

# ON CENTER



## Ridley-Tree Cancer Center at Sansum Clinic

### Fall 2018 Issue

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

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

### Becky Betancourt

By Nicole Young

Spring of 2017 felt busy for **Becky Betancourt**, but in a good way. She and her husband, Bob, finalized their June plans for a joyous 50th anniversary party followed by a celebratory trip to Greece. When May arrived however, Becky's routine mammogram changed the couple's summer schedule. Surgical oncologist **Dr. Rosa Choi** diagnosed the 71 year-old with breast cancer and recommended a lumpectomy. "It was caught in time so I feel really blessed," Becky describes with a breath of relief. "I am so grateful. How fast things can change from one day to the next. You hear this so often that you don't really pay attention to its meaning." She refused to cancel her anniversary soiree but reluctantly traded her overseas vacation for four chemotherapy sessions and began radiation in the fall of 2017. Acting on guidance from her medical team including medical oncologist **Dr. Gregg Newman**, Becky began chemotherapy treatments followed by seven weeks of radiation, which initially seemed overwhelming and surreal. "Your mind starts working overtime. Sometimes you're waiting for them to start and you think, I can't believe I am here," she explains. Luckily, Becky "clicked" right away with radiation therapist **Nicole Schmidt** during her daily pilgrimage to the Radiation Oncology Department. "It makes a world of difference to be greeted with a smile by someone who is genuinely happy to see you," says Becky. She heaps praise on Nicole, her radiation oncologist **Dr. Shane Cotter** and all of his department colleagues. "They put you at ease and take very good care of you, doing whatever it takes to make you comfortable. They are very supportive and it's not the least bit phony." Apparently, the feelings were mutual. "The entire staff looked forward to seeing her every day," shares Nicole. "Her smile and positivity was contagious."

In January of 2018, Becky neared the end of her radiation therapy. "The support from family and friends was truly amazing," she recounts. "And Bob was such a wonderful caretaker." She decided however to skip the celebratory gathering where patients ring the famous brass bell to signify the conclusion of treatment. At the time, ash from the Thomas fire still hung in the sky and the residents of Montecito still grappled with the effects of devastating mudslides. "There was a cloud over Santa Barbara. I've never felt it like that," relays Becky. "Everybody was affected." Her final week as she sat in the waiting room, she noticed a woman who frequently wheeled in her elderly mother for appointments. When Becky learned the woman's son served as a local firefighter, she changed her mind about the bell. "I thought, my situation is nothing in comparison. I'm going to do it. Why not?" she exclaimed. When Becky's turn came, she rang the bell with verve alongside her husband and close girlfriend. While her diagnosis would remain unchanged, she clung to her ability to stay strong mentally, boosted by encouragement from her medical team. "Going through treatment isn't a walk in the park," she admits. "The caring and compassion of my team helped relieve my anxiety and helped me stay positive." ▲



Becky Betancourt

Ring this bell  
 Three times well  
 Its toll to clearly say,  
 My treatment's done  
 This course I've run  
 And I am on my way!

## Radiation Oncology Bell Ringing Tradition

Ridley-Tree Cancer Center's Radiation Oncology Department treated more than 1,300 patients last year. When a patient completes their radiation treatment, many celebrate by ringing a brass bell surrounded by their care team and loved ones. This bell ringing tradition takes place at many radiation treatment centers throughout the world. Thanks to an anonymous donation to the Cancer Foundation, the Ridley-Tree Cancer Center was able to install the beautiful new bell and mosaic in the Ridley-Tree Cancer Center.



Mosaic by Wendy Brewer

## Introducing Our New Oncology Social Workers

Ridley-Tree Cancer Center's Oncology Social Work Department recently welcomed **Brooke Johnson, MSW** and **Amy Lopez, MSW** to the team. Amy and Brooke are clinical social workers dedicated to providing emotional and practical support for patients and their loved ones. This includes individual and family counseling, case management, support groups, assistance with home care and long-term care, insurance, transportation, finances, advance care planning and advocacy. These services are provided free of charge thanks to a grant from the Cancer Foundation of Santa Barbara.

To schedule an appointment, please call **(805) 879-5690**.

**Ms. Johnson** completed both her Master's in Social Work and a fellowship in Palliative and End-of-Life Care at New York University's Silver School of Social Work. She is a member of the National Association of Social Workers and the Association of Oncology Social Work.

**Ms. Lopez** received her Master's in Social Work from California State University at Northridge. She is currently serving as the Vice President of the National Association of Social Workers (NASW) Santa Barbara Chapter and has a special focus on community advocacy and being a vital link for the Latino population. Amy is available to see patients in north and south Santa Barbara County. ▲



Brooke Johnson, MSW



Amy Lopez, MSW

## Have You Signed Up for MyChart?

**MyChart** offers patients personalized and secure on-line access to key portions of your medical records. It enables you to securely use the Internet to help manage and receive information about your health. MyChart is also available as an app for iPhone and Android.

