

Cancer Center of Santa Barbara
300 West Pueblo Street
Santa Barbara, CA 93105

Non-Profit
Organization
U.S. Postage
PAID
Santa Barbara, CA
Permit No. 367

ON
CENTER

Winter 2017



Focused on Cancer • Centered on You

Barbara Ireland Walk

Save the Dates!



Barbara Ireland Walk and Run for Breast Cancer AND Kick-Off Party! March 8 and March 11!

Join us on Wednesday, March 8 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 Cancer Center.

Then come out to Chase Palm Park on Saturday, March 11 for the 17th Annual Barbara Ireland Walk and Run for Breast Cancer. All proceeds benefit breast cancer research and programs at the Cancer Center.

Visit www.ccsb.org/irelandwalk2017 to register for the Walk and Run and buy tickets to the Kick-Off Party!

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



Focused on Cancer • Centered on You



Winter 2017 Issue

Grateful Patient Story – Miller Breese	1
Young Supporters at Mount Carmel	3
New Class – Strength After Breast Cancer	3
Welcome New Providers & Staff	4
Heidi Heitkamp's 100 Mile Run	5
Building Construction Update	5
Supportive Care Programs	6
Calendar of Oncology Care Programs	8
Campaign for Our New Cancer Center	11
Donor Spotlight – Patti McCormack	11
Barbara Ireland Walk 2017	12

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

www.ccsb.org

Miller Breese Grateful Patient Story

Walk into **Advanced Automotive** in Goleta and you're immediately greeted by a life-size Captain Morgan on the front porch. Inside, every bit of wall space is covered with pirate pictures and memorabilia. At the helm is **Miller Breese**, the shop's owner since 1999, who resembles a friendlier version of the breed with red hair, a bushy mustache and skull tattoo.

Miller's connection to pirate life began with 'Canalino,' the classic teak Cheoy Lee sailboat he once kept in the harbor to escape the clanging and banging of his day job. Now he commands a crew of mechanics who he calls "the boys." He boisterously welcomes everyone who enters his business with a smile and a familiar "hey bro," "buddy" or "brother." Miller's been "bending wrenches" since he was a boy running around his father's car dealership. "I was taking apart little Briggs & Stratton motors, putting them all back together," he brags.

This macho marriage of machines and mariners might paint Miller as a tough character. But when the 56 year-old speaks about the friends he lost to cancer and how his own fight against the disease sapped his strength and spirit, tears well up, falling onto

his hands folded on the desk blotter. "You have no control over any of it. But I'm working on it. That's all you can do," he laments while dabbing his eyes with a tissue.

In 2013, not long after his honeymoon with his wife Tiffany, Miller found a lump in his



Miller Breese at his Goleta automotive shop.

neck that grew to the size of a racquetball. Doctors ordered a biopsy to examine the cells inside. In order for the sedation mask to fit properly, Miller needed to shave off his signature mustache. He feared it might never grow back.

Cancer Center physicians **Dr. Shane Cotter**

Continued on page 2 ▶

“It was crazy but we made it through all that and



The next morning, I woke up and thought, “I’m still here. God isn’t going to bail me out, so I gotta put my boots back on and make this happen.” I knew then I was not going to let it get me.

and **Dr. Daniel Greenwald** confirmed Miller had stage IVA cancer of the head and neck. A tumor in his tonsil had invaded his lymph nodes. Treatment of head and neck cancer often requires a multi-specialty approach with surgeons and oncologists working together. In Miller’s case, his team recommended radiation paired with infusion chemotherapy to “melt away” the tumors. Miller began seven weeks of targeted radiation, five days a week. He’d distract himself for the 15 to 20 minute sessions by staring at the ceiling murals, his protective plastic head mask bolted to the table to limit movement. While his new reality wasn’t ideal, he easily turned over the burden of his care to his medical team. “I fix cars, I don’t fix tumors in the neck. They seemed to think they could lick it,” says Miller.

During the chemotherapy that followed, nurse navigator **Cindy Ambriz Gasser, RN, OCN**, helped turn Miller’s chemotherapy sessions at the Cancer Center from stressful to manageable. He admits he initially shuddered at the sight of the “big green toxic bag” flowing into his body. But seeing the same caring person willing to field a ton of questions at each visit made a world of difference. “Every time I would show up, she was there. She would walk in, check me out and determine exactly how I was doing. It was just fabulous,” he remembers.

