

ON CENTER



Ridley-Tree Cancer Center
at Sansum Clinic

Winter 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 survivor programs. Funding for programs and services is provided through the Cancer Foundation of Santa Barbara.

www.ridleytrecc.org www.cfsb.org

Celebrating the Successful Campaign for Our New Cancer Center

Thanks to an extraordinary outpouring of support by community leaders, foundations, businesses, donors and patients, the *Campaign for Our New Cancer Center* raised more than **\$48 million** toward the \$53 million cost of the project.

Lady Leslie Ridley-Tree will be forever aligned with this institution that now carries her name thanks to her leadership gift of \$10.73 million. Hundreds of additional benefactors gave generously including **Virgil Elings** for whom the **Elings Oncology Building** is named, and the **Wolf Family Foundation** that funded the new **Wolf Education and Training Center**. Seventeen donors gave \$1 million or more toward the project.

The Ridley-Tree Cancer Center officially opened on September 18, 2017 – on time and on budget. This stunning new facility is home to cutting-edge technology including two **Elekta Versa HD linear accelerators** (the same found at MD Anderson and Johns Hopkins), a diagnostic laboratory, and superb research, genetics, and support and wellness programs. With the approaching completion of the adjacent **Healing Garden** and **Wolf Education and Training Center**, the dream of a robust cancer center where all outpatient services can be delivered under one roof is here.

Continued on page 2 ▶





Patti McCormack and Sue Suttner

Spotlight on Volunteering

The Ridley-Tree Cancer Center ramped up its volunteer program alongside the grand opening of the new Elings Oncology Building. Volunteers have worked hundreds of hours in the new cancer center in many capacities: patient greeter/escorts, oncology massage, art class, healing touch and an array of other duties. Thank you to our 45 volunteers for your energy, time and compassion. You are part of our team and we are lucky to have you! If you are interested in volunteering, please visit ridleytreec.org for more information.

While hundreds of volunteers and staff worked tirelessly over the past two years to achieve the success of the *Campaign for Our New Cancer Center*, the Cancer Foundation of Santa Barbara and Sansum Clinic would like to offer special thanks to its Campaign Cabinet – **Lady Leslie Ridley-Tree, Ed and Sue Birch, Dan Gainey, Peter MacDougall and Maryan Schall** for their passionate leadership and support. Trustees **Jim Jackson** and **Vicki Hazard** provided exceptional guidance and much credit goes to the tireless efforts of the physicians, leadership and philanthropy staffs of both organizations.



Kurt Ransohoff, MD, FACP, Matt Kunkel, Rick Scott and Lady Leslie Ridley-Tree

For those who are still interested in getting involved with this project, tribute tiles, theater seats and a range of significant naming opportunities remain available. For more information, please contact **Lori Willis** at the Cancer Foundation of Santa Barbara at **(805) 898-2187** or at lwillis@cfsb.org. ▲

Rick Scott Hands Off the Baton

Rick Scott was named Executive Director and then President of the Cancer Center more than 25 years ago, bringing an extraordinary heart for its mission, having lost both his parents to cancer. Under Rick’s leadership, the Cancer Center emerged as an exceptional facility, accessible to all, and with top medical professionals and technology to bring healing and hope to patients and their families. As the 1990s ushered in the transition of cancer care from “in-patient” to “out-patient”, Rick saw the need for long range planning and to put reserves in place. To provide financial stability, he proposed building on their endowments following the GARP – Growth at a Reasonable Pace – philosophy of management. In this manner the center could not only afford the programs and equipment, but more importantly, be able to sustain them. This forethought and planning is perhaps Rick’s greatest legacy – leaving the Cancer Foundation in a strong financial position in order to continue its support of the programs and services at the Ridley-Tree Cancer Center.

