

ON CENTER



Focused on Cancer • Centered on You



Summer 2017 Issue

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The charitably supported Cancer Center of Santa Barbara with Sansum Clinic 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 trials protocols, as well as integrating patient support, wellness, and survivor programs. Funding for programs and services provided through the Cancer Foundation of Santa Barbara.

www.ccsb.org

By Nicole Young

Grateful Patient Lea Gonzalez

As Lea Gonzalez tried on wig after wig, a strange sensation washed over her. The hairpieces felt unnatural compared to the thick, full locks she had before her breast cancer diagnosis. Lea's friend, Katrina Schmidt who accompanied her to the wig store, snapped photo after photo, uploading each

to Facebook. The two women scanned the comments in real time with readers weighing in on which wig Lea should buy. When she placed a purple, bob-shaped wig on her head, Lea's Facebook page lit up and the mood shifted from melancholy over an unfortunate task to a hilarious scene filled with laughter. Perhaps it was an unusual choice for a 48 year-old mother of two, but the vote-winning violet wig felt honest to Lea. It would be futile to try and convince anyone that cancer hadn't robbed her of her hair, she thought. Lea decided to embrace her baldness like a rock star. "I actually liked it more than I thought I would," she admits.

The wig suited her petite, peppy, fast-talking personality and she named her new fashion accessory "Bridget." When Lea noticed the smiles she got with her new lavender look, she wore the wig like a badge of honor to her daughters' school, to the supermarket and to visit her tennis team pals.

Last fall, Lea's tribe of female friends rallied at her side after she discovered she had HER2 positive breast cancer. Those same women suggested some levity during her six weeks of chemotherapy by staging a wig party, where all the friends of Lea and her husband, David, could show their support by getting a little silly.



Lea and her husband, David

Lea loved the idea and held court at a lounge inside the Ojai Valley Inn to greet the nearly 60 people who arrived in full regalia. The only rule for guests: wigs could not resemble their natural color. "Losing my hair made me feel small, even fragile," she confesses. "Making it a celebration more than a tragedy helped me through that bump in the road."

Continued on page 2 ►



But there really is a different light there. The nurses are so



Wig party hosted by Lea's friends

The trio of physicians helping to guide her, breast cancer surgeon Dr. Kimberly Grafton, plastic surgeon Dr. Wesley Schooler and Cancer Center medical oncologist Dr. Fred Kass, are affectionately referred to by Lea as her "dream team."

Lea's cancer experience started like so many other women's – with a questionable mammogram, a biopsy, and then the difficult decision on either removing the cancer from one breast or taking more preventative measures with a double mastectomy and reconstruction. She ultimately chose the latter. Although making the call filled her with fear, her optimism won out in the end. *"I was really scared and vulnerable at first, but once we had the plan together, the communication went smoothly and I was ok with it,"* Lea acknowledges. *"I thought, come spring, I am going to have new boobs and a new pixie haircut!"*

The trio of physicians helping to guide her, breast cancer surgeon **Dr. Kimberly Grafton**, plastic surgeon **Dr. Wesley Schooler** and Cancer Center medical oncologist **Dr. Fred Kass**, are affectionately referred to by Lea as her "dream team." Lea would need the counsel of all three, along with her husband of 15 years, David. David shaved his own head in anticipation of his wife's hair loss and slept on the living room couch next to the lift chair she required after her reconstructive surgery. Lea appreciates David for taking on the role of communicator with her medical team. *"He was here in my panic and could decipher my crazy language when I couldn't get the words out,"* she describes.

While Lea's surgery ended successfully, Dr. Kass recommended the chemotherapy drug, Paclitaxel for 12 weeks, and a year of Herceptin treatments to provide extra insurance against the cancer returning. Her head agreed, but her heart felt heavy when

contemplating hours in a room with cancer patients. *"I had this fear that I would be sitting there with very sick people and I was worried that I was going to be sad,"* she explains. *"But there really is a different light there. The nurses are so great and comforting, and everyone is sweet and lovely."*

At first, Lea only shared her cancer news with her immediate family. But once she became an open book with the many people who have known them since their arrival in Ojai nearly 16 years ago, a flood of love and support swelled toward her in countless ways. She credits a book called *The Silver Lining* by Santa Barbara author, speaker and breast cancer survivor Hollye Jacobs for inspiring her to take charge of her journey. *"One of the greatest things was letting everybody be part of it,"* notes Lea. *"It was overwhelming and pretty incredible to know how loved we were. I cried tears of joy, not sorrow."*

Now lifting her spirit are the positive stories from other survivors, decades on the other side of cancer, healthy and living life. She marvels at how far medicine has come. Friends ask if she'll keep the color of her new crop of thick, silver hair. Lea chuckles and answers that for the moment, she's just about growing hair, choosing to focus on the good that has risen from a difficult season in her life. *"My family, friends, community and doctors embraced me and encouraged me every step of the way. They made me feel beautiful and well protected. I am so blessed and grateful to each and everyone of them."* ▲