The combination of radiation and chemotherapy in the back of Miller’s throat led to a sort of sunburn inside his mouth, making swallowing extremely painful. To maintain his nutrition, doctors inserted a feeding tube in his stomach where he’d syringe in his meals. Miller lost so much weight that his aching body was too weak to reach the second floor of his home. A lack of normal food and extreme fatigue took its toll. One sleepless night he contemplated

whether he could continue. “I said ‘God, I’m done, I can’t go any farther,’” describes Miller. “I closed my eyes and there was just black. The next morning, I woke up and thought, ‘I’m still here. God isn’t going to bail me out, so I gotta put my boots back on and make this happen’. I knew then I was not going to let it get me.” Miller believed he had a story to finish, and dead men tell no tales.

Fast forward to 2016 and Miller is a changed man. His treatment plan successfully eliminated his cancer, and he’s very grateful. “I told the doctors afterwards, ‘you guys really put the accelerator to the floor and didn’t let up,’” he jokes. A Cancer Center class helped him relearn how to use his neck muscles to eat and drink again. While his steadiness and strength is still a little depleted, he sees himself improving daily. “I am not as good as I used to be, and that’s OK. I am how I am now,” he sighs.

Like the fine-tuning of classic cars in his garage, a restoration is underway, mentally and physically. “I told him I couldn’t promise a full beard but that we were sure he’d be able to grow his mustache again, which thankfully has come to fruition,” remarks Dr. Cotter. That milestone made Miller feel more like himself than anything. “I thought ‘well, you’ve beaten that one,’” he smiles. The storm in his life has calmed for now and he’s especially appreciative to be back on the job with his loyal co-workers who ran the business for months when he was ill. “It was crazy but we made it through all that and we’re still here,” asserts Miller. He worries less about little things and is savoring time with his wife and friends, small steps toward normal. For today, he’s captain of his own destiny. “I’ve got to enjoy it while I have it,” he adds. “Will it ever be the same? I don’t know, but we sure are trying.” ▲

Focused on Cancer • Centered on You

we're still here...

Young Supporters at Mount Carmel

The Cancer Center of Santa Barbara wishes to thank seven very special students at **Our Lady of Mount Carmel School** for initiating a fundraiser to benefit breast cancer patients in our community: **Makeila Cervantes, Emma Coglizer, Grace Eck, Natasha Huey, Zahra Porinsh, Ava Prober, and Camryn Siegel.**

John C. Eck, Esq. accompanied these girls when they came to the Cancer Center to present their gift, since it was his sister's cancer diagnosis that inspired these young philanthropists to take action. John beamed, "A year ago, my sister, *Kristin Fairbanks*, was diagnosed with breast cancer. She is an anesthesiologist in San Diego who is currently in treatment. As part of Breast Cancer Awareness Month, my daughter and some of her friends wanted to do something not just for Grace's Aunt Kristin, but for all women with breast cancer. So, Grace and six of her 6th grade friends made posters and hosted a neighborhood stand on the weekends and asked for donations. They approached their principal at Our Lady of Mount Carmel School and were granted permission to make a presentation to the entire school asking for donations. Mount Carmel School students are required to wear uniforms; however,

on occasion they are allowed to wear "free dress." The principal, Tracie Simolon, assisted the girls by allowing anyone who donated money to wear "pink free dress" on one of the Fridays in October. It appeared the entire school donated. At last count, the amount raised was \$725. This was not a school project or a class assignment – these girls came up with this idea entirely on their own. They hung posters at their school and decorated mason jars for each classroom for donations. It was a group effort of which we are all very proud." ▲



Strength After Breast Cancer



We are pleased to announce a new four-week program for breast cancer survivors to provide education about lymphedema and help build strength. This program, called **Strength After Breast Cancer**, is available to all breast cancer survivors who have completed their cancer treatment.

You may be a good candidate if:

- You want your strength and energy back
- You have questions about changes in your upper body caused by cancer treatment
- You want to learn more about lymphedema risk reduction and control
- You do things differently with your upper body than you did before your cancer

Strength After Breast Cancer is based on results from the Physical Activity and Lymphedema (PAL) Trial, a one-year randomized controlled exercise intervention trial funded by the National Cancer Institute. The study included 295 breast cancer survivors and looked

at the impact of weight-lifting on lymphedema. It determined that slow, progressive exercise is safe for all breast cancer survivors.