In 2012, Sansum Clinic and the Cancer Center joined together to develop a proposed comprehensive cancer institute serving the broad needs of oncology patients on the Central Coast. When the Ridley-Tree Cancer Center opened its doors on Monday, September 18, the dream launched by Rick and the trustees of the Cancer Center almost 20 years ago become a reality. Over the course of the *Campaign for Our New Cancer Center*, many had the benefit of a personal tour from Rick. During those tours he shared stories about his search of the hospital neighborhood for land for the new center, his methodical and successful negotiations of the acquisition and then the development of the parcels. He spoke about the history of medical advancements in cancer care, and inspired all who attended with personal memories about the donors, staff and patients that inspired the vision for Ridley-Tree Cancer Center.

The Ridley-Tree Cancer Center has been richly blessed by the dedication and passion Rick brought to the organization and we thank him for his leadership for a quarter of a century. In December, the Board of Trustees appointed **Lori Willis** as the Executive Director of the Cancer Foundation of Santa Barbara. Lori served for nearly two years as the Major Gifts Officer demonstrating her outstanding fundraising skills during the capital campaign. Her prior work experiences with Bishop Garcia Diego High School and Direct Relief will translate well into her new role as Executive Director. Congratulations to Lori on her new position and thank you to Rick for his leadership role in making the Ridley-Tree Cancer Center a reality. ▲



Rick Scott with Art and Carolyn Merovick

Welcome Surgical Oncologist W. Charles Conway, MD, FACS!

In September 2017, Ridley-Tree Cancer Center welcomed Santa Barbara's first fellowship-trained surgical oncologist, **W. Charles Conway, MD, FACS**, to its medical staff. Dr. Conway has eight years of high volume complex gastroenterology oncology experience.

"Our Cancer Center has a long history of recruiting the best and the brightest physicians from across the nation and we are pleased to welcome Dr. Conway," said **Kurt N. Ransohoff, MD, FACP, CEO** and Chief Medical Officer of Sansum Clinic. *"Dr. Conway's expertise in surgical oncology expands the capabilities of the Ridley-Tree Cancer Center to encompass the three primary modalities of cancer treatment – surgical oncology, medical oncology and radiation oncology – ensuring patients can access all the care they need right here in Santa Barbara, close to home, family, friends and work."*

A native of Michigan, Dr. Conway completed medical school and a general surgery residence at Wayne State University and the Detroit Medical Center. During that time, Dr. Conway completed a year in a translational research laboratory studying colon cancer cellular adhesion. He then entered the surgical oncology fellowship program at the John Wayne Cancer Institute in Santa Monica, CA. This fellowship program included broad surgical oncology training as well as focused study in the treatment of gastroesophageal cancers at the University of Southern California, and liver and pancreas cancers at Cedars-Sinai Medical Center. Dr. Conway then accepted a position at Ochsner Medical Center in New Orleans, LA where he practiced for eight years. At Ochsner, as mentioned above, Dr. Conway was a high volume pancreas surgeon, personally performing over 250 Whipple procedures. His practice was also high volume for liver and esophageal cancer operations, and included complex pancreaticobiliary resections that involved vascular reconstruction. Dr. Conway performed the first fully robotic Whipple procedure in Louisiana, and started the state's only total pancreatectomy with autoislet transplantation program for chronic pancreatitis.

Dr. Conway will continue to focus on the multidisciplinary care of patients with gastroesophageal, hepatic and pancreatic tumors in his current practice at Ridley-Tree Cancer Center as well as Sansum Clinic. He will perform his in-patient surgeries at Cottage Hospital in Santa Barbara. ▲

Sentient Suites for a Personalized Radiation Therapy Experience

Thanks to a very generous donation from **Zora and Les Charles**, Radiation Oncology patients receiving treatment at 540 W. Pueblo Street have access to state-of-the-art **Sentient** technology. This includes a video screen mounted in the ceiling, surround sound and an LED room illumination system. Using an iPad-like device, patients can play their own music, and select which colors and peaceful images to project on the ceiling screens above the CT scanner and **Elekta Versa High Definition™ linear accelerators**. *"The goal is to help patients be more relaxed and to relieve anxiety,"* suggests **Beverly Toole, RN, OCN**, Nurse Manager who spearheaded the acquisition. The Sentient system is designed to give patients and caregivers the control to personalize their treatment environment, giving them the option to transform repetitive treatment sessions into unique personal experiences. ▲



Important Information for Radiation Oncology Patients

Radiation Oncology has begun seeing some patients at the new building located at 540 W. Pueblo Street. Please note that this move will take place in phases and patients will be informed of the location of their next appointment by the Radiation Oncology staff. If you are unsure about where to go, please call (805) 879-0650 to confirm the location of your appointment.