### With MyChart you can:

- Request medical appointments
- View your medical information including after visit summaries
- View test results
- Send messages to your healthcare team
- Access your family's records
- Explore health education resources

### How do I get access to MyChart?

1. Stop by the Ridley-Tree Cancer Center's **Resource Library** for one-on-one assistance to sign up.
2. Sign up online at: [mychart.sansumclinic.org/MyChart/signup](http://mychart.sansumclinic.org/MyChart/signup).
3. Call the MyChart Help Desk at **(805) 898-3333**, Monday-Friday from 8:00 am-5:00 pm, and sign up over the phone.
4. Attend a small group tutorial at **Sansum Clinic's Health Resource Center** where a trained health educator will answer your questions and give you valuable tips to use at work, at home or on the go. If you have a MyChart log-in, please bring it. If not, we will help you get one. To reserve a space, call toll-free **(866) 829-0909** or visit [SansumClinic.org/health-and-wellness](http://SansumClinic.org/health-and-wellness).



# MyChart – Frequently Asked Questions

## *What do I need to use MyChart?*

You need a current, active e-mail address, access to a computer connected to the Internet, and an up-to-date browser.

## *Is MyChart secure?*

**Yes.** We take great care to ensure your health information is kept private and secure. Access to information is controlled through secure access codes, personal IDs, and passwords. Each person controls their password, and the account cannot be accessed without that password. MyChart also uses the latest 128-bit SSL encryption technology with no caching to automatically encrypt your session with MyChart. Unlike conventional e-mail, all MyChart messaging is done while you are securely logged on to our website.

## *I forgot my password and/or username. What should I do?*

On the MyChart login page, click the “**Forgot MyChart Username?**” or “**Forgot Password?**” link, then follow the on-screen prompts. If this does not resolve the issue, please contact the MyChart Help Desk at **805-898-3333**, 8:00 am – 5:00 pm, Monday-Friday.

## *If I send a message to my healthcare provider, when can I expect a reply?*

You will generally receive an answer within **1-3 business days**. Please note that MyChart should not be used for urgent matters. Please contact your provider if the situation requires immediate attention, or dial 911 if it is an emergency.

## *Can I view a family member’s health record in MyChart?*

**Yes, you can.** This is called **proxy access**. Proxy access allows adults 18 and older to log into their own personal MyChart account and access information regarding their family member(s). Proxy access can be granted to other adults by clicking **Messaging > Grant Proxy Access**, and clicking on the “**Grant an adult access to your record**” link to complete and submit the form. Requests are typically processed within 3 business days.

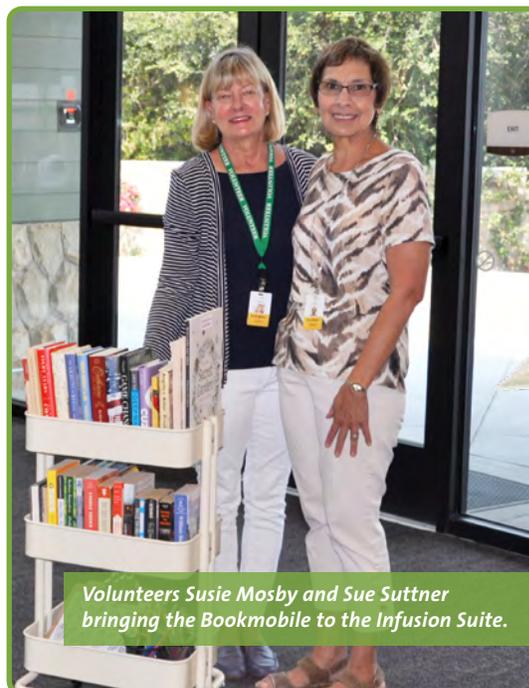
## *Can I ask questions regarding a family member from my MyChart account?*

MyChart offers direct access to your personal health record. Using your account to communicate about another individual’s information would place that information in your health record. This information would not appear in the correct health record and could potentially jeopardize medical care. In order to ask questions regarding a family member via MyChart, you must complete the proxy access process. ▲

## Introducing the RTCC Bookmobile!

**T**he **Bookmobile** is filled with leisure reading books, coloring supplies and headphones for patients and caregivers to help pass the time while at the Cancer Center. Volunteers periodically bring the Bookmobile around the Infusion Suite or you can visit the Bookmobile in the Resource Library on the first floor. Realized you left your headphones at home and you’ve already started your treatment? You can ask your nurse to request the Bookmobile and it will be brought right to your chair. These resources are available for free as a courtesy to our patients and their caregivers.