Participants will meet twice a week and be supervised in a slowly-progressive and controlled strengthening program while being monitored for development of any lymphedema symptoms. They will be able to progress to an independent strengthening program at home or in a gym.

- **REQUIREMENTS:** In order to participate in this program, breast cancer patients need to complete their treatment, attend the lymphedema education class and be screened by a lymphedema therapist.
- **INFORMATION:** Program fee of \$40 for the four-week series (assistance is available).
- **REGISTRATION:** RSVP required. Call **(805) 681-7781** to register.
- **LOCATION:** Sansum Clinic Physical Therapy, 4151 Foothill Road, Building A. ▲

Participants will meet twice a week and be supervised in a slowly-progressive and controlled strengthening program while being monitored for development of any lymphedema symptoms. They will be able to progress to an independent strengthening program at home or in a gym.

“On November 5 - 6, I finished the 100 miles with my

Welcome New Providers & Staff



Ryan Kendle, MD

Medical Oncology & Hematology
317 West Pueblo Street, Santa Barbara

Dr. Kendle is board certified by the American Board of Internal Medicine. He received his medical degree from Drexel University in Philadelphia, PA and completed his internal medicine internship and residency at the University of California Davis Medical Center. Dr. Kendle completed his Hematology/Oncology fellowship at UCLA's David Geffen School of Medicine where he was Chief Fellow 2015-2016.



Novejot K. Sekhon, MD

Medical Oncology & Hematology
540 West Pueblo Street, Santa Barbara

Dr. Sekhon is board certified by the American Board of Internal Medicine. She received her medical degree from George Washington University School of Medicine and Health Sciences in Washington, D.C. Dr. Sekhon completed her internship and internal medicine residency at Thomas Jefferson University Hospital in Philadelphia, PA and was a Hematology/Oncology Fellow at UCLA Olive View Medical Center.



Rebecca Colvin, MPH, RDN

Ms. Colvin received her Bachelor of Science in Nutrition from Louisiana State University and completed her Master of Public Health with an emphasis in health education from the University of Southern Mississippi. She is registered by the Commission on Dietetic Registration and is a member of the Academy of Nutrition and Dietetics. Ms. Colvin has 10 years of experience as a dietitian with a background in oncology, critical care, and management.

Ms. Colvin sees patients at the following Cancer Center locations:

- 540 West Pueblo Street, Santa Barbara
- 317 West Pueblo Street, Santa Barbara
- 300 West Pueblo Street, Santa Barbara
- 2040 Viborg Road, Suite 140, Solvang



Matt Kunkel, Vice President of Oncology, Cancer Center of Santa Barbara with Sansum Clinic

Mr. Kunkel is a healthcare operations leader with extensive experience in clinical operations, financial management and strategic planning. He received his Bachelor of Arts in Economics from St. John's University in Minnesota and his Master of Healthcare Administration (MHA) from the University of Minnesota.

Before joining Sansum Clinic, Mr. Kunkel was the Director of Business Operations and Finance at Stanford Health Care where he was a senior member of the leadership team serving the Cardiovascular service line and worked in collaboration with the Cancer service line. Prior to Stanford Health Care, Mr. Kunkel worked as a Director of Clinical Operations at Sutter Health's Palo Alto Medical Foundation, leading the clinical operations, financial management and strategic direction of over 20 medical specialty outpatient departments and was a senior member of the Cancer service line leadership team, serving regional cancer centers across the South Bay Area. Additionally, he brings a diverse set of past academic and community-based professional experiences that include the Mayo Clinic, Kaiser Permanente in Denver, CO and Sutter Health throughout Northern California. ▲

husband running by my side.

Heidi Heitkamp's 100 Mile Run for Cancer Care

One year ago, I sent a note of appreciation to many friends and colleagues for their support of my efforts to complete a 100-mile run in memory of my father, Douglas Heitkamp. Today I am pleased to say that support has not been forgotten. The encouragement and gifts I received toward my first 100 mile trail run attempt in November 2015 carried me through a second try this year.

On November 5 - 6, I finished the 100 miles with my husband running by my side. Very early in the race, near mile 10, a bald eagle flew overhead and perched in a tree just feet from where we ran. I paused to look at the majestic bird and felt that this was a sign that a good day of running lay ahead. We finished the trail run in 26 hours 43 minutes just as the sun rose on the second day. I feel so very lucky to have had the opportunity to complete another year of training and to cross the 100 mile finish line. My father and others who have been touched by cancer were on my mind during this journey.