Genetic Counseling Led to Peace of Mind for Stefani Canin-Mullen

By Nicole Young

Nothing is more of a wakeup call on dealing with the realities of cancer than having someone in your own family receive a diagnosis. **Stefani Canin-Mullen** quickly became a student of breast cancer when her older sister, **Robin**, learned she had ductal carcinoma. During the course of their journey together through doctor appointments, Robin's surgeries and chemotherapy, the two sisters listened to an oncologist's recommendation that they undergo genetic testing to see if they could be carriers of the BRCA1 or BRCA2 genes. Women who inherit a gene change (or mutation) in those genes face a higher risk of breast and ovarian cancer. Among women and men of Ashkenazi Jewish descent, one in 40 have a BRCA1 or BRCA2 gene mutation, compared to one in 400 in the general population. When Robin tested positive for the BRCA2 gene, Stefani knew she needed to act. She initially delayed the exam, overwhelmed by the possibility of enduring all she had just experienced with her sister. At 44 years of age, she was caring for two young sons as well as a mother coping with the debilitating effects of dementia. Her role as the Events and Project Director for the **Dream Foundation** non-profit kept her busy within the community as well. Ultimately, she called **Danielle Sharaga, MS, LCGC**, a counselor in the Genetic Counseling department at the Ridley-Tree Cancer Center. "For some patients, our job as genetic counselors involves picking the right genetic testing and helping them understand what that means," explains Danielle. "We are always there for the patient, even after we see them to discuss their results." Danielle helped Stefani create a lengthy family tree for medical purposes and arranged for a blood test covered by her insurance. The news initially felt like a crushing blow. Stefani's results showed she had inherited the BRCA2 gene like her sister. Once she had time to process it, Stefani could move forward with gratitude, knowing her discovery allowed her to take action before cancer affected her life. "Knowledge is power," she admits. Oncologist **Dr. Fred Kass** laid out the medical options for Stefani and suggested a preventative protocol.

Most women with BRCA choose to have their ovaries removed to reduce their chances of developing ovarian cancer. This is typically done between the ages of 35 and 40, and upon completion of child-bearing. Some

RIDLEY-TREE
CANCER CENTER

GENETIC COUNSELING

CANCER PREVENTION
PROJECT

Visit ridleytreecc.org to learn about our genetic counseling program and how we help both cancer patients and their family members understand and manage the risk of developing cancer.



Thank you to the Florence and Laurence Spungen Family Foundation for their support of the Genetic Counseling Program.



Stefani Canin-Mullen surrounded by her family

Photo by Kelly Sweda Photography



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Cancer Center

FOCUSED ON CANCER

patients include this procedure as part of a prophylactic hysterectomy. An annual breast MRI in addition to an annual mammogram is always recommended. Some BRCA positive women choose to have their breasts removed to reduce the likelihood that they will develop breast cancer. However, not everyone with a BRCA mutation elects for an invasive procedure. *“It’s a very personal choice and many women opt to do increased surveillance,”* says Danielle.

