



Winter 2019 Issue

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

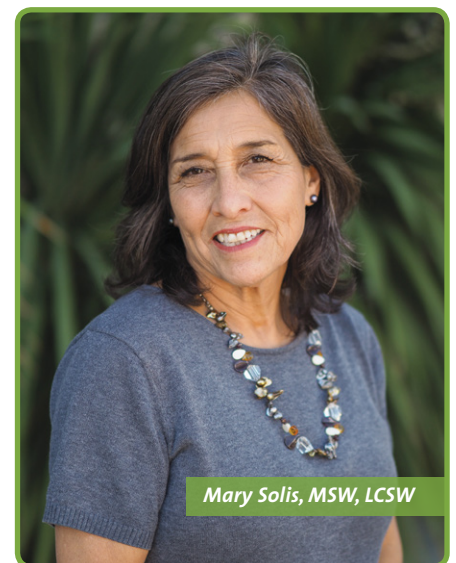
www.ridleytreecc.org www.cfsb.org

Celebrating Mary Solis's 34 Years of Service

By Nicole Young

When **Mary Solis** joined the Cancer Center in 1984 as a **Patient Care Coordinator**, she became the first social worker for the entire organization. Armed with a master's degree in social work from UC Berkeley and two years of experience at Catholic Charities, she worked in the basement of Cottage Hospital with around 50 Cancer Center staff. In her jack-of-all-trades position, she cared for the social and emotional needs of patients and their families. Her tiny office housed a makeshift library of educational books and pamphlets and a closet filled with donated wigs. Mary devoted much of her time to helping patients manage their chemotherapy when few medications existed to ease the difficult physical side effects. She developed support groups for parents of children with cancer. She ran interference with insurance companies and nurtured relationships with social service agencies and non-profit groups within the Santa Barbara community to benefit her clients. While Mary confronted every type of person and situation imaginable during her 34-plus years of service, her approach never wavered. *"The overriding tenet is to meet the patient where they are at and to listen to what they want," she explains. "Listening helps to validate the person you are speaking to, which is vital. When you listen, it helps you to know what next step to take."*

At age 62, Mary reviewed her life and career and felt it was the right moment to retire. She leaves behind a social work staff of seven which serves several thousand patients each year. Her department now includes a full-time employee who spends more than 75% of her time tracking down funds to offset the high cost of cancer drugs. In 2017, the Cancer Center received more than \$8 million dollars in free medication, \$500,000 in co-pay assistance and over \$80,000 in grants for patients' basic necessities, evidence of trust from foundations and individuals who donate. While Mary is incredibly humble and rarely likes to toot her own horn, many of her efforts have transformed into permanent systems, like the important lymphedema screening program. When Mary began her career, many female cancer patients struggled with this swelling condition that can occur following lymph node removal. The idea morphed from a support group to a formal screening mechanism to a conference gathering lymphedema experts from around the state. *"For someone who is really struggling in that moment, it's a pretty critical thing. I take pride that we came up with a way to address that,"* she reports. To address quality-



Mary Solis, MSW, LCSW

Mary Solis Endowment

The Board of Trustees of the Cancer Foundation of Santa Barbara is pleased to announce the creation of the Mary Solis Fund for Oncology Social Work. Established in recognition of Mary's 34-year career in Oncology Social Work at the Cancer Center, proceeds from this endowment will support, in perpetuity, the programs and services that ensure psychological, social and financial stresses associated with the diagnosis and treatment of cancer are addressed.

Gifts of any denomination may be directed to the fund and may be made online at www.cfsb.org, by mail to Cancer Foundation of Santa Barbara, 601 W. Junipero Street, Santa Barbara, CA 93105, or over the phone by calling (805) 898-2116.

CANCER FOUNDATION
OF SANTA BARBARA

of-life issues for those with serious illness, Mary took the initiative to help coordinate palliative care services by gathering resources and representatives from local organizations; another example of her identifying a need and assisting with a long-term solution.