Construction of the new comprehensive Cancer Center is underway and before we know it our community will benefit from the services provided by our centralized multidisciplinary medical team. The research department will continue its mission in the advancement of treatment options for our patients and patients everywhere through clinical research. 100% of the donations from my family and friends in support of my run have gone towards the construction of the building and the support of clinical research in our community. **Thank you.** ▲



I feel so very lucky to have had the opportunity to complete another year of training and to cross the 100 mile finish line. My father and others who have been touched by cancer were on my mind during this journey.

Building Construction Update

The new Cancer Center project remains on target to open in the fall of 2017.

Great progress has occurred over the last couple of months. Significant milestones include the completion of the parking structure, fabrication of the Cancer Center's steel frame and concrete pours for the CT simulator, linear accelerator vaults, and the floors of all three levels.

The parking garage opened for staff in November, while valet parking will continue for all patients throughout the construction process. The exterior "skin" of the building along with framing for offices and exam rooms on the third floor are almost complete.



You are invited...

Those interested in a behind-the-scenes tour of the new Cancer Center before it is complete are invited to join one of our weekly Sneak Peek tours. Each tour lasts 75 minutes and includes a 3D virtual tour, an easy walk of the construction site, and open Q&A about the innovations in cancer care coming to the Central Coast. On-site parking and handicap access available. Tour reservations required.

Call to schedule your Sneak Peek Hard Hat Tour. Contact **Lori Willis**, Cancer Foundation of Santa Barbara, (805) 898-2187 or lwillis@cfsb.org.

Learn more about our new Cancer Center at ccsb.org! ▲



Oncology Supportive Care Programs

Our evidence-based comprehensive approach to care optimizes quality of life and effectiveness of treatment for patients and survivors. We offer a wide variety of services including genetic counseling, patient navigation, nutrition counseling and classes, support groups and counseling, mind-body and exercise classes, and library resources and education.

Most of the services and classes listed in the following calendar are free-of-charge and open to patients, survivors, family members and caregivers (some restrictions apply). See color coding key on page 7 for locations of classes. ▲



Register Today

New Classes:



Strength After Breast Cancer – A Physical Therapy Program

This four-week program provides education and strength training instruction to those at risk for developing lymphedema. They will be able to progress to an independent strengthening program at home or in a gym.

RSVP Required. Call (805) 681-7781 to register. **PT**

Practices in Stress Management Class

Thursday • 2:30 – 3:30 pm
(Four Thursdays beginning 1/5)

Educate and empower yourself to understand the negative effect of stress on the mind and body. This class will provide you with the tools to incorporate stress management techniques into your life. **CR**

RSVP required. (805) 684-7582 to register.

Pain and Symptom Management

Call (805) 690-6212 for information. Co-sponsored by Visiting Nurse and Hospice Care.

The Community Palliative Care Program offers a weekly clinic to help manage disease related symptoms and pain throughout the course of treatment. Physician referral required. ▲

Services for Patients & Families

Patient Navigation Program

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

Call (805) 879-0660 for more information.

Counseling Services

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

Call (805) 563-5852 for more information.

Hereditary Cancer Risk Counseling & Testing

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

Call (805) 898-2204 for more information.

Nutritional Counseling

Individuals currently in treatment or within one year of their last treatment may receive nutrition counseling free-of-charge with the Cancer Center's Oncology Dietitians, Sarah Washburn, MS, RDN, CSO and Rebecca Colvin, MPH, RDN.

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

We invite you to try these programs and services as a way to become an active member in your health and healing.

Beauty & Boutique Services

NEW Location:
540 W. Pueblo Street
Open Mon. – Fri.
8:00 am - 5:00 pm

Wigs, hats and prostheses offered free-of-charge to patients.

Call (805) 563-5852 for information.

Cancer Resource Library

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

Monday - Thursday,
9:00 am – 4:00 pm.
Friday, 9:00 am - 12:00 pm
For more information,
call (805) 563-5887 or
email library@ccsb.org.

January • February • March, 2017

Cancer Center of Santa Barbara Supportive Care Programs

(805) 563-5852
Support & Education Groups

Gynecological Cancer Support Group

1st Monday / month • 2:00 - 3:30 pm **BR**
Meeting January 4 due to holiday.

Prostate Cancer Discussion Group

2nd Monday / month • 2:00 - 3:00 pm **BR**

Brain Tumor Support Group

3rd Monday / month • 5:30 - 6:30 pm **BR**

Caregiver Class

Wednesdays 5:30 - 6:30 pm **MR**

Life After Cancer

1st & 3rd Monday, 12:00 - 1:15 pm **FH**
No meeting January 2.

Breast Cancer Support

2nd & 4th Wednesday / mo. • 3:30 - 4:30 pm **FH**

Managing Your Diagnosis During the 1st Year

2nd & 4th Monday / mo. • 4:00 - 5:00 pm **BR**

Living with Lung Cancer Support Group

3rd Monday / month • 4:00 - 5:00 pm **BR**

Head & Neck Tumor Program

4th Monday / month • 5:30 - 6:30 pm **BR**

Helping Children Cope - Common Parenting Questions During Cancer Treatment

Call to register and for dates.

I Count Too - Kids Support Group

Call to register and for dates.

Sobreviviendo el Cáncer

1° y 3° Lunes / mes • 5:00 - 6:00 pm **CR**
No Hay Junta 2° de Enero

Teens Helping Teens

Call to register & for dates.

Young Adult Support Group

3rd Thursday / month • 5:30 - 7:00 pm **CR**

(805) 569-2243
Drop-in Programs

Gentle Therapeutic Yoga

with Natalie Gutierrez, Anne Van de Water, and Kat Connors-Longo

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

Yoga for Strength and Empowerment

with Natalie Gutierrez, Anne Van de Water, and Kat Connors-Longo

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

Painting the Pictures of Health with Rick Stich

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

QiGong with David Benson

Wednesdays • 10:45 - 11:45 am **MR**

Cancer Resource Library at the Cancer Center at 540 W. Pueblo Street.

Monday - Thursday • 9:00 am - 4:00 pm
Fridays • 9:00 am - 12:00 Noon

RSVP Required

Oncology Nutrition Series: Your Life, Your Foods:

Come join us in preparing healthy seasonal foods while we talk about the most recent research related to cancer, foods and your lifestyle. Each monthly class in the series will cover different topics and research, and all cooking supplies and ingredients will be provided. RSVP required. Limit 20. Call (805) 898-2204 to register.

Bone Health

With Sarah Washburn, MS, RDN, CSO
Thursday, Jan 26th • 4:00 - 5:00 pm **MR**

Well-fit™ Exercise during Treatment Program

In partnership with Santa Barbara Athletic Club, this 10-week program is designed for those who have been diagnosed in the past nine months and are looking to regain muscle mass and strength, improve endurance, and increase flexibility. Call (805) 966-6147, ext. 262 to register.

Eat Well

Thursday, Feb 23th - 4:00 - 5:00 pm **MR**

Online Nutrition Resources

Thursday, Mar 23th - 4:00 - 5:00 pm **MR**

LIVESTRONG at the YMCA throughout Santa Barbara County

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

Montecito (805) 969-3289, ext 11
Santa Ynez (805) 686-2037
Lompoc (805) 736-3483, ext 37
Santa Barbara (805) 687-7720, ext 227.

Strength After Breast Cancer – A Physical Therapy Program

*This four-week program provides education and strength training instruction to those at risk for developing lymphedema. They will be able to progress to an independent strengthening program at home or in a gym. Call (805) 681-7781 to register. **PT***

Oncology Lymphedema Education

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

Healing Touch

with Jean Mangus and Nina Zimmer
Tuesdays • 10:00 am - 2:00 pm
*A non-invasive complementary therapy utilizing light touch to promote relaxation, help manage symptoms and side effects, and reduce stress. Call (805) 681-7582 to set up appt. **PT***

Look Good, Feel Better Class

4th Monday / month • 4:00 - 6:00 pm
*Professionals teach women how to cope with skin changes and hair loss. Free cosmetic kit provided. Call (800) 227-2345 to register. **CR***

Practices in Stress Management Class

Thursday • 2:30 - 3:30 pm
(Four Thursdays beginning 1/5)
*Educate and empower yourself to understand the negative effect of stress on the mind and body. This class will provide you with the tools to incorporate stress management techniques into your life. **CR***
RSVP required. (805) 684-7582 to register.