Stefani was thankful for solid local resources at the Cancer Center to help her decide how to proceed. *“It wasn’t an easy decision, but it’s a lot easier than having the diagnosis,”* she points out. In 2014, she elected to proceed first with a full hysterectomy. *“I did everything; tubes, ovaries, uterus, cervix. Why not? Why was I going to leave anything in there?”* muses Stefani in her down-to-earth, pull-no-punches way of talking. *“When I woke up, I was in menopause and they put an estrogen patch on me.”*

Once past her recovery and back to her life as a working mom, Stefani’s decision to have a mastectomy got put on the backburner. Her doctors okayed waiting as long as she continued to receive regular screenings. But when Stefani’s close friend began an extremely difficult battle with breast cancer, the tide began to turn in Stefani’s mind. *“I watched her go through chemo. She had every side effect known to man. One day, her husband sat me down and said ‘why are you waiting to get the surgery?’”* she recounts. *“It kind of shocked me a little. I thought, ‘What am I waiting for? It’s never going to be a good time. If it’s not my mom, it will be something else. I am just going to do this.’”*

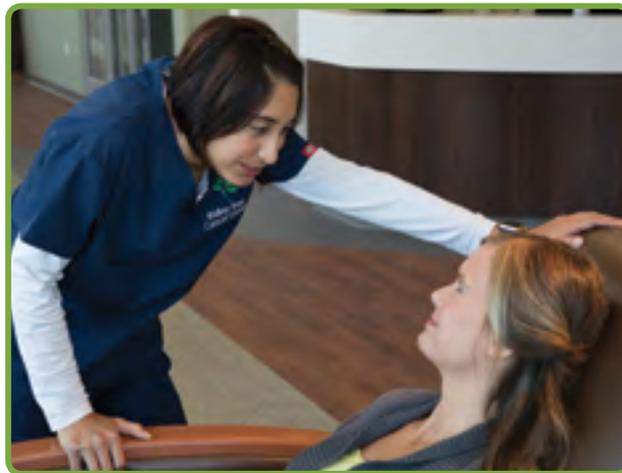
In the summer of 2017, hoping to eliminate her risk of breast cancer, Stefani signed on for a double mastectomy with reconstruction. Her surgeon, **Dr. Kimberly Grafton**, rang her a few days after the surgery with news that made some of the uncomfortable side effects more bearable. The pathology tests revealed areas of atypical cells in one breast removed during the mastectomy. Dr. Kass confirmed Stefani was definitely at a very high risk of developing breast cancer. *“The peace of mind this gave me is an understatement,”* she confirms. *“Dr. Grafton said ‘You dodged a bullet’ – those were the words she used.”*

While she still needs to be checked annually because of the skin left on her chest, and for possible melanoma, Stefani’s days of pap smears and mammograms are over. *“Now that I’ve done it, I realize it wasn’t that impactful on my life. What’s a few weeks in the scheme of what I saved myself?”* she asks. *“Having this genetic test and doing what I did was the greatest decision and gift I could give to my family and to myself.”* ▲

Evidence-Based Patient Services

The Ridley-Tree Cancer Center offers an array of evidence-based supportive care programs, including genetic counseling, patient navigation, nutrition counseling and classes, support groups, social work services, wellness programs, exercise classes, 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). ▲



CENTERED ON YOU

“Now that I’ve done it, I realize it wasn’t that impactful on my life. What’s a few weeks in the scheme of what I saved myself? Having this genetic test and doing what I did was the greatest decision and gift I could give to my family and to myself.”

NEW PROGRAM! RTCC Book Club

The Resource Library is partnering with the Santa Barbara Public Library to bring a book club to patients at the Ridley-Tree Cancer Center. Each month, we will read a book and come together for a thoughtful discussion. Books will be provided by the Santa Barbara Public Library.

CALL: (805) 879-5648 for more information.

DATE: 4th Thursday of the month, beginning February 22.

TIME: 2:00 – 3:00 pm

LOCATION: 540 W. Pueblo Street



Ridley-Tree
Cancer Center 5

Do You Know About Our Supportive Care Programs?

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 materials and supplies are provided. Drop-ins welcome, no RSVP required.

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, no RSVP required.

Monday, Wednesday, Friday
(805) 879-5678

Gentle Therapeutic Yoga

A restorative class featuring supported yoga postures, breath work and guided imagery to help manage side effects, reduce stress and support healing. Drop-ins welcome, no RSVP required.

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

LIVESTRONG at the YMCA

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

Practices in Stress Management Series

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 will be provided by the Santa Barbara Public Library and 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

Meditation for Relaxation Class

A regular meditation practice improves your mental, physical, and emotional states. Learn the basics including breathing techniques, visualization and guided images. Drop-ins welcome, no RSVP required.