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Look Back on Recent Events

Barbara Ireland Walk/Run

On March 11, 2017 the **Barbara Ireland Walk and Run for Breast Cancer**, presented by the Cancer Foundation of Santa Barbara, reached a record turnout with more than **440 walkers and runners** participating at Chase Palm Park in the 5K, 10K and 15K walk and run courses. Thank you to all of the walkers, runners, volunteers and sponsors who helped raise more than **\$53,250** towards local breast cancer research, genetic counseling and patient navigation at the Cancer Center of Santa Barbara. ▲



Viva la Vida

Patients, family, friends and caregivers joined us on Saturday, May 13, 2017 for the 27th annual **Viva La Vida**, Santa Barbara's cancer survivorship celebration. This was the first year the event took place at **Oak Park**, right in the Cancer Center's neighborhood! Hosted by the Cancer Foundation of Santa Barbara, the event included music, games, food and fun activities for nearly **1,000** current cancer patients and survivors to enjoy with their family and friends.

Thank you to our **Viva la Vida** event sponsor, **Bristol-Myers Squibb!** ▲



Bristol-Myers Squibb

BARBARA IRELAND WALK AND RUN FOR BREAST CANCER 5K·10K·15K

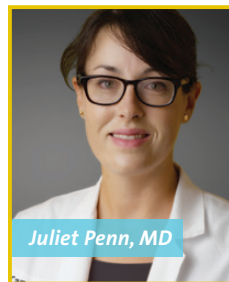


Dr. Woliver Joins Santa Ynez Valley Team

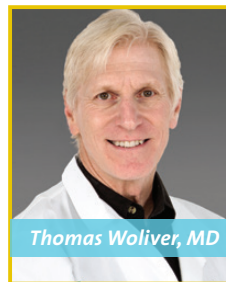
Recognizing the need for quality cancer care close to home, **Dr. Tom Woliver** came out of a brief stint in retirement to join his colleagues **Dr. Berkowitz** and **Dr. Penn** to care for patients of Santa Ynez Valley and Lompoc. Dr. Woliver is certified in Medical Oncology and Internal Medicine by the American Board of Internal Medicine and has practiced in Santa Barbara since 1983. ▲



Jonathan Berkowitz, MD, PhD



Juliet Penn, MD



Thomas Woliver, MD



Harding Elementary School

Cancer Center's Oncology Nutritionists, **Sarah Washburn, MS, RDN, CSO** and **Rebecca Colvin, MPH, RDN, CSO** participated in a science fair at **Harding Elementary School** on April 13, 2017. Children played in a "sugar sandbox" and used a scale to learn how much added sugar is in foods commonly preferred by children. Sarah and Rebecca discussed healthier alternatives and how to read nutrition labels. This was a community effort to help curb obesity and diabetes which are associated with increasing cancer risk. ▲



We all have different backgrounds. Each of us are just one

Have You Seen Our New Website?

Cancer Center of Santa Barbara recently launched a **new website** with the vision of better representing our organization and making it easier for visitors to access key information about our programs and services. A few new features to check out:

- Visit your doctor and provider profiles to learn more about them
- Access our online calendar for up to date class and program schedules
- Read about Clinical Trials at the Cancer Center of Santa Barbara
- Research cancer types and relevant information presented by our Cancer Resource Library
- Access important information before or after your appointments: forms, MyChart, billing and insurance information, and more
- Share your story with us – we appreciate hearing your feedback! ▲



www.ccsb.org

Staff Spotlight Talitha Ulloa

By Nicole Young

From a tiny fishing village in Costa Rica to community health clinics near a New Mexican military base, **Talitha Ulloa, RN, BSN, PHN** views her assorted nursing jobs over the past 20 years as a calling. *"I have always worked with patients who have less resources available to them, insuring that their needs are met in the best way possible, reducing all barriers so nothing is blocking them from optimal health. My passion is working with that population,"* she exclaims.

Talitha's role as a **Nurse Navigator** for the Cancer Center has a special twist. She is the liaison for patients coming from five different public or community health clinics. Once a week, she meets with clients from these locales during or after their medical visit, uncovering what could stand in the way of the best healthcare. The needs range from housing help to social worker meetings to interpreter assistance. Other times the problem could be as simple as needing bus tokens to get to a doctor appointment. The goal is a personal connection with these patients to catch cancer in its early stages. *"We all have different backgrounds. Each of us are just one*

degree away from being in their situation," Talitha explains. *"What they need most is education, along with understanding and compassion."*

The lines between service at work and at home intersect in the Ulloa family. When Talitha began at the Cancer Center in the summer of 2016, she had just returned home from a Costa Rica adventure with her husband, Marco, and two school-age daughters. For two years, they partnered with the non-profit, Comunitas



Talitha's role as a nurse navigator for the Cancer Center has a special twist. She is the liaison for patients coming from five different public or community health clinics.

