

# ON CENTER

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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)



## Ridley-Tree Cancer Center at Sansum Clinic

### Expertise in Nuclear Medicine

*By Nicole Young*

**N**uclear Medicine specialists **Dr. Bill Pace** and **Dr. David Carlson** are united on what differentiates their department from others in similarly-sized communities. They agree it is having the most advanced technology combined with their specialized training, board-certification and experience that puts them on par with esteemed academic institutions. *"When you exit academia, you find not all nuclear medicine is practiced with the high standards we enforce. Nuclear medicine is taken very seriously here and using our advanced equipment for cancer cases is our first mission,"* explains Dr. Pace, who has worked with the Ridley-Tree Cancer Center (formerly Cancer Center of Santa Barbara with Sansum Clinic) for 17 years. *"Our patients are experiencing great rewards because we have been outfitted so nicely,"* he expresses. Dr. Carlson specifically chose Santa Barbara back in 2011 for his career home because of the organizations commitment to his specialty.

The Nuclear Medicine team is now looking to purchase two new digital state-of-the-art cameras called **PET/CT** and **SPECT/CT**, the highest quality, fastest nuclear medicine scanners available on the market today. *"You can think of them as 4K, high-definition TVs where you see everything more clearly,"* describes Dr. Carlson. *"It's going to allow us to view smaller-size cancers at a higher resolution."* The cameras will also speed up the discovery of metastases or places that the cancer has spread, dramatically affecting treatment decisions. The technology upgrade also provides a gateway to new avenues of nuclear medicine research. *"We are excited and proud to be partnering with the Cancer Foundation on this new endeavor for our community,"* remarks **Matthew Kunkel**, VP of Oncology Services at Ridley-Tree Cancer Center. *"The new machines will further our standard of bringing big city medicine, close to home."*

Dr. Pace completed his residency in nuclear medicine at Stanford, followed by an additional year of fellowship in nuclear cardiology. Dr. Carlson completed his more recent nuclear medicine residency at the University of California San Francisco which included a year of CT training. This was followed by an additional year of CT fellowship since the latest in nuclear imaging combines both PET (positron-emission tomography) and CT technologies. This level of education for a nuclear medicine physician is rare. *"This dual modality was a huge culture shift, a marquis advancement in the field,"* explains Dr. Carlson. *"With the extensive specialty training that Dr. Pace and Dr. Carlson have, we are able to provide a level of quality that ranks with the country's*





## New Wellness Program!

### Wellness Walks Together

Join us to add a gentle walk to your daily routine. Must be able to walk 1/2 mile unassisted. Open to all cancer patients.

Every Wednesday 4:00 – 5:00 pm, beginning May 22.

Meet at the entrance to Ridley-Tree Cancer Center at “The Dance of Life” statue.

For more information, call (805) 879-5678.

top nuclear medicine departments,” notes Kunkel. The physicians are supported by 12 department members including **Tricia Peters**, Director of Nuclear Medicine, who has spent many years working with Dr. Pace. Tricia is extremely active in the Society of Nuclear Medicine and Molecular Imaging. She chairs an advocacy committee group that assists with nuclear medicine technology legislation and regulation across the country. This role gives her access to many cutting-edge technologies, enables her bring services faster to our community and keeps her well-educated on the latest advances in her field.

Nuclear medicine imaging provides a view of how the body is working over time with pictures or video. Patients first receive a radiopharmaceutical via an injection or they may swallow or breathe in the agents depending on what area of the body is under examination. Then physicians use a camera and a computer to trace how those substances interact and are chemically processed within the body. When the latest radiopharmaceuticals are paired with next-generation imaging technology, clinicians can better pinpoint disease. The most current machines take pictures faster, with greater image quality and a lower radioactive dose given to patients.

As the field of nuclear medicine expands rapidly, the ability to incorporate these advances beyond diagnostic imaging excites Dr. Pace and Dr. Carlson. Radiopharmaceuticals are now also being used for treatment in some cases. One example is the prescription of Xofigo® injections for certain prostate cancer patients to reduce pain and to extend life expectancy. As radiopharmaceuticals and diagnostic techniques quickly develop, so does the practice of theranostics, a form of precision, personalized medicine which combines nuclear diagnostics and therapy, and entails doctors using imaging tools to molecularly target whether a certain treatment will be effective for a patient.