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 Series

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 in the series will cover a different topic. RSVP required.

Call for schedule
(805) 879-5652

Patient Massage Appointments

Patients can schedule massage appointments to reduce tension and pain, and promote relaxation. Appointments required.

Every Wednesday
(805) 879-5678

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, no RSVP required.

Every Tuesday
(805) 879-5678

Support Groups

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) 886-8148

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) 886-8148

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) 886-8148

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) 886-8148

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) 886-8148

Sobreviviendo el Cancer

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

1st and 3rd 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) 886-8148

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.

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) 886-8148

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) 886-8148

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) 886-8148

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.

Call for schedule
(805) 886-8148

Helping Children Cope

This program provides information, resources, and support to families experiencing a cancer diagnosis of a parent. Classes/groups are offered for parents, grandparents, children and teens.

Call for schedule
(805) 886-8148

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) 886-8148

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) 886-8148

calendar.ridleytreec.org

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

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) 879-0660

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. Music therapy is tailored to each patient's specific needs and can 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. Patients can access physical therapy through a physician referral.

(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 is proud to lead 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



Ridley-Tree Cancer Center



Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday



5 10:00 am - 12:00 pm • Painting Class **MR**
 12:30 - 1:30 pm • Yoga for Strength **MR**
 1:45 - 2:45 pm • Gentle Yoga **MR**
 5:00 - 6:00 pm • Sobreviviendo El Cancer **L**

6 10:00 am • Healing Touch Appts.* **IM**
 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**

7 9:30 am • Patient Massage Appts.* **IM**
 12:15 - 1:15 pm • Healing Sounds Circle **MR**
 2:00 - 3:00 pm • Yoga for Strength **MR**
 3:15 - 4:15 pm • Gentle Yoga **MR**

8 11:00 am - 12:00 pm • Meditation Class **MR**

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

12 10:00 am - 12:00 pm • Painting Class **MR**
 12:30 - 1:30 pm • Yoga for Strength **MR**
 1:45 - 2:45 pm • Gentle Yoga **MR**

13 10:00 am • Healing Touch Appts.* **IM**
 11:00 am - 12:00 pm • Coloring Class **SY**
 12:30 pm • Lymphedema Education Class* **PT**
 12:00 - 1:30 pm • Prostate Cancer Support Group **MR**
 2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**
 4:00 - 5:00 pm • Breast Cancer Support Group **MR**

14 9:30 am • Patient Massage Appts.* **IM**
 2:00 - 3:00 pm • Yoga for Strength **MR**
 3:15 - 4:15 pm • Gentle Yoga **MR**

15 11:00 am - 12:00 pm • Meditation Class **MR**
 9:30 - 10:30 am • Flower Arranging Class* **MR**
 5:30 - 7:30 pm • Young Adult Support Group **L**

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**
 12:30 - 1:30 pm • Yoga for Strength **MR**
 1:45 - 2:45 pm • Gentle Yoga **MR**
 5:00 - 6:00 pm • Sobreviviendo El Cancer **L**

20 10:00 am • Healing Touch Appts.* **IM**
 11:00 am - 12:00 pm • Coloring Class **SY**
 12:00 - 1:15 pm • Life After Cancer Support Group **MR**
 12:00 pm • LiveSTRONG at the YMCA (Santa Ynez) BEGINS TODAY*
 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis Support Group **MR**
 5:30 - 6:30 pm • Brain Tumor Support Group **CH**

21 9:30 am • Patient Massage Appts.* **IM**
 2:00 - 3:00 pm • Yoga for Strength **MR**
 3:15 - 4:15 pm • Gentle Yoga **MR**

22 11:00 am - 12:00 pm • Meditation Class **MR**
 2:00 - 3:00 pm • Book Club **L**
 4:00 pm • Oncology Nutrition Series: The Nuts and Bolts of B Vitamins* **MR**