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Talitha and her family

International, to build two community gardens and one school garden for the people of Esterillos Oeste, a small, coastal pueblo south of the city of Jaco. “Our budget was ridiculously small. We lived in this really small shack on the beach. When we got there it was full of iguanas and bats,” she shudders. “It was a challenge to try to live amongst the poor when you are so used to the standards of living here in the U.S.”

Her love for community health began in the public clinics near Kirtland Air Force Base in Albuquerque, New Mexico and became magnified while serving in schools and government agencies around the country. At each stopping point, Talitha relished seeing the bigger picture, recognizing little things that could make a difference on a larger scale for those likely to fall through the cracks. She believes strongly in her mission as a navigator to guide people along their medical journey, informing them about their disease. “It’s so important for patients to be aware of their diagnosis and to be helped along the way at each step,” she affirms. “What the Cancer Center is providing is an amazing resource.”

What stands out to Talitha are the weekly meetings in which all disciplines are at the table, discussing and debating in detail the best course of treatment for each patient. “It requires a lot of humility,” she admits. “You may have a surgeon taking advice from an oncologist saying, ok, maybe this is the right road to take. Then

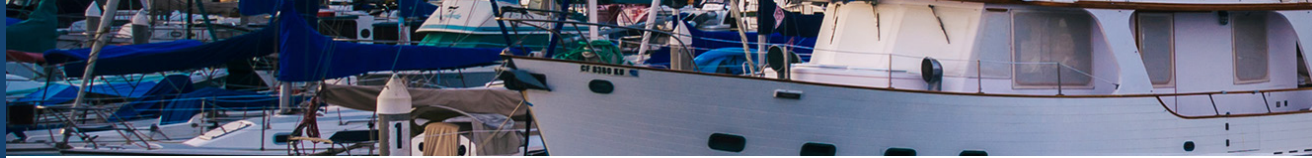
someone else might add, ‘I read this study, what do you think?’ There is a lot of back and forth. You have to be open to advice and recommendations.”

This level of medical focus happens for every patient who arrives at the doorstep of the Cancer Center. It’s a value that resonates for Talitha who sees first-hand the gaps in a city of great wealth. “If you think of a family of four where both parents are making minimum wage, you wonder how they can support their two kids here and afford rent, clothes and food,” she suggests. To address the need for low-cost, healthy meals, the couple works together to grow, harvest and distribute organic produce to low-income residents. When Talitha discovered how home-grown fruits and vegetables immensely reduced her allergy symptoms, she and Marco were inspired to educate others about using healthy produce to promote good health. Her husband ultimately founded **VidaRaiz Farmworks** using borrowed land to provide high-quality food for free or at a low-cost to the less fortunate in town. Whether it’s providing critical medical advice to a financially-challenged cancer patient or spending her Saturdays picking in the fields so others can eat, living a life of service pervades so much of Talitha’s world and she hopes her daughters take notice. “My hope for our girls is for them to have understanding that we have not been brought into this world to take, but to give.” ▲



Patient Navigation

Patient Navigation services assist patients on the journey to live with, through and beyond cancer. Our Patient Navigators educate patients and families, and serve as liaisons between patients and their various healthcare providers required for proper diagnosis, treatment and disease management.



Oncology Supportive Care Programs

Our evidence-based comprehensive approach to care optimizes quality of life and effectiveness of treatment for patients and survivors. We offer a wide variety of services including genetic counseling, patient navigation, nutrition counseling and classes, support groups and counseling, mind-body and exercise classes, and library resources and education.

Most of the services and classes listed in the following calendar are free-of-charge and open to patients, survivors, family members and caregivers (some restrictions apply). See color coding key on page 7 for locations of classes. ▲

Services for Patients & Families

Patient Navigation Program

Our Patient Navigators serve as a consistent care coordinator throughout a patient's cancer experience.

Call (805) 879-0660 for more information.

Counseling Services

Our trained medical social workers can help with the emotional and practical aspects of a cancer diagnosis and treatment. Individual, couple and family counseling are offered free-of-charge.

Call (805) 563-5852 for more information.

Hereditary Cancer Risk Counseling & Testing

Do you have a personal or family history of cancer? Are you concerned about your cancer risk? We offer comprehensive genetic counseling and testing services.

Call (805) 898-2204 for more information.

Nutritional Counseling

Individuals currently in treatment or within one year of their last treatment may receive nutrition counseling free-of-charge with the Cancer Center's Oncology Dietitian Nutritionists, Sarah Washburn, MS, RDN, CSO and Rebecca Colvin, MPH, RDN, CSO.