A long history of committed and insightful leaders from the **Cancer Foundation of Santa Barbara** paved the way intellectually and financially for these kinds of technological advances, according to Dr. Pace. “For seventy years, the Cancer Foundation has proudly supported the acquisition of state-of-the-art technology for the Cancer Center to ensure patients can receive the highest quality of care,” says **Lori Willis**, Executive Director of the Cancer Foundation of Santa Barbara. The entire Nuclear Medicine team is appreciative of the opportunity to harness the full potential of these new purchases. “We are eternally grateful for the Cancer Foundation’s hard work, generosity and commitment to cancer care,” adds Dr. Pace. ▲



Nuclear Medicine physicians, David Carlson, MD and William Pace, MD

# Community Lecture Series at Wolf Education & Training Center

**R**idley-Tree Cancer Center and Cancer Foundation of Santa Barbara host free lectures open to patients and the community to discuss relevant topics in cancer care and cancer prevention.

We are excited to announce our Summer and Fall lectures. To RSVP, please email [events@ridleytreecc.org](mailto:events@ridleytreecc.org) or call (805) 879-5698. To RSVP for Spanish translation, call (805) 563-5802.

## Upcoming Lectures

### SUMMER

#### ***Stress and Cancer: Why Stress Reduction Is Essential***

**Saturday, September 14**

When going through a cancer diagnosis and treatment, it's natural to experience a heightened stress response. With greater awareness of the physiology of stress and some simple techniques, stress reduction is just a breath away. Join Cheri for this enlightening lecture, and learn ways to unravel the harmful effects of stress. Support your body so it can focus on using energy towards healing.

**Cheri Clampett, C-IAYT, ERYT-500**, is the founder and director of the Therapeutic Yoga Training Program. She is a certified yoga therapist with over 25 years of teaching experience and is passionate about bringing the benefits of yoga to those recovering from or living with injury or illness. Cheri has presented Therapeutic Yoga at Beth Israel Medical Center and the Langone Medical Center at NYU. Cheri started the yoga program at the Ridley-Tree Cancer Center in 1999, where she continues to teach weekly classes.

### FALL

#### ***Genetic Counseling and Hereditary Cancer***

**Thursday, November 14**

This presentation will provide an overview of the genetic counseling process for hereditary cancer. Genetic counseling can help patients and families with a history of cancer better understand and manage the risk of developing cancer through genetic risk assessment and genetic testing. Topics will include how genetic counselors assess family history for features of hereditary cancer and what information individuals may learn from genetic testing.

**Danielle Sharaga, MS, LCGC** is a licensed certified genetic counselor at Ridley-Tree Cancer Center. Danielle has a Master's Degree in Genetic Counseling from the University of Pittsburgh and has been a practicing genetic counselor for 8 years.

### DID YOU MISS A LECTURE?

Don't worry, you can watch it online! Visit our youtube channel at [youtube.com/cancercentersb](https://youtube.com/cancercentersb) to access recordings of our past lectures.

#### ***Improving Outcomes from Colorectal Cancer: Diet, Lifestyle and Chemoprevention***

**Kimmie Ng, MD, MPH**, Director of Clinical and Biospecimen Research in the Center for Gastrointestinal Oncology at Dana-Farber Cancer Institute, Associate Professor of Medicine at Harvard Medical School, spoke about the role of dietary and lifestyle behaviors that may reduce the risk of developing colorectal cancer and improve prognosis in colorectal cancer patients.

#### ***Medical Cannabis & Cancer: What You Need to Know***

**Kelay Trentham, MS, RDN, CSO** and **Liz Rogan**, cannabis consultant and educator, spoke about medical cannabis and cancer including potential benefits, adverse effects, modes of use and other important considerations. ▲



**Cheri Clampett**



**Danielle Sharaga,  
MS, LCGC**

# walk run '19

## Save the Date for Cancer Center Walk/Run!

Join us for the 2019 Walk/Run on  
Sunday, October 13 presented by the  
Cancer Foundation of Santa Barbara!

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](https://cfsb.org).



Ridley-Tree  
Cancer Center 3

# Santa Barbara INTERNATIONAL Film FESTIVAL

## Moving Pictures

The Ridley-Tree Cancer Center in partnership with the Santa Barbara International Film Festival is pleased to present Moving Pictures, a free film program for patients, caregivers and survivors. Join us for a screening of an uplifting film followed by a discussion led by Santa Barbara International Film Festival staff. Popcorn will be provided!

Screenings are bimonthly on the third Wednesday at 3:00 pm and take place at the Wolf Education & Training Center. RSVP is required. For more information or to RSVP for an upcoming film, email [library@ridleytreecc.org](mailto:library@ridleytreecc.org) or call (805) 879-5648.