Countless employees and interns who trained under Mary's tutelage witnessed her quiet hard work and dedication. Over the last 20 years, **Sherry Massey**, oncology social work case worker, has watched Mary interact with every kind of person connected to cancer care. *"She has always been knowledgeable, eager and willing to help,"* describes Sherry. *"I think her legacy will be the sheer number of people she has touched and influenced."* **Sam Howland**, associate director of patient support and integrative services, is Mary's supervisor and calls her *"an innovative leader"* whose passion for her work still abounds. By attending conferences to broaden her skill set, collaborating with the tech team on social work tasks and developing partnerships to find solutions to patient problems, Sam observes Mary always elevating care to the next level. Whether it's rounding up funds to pay for treatment associated costs or creating new support programs, Mary feels deeply for her patients and always goes that extra mile to bridge the gap for them. *"She recognizes the worth of every person with whom she interacts. She embraces them and she fights tirelessly to make their journey a little gentler,"* shares Sam.

While some might think caring for people with life-threatening illness comes with a heavy emotional toll, Mary is lifted by the chance to provide an important service. *"Being present with someone and knowing you are making a difference, it's meaningful work. That really is what keeps you going,"* she affirms. When patients become survivors and return to share their stories, when support group numbers grow, when terminal patients choose her to discuss guardianship, those are the points when Mary realizes she is the steward of something special. *"Those are the beautiful moments,"* she notes. *"What is most rewarding is being able to help people at such a critical moment in their lives."*

Losing her brother as a young child gave Mary a unique empathy for those struggling with difficult life circumstances. It inspired her to pursue a career helping others that continued throughout her adult lifetime. She's a doer and her retirement plans reflect that. She's looking forward to seeing her three grown sons and extended family more, tackling long-overdue home projects and enjoying her Sunday "Huff and Puff" soccer league without Monday on her mind.

Her mission will be carried on by her colleagues at Ridley-Tree Cancer Center but her absence will be felt. *"Words cannot express how much we will miss her,"* laments **Belinda Burns**, radiation oncology coordinator. *"She leaves a staff that has learned from her and plans to continue good work in her honor."* ▲



Welcome, Dr. Julian Davis!

Dr. Davis joined **Ridley-Tree Cancer Center's Oncology & Hematology department** in 2018. He is board certified by the American Board of Internal Medicine and the American Society of Hematology. Dr. Davis received his medical degree from Royal College of Surgeons in Ireland and completed his Internal Medicine internship and residency at University of Pennsylvania Health System – Pennsylvania Hospital. He completed his Oncology & Hematology fellowship at University of California Davis Comprehensive Cancer Center where he was Co-Chief Fellow in 2017-2018. Dr. Davis has a special interest in hematologic malignancies and advanced cutaneous cancers like melanoma. ▲



Julian Davis, MD, MA

Connect with Us

Stay up-to-date by following Ridley-Tree Cancer Center and Cancer Foundation of Santa Barbara's social media accounts and online resources.

Social Media

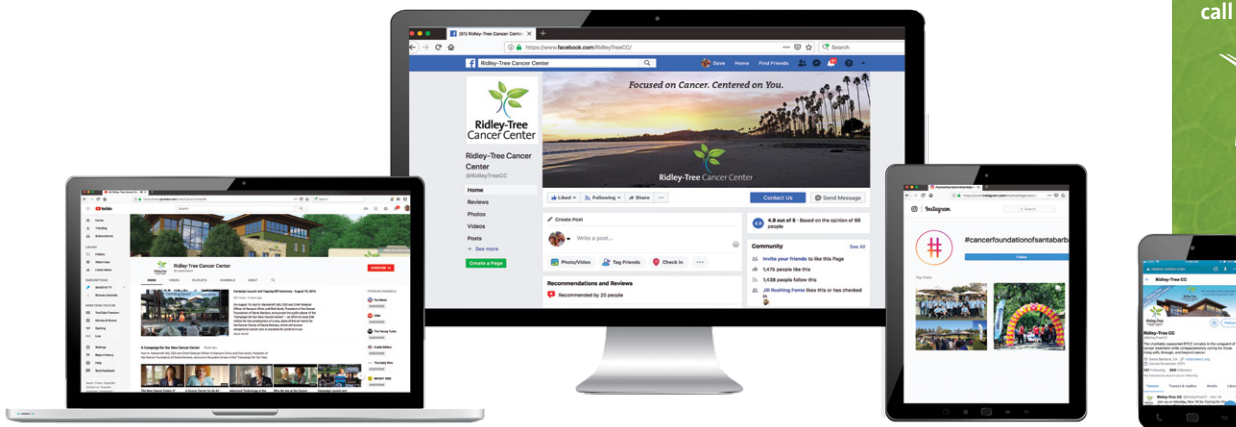
Follow our social media accounts and like and share our content. Not only will you stay up-to-date with announcements but you will support us by spreading the word about Ridley-Tree Cancer Center programs and services and Cancer Foundation events. Connect with us today and ask your friends and family to do the same!