Call (805) 898-2204 for more information. ▲



Register Today



Fitbit Activity Tracker Added to Nutrition Lifestyles Program

The Cancer Center's Oncology Nutrition Program is excited to announce a **new pilot program** where participants of its Nutrition and Lifestyles Discussion Group for **Breast Cancer Survivors will be loaned Fitbits to aid in tracking and discussions** of their daily life habits. This comprehensive 8-week program provides guidance for healthy eating, increasing physical activity and strategies for positive behavioral change. Fitbit is a wearable activity tracker that motivates participants to reach health and fitness goals by tracking their activity, exercise, sleep, weight and more. With participants' permission, CCSB doctors and medical staff can **access Fitbit data during appointments to enrich discussions** with accurate data regarding exercise during and after treatment. "We know increased exercise reduces the risk of recurrence in breast cancer patients," explains Fred Kass, MD "and Fitbit provides specific data in this area. If it helps inspire more exercise in our patients, it will be well worth the investment."

Thanks to **Jeff and Hollye Jacobs** for underwriting the Fitbits used for this pilot program.

For more information or to register for the Fitbit pilot program, call (805) 898-2204, option 1.

Creative Craft Circle L



A welcoming place for crafters of all levels. Come with your own portable project (knitting, coloring, etc.) or participate in the project of the month.

2nd and 4th Tuesday / Month at 10:00 am
Drop-ins welcome. ▲

We invite you to try these programs and services as a way to become an active member in your health and healing.

Beauty & Boutique Services

NEW Location:
540 W. Pueblo Street
Open Mon. – Fri.
8:00 am - 5:00 pm

Wigs, hats and prostheses offered free-of-charge to patients.

Call (805) 563-5852 for information.

Cancer Resource Library

540 W. Pueblo Street
The Library has a large collection of books, brochures, CDs and DVDs covering all aspects of cancer. Personalized information searches may be requested, and computers are available for use by patients or family members.

Monday - Thursday,
9:00 am - 4:00 pm
Friday, 9:00 am - 12:00 pm
For more information, call (805) 563-5887 or email library@ccsb.org.

(805) 886-8148
Support & Education Groups

Gynecological Cancer Support Group

1st Monday / month • 2:00 - 3:30 pm **BR**

Prostate Cancer Discussion Group

2nd Monday / month • 2:00 - 3:00 pm **BR**

Brain Tumor Support Group

3rd Monday / month • 5:30 - 6:30 pm **BR**

Caregiver Class

Wed., July 5, 12, 19, 26 • 5:30 - 6:30 pm **MR**

Life After Cancer

1st & 3rd Monday, 12:00 - 1:15 pm **FH**

Sobreviviendo el Cáncer

1º y 3º Lunes / mes • 5:00 - 6:00 pm **CR**

Tools for Coping with a Cancer Diagnosis

2nd & 4th Monday / month •
4:00 - 5:00 pm **BR**

Breast Cancer Support

2nd & 4th Wednesday / mo. • 3:30 - 4:30 pm **FH**

Living with Lung Cancer Support Group

3rd Monday / month • 4:00 - 5:00 pm **BR**

Young Adult Support Group

3rd Thursday / month • 5:30 - 7:00 pm **CR**

Head & Neck Tumor Program

4th Monday / month • 5:30 - 6:30 pm **BR**

Helping Children Cope - Common Parenting Questions During Cancer Treatment

Call to register and for dates.

I Count Too - Kids Support Group

Call to register and for dates.

Teens Helping Teens

Call to register & for dates.

(805) 569-2243
Drop-in Classes

Gentle Therapeutic Yoga

with Natalie Gutierrez, Anne Van de Water, and Kat Connors-Longo

Mondays • 1:45 - 2:45 pm

Wednesdays • 3:15 - 4:15 pm

Fridays • 11:00 am - 12:00 noon **MR**

Painting the Pictures of Health

with Rick Stich

Mondays • 10:00 am - 12:00 Noon **MR**

Yoga for Strength and Empowerment

with Natalie Gutierrez, Anne Van de Water, and Kat Connors-Longo

Mondays • 12:30 - 1:30 pm

Wednesdays • 2:00 - 3:00 pm

Fridays • 9:45 - 10:45 am **MR**

QiGong with David Benson

Wednesdays • 10:45 - 11:45 am **MR**

Creative Craft Circle

Bring your project or participate in the project provided. All crafters are welcome. 2nd & 4th

Tuesday / month • 10:00 am - noon **L**

RSVP Required

Oncology Nutrition Series: Your Life, Your Foods:

Join us in preparing healthy seasonal foods while we talk about the most recent research related to cancer, foods and your lifestyle. Each monthly class in the series will cover a different topic each month. All cooking supplies provided. Limit 20.

Call (805) 898-2204 to register.

Nutrition and Lifestyle Discussion Group for Breast Cancer Survivors

With Cancer Center's Oncology Nutrition Staff

June 1, 8, 15 • 4:00 - 5:00 pm

Call (805)898-2204, option 1 to register. **MR**

Webinar: Does Sugar Feed Cancer?

Thursday, June 22 • 4:00-5:00 pm

Learn about the relationship between sugar and cancer. Online class only.

To register, provide name and email address to OncNutrition@ccsb.org or call (805) 898-2204, opt. 1, and leave a message with your name and email.