The Bookmobile runs on donations. If you’d like to donate books to the Bookmobile, email **Youngmi An** at **yan@ridleytrecc.org**. ▲



*Volunteers Susie Mosby and Sue Suttner bringing the Bookmobile to the Infusion Suite.*



# Donna Hawkins: Fitbit for Health

By Nicole Young

After two surgeries and six months of treatment for breast cancer, **Donna Hawkins** began taking the anti-estrogen drug, Letrozole. Her medical oncologist, **Dr. Jonathan Berkowitz**, recommended that she use the hormonal therapy medicine for the next decade to keep the cancer from returning. At the outset, Donna experienced severe joint pain, hot flashes at night, and depression-like symptoms. *"To think about being on a drug for ten years with bad side effects is depressing,"* laments the 59 year-old. Dr. Berkowitz suggested that regular exercise and a healthy diet could offset some of the physical reactions from taking the drug.



Donna Hawkins in her garage gym

A wealth of medical research demonstrates that exercise, a healthy diet and counseling can help women feel better physically and emotionally, both during and after breast cancer treatment. One specific study, published in 2017 in the medical journal *Obesity* found that for women taking aromatase inhibitors like Letrozole, exercise kept weight gain at bay and eased some of the more severe side effects; a positive impact in the short term and for the future. *"We know that a higher level of exercise is associated with reduced mortality. A lower-fat, plant-based diet combined with modest weight loss has been shown to decrease risk of breast cancer recurrence. Right now, we are watching results from several clinical trials aiming to better define the effects of weight loss on breast cancer survival,"* reports oncology nutrition manager **Sarah Washburn, MS, RDN, CSO**.

Sarah designed a personalized nutrition and exercise plan for Donna that included the use of a Fitbit, a lightweight smartwatch that would track her steps. Donna joined 20 other breast cancer survivors who enrolled in a 2017 Cancer Center pilot program focused on healthy eating, increased physical activity and strategies for positive behavioral change. **Hollye Jacobs**, a local breast cancer survivor, nurse, author and speaker, along with her husband, **Jeff Jacobs**, generously donated the Fitbits so patients could document their fitness and immediately share that information with their treatment team. Before she began the program, Donna's only regular exercise consisted of occasional walks with her husband after a full day working in the Building Department for San Luis Obispo County. *"Once I was diagnosed, I became more interested in how I was eating and exercising. I wanted to be healthier,"* she remarks. Sarah helped Donna set a certain number of steps to take each day with the goal to just improve. The Fitbit's software would upload all the gathered data from Donna's regimen right from her phone to her medical record so Sarah and the rest of her medical team could monitor her. Donna began at 10,000 steps a day, a number she discovered she hit by early afternoon at her job. She gradually adjusted her goal, eventually raising it to 14,000 steps a day, which she hit at least 5 days a week. Now, if she gets home from the office and the Fitbit alerts her that she's below her mark, she may decide to walk. *"I told Sarah the fact that I know what my desired heart rate is kind of geeky,"* laughs Donna. *"I never thought I would have known that before. The Fitbit keeps me responsible for getting the steps in and I can watch it throughout the day."* Buoyed by her progress, she now may decide to hop on the treadmill in the morning or ride her stationary bike in the evening. Combined with a mostly plant-based diet and several daily supplements recommended by Sarah, Donna's lifestyle changes are permanent now and she feels much healthier and stronger. In addition, she has intentionally lost about 20 pounds since October of last year.

Most of the pilot program participants also report that the Fitbit helped to keep them on track with their exercise goals. In addition to boosting their survival rates, the women's post-treatment exercise may have the power to fend off the effects of depression and anxiety, cognitive impairment, fatigue, bone loss, lymphedema, and sleep issues. *"It's kind of sad cancer is what it took to get me interested, but I am paying more attention now,"* notes Donna. *"It's all radically different than a year ago. I really think it is making a huge impact on my life."* ▲

## Advanced Care Planning Workshop

Advance care planning is an ongoing process of planning and documenting future healthcare priorities and values in the event that medical decision-making is no longer possible. Whether you are a patient or caregiver, having conversations about your care and the future should be part of your journey.

Ridley-Tree Cancer Center is now offering a workshop to learn about completing your own Advance Health Care Directive document and to answer your questions.

Thursday, September 20

10:00 am – 12:00 pm

Ridley-Tree Cancer Center –  
540 W. Pueblo Street, 1st floor  
Lovelace Conference Hall

RSVP required. To RSVP,  
call (805) 879-5648 or email  
[library@ridleytreec.org](mailto:library@ridleytreec.org).



# October is Breast Cancer Awareness Month

By Sam Howland, MS

In the Santa Barbara area, more than 300 women receive a new diagnosis of breast cancer each year. At Ridley-Tree Cancer Center, we provide expert medical care along with dedicated supportive care teams to ensure best outcomes for local patients. We have talented physicians including medical oncologists, radiation oncologists, and a breast surgical oncologist; new cutting-edge radiation therapy treatment equipment; clinical trials; patient navigators, genetic counselors, oncology nutritionists, social workers, support groups, wellness classes and a well-stocked resource library for our breast cancer patients during treatment and beyond. Although this is a small town, the scope of support available to help people through a breast cancer diagnosis is remarkable.