f **FACEBOOK** – Follow **RidleyTreeCC** and **Cancer Foundation of Santa Barbara** to stay up to date with announcements and events. Like and share our posts with your family and friends.

t **TWITTER** – Follow **RidleyTreeCC** for short announcements about news and events.

ig **INSTAGRAM** – Follow **RidleyTreeCC** and **CancerFoundationSB** to like and comment on our photos.

yt **YOUTUBE** – Subscribe to **CancerCentersSB** to view, comment on and share our videos.



Websites

Visit Ridley-Tree Cancer Center's website to learn more about our providers and programs and services. You can also access digital copies of OnCenter and our annual report.

ridleytrecc.org

Visit Cancer Foundation of Santa Barbara's website to learn about the Foundation's fundraising efforts and events, and view our annual report.

cfsb.org

Online Calendar

Access our wellness classes and support groups online calendar to learn about and register for upcoming classes.

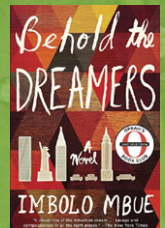
calendar.ridleytrecc.org ▲

Book Club – NEW TIME!

The Book Club will resume in January. In partnership with the Santa Barbara Public Library, we invite you to join us and be a part of a community of readers who have been touched by a cancer diagnosis. Light refreshments will be provided!

Thursday, January 10
5:30 – 6:30 pm
540 W. Pueblo Street

January's Book:
Behold the Dreamers
by Imbolo Mbue



Books will be provided by the Santa Barbara Public Library and can be picked up at Ridley-Tree's Henley Resource Library.

For more information, email library@ridleytrecc.org or call (805) 879-5648.



Oncology Nutritionists at the Farmers Market

Join Ridley-Tree Cancer Center Oncology Nutritionists for a live cooking demonstration at the February 2nd Farmers Market located at the corner of Santa Barbara Street and Cota Street. You will learn about making food choices for optimal health and discover new techniques for preparing seasonal offerings. Demos will be held at 10:00 am, 11:00 am and 12:00 Noon.



Introducing Moving Pictures, Partnership with SBIFF

The Ridley-Tree Cancer Center in partnership with the Santa Barbara International Film Festival is pleased to introduce Moving Pictures, a free film program for patients, caregivers and survivors. Join us at the Wolf Education & Training Center for a quarterly screening of an uplifting film followed by a discussion led by Santa Barbara International Film Festival staff. Popcorn will be provided!

Check the online calendar for upcoming dates and films: calendar.ridleytreec.org.

Santa Barbara
INTERNATIONAL
Film
FESTIVAL



4 Ridley-Tree
Cancer Center

Band of Brothers

By Nicole Young

Javier Quezada sat nervously in his office staring at his phone. Eight months into his new job at Community West Bank in Goleta, he awaited news on whether he tested positive for cancer. The anticipation nearly made him sick. When the phone rang, instead of his doctor, it was his friend, Clay Dickens. *"I'm coming down there, I'm walking over right now,"* Clay told Javier from the company's corporate building up the street. *"You shouldn't be alone when this call comes."* Minutes later, a doctor unraveled the details of Javier's lung cancer diagnosis. Mention of that kind gesture more than 10 years ago and all that Clay and Javier's three other closest friends Andy Ochsner, Michael Cota and Mario Coronado have done since to support and lift him up, brings the 51 year-old to tears. *"We are like family with each other,"* explains Javier. *"I can always count on them. These guys have been there to break my fall every time."* Javier calls this group his *"compadres."* Their very special friendship began when their young children attended St. Raphael Elementary School and blossomed over time as their spouses and kids got to know one another. *"Personally, I was attracted to their warmth, kindness and incredible sense of humor,"* confides Clay. They all shared a love of food, sports and giving back to their community. They cheered on their children at games, organized holiday meals, played golf together and planned family camping trips. They'd laugh and tease Javier for always drifting off at big events they attended to talk with the scores of locals he knows. *"Javier is a tremendously giving person. He is connecting with people one-on-one constantly,"* notes Mario. *"We give him a hard time because he is all our wives' favorite,"* adds Clay. *"He has a huge heart and is always there for all of us."* *"As a friend, Javier has never let me down. No one has taught me more about courage and kindness than Javier,"* shares Michael. This strong friendship made it easy to want to help Javier manage his medical challenges while keeping his wife, Kristin, daughter Kailey and son Bryce, ages 2 and 5 at the time, afloat. *"No one is tighter to me than these four guys,"* says Andy. *"There isn't much we wouldn't do for each other."* The men all pitched in every way they could until Javier received a clean bill of health and could resume life as normally as possible.