UPCOMING FILMS  
May 15 – Sideways

### SIDEWAYS



4 Ridley-Tree  
Cancer Center

## Summer is Coming! A Few Reminders for Cancer Patients

By Lisa Winebrenner



### SUN SAFETY

Those of us who live on the central coast appreciate the emotional and physical benefits of the outdoors and the abundant sunshine. However, because chemotherapy, targeted therapies and radiation can cause changes to your skin, it is important to be mindful of your time in the sun. Talk to your healthcare providers to ask if any of the treatments you are receiving can make you more susceptible to sunburns. If you are outside, wear protective clothing and broad brimmed hats, apply a broad spectrum sunscreen with **SPF 15 or greater, 30 minutes before going outside**, and wear sunglasses to protect your eyes from UV rays.



### FOOD SAFETY

It is important to remember while you are undergoing cancer treatment, your body can be more susceptible to foodborne illnesses also known as food poisoning. Be vigilant when preparing, handling and consuming foods. For more information on food safety, please visit the **Henley Resource Library** for a booklet called **Food Safety for People with Cancer** (U. S. Department of Agriculture Food and Drug Administration (2006)).



### PREVENT DEHYDRATION

As the temperature goes up and the days are longer, it is important to stay hydrated. Of course drinking lots of fluids can help – but there are other tricks as well. The American Society of Clinical Oncology recommends:

- **Drink lots of fluids.** The amount of fluid needed each day to stay hydrated depends on your health and lifestyle. Ask your doctor how much water you should drink. If you dislike plain water, try drinking flavored water or adding a slice of lemon. Other fluids can also help, including milk, low-sugar juice and low or caffeine-free tea.
- **Do not wait to drink.** Make a conscious effort to hydrate regularly and more often when you begin feeling ill, before you exercise, or before you go outside in hot weather. Making sure you are well hydrated before activities will help lower your risk for dehydration.
- **Eat foods with high water content.** Drinking water is the best way to hydrate but many foods contain water and can also help replenish lost fluids. Choose foods such as lettuce (95% water), watermelon (92% water) and broccoli (91% water). Soups, popsicles and yogurt also have high water content.
- **Avoid foods and drinks that may contribute to dehydration.** Drinks with sugar and caffeine, such as fruit juice, soda and coffee, are not as effective at hydrating your body as low-sugar or low/caffeine-free beverages.



### ENTER A RAFFLE FOR A SUN SAFE HAT!

Visit the **Henley Resource Library** on the first floor of the **Ridley-Tree Cancer Center** in May to enter a raffle to win a sun safe hat. Names will be drawn on May 31 and winners will be contacted by phone. ▲



## Dedicated Spaces to Relax and Reflect

**R**idley-Tree Cancer Center has special areas for patients, families and caregivers to relax, learn and reflect. Please stop at the first floor Concierge Desk to have a volunteer show you around.



### CONCIERGE AND VOLUNTEER GREETERS

Visit with volunteer greeters at the first floor entrance. Many of our greeters are past or current patients and can help answer questions, navigate around the building, offer coffee and provide kindness and compassion.



### HENLEY RESOURCE LIBRARY

The Henley Resource Library offers a comfortable place where patients and families can find current and 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 library coordinator can help answer questions and provide personalized searches. The Library is open to all and services are offered at no charge.



### HEALING GARDEN

This half-acre Healing Garden provides a serene area surrounded by shaded walking paths, tables and umbrellas, and benches for patients, families and caregivers to enjoy. The landscaping features a variety of beautiful native plants. Tucked in the back under the shade of sycamore trees is the Tribute Wall, featuring personalized tiles honoring patients, physicians, donors and loved ones.



### ANN JACKSON FAMILY FOUNDATION ROOFTOP PATIO

This patio provides a relaxing environment for patients and family members to step outside and enjoy great views of Santa Barbara. The patio features tables, umbrellas and comfortable sofas. ▲

## Volunteering at Ridley-Tree Cancer Center

**L**ooking for a way to give back to the community? Ridley-Tree Cancer Center is looking for **Volunteer Patient Escorts & Greeters**. If you are kind, compassionate and ready to make a difference, please join our team!

- Welcome patients, caregivers and members of the community with kindness and compassion. Assist patients as they arrive for appointments, serve tea/coffee, navigate from the entrance to registration. Some shifts extend this support to patients in the Infusion Suite and Boutique.
- Work in three hour shifts, mornings or afternoons. One year commitment requested.
- Other volunteer opportunities include oncology massage, art instruction, healing touch, event support and more.

To get started please visit [ridleytreec.org](http://ridleytreec.org) to download a volunteer application or contact us at (805) 879-0646 or [volunteer@ridleytreec.org](mailto:volunteer@ridleytreec.org). ▲



## WELL at Sansum Clinic: Communicating with Sansum Clinic Just Got Easier

We are pleased to introduce WELL at Sansum Clinic – our newest communication tool that connects you to Sansum Clinic and Ridley-Tree Cancer Center with two-way text messaging.