Even though we can take wonderful care of you if you are diagnosed with breast cancer, we hope you will not have to walk this journey. There are choices all of us can make to reduce our risk of breast cancer:

**Learn your family history.** The national guidelines for meeting with a genetic counselor to discuss breast cancer risk have recently expanded to include having relatives with cancers other than breast and ovarian cancer, including having a relative with pancreatic or prostate cancer. You may be eligible for breast cancer genetic testing.

**Know the physical signs of breast cancer.** These can include a lump, a discharge, flattened or sunken nipple, a thickened area, red and warm area, or pain. If you're unsure, schedule an examination with your doctor.

**Adopt a physically active lifestyle.** Regular exercise has profound beneficial effects on our body that reduce the risk of developing many cancers, including breast cancer. Adults should aim for 2-3 hours of moderate physical activity every week.

**Eat a healthy diet.** Limit consumption of processed or sugary foods and drinks. A diet based on whole foods, with plenty of vegetables and fruit, helps us maintain a healthy weight. Adopting a healthful diet reduces your cancer risk.

Please let us know if you need more information or would like to meet with a staff member to review approaches to breast cancer prevention. We're here for you – before, during, and after a breast cancer diagnosis.

## The Science Behind Our Supportive Care Programs

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

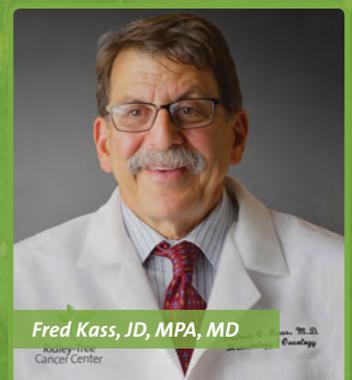


## Breast Cancer Study

Many women with estrogen sensitive, early-stage breast cancer who would previously have received chemotherapy can now safely rely instead on hormonal therapy alone, according to a major international study in which the Ridley-Tree Cancer Center was a participating research center, led by medical oncologist, Dr. Fred Kass.

The study found that Oncotype DX - a gene test performed on tumor samples - is able to identify an increasing number of women who can safely skip chemotherapy. Instead, these women with favorable Oncotype gene scores will be prescribed an oral medication that blocks the hormone estrogen or that stops the body from making it.

It should be noted that the study applies primarily to women over the age of 50. Chemotherapy may continue to be recommended to many younger women with early stage breast cancer.



Fred Kass, JD, MPA, MD

Ridley-Tree Cancer Center



## Wellness Classes

### Painting the Pictures of Health Class

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

Every Monday  
(805) 879-5678

### The Art of Flower Arranging Class

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

Call for schedule: (805) 879-5678

### Yoga for Strength and Empowerment

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

Monday, Wednesday, Friday  
(805) 879-5678

### Gentle Therapeutic Yoga

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

Monday, Wednesday, Friday  
(805) 879-5678

### Well-fit Exercise Program

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

Call for schedule  
(805) 966-6147 x262

### Oncology Wellness Series

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

Call for schedule: (805) 879-5678

### Meditation for Cancer Survivors\*

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

Call for schedule: (805) 879-5678

### 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) 969-3289, x110

Santa Ynez (805) 686-2037

Lompoc (805) 736-3483, x37

Santa Barbara (805) 687-7720, x227

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

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

Call for schedule: (805) 681-7781

### Stress Management 101

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

Call for schedule: (805) 879-5678

### Oncology Lymphedema Education Seminar

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

2nd Tuesday/month  
(805) 681-7781

### Book Club

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

4th Thursday/month  
(805) 879-5648

### Look Good, Feel Better Class

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

Call for schedule:  
(800) 227-2345

### Drumming Together

Come drum with us! This class provides participants a welcoming space to create fun music, learn rhythmic patterns and improvise with the group.

Every Thursday: (805) 879-5654

### Meditation for Relaxation Class

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

Every Thursday  
(805) 879-5678

### Healing Touch Appointments

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

Every Tuesday  
(805) 879-5678

### Oncology Nutrition Class

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

Call for schedule:  
(805) 879-5652

### Colors of Hope Coloring Class

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

Every Tuesday  
(805) 879-5678

### Singing Group

Join us as we get together and sing! Songs will be from a wide range of genres, artists and ages. No musical experience necessary. Drop-ins welcome.