Coding Key for Locations:

- MR** Sansum Clinic Multipurpose Room (lower level) at 317 W. Pueblo Street
- BR** Sansum Clinic Board Room, 317 West Pueblo Street
- AR** Sansum Clinic Admin Room, 317 West Pueblo Street
- CR** Cancer Center Conference Room, 540 West Pueblo Street
- PT** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
- FH** Sansum Clinic Conference Room on 2nd floor, 4151 Foothill Road Building A

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



Cancer Center of Santa Barbara Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

2

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

3

10:00 am • Healing Touch* **PT**

4

10:45 am • QiGong **MR**
2:00 pm • Yoga for Strength **MR**
2:00 pm • Gynecological Cancer Support Group **BR**
3:15 pm • Gentle Yoga **MR**
5:30 pm • Caregiver **MR**

5

2:30 pm • Practices in Stress Management **CR**

6

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

9

10:00 am • Painting **MR**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
2:00 pm • Prostate Support Group **BR**
4:00 pm • Managing Your Diagnosis - 1st Year **BR**

11

10:45 am • QiGong **MR**
2:00 pm • Yoga for Strength **MR**
3:00 pm • LiveSTRONG at the YMCA (Montecito) BEGINS TODAY
3:15 pm • Gentle Yoga **MR**
3:30 pm • Breast Cancer Support **FH**
5:30 pm • Caregiver **MR**

12

1:30 pm • Lymphedema Class **PT**

13

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

16

10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
3:00 pm • Strength After Breast Cancer **PT**
Program BEGINS TODAY
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

17

10:00 am • Healing Touch* **PT**

18

10:45 am • QiGong **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**
5:30 pm • Caregiver **MR**

19

5:30 pm • Young Adult Support Grp **CR**

20

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

23

10:00 am • Painting **MR**
11:00 am • Look Good, Feel Better **CR**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Managing Your Diagnosis - 1st Yr. **BR**
5:30 pm • Head and Neck Tumor Program **BR**

24

10:00 am • Healing Touch* **PT**
1:30 pm • Well-fit Exercise Program BEGINS TODAY

25

10:45 am • QiGong **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**
3:30 pm • Breast Cancer Support **FH**
5:30 pm • Caregiver **MR**

26

4:00 pm • Bone Health **MR**

27

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

30

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

31

10:00 am • Healing Touch* **PT**



Like our Facebook page
facebook.com/CancerCenterofSantaBarbara



Follow us on Twitter
twitter.com/CancerCenterSB



Online Calendar
calendar.ccsb.org



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

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

Coding Key **MR** Sansum Clinic Multipurpose Room (lower level) at 317 W. Pueblo Street
for Locations: **BR** Sansum Clinic Board Room, 317 West Pueblo Street
AR Sansum Clinic Admin Room, 317 West Pueblo Street
CR Cancer Center Conference Room, 540 West Pueblo Street
PT Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
FH Sansum Clinic Conference Room on 2nd floor, 4151 Foothill Road Building A



Cancer Center of Santa Barbara Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

February, 2017

3
9:45 am • Yoga for Strength **MR**
11:00 am • Gentle Yoga **MR**

2
10:45 am • QiGong **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**

1
10:45 am • QiGong **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**

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

9
1:30 pm • Lymphedema Class **PT**
2:30 pm • Practices in Stress Management **CR**

8
10:45 am • QiGong **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**
3:30 pm • Breast Cancer Support **FH**

17
9:45 am • Yoga for Strength **MR**
11:00 am • Gentle Yoga **MR**

16
10:00 am • Flower Arranging **MR**
5:30 pm • Young Adult Support Grp **CR**

15
10:45 am • QiGong **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**

24
9:45 am • Yoga for Strength **MR**
11:00 am • Gentle Yoga **MR**

23
4:00 pm • Eat Well **MR**

22
10:45 am • QiGong **MR**
2:00 pm • Yoga for Strength **MR**
3:15 pm • Gentle Yoga **MR**
3:30 pm • Breast Cancer Support **FH**

31
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

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

29
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

28
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

27
10:45 am • QiGong **MR**
12:30 pm • Yoga for Strength **MR**
1:00 pm • LiveSTRONG at the YMCA (Santa Ynez)
1:45 pm • Gentle Yoga **MR**
4:00 pm • Managing Your Diagnosis - 1st Year **BR**
4:00 pm • Head and Neck Tumor Program **BR**

26
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**



25
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

24
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

23
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

22
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

21
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

20
10:00 am • Painting **MR**
12:00 pm • Life After Cancer **FH**
12:30 pm • Yoga for Strength **MR**
1:45 pm • Gentle Yoga **MR**
4:00 pm • Living with Lung Cancer **BR**
5:00 pm • Sobreviviendo El Cancer **CR**
5:30 pm • Brain Tumor Support Group **BR**