After you schedule an appointment, we'll stay in touch with you by text:

- Receive an instant reminder of the appointment date, time and location when you schedule it
- Remind you about your appointment three days in advance and allow you to cancel, reschedule or confirm it
- When you click to confirm, get directions, a map and add it to your calendar

There's nothing you need to do – you are automatically enrolled with this secure communications tool.

Welcome to Well at Sansum Clinic.

**WELL**  
at **sansum** CLINIC



# Do You Know About Our Supportive Care

## Wellness Classes

### Wellness Four-Week Classes

Join us as we explore various Wellness topics each month. Some of the topics will include Qi Gong, Stress Management 101, Tai Chi, Journaling and more.

Call for schedule: (805) 879-5678 or refer to the monthly calendar for this month's 4-week class offering.

### Painting the Pictures of Health Class

Enjoy the creative process and receive support and instruction. All supplies are provided. Drop-ins welcome.

Every Monday  
(805) 879-5678

### 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 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 Lectures

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

Call for schedule: (805) 879-5678

### Meditation for Survivors\*

This class is for patients who have completed their cancer treatment and are interested in meditation. Drop-ins welcome.

Every Wednesday: (805) 879-5678

### Moving Pictures

Attend free screenings of uplifting films along with a discussion led by staff. In partnership with Santa Barbara International Film Festival.

3rd Monday (Bi-Monthly)  
Call for schedule: (805) 879-5648

### LIVESTRONG at the YMCA\*

12-week small group program for adult cancer survivors looking to develop a fitness program after completing treatment. RSVP required.

Call for schedule

Classes offered at four YMCA locations:  
Montecito (805) 969-3288  
Santa Ynez (805) 686-2037  
Lompoc (805) 736-3483, x37  
Santa Barbara (805) 687-7720, x227

### Strength After Breast Cancer\*

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

Call for schedule: (805) 681-7781

### 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 can be picked up at RTCC's Resource Library.

2nd Thursday/month  
(805) 879-5648

### Drumming Together

This class provides participants a welcoming space to create fun rhythm and improvise with the group.

Every Thursday: (805) 879-5654

### Meditation for Relaxation Class

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 Class

Come learn about recent research related to cancer, food and lifestyle. Every monthly class will cover a different topic. Refer to the monthly calendar for in-class and online opportunities. RSVP required for in-class option only.

Call for schedule:  
(805) 879-5652

### 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

### Singing Class

Join us as we get together and sing! Songs will be from a wide range of genres, artists and ages. Drop-ins welcome.

Every Wednesday  
(805) 879-5654

### Music and Relaxation

This class provides a secure space with live healing music to assist with mindful relaxation. Drop-ins welcome.

Every Tuesday  
(805) 879-5654

### Wellness Walks Together

Join us to add a gentle walk to your daily routine. Must be able to walk 1/2 mile unassisted. Open to all cancer patients. Drop-ins welcome.

Every Wednesday, 4pm - 5pm  
(805) 879-5678

## Supportive Care

### 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 Thursday/month  
(805) 879-0647

### Head and Neck Tumors

A group for those diagnosed with cancer of the head and neck to 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 cáncer.

1st and 3rd Wednesday/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.

\*These programs are for patients who have completed treatment.

# Programs 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. Topics include shock, sharing the diagnosis, regaining control, self-image, living with uncertainty and more.*

1st and 3rd Thursday/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 group provides a place where young adults, ages 18 - 40, can share their cancer experience and support one another.*

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

## 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) 879-5690

### 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

*Sansum Clinic's Physical Therapy department offers services for patients experiencing lymphedema (swelling), decreased range of motion and other physical limitations. Ask your doctor if physical therapy would be beneficial for you. 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

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



Ridley-Tree Cancer Center

April 2019



# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday



1

12:00 - 1:00 pm • Singing Class **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

2

10:30 - 11:30 am • Drumming Together **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis **MR**

3

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

6

10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**  
3:30 - 4:45 pm • Wellfit Exercise Program - BEGINS TODAY\*  
5:30 - 6:30 pm • Caregivers Class **MR**

7

10:00 am - 2:30 pm • Healing Touch Appointments\* **PT**  
10:30 - 11:30 am • Music and Relaxation **MR**  
12:00 - 1:15 pm • Coloring Class **SY**  
12:30 • Lymphedema Education Seminar\* **PT**  
4:00 - 5:00 pm • Living with Lung Cancer Support Grp **MR**

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12:00 - 1:00 pm • Singing Class **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