The Cancer-Fighting Benefits of Salads

With Sarah Washburn, MS, RDN, CSO

Come explore some new ingredients to add to your traditional salads.

Tuesday, July 11 • 4:00 - 5:00 pm **MR**

Guide to Restaurant Dining

with Rebecca Colvin, MPH, RDN, CSO

Thursday, August 10 • 4:00 - 5:00 pm **MR**

Well-fit™ Exercise during Treatment 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, endurance, and flexibility.

Call (805) 966-6147, ext. 262 to register.

LIVESTRONG at the YMCA throughout Santa Barbara County

12-week small group for adult cancer survivors looking to bridge the period between completion of treatment and developing a fitness program as part of recovery. To register:

Montecito (805) 969-3289, ext 110

Santa Ynez (805) 686-2037

Lompoc (805) 736-3483, ext 37

Santa Barbara (805) 687-7720, ext 227

Strength After Breast Cancer – A Physical Therapy Program

This four-week program provides education and strength training instruction to those at risk for lymphedema.

Call (805) 681-7781 to register. **PT**

The Art of Flower Arranging Class

Thursdays June 15 & Aug 17 • 10:00 am – Noon

Join the Garden Club of Santa Barbara for an interactive class, and take home a beautiful creation!

Call (805) 681-7582 to register. **MR**

Oncology Lymphedema Education

Join Barbara McCoy-Lawson, PT, certified Lymphedema Specialist, to learn about lymphedema and how to reduce your risk.

Call (805) 681-7781 to register.

2nd Thursday / month • 1:30 - 2:30 pm **PT**

Call (805) 681-7582 to set up appt. **PT**

Look Good, Feel Better Class

4th Monday in July • 11:00 am - 1:00 pm

Professionals teach women how to cope with skin changes and hair loss. Free cosmetic kit provided. Call (800) 227-2345 to register. **CR**

Practices in Stress Management Class

Four week sessions begin on June 22 and Aug 17 • 2:30 - 3:30 pm

Join us to learn about stress management techniques to incorporate into your life. **CR**

Call (805) 684-7582 to register.

Coding Key for Locations:

- MR** Sansum Clinic Multipurpose Room (lower level) at 317 W. Pueblo Street
- BR** Sansum Clinic Board Room, 317 West Pueblo Street
- CR** Cancer Center Conference Room, 540 West Pueblo Street
- PT** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
- FH** Sansum Clinic Conference Room on 1st floor, 4151 Foothill Road Building A
- L** Cancer Center; Cancer Resource Library, 540 West Pueblo Street

Cancer Center of Santa Barbara Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday



June 2017

Day	Program	Time	Days
Monday	5:00 pm • Painting Class	10:00 am	MR
Monday	12:00 pm • Life After Cancer Support Grp.	12:00 pm	FH
Monday	12:30 pm • Yoga for Strength	12:30 pm	MR
Monday	1:45 pm • Gentle Yoga	1:45 pm	MR
Monday	2:00 pm • Gynecological Cancer Support Grp.	2:00 pm	BR
Monday	3:00 pm • Strength after Breast Cancer Class*	3:00 pm	PT
Monday	5:00 pm • Sobreviviendo El Cancer	5:00 pm	CR
Tuesday	10:00 am • Painting Class	10:00 am	MR
Tuesday	12:30 pm • Yoga for Strength	12:30 pm	MR
Tuesday	1:45 pm • Gentle Yoga	1:45 pm	MR
Tuesday	2:00 pm • Prostate Support Group	2:00 pm	BR
Tuesday	4:00 pm • Tools for Coping with Cancer Diagnosis Support Grp.	4:00 pm	BR
Wednesday	10:00 am • Painting Class	10:00 am	MR
Wednesday	12:00 pm • Life After Cancer Support Grp.	12:00 pm	FH
Wednesday	12:30 pm • Yoga for Strength	12:30 pm	MR
Wednesday	1:45 pm • Gentle Yoga	1:45 pm	MR
Wednesday	4:00 pm • Living with Lung Cancer Support Grp.	4:00 pm	BR
Wednesday	5:00 pm • Sobreviviendo El Cancer	5:00 pm	CR
Wednesday	5:30 pm • Brain Tumor Support Group	5:30 pm	BR
Thursday	4:00 pm • Nutrition Series – Lifestyle Discussion*	4:00 pm	MR
Thursday	1:30 pm • Lymphedema Education Seminar*	1:30 pm	PT
Thursday	4:00 pm • Nutrition Series – Lifestyle Discussion*	4:00 pm	MR
Friday	9:45 am • Yoga for Strength	9:45 am	MR
Friday	11:00 am • Gentle Yoga	11:00 am	MR
Friday	9:45 am • Yoga for Strength	9:45 am	MR
Friday	11:00 am • Gentle Yoga	11:00 am	MR
Friday	10:00 am • Flower Arranging Class*	10:00 am	MR
Friday	4:00 pm • Nutrition and Lifestyle Discussion Group*	4:00 pm	MR
Friday	5:30 pm • Young Adult Support Grp	5:30 pm	CR
Friday	2:30 pm • Practices in Stress Management Class	2:30 pm	CR
Friday	4:00 pm • Webinar: Does Sugar Feed Cancer?	4:00 pm	CR
Friday	9:45 am • Yoga for Strength	9:45 am	MR
Friday	11:00 am • Gentle Yoga	11:00 am	MR
Friday	10:45 am • QiGong Class	10:45 am	MR
Friday	2:00 pm • Yoga for Strength	2:00 pm	MR
Friday	3:15 pm • Gentle Yoga	3:15 pm	MR
Friday	3:30 pm • Breast Cancer Support Grp.	3:30 pm	FH
Friday	10:45 am • QiGong Class	10:45 am	MR
Friday	2:00 pm • Yoga for Strength	2:00 pm	MR
Friday	3:15 pm • Gentle Yoga	3:15 pm	MR
Friday	3:30 pm • Breast Cancer Support Grp.	3:30 pm	FH
Friday	10:00 am • Creative Craft Circle	10:00 am	L
Friday	11:00 am • Well-fit Exercise Program	11:00 am	BEGINS TODAY
Friday	10:00 am • Painting Class	10:00 am	MR
Friday	12:00 pm • Life After Cancer Support Grp.	12:00 pm	FH
Friday	12:30 pm • Yoga for Strength	12:30 pm	MR
Friday	1:45 pm • Gentle Yoga	1:45 pm	MR
Friday	4:00 pm • Living with Lung Cancer Support Grp.	4:00 pm	BR
Friday	5:00 pm • Sobreviviendo El Cancer	5:00 pm	CR
Friday	5:30 pm • Brain Tumor Support Group	5:30 pm	BR
Friday	10:00 am • Painting Class	10:00 am	MR
Friday	12:30 pm • Yoga for Strength	12:30 pm	MR
Friday	1:45 pm • Gentle Yoga	1:45 pm	MR
Friday	4:00 pm • Tools for Coping with Cancer Diagnosis Support Grp.	4:00 pm	BR
Friday	5:30 pm • Head and Neck Tumor Support Grp.	5:30 pm	BR

