

ON CENTER



Ridley-Tree Cancer Center
FOCUSED ON CANCER. CENTERED ON YOU.

Fall 2017 Issue

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Our New Cancer Center is Here!

Our new **Ridley-Tree Cancer Center** will open its doors to patients on September 18, 2017. The three-story, 54,780 square-foot medical center will bring all members of our Santa Barbara oncology team to a **single, convenient location** where patients can access all aspects of multi-disciplinary care including medical oncology and hematology, radiation oncology, surgical oncology, clinical research, genetic counseling, patient navigation, nutrition, social work services, resource library, wellness and community outreach. Once open, the existing building at 540 West Pueblo Street will become a half-acre Healing Garden, while the radiation oncology space in Cottage Hospital will be used by nuclear medicine, and the medical oncology department on the second floor at Sansum’s clinic at 317 West Pueblo Street will be repurposed. The **Wolf Education and Training Center** and six craftsman style apartments on Junipero Street will be finished by early 2018 to complete the campus.

Ridley-Tree Cancer Center has been designed to serve the entire region with **expanded capacity** and the most **state-of-the-art technology** found anywhere on the Central Coast. Our offices in **Solvang** and **Lompoc** provide access to all the treatment and care that Ridley-Tree Cancer Center offers. Patients throughout the region have a world-class Cancer Center, close to home, family and work.

Sansum Clinic and the Cancer Foundation of Santa Barbara worked seamlessly to develop the project. National healthcare design firm, Boulder Associates teamed up with one of the Central Coast’s most renowned architecture firms, Cearnal Collective LLC, to design the building. Designed to blend in with the craftsman-style bungalows that surround the Oak Park neighborhood, the new building provides a warm space for our patients to receive the full spectrum of cancer care in alignment with the

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 trials protocols, as well as integrating patient support, wellness and survivor programs. Funding for programs and services are provided through the Cancer Foundation of Santa Barbara.

www.ridleytreec.org www.cfsb.org



Ridley-Tree Cancer Center featuring the new logo on the stairwell windows. All stonework is cut from rock excavated from the property. View from the Pueblo Street entrance.

National Cancer Institute (NCI) best practices for cancer care. The construction of the new building was led by general contractor **G.L. Bruno Associates**, a firm specializing in healthcare projects.

From architects and philanthropists to physicians and steel workers, we have witnessed firsthand that it takes a village to turn a decade-long dream of a new regional Cancer Center into reality. We owe a debt of gratitude to our “village” – our trustees, steering committee, volunteers, physicians, staff, patients and most of all to our many generous donors. Thank you for helping ensure the finest quality cancer care is available for all patients in our community – a level of care of which we can all be proud. ▲

Building Features

Our new building allows us to continue the fulfillment of our founding promise – to provide the highest level of cancer care in Santa Barbara County. Here are some highlights of what is new:

🌿 **Two state-of-the-art radiation treatment machines – Elekta Versa High Definition™ Linear Accelerators.**

These machines enable highly sophisticated treatment while reducing treatment times, and can be found at world-class cancer centers including MD Anderson, UCSF and Johns Hopkins.

🌿 **Expanded capacity** - to handle the continued increase in patient volume that the Cancer Center has experienced since 2012 as baby boomers reach age 67, the average age of our cancer patients.

🌿 **Medical oncology infusion suites** - offering patients the choice of receiving treatment in private, semi-private or more social areas. Floor-to-ceiling windows are available for many of the bays with panoramic views of the Mesa and the Santa Ynez Mountains.

🌿 **Two surgical oncology outpatient procedure rooms** - eliminating the need for patients to go to a separate medical facility to meet with surgeons or have minor procedures.

🌿 **Research division** - partnering with US Oncology Research Network, Translational Research in Oncology (TRIO-US), leading pharmaceutical companies and universities to access clinical trials that deliver the best treatments science has to offer.

🌿 **Patient support and integrative services** - including patient navigation, genetic counseling, oncology nutrition, oncology social work services, music therapy, wellness and community outreach.

🌿 **Cancer Resource Library** - offering a welcoming place where patients and families can find current, comprehensive information about all aspects of cancer.

🌿 **Healing Garden** - this half-acre space will provide a serene area for patients, families, caregivers and staff. A spacious lawn and patio will provide a beautiful setting for special events, surrounded by shaded walking paths, benches and native landscaping.

🌿 **The Wolf Education and Training Center** - an 80-seat, theater-style center for continuing education of physicians, nurses and the community.

🌿 **Rooftop patio** - this outdoor space will provide a comfortable area for patients and family members to relax in between appointments.

🌿 **Three-story parking garage** - featuring 180 spaces. ▲

“From architects and philanthropists to physicians and steel workers, we have witnessed firsthand that it takes a village to turn a decade-long dream of a new regional Cancer Center into reality.”