9

9:30 - 10:30 am • Tai Chi Four-Week series BEGINS TODAY **MR**  
10:30 - 11:30 am • Drumming Together **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
2:00 - 3:30 pm • Advance Directives Workshop **MR**  
4:00 - 5:00 pm • Breast Cancer Support Grp **MR**  
5:30 - 6:30 pm • Book Club **L**

10

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

13

10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**  
5:30 - 6:30 pm • Caregivers Class **MR**

14

10:00 am - 2:30 pm • Healing Touch Appointments\* **PT**  
10:30 - 11:30 am • Music and Relaxation **MR**  
10:00 - 11:00 am • Coloring Class **SY**  
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**

15

12:00 - 1:00 pm • Singing Class **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:00 - 6:00 pm • Moving Pictures **W**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

16

10:30 - 11:30 am • Drumming Together **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis **MR**  
5:30 - 7:00 pm • Young Adult Support Group **MR**

17

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

20

10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**  
5:30 - 6:30 pm • Caregivers Class **MR**

21

10:00 am - 2:30 pm • Healing Touch Appointments\* **PT**  
10:30 - 11:30 am • Music and Relaxation **MR**  
10:00 - 11:00 am • Coloring Class **SY**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
5:30 - 6:30 pm • Brain Tumor Support Group **MR**

22

12:00 - 1:00 pm • Singing Group **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
4:00 - 5:00 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

23

10:30 - 11:30 am • Drumming Together **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
4:00 - 5:00 pm • Breast Cancer Support Grp **MR**  
5:30 - 6:30 pm • Oncology Nutrition Class: Cancer and Red Meat Consumption - Are They Related? **MR**

24

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

27

Memorial Day holiday observed.  
No classes today.

28

10:00 am - 2:30 pm • Healing Touch Appointments\* **PT**  
10:30 - 11:30 am • Music and Relaxation **MR**  
10:00 - 11:00 am • Coloring Class **SY**  
2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**  
5:30 - 6:30 pm • Head and Neck Tumor Program **MR**

29

12:00 - 1:00 pm • Singing Group **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
4:00 - 5:00 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

30

10:30 - 11:30 am • Drumming Together **W**  
11:30 am - 12:30 pm • Meditation Class **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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[calendar.ridleytrecc.org](https://calendar.ridleytrecc.org)

Monthly Email Signup  
[ridleytrecc.org](https://ridleytrecc.org)



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** Tippy's Cove Multipurpose Room (second floor), 540 West Pueblo Street
- CH** Lovelace Conference Hall (first floor), 540 West Pueblo Street
- 2027** Stinson Meeting Room 2027 (second floor), 540 West Pueblo Street
- MR** Beverly's Team Integrated Medicine Room (second floor), 540 West Pueblo Street
- PT** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
- SY** YMCA, Activity Center, 900 Refugio Road, Santa Ynez, CA 93460
- L** Henley Resource Library, 540 West Pueblo Street
- W** Wolf Education & Training Center; 529 West Junipero Street
- E** Main Entrance / Dance of Life Statue