Every Wednesday  
(805) 879-5654

### Healing Sounds Circle

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

Every Tuesday  
(805) 879-5654

## Supportive Care Programs

### Life After Cancer - Discovering Your New Normal\*

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

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

### Gynecological Cancer Support Group

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

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

### Breast Cancer - Beginning the Journey to Wellness

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

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

### Head and Neck Tumors

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

4th Tuesday/month  
(805) 879-0647

### Caring for the Caregiver

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

Call for schedule: (805) 879-0647

### Sobreviviendo el Cancer

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

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

### Brain Tumor Support Group

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

3rd Tuesday/month  
(805) 879-0647

## Who Qualifies for RTCC Wellness Programs?

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

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

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

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

# Options for Patients and Their Caregivers?

## Support Groups

### Prostate Cancer Discussion Group

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

2nd Tuesday/month  
(805) 879-0647

### Tools for Coping with a Cancer Diagnosis

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

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

### Living with Lung Cancer

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

1st Tuesday/month  
(805) 879-0647

### Young Adult Support Group

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

3rd Thursday/month  
(805) 879-0647

### Talking to Your Children About Cancer

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

Call for schedule: (805) 879-0647

### I Count Too - Kids Support Group

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

Call for schedule: (805) 879-0647

### Teens Helping Teens

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

Call for schedule: (805) 879-0647

## Clinical Support Services

### Patient Navigation

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

(805) 879-0660

### Oncology Social Work Services

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

(805) 879-0669

### Oncology Nutrition Counseling

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

(805) 879-5652

### Genetic Counseling

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

(805) 879-5653

### Cancer Information & Resource Library

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

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

### Music Therapy

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

(805) 879-5654

### Physical Therapy Intervention

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

(805) 681-7781

### Community Palliative Care

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

(805) 690-6212

### Beauty and Boutique Services

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

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

### Clinical Trials

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

(805) 879-0643

### Advance Directives Workshop

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

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

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





# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

September 2018

3

CLOSED - LABOR DAY



4

10:00 am - 2:30 pm • **Healing Touch Appointments\*** (IM)  
 10:30 - 11:30 am • **Healing Sounds Circle** (MR)  
 11:00 am - 12:00 pm • **Coloring Class** (SY)  
 11:00 am • **Well-fit Exercise Program – BEGINS TODAY**  
 12:00 - 1:15 pm • **Life After Cancer Support Group** (MR)  
 2:00 - 3:00 pm • **Tools for Coping with a Cancer Diagnosis Support Group** (MR)  
 4:00 - 5:00 pm • **Living w/ Lung Cancer Support Group** (MR)

5

10:00 am - 12:00 pm • **Advance Directives Workshop (Lompoc)\*** (MR)  
 12:00 - 1:00 pm • **Singing Group** (MR)  
 2:00 - 3:00 pm • **Yoga for Strength** (MR)  
 3:15 - 4:15 pm • **Gentle Yoga** (MR)  
 5:30 - 6:30 pm • **Caregivers Class** (MR)

6

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

7

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

10

10:00 am - 12:00 pm • **Painting Class** (MR)  
 10:00 - 12:00 pm • **Advance Directives Workshop (Santa Barbara)\***  
 1:00 pm • **LiveSTRONG at the YMCA (Lompoc) BEGINS TODAY**  
 1:00 - 2:00 pm • **Yoga for Strength** (MR)  
 2:15 - 3:15 pm • **Gentle Yoga** (MR)  
 3:00 - 4:00 pm • **Strength After Breast Cancer BEGINS TODAY\*** (PT)

11

10:00 am - 2:30 pm • **Healing Touch Appointments\*** (IM)  
 10:30 - 11:30 am • **Healing Sounds Circle** (MR)  
 11:00 am - 12:00 pm • **Coloring Class** (SY)  
 12:00 - 1:30 pm • **Prostate Cancer Support Group** (MR)  
 12:30 pm • **LiveSTRONG at the YMCA (Santa Ynez) – BEGINS TODAY**  
 12:30 - 1:30 pm • **Lymphedema Education Seminar\*** (PT)  
 2:00 - 3:00 pm • **Gynecological Cancer Support Group** (MR)  
 4:00 - 5:00 pm • **Breast Cancer Support Group** (MR)

12

12:00 - 1:00 pm • **Singing Group** (MR)  
 2:00 - 3:00 pm • **Yoga for Strength** (MR)  
 3:15 - 4:15 pm • **Gentle Yoga** (MR)  
 5:30 - 6:30 pm • **Caregivers Class** (MR)  
 7:00 - 8:00 pm • **Meditation for Cancer Survivors** (W)

13

11:00 am - 12:00 pm • **Meditation Class** (MR)  
 2:00 - 3:00 pm • **Oncology Wellness Series: What Role Can Music Therapy Play in Cancer Treatment?** (MR)

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)  
 5:00 - 6:00 pm • **Sobreviviendo El Cancer** (MR)

18

10:00 am - 2:30 pm • **Healing Touch Appointments\*** (IM)  
 10:30 - 11:30 am • **Healing Sounds Circle** (MR)  
 11:00 am - 12:00 pm • **Coloring Class** (SY)  
 12:00 - 1:15 pm • **Life After Cancer Support Group** (MR)  
 2:00 - 3:00 pm • **Tools for Coping with a Cancer Diagnosis Support Group** (MR)  
 5:30 - 6:30 pm • **Brain Tumor Support Group** (MR)