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 the back of this page.



Like our Facebook page
facebook.com/CancerCenterofSantaBarbara

Follow us on Twitter
twitter.com/CancerCenterSB

Online Calendar
calendar.ccsb.org

Monthly Email Signup
ccsb.org/join-our-mailing-list

Coding Key

- MR Sansum Clinic Multipurpose Room (lower level) at 317 W. Pueblo Street
- BR Sansum Clinic Board Room, 317 West Pueblo Street
- CR Cancer Center Conference Room, 540 West Pueblo Street
- PT Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
- FH Sansum Clinic Conference Room on 1st floor, 4151 Foothill Road Building A
- L Cancer Center; Cancer Resource Library, 540 West Pueblo Street

For Locations:



Monthly Email Signup
ccsb.org/join-our-mailing-list

Online Calendar
calendar.ccsb.org

Follow us on Twitter
twitter.com/CancerCenterSB

Like our Facebook page
facebook.com/CancerCenterofSantaBarbara

Cancer Center of Santa Barbara Supportive Care Programs



Monday

Tuesday

Wednesday

Thursday

Friday

3

- 10:00 am • Painting Class **MR**
- 12:00 pm • Life After Cancer Support Grp. **FH**
- 12:30 pm • Yoga for Strength **MR**
- 1:45 pm • Gentle Yoga **MR**
- 2:00 pm • Gynecological Cancer Support Grp. **BR**
- 5:00 pm • Sobreviviendo El Cancer **CR**

4

CLOSED for 4th of July

5

- 10:45 am • QiGong Class **MR**
- 2:00 pm • Yoga for Strength **MR**
- 3:15 pm • Gentle Yoga **MR**
- 5:30 pm • Caregiver Class **MR**

6

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

7

10

- 10:00 am • Painting Class **MR**
- 12:30 pm • Yoga for Strength **MR**
- 1:45 pm • Gentle Yoga **MR**
- 2:00 pm • Prostate Support Group **BR**
- 4:00 pm • Tools for Coping with Cancer Diagnosis Support Grp. **BR**

11

- 10:00 am • Creative Craft Circle **L**
- 1:00 pm • LiveSTRONG at the YMCA* (Montecito) BEGINS TODAY
- 4:00 pm • Nutrition Series: Cancer-Fighting Salads* **MR**

12

- 10:45 am • QiGong Class **MR**
- 2:00 pm • Yoga for Strength **MR**
- 3:15 pm • Gentle Yoga **MR**
- 3:30 pm • Breast Cancer Support Grp. **FH**
- 3:15 pm • Caregiver Class **MR**