# Ridley-Tree Cancer Center Supportive Care Programs

Monday

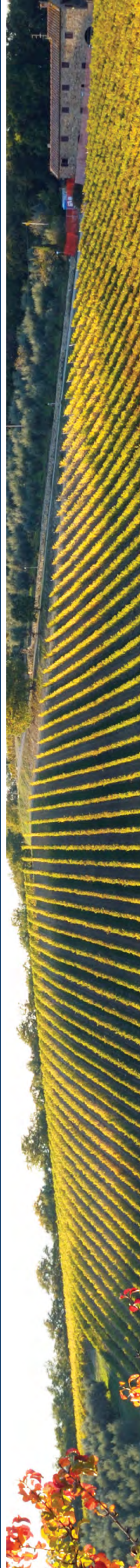
Tuesday

Wednesday

Thursday

Friday

June 2019



<b>3</b> 10:00 am - 12:00 pm • Painting Class <b>MR</b> 1:00 - 2:00 pm • Yoga for Strength <b>MR</b> 2:15 - 3:15 pm • Gentle Yoga <b>MR</b>	<b>4</b> 10:00 am - 2:30 pm • Healing Touch Appointments* <b>PT</b> 10:30 - 11:30 am • Music and Relaxation <b>MR</b> 10:00 - 11:00 am • Coloring Class <b>SV</b> 12:00 - 1:15 pm • Life After Cancer Support Group <b>MR</b> 4:00 - 5:00 pm • Living with Lung Cancer Support Grp <b>MR</b>	<b>5</b> 12:00 - 1:00 pm • Singing Class <b>MR</b> 2:00 - 3:00 pm • Yoga for Strength <b>MR</b> 3:15 - 4:15 pm • Gentle Yoga <b>MR</b> 5:00 - 6:00 pm • Sobreviviendo El Cancer <b>MR</b> 4:00 - 5:00 pm • Wellness Walks Together <b>E</b> 7:00 - 8:00 pm • Meditation for Cancer Survivors <b>W</b>	<b>6</b> 9:30 - 10:30 am • QiGong 101 Four-week class BEGINS TODAY <b>MR</b> 10:30 - 11:30 am • Drumming Together <b>W</b> 11:30 am - 12:30 pm • Meditation Class <b>MR</b> 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis <b>MR</b>	<b>7</b> 9:45 - 10:45 am • Yoga for Strength <b>MR</b> 11:00 am - 12:00 pm • Gentle Yoga <b>MR</b>
<b>10</b> 10:00 am - 12:00 pm • Painting Class <b>MR</b> 1:00 - 2:00 pm • Yoga for Strength <b>MR</b> 2:15 - 3:15 pm • Gentle Yoga <b>MR</b>	<b>11</b> 10:00 am - 2:30 pm • Healing Touch Appointments* <b>PT</b> 10:30 - 11:30 am • Music and Relaxation <b>MR</b> 10:00 - 11:00 am • Coloring Class <b>SV</b> 12:00 - 1:30 pm • Prostate Cancer Support Group <b>MR</b> 1:30 pm • Lymphedema Education Seminar* <b>PT</b> 2:00 - 3:00 pm • Gynecological Cancer Support Group <b>MR</b>	<b>12</b> 12:00 - 1:00 pm • Singing Class <b>MR</b> 2:00 - 3:00 pm • Yoga for Strength <b>MR</b> 3:15 - 4:15 pm • Gentle Yoga <b>MR</b> 4:00 - 5:00 pm • Wellness Walks Together <b>E</b> 7:00 - 8:00 pm • Meditation for Cancer Survivors <b>W</b>	<b>13</b> 10:30 - 11:30 am • Drumming Together <b>W</b> 11:30 am - 12:30 pm • Meditation Class <b>MR</b> 2:00 - 3:30 pm • Advance Directives Workshop <b>MR</b> 4:00 - 5:00 pm • Breast Cancer Support Group <b>MR</b> 5:30 - 6:30 pm • Book Club <b>L</b>	<b>14</b> 9:45 - 10:45 am • Yoga for Strength <b>MR</b> 11:00 am - 12:00 pm • Gentle Yoga <b>MR</b>
<b>17</b> 10:00 am - 12:00 pm • Painting Class <b>MR</b> 1:00 - 2:00 pm • Yoga for Strength <b>MR</b> 2:15 - 3:15 pm • Gentle Yoga <b>MR</b>	<b>18</b> 10:00 am - 2:30 pm • Healing Touch Appointments* <b>PT</b> 10:30 - 11:30 am • Music and Relaxation <b>MR</b> 10:00 - 11:00 am • Coloring Class <b>SV</b> 12:00 - 1:15 pm • Life After Cancer Support Group <b>MR</b> 5:30 - 6:30 pm • Brain Tumor Support Group <b>MR</b>	<b>19</b> 9:30 - 10:30 pm • Flower Arranging Class <b>MR</b> 12:00 - 1:00 pm • Singing Class <b>MR</b> 2:00 - 3:00 pm • Yoga for Strength <b>MR</b> 3:15 - 4:15 pm • Gentle Yoga <b>MR</b> 5:00 - 6:00 pm • Sobreviviendo El Cancer <b>MR</b> 4:00 - 5:00 pm • Wellness Walks Together <b>E</b> 7:00 - 8:00 pm • Meditation for Cancer Survivors <b>W</b>	<b>20</b> 10:30 - 11:30 am • Drumming Together <b>W</b> 11:30 - 12:30 pm • Meditation Class <b>MR</b> 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis <b>MR</b> 4:00 - 5:00 pm • Oncology Nutrition Class: Common Nutrition Questions <b>MR</b> 5:30 - 7:00 pm • Young Adult Support Grp <b>MR</b>	<b>21</b> 9:45 - 10:45 am • Yoga for Strength <b>MR</b> 11:00 am - 12:00 pm • Gentle Yoga <b>MR</b>
<b>24</b> 10:00 am - 12:00 pm • Painting Class <b>MR</b> 1:00 - 2:00 pm • Yoga for Strength <b>MR</b> 2:15 - 3:15 pm • Gentle Yoga <b>MR</b>	<b>25</b> 10:00 am - 2:30 pm • Healing Touch Appointments* <b>PT</b> 10:30 - 11:30 am • Music and Relaxation <b>MR</b> 10:00 - 11:00 am • Coloring Class <b>SV</b> 11:00 am • Wellfit Exercise Program - BEGINS TODAY* 2:00 - 3:00 pm • Gynecological Cancer Support Grp <b>MR</b> 5:30 - 6:30 pm • Head and Neck Tumor Program <b>MR</b>	<b>26</b> 12:00 - 1:00 pm • Singing Group <b>MR</b> 2:00 - 3:00 pm • Yoga for Strength <b>MR</b> 3:15 - 4:15 pm • Gentle Yoga <b>MR</b> 4:00 - 5:00 pm • Wellness Walks Together <b>E</b> 7:00 - 8:00 pm • Meditation for Cancer Survivors <b>W</b>	<b>27</b> 10:30 - 11:30 am • Drumming Together <b>W</b> 11:30 am - 12:30 pm • Meditation Class <b>MR</b> 4:00 - 5:00 pm • Breast Cancer Support Group <b>MR</b>	<b>28</b> 9:45 - 10:45 am • Yoga for Strength <b>MR</b> 11:00 am - 12:00 pm • Gentle Yoga <b>MR</b>