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

Coding Key
for Locations:
MR Sansum Clinic Multipurpose Room (lower level) at 317 W. Pueblo Street
BR Sansum Clinic Board Room, 317 West Pueblo Street
AR Sansum Clinic Admin Room, 317 West Pueblo Street
CR Cancer Center Conference Room, 540 West Pueblo Street
PT Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
FH Sansum Clinic Conference Room on 2nd floor, 4151 Foothill Road Building A

Like our Facebook page
[facebook.com/CancerCenterofSantaBarbara](https://www.facebook.com/CancerCenterofSantaBarbara)

Follow us on Twitter
twitter.com/CancerCenterSB

Online Calendar
calendar.ccsb.org

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





Cancer Center of Santa Barbara Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

March, 2017

6	10:00 am • Painting MR 12:00 pm • Life After Cancer FH 12:30 pm • Yoga for Strength MR 1:45 pm • Gentle Yoga MR 2:00 pm • Gynecological Cancer Support Grp BR 3:00 pm • Strength After Breast Cancer PT Program BEGINS TODAY 5:00 pm • Sobreviviendo El Cancer MR	7	10:00 am • Healing Touch* PT	8	10:45 am • QiGong MR 2:00 pm • Yoga for Strength MR 3:15 pm • Gentle Yoga MR 3:30 pm • Breast Cancer Support FH 5:30 pm • Caregiver MR	9	1:30 pm • Lymphedema Class PT 9:45 am • Yoga for Strength MR 11:00 am • Gentle Yoga MR	10	9:45 am • Yoga for Strength MR 11:00 am • Gentle Yoga MR	11	10:45 am • QiGong MR 2:00 pm • Yoga for Strength MR 3:15 pm • Gentle Yoga MR 3:30 pm • Breast Cancer Support FH 5:30 pm • Caregiver MR	12	10:45 am • QiGong MR 2:00 pm • Yoga for Strength MR 3:15 pm • Gentle Yoga MR 5:30 pm • Caregiver MR	13	10:00 am • Painting MR 12:30 pm • Yoga for Strength MR 1:45 pm • Gentle Yoga MR 2:00 pm • Prostate Support Group BR 4:00 pm • Managing Your Diagnosis - 1st Year BR	14	10:00 am • Healing Touch* PT	15	10:45 am • QiGong MR 2:00 pm • Yoga for Strength MR 3:15 pm • Gentle Yoga MR 5:30 pm • Caregiver MR	16	5:30 pm • Young Adult Support Grp CR 9:45 am • Yoga for Strength MR 11:00 am • Gentle Yoga MR	17	9:45 am • Yoga for Strength MR 11:00 am • Gentle Yoga MR	18	10:00 am • Painting MR 12:00 pm • Life After Cancer FH 12:30 pm • Yoga for Strength MR 1:45 pm • Gentle Yoga MR 4:00 pm • Living with Lung Cancer BR 5:00 pm • Sobreviviendo El Cancer CR 5:30 pm • Brain Tumor Support Group BR	19	10:00 am • Healing Touch* PT	20	10:00 am • Painting MR 12:00 pm • Life After Cancer FH 12:30 pm • Yoga for Strength MR 1:45 pm • Gentle Yoga MR 4:00 pm • Living with Lung Cancer BR 5:00 pm • Sobreviviendo El Cancer CR 5:30 pm • Brain Tumor Support Group BR	21	10:00 am • Healing Touch* PT	22	10:45 am • QiGong MR 2:00 pm • Yoga for Strength MR 3:15 pm • Gentle Yoga MR 3:30 pm • Breast Cancer Support FH 5:30 pm • Caregiver MR	23	2:30 pm • Practices in Stress Mngmnt. - BEGINS TODAY CR 4:00 pm • On-Line Nutrition Resources MR	24	9:45 am • Yoga for Strength MR 11:00 am • Gentle Yoga MR	25	10:00 am • Painting MR 12:30 pm • Yoga for Strength MR 1:45 pm • Gentle Yoga MR 11:00 am • Look Good, Feel Better CR 4:00 pm • Managing Your Diagnosis - 1st Year BR 5:30 pm • Head and Neck Tumor Program BR	26	10:00 am • Healing Touch* PT 11:00 am • Well-fit Exercise Program BEGINS TODAY	27	10:00 am • Painting MR 12:30 pm • Yoga for Strength MR 1:45 pm • Gentle Yoga MR 11:00 am • Look Good, Feel Better CR 4:00 pm • Managing Your Diagnosis - 1st Year BR 5:30 pm • Head and Neck Tumor Program BR	28	10:00 am • Healing Touch* PT 11:00 am • Well-fit Exercise Program BEGINS TODAY
----------	--	----------	--	----------	--	----------	--	-----------	---	-----------	--	-----------	--	-----------	---	-----------	--	-----------	--	-----------	---	-----------	---	-----------	--	-----------	--	-----------	--	-----------	--	-----------	--	-----------	---	-----------	---	-----------	---	-----------	--	-----------	---	-----------	--