19

10:00 - 11:00 am • **QiGong Basics 4-week class begins TODAY** (MR)  
 12:00 - 1:00 pm • **Singing Group** (MR)  
 2:00 - 3:00 pm • **Yoga for Strength** (MR)  
 3:15 - 4:15 pm • **Gentle Yoga** (MR)  
 5:30 - 6:30 pm • **Caregivers Class** (MR)  
 7:00 - 8:00 pm • **Meditation for Cancer Survivors** (W)

20

10:00 am - 12:00 pm • **Advance Directive Workshop** (L)  
 11:00 am - 12:00 pm • **Meditation Class** (MR)  
 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\*** (IM)  
 10:30 - 11:30 am • **Healing Sounds Circle** (MR)  
 11:00 am - 12:00 pm • **Coloring Class** (SY)  
 2:00 - 3:00 pm • **Gynecological Cancer Support Group** (MR)  
 4:00 - 5:00 pm • **Breast Cancer Support Group** (MR)  
 5:30 - 6:30 pm • **Head and Neck Tumor Program** (MR)

26

12:00 - 1:00 pm • **Singing Group** (MR)  
 2:00 - 3:00 pm • **Yoga for Strength** (MR)  
 3:15 - 4:15 pm • **Gentle Yoga** (MR)  
 5:30 - 6:30 pm • **Caregivers Class** (MR)  
 7:00 - 8:00 pm • **Meditation for Cancer Survivors** (W)

27

11:00 am - 12:00 pm • **Meditation Class** (MR)  
 2:00 - 3:00 pm • **Book Club** (L)  
 4:00 - 5:00 pm • **Oncology Nutrition Class: Mediterranean Diet** (MR)

28

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



Ridley-Tree Cancer Center



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Online Calendar  
calendar.ridleytreec.org



Monthly Email Signup  
ridleytreec.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 pages 6 - 7.

**Coding Key**  
for Locations:

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



# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

October 2018

- 1** 10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**
- 2** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
4:00 - 5:00 pm • Living w/ Lung Cancer Support Group **MR**
- 3** 10:00 am - 12:00 pm • Advance Directives Workshop (Lompoc)\*  
12:00 - 1:00 pm • Singing Group **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
3:30 pm • LiveSTRONG at the YMCA (Santa Barbara) – BEGINS TODAY  
5:30 - 6:30 pm • Sobreviviendo El Cancer **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**
- 4** 9:45 - 10:45 am • Drumming Together **W**  
11:00 am - 12:00 pm • Meditation Class **MR**
- 5** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**
- 6** 10:00 am - 12:00 pm • Painting Class **MR**  
10:00 - 12:00 pm • Advance Directives Workshop (Santa Barbara)\*  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**
- 7** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**  
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
12:30 - 1:30 pm • Lymphedema Education Seminar\* **PT**  
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**  
4:00 - 5:00 pm • Breast Cancer Support Group **MR**
- 8** 10:00 am - 2:30 pm • Painting Class **MR**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
5:30 - 6:30 pm • Brain Tumor Support Group **MR**
- 9** 10:00 am - 2:30 pm • Painting Class **MR**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**  
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
12:30 - 1:30 pm • Lymphedema Education Seminar\* **PT**  
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**  
4:00 - 5:00 pm • Breast Cancer Support Group **MR**
- 10** 12:00 - 1:00 pm • Singing Group **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**
- 11** 9:45 - 10:45 am • Drumming Together **W**  
11:00 am - 12:00 pm • Meditation Class **MR**
- 12** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**
- 13** 9:30 - 10:30 am • Flower Arranging Class **MR**  
9:45 - 10:45 • Drumming Together **W**  
11:00 am - 12:00 pm • Meditation Class **MR**  
5:30 - 7:00 pm • Young Adult Support Group **MR**
- 14** 10:00 am - 2:30 pm • Painting Class **MR**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
5:30 - 6:30 pm • Brain Tumor Support Group **MR**
- 15** 10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**
- 16** 10:00 am - 2:30 pm • Painting Class **MR**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**  
12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
5:30 - 6:30 pm • Brain Tumor Support Group **MR**
- 17** 12:00 - 1:00 pm • Singing Group **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
5:30 - 6:30 pm • Sobreviviendo El Cancer **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**
- 18** 9:30 - 10:30 am • Flower Arranging Class **MR**  
9:45 - 10:45 • Drumming Together **W**  
11:00 am - 12:00 pm • Meditation Class **MR**  
5:30 - 7:00 pm • Young Adult Support Group **MR**
- 19** 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**  
11:00 am - 1:00 pm • Look Good, Feel Better **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**
- 21** 10:00 am - 2:30 pm • Painting Class **MR**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**  
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
12:30 - 1:30 pm • Lymphedema Education Seminar\* **PT**  
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**  
4:00 - 5:00 pm • Breast Cancer Support Group **MR**
- 22** 10:00 am - 12:00 pm • Painting Class **MR**  
11:00 am - 1:00 pm • Look Good, Feel Better **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**
- 23** 10:00 am - 2:30 pm • Painting Class **MR**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**  
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
12:30 - 1:30 pm • Lymphedema Education Seminar\* **PT**  
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**  
4:00 - 5:00 pm • Breast Cancer Support Group **MR**  
5:30 - 6:30 pm • Head and Neck Tumor Program **MR**
- 24** 12:00 - 1:00 pm • Singing Group **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
5:30 - 6:30 pm • Oncology Wellness Series: Sign Me Up, I Need a Laugh! **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**
- 25** 9:45 - 10:45 • Drumming Together **W**  
11:00 am - 12:00 pm • Meditation Class **MR**  
2:00 - 3:00 pm • Book Club **L**  
4:00 - 5:00 pm • Oncology Nutrition Class: Fasting - If, When and Why **MR**
- 26** 9:45 - 10:45 am • Yoga for Strength **MR**  
11:00 am - 12:00 pm • Gentle Yoga **MR**
- 27** 10:00 am - 2:30 pm • Painting Class **MR**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**  
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
12:30 - 1:30 pm • Lymphedema Education Seminar\* **PT**  
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**  
4:00 - 5:00 pm • Breast Cancer Support Group **MR**
- 28** 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**
- 29** 10:00 am - 12:00 pm • Painting Class **MR**  
1:00 - 2:00 pm • Yoga for Strength **MR**  
2:15 - 3:15 pm • Gentle Yoga **MR**
- 30** 10:00 am - 2:30 pm • Painting Class **MR**  
10:30 - 11:30 am • Healing Sounds Circle **MR**  
11:00 am - 12:00 pm • Coloring Class **SY**
- 31** 12:00 - 1:00 pm • Singing Group **MR**  
2:00 - 3:00 pm • Yoga for Strength **MR**  
3:15 - 4:15 pm • Gentle Yoga **MR**  
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**



