enough to Wear Pink Foundation** to raise awareness and funds for local breast cancer patients and programs.

In celebration of this year's ride, the club members contributed a record **\$166,000 to the Cancer Foundation of Santa Barbara** to fund research and support programs for breast cancer patients at the Ridley-Tree Cancer Center. These programs include clinical research trials, wellness classes and support programs, hereditary cancer risk counseling and nurse navigation. This event has raised **\$800,000** since its inception. ▲



Ridley-Tree Cancer Center at Sansum Clinic

540 West Pueblo Street  
Santa Barbara, CA 93105

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Ridley-Tree Cancer Center

FOCUSED ON CANCER. CENTERED ON YOU.

Join us for Viva la Vida: *A Celebration of Life for Cancer Patients & Survivors*

*Saturday, June 2*



*Vivala Vida*

A celebration of cancer patients & survivors

*Hosted by the Cancer Foundation of Santa Barbara*

**Viva la Vida**, held in conjunction with National Cancer Survivorship Day, provides a day of music, games, activities, food, fun and laughter for current and former patients, their family and friends. This event provides those who have faced cancer a day to forget about treatment and celebrate life. **Come join us!**

Please RSVP by Tuesday, May 29 by contacting (805) 898-2115 or [events@cfsb.org](mailto:events@cfsb.org).

Reservation required for attendance.

**Saturday, June 2 • 11:00 am - 3:00 pm**  
**Santa Barbara City College, West Campus**

CANCER FOUNDATION  
of SANTA BARBARA



Ridley-Tree  
Cancer Center