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**
 11:00 am - 1:00 pm • Look Good, Feel Better Class* **027**
 12:30 - 1:30 pm • Yoga for Strength **MR**
 1:30 pm • LiveSTRONG at the YMCA (Lompoc) BEGINS TODAY*

27 10:00 am • Healing Touch Appts.* **IM**
 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 **L**

28 9:30 am • Patient Massage Appts.* **IM**
 2:00 - 3:00 pm • Yoga for Strength **MR**
 3:15 - 4:15 pm • Gentle Yoga **MR**



All programs are drop-in unless otherwise noted. To register for those marked with an asterisk (*), please call the number listed in the description on pages 6 - 7.



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

Coding Key for Locations:

- MR** Cancer Center; Multipurpose Room (second floor), 540 West Pueblo Street
- CH** Cancer Center; Conference Hall (first floor), 540 West Pueblo Street
- 027** Cancer Center; Meeting Room 2027 (second floor), 540 West Pueblo Street
- IM** Cancer Center; 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** Cancer Center; Cancer Resource Library, 540 West Pueblo Street



Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

March 2018



- 5** 10:00 am - 12:00 pm • Painting Class **MR**
12:30 - 1:30 pm • Yoga for Strength **MR**
1:45 - 2:45 pm • Gentle Yoga **MR**
1:00 pm • Strength After Breast Cancer **BEGINS TODAY* PT**
5:00 - 6:00 pm • Sobreviviendo El Cancer **L**
- 6** 10:00 am • Healing Touch Appts.* **IM**
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**
- 7** 9:30 am • Patient Massage Appts.* **IM**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
- 8** 11:00 am - 12:00 pm • Meditation Class **MR**
- 9** 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**

- 12** 10:00 am - 12:00 pm • Painting Class **MR**
12:30 - 1:30 pm • Yoga for Strength **MR**
1:45 - 2:45 pm • Gentle Yoga **MR**
- 13** 10:00 am • Healing Touch Appts.* **IM**
11:00 am - 12:00 pm • Coloring Class **SY**
12:30 pm • Lymphedema Education Class* **PT**
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**
4:00 - 5:00 pm • Breast Cancer Support Group **MR**
- 14** 9:30 am • Patient Massage Appts.* **IM**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
- 15** 11:00 am - 12:00 pm • Meditation Class **MR**
5:30 - 7:30 pm • Young Adult Support Group **L**
- 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**
12:30 - 1:30 pm • Yoga for Strength **MR**
1:45 - 2:45 pm • Gentle Yoga **MR**
5:00 - 6:00 pm • Sobreviviendo El Cancer **L**
- 20** 10:00 am • Healing Touch Appts.* **IM**
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 **CH**
- 21** 9:30 am • Patient Massage Appts.* **IM**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
- 22** 11:00 am - 12:00 pm • Meditation Class **MR**
2:00 - 3:00 pm • Book Club **L**
4:00 pm • Oncology Nutrition Series: Sugar and Cancer* **MR**
- 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**
11:00 am • Well-fit Exercise Program - BEGINS TODAY* **MR**
12:30 - 1:30 pm • Yoga for Strength **MR**
1:45 - 2:45 pm • Gentle Yoga **MR**
- 27** 10:00 am • Healing Touch Appts.* **IM**
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 **L**
- 28** 9:30 am • Patient Massage Appts.* **IM**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
- 29** 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**

Coding Key
for Locations:

- MR** Cancer Center; Multipurpose Room (second floor), 540 West Pueblo Street
- CH** Cancer Center; Conference Hall (first floor), 540 West Pueblo Street
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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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Online Calendar
calendar.ridleytreecc.org



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



Ridley-Tree
Cancer Center



Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

April 2018

- 2** 10:00 am - 12:00 pm • Painting Class **MR**
- 12:30 - 1:30 pm • Yoga for Strength **MR**
- 1:45 - 2:45 pm • Gentle Yoga **MR**
- 5:00 - 6:00 pm • Sobreviviendo El Cancer **L**

- 3** 10:00 am • Healing Touch Appts.* **IM**
- 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**