View from 3rd floor reception area with outdoor wrap-around balcony



View from 2nd floor reception overlooking the atrium and main entrance



Nursing station, physician offices and exam rooms located on the 3rd floor

Campaign

For Our New Cancer Center

The **Campaign for Our New Cancer Center** continues to make steady progress. As of August 9, Sansum Clinic and the Cancer Foundation of Santa Barbara have raised gifts and pledges in excess of \$47 million toward the \$53 million cost of the new Ridley-Tree Cancer Center.

With the *Campaign for Our New Cancer Center* ending on December 31, 2017, we invite you to help support this once-in-a-generation life-saving facility.

Naming opportunities remain available – from tribute tiles and trees to entire departments – ranging from \$2,500 to \$2 million.

Gifts of every size help, and bequests, IRA distributions and gifts of appreciated stock or property are powerful ways to maximize the tax benefits of your support.

For a brochure and complete list of naming opportunities, please contact **Rob Dunton** at the Cancer Foundation of Santa Barbara at (805) 898-3620 or at rdunton@cfsb.org. ▲

Cancer Center of Santa Barbara is now Ridley-Tree Cancer Center

The Ridley-Tree Name

There's a reason why we're now called the **Ridley-Tree Cancer Center**, and that reason is Lady Leslie Ridley-Tree. Lady Ridley-Tree is a tireless supporter of many causes important to our Santa Barbara community. She has put her resources to work to make Santa Barbara a community where every life can be enriched and lived well.

We are proud that our name is synonymous with hers. And we will work hard to ensure our standards, our caring and our excellence match hers, too.

Our Logo

It's a tree. It's a shoot. It symbolizes the start of something strong and beautiful.

A new life. A healthy emergence. Delivered with the warmth and caring of the Ridley-Tree Cancer Center family. ▲



Healing Artwork

In order to create a healing environment for patients, family members and staff at the new Cancer Center, an Art Committee was formed to bring healing artwork to the new building. We are tremendously grateful to the more than 50 local artists and art collectors who have donated artwork; to the more than 20 talented staff who have submitted local photography; and to the hundreds of patients whose art will be featured in the new Ridley-Tree Cancer Center. These beautiful art pieces will enrich the experience of all who enter our doors.

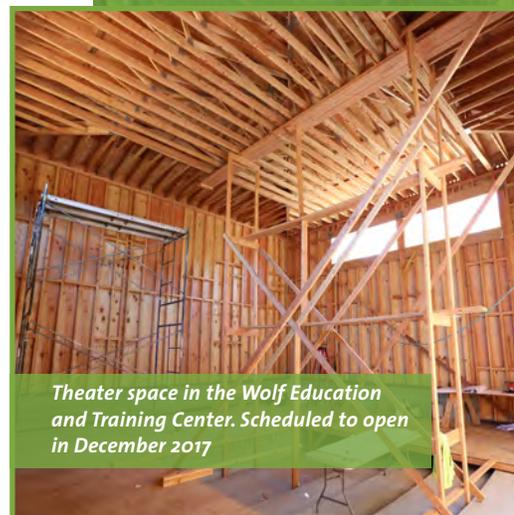
– Artwork by Jamee Aubry



Infusion bays and nursing station featuring floor-to-ceiling windows



Elekta Versa High Definition™ Linear Accelerator featuring Sentient lighting environment system



Theater space in the Wolf Education and Training Center. Scheduled to open in December 2017

Elly Nadel Music Therapy Program

We are excited to introduce the Elly Nadel Music Therapy Program which is the newest addition to the Supportive Care Programs offered at RTCC. This program will provide 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.

This program is one of a wide range of offerings for patients that includes yoga, art, nutrition classes and support groups. These services are offered free-of-charge and open to patients, family members and caregivers. Our first music therapy class was in late July, with more classes planned over the coming months.

Saiping Lin will lead this new program. Saiping received her Master of Science in Music Therapy from State University of New York at New Paltz and her Bachelor of Arts in Musicology from Community University of China in Beijing.

The Elly Nadel Music Therapy Program has been made possible through the generous support of philanthropist Julie Nadel and her late husband Jack in memory of Elly Nadel. For more information about this program, please call Saiping Lin at (805) 563-5827 or check our website, ridleytreec.org.



Important Information for Patients

As we move into the new Cancer Center, here are some upcoming changes to be aware of:

- 🍃 **The name of our new center is Ridley-Tree Cancer Center.** You may have already seen advertisements and commercials about our new building and brand, as well as branding changes on materials such as: OnCenter, Calendar, Flyers and Brochures.
- 🍃 **Phone numbers will be changing for some staff,** however current numbers will forward to the appropriate number in the new building. Be sure to write down new phone numbers for your providers.
- 🍃 **Locations of classes and support groups will be changing during the month of September.** To confirm the location, please call the phone number associated with the class/group.
- 🍃 **MyChart and your providers will specify the location of upcoming appointments.** If you have any questions, please call your provider. ▲

What is Patient Navigation?