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

Coding Key **MR** Sansum Clinic Multipurpose Room (lower level) at 377 W. Pueblo Street
for Locations: **BR** Sansum Clinic Board Room, 317 West Pueblo Street
AR Sansum Clinic Admin Room, 317 West Pueblo Street
CR Cancer Center Conference Room, 540 West Pueblo Street
PT Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
FH Sansum Clinic Conference Room on 2nd floor, 4151 Foothill Road Building A



Like our Facebook page
facebook.com/CancerCenterofSantaBarbara



Follow us on Twitter
twitter.com/CancerCenterSB



Online Calendar
calendar.ccsb.org



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



Cancer Center
OF SANTA BARBARA with **sansum** CLINIC

Campaign for Our New Cancer Center

The Campaign for Our New Cancer Center launched publicly on August 19, 2016 with \$33 million raised toward the \$53 million cost of a new, state-of-the-art home for the Cancer Center of Santa Barbara. As of January 1, 2017, Sansum Clinic and the Cancer Foundation of Santa Barbara have received gifts and pledges worth over \$38.5 million from over 270 donors, including a \$4 million gift from Virgil Elings and \$10.73 million from honorary campaign chair Lady Leslie Ridley-Tree.

When the new facility opens in the fall of 2017, the institution known as the Cancer Center of Santa Barbara, with operations in Santa Barbara, Lompoc and Solvang, will officially be re-named Ridley-Tree Cancer Center in honor of Lady Leslie Ridley-Tree's leadership role and her generous support of the new Cancer Center.

The Elings Oncology Building at Ridley-Tree Cancer Center will bring the oncology departments at 300, 317 and 540 W. Pueblo Street together under one roof to better coordinate care, facilitate even better outcomes, and provide room for the latest technologies and the increasing number of cancer patients as baby boomers age.

With less than 12 months remaining in the Campaign for Our New Cancer Center, we invite the community to help us complete this once-in-a-generation facility. Naming opportunities range from \$2,500 to \$2 million and are available for as little as \$42 per month when pledged over five years.

For a list of current naming opportunities or to learn how you can get involved with this landmark project, contact Rob Dunton at the Cancer Foundation of Santa Barbara at (805) 898-3620 or at rdunton@ccsb.org. ▲



Cancer Center Campaign Cabinet: Lady Leslie Ridley-Tree, Chair; Dan Gaaney; Ed & Sue Birch; Maryann Schall; Peter MacDougall.

Stepanek Legacy Society Donor Spotlight

"It all started with a tour of the new Cancer Center. I was so impressed by having comprehensive cancer care under one roof, I knew instantly that this was a place worthy of my support. I have since left my condominium to the Cancer Center in my estate plans to help support this wonderful new facility. Many of my friends and family have had cancer including my mother and sister. I know how difficult it can be – I've seen what it means to have cancer first hand. I've been telling everyone they should get involved with this amazing project."



Patti McCormack

Patti McCormack - New Elaine & Edward Stepanek Legacy Society Member

If you have added or are considering adding the Cancer Center to your estate plans, please contact Rob Dunton at (805) 898-3620 or rdunton@ccsb.org. To attend one of the weekly behind-the-scenes tours that so inspired Patti McCormack, contact Lori Willis at (805) 898-2187 or lwillis@cfsb.org. ▲



For more information about the new Cancer Center or about how to make a contribution, please contact Rob Dunton at (805) 898-3620 or Dru Hartley at (805) 681-7726.



Cancer Foundation of Santa Barbara's
Elaine & Edward Stepanek Legacy Society

Stepanek Legacy Society

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

For more information or questions, please call Rob Dunton, Director of Philanthropy at (805) 898-3620. ▲