- 4** 9:30 am • Patient Massage Appts.* **IM**
- 1:30 pm • LivesTRONG at the YMCA (Santa Barbara) BEGINS TODAY*
- 2:00 - 3:00 pm • Yoga for Strength **MR**
- 3:15 - 4:15 pm • Gentle Yoga **MR**
- 5:30 - 6:30 pm • Caregiver Class **L**

- 5** 11:00 am - 12:00 pm • Meditation Class **MR**

- 6** 9:45 - 10:45 am • Yoga for Strength **MR**
- 11:00 am - 12:00 pm • Gentle Yoga **MR**

- 9** 10:00 am - 12:00 pm • Painting Class **MR**
- 12:30 - 1:30 pm • Yoga for Strength **MR**
- 1:45 - 2:45 pm • Gentle Yoga **MR**

- 10** 10:00 am • Healing Touch Appts.* **IM**
- 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 Grp **MR**
- 4:00 - 5:00 pm • Breast Cancer Support Group **MR**

- 11** 9:30 am • Patient Massage Appts.* **IM**
- 2:00 - 3:00 pm • Yoga for Strength **MR**
- 3:15 - 4:15 pm • Gentle Yoga **MR**
- 5:30 - 6:30 pm • Caregiver Class **L**

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

- 13** 9:45 - 10:45 am • Yoga for Strength **MR**
- 11:00 am - 12:00 pm • Gentle Yoga **MR**

- 16** 10:00 am - 12:00 pm • Painting Class **MR**
- 12:30 - 1:30 pm • Yoga for Strength **MR**
- 1:45 - 2:45 pm • Gentle Yoga **MR**
- 5:00 - 6:00 pm • Sobreviviendo El Cancer **L**

- 17** 10:00 am • Healing Touch Appts.* **IM**
- 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 **CH**

- 18** 9:30 am • Patient Massage Appts.* **IM**
- 2:00 - 3:00 pm • Yoga for Strength **MR**
- 3:15 - 4:15 pm • Gentle Yoga **MR**
- 5:30 - 6:30 pm • Caregiver Class **L**

- 19** 9:30 am - 10:30 am • Flower Arranging Class* **MR**
- 11:00 am - 12:00 pm • Meditation Class **MR**
- 2:30 - 3:30 pm • Practices in Stress Management BEGINS TODAY* **MR**
- 5:30 - 7:30 pm • Young Adult Support Group **L**

- 20** 9:45 - 10:45 am • Yoga for Strength **MR**
- 11:00 am - 12:00 pm • Gentle Yoga **MR**

- 23** 10:00 am - 12:00 pm • Painting Class **MR**
- 11:00 am - 1:30 pm • Look Good, Feel Better* **MR**
- 12:30 - 1:30 pm • Yoga for Strength **MR**
- 1:45 - 2:45 pm • Gentle Yoga **MR**

- 24** 10:00 am • Healing Touch Appts.* **IM**
- 1:30 pm • Well-fit Exercise Program - BEGINS TODAY*
- 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 **L**

- 25** 9:30 am • Patient Massage Appts.* **IM**
- 2:00 - 3:00 pm • Yoga for Strength **MR**
- 3:15 - 4:15 pm • Gentle Yoga **MR**
- 5:30 - 6:30 pm • Caregiver Class **L**

- 26** 11:00 am - 12:00 pm • Meditation Class **MR**
- 2:00 - 3:00 pm • Book Club **L**
- 4:00 pm • Oncology Nutrition Series: Managing Fatigue and Insomnia* **MR**

- 27** 9:45 - 10:45 am • Yoga for Strength **MR**
- 11:00 am - 12:00 pm • Gentle Yoga **MR**



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Monthly Email Signup
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Ridley-Tree
Cancer Center

Xenex LightStrike™ Germ-Zapping Robot™

During **Infection Control Week** in October, the Cancer Center unveiled the **Xenex LightStrike Germ-Zapping Robot** that is used to enhance environmental cleanliness by disinfecting and destroying hard-to-kill germs, bacteria and superbugs in hard-to-clean places.