By Nicole Young

Staff Spotlight Dawn Elliott, CN-BA



An extremely humble Dawn Elliott prefers not to talk about her rise from a new role as **patient navigator** to managing a team of five in less than a year. But she is certain the many jobs in her personal and professional life serendipitously prepared her for a career she truly loves. *"It's a great fit. I understand the demands of this job and am passionate about fulfilling them,"* she confirms. *"I can see the level of help it offers the patients."*

Navigators at the Cancer Center assist their patients from diagnosis through treatment, acting as master organizers and planners, linking them to important services. They attend appointments with providers and guide patients through an increasingly complex healthcare system that includes physicians, surgeons, hospitals, caregivers and insurance companies. Dawn's favorite part of her position is the opportunity to offer emotional support to her regular roster of approximately 30 patients. *"We are another set of ears. It's a lot of active listening, reading between the lines. We gently open difficult discussions,"* she explains. *"We tell patients it is ok to be scared, and no question is silly. We are there for families and spouses, grandparents and grandchildren, sons and daughters, and we get to know them all."*

The 59 year-old mother and grandmother began her foray into medicine as a unit clerk on the neurology floor of Cottage Hospital. As a young, newly-married wife to her photography student husband, Brad, she worked six days a week in a busy department with very sick people. *"Back then, everything was written. I was transcribing orders into patients' charts, ordering on behalf of doctors, making sure scans got done, it was intense. But I loved it,"* she admits. Dawn then moved to Sansum Clinic, working as a medical assistant in pediatrics. She carved out a niche as the go-to contact for new mothers and along the way, she became a mother of three herself. All she had learned about advocacy and compassion came into play on the home front as she navigated the public school system for one daughter with Tourette's syndrome and two children with learning disabilities. *"I saw first-hand how many kids fell through the cracks without someone to speak up for them,"* confides Dawn. Inspired to give other children the same support she gave her own, she changed career paths to become a resource assistant at Hollister Elementary School. During this time, she spent a year helping navigate for close friends whose teenage daughter eventually lost her battle with cancer. Dawn didn't return to health advocacy formally until **Dr. Fred Kass**, medical oncologist at the Cancer Center, approached her about a temporary medical assistant position. The vacation relief work resulted in what Dawn terms



Dawn with her husband, children and grandchildren

her “dream job,” a permanent post for ten years with **Dr. Tom Woliver**. She admired his genuine, heartfelt relationships with those he treated. *“It was a gift to work with him personally. I learned so much about oncology and I owe a lot of that to him.”* When Dr. Woliver retired last fall, Dawn applied for an open patient navigator position and it’s now her passion. *“I know what it’s like to be on the other side of a medical issue and feel like the gaps aren’t getting filled,”* she acknowledges. *“I say to patients, ‘We are your people. What can we do to help you?’ I keep promoting that within the team.”*

Fellow Cancer Center patient navigator **Sam Howland, MS** describes Dawn as a strong leader who fosters a sense of closeness among those under her wing. *“I grew to know and appreciate Dawn’s problem-solving mindset, and her personal qualities of boundless compassion, respectful communication and reliability,”* says Sam. *“She always provides great patient care and has been a wonderful colleague to everyone in the building.”*

Navigators like Dawn and Sam are changing the landscape of patient care nationwide, as more institutions see how this service positively impacts medical outcomes. The American College of Surgeons now requires that a patient navigation process be in place before a cancer center can receive the group’s accreditation. Patient navigation certification and training is occurring across the country, and some colleges are now offering students opportunities to specialize in health advocacy while still in school.

Dawn enjoys the chance to enter people’s lives at such a critical time. That common, patient-centered goal at the Cancer Center is her motivation. *“It doesn’t feel like a job to be here. I enjoy helping patients through these hard times. They are so brave,”* she remarks. When she’s not at the Cancer Center or visiting with her two grandchildren, you may find Dawn in the theater department of La Colina Junior High School, where for 15 years she has costumed the entire cast for the annual musical. She spends months scouring thrift stores for bargains she magically transforms into fab fashions for the big show. *“I really care that every one of those kids feels good about what they’re wearing. It might be their only chance to shine on stage,”* she adds. Dawn is likely to always have one foot planted in a school somewhere. She considers herself a lifetime learner and the ever-evolving landscape of cancer care suits her personality. *“Every day we get to sit in with brilliant physicians, taking what we learn from one patient and applying it to the next,”* says Dawn. *“The navigators here are always sharing information and experiences to try to improve the lives of our patients. What a privilege.”* ▲



Radiation Oncology at Ridley-Tree Cancer Center Achieves ASTRO Accreditation

Ridley-Tree Cancer Center has demonstrated compliance with the standards of the American Society for Radiation Oncology (ASTRO) Accreditation Program for Excellence (APEX®), effective August 1, 2017, for a four-year accreditation of radiation oncology services. APEX is an independent radiation oncology practice accreditation program developed by ASTRO based on a comprehensive set of 16 evidence-based standards of radiation oncology practice. The 16 standards are focused on five pillars of patient care: 1) the process of care; 2) the radiation oncology team; 3) safety; 4) quality management; and 5) patient-centered care.

“Ridley-Tree Cancer Center is pleased to receive APEX accreditation from the premier radiation oncology society in our field,” said W. Warren Suh, MD, MPH, FACR, Medical Director and Clarence Thompson, RTT, Administrative Director. *“Evaluating our processes in relation to ASTRO’s high standards, including standards for safety and quality, validates our longstanding history and tradition of excellence in clinical practice and recognizes the efforts of our radiation oncology team to deliver high-quality patient-centered radiation oncology care in our Santa Barbara community.”*



Oncology Supportive Care Programs

The **Ridley-Tree Cancer Center** offers an array of evidence-based patient services, including genetic counseling, patient navigation, nutrition counseling and classes, support groups, social work services, wellness programs, exercise classes and library resources and education.

What does it mean to be evidence-based? Evidence-based means that the information we use to create patient programs is based on sound research. This information comes from sources such as published articles, medical journals and results of reputable studies. Most of the services and classes listed in the following calendar are free-of-charge and open to patients, survivors, family members and caregivers (some restrictions apply). See color coding key on page 7 for locations of classes. ▲



We invite you to try these programs and services at the new **Ridley-Tree Cancer Center at 540 West Pueblo Street** as a way to become an active member in your health and healing.

Beauty & Boutique Services

Wigs, hats and prostheses offered at no cost to patients.

Open Monday – Friday
8:00 am - 5:00 pm

Call (805) 563-5852 for information.

Resource Library

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

Open Monday – Friday
8:00 am – 4:30 pm

For more information, call (805) 563-5887 or email library@ridleytreec.org.

Services for Patients & Families

Patient Navigation Program

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

Call (805) 879-0660 for more information.

Counseling Services

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

Call (805) 563-5852 for more information.

Hereditary Cancer Risk Counseling & Testing

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

Call (805) 898-2204 for more information.

Nutritional Counseling

Individuals currently in treatment or within one year of their last treatment may receive nutrition counseling free-of-charge with our oncology dietitian nutritionists **Sarah Washburn, MS, RDN, CSO** and **Rebecca Colvin, MPH, RDN, CSO**.

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

Library InfoGuides

The **Cancer Resource Library's InfoGuides** are customized online research guides that patients and caregivers can turn to for reliable and current cancer information. Each guide features library resources, links to helpful websites and information about related supportive care programs. Guides are available for individual tumor types as well as other cancer-related topics such as caregiving, fertility, stress reduction and many more.

You can access the InfoGuides at infoguides.ridleytreec.org. We are always adding to the InfoGuides library, so we encourage you to check back for updates.

Email library@ridleytreec.org or call (805) 563-5807 for more information or questions. ▲



September • October • November, 2017

Ridley-Tree Cancer Center Supportive Care Programs

(805) 886-8148
Support & Education Groups

Gynecological Cancer Support Group

Sept 6 • 2:00 – 3:30 pm **BR**
Oct 10, 24, Nov 14, 28 • 2:00 – 3:00 pm **MR**

Prostate Cancer Discussion Group

Sept 11 • 2:00 – 3:00 pm **BR**
Oct 10, Nov 14 • 12:00 – 1:30 pm **MR**

Brain Tumor Support Group

Sept 18 • 5:30 – 6:30 pm **BR**
Oct 17, Nov 21 • 5:30 – 6:30 pm **MR**

Caregiver Class

Oct 4, 11, 18, 25 • 5:30 – 6:30 pm **MR**

Life After Cancer

Sept 18 • 12:00 – 1:15 pm **FH**
Oct 3, 17, Nov 7, 21 • 12:00 – 1:15 pm **MR**

Sobreviviendo el Cáncer

Sept 18 • 5:00 – 6:00 pm **MR**
Oct 2, 16, Nov 6, 20 • 5:00 – 6:00 pm **MR**

Tools for Coping with a Cancer Diagnosis

Sept 11, 25 • 4:00 – 5:00 pm **BR**
Oct 3, 17, Nov 7, 21 • 2:00 – 3:00 pm **MR**

Breast Cancer Support

Sept 13, 27 • 3:30 – 4:30 pm **FH**
Oct 10, 24, Nov 14, 28 • 4:00 – 5:00 pm **MR**

Living with Lung Cancer Support Group

Sept 18 • 4:00 – 5:00 pm **BR**
Oct 3, Nov 7 • 4:00 – 5:00 pm **MR**

Head & Neck Tumor Program

Sept 25 • 5:30 – 6:30 pm **BR**
Oct 24, Nov 28 • 5:30 – 6:30 pm **MR**

Melanoma Support & Friends Program

Call for location.
Next class – Jan 23 • 1:00 – 2:00 pm

Young Adult Support Group

Sept 21 • 5:30 – 7:00 pm **CR**
Oct 19, Nov 16 • 5:30 – 7:00 pm **MR**

Helping Children Cope - Common Parenting Questions During Cancer Treatment

Call for dates, locations and to register.

I Count Too - Kids Support Group

Call for dates, locations and to register.

Teens Helping Teens

Call for dates, locations and to register.

(805) 569-2243
Drop-in Classes

Gentle Therapeutic Yoga

Mondays • 1:45 - 2:45 pm
Wednesdays • 3:15 - 4:15 pm
Fridays • 11:00 am - 12:00 noon **MR MR**

Yoga for Strength and Empowerment

Mondays • 12:30 - 1:30 pm
Wednesdays • 2:00 - 3:00 pm
Fridays • 9:45 - 10:45 am **MR MR**

Painting the Pictures of Health

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

Meditation for Relaxation and Stress Relief

Learn the basics including breathing techniques, visualization and guided imagery. **NEW CLASS**
Begins Oct, Thursdays 11:00 am - Noon **MR**

Healing Sounds Circle

This class will provide you a secure space with healing music and engaging sound-making activity. No musical experience necessary.

Wednesdays • 12:30 pm
Call (805) 563-5827 for more info. **MR MR**

QiGong

Wednesdays • 10:45 - 11:45 am **MR MR**

RSVP Required

Oncology Nutrition Series

Join us in preparing healthy seasonal foods while we discuss research related to cancer, food and lifestyle. Each monthly class in the series covers a different topic.

Mindful Eating Class

Come learn about mindful eating to help enhance your eating experience while reducing your portion sizes. To register call (805)-898-2204, option #1.
Thursday, September 14 • 4:00 - 5:00 pm **MR**

What to Eat During Cancer Treatment

Come learn tips for managing side effects while we prepare a nourishing and easily digestible dish for you to sample.
To register call (805)-898-2204, option #1.
Thursday, October 5 • 4:00 - 5:00 pm **MR**

Strength After Breast Cancer – A Physical Therapy Program

This four-week program provides education and strength training to those at risk for lymphedema.
Call (805) 681-7781 to register. **PT**

Well-fit™ Exercise during Treatment Program

In partnership with Santa Barbara Athletic Club, this 10-week program is for those diagnosed in the past nine months who are looking to increase strength.
Call (805) 966-6147, ext 262 to register.

LIVESTRONG at the YMCA throughout Santa Barbara County

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

Montecito (805) 969-3289, ext 110
Santa Ynez (805) 686-2037
Lompoc (805) 736-3483, ext 37
Santa Barbara (805) 687-7720, ext 227

Oncology Lymphedema Education Seminar

Join Barbara McCoy-Lawson, PT, Certified Lymphedema Specialist to learn about lymphedema and how to reduce your risk.
Call (805) 681-7781 to register. **PT**

Healing Touch Appointments

Begins Oct, Tuesdays • 10:00 am - 12:00 pm
A non-invasive complementary therapy utilizing light touch to promote relaxation, help manage side effects and reduce stress.
Call (805) 569-2243 to schedule an appt. **IM**

Look Good, Feel Better Class

Sept 25, Nov 27 • 11:00 am - 1:00 pm
Professionals teach women how to cope with skin changes and hair loss. Free cosmetic kit provided.
Call (800) 227-2345 to register. **2027**

Practices in Stress Management Series – Four Weeks

Join us in learning about stress management techniques to incorporate into your life.
Four week session begins on Nov 30, 2:30 – 3:30 pm
Call (805) 569-2243 to register. **CH**

The Art of Flower Arranging Class

Join the Garden Club of Santa Barbara for an interactive class and take home a beautiful creation!
Next class – Oct. 26 • 10:00 am - 12:00 pm
Call (805) 569-2243 to register. **MR**

Class locations are changing to the new Cancer Center – please look for location changes!

Coding Key for Locations:

Locations for September only:

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

Calendars change regularly, please refer to <https://calendar.ridleytreecc.org>

NEW Cancer Center locations starting Sept 18:

- MR** Multipurpose Room (second floor), 540 West Pueblo Street – NEW Building
- CH** Conference Hall (first floor), 540 West Pueblo Street – NEW Building
- 2027** Meeting Room 2027 (second floor), 540 West Pueblo Street – NEW Building
- IM** Integrated Medicine Room (second floor), 540 West Pueblo Street – NEW Building
- PT** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A



Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday



September 2017

4

Closed for Labor Day

5

11

10:00 am • Painting Class **MR**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
2:00 pm • Prostate Support Group **BR**
3:00 pm • Strength After Breast Cancer **BEGINS TODAY** **PT**
4:00 pm • Tools for Coping with a Cancer Diagnosis **BR**

12

1:30 pm • Well-fit Exercise Program* **BEGINS TODAY**

13

10:45 am • QiGong Class **MR**
12:30 pm • Healing Sounds Circle **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**
3:30 pm • Breast Cancer Support Grp. **FH**

14

1:30 pm • Lymphedema Education Seminar* **PT**
4:00 pm • Mindful Eating Class **MR**

15

Classes cancelled for move to new building

7

6

10:45 am • QiGong Class **MR**
12:30 pm • Healing Sounds Circle **MR**
2:00 pm • Yoga for Strength **MR**
2:00 pm • Gynecological Cancer Support Group **BR**
3:15 pm • Gentle Yoga **MR**

8

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

1

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

18

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

19

20

10:45 am • QiGong Class **MR**
12:30 pm • Healing Sounds Circle **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**

21

5:30 pm • Young Adult Support Grp. **MR**

22

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

25

10:00 am • Painting Class **MR**
11:00 am • Look Good, Feel Better Class **0207**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Tools for Coping with Cancer Diagnosis Support Grp. **BR**
5:30 pm • Head and Neck Tumor Program **BR**

26

27

10:45 am • QiGong Class **MR**
12:30 pm • Healing Sounds Circle **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**
3:30 pm • Breast Cancer Support Group **FH**

28

29

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

Coding Key **MR** Sansum Clinic Multipurpose Room (lower level) at 317 W. Pueblo Street
BR Sansum Clinic Board Room, 317 West Pueblo Street
CR Cancer Center Conference Room, 540 West Pueblo Street
PT Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
FH Sansum Clinic Conference Room on 1st floor, 4151 Foothill Road Building A
L Cancer Center; Cancer Resource Library, 540 West Pueblo Street
MR Multipurpose Room (second floor), 540 West Pueblo Street – NEW Building
CH Conference Hall (first floor), 540 West Pueblo Street – NEW Building
0207 Meeting Room 2027 (second floor), 540 West Pueblo Street – NEW Building
IM Integrated Medicine Room (second floor), 540 West Pueblo Street – NEW Building

for Locations:



Ridley-Tree Cancer Center



Like our Facebook page
facebook.com/ridleytreecancercenter



Follow us on Twitter
twitter.com/ridleytreecancercenter



Online Calendar
calendar.ridleytreecc.org



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

All programs are drop-in unless otherwise noted. To register for those marked with an asterisk (*), please call the number listed in the description on the back of this page.

NEW!



Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

October 2017

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

3 10:00 am • **Healing Touch Appts.*** **IM**
 11:00 am • Well-fit Exercise Program* BEGINS TODAY
 12:00 pm • Life After Cancer **MR**
 2:00 pm • Tools for Coping with a Cancer Diagnosis **MR**
 4:00 pm • Living with Lung Cancer **MR**

4 10:45 am • QiGong Class **MR**
 12:30 pm • Healing Sounds Circle **MR**
 2:00 pm • Yoga for Strength **MR**
 3:15 pm • Gentle Yoga **MR**
 5:30 pm • Caregiver **MR**

5 11:00 am • Meditation Class **MR**
 4:00 pm • What to Eat During Treatment **MR**

6 9:45 am • Yoga for Strength **MR**
 11:00 am • Gentle Yoga **MR**
 1:00 pm • LivesTRONG at the YMCA (Santa Barbara) BEGINS TODAY

9 10:00 am • Painting Class **MR**
 12:30 pm • Yoga for Strength **MR**
 1:45 pm • Gentle Yoga **MR**

10 10:00 am • **Healing Touch Appts.*** **IM**
 12:00 pm • Prostate Support Grp. **MR**
 2:00 pm • Gynecological Cancer Support Grp. **MR**
 4:00 pm • Breast Cancer Support Grp **MR**

11 10:45 am • QiGong Class **MR**
 12:30 pm • Healing Sounds Circle **MR**
 2:00 pm • Yoga for Strength **MR**
 3:15 pm • Gentle Yoga **MR**
 5:30 pm • Caregiver **MR**

12 11:00 am • Meditation Class **MR**
 1:30 pm • Lymphedema Education Seminar* **PT**

13 9:45 am • Yoga for Strength **MR**
 11:00 am • Gentle Yoga **MR**

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

17 10:00 am • **Healing Touch Appts.*** **IM**
 12:00 pm • Life After Cancer **MR**
 1:45 pm • Tools for Coping with a Cancer Diagnosis **MR**
 5:30 pm • Brain Tumor Support Grp. **MR**

18 10:45 am • QiGong Class **MR**
 12:30 pm • Healing Sounds Circle **MR**
 2:00 pm • Yoga for Strength **MR**
 3:15 pm • Gentle Yoga **MR**
 5:30 pm • Caregiver **MR**

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

20 9:45 am • Yoga for Strength **MR**
 11:00 am • Gentle Yoga **MR**

23 10:00 am • Painting Class **MR**
 12:30 pm • Yoga for Strength **MR**
 1:45 pm • Gentle Yoga **MR**
 3:00 pm • Strength After Breast Cancer BEGINS TODAY **PT**

24 10:00 am • **Healing Touch Appts.*** **IM**
 2:00 pm • Gynecological Cancer Support Grp. **MR**
 4:00 pm • Breast Cancer Support Grp **MR**
 5:30 pm • Head & Neck Tumor Prog. **MR**

25 10:45 am • QiGong Class **MR**
 12:30 pm • Healing Sounds Circle **MR**
 2:00 pm • Yoga for Strength **MR**
 3:15 pm • Gentle Yoga **MR**
 5:30 pm • Caregiver **MR**

26 10:00 am • Flower Arranging Class **MR**
 11:00 am • Meditation Class **MR**

27 9:45 am • Yoga for Strength **MR**
 11:00 am • Gentle Yoga **MR**

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

31 10:00 am • **Healing Touch Appts.*** **IM**



All programs are drop-in unless otherwise noted. To register for those marked with an asterisk (*), please call the number listed in the description on the back of this page.



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Online Calendar
calendar.ridleytreecc.org



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

Coding Key **MR** Multipurpose Room (second floor), 540 West Pueblo Street – NEW Building
for Locations: **CF** Conference Hall (first floor), 540 West Pueblo Street – NEW Building
2027 Meeting Room 2027 (second floor), 540 West Pueblo Street – NEW Building
IM Integrated Medicine Room (second floor), 540 West Pueblo Street – NEW Building
PT Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A



Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday



- 6** 10:00 am • Painting Class **MIR**
12:30 pm • Yoga for Strength **MIR**
1:45 pm • Gentle Yoga **MIR**
5:00 pm • Sobreviviendo El Cancer **MIR**
- 7** 10:00 am • **Healing Touch Appts.*** **IM**
12:00 pm • Life After Cancer **MIR**
2:00 pm • Tools for Coping with a Cancer Diagnosis **MIR**
4:00 pm • Living with Lung Cancer **MIR**
- 8** 10:45 am • QiGong Class **MIR**
12:30 pm • Healing Sounds Circle **MIR**
2:00 pm • Yoga for Strength **MIR**
3:15 pm • Gentle Yoga **MIR**
- 9** 11:00 am • Meditation Class **MIR**
1:30 pm • **Lymphedema Education Seminar*** **PT**
- 10** 9:45 am • Yoga for Strength **MIR**
11:00 am • Gentle Yoga **MIR**
- 11** 10:45 am • QiGong Class **MIR**
12:30 pm • Healing Sounds Circle **MIR**
2:00 pm • Yoga for Strength **MIR**
3:15 pm • Gentle Yoga **MIR**
- 12** 11:00 am • Meditation Class **MIR**
- 13** 9:45 am • Yoga for Strength **MIR**
11:00 am • Gentle Yoga **MIR**

- 13** 10:00 am • Painting Class **MIR**
12:30 pm • Yoga for Strength **MIR**
1:45 pm • Gentle Yoga **MIR**
5:00 pm • Sobreviviendo El Cancer **MIR**
- 14** 10:00 am • **Healing Touch Appts.*** **IM**
12:00 pm • Prostate Support Grp. **MIR**
2:00 pm • Gynecological Cancer Support Group **MIR**
4:00 pm • Breast Cancer Support Grp. **MIR**
- 15** 10:45 am • QiGong Class **MIR**
12:30 pm • Healing Sounds Circle **MIR**
2:00 pm • Yoga for Strength **MIR**
3:15 pm • Gentle Yoga **MIR**
- 16** 11:00 am • Meditation Class **MIR**
5:30 pm • Young Adult Support Group **MIR**
- 17** 9:45 am • Yoga for Strength **MIR**
11:00 am • Gentle Yoga **MIR**
- 18** 10:00 am • **Healing Touch Appts.*** **IM**
12:00 pm • Life After Cancer **MIR**
2:00 pm • Tools for Coping with a Cancer Diagnosis **MIR**
5:30 pm • Brain Tumor Support Grp. **MIR**
- 19** 10:00 am • Painting Class **MIR**
12:30 pm • Yoga for Strength **MIR**
1:45 pm • Gentle Yoga **MIR**
5:00 pm • Sobreviviendo El Cancer **MIR**
- 20** 10:00 am • Painting Class **MIR**
12:30 pm • Yoga for Strength **MIR**
1:45 pm • Gentle Yoga **MIR**
5:00 pm • Sobreviviendo El Cancer **MIR**
- 21** 10:00 am • **Healing Touch Appts.*** **IM**
12:00 pm • Life After Cancer **MIR**
2:00 pm • Tools for Coping with a Cancer Diagnosis **MIR**
5:30 pm • Brain Tumor Support Grp. **MIR**
- 22** 10:45 am • QiGong Class **MIR**
12:30 pm • Healing Sounds Circle **MIR**
2:00 pm • Yoga for Strength **MIR**
3:15 pm • Gentle Yoga **MIR**
- 23** 11:00 am • Meditation Class **MIR**
- 24** 9:45 am • Yoga for Strength **MIR**
11:00 am • Gentle Yoga **MIR**

- 27** 10:00 am • Painting Class **MIR**
11:00 am • **Look Good, Feel Better Class** **007**
12:30 pm • Yoga for Strength **MIR**
1:45 pm • Gentle Yoga **MIR**
- 28** 2:00 pm • Gynecological Cancer Support Group **MIR**
4:00 pm • Breast Cancer Support Grp. **MIR**
5:30 pm • Head and Neck Tumor Prog. **MIR**
- 29** 10:45 am • QiGong Class **MIR**
12:30 pm • Healing Sounds Circle **MIR**
2:00 pm • Yoga for Strength **MIR**
3:15 pm • Gentle Yoga **MIR**
- 30** 2:30 pm • **Practices in Stress Management BEGINS TODAY** **CH**
- 31** 10:00 am • **Healing Touch Appts.*** **IM**
12:00 pm • Prostate Support Grp. **MIR**
2:00 pm • Gynecological Cancer Support Group **MIR**
4:00 pm • Breast Cancer Support Grp. **MIR**
5:30 pm • Head and Neck Tumor Prog. **MIR**
- 1** 10:45 am • QiGong Class **MIR**
12:30 pm • Healing Sounds Circle **MIR**
2:00 pm • Yoga for Strength **MIR**
3:15 pm • Gentle Yoga **MIR**
- 2** 11:00 am • Meditation Class **MIR**
- 3** 9:45 am • Yoga for Strength **MIR**
11:00 am • Gentle Yoga **MIR**



Ridley-Tree Cancer Center



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Online Calendar
calendar.ridleytreesc.org



Monthly Email Signup
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PT Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
- for Locations:

Avon 39 Supports Our Breast Cancer Navigation Program



Please join us on September 9 to cheer on the participants of the Santa Barbara Avon 39 – The Walk to End Breast Cancer

In 2010, the Cancer Center formulated a plan to create a navigator program to better serve breast cancer patients. These patient navigators would serve as liaisons between individual patients and the various healthcare providers required for proper diagnosis, treatment and disease management. Thanks to a \$100,000 grant from the Avon 39 Walk, this program was able to take shape and be incorporated into the supportive care programs available at the Cancer Center. Since our initial request, Avon 39 has approved additional grants to support breast cancer navigators for a total of \$650,000.

Each year to thank the Avon 39 participants who raise the funds that are granted to organizations such as ours, the Cancer Center has hosted a Cheering Station on the Avon 39 course. This morning-time event is filled with pink – from t-shirts and hats to pom-poms and megaphones. Staff, family members and other friends have an opportunity to thank the participants personally and show our support.

This year we are excited to take our support to the next level. In addition to hosting a Cheering Station at the corner of Cliff Drive and Santa Cruz Blvd., the Ridley-Tree Cancer Center and Cancer Foundation of Santa Barbara are pleased to be the official medical sponsors of the **Avon 39 Santa Barbara Walk**. Ridley-Tree Cancer Center staff, in conjunction with members of the Sansum Clinic team, will be hard at work both in advance of the event as well as the weekend of September 9 – 10 ensuring participants are fit, healthy and able to take on the rigors of a 39-mile walk, while the Cancer Foundation has made a donation to purchase medical supplies for the event.

Please email events@cfsb.org or call (805) 898-2115 to learn how you can join us. ▲



You are invited...

Breast Cancer Resource Center's 20th Anniversary Health Fair

Date: October 12, 2017

Time: 5:00 – 8:00 pm

Where: First Presbyterian Church,
21 E. Constance Ave.
Santa Barbara, CA 93105

The **BCRC Health Fair** commemorates the organizations 20 years in our community increasing awareness about breast health, healthcare and wellness resources. Attend the health fair to learn about breast health, support services, integrative therapies, access to care and survivorship activities. The event is free and open to the public. For more information contact Pam at (805) 569-9693, or via email pam@bcrcsb.org.

BCRC is not affiliated with Ridley-Tree Cancer Center.

October is Breast Cancer Awareness Month

Supportive Care Services for Breast Cancer Patients

The Ridley-Tree Cancer Center offers the following programs free-of-charge for breast cancer patients:

- 🍃 **Breast Cancer – Beginning the Journey to Wellness** - Exchange information and provide mutual support to others living with breast cancer.
- 🍃 **Look Good Feel Better** – Meet with a licensed beauty professional to learn how to cope with appearance-related side effects.
- 🍃 **Oncology Lymphedema Education** – Meet with our Certified Lymphedema Specialist to learn about lymphedema and how to reduce your risk.
- 🍃 **Strength After Breast Cancer** – This physical therapy program provides education and strength training to those at risk for lymphedema.

For more information about these and other programs, turn to the calendar on page 7 or visit ridleytreec.org ▲