13

- 1:30 pm • Lymphedema Education Seminar* **PT**

14

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

17

- 10:00 am • Painting Class **MR**
- 12:00 pm • Life After Cancer Support Grp. **FH**
- 12:30 pm • Yoga for Strength **MR**
- 1:45 pm • Gentle Yoga **MR**
- 4:00 pm • Living with Lung Cancer Support Grp. **BR**
- 5:00 pm • Sobreviviendo El Cancer **CR**
- 5:30 pm • Brain Tumor Support Group **BR**

18

- 10:45 am • QiGong Class **MR**
- 2:00 pm • Yoga for Strength **MR**
- 3:15 pm • Gentle Yoga **MR**
- 5:30 pm • Caregiver Class **MR**

19

- 10:45 am • QiGong Class **MR**
- 2:00 pm • Yoga for Strength **MR**
- 3:15 pm • Gentle Yoga **MR**
- 5:30 pm • Caregiver Class **MR**

20

- 5:30 pm • Young Adult Support Grp **CR**

21

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

24

- 10:00 am • Painting Class **MR**
- 12:30 pm • Yoga for Strength **MR**
- 1:45 pm • Gentle Yoga **MR**
- 4:00 pm • Look Good, Feel Better Class* **CR**
- 4:00 pm • Tools for Coping with Cancer Diagnosis Support Grp. **BR**
- 5:30 pm • Head & Neck Tumor Support Grp. **BR**

25

- 10:00 am • Creative Craft Circle **L**

26

- 10:45 am • QiGong Class **MR**
- 2:00 pm • Yoga for Strength **MR**
- 3:15 pm • Gentle Yoga **MR**
- 3:30 pm • Breast Cancer Support Grp. **FH**
- 5:30 pm • Caregiver Class **MR**

27

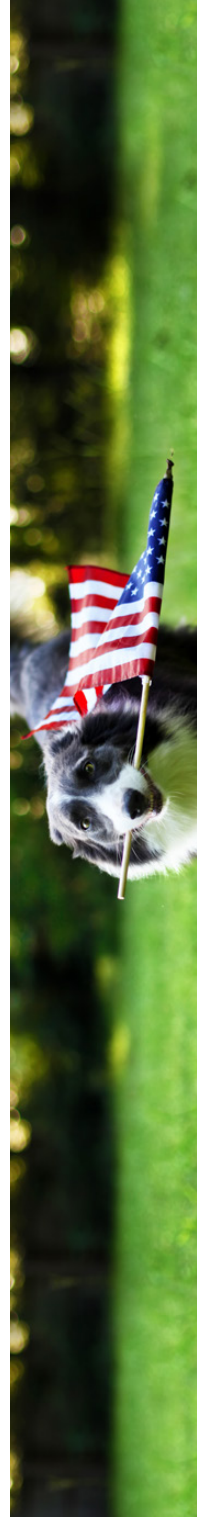
- 9:45 am • Yoga for Strength **MR**
- 11:00 am • Gentle Yoga **MR**

28

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

31

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



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 the back of this page.



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Online Calendar
calendar.ccsb.org



Monthly Email Signup
ccsb.org/join-our-mailing-list



Coding Key
for Locations:

- MR** Sansum Clinic Multipurpose Room (lower level) at 317 W. Pueblo Street
- BR** Sansum Clinic Board Room, 317 West Pueblo Street
- CR** Cancer Center Conference Room, 540 West Pueblo Street
- PT** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
- FH** Sansum Clinic Conference Room on 1st floor, 4151 Foothill Road Building A
- L** Cancer Center; Cancer Resource Library, 540 West Pueblo Street



Cancer Center of Santa Barbara Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

August 2017

2
10:45 am • QiGong Class **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**

3
9:45 am • Yoga for Strength **MR**
11:00 am • Gentle Yoga **MR**

4
9:45 am • Yoga for Strength **MR**
11:00 am • Gentle Yoga **MR**

7
10:00 am • Painting Class **MR**
12:00 pm • Life After Cancer Support Grp. **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
2:00 pm • Gynecological Cancer Support Grp. **BR**
5:00 pm • Sobreviviendo El Cancer **CR**

8
10:00 am • Creative Craft Circle **L**

9
10:45 am • QiGong Class **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**
3:30 pm • Breast Cancer Support Grp. **FH**

10
1:30 pm • Lymphedema Education Seminar* **PT**
4:00 pm • Nutrition Series: Guide to Restaurant Dining* **MR**

11
9:45 am • Yoga for Strength **MR**
11:00 am • Gentle Yoga **MR**

15
10:00 am • Painting Class **MR**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
2:00 pm • Prostate Support Group. **BR**
4:00 pm • Tools for Coping with Cancer Diagnosis Support Grp. **BR**

16
10:45 am • QiGong Class **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**

17
10:00 am • Flower Arranging Class* **MR**
2:30 pm • Practices in Stress Management Class* BEGINS TODAY **CR**
5:30 pm • Young Adult Support Grp **CR**

18
9:45 am • Yoga for Strength **MR**
11:00 am • Gentle Yoga **MR**

21
10:00 am • Painting Class **MR**
12:00 pm • Life After Cancer Support Grp. **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer Support Grp. **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

