

ONCENTER

FALL 2021 • ISSUE 3

MAGAZINE



BUCKLING UP FOR THE RIDE Don Lubach's Story

STEVE BENETO: TOUGH ENOUGH TO WEAR PINK

BREAST CANCER SCREENING

SIX FOOD SAFETY TIPS
DURING CANCER TREATMENT


Ridley-Tree
Cancer Center
at Sansum Clinic


CANCER
FOUNDATION
of SANTA BARBARA

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ONCENTER MAGAZINE

FALL 2021

A publication of Ridley-Tree Cancer Center and the Cancer Foundation of Santa Barbara.

Ridley-Tree Cancer Center is a world-class regional cancer facility located in Santa Barbara, California. Our highly-trained physicians and compassionate staff utilize the latest technology and treatments, clinical research, and evidence-based wellness programs and support services to provide every opportunity for successful treatment and recovery. Ridley-Tree extends its reach with a branch in Solvang to provide all patients in Santa Barbara County access to the myriad services offered, close to home. This kind of care is made possible thanks to the generosity of community donors and our long-standing partnership with the Cancer Foundation of Santa Barbara.

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The content of this magazine is not intended to be a substitute for medical care. If you have any questions about a medical condition, please contact your physician.

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Kurt N. Ransohoff, MD, FACP and Lori Willis

CARING FOR OUR COMMUNITY

Ridley-Tree Cancer Center has been providing exceptional oncology care in our community for more than 70 years. This month, we are celebrating the **4th anniversary of our flagship building, the Ridley-Tree Cancer Center at Sansum Clinic**, located at 540 W. Pueblo Street, down the street from Sansum Clinic and Cottage Hospital.

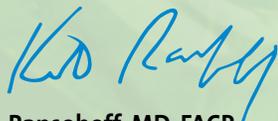
If you or a loved one have been treated at Ridley-Tree, we hope you have found the medical care and compassion offered here is second-to-none. It's what we take pride in each day. If you haven't had an opportunity to visit our world-class center you may not be aware of the comprehensive services we offer, delivered by some of the most highly-trained doctors and staff in our community. We think Ridley-Tree is the best kept secret on the Central Coast, so we are doing a one-time mailing of this magazine to many new households so you are aware of the medical care available for you or a family member in the event that you need it.

At Ridley-Tree, we are unique in our ability to provide the advanced medical expertise and technology of an academic center, complemented by evidence-based supportive care programs that help patients achieve a calmer mind and healthier body throughout their diagnosis and survivorship. Central to our mission is ensuring the highest level of cancer care is available to everyone in Santa Barbara County, regardless of means. Through our partnership with the **Cancer Foundation of Santa Barbara**, we provide patients access to cancer screenings and treatment, and provide assistance with other psychological, social and financial challenges that often accompany a cancer diagnosis. These unparalleled programs are available to anyone in our community receiving cancer care.

Receiving a cancer diagnosis is a life-changing event. We hope you never need to come here, but if you do, you can rest assured that we are here for you and we stand ready to provide the best care possible.



**Ridley-Tree
Cancer Center**
at Sansum Clinic



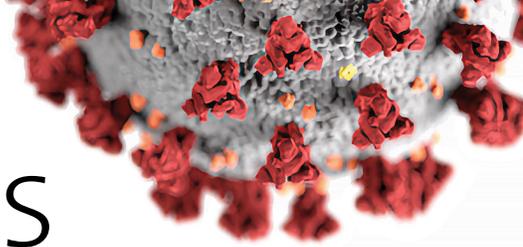
Kurt N. Ransohoff, MD, FACP
CEO and Chief Medical Officer
Sansum Clinic



**CANCER
FOUNDATION**
OF SANTA BARBARA



Lori Willis
Executive Director
Cancer Foundation of Santa Barbara



COVID-19 PRECAUTIONS

We are committed to protecting the safety of our patients and staff while providing the highest quality of cancer care. The following precautions remain in place at Ridley-Tree Cancer Center:



Screening all who enter our facilities



Restricting visitors, with limited exceptions



Providing and requiring medical face masks for all physicians, staff and patients



Providing online wellness classes and support groups



Practicing social distancing



Providing Telehealth visits, when appropriate

The **Resource Library** has reopened for patients and visitors who are at the **Cancer Center** for scheduled appointments. Everyone will be asked to wear masks, keep their distance and sanitize hands before reviewing materials to reduce the spread of infection. For hours of operation and information about receiving library materials by mail, visit library.ridleytrecc.org.

VACCINES

COVID-19 vaccines are safe, effective and recommended for our patients and community members. Sansum Clinic is offering COVID-19 vaccines to all patients age 12 and over. **Patients age 18+** can schedule an appointment on

MyChart or by calling **(805) 681-7805**. For patients aged 12-17, call our **Pediatrics Department** at **(805) 563-6211**. For the most up-to-date information, visit covid19.sansumclinic.org.



BOUQUETS ARE BACK!

Every Tuesday, **Dream Foundation's Flower Empower Program** delivers beautiful bouquets for our patients. These gifts were temporarily paused due to the pandemic and we are so excited to restart the program as a small way to brighten your day!



dreamfoundation™



Register today at
cfsb.org/walkrun2021



CANCER FOUNDATION OF SANTA BARBARA PRESENTS THE 29TH ANNUAL

2021 WALK/RUN

Join us for the virtual **Cancer Foundation Walk/Run** on **Sunday, October 17, 2021** and help us reach our fundraising goal of **\$100,000**. 100% of these funds support cancer research and patient supportive care programs at **Ridley-Tree Cancer Center**. Participants have the opportunity to complete a 5k or 10k on the course of their choosing – in their neighborhood, on a trail or at the beach – and upload their time. A special presentation for registered participants will be shown on October 17 to celebrate.

Registration is open at cfsb.org/walkrun2021. The registration fee is \$40 thru September 12, increasing to \$50 from September 13 – October 17. The cost for children 12 and under participating in the Kids' Fun Run is \$20. Special incentives are offered to individuals who collect at least \$100 in pledges, including free event registration and one entry into the **GRAND PRIZE** drawing.

Three team prizes are awarded to the largest team, the team that generates the most money and the *"First Place Team,"*

which raises the most money on average per person. In addition to recognizing teams and participants for their outstanding fundraising efforts, one individual will receive the **Julie Main Inspiration of Hope Award**. Since the event's inception, Julie Main was inspirational in helping to organize the Walk/Run, seeking sponsors and leading the 6-Week Training Program. This year marks the thirteenth year of the event since Julie's passing, but her legacy will be honored with recognition of a cancer survivor who exemplifies what Julie stood for – courage, perseverance and hope – serving as an inspiration to others by finding the strength to cope with cancer through exercise. We hope to "see" you at the virtual event! 🍃

WALK
RUN
SKIP
JOG

Comprehensive Cancer Care. Close to Home.



At Ridley-Tree Cancer Center, you have access to the latest technology and treatments, clinical research, evidence-based wellness programs and support services, all under one roof.

- **A team of 21** board-certified physicians, **5** advanced practice providers and **160** highly-trained and compassionate staff members delivering the best cancer care for our patients
- The latest **Medical Oncology and Hematology** treatments including chemotherapy, immunotherapy and targeted therapy
- **27 bay Infusion Suite** with floor-to-ceiling windows available with views of the Mesa and the Santa Ynez mountains
- **Multidisciplinary Tumor Boards** where experts from the community review individual cases and determine a patient's multidisciplinary treatment plan together
- State-of-the-art **Radiation Oncology** technology, including (2) Elekta Versa HD™ linear accelerators, CT Simulator, Vision RT and Sentient Technology
- **Radiation Oncology Department Achieved Accreditation** by the American Society for Radiation Oncology (ASTRO) Accreditation Program for Excellence (APEX®)
- **Clinical Research Program** providing patients with access to a broad network of clinic trials in medical oncology, radiation oncology, surgical oncology and medical research
- A **Palliative Care & Advance Care Planning Program** to help seriously ill patients achieve the best possible quality of life
- Integrated **Patient Navigation, Genetic Counseling, Nutrition and Social Work** programs to meet the multilayered needs of our patients
- **Authorization Team and Patient Financial Counselors** coordinate insurance coverage and payment options before treatment begins to prevent financial challenges
- A wide range of **Supportive Care Services** including counseling, support groups, mind-body classes, music therapy, exercise programs, library resources and education to provide healing and support for patients and caregivers
- **Leadership role in the Santa Barbara Breast Care Alliance** accreditation as a Center of Excellence “without walls”, by the National Accreditation Program for Breast Centers (NAPBC)
- **On-site oncology pharmacy team and full-service clinical laboratory**
- A **Solvang** branch providing medical oncology, infusion, nutrition, genetic counseling and support services to patients in North Santa Barbara County