Ridley-Tree  
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Online Calendar  
[calendar.ridleytrecc.org](https://calendar.ridleytrecc.org)



Monthly Email Signup  
[ridleytrecc.org](https://ridleytrecc.org)

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- CH** Lovelace Conference Hall (first floor), 540 West Pueblo Street
- RM** Stinson Meeting Room 2027 (second floor), 540 West Pueblo Street
- IM** Beverly's Team 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** Henley Resource Library, 540 West Pueblo Street
- W** Wolf Education & Training Center; 529 West Junipero Street
- E** Main Entrance / Dance of Life Statue



# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

1

10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**

2

10:00 am - 2:30 pm • **Healing Touch Appointments\*** **PT**  
10:30 - 11:30 am • Music and Relaxation **MR**  
10:00 - 11:00 am • Coloring Class **SV**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
4:00 - 5:00 pm • Living with Lung Cancer Support Group **MR**

3

12:00 - 1:00 pm • Singing Class **MR**  
1:00 - 2:15 pm • **LivesTRONG** at the YMCA  
**BEGINS TODAY** (Santa Barbara)  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**  
4:00 - 5:00 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • **Meditation for Cancer Survivors** **W**

4

4th of July holiday observed.  
No classes today.

5

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

8

10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
1:30 - 3:00 pm • **LivesTRONG** at the YMCA  
**BEGINS TODAY** (Santa Ynez)  
2:15 - 3:15 pm • Gentle Yoga **MR**  
5:30 - 6:30 pm • Caregivers Class **MR**

9

10:00 am - 2:30 pm • **Healing Touch Appointments\*** **PT**  
10:30 - 11:30 am • Music and Relaxation **MR**  
10:00 - 11:00 am • Coloring Class **SV**  
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**

10

12:00 - 1:00 pm • Singing Class **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
4:00 - 5:00 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • **Meditation for Cancer Survivors** **W**

11

10:30 - 11:30 am • **Drumming Together** **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
2:00 - 3:30 pm • Advance Directives Workshop **MR**  
4:00 - 5:00 pm • Breast Cancer Support Group **MR**  
5:30 - 6:30 pm • **Book Club** **L**

12

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

15

10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**  
5:30 - 6:30 pm • Caregivers Class **MR**

16

10:00 am - 2:30 pm • **Healing Touch Appointments\*** **PT**  
10:30 - 11:30 am • Music and Relaxation **MR**  
10:00 - 11:00 am • Coloring Class **SV**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
5:30 - 6:30 pm • Brain Tumor Support Group **MR**

17

12:00 - 1:00 pm • Singing Class **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:00 - 6:00 pm • **Moving Pictures** **W**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**  
4:00 - 5:00 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • **Meditation for Cancer Survivors** **W**

18

10:30 - 11:30 am • **Drumming Together** **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis **MR**  
4:00 - 5:00 pm • Oncology Nutrition Class: Bone Broth, Collagen and Protein Powder. What is the Science? **MR**  
5:30 - 7:00 pm • Young Adult Support Grp **MR**

19

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

22

10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**  
5:30 - 6:30 pm • Caregivers Class **MR**

23

10:00 am - 2:30 pm • **Healing Touch Appointments\*** **PT**  
10:30 - 11:30 am • Music and Relaxation **MR**  
10:00 - 11:00 am • Coloring Class **SV**  
1:30 - 2:30 pm • Wellfit Exercise Program During Treatment - **BEGINS TODAY\***  
2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**  
5:30 - 6:30 pm • Head and Neck Tumor Program **MR**

24

12:00 - 1:00 pm • Singing Group **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
4:00 - 5:00 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • **Meditation for Cancer Survivors** **W**

25

10:30 - 11:30 am • **Drumming Together** **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
4:00 - 5:00 pm • Breast Cancer Support Group **MR**

26

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

29

10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**  
5:30 - 6:30 pm • Caregivers Class **MR**

30

10:30 - 11:30 am • Music and Relaxation **MR**  
10:00 am - 2:30 pm • **Healing Touch Appointments\*** **PT**  
10:00 - 11:00 am • Coloring Class **SV**

31

12:00 - 1:00 pm • Singing Group **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
4:00 - 5:00 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • **Meditation for Cancer Survivors** **W**



Ridley-Tree  
Cancer Center

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- SV** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
- SV** YMCA, Activity Center, 900 Refugio Road, Santa Ynez, CA 93460
- L** Henley Resource Library, 540 West Pueblo Street
- W** Wolf Education & Training Center, 529 West Junipero Street
- E** Main Entrance / Dance of Life Statue

## Barbara Ireland Walk and Run Recap

**T**he Cancer Foundation of Santa Barbara would like to thank all of the walkers and runners who have helped us raise more than **\$53,000** for breast cancer research and supportive care programs at the Ridley-Tree Cancer Center! Saturday, March 16th was a beautiful and inspiring day with more than 280 participants in the 5K, 10K and 15K Run along Santa Barbara's scenic waterfront.

Thank you to all of our sponsors and volunteers who helped us make this event another success. Kudos to **SBGAL** for having the largest team with 27 participants and to **Barbara Fabian** for being dressed in the most festive attire and winning the Spirit Award! Special congratulations to **Save 2nd Base** for raising the most money (**more than \$7,000!**) and winning the Pink Ribbon Award. Way to go! ▲



## Cancer Foundation Board of Trustees

**T**his April the Cancer Foundation of Santa Barbara is pleased to welcome **Amalia Priego** to the Board of Trustees. Amalia's position as the Health Promotion Services Manager for Santa Barbara Neighborhood Clinics provides her with a unique perspective to support the work of the Foundation.



At the same time, three members of the Board of Trustees are retiring: **David Grotenhuis**, **Steve McHugh** and **Arthur J. Merovick**. All have provided outstanding support during their tenure, which included the *Campaign for Our New Cancer Center* and construction of the new Ridley-Tree Cancer Center. During his tenure, Steve McHugh served as Chairman and Treasurer of the Board of Trustees and Art Merovick, following his retirement as the Director of Development from the Cancer Center in 2011, served as Secretary of the Board and Chair of the Nominating Committee. We are extremely grateful for the guidance and assistance each of these men have provided as well as a proven commitment to helping us fulfill our mission. ▲

## Plan for Your Future Like You Plan for Your Vacation

**I**t's never too early to think about the future. Anyone who has property and a family should have an estate plan. Creating a will is an important step in your life journey. It's your opportunity to plan how you will benefit your family, friends and charitable organizations after your lifetime. Including a gift in your will, often called a bequest, is a great way to support the future of local cancer care without giving away any of your assets today. A bequest is a gift that can be changed at any time, if your circumstances change.

Here are some of the ways you can support cancer care with a charitable bequest:

- Make a gift of a specific dollar amount
- Gift us an asset such as a vehicle or artwork
- Make a gift of a percentage of your estate
- Leave us the remainder of your estate after you have provided for your heirs



A bequest may be made through a will or through a living trust, and should be written as follows:

**"To the Cancer Foundation of Santa Barbara, a not-for-profit corporation with its principal offices located at 601 West Junipero Street, Santa Barbara, CA 93105 for the use and benefit of the charitable organization as defined herein [specify use] or [for the general use and purposes of the charitable organization]."** ▲



Cancer Foundation of Santa Barbara  
**Elaine & Edward Stepanek Legacy Society**

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.



## Ridley-Tree Cancer Center at Sansum Clinic

540 West Pueblo Street  
Santa Barbara, CA 93105

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Spring 2019



Ridley-Tree Cancer Center

FOCUSED ON CANCER. CENTERED ON YOU.

*Thank you Rancheros Vistadores*  
for Donating \$1M to Support Breast Cancer



**T**hrough the combined efforts of the Rancheros Visitadores, Wrangler Jeans and Tough Enough to Wear Pink, over \$1,000,000 has been contributed to the Cancer Foundation of Santa Barbara since 2012. The funds raised benefit breast cancer programs at the Ridley-Tree Cancer Center at Sansum Clinic including: clinical research trials, wellness classes and support programs, hereditary cancer risk counseling and patient navigation. ▲

CANCER FOUNDATION  
of SANTA BARBARA



Ridley-Tree  
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