22
10:00 am • Creative Craft Circle **L**

23
10:45 am • QiGong Class **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**
3:30 pm • Breast Cancer Support Grp. **FH**

24
10:00 am • Flower Arranging Class* **MR**
9:45 am • Yoga for Strength **MR**
11:00 am • Gentle Yoga **MR**

25
10:00 am • Painting Class **MR**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Tools for Coping with Cancer Diagnosis Support Grp. **BR**
5:30 pm • Head & Neck Tumor Support Grp. **BR**

28
11:00 am • Well-fit Exercise Program* BEGINS TODAY

29
10:45 am • QiGong Class **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**

30
10:45 am • QiGong Class **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**



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 the back of this page.

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Coding Key
for Locations:



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Online Calendar
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Monthly Email Signup
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New Cancer Center Update Opening in September 2017



The new Cancer Center project remains on time and budget. Significant milestones include the opening of the parking structure, completion of the Cancer Center's foundation, steel frame, exterior and interior walls and delivery of two new linear accelerators. The pad for the **Wolf Education and Training Center** was graded in April 2017. The new Cancer Center is scheduled to open on September 18, 2017 as **Ridley-Tree Cancer Center** in honor of Lady Leslie Ridley-Tree's leadership role and her generous support of the new Cancer Center.

Tour the New Cancer Center

If you are interested in a behind-the-scenes tour of the new Cancer Center before it is complete, you are invited to join one of our weekly **Sneak Peek** tours. Each tour lasts 75 minutes and includes a 3D virtual tour, an easy walk of the construction site, and open Q&A about the innovations in cancer care coming to the Central Coast. On-site parking and handicap access available.

Call to schedule your **Sneak Peek Hard Hat Tour**. Contact **Lori Willis**, Cancer Foundation of Santa Barbara, (805) 898-2187 or lwillis@cfsb.org. Learn more about our new Cancer Center at ccsb.org!

Campaign Update

The **Campaign for Our New Cancer Center** launched publicly on August 19, 2016 with \$33 million raised toward the \$53 million cost of the new Cancer Center. As of May 2017, we have received hundreds of gifts and pledges totaling more than **\$46 million** and we strive to raise the remaining \$7 million by December 31, 2017.

We invite the community to help us complete this once-in-a-generation facility. Naming opportunities range from \$2,500 to \$2 million and are available for as little as \$42 per month when pledged over five years. For a list of current naming opportunities or to learn how you can get involved, contact **Rob Dunton** at the Cancer Foundation of Santa Barbara at (805) 898-3620 or at rdunton@ccsb.org.

Will Power

A little planning today will save lives tomorrow

Estate gifts to the Cancer Center have been transforming the quality of cancer care on the central coast since our founding in 1949. Cutting-edge technology, life-saving research, supporting the cost of treatment for patients in need – even the land beneath the new Cancer Center – all of these have been supported tremendously by legacy gifts to the Cancer Center.

We invite you to discuss how you can leave a meaningful legacy for the people and organizations in your life, from a lifetime of fixed income (as high as 7% per year) to a simple listing in your will or estate plans.

Contact Lori Willis, Cancer Foundation of Santa Barbara, at (805) 898-2187 or lwillis@cfsb.org.



Medical Oncology Department to be named in honor of David and Anna Grotenhuis

David and Anna Grotenhuis have named the Cancer Foundation of Santa Barbara as beneficiary of a \$2 million charitable remainder trust in support of the Campaign for Our New Cancer Center. The Hematology/Medical Oncology department will carry the Grotenhuis name when the new Ridley-Tree Cancer Center opens in September. This department will care for 6,000 or more of the 10,000 unique patients seen each year at the Cancer Center.



Art & Carolyn Merovick



Herb Kendall



Seymour and Shirley Lehrer

Some of our Stepanek members.

ON
CENTER
Summer 2017



Focused on Cancer • Centered on You

Skin Cancer Prevention



Keep your skin safe this summer!

The primary risk factor for developing melanoma and non-melanoma cancers is exposure to ultraviolet (UV) radiation, which means anyone, regardless of their skin color, can develop skin cancer.

As we move toward longer days, it is important for all of us living in sunny Santa Barbara to be aware of some of the other risk factors:

- UV radiation exposure (#1 risk factor)
- Fair skin – Having less pigment (melanin) in your skin provides less protection from the UV rays

- A history of sunburns – If you had one or more blistering sunburns in your youth, you are at increased risk of developing skin cancer
- Moles – People who have many moles or abnormal moles are at increased risk
- A family history of skin cancer – If one of your parents or siblings has had skin cancer, you may have any increased risk

Before you go outside to enjoy our beautiful surroundings, please remember these important tips: seek shade between 10 am and 4 pm, apply sunscreen everyday (SPF of 30 or higher, per American Academy of Dermatology), cover your whole body and wear a wide-brimmed hat and sunglasses.