Ridley-Tree
Cancer Center
at Sansum Clinic

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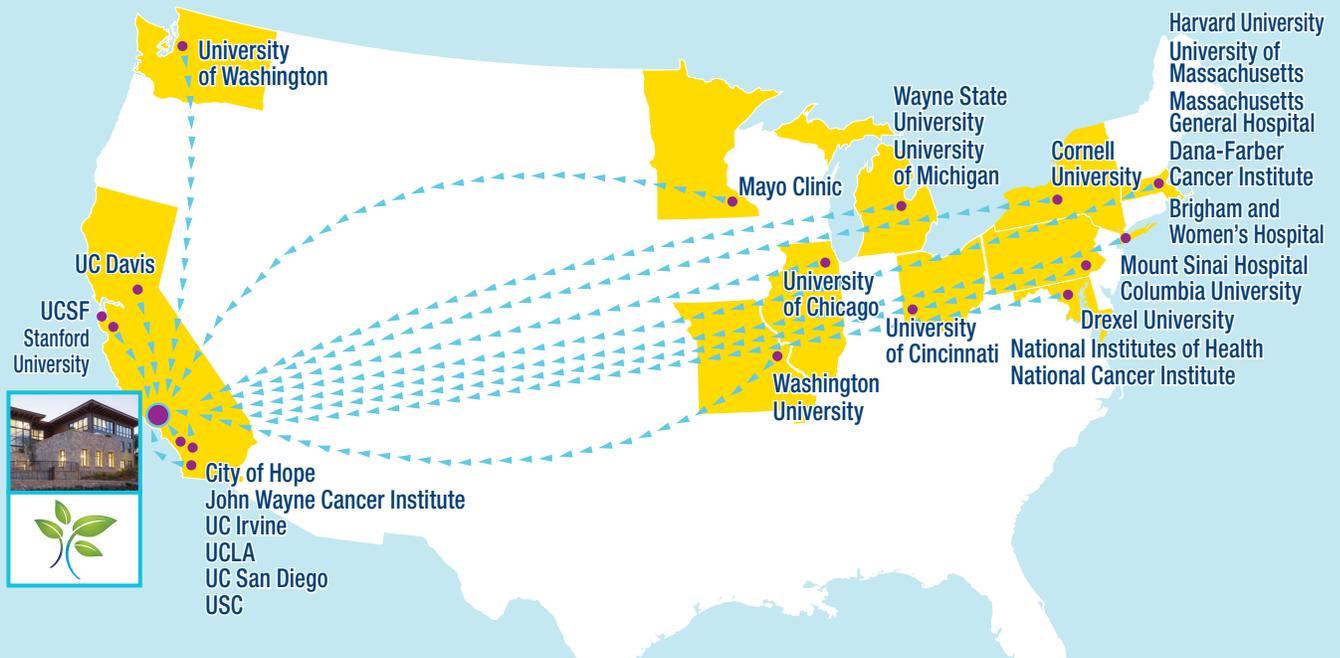


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Our doctors come from some of the best medical schools and centers around the country.



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MEDICAL ONCOLOGY AND HEMATOLOGY



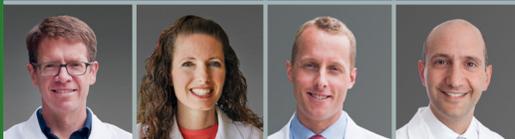
Dr. Cheng Dr. Cotter Dr. Suh Dr. Voog Dr. Carlson Dr. Pace Dr. Meyers Stefanie L. Rashti, NP Dr. Choi Dr. Mitchell

RADIATION ONCOLOGY

NUCLEAR MEDICINE

PALLIATIVE CARE

BREAST SURGERY



Dr. Conway Dr. Harnsberger Dr. Howard Dr. Zerey

SURGICAL ONCOLOGY COLORECTAL SURGERY ENDOCRINE SURGERY GENERAL SURGERY

Receive the highest-quality cancer care rivaling major medical centers throughout the country, close to home.

COMMUNITY PHYSICIAN PARTNERS

Ridley-Tree Cancer Center would like to recognize these physicians for their invaluable partnership



Dr. Yurcho COLORECTAL SURGERY Dr. Hogan GYNECOLOGIC ONCOLOGY Dr. Rodriguez GYNECOLOGIC ONCOLOGY Dr. Delio NEUROLOGY Dr. Chung NEUROSURGERY Dr. Jones NEUROSURGERY Dr. Oni-Orisan NEUROSURGERY Dr. Zauner NEUROSURGERY Dr. Schooler PLASTIC SURGERY Dr. Soares PLASTIC SURGERY Dr. Yegiyants PLASTIC SURGERY Dr. Baay THORACIC SURGERY

BUCKLING UP FOR THE RIDE

News of **Don Lubach's** throat cancer diagnosis arrived at the worst possible time. He and his wife, **Lori**, were nearly empty nesters, savoring the last few months with their two teenage daughters who were preparing to launch into the world, one headed for college and the other starting a gap year in New Zealand. *"The most harrowing thing was thinking I wouldn't be there for my girls,"* Don shares wistfully. His story began early in 2018, after he noticed one of his lymph nodes felt larger than the other. *"I am a bit of a hypochondriac, so I kept mentioning it to Lori,"* Don recalls. He met with his primary care doctor, received a CT scan and consulted with Sansum Clinic ENT Physician **Andrew Mester, MD**, who kindly extended his office hours to get Don in quickly. At this point, Don wasn't overly worried about the lump in his neck. He considered himself a relatively healthy 53 year-old, an avid cyclist with longevity running in his family. His mother had battled breast cancer during the 1970s, but was still going strong at age 91.

Don tried to stay positive while waiting to hear back on all the tests, but the phone call he received while at work in February of 2018 confirming throat cancer landed like a crushing blow. Don's career in UC Santa Barbara's Office of the Ombuds allows him to put his PhD in Higher Education Administration to good use resolving big problems like serious campus conflicts, workplace issues and large academic concerns. Now, Don had his own big problem that needed resolving. One of his first

"I knew through my whole adventure, Cindy was always there. Before this, I did not know a nurse navigator career even existed or the value it would have for me."

steps was connecting with the members of his Ridley-Tree Cancer Center medical team led by radiation oncologist **W. Warren Suh, MD, MPH, FACR**, in partnership with medical oncologist **Gregg Newman, MD**. Nurse navigator **Cindy Gasser, RN, OCN** reached out to Don at the outset, offering him information, an empathetic ear and an

offer to attend his doctor visits. Don says he will never forget that first call with Cindy. He recalls listening closely on his cell phone while pacing in circles in front of the downtown library. Cindy soon began joining Don's appointments with his oncologists, to take notes and help him connect to all of the multidisciplinary staff members and resources that could lend him support, a service Don says was of great comfort for him. *"I knew through my whole adventure, she was always there. Before this, I did not know a nurse navigator career even existed or the value it would have for me,"* he says.

With no early detection test for throat cancer, Don now felt grateful for the neck mass that tipped off his diagnosis. While he and Lori slowly digested the ocean of cancer statistics, their

well-meaning, well-educated friends from all areas of academia provided a constant stream

of suggestions on where and how he should receive treatment. Dr. Suh and Dr. Newman helped to steer Don through the data overload, and advised that there were solid alternatives to surgery. Don found Dr. Suh's clear communication and the way he used his own head and neck when describing the tumor to be refreshing and uncommon for a medical specialist. Both Dr. Suh and Dr. Newman felt confident that more than 35 radiation therapy sessions delivered by Ridley-Tree's world-class linear accelerators alongside simultaneous chemotherapy would yield positive results, and preserve the structures within the throat and neck. *"I love how Dr. Newman unpacked this,"* remembers Don. *"He did explain the treatment would be arduous, but that it was the best choice for this particular cancer."* Don felt so sure about the doctors' advice that he decided to forgo a third medical opinion, removing the stress of needing to shop around for more solutions. And so, the medical adventure began.

In many of the photos documenting Don's Cancer Center firsts, his smiles display the positive spirit that carried him throughout his treatment. Like clockwork, he'd arrive by bike, receive his welcome greeting from the front desk and his complimentary coffee or tea, and head for the infusion suite. Were it not for the chemo port, Don says the comfy chair and garden views made the experience almost *"spa-like."* He was regularly impressed by how the infusion nurses could aptly gauge if he was having a rough day and provide extra comfort.



Don getting ready for a chemo session

“I always left feeling better – with a handful of tips from other patients I spent time with. The encouragement made it easier to buckle up for the ride.”



Don Lubach, an avid cyclist

Photo courtesy of Matt Perko

Continued from page 6

“They can just look you in the eye and assess how you are feeling,” he says. When a problem would arise, he’d observe the nurses quickly surround the patient needing assistance. “They are as tough as truck mechanics, while handling delicate procedures with grace and confidence,” he notes. This culture of each staff member backing the others up is something that Don noticed with his infusion nurses and the radiation therapists, as well as the patient service representatives and custodians he liked to chat with. “They acted like they have the most important job in the world. I could tell they understood their mission. I thought that was amazing.”

Clinical support staff members helped Don to manage some of the more challenging effects of his disease. Ridley-Tree oncology nutritionist **Rebecca Colvin, MPH, RDN, CSO** got Don through one of the toughest parts of his treatment: managing new eating routines. She answered endless questions while also consistently evaluating if Don was getting enough nutrition. *“She is so well-informed and has statistics and current studies at the ready,”* Don effuses. It is impossible to choose one BEST thing about care at Ridley-Tree, according to Don, but his Head and Neck Support Group ranks right near the top. *“I always left feeling better – with a handful of tips from other patients*

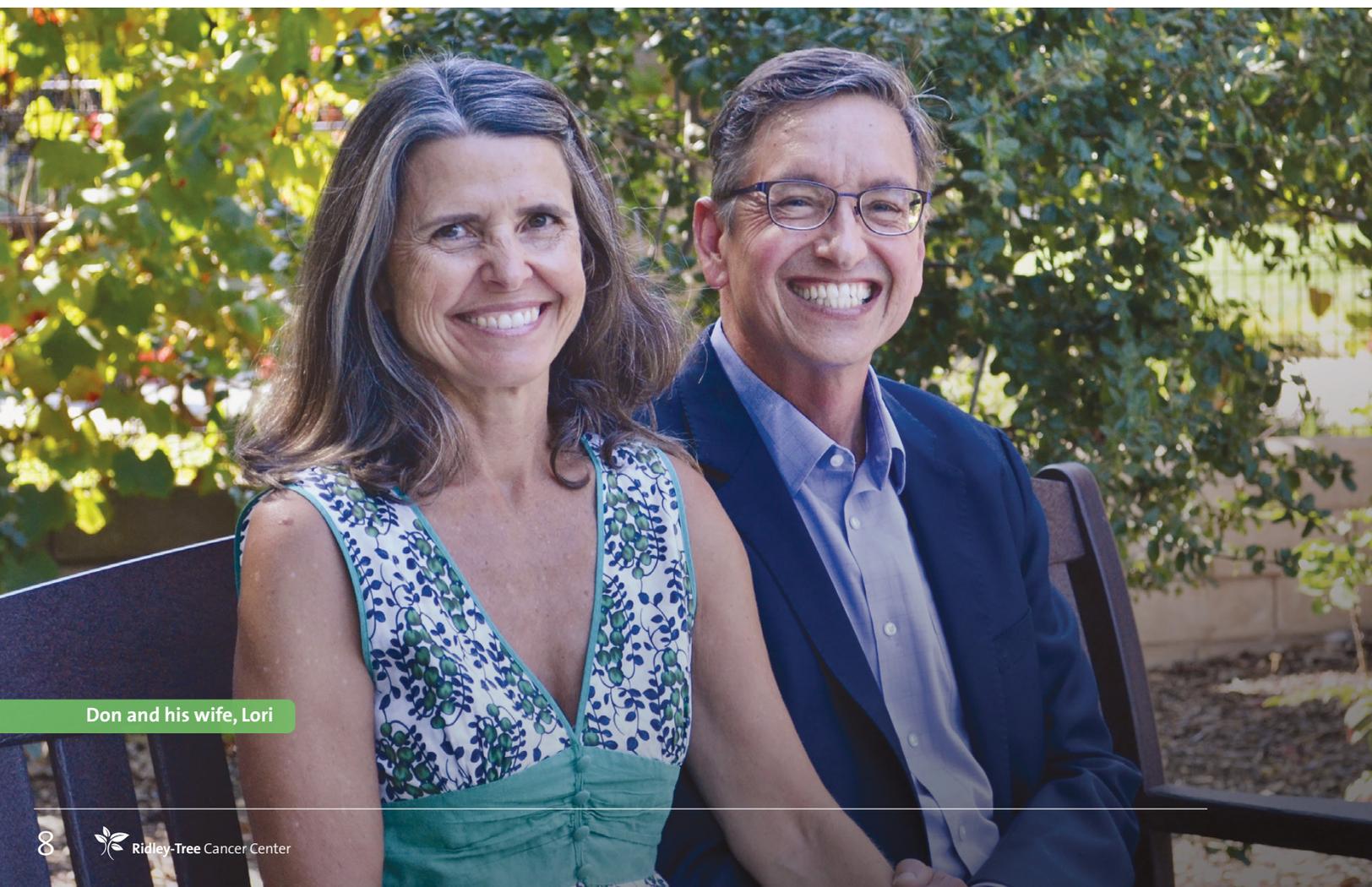
I spent time with. The encouragement made it easier to buckle up for the ride,” he shares.

With cancer treatment behind him, Don is delving into what he missed most for many months; for starters, a road trip with his wife and daughter complete with lots of spicy foods. When he reflects on the success of his medical plan, instead of announcing that he kicked cancer’s *&%\$, he prefers to say he *“danced”* with his disease, accepting the invitation to sway and spin with a dangerous partner, moving to the song of his body, accepting the joy and the pain, and feeling the happiness of those who helped him to stay on the floor. 

The Cancer Foundation of Santa Barbara partners with **Ridley-Tree Cancer Center** in our commitment to providing superior cancer care for all residents of Santa Barbara County regardless of means. To learn about the many ways you can support local cancer care, visit cfsb.org or call **(805) 898-2116**.



Ridley-Tree Cancer Center



Don and his wife, Lori

Ridley-Tree Cancer Center

Community Lectures

Online! 

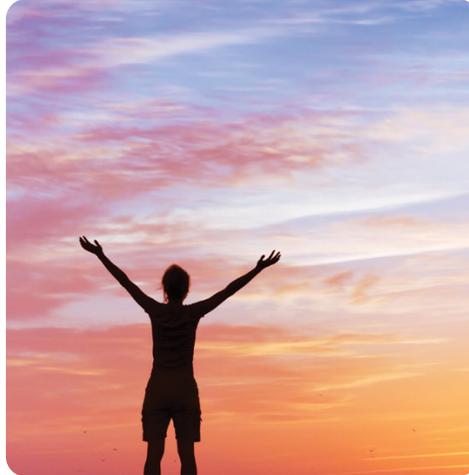
UPCOMING TOPICS



Red Meats and Cancer Risk

Sarah Washburn, MS, RDN, CSO

Can red meats be part of a healthy lifestyle? Discover what research tells us about the relationship between eating red meats and cancer risk. Sarah Washburn, Oncology Dietitian Nutritionist at Ridley-Tree Cancer Center, will discuss how to make informed decisions about choosing and preparing red meats.



Cognitive Behavioral Therapy: Addressing Unhelpful Thought Patterns through the Cancer Journey

Amy Shapton, MSW
Andrea Vasquez, MSW
April Calderon, MSW
Brooke Sharp, LCSW

Cognitive Behavioral Therapy (CBT) is an evidence-based approach for helping to treat many common diagnoses, such as anxiety and depression. Whether this is a new diagnosis, or a recurrence, CBT can teach people to better cope with the difficult feelings that may arise from a cancer diagnosis, challenge unhelpful thought patterns and replace them with more helpful ones. Join our Oncology Social Workers as they discuss how CBT can be used to address unhelpful thought patterns through the cancer journey and for an interactive relaxation training.



Palliative Care: Hope and Comfort through Difficult Times

Deborah Meyers, MD
Stefanie Rashti, NP
Rebecca Bank, RN
Maria Fazio, RN
Edith Gonzalez, MSW

Join the Sansum Clinic Palliative Care team as they explore through conversation what palliative care is, and how it can help patients and families negotiate serious illness. Common questions they receive from patients will be addressed, and patient stories will be used to highlight some of the benefits that can be derived from receiving palliative care from an experienced team of professionals.

To adhere to social distancing guidelines, lectures are available online at lectures.ridleytreec.org 

To learn more about our upcoming lectures or to access our library of past lectures, visit lectures.ridleytreec.org. For any questions, contact (805) 879-5698 or library@ridleytreec.org.

ADVANCEMENTS IN TECHNOLOGY

PROSTATE CANCER PATIENTS BENEFIT FROM CUTTING-EDGE RADIATION TREATMENT

Radiation oncologist **Justin Voog, MD, PhD** and our highly-trained radiation therapy team now offer an advanced treatment for prostate cancer called stereotactic body radiation therapy (SBRT). The innovative technique uses Ridley-Tree's world-class linear accelerators to safely and effectively deliver powerful doses of radiation to the exact location of the tumor, targeting cancer cells while minimizing effects on surrounding tissues. *"This minimally-invasive outpatient procedure addresses the tumor from multiple angles and allows the physician to adjust for tumor movement in near-real time,"* explains Dr. Voog. The 30-minute procedure only requires five sessions instead of eight weeks of conventional radiation therapy, resulting in faster recovery times. All SBRT patients receive Space OAR injectable hydrogel prior to treatment to create space between the rectum and

the prostate, preventing some of the negative side effects that could result from the radiation. The team incorporates a CT simulation scan as well as image-guided radiotherapy to achieve a high-level of precision during the treatment. The **American Society for Radiation Oncology (ASTRO)**, the organization that accredited Ridley-Tree's Radiation Therapy Department, lists SBRT as the standard of care for low- and intermediate-risk prostate cancer.

Dr. Voog has years of experience using advanced radiation techniques like SBRT. While he treats patients with all types of cancer, he has a special interest in prostate/genitourinary malignancies. He earned his medical degree from the University of California San Diego and completed his internship training at Scripps Mercy Hospital in San Diego, followed by a residency at Harvard's Radiation Oncology Program. Prior to joining Ridley-Tree Cancer Center, Dr. Voog held academic appointments at Memorial Sloan Kettering Cancer Center and Massachusetts Institute of Technology.

To learn more about SBRT and all of the advanced radiation oncology treatment options at Ridley-Tree, visit our website radiationoncology.ridleytreec.org. 



From left to right: Medical Dosimetrist Timothy Johnson, Registered Nurse Susanne Roberts, Radiation Oncologist Dr. Justin Voog, Medical Physicist Meg Barker, Director of Radiation Oncology Clarence Thompson

"This minimally-invasive outpatient procedure addresses the tumor from multiple angles and allows the physician to adjust for tumor movement in near-real time."

– Justin Voog, MD, PhD



SBRT may not be covered by all health insurance plans. Patients should check with their health insurance provider to determine coverage.

Linear Accelerator



“As I was considering my treatment options, the most important thing to me was to minimize potential side effects. When I learned more about SBRT and its potential for fewer side effects, I made a decision to proceed.”

– SBRT Patient, Gary Coates

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Prostate cancer is the second leading cause of cancer-related death in men in America, second only to lung cancer, according to the American Cancer Society. 99% of men survive prostate cancer when it is caught early.

The American Cancer Society currently recommends men discuss with their healthcare provider the routine screening options available for prostate cancer, including a prostate specific antigen (PSA) test and digital rectal exam.

These important discussions should take place at:

- **Age 50** for men of average risk.
- **Age 45** for men at high risk, including African-American men and those with a first-degree relative (father or brother) diagnosed with prostate cancer before the age of 65.
- **Age 40** for men at highest risk, including those with more than one first-degree relative who had prostate cancer at an early age.

HIDDEN

AT THE HEART OF CANCER TREATMENT PLANNING

DOSIMETRISTS

Dosimetrists (do-sim-e-trists) create individual radiation treatment plans for each patient, using the radiation therapy prescription from the oncologist to carefully design, measure and calculate the dose. The goal is to reduce the size of, or completely eradicate the cancerous tumor, while sparing healthy tissue and protecting nearby sensitive structures in the body.

Tim Johnson, senior medical dosimetrist, is a 21 year veteran of the department. He says the best part of

his job is playing an important role in a patient's life at a difficult time. Medical dosimetrist **Sadie Wilhite** appreciates hearing good news from doctors when patients complete their treatment, knowing she made a difference. *"Finding just the right set of circumstances when tailoring the treatment to each patient is challenging,"* shares senior dosimetrist **Sarah Sullivan**. *"But being part of a community that truly aims to help patients move forward with grace is what I like most about working here."*



"Finding just the right set of circumstances when tailoring the treatment to each patient is challenging, but being part of a community that truly aims to help patients move forward with grace is what I like most about working here."

– Sarah Sullivan, Senior Dosimetrist

Tim Johnson and Sadie Wilhite.
Not pictured: Sarah Sullivan

HEROES

OF RIDLEY-TREE CANCER CENTER

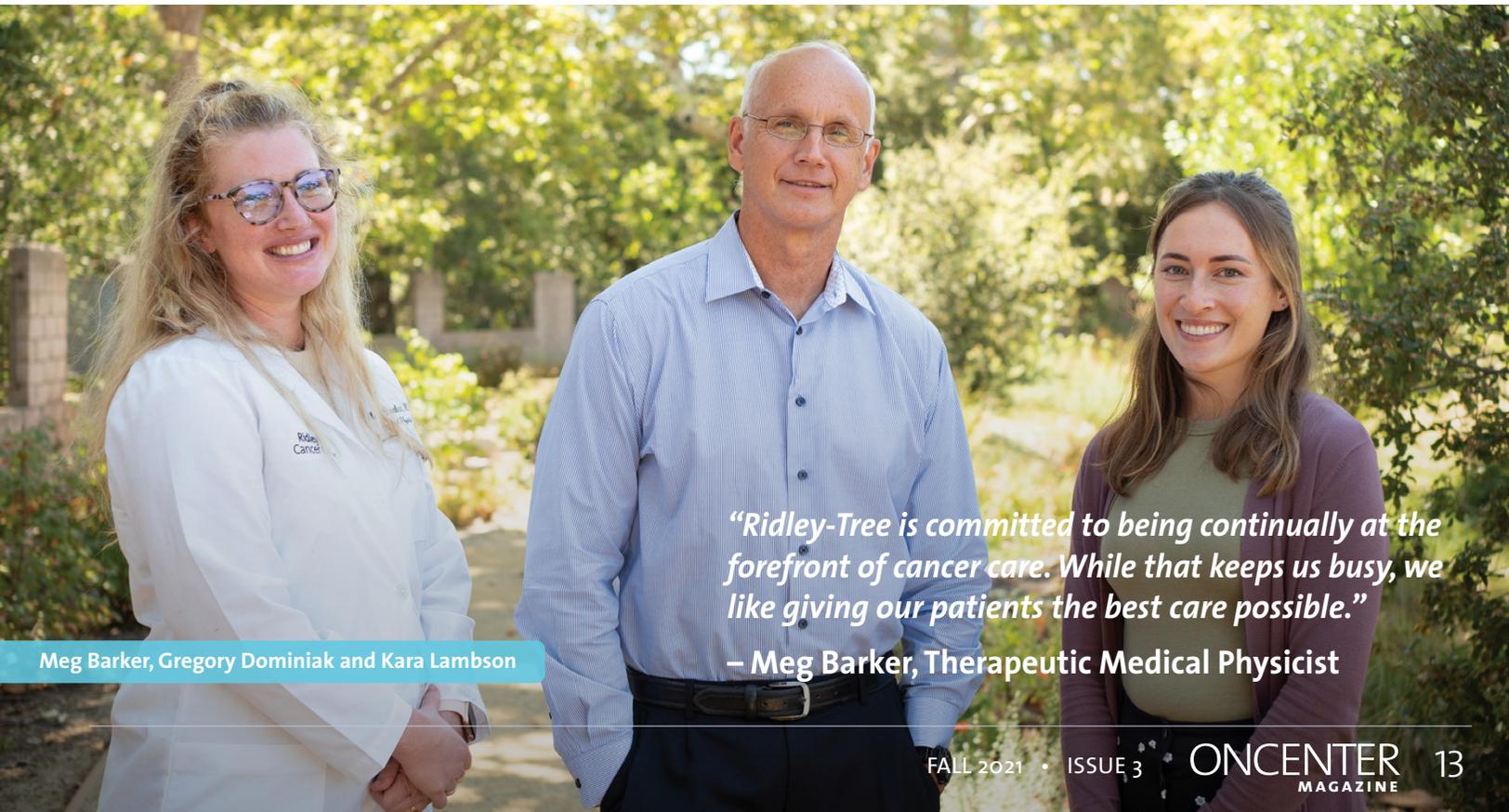
Some of the important work performed by Ridley-Tree team members is less visible to our patients, but their contributions are an essential part of the high-quality, multidisciplinary care we provide to our community.

PHYSICISTS

Physicists also work with the **radiation oncologists** to develop treatment plans, and with dosimetrists to make sure the treatment is safe and tailored to patients' needs. They develop and monitor quality control plans for radiation equipment and procedures, to ensure patient safety and comfort.

Meg Barker, Gregory Dominiak and **Kara Lambson** are Ridley-Tree's therapeutic medical physicists. "Most patients

don't meet us, but we review every single chart and treatment plan," they report. Meg, Gregory and Kara are constantly working to improve treatments and they enjoy implementing new advancements like **Stereotactic Body Radiation Therapy (SBRT)**. They often work after-hours and on weekends when patients need quick access and the radiation therapy needs to begin immediately for medical reasons. "Ridley-Tree is committed to being continually at the forefront of cancer care. While that keeps us busy, our mission is to give our patients the best care possible," says Meg. 🌿



Meg Barker, Gregory Dominiak and Kara Lambson

"Ridley-Tree is committed to being continually at the forefront of cancer care. While that keeps us busy, we like giving our patients the best care possible."

– Meg Barker, Therapeutic Medical Physicist

A LASTING IMPACT



One of **Helen Brown's** most beloved activities was volunteering and helping others. Beginning in 1996, Helen Brown began an 18-year term as a dedicated volunteer to the cancer patients of Santa Barbara. Most Wednesday afternoons, you could find Helen in the lobby of the old Cancer Center, located beneath Cottage Hospital, serving refreshments to patients and caregivers and offering an ear to anyone who wanted to chat. Her sweet and kind personality, beautiful smile and sparkle in her eyes made everyone who walked through the door feel welcome and more at ease.

In addition to her efforts at the Cancer Center, she logged countless hours ushering at the **Granada Theatre** and the **Music Academy of the West**, organizing her local **Alzheimer's Walk**, rolling wound bandages with the **"Holy Rollers"** at **Direct Relief**, donating blood at the **Tri-Counties Blood Bank**, and serving as an usher at her church. Helen found great joy in the outdoors with a deep sense of appreciation and awareness for nature. Bird watching, counting annual seal migrations to the beaches of Carpinteria, and admiring the birds and animals at the Santa Barbara Zoo were some of her favorite local excursions. She enjoyed gardening, was an avid reader of a variety of materials and enjoyed watching tennis tournaments on television. Later in life, Helen took pleasure in visiting far-off places. She embarked on wild African safaris and took exciting trips to St. Petersburg Russia, Beijing China, Europe, Costa Rica and Australia.

In 2010, Helen decided that she wanted to support the Cancer Foundation to an even greater level and she named the Foundation the beneficiary of an individual retirement

account (IRA). As Helen expressed, *"I am pleased to be a Legacy Society member; both my first and second husband passed away from cancer. Because of the caring nature of the doctors and the staff, it seemed a natural thing to volunteer and include the Cancer Foundation in my estate plans. Small things can make a big difference."*

Sadly, Helen passed away last year just shy of her 91st birthday, but her generous spirit will make a lasting impact on cancer patients. 🌱



Helen Brown

ELAINE & EDWARD STEPANEK LEGACY SOCIETY

The **Elaine and Edward Stepanek Society** recognizes and honors donors who have included the Cancer Foundation in their estate plans through Planned Gifts. Membership is conferred upon those who have communicated to the Foundation their intention to make a gift through their will, living trust or other planned agreement to support the Ridley-Tree Cancer Center. Please let us know if you have remembered or would like to remember the Foundation in your plans so that we can acknowledge your support and say thank you. For more information or questions, please call **Lori Willis, Executive Director of the Cancer Foundation of Santa Barbara**, at **(805) 898-2187**.



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

CANCER FOUNDATION BOARD OF TRUSTEES

The volunteer **Board of Trustees of the Cancer Foundation of Santa Barbara** focuses exclusively on fulfilling the Foundation's cancer-focused mission: to ensure superior cancer care for all residents of Santa Barbara County regardless of means.

WELCOME NEW TRUSTEES



Richard J. Nagler began his career at Prudential Insurance in 1968 in the Executive Development Program, remaining at the company for 21 years. Following his time at Prudential, he joined Medco as Regional Vice President, then Merck Medco as a Pharmacy Benefit Manager, and then

Advance PCS, a pharmacy management company. Richard received his Political Science and History degree as well as his MBA from NYU. He and his wife Janice raised their two sons in Westlake Village and moved to the Santa Ynez Valley upon his retirement in 2008. Richard currently sits on the board of the Wilding Museum and Santa Ynez Cottage Hospital Foundation. He was motivated to join the CFSB board following his wife's positive experience as a patient of Ridley-Tree Cancer in early 2020.



Carola Nicholson is a native Argentinian and a certified public accountant who moved to Santa Barbara in 1980. She is co-founder/senior partner of Nicholson & Schwartz, a women-owned tax practice with offices in Santa Barbara and Buellton.

The firm specializes in tax consulting and preparation for individuals, non-profits and corporations, with an

emphasis on small business financial management. She previously worked in San Francisco for Ernst & Young. A graduate of the University of California, Santa Barbara, Carola currently serves on the boards of the Santa Barbara Bowl Foundation and the California Board of Accountants. Carola loves to ski and travel with her husband, Jim Youngson, and their son, Max.



Katina Zaninovich was born and raised in the central valley of California, and is a registered nurse with a public health nurse certification. While she is now retired, Katina moved to Santa Barbara in 1982 to work for VNA Health, where she ultimately became Executive

Director. Her previous experience includes home health and hospice nursing, serving the residents of East Los Angeles. She is a former volunteer and board member at Cottage Health, and has served on the boards of the Central Coast Chapter of the Alzheimer's Association, Santa Barbara Neighborhood Clinics, Post-Partum Education for Parents (PEP), SB Scholarship Foundation and Montecito Retirement Association (Casa Dorinda). Katina previously served on the Cancer Foundation Board of Trustees from 1993-2000. She has two children. 🌿



STEVE BENETO: TOUGH ENOUGH TO WEAR PINK



In 2012, **Steve Beneto**, a long-time member of the **Rancheros Visitadores**, a social group of **Visiting Ranchers** who meet annually on ranch land and embark on a 60-mile journey across the Santa Ynez Valley, realized that many members of the group had wives, mothers, sisters, daughters or close friends who had been touched by breast cancer. At that moment, he understood he could combine his passion for horses with his desire to support programs for breast cancer patients and a partnership with **Wrangler**, The **Tough Enough to Wear Pink Foundation** and the **Cancer Foundation of Santa Barbara** was born.

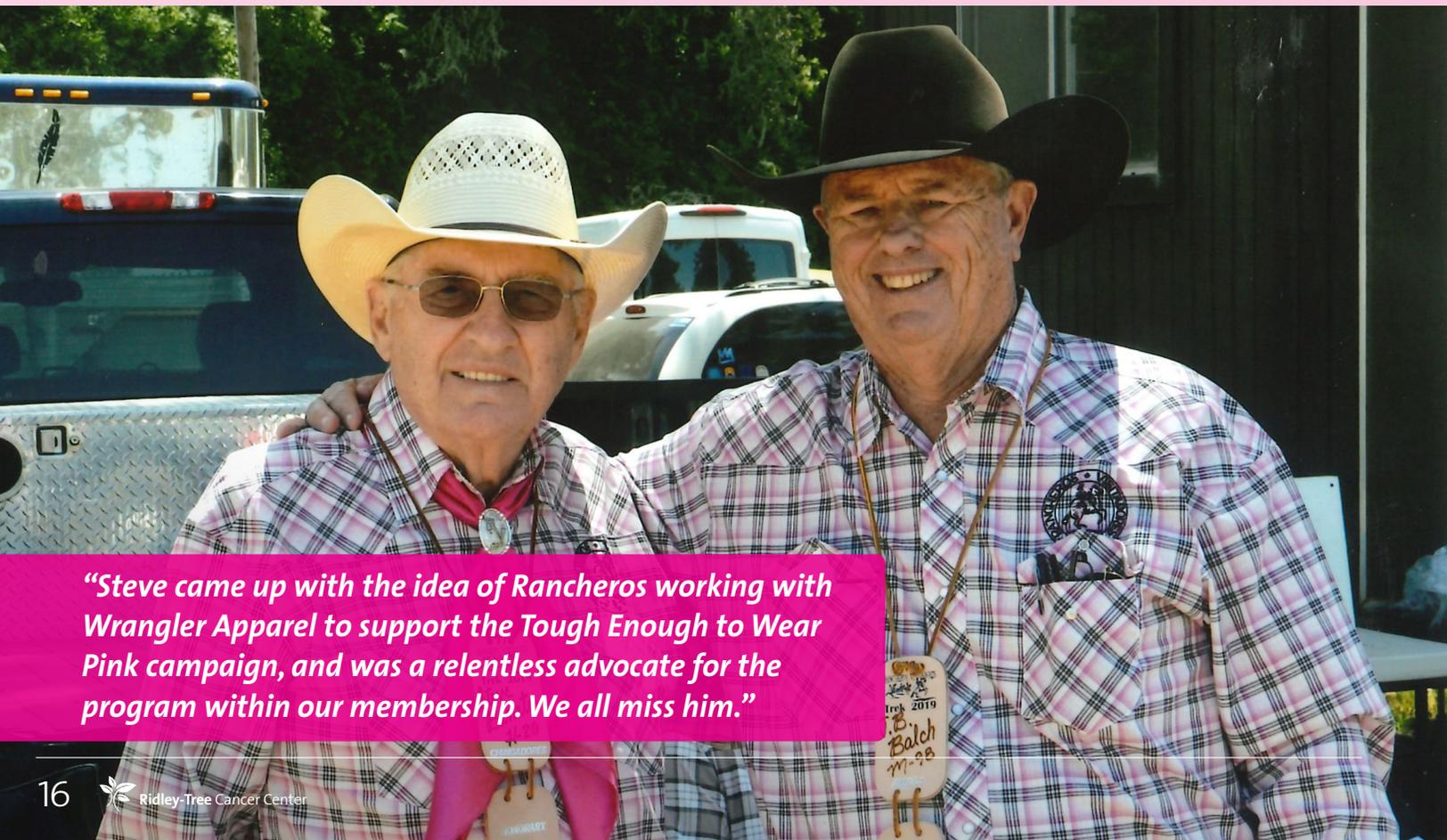
Each year since then, the kickoff to their ride includes a fundraising request to members. On the fifth anniversary of their efforts, Steve explained, *“The Rancheros have been returning to Santa Barbara County and the Santa Ynez Valley for more than 85 years. Though our members come from far and wide, this valley is the Rancheros’ home, and we have found a cause we believe in. We feel it is important to give back to the community we return to year after year. Over the years the response to our appeal has been fantastic as we continue our*

support of the Cancer Center and their excellent care of breast cancer patients and their families on the central coast.”

Following a parade of pink through the streets of Solvang to old Mission Santa Ines, community members gather to witness a blessing of the riders and a check presentation to the Cancer Foundation of Santa Barbara. Since Steve’s initial inspiration, more than **\$1.2 million has been raised** to support the research and programs essential to breast cancer patients at the Ridley-Tree Cancer Center facilities in Santa Barbara and Solvang.

Early this year, Steve lost his battle with multiple myeloma. John Balch, General Manager of the Rancheros Visitadores shared, *“Steve came up with the idea of Rancheros working with Wrangler Apparel to support the Tough Enough to Wear Pink campaign, and was a relentless advocate for the program within our membership. We all miss him.”*

The Cancer Foundation will be forever grateful to Steve and the Rancheros for their vision and we look forward to seeing them ride through the Valley again next May. 🌿



“Steve came up with the idea of Rancheros working with Wrangler Apparel to support the Tough Enough to Wear Pink campaign, and was a relentless advocate for the program within our membership. We all miss him.”

MULTIDISCIPLINARY BREAST CANCER CARE

The latest breast cancer research shows women benefit most when they are guided by a team trained in many medical disciplines, like the model used at **Ridley-Tree Cancer Center**.

Our patients have access to breast surgeons, medical oncologists, radiation oncologists, radiologists, researchers, genetic counselors, patient navigators, oncology dietitian nutritionists and other support staff that specialize in providing comprehensive breast cancer care, right here under one roof in Santa Barbara.

Our breast care team collaborates with the multidisciplinary team of the **Santa Barbara Breast Care Alliance**, providing patients with the collective knowledge of Santa Barbara County's diverse team of breast cancer experts. 🌿



“It is a privilege to be able to take care of women in our community and it’s wonderful that they entrust us with their care. Patients take a leap of faith when their doctors say, ‘these are your options and this is what we recommend you do.’ The trust that women instill in me and our team allows us to provide them with the best care possible.”

– Rosa Choi, MD, FACS
Breast Surgeon



Dr. Rosa Choi



Katrina Mitchell, MD, IBLC, FACS, Breast Surgeon

BREAST CANCER SCREENING

October is Breast Cancer Awareness Month



Breast cancer is the most commonly diagnosed cancer in women in the United States, with 1 in 8 receiving the diagnosis at some point during their lifetime. Early detection provides the best chance for successful treatment and cure.

Sansum Clinic recommends **yearly tomosynthesis** or **3D mammography** for women with average risk, starting at age 40. Mammography is safe and effective during pregnancy and breastfeeding. Women with higher than average risk may need additional **MRI** based on personal and family history. It's important to understand the following risk factors and discuss them with your doctor to determine if you need MRI in addition to mammography:

- Women who have certain gene mutations, such as BRCA1 and BRCA2 or other hereditary cancer susceptibility genes, have a significantly increased risk of breast cancer and ovarian cancer.
- Breast cancer survivors who were diagnosed at an early age or who have dense breast tissue detected on a mammogram.
- Young women who were exposed to chest radiation as a child, such as for treating Hodgkin's lymphoma.

All women should become familiar with their breasts to be able to identify any future changes. Symptoms often include a hard lump underneath the nipple, nipple retraction or nipple bleeding. These symptoms can occur in men too. If you notice anything unusual about your breasts, contact your physician immediately. 🌿

At Ridley-Tree Cancer Center, our genetic counselors help patients and families with a history of cancer better understand and manage the risk of developing cancer. If you or your family members are at suspected risk for hereditary cancer, visit geneticcounseling.ridleytreecc.org to learn more about our Genetic Counseling Program.



SB TENNIS CLUB DONATION OF THRIVE BAGS

Thanks to the generosity of The Santa Barbara Tennis Club, mastectomy patients at Ridley-Tree Cancer Center receive a "Thrive Bag" that includes essential supplies to aide in comfort and recovery after the procedure. The tote is put together by women who have undergone similar surgeries and are passionate about helping women with breast cancer.





BEHIND THE SCENES – DIAGNOSING BREAST CANCER

Two very important healthcare specialties are at the forefront of the initial detection and diagnosis of cancer – Radiology and Pathology. Our community benefits from the experience and expertise of fellowship-trained breast specialists located right here in Santa Barbara – Sansum Clinic’s breast radiologist, **Dr. Winnie Leung**, and Mission Pathology Consultants’ pathologist, **Dr. Lauren Jacobson**.

Listen to our online Community Lecture ***Breast Radiology and Pathology: Behind the Scenes of Breast Cancer Care*** to hear from Dr. Leung and Dr. Jacobson as they explain how radiologic images and pathologic evaluation of tissue are used to diagnose breast cancer and lay the foundation for a personalized treatment plan. Be sure to watch the patient case examples to better understand how this information is presented each week at Santa Barbara Breast Care Alliance’s Multidisciplinary Breast Conference. 🌿

Breast Radiology and Pathology: Behind the Scenes of Breast Cancer Care

Watch the lecture at <https://bit.ly/2UeFUHX>

FEATURED SPEAKERS:



Winnie Leung, MD
Breast Radiologist
Sansum Clinic



Lauren Jacobson, MD
Pathologist
Mission Pathology Consultants

A DEGREE OF NORMALCY

When breast cancer patient and Ventura resident **Cindie Medak** began grappling with where and how to receive the chemotherapy she required after surgery in 2019, she and her daughter began looking for a solution that could preserve her hair. *“I am not a vain person. With cancer, hair should have been the last thing on my worry list. Hair does not have to be that big of a deal, but for me, it was,”* Cindie admits. She researched different cold cap and scalp cooling systems where patients wear tightly-fitting hats or helmets filled with ice or cold liquid during their chemotherapy infusions. These devices protect hair by narrowing the blood vessels beneath the skin of the scalp. This decreases the amount of

foods. *“You do get that freezing feeling in your eyes and your head, but it’s only for five minutes and then you are OK,”* she explains. The cap stayed on during each of her four, two-hour chemotherapy sessions. The results made the brief discomfort worthwhile. Cindie kept about three-quarters of her hair, and since her follicles were preserved, the new hair that grew in was straight, like it was before her diagnosis.

The teams at Ridley-Tree Cancer Center and the Cancer Foundation of Santa Barbara understand the value of retaining as much normalcy as possible for patients throughout their cancer treatment, and the value of providing a service that is typically not covered by insurance or Medicare. *“We believe this is a small way to help patients preserve their self-image and feel that their identity has not been taken from them. It helps them feel like themselves,”* shared **Lori Willis**, Cancer Foundation Executive Director. At 67 years-old

“We believe this is a small way to help patients preserve their self-image and feel that their identity has not been taken from them. It helps them feel like themselves.”

chemotherapy medicine that gets to the hair follicles. Less medicine in the follicles often means less hair lost.

Some of the cold cap systems sounded complicated to Cindie, and she felt they might add more pressure to an already stressful situation, but the clinically-proven **Paxman scalp-cooling technology** at **Ridley-Tree Cancer Center** sounded promising. At the Cancer Center, staff members assist patients in wearing the cold cap during their chemotherapy sessions, a process that usually requires a patient to stay for approximately one additional hour following treatment.

When Cindie and her two adult children met with **Sam Howland**, Ridley-Tree’s Patient Support and Integrative Services Associate Director, to discuss the option, they were convinced Ridley-Tree was the right place for chemotherapy and for the cold caps. *“I could not get enough of how everyone was so lovely, sweet, kind and caring,”* Cindie comments.

The **Cold Cap Program** at Ridley-Tree Cancer Center is sponsored by **Athena Cosmetics** in partnership with the **Cancer Foundation of Santa Barbara**. The Cancer Foundation received a **two-year \$100,000 grant** to provide caps for local cancer patients receiving chemotherapy treatment who are identified as eligible for the protocol. The **Paxman** system has helped over **100,000 cancer patients** in **more than 50 countries** worldwide to retain their hair during chemotherapy, and it worked for Cindie, too. Once she found a size that fit properly, Cindie describes the experience like a brain freeze from eating cold

and in remission from her cancer, “Nonna Cindie” as her eight grandchildren like to call her, is ready to focus on enjoying life and retirement. She reflects on how Ridley-Tree and the cold caps program gave her extra support at a difficult time. *“I was blessed to receive that grant. It was such a beautiful gesture,”* she says. *“It definitely helps to have caring, loving people around you when you go through something like this. It is so healing.”* 🍃



Cindie and two of her grandchildren



ATHENA COSMETICS COLD CAP PROGRAM

Athena Cosmetics founders **Dr. Michael Brinkenhoff** and his wife, **Gayle**, began developing life-changing products to help women feel more confident and beautiful after Gayle faced a breast cancer diagnosis in 2006. Since then, it has been the company's mission to make an impact on the lives of cancer patients. In addition to supporting **The Cold Cap Program**, Athena also created **Revitalash**, a lash conditioning serum designed to fortify and restore health to lashes. Like the Cancer Foundation of Santa Barbara, Athena Cosmetics is committed to supporting breast cancer research, education and programs.

Currently, The Cold Cap Program at Ridley-Tree Cancer Center can only accommodate a limited number of patients, with hopes to expand the program as funding allows. If you are a patient and are interested in learning more about the program, please speak with your medical oncologist.



REVITALASH[®]
COSMETICS

The cold cap system is designed to be utilized during a patient's chemotherapy treatment and helps prevent the loss of hair on the head by protecting the hair follicle. Ridley-Tree staff are trained to assist patients with putting on the cap and activating the cooling system.

SIX FOOD SAFETY TIPS DURING CANCER TREATMENT

From Ridley-Tree Cancer Center Oncology Nutrition Team



TIP #1: WASH YOUR HANDS

At least 50% of food-borne illnesses can be prevented by proper hand-washing.



- ✓ Wash your hands with soap and warm water for at least 20 seconds.
- ✓ Wash your hands throughout the day, including after using the bathroom and playing with pets.



- ✗ Avoid spreading bacteria by washing your hands after handling food and during meal preparation, especially when handling raw meats and produce.



TIP #2: RINSE FRESH AND FROZEN FRUITS AND VEGETABLES

Rinse both fresh and frozen fruits and vegetables under running water as they may carry harmful bacteria from harvesting or transport from farm to grocer.



- ✓ Rinse all fresh and frozen fruits and vegetables, including those with edible skins, rinds and peels. For example, apples, peppers, oranges and bananas can be eaten as long as they have been rinsed.
- ✓ Rinse leafy greens in a salad spinner and rinse fresh and frozen berries in a colander. Even rinse bagged salad that is labeled “pre-washed” or “double/triple washed”.
- ✓ Scrub firm produce, like potatoes and cantaloupes, with a clean vegetable brush.
- ✓ Store-bought fresh juices are safe to drink, as long as the container says “heat-treated”.



- ✗ Do not eat any raw sprouts like alfalfa sprouts or bean sprouts.
- ✗ Do not eat any raw fresh fruits or vegetables that are prepared outside your own home. That means don't buy pre-cut fresh fruits and vegetables, and don't eat raw fresh fruits and vegetables from a restaurant or someone else's home, only eat cooked.



TIP #3: COOK MEATS AND EGGS TO PROPER TEMPERATURE

Fully cook meats and eggs, as the cooking process can destroy harmful bacteria found in raw meats and raw eggs.



- ✓ Fully cook meats, such as beef, pork, lamb, poultry, fish and seafood, to proper temperature.
- ✓ Make sure to cook eggs so the yolks and whites are firm, not runny.



- ✗ Do not eat raw sushi, oysters or ceviche.
- ✗ Do not eat runny egg yolks or raw eggs, like in some salad dressings or raw cookie dough.



TIP #4: AVOID UNPASTEURIZED DAIRY PRODUCTS

Pasteurization is the process of heating liquids or foods to destroy bacteria and other contaminants. In the grocery store, opt for pasteurized dairy products, like milk and cheese.



- ✓ Look at the ingredient list on dairy product containers. Make sure it says “made with pasteurized milk”.
- ✓ Store all dairy products at or below 40° F in the refrigerator or freezer.



- ✗ Do not drink raw milk or eat raw cheese unless heated, like in a hot drink or casserole.





TIP #5: PREVENT CROSS-CONTAMINATION

Prevent “cross-contamination”, which means spreading unwanted bacteria from one surface to another.



- ✔ When grocery shopping, separate raw meats, from all other items in your shopping cart, your grocery bags and in your refrigerator when you get home.
- ✔ Use different cutting boards to prepare meats and produce, or thoroughly wash your cutting board with hot water and soap between uses.



- ✘ Do not clean your kitchen countertops and other surfaces with a cloth towel, use a clean paper towel instead.



TIP #6: REFRIGERATE FOODS AND LEFTOVERS

Bacteria tends to grow more in a warm moist environment. To prevent this, refrigerate your foods and leftovers promptly.



- ✔ Refrigerate perishable foods, such as meats, poultry, fish, seafood, eggs, produce and leftovers within 1 to 2 hours of cooking or purchasing.
- ✔ Defrost foods, like meats and leftovers, in the refrigerator.
- ✔ Leftovers are fine to eat as long as you eat them within 3 days. Or, you can freeze leftovers within 3 days and eat them later.



- ✘ Do not leave milk and other refrigerator items on the kitchen counter for several hours. Refrigerate them! 🌿

SWEET POTATO NACHOS

INGREDIENTS:

- 4 sweet potatoes, cut into wedges, each about 1/4 to 1/2 inch thick
- Smoked paprika or ground cumin, to taste
- 1 tablespoon olive oil
- 1/2 cup onion, chopped
- 2 cups black beans, cooked, rinsed
- 1 cup salsa (optional)
- 1 cup red or green peppers, diced
- 1 cup tomato, chopped
- 1/2 cup fresh cilantro or parsley, chopped (optional)
- 1/2 cup Kalamata olives, chopped (optional)
- Guacamole (optional)
- Sunflower seeds, handful (optional)
- Salt and pepper to taste

INSTRUCTIONS:

- 1 Preheat oven to 400°F.
- 2 Place sweet potato wedges in a single layer on an oiled or nonstick baking sheet. Sprinkle with smoked paprika or cumin and bake for 40-50 minutes, or until soft on the inside and crispy on the outside, flip after 20 minutes.
- 3 Warm olive oil in a skillet, add onions and sauté for 2 minutes.
- 4 Add black beans to skillet and heat to desired temperature.
- 5 Place wedges on a plate and top with remaining ingredients.

Adapted from *The Fab Four Cookbook* by Rosane Oliveira, PhD.



PALLIATIVE CARE & ADVANCED CARE PLANNING PROGRAM

When you are living with a serious illness, palliative care provides an extra layer of support by helping patients and families manage disease-related or treatment-related symptoms, and by offering emotional support, spiritual support and comfort care for improved quality of life.

Under the leadership of **Deborah S. Meyers, MD**, Sansum Clinic's Palliative Care team consists of a nurse practitioner, nurses, a social worker/counselor, a medical assistant and a team coordinator. Each member is passionate about caring for patients with serious illness. This dedicated, multidisciplinary team works with each patient's primary care and specialty care providers to address any issues caused by the illness or treatments. **Palliative care** may be provided at any time during a person's illness, even from the time of diagnosis. Palliative care can also be offered alongside curative treatments.

WHO CAN BENEFIT FROM PALLIATIVE CARE:

- Seriously-ill patients whose symptoms are stressful and difficult to manage
- Patients and families struggling with decision-making about complex medical issues
- Patients and families whose goals of care appear to be in conflict
- Patients in need of coordination of care throughout the course of a complex illness
- Patients diagnosed with serious medical conditions such as cancer, ALS, COPD and other respiratory diseases, dementia, heart disease, heart failure, kidney disease, liver disease



PALLIATIVE CARE SERVICES INCLUDE:

- Assessment and review of patient's plan of care, including identification of a patient's specific needs
- Patient-family case management to help navigate the healthcare system, coordinate care and effectively manage complex and changing symptoms
- Guidance with difficult and complex treatment choices, as well as preparing patient and family for the end-of-life process
- Providing resources and referrals for bereavement services
- Coordination of discharge, home care or hospice services to ensure a smooth transition



Advance Care Planning

at **sansum** CLINIC

ADVANCE CARE PLANNING

Advance Care Planning is an integral part of our program. The **Palliative Care Team** engages with patients and loved ones in meaningful discussions about healthcare goals and preferences, and provides guidance during the completion of an advance directive, a legal document that explains your medical care preferences for your loved ones and healthcare team.

Sansum Clinic provides palliative care for any patient in our community, with or without a referral. **Telemedicine** offers access for patients **from Bakersfield to Oxnard**. To learn more or to schedule an appointment, call **(805) 879-0675**.

The **Palliative Care and Advance Care Planning Program** is generously funded through philanthropic support from major donors: **Natalie Orfaea Foundation** and **Lou Buglioli, J.S. Bower Foundation, William Williams, Lady Leslie Ridley-Tree, Benjamin Wayne** and **Valerie Mizuhara, Warren** and **Mary Lynn Staley, Hollye** and **Jeff Jacobs** and the **Alice Tweed Tuohy Foundation** in memory of **Paul W. Hartloff, Jr.** 



Left to right: Mara Rodriguez, Maria Fazio, RN, Stefani Rashti, NP, Deborah Meyers, MD, Rebecca Bank, RN, Jennifer Blankenbeckler and Edith Gonzalez, MSW, ASW

What's
New:



MYCHART

WHAT'S NEW & DIFFERENT?

We've upgraded our electronic health record system and are pleased to offer new exciting features. These updates can be accessed from your desktop, tablet or phone:

- New home page with shortcuts to easily access your health information
- New menu and search bar to find things more quickly
- Enhanced two-way messaging
- The MyChart website and MyChart mobile app now have the same features

WITH MYCHART YOU CAN:

- Request, view or cancel appointments
- Schedule an Urgent Care or Primary Care appointment, without the help of a scheduler
- Send messages, including photos, to your healthcare team
- Check-in for appointments, pay your co-pay securely and complete any required forms
- Pay bills and message customer service with any questions
- View after-visit summaries and test results
- View health information including allergies, diagnosis, medications and immunizations
- Manage prescriptions including requesting refills
- Request proxy access to view family member's medical records
- Use the mobile app to access your health information on your mobile device

SIGN UP TODAY!

- Visit mychart.sansumclinic.org/MyChart/signup or scan the QR code
- Sign up at your next visit by asking a member of your healthcare team
- Call the **MyChart Help Desk** at **(805) 898-3333** to sign up over the phone 🌿



SUPPORT FROM DIAGNOSIS THROUGH RECOVERY

Evidence-based clinical support services are a vital aspect of comprehensive care at **Ridley-Tree Cancer Center**. Our providers in these fields work alongside our oncologists to provide personalized care plans for the specific medical, psychological, social and logistical needs of each patient. To learn more about these services, contact your doctor or call the program's phone number below.

CLINICAL TRIALS



Leading our community's involvement in cancer research, we work 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

GENETIC COUNSELING



We offer 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 genetic information into understandable recommendations for patients, physicians and families. Ask your doctor if you should pursue genetic counseling.

(805) 879-5653

ONCOLOGY NUTRITION



Our 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

ONCOLOGY SOCIAL WORK SERVICES



Our clinical social workers provide emotional and practical support for patients, their families and their friends.

This includes individual and family counseling, case management, support groups, assistance with home care and long-term care, insurance, transportation, finances and advocacy. These services are available at no cost to patients receiving cancer care.

(805) 879-5690

PATIENT NAVIGATION



Our 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

All these programs are funded by the Cancer Foundation of Santa Barbara.

CANCER FOUNDATION
of SANTA BARBARA

WELLNESS PROGRAMS, SUPPORT GROUPS AND LI

WELLNESS PROGRAMS

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

Finding Joy Through Painting

Learn how the creative process can develop joy by exploring self-expression through painting. If needed, painting supplies can be provided.

Mondays, 10:00 am – 12:00 pm
(805) 879-5678

Relieving Stress Through Tai Chi Yoga

Join us for a meditative practice that can help relieve stress and tension, and increase energy flow.

Mondays, 1:00 – 2:00 pm
(805) 879-5678

Gentle Yoga

A restorative class featuring supported yoga postures, breath work and guided imagery to help manage side effects, reduce stress and support healing.

Wednesdays, 2:15 – 3:15 pm
(805) 879-5678

Active Stretching

This class works with Chinese meridian lines to promote active movement that strengthens muscle groups while protecting joints. You will need a comfortable space on an exercise mat or chair.

Tuesdays, 9:00 – 10:00 am
(805) 879-5678

Knitting Together

This online knitting circle is intended to bring us together to enjoy the creative process as well as each other's company. All supplies can be mailed to participants.

Wednesdays, 11:00 am – 12:00 pm
(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.

Wednesdays, 2:00 – 3:00 pm
(805) 879-5678

Meditation for Survivorship

Meditation can be used to calm the mind and put the body in a relaxed state. Please join us in this ancient practice of stress relaxation.

Wednesdays, 7:00 – 8:00 pm
(805) 879-5678

QiGong

Slow, gentle, yet energizing, QiGong is a practice of movement and breathing techniques that guides one's body, mind and spirit into a state of balance.

Thursdays, 9:30 – 10:30 am
(805) 879-5678

Finding the Light: Meditation in Challenging Times

A guided meditation that focuses on supporting the body and mind during this challenging time. Join us to find the lightness and joy that surrounds us.

Thursdays, 11:30 am – 12:30 pm
(805) 879-5678

Yoga for Resilience in Challenging Times

Join us for gentle strengthening and slow mindful stretches to support wellness. Guided relaxation, breath work and self-massage included.

Fridays, 9:45 – 10:45 am
(805) 879-5678

Restorative Yoga for Peace

This class incorporates restorative yoga, gentle yoga, guided imagery and breath work to support the body in clearing stress, so it can focus on healing.

Fridays, 11:00 am – 12:00 pm
(805) 879-5678

Look Good, Feel Better Class

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

Call for schedule
(805) 879-5678



All these programs are funded by the Cancer Foundation of Santa Barbara.



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. Please call (805) 879-5678 with any questions.

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
12:00 – 1:15 pm
(805) 879-0647

Gynecological Cancer Support Group

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

2nd Tuesday/month, 2:00 – 3:00 pm
(805) 879-0647

Breast Cancer - Beginning the Journey to Wellness

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

2nd and 4th Thursday/month
4:00 – 5:00 pm
(805) 879-0647

Head and Neck Tumors

A group for those diagnosed with cancer of the head and neck to learn from others and share their experiences to help manage the process of treatment and recovery.

4th Tuesday/month, 5:00 – 6:00 pm
(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 Wednesday/month
12:00 – 1:00 pm
(805) 879-5690

Managing Metastatic Cancer

This is a group for those with advanced stage cancer. Patients can openly share and connect with others living with similar challenges.

3rd Tuesday/month, 4:30 – 5:30 pm
(805) 879-0647

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, 12:00 – 1:30 pm
(805) 879-0647

Tools for Coping with a Cancer Diagnosis

This group provides a safe place for those who are newly diagnosed with cancer to learn coping skills for the cancer journey. Topics include shock, sharing the diagnosis, regaining control, self-image, living with uncertainty and more.

Santa Barbara: 1st and 3rd Thursday/month
North County: 1st and 3rd Monday/month
(805) 879-0647

Living with Lung Cancer

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

1st Tuesday/month, 4:00 – 5:00 pm
(805) 879-0647

Young Adult Support Group

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

3rd Thursday/month, 5:30 – 7:00 pm
(805) 879-0647

I Count Too – Teen Support Group: When a Loved One Has Cancer

This is a bimonthly support group for teens, age 11-17, who have a close family member with cancer.

1st and 3rd Mondays, 4:00 – 5:00 pm
(805) 879-0647

RESOURCE LIBRARY

Resource Library

The Resource Library is open for patients and visitors who are at the Cancer Center for scheduled appointments. Materials can also be mailed to you along with a prepaid mailing packet for returns. For hours of operation and additional information, visit library.ridleytrecc.org.

(805) 879-5648 library@ridleytrecc.org

All programs are online and require registration. For more information or to register, visit calendar.ridleytrecc.org 

Comprehensive Cancer Care. Close to Home.

Our integrated team of highly-trained physicians and compassionate staff care for patients with the most advanced treatments and technology, national clinical trials, and research-based supportive care and wellness programs.

Right here in Santa Barbara.



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Ridley-Tree Cancer Center

CANCER FOUNDATION
of SANTA BARBARA