After many years working for Montecito Bank & Trust, Javier returned to Community West Bank last year as a Vice-President and Community Banking Manager. He ironically sat in the exact same office when he learned his cancer had reappeared. Oncologists discovered a softball-sized tumor lodged in his kidney and tangled around nearby organs. Javier visited an array of doctors trying to find one who would consider the risky surgery needed to remove it. Meanwhile, he began chemotherapy to shrink its size. With his son set to begin college in the fall, Javier worried about the timing and finances but ultimately chose to stay positive. *"My only option was to move forward and keep fighting,"* resolved Javier. *"I thought, I am not done yet. I still have a lot to do."* Once again, Javier's "band of brothers" rallied to assist their friend. It took some convincing but Javier finally agreed. *"He's a guy that is not used to asking for help,"* admits Andy. *"He usually is the guy giving it, so being on the other end for him was not natural."* The friends started a GoFundMe page for medical bills, arranged for food to be delivered, installed a bedroom air conditioner and ensured there was company for every treatment appointment. With guidance from his medical team at Ridley-Tree Cancer Center, Javier and Kristin finally found a surgical team who could perform the very specialized procedure Javier needed



Javier and his "band of brothers"

at USC's Keck Medical Center. A caravan of supporters accompanied him to Los Angeles. "I was fortunate enough to be in the waiting room with Javier's family when his surgeon delivered the news that he believed they were successful in resecting the entire tumor from his body. Words cannot describe the utter joy that overcame us," relays Michael. After a difficult recovery, Javier began radiation treatment at Ridley-Tree Cancer Center. He'd often notice how somber other patients appeared in the waiting room. Feeling motivated to pay forward the same kindness his compadres extended to him, Javier determined to befriend some and cheer them up. Because of his affable demeanor, Javier's fellow patients and radiation staff began calling him "The Mayor of the Fish Bowl," named for the room's glass enclosure and big-screen TV showing underwater videos.



Javier and his family

Despite a lack of research surrounding the impact of friendships on adult cancer patients, there is plenty of medical evidence showing that friends can be a powerful healing force for those battling physical and mental illness and can act as a balm for any stressful life challenge. Javier agrees. "My group of friends, they bring me hope," he expresses. He now relishes even the simplest of get-togethers with this group. The first post-cancer golf match and the first time back on a bike for their annual July 4th bicycle ride down State Street held special meaning for all five. "The older we get, the more we realize that time is the most valuable thing we can give," suggests Andy.

Javier begins 2019 buoyed by clear scans showing his cancer is gone. While he concedes he'll be "looking in the rear view mirror more frequently," to try and prevent the cancer from returning, his journey with life-threatening illness twice gives him new perspective. "I am one blessed individual," acknowledges Javier. "I have made it through two speed bumps in my life without bottoming out, all because of my great supporters!" Clay summarizes the spirit of the five men and the way they choose to be there for one another. "We are all just one big family, growing together, sharing joys, sorrows and dreams. It is very special and we all strive to keep it that way." ▲

Volunteer Spotlight

Anne Witherell has been a volunteer for the Cancer Center since 2014. As a cancer survivor herself, Anne started volunteering after completing treatment as a way to express gratitude for the excellent support and care she and her family received from **Dr. Dan Greenwald** and **Dr. Warren Suh**. "I feel that I have accomplished one of my bucket list items in giving back to this special place," says Anne. You can find Anne at the front desk every Monday morning, welcoming and visiting with patients and their families. She loves to tell patients about the Henley Resource Library, Healing Garden and the beautiful artwork throughout the building. We are so grateful for Anne's kindness and her longstanding commitment to helping our patients, staff and community. ▲



Anne Witherell

Recent Awards

Dr. Dan Greