

# ON CENTER

## Winter 2020 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)



## A Promise Fulfilled

**B**arbara Ireland's first namesake local walk for breast cancer in 2000 fulfilled a promise made to her close friend, Jan, whose diagnosis arrived too late to save her life. It was a bittersweet year with both women anticipating the arrival of their first grandchildren. When Jan knew her time would end before the births, she asked Barbara to ensure others would not face the same fate. "I told Jan I would do everything I could and that is a big reason why I wanted to start the walk," recalls Barbara. While she had participated in other fundraisers in honor of her mother and grandmother who battled breast cancer, Jan's memory motivated Barbara to spring into action. She approached the **Dr. Susan Love Foundation for Breast Cancer Research** to create the very first **Barbara Ireland Walk for Breast Cancer**, which continued for five years. Barbara insisted the Walk's proceeds exclusively support breast cancer research and programs.

In 2006, Barbara met with **Fred Kass, MD**, Ridley-Tree Cancer Center Medical Director, to discuss making the **Cancer Foundation of Santa Barbara** the sole beneficiary of the annual Walk. From that time, the partnership has continued and has raised more than \$800,000 to support women in the community. Countless patients have gained access to the most advanced technologies and treatments, and Cancer Center programs such as clinical research, genetic counseling and patient navigation.

Each year, the Walk festivities land close to St. Patrick's Day, a nod to the Ireland family's Irish heritage. Barbara and her three daughters **Mary**, **Kathy** and **Cynthia** along with grandchildren, neighbors, friends and hundreds of people gather for a common purpose. "I feel so much love that day," remarks Barbara. "Every year there has been someone who tells me the Walk is why they went to get their mammogram." In addition to heightened awareness of breast cancer, Barbara says she's especially touched by the personal stories people share with her. While the Walk has expanded over the years to include multiple course lengths, lunch and a post-event spa zone, it's the memories Barbara cherishes most, like her then young grandson Erik playing guitar for the crowd or her late husband John handing out waters. "When John went to heaven a little more than two years ago, I considered bowing out of the Walk," she admits. But after much contemplation, her family encouraged her to keep it going and Barbara agreed. "There is a Bible verse in the book of Luke that says 'To whom much is given, much is required.' And I really believe that. When we are blessed to have so much, you have to give back," she comments.

This year's Walk is scheduled for **Saturday, March 21** and Barbara will be front and center once again. Her grandson, Elijah, and his band will return to supply the music. Barbara's current 'training' impressively includes daily walks and ballroom dance lessons. At 78 years-old, she's excited to embrace what her 80s will bring. When asked how she views the legacy of the Walk, she humbly answers that others deserve the credit. "People thank me, but it's the Cancer Center that is doing all these wonderful things," says Barbara. "If it helps just one person, I want it to continue."

For more information on the Barbara Ireland Walk for Breast Cancer or to register, visit: [www.cfsb.org/irelandwalk2020](http://www.cfsb.org/irelandwalk2020). ▲



## Ridley-Tree Cancer Center at the 2019 San Antonio Breast Cancer Symposium

Sarah Washburn, MS, RDN, CSO, Oncology Dietitian Nutritionist attended the 2019 San Antonio Breast Cancer Symposium (SABCS) to present her team's Fitbit® Device Study started in 2017. In the study, 29 participating breast cancer patients were loaned Fitbits, a wearable activity tracker, for four months. Ridley-Tree physicians and medical staff were able to access the patient's Fitbit data (number of steps per day) to help incorporate objective physical activity measurements into the patient's treatment plan. Physical activity is encouraged during and after treatment as it may positively impact side effects, quality of life, recurrence risk and survival outcomes. "As we enter the 10th year of our Breast Cancer Alliance, we are thrilled to have been selected to present our work with breast cancer patients at SABCS, the country's premier, international breast cancer conference," said Fred Kass, MD, Medical Oncologist at Ridley-Tree Cancer Center.

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



Sarah Washburn,  
MS, RDN, CSO



## Visionary Donors Launch Nuclear Medicine Campaign

**L**ady Leslie Ridley-Tree has made a \$500,000 gift to kick off the **\$6 million Campaign to Advance Nuclear Medicine on the Central Coast** together with gifts of **\$100,000** from the **Bickett Family** and **Denny and Bitsy Bacon**. "We are excited to initiate the next evolution of the Ridley-Tree Cancer Center at Sansum Clinic with a campaign to modernize the Nuclear Medicine department and secure the most advanced digital PET/CT and SPECT/CT technology available at this time", announced **Kurt N. Ransohoff, MD**, CEO of Sansum Clinic and **Lori Willis**, Executive Director of the Cancer Foundation of Santa Barbara.

Nuclear medicine plays a critical role in cancer diagnosis and treatment by capturing images that deliver vital information about the function of cells and major organs. This involves the use of radioactive materials to create images that allow clinicians to study the structure and measure the function of organs and to identify tumors, areas of infection or other disorders. Utilizing digital PET/CT and SPECT/CT technology offers many benefits including improved image resolution allowing for detection of smaller lesions, a reduction in a patient's CT radiation dose by up to 82%, an enhanced patient experience with reduced wait times, as well as the ability to offer cutting-edge therapy with radiopharmaceuticals.

In 2019, the department performed **2,255 PET/CT scans** and saw more than **4,000 patients**. Nuclear medicine specialists **Drs. Bill Pace** and **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.



Dr. David Carlson and Dr. Bill Pace

We invite the community to join in this opportunity to ensure the best nuclear medicine diagnostic and treatment capabilities are available in our community. If you are interested in a tour of the nuclear medicine facility or want to get involved with this project, please contact **Lori Willis**, Executive Director at the Cancer Foundation of Santa Barbara at **(805) 898-2187** or **Dru A. Hartley**, Director of Philanthropy at Sansum Clinic at **(805) 681-7726**. ▲

## UroNav: The Next Generation of Prostate Cancer Detection

**S**ansum Clinic Urology now offers advanced prostate imaging using the **UroNav Fusion Biopsy System**. This sophisticated technology blends pre-biopsy magnetic resonance imaging (MRI) views with ultrasound-guided biopsy images in real time. This gives physicians a detailed, high-quality 3D look at the prostate and any concerning lesions. In the same way a car's GPS leads a driver to a destination, the UroNav technology helps the urologist precisely target the area of concern during the procedure, and also provides more complete information that could potentially identify cancer missed by a traditional biopsy. This new platform will give doctors greater accuracy in diagnosing prostate cancer, the most common cancer in men, according to the American Cancer Society. "Securing the UroNav furthers our standard of providing our patients with the latest technologies available to diagnose and treat cancer, right here in Santa Barbara," said **Warren Suh, MD, MPH, FACR**, Radiation Oncologist at Ridley-Tree Cancer Center. The UroNav was made possible through a generous donation from the Cancer Foundation of Santa Barbara which shares our goal of securing the latest medical equipment to keep the Central Coast at the forefront of modern cancer care. ▲





Just added!

Special **FREE** Community Event

Co-presented with **CANCER FOUNDATION**  
of SANTA BARBARA

# Understanding Genetics and Cancer

Featuring  
**Dr. Mary-Claire King,**  
the Scientist Who  
Discovered the  
**BRCA1** Cancer Gene

**"There has never been a scientific career quite like Mary-Claire King's."**  
*The New York Times*



***The Genetics of Inherited Breast and Ovarian Cancer:  
From Gene Discovery to Precision Medicine and Public Health***

**Thu, Feb 6 / 7:30 PM / UCSB Campbell Hall / **FREE****

Renowned human geneticist Dr. Mary-Claire King discovered the genetic mutation responsible for breast cancer, a finding that has revolutionized the course of cancer research and transformed the way patients are diagnosed and treated. A recipient of the National Medal of Science for her bold, imaginative and diverse contributions to medical science and human rights, Dr. King will discuss the genetics of inherited cancers in this free community event.

**Following the talk a panel of experts will address genetics, cancer and you, including the following topics:**

- lifestyle and cancer risk reduction
- family history and ethnicity risk factors
- genetic testing as cancer prevention
- privacy of genetic testing results
- benefits and perils of ancestry testing
- local resources for cancer risk assessment and counseling

*Presented in association with Breast Cancer Resource Center, Ridley-Tree Cancer Center at Sansum Clinic, Santa Barbara Neighborhood Clinics and UCSB Department of Molecular, Cellular and Developmental Biology*

***Sponsored by the Cancer Foundation of Santa Barbara, proud supporter of the Ridley-Tree Cancer Center and its Genetic Counseling Program***

UC SANTA BARBARA  
**ARTS & LECTURES**

(805) 893-3535 | [www.ArtsAndLectures.UCSB.edu](http://www.ArtsAndLectures.UCSB.edu)



## Local Hero, Cheri Clampett

Yoga instructor Cheri Clampett received the 2019 *Santa Barbara Independent* Local Hero award, recognized for our therapeutic yoga program that she built specifically for cancer patients, now in its 20th year. Cheri's program is a mainstay of our wellness offerings with six classes a week for patients, and one for medical staff.

Classes combine restorative yoga postures with gentle yoga, guided meditation, breath work and therapeutic touch to reduce stress, support healing and help manage side effects. To learn more about this program and our other Wellness Programs, turn to page 6.

We are so grateful for Cheri's dedication to empowering our patients and the space she has created for people to focus on their healing.



Cheri Clampett,  
C-IAYT, ERYT-500



# Ridley-Tree Cancer Center Community Lectures

Announcing our 2020 Winter/Spring lectures:

## **JANUARY 29** VAPING AMONG YOUTH AND YOUNG ADULTS

Jessica Barrington-Trimis, PhD

Assistant Professor of Preventive Medicine - University of Southern California (USC)

## **FEBRUARY 20** MANAGING TASTE AND SMELL PROBLEMS: WHY DOES MY FOOD TASTE DIFFERENT?

Sarah Washburn, MS, RDN, CSO

Oncology Dietitian Nutritionist – Ridley-Tree Cancer Center

## **MARCH 26** PERSONALIZED MEDICINE: REDEFINING CANCER TREATMENT

Julie Taguchi, MD and Mukul Gupta, MD

Medical Oncologists – Ridley-Tree Cancer Center

## **APRIL 23** COUNTERING CHEMO BRAIN: CANCER-RELATED COGNITIVE IMPAIRMENT

Linda M. Ercoli, PhD

University of California (UCLA) Semel Institute for Neuroscience and Human Behavior

## **MAY 28** MELANOMA ADVANCES AND SKIN CANCER PREVENTION

Julian Davis, MD, MA

Medical Oncologist – Ridley-Tree Cancer Center

Lectures are offered free-of-charge but reservations are required. For more information or to RSVP, please email [events@ridleytreecc.org](mailto:events@ridleytreecc.org) or call (805) 879-5698.

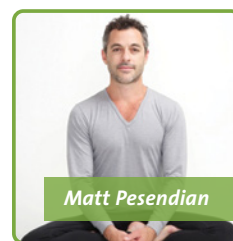
Lectures take place at Wolf Education & Training Center at Ridley-Tree Cancer Center  
540 W. Pueblo Street, Santa Barbara, CA 93105 ▲



Cut this out to save the dates!

## Oncology Acupuncture Program

The American Society of Clinical Oncology has endorsed the use of acupuncture for management of symptoms including nausea, fatigue, joint pain, peripheral neuropathy and mood disturbances. Acupuncture is one of the many evidence-based complementary care programs that are offered at Ridley-Tree. **Matt Pesendian**, Licensed Acupuncturist and long-time Qi-Gong instructor, offers appointments for patients in active treatment at his private acupuncture clinic. If you have any questions about the **Oncology Acupuncture Program**, please contact your provider.



Matt Pesendian

This service has been made possible through the generous support of the Cancer Foundation of Santa Barbara. ▲





# APPs: An Advanced Level of Care

**M**edical Oncologist **Fred Kass, MD** and Physician Assistant **Amanda Sweet, PA-C** have long collaborated in the care of oncology patients. *"Amanda is a great partner. She has great clinical judgment and a ton of experience. Together we work to respond promptly to the needs of our patients, no matter how many may require our assistance on any given day,"* explains Dr. Kass. *"We are very fortunate to have a great team of advanced practice providers (known as APPs) who bring both great talent and a unique focus to our medical practice."*

Ridley-Tree Cancer Center's APP team includes three physician assistants (PAs) and two nurse practitioners (NPs). All are qualified to manage oncology patient issues very much like a physician, and all have backgrounds in oncology and complex internal medicine. **Amanda** is joined by Physician Assistant **Marissa Piacenti, PA-C**, Physician-Assistant **Andrea Kreamsreiter, PA-C**, Nurse Practitioner **Erica Koeppen, DNP** and Nurse Practitioner **Honeylette (Lette) Wong, NP**, all of whom perform the frequent evaluations cancer patients require before and during treatment. They can order diagnostic tests, prescribe medication and see patients for long term follow-up once therapy is complete. Having this extra level of advanced care gives patients more accessibility, allowing for more rapid scheduling, often with additional time spent in office visits. The APP group collaborates closely with the physicians and all other members of the care team to provide very close monitoring and detailed care.

Amanda, Erica and Lette spend a large quantity of time educating patients at the Cancer Center in Santa Barbara. They also answer patients' questions in person, by phone and through messaging within **MyChart**. They are qualified to answer medical questions and are efficient in connecting patients to the many supportive care programs under the Ridley-Tree umbrella. This provides not only medical assistance, but emotional and social support. *"We teach patients to access all of the things that come into play in keeping them well,"* confirms Amanda. *"We understand the level of intensity that they're feeling, and we try to act rapidly to decrease their stress level."* Andrea sees patients at Ridley-Tree's branch in Solvang, and Marissa cares for inpatients at Cottage Hospital. *"I am an on-site resource to help everyone connect more seamlessly and thoroughly while they are in the hospital,"* adds Marissa. *"It's reassuring for patients and their families to have someone familiar with their case checking on them regularly."*

PAs enter competitive masters degree programs similar to medical school training. Their rigorous education includes thousands of hours in clinical rotations. NPs are registered nurses who hold advanced degrees, either a master of science in nursing or doctor of nursing practice. Both PAs and NPs require national board certification and state licensing. Ridley-Tree's advanced practice provider team joins a staff of more than 40 APPs working all around Sansum Clinic. The number of APPs has been intentionally increased over the last several years and patients are appreciative of the additional time and attention they provide, according to **Marjorie Newman, MD**, Sansum Clinic Medical Director. Within oncology nationwide, APPs are playing a vital role in delivering high-quality cancer care, according to one of the first large-scale surveys released in 2018 by the **American Society of Clinical Oncology's Workforce Advisory Group**. Findings show that in order to do this job well, it takes a fully-integrated, multidisciplinary team of physicians, nurses, social workers, counselors and now APPs. This model of a team approach to care is on display daily at Ridley-Tree and is one that serves patients well. *"Our patients are in one of the biggest struggles of their lives. To be a part of that journey is quite a privilege,"* shares Amanda. ▲



Left to Right: Amanda Sweet, PA-C, Honeylette (Lette) Wong, NP, Marissa Piacenti, PA-C, Andrea Kreamsreiter, PA-C, Erica Koeppen, DNP



## Cancer Crushers Swing for the Fences

Competing in their 5th season, the Cancer Crushers slow-pitch softball team clinched a playoff berth but lost by one run in the championship game. The players are already plotting to top the Elings Park summer league in 2020. Sponsored by the Cancer Foundation of Santa Barbara, the team is mainly Ridley-Tree staff along with their friends and family members. They play against other teams comprised of community members or business-sponsored groups.



Please see the  
calendar on the back of  
this page for holiday cancellations

# Do You Know About Our Supportive Wellness Classes

## OPEN TO RECENTLY-DIAGNOSED PATIENTS

These classes are offered free to those under the care of an oncologist and currently in active cancer treatment (as defined by Provider) or within one year of their last treatment. Programs are also offered to their caregivers during this period of time.

### 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

### 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

### 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

## OPEN TO ALL CANCER PATIENTS

### 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

### 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

### 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

### 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

### 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 Wellness Lectures

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

Call for schedule  
(805) 879-5678

### Wellness Classes (Four-Week)

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.

### 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

### Oncology Lymphedema Education Seminar

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

2nd Tuesday/month  
(805) 681-7781

### Moving Pictures

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

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

### Strength After Breast Cancer

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

Call for schedule  
(805) 681-7781

### Meditation for Relaxation Class

Learn the basics including breathing techniques, visualization and guided images. Drop-ins welcome.

Every Thursday  
(805) 879-5678

### Painting the Pictures of Health Class

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

Every Monday

### 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

### Drumming Together

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

Every Thursday  
(805) 879-5654

### Making Flower Arrangements

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

### 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  
(805) 879-5678

## Supp

### 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 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 cancer.

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

### Managing Metastatic Cancer

This is a group for those with advanced staged cancer. It's a group where patients can openly share and connect with others living with similar challenges.

3rd Tuesday/month  
(805) 879-0647



# Care 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.*

Santa Barbara: 1st and 3rd Thursday/month  
North County: 1st and 3rd Monday/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

### Cancer in the Family: Helping Children Understand 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

### 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

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



# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

January 2020



Closed –  
New Years Day

- 6** 10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
1:30 - 2:45 pm • LiveSTRONG at the YMCA  
Exercise Program after treatment (Montecito)  
2:15 - 3:15 pm • Gentle Yoga **MR**  
3:00 - 4:00 pm • Strength After Breast  
Cancer BEGINS TODAY\* **PT**  
4:00 - 5:00 pm • North County: Tools for  
Coping with a Cancer Diagnosis **C**  
5:30 - 6:30 pm • Caregivers Class **MR**

- 7** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MR**  
10:00 - 11:00 am • Coloring Class **SV**  
10:30 - 11:30 am • Music and Relaxation **MR**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
4:00 - 5:00 pm • Living w/ Lung Cancer Support Grp **MR**

- 8** 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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • Meditation for  
Cancer Survivors **W**

- 9** 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 • Book Club **L**

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

**1**

**2**

- 10:30 - 11:30 am • Drumming Together **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
1:30 - 2:45 pm • LiveSTRONG at the YMCA  
Exercise Program after treatment (Santa Barbara)  
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**  
1:00 - 2:15 pm • LiveSTRONG at the  
YMCA Exercise Program after treatment  
(Santa Barbara)

- 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\* **MR**  
10:00 - 11:00 am • Coloring Class **SV**  
10:30 - 11:30 am • Music and Relaxation **MR**  
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
12:30 - 1:30 pm • Lymphedema Class\* **PT**  
2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**  
11:00 am • Well-fit Exercise Program -  
BEGINS TODAY

- 15** 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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
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**  
4:00 - 5:00 pm • Oncology Nutrition Class:  
Meal Planning and Preparation\* **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**  
4:00 - 5:00 pm • North County: Tools for  
Coping with a Cancer Diagnosis **C**  
5:30 - 6:30 pm • Caregivers Class **MR**

- 21** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MR**  
10:00 - 11:00 am • Coloring Class **SV**  
10:30 - 11:30 am • Music and Relaxation **MR**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
1:30 - 3:00 pm • Advance Directives Workshop **MR**  
5:30 - 6:30 pm • Managing Metastatic Cancer **MR**

- 22** 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**  
4:30 - 5:30 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**  
4:30 - 6:00 pm • Wellness Lecture: Sex, Intimacy  
& Cancer **MR**

- 24** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**

- 27** 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**

- 28** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MR**  
10:00 - 11:00 am • Coloring Class **SV**  
10:30 - 11:30 am • Music and Relaxation **MR**  
2:00 - 3:00 pm • Cancer in the Family Support Grp **MR**  
5:30 - 6:30 pm • Head and Neck Tumor Program **MR**

- 29** 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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
5:30 - 6:30 pm • Community Lecture –  
Vaping Among Youth and Young Adult\* **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

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 – Schulte Multipurpose Room (second floor), 540 W. Pueblo Street  
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**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 W. Pueblo Street  
**W** Wolf Education & Training Center, 529 W. Junipero Street  
**E** Main Entrance / Dance of Life Statue  
**C** Santa Ynez Cottage Hospital, 2050 Viborg Road, Solvang, CA 93463



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# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

**3** 10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
1:30 - 2:45 pm • LiveSTRONG at the YMCA Exercise Program after treatment (Lompoc)  
2:15 - 3:15 pm • Gentle Yoga **MR**  
4:00 - 5:00 pm • North County: Tools for Coping with a Cancer Diagnosis **C**  
4:00 - 5:00 pm • Journaling as a way of Healing Class (4 weeks) **BEGINS TODAY** **MR**

**4** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MM**  
10:00 - 11:00 am • Coloring Class **SV**  
10:30 - 11:30 am • Music and Relaxation **MR**  
1:30 - 2:45 pm • Well-fit Exercise Program - **BEGINS TODAY**  
1:30 - 2:45 pm • LiveSTRONG at the YMCA Exercise Program after treatment (Santa Ynez)  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
4:00 - 5:00 pm • Living w/ Lung Cancer Support Grp **MR**  
6:30 - 8:00 pm • Wellness Lecture: Sex, Intimacy & Cancer **MR**

**5** 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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

**6** 10:30 - 11:30 am • Drums Together **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis **MR**

**7** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**  
1:00 - 2:15 pm • LiveSTRONG at the YMCA Exercise Program after treatment (Santa Barbara)

**10** 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**

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

**12** 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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

**13** 10:30 - 11:30 am • Drums 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 • Book Club **L**

**14** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**

**17** 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**  
4:00 - 5:00 pm • North County: Tools for Coping with a Cancer Diagnosis **C**

**18** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MM**  
10:00 - 11:00 am • Coloring Class **SV**  
10:30 - 11:30 am • Music and Relaxation **MR**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
1:30 - 3:00 pm • Advance Directives Workshop **MR**  
5:30 - 6:30 pm • Managing Metastatic Cancer **MR**

**19** 9:30 - 10:30 am • Flower Arranging Class **MR**  
12:00 - 1:00 pm • Singing Class **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:00 - 5:00 pm • Moving Pictures **W**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

**20** 10:30 - 11:30 am • Drums 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 • Gut Health\* **MR**  
5:30 - 6:30 pm • Community Lecture - Managing Taste and Smell Problems\* **W**  
5:30 - 7:00 pm • Young Adult Support Group **MR**

**21** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**

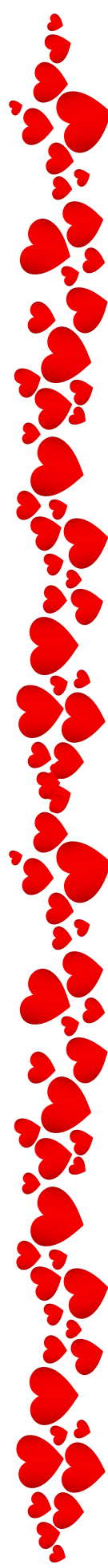
**24** 10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**

**25** 10:00 am - 2:30 pm • Healing Touch Appointments\* **MM**  
10:00 - 11:00 am • Coloring Class **SV**  
10:30 - 11:30 am • Music and Relaxation **MR**  
2:00 - 3:00 pm • Cancer in the Family Support Group **MR**  
5:30 - 6:30 pm • Head and Neck Tumor Program **MR**

**26** 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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

**27** 10:30 - 11:30 am • Drums Together **W**  
11:30 am - 12:30 pm • Meditation Class **MR**  
4:00 - 5:00 pm • Breast Cancer Support Grp **MR**

**28** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**  
11:00 am • Well-fit Exercise Program - **BEGINS TODAY**



**Ridley-Tree  
Cancer Center**

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- W** Wolf Education & Training Center, 529 W. Junipero Street
- E** Main Entrance / Dance of Life Statue
- C** Santa Ynez Cottage Hospital, 2050 Viborg Road, Solvang, CA 93463



# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

March 2020

**2** 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**  
4:00 - 5:00 pm • North County: Tools for Coping with a Cancer Diagnosis **C**  
5:30 - 6:30 pm • Caregivers Class **MR**

**3** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
10:00 - 11:00 am • Coloring Class **SY**  
10:30 - 11:30 am • Music and Relaxation **MR**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
4:00 - 5:00 pm • Living w/ Lung Cancer Support Grp **MR**

**4** 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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

**5** 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**

**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**  
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**

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

**11** 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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

**12** 10:30 - 11:30 am • Drumming Together **W**  
4:00 - 5:00 pm • Breast Cancer Support Grp **MR**  
5:30 - 6:30 pm • Book Club **L**

**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**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**  
4:00 - 5:00 pm • North County: Tools for Coping with a Cancer Diagnosis **C**  
5:30 - 6:30 pm • Caregivers Class **MR**

**17** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
10:00 - 11:00 am • Coloring Class **SY**  
10:30 - 11:30 am • Music and Relaxation **MR**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
1:30 - 3:00 pm • Advance Directives Workshop **MR**  
5:30 - 6:30 pm • Managing Metastatic Cancer **MR**

**18** 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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

**19** 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: Sugar and Cancer\* **MR**  
5:30 - 7:00 pm • Young Adult Support Group **MR**

**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**  
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**

**24** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
10:00 - 11:00 am • Coloring Class **SY**  
10:30 - 11:30 am • Music and Relaxation **MR**  
2:00 - 3:00 pm • Cancer in the Family Support Group **MR**  
5:30 - 6:30 pm • Head and Neck Tumor Program **MR**

**25** 9:30 - 10:30 am • Wellness Lecture: Layers of Healing: Exploring our Body, Emotions and Sexuality **MR**  
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**  
4:30 - 5:30 pm • Wellness Walks Together **E**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

**26** 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 • Community Lecture - Redefining Cancer Treatment\* **W**

**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**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**

**31** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
10:00 - 11:00 am • Coloring Class **SY**  
10:30 - 11:30 am • Music and Relaxation **MR**  
11:00 am • Well-fit Exercise Program - BEGINS TODAY



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**Ridley-Tree**  
Cancer Center



# AJM Endowment Fund Surpasses \$2 Million Milestone

Since 1949, **Cancer Foundation of Santa Barbara** has been committed to providing the finest cancer care for our community through the recruitment of highly trained oncology physicians, the acquisition of new technology and active participation in clinical research. Along with Sansum Clinic, the Foundation's key role in development of the Ridley-Tree Cancer Center was one of the most significant achievements in the organization's 70 year history.



An additional core aspect of the Foundation's mission is to ensure access to today's best cancer care for everyone in our community regardless of their ability to pay. Ridley-Tree Cancer Center's capacity to deliver on this commitment was strengthened in 2011 with the establishment of the **AJM Endowment Fund for Patient Assistance**, created in honor of **Art Merovick** for his many years of service to the Foundation. Through the generosity of Art's family, friends and members of our community, the AJM Fund recently surpassed the \$2 million mark. As the need for this charitable support continues to grow, the extraordinary success of the fund will enable the Cancer Center to continue providing the finest cancer care to patients who are unable to cover the cost of their treatment or who are not adequately covered by Medicare and insurance.

Cancer care is often expensive and leaves many Santa Barbara residents unable to afford potentially life-saving treatments. Support of the AJM Fund means that world-class care offered by the Ridley-Tree Cancer Center's medical team will continue to be available to everyone in our community who faces a cancer diagnosis, allowing them to focus on their recovery without the burden of the inevitable accompanying financial challenges.

In 2018, the Cancer Foundation provided **\$150,000** from the AJM Fund for financial support of more than 970 patients. Thank you to all who have supported this effort, allowing us to continue to deliver on our commitment to the Santa Barbara community. ▲

## RevitaLash® Cosmetics at Ridley-Tree Cancer Center



As a physician, **Michael Brinkenhoff, MD's** journey into cosmetics was uniquely inspired by his wife, **Gayle**. During her battle with metastatic breast cancer, she talked about the toll it was taking on her appearance – specifically her brittle, lifeless lashes. She expressed it made her feel less confident and beautiful. Dr. Brinkenhoff felt compelled to do something to help. Using his expertise in ophthalmology and passion for research, science and upholding high safety standards, he developed a groundbreaking cosmetic eyelash conditioner that really helped to beautify her lashes. She was thrilled, and from there, **RevitaLash® Cosmetics** was born.

Since 2006, continually giving back to the cause that started it all has been a main pillar of the RevitaLash® Cosmetics brand. To honor Gayle's courage and strength they created their **Eternally Pink pledge** to support breast cancer awareness, research and education initiatives year-round, not just in October.

Thanks to the generous support of RevitaLash® Cosmetics and the **Cancer Foundation of Santa Barbara**, the Ridley-Tree Cancer Center offers image enhancement services to help patients revitalize their image during and after cancer treatment. This partnership adds to the programs currently offered at the Cancer Center by supplying hair loss enhancement supplies such as wigs, turbans and skin care products. To learn more about the program, please contact **(805) 879-5690**. ▲



Michael and Gayle Brinkenhoff



Cancer Foundation of Santa Barbara's  
**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 **11**

Ridley-Tree Cancer Center at Sansum Clinic  
540 West Pueblo Street  
Santa Barbara, CA 93105

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Winter 2020



Ridley-Tree Cancer Center

FOCUSED ON CANCER. CENTERED ON YOU.

**Save the Dates!**  
**March 11 and March 21**

**Barbara Ireland  
Walk and Run  
for Breast Cancer**

**20**  **YEARS**



**Celebrating 20 Years**

Join us on Wednesday, March 11 from 5:30 - 7:30pm for the Barbara Ireland Kick-Off Party at Dargan's Irish Pub and Restaurant. Enjoy drinks, appetizers, music and a silent auction all benefitting the Ridley-Tree Cancer Center.

The Cancer Foundation of Santa Barbara's 20th Annual Barbara Ireland Walk and Run will take place on Saturday, March 21 at Chase Palm Park. Registration is \$50 and

increases to \$60 beginning March 1, so register today! All proceeds benefit breast cancer research, genetic counseling and patient navigation at the Cancer Center. Visit [www.cfsb.org/irelandwalk2020](http://www.cfsb.org/irelandwalk2020) to register for the Walk and Run and buy tickets to the Kick-Off Party! See front cover to learn more about this wonderful event!

CANCER  FOUNDATION  
OF SANTA BARBARA



Ridley-Tree Cancer Center