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.

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- SY** YMCA, Activity Center, 900 Refugio Road, Santa Ynez, CA 93460
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- W** Wolf Education & Training Center, 529 West Junipero Street

Coding Key

for Locations:



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



Online Calendar  
calendar.ridleytreecc.org



Follow us on Twitter  
twitter.com/ridleytreecc



Like our Facebook page  
facebook.com/ridleytreecc



# Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday



- 5** 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**
- 6** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
 10:30 - 11:30 am • Healing Sounds Circle **MR**  
 11:00 am - 12:00 pm • Coloring Class **SY**  
 12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
 4:00 - 5:00 pm • Living w/ Lung Cancer Support Grp **MR**
- 7** 10:00 am - 12:00 pm • Advance Directives Workshop (Lompoc)\*  
 12:00 - 1:00 pm • Singing Group **MR**  
 2:00 - 3:00 pm • Yoga for Strength **MR**  
 3:15 - 4:15 pm • Gentle Yoga **MR**  
 5:30 - 6:30 pm • Sobreviviendo El Cancer **MR**  
 7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

- 12** 10:00 am - 12:00 pm • Painting Class **MR**  
 10:00 am - 12:00 pm • Advance Directives Workshop (Santa Barbara)\*  
 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**
- 13** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
 10:30 - 11:30 am • Healing Sounds Circle **MR**  
 11:00 am - 12:00 pm • Coloring Class **SY**  
 12:30 - 1:30 pm • Lymphedema Education Seminar\* **PT**  
 12:00 - 1:30 pm • Prostate Cancer Support Group **MR**  
 2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**  
 4:00 - 5:00 pm • Oncology Wellness Series: What Role Can Journaling Play in Cancer Treatment? **MR**  
 4:00 - 5:00 pm • Breast Cancer Support Group **MR**
- 14** 12:00 - 1:00 pm • Singing Group **MR**  
 2:00 - 3:00 pm • Yoga for Strength **MR**  
 3:15 - 4:15 pm • Gentle Yoga **MR**  
 7:00 - 8:00 pm • Meditation for Cancer Survivors **W**
- 15** 9:45 - 10:45 am • Drumming Together **W**  
 11:00 am - 12:00 pm • Meditation Class **MR**  
 2:00 - 3:00 pm • Book Club **L**  
 4:00 - 5:00 pm • Oncology Nutrition Class: Holiday Cooking with Cruciferous Vegetables **MR**
- 16** 9:45 - 10:45 am • Yoga for Strength **MR**  
 11:00 am - 12:00 pm • Gentle Yoga **MR**

- 19** 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**
- 20** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
 10:30 - 11:30 am • Healing Sounds Circle **MR**  
 11:00 am - 12:00 pm • Coloring Class **SY**  
 12:00 - 1:15 pm • Life After Cancer Support Group **MR**  
 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**  
 5:30 - 6:30 pm • Brain Tumor Support Group **MR**
- 21** 12:00 - 1:00 pm • Singing Group **MR**  
 2:00 - 3:00 pm • Yoga for Strength **MR**  
 3:15 - 4:15 pm • Gentle Yoga **MR**  
 5:30 - 6:30 pm • Sobreviviendo El Cancer **MR**  
 7:00 - 8:00 pm • Meditation for Cancer Survivors **W**
- 22** CLOSED - THANKSGIVING DAY
- 23** 9:45 - 10:45 am • Yoga for Strength **MR**  
 11:00 am - 12:00 pm • Gentle Yoga **MR**