"Patients being treated here are often immunocompromised as a result of their treatments and susceptible to infectious disease. The microorganisms that cause infections are getting smarter and becoming antibiotic-resistant, which is why we need new weapons like the Xenex robot to destroy them before they pose a threat to our patients," said **Matthew Kunkel**, Vice President of Oncology Services. *"The Ridley Tree Cancer Center is a state-of-the-art facility with leading-edge technology. Using the Xenex LightStrike system to disinfect rooms is an example of our commitment to and focus on patient safety. Hundreds of people enter this facility every day – patients, visitors, doctors, employees and vendors – bringing a whole smorgasbord of contaminants and germs with them. Using the Xenex device enables us to get rid of those pathogens before they can endanger our patients and staff."*

The Xenex robot, named "Dr. Lightstrike Flash" was purchased by the Ridley-Tree Cancer Center thanks to a very generous donation by **the RoKe Foundation**. "Flash" uses pulsed xenon ultraviolet (UV) light to quickly destroy bacteria, viruses, fungi and bacterial spores. The portable Xenex system can disinfect a typical patient or procedure room in five minute cycles without warm-up or cool-down times, and is effective against even the most dangerous pathogens, including Clostridium difficile (C. diff), norovirus, influenza, Ebola and methicillin-resistant Staphylococcus aureus, better known as MRSA. ▲



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

Thank You to Bobbie Rosenblatt and Our Art Committee

Special thanks to **Bobbie Rosenblatt**, Ridley-Tree Cancer Center art committee member and longtime supporter of Sansum Clinic. Bobbie's passionate dedication to the Cancer Center resulted in the generous outpouring of gifts of art from artists and art collectors in our community. She and her husband **Eddie** graciously donated two Hank Pitcher paintings for the new center. We cannot thank her enough for her leadership support. ▲



Bobbie Rosenblatt

The Elaine and Edward Stepanek Society recognizes and honors donors who have included the Cancer Foundation in their estate plans through Planned Gifts. Membership is conferred upon those who have communicated to the Foundation their intention to make a gift through their will, living trust or other planned agreement to support the Ridley-Tree Cancer Center. Please let us know if you have remembered or would like to remember the Foundation in your plans so that we can acknowledge your support and say thank you.

For more information or questions, please call Lori Willis, Executive Director of the Cancer Foundation of Santa Barbara at (805) 898-2187.

Jim Jackson Receives AFP Volunteer of the Year Award for Santa Barbara

Congratulations to Cancer Foundation board member, **Jim Jackson**, for receiving the 2017 Association of Fundraising Professionals (AFP) **Volunteer of the Year Award for Santa Barbara**. Jim is currently serving his 14th year on the Foundation's Board of Trustees. Additionally, Jim co-chaired the campaign steering committee in its efforts to fund our newly completed Elings Oncology Building at Ridley-Tree Cancer Center. Thank you Jim for all you have done for our community! ▲



Art Merovick and Jim Jackson



Ridley-Tree Cancer Center at Sansum Clinic
540 West Pueblo Street
Santa Barbara, CA 93109

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Winter 2018



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

Barbara Ireland Walk

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



Barbara Ireland Walk and Run for Breast Cancer AND Kick-Off Party! March 13 and March 17

Join us on Tuesday, March 13 from 5:30 - 7:30pm for the **Barbara Ireland Kick-Off Party** at Dargan's Irish Pub and Restaurant, as we get excited for the Walk and Run, enjoy drinks, appetizers, music and a silent auction all benefitting the Ridley-Tree Cancer Center.

The **18th Annual Barbara Ireland Walk and Run** is on Saturday, March 17 at Chase Palm Park. Registration is \$50 and increases to \$60 beginning March 1, so register today! All proceeds benefit breast cancer research and programs at the Cancer Center.

Visit www.cfsb.org/irelandwalk2018 to register for the Walk and Run and buy tickets to the Kick-Off Party!

CANCER FOUNDATION
OF SANTA BARBARA



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