- 26** 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**
- 27** 10:00 am - 2:30 pm • Healing Touch Appointments\* **IM**  
 10:30 - 11:30 am • Healing Sounds Circle **MR**  
 11:00 am - 12:00 pm • Coloring Class **SY**  
 2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**  
 4:00 - 5:00 pm • Breast Cancer Support Group **MR**  
 5:30 - 6:30 pm • Head and Neck Tumor Program **MR**
- 28** 12:00 - 1:00 pm • Singing Group **MR**  
 2:00 - 3:00 pm • Yoga for Strength **MR**  
 3:15 - 4:15 pm • Gentle Yoga **MR**  
 7:00 - 8:00 pm • Meditation for Cancer Survivors **W**
- 29** 9:45 - 10:45 am • Drumming Together **W**  
 11:00 am - 12:00 pm • Meditation Class **MR**
- 30** 9:45 - 10:45 am • Yoga for Strength **MR**  
 11:00 am - 12:00 pm • Gentle Yoga **MR**



Ridley-Tree Cancer Center

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**207** Stinson Meeting Room 207 (second floor), 540 West Pueblo Street  
**IM** Bevely's Team Integrated Medicine Room (second floor), 540 West Pueblo Street  
**PT** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A  
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**L** Henley Resource Library, 540 West Pueblo Street  
**W** Wolf Education & Training Center, 529 West Junipero Street



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Online Calendar  
calendar.ridleytreecc.org



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

Coding Key  
for Locations:

## A New Partnership with Revitalash® Cosmetics

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

REVITALASH®  
COSMETICS



## Have You Visited the Healing Garden?

Ridley-Tree Cancer Center's half-acre **Healing Garden** provides a serene area surrounded by shaded walking paths and benches for patients, families, caregivers and staff to enjoy. The landscaping features a variety of beautiful native plants and tucked in the back under the shade of sycamore trees is the **Tribute Wall**, featuring personalized tiles honoring patients, physicians, donors and loved ones. We invite our patients along with their families and caregivers to enjoy this special garden so be sure to come a little early for your next appointment and take in this beautiful space! Contact the Cancer Foundation office at (805) 898-2116 to learn more about tribute tiles and other naming opportunities available in the Healing Garden. ▲



Walking Paths



Healing Garden



Tribute Wall

## Did You Know You Can Use Your IRA to Support Cancer Care?

Looking for an easy way to support the Cancer Center this year? The IRA rollover is a simple and easy way to help our work.

If you are 70 1/2, you may roll over up to \$100,000 from your IRA to charity! Since individuals 70 and older are required to take required minimum distributions from their IRA accounts each year, this is a great way to benefit the Cancer Foundation. While you cannot claim a charitable deduction for IRA gifts to the Cancer Foundation, a distribution from your IRA counts towards your minimum required distribution for the year and reduces your taxable income because the amount of the transfer is not included as part of your taxable income. To make an IRA rollover gift, simply contact your custodian and request that an amount be transferred to us. Your gift could be \$1,000, \$10,000, \$50,000 or even \$100,000. Please contact **Tom Ligare**, Planned Giving Specialist at the Cancer Foundation, at (805) 689-3483 to learn more about how an IRA rollover gift can help you and support local cancer care! ▲



Cancer Foundation of Santa Barbara  
Elaine & Edward  
Stepanek Legacy Society

## Save the Date for Art Heals!

Join us for an open house showcasing our patient art on Thursday, December 6.

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



Planned Giving Committee Tom Ligare, CLU®, CAP®, Kristen Blabey, Jim Davidson



Ridley-Tree Cancer Center at Sansum Clinic

540 West Pueblo Street  
Santa Barbara, CA 93105

NONPROFIT  
ORGANIZATION  
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SANTA BARBARA, CA  
PERMIT NO. 1215

ON  
CENTER

Fall 2018



Ridley-Tree Cancer Center

FOCUSED ON CANCER. CENTERED ON YOU.

Cancer Foundation of Santa Barbara Presents **2018 Walk/Run**



WALK/RUN  
SKIRJOG

Join us for the **Cancer Foundation Walk/Run on Sunday, October 21, 2018** and help us reach our fundraising goal of \$200,000. One hundred percent of these funds support cancer research and patient supportive care programs. The event features a new 5K, 10K course and Kids' Fun Run.

Don't miss the beautiful brunch put on by the **Four Seasons Biltmore!** To register or support a participant or team please visit the Walk/Run website at [www.cfsb.org/walkrun2018](http://www.cfsb.org/walkrun2018). ▲

walk  
run '18

October 21, 2018

CANCER FOUNDATION  
of SANTA BARBARA



Ridley-Tree  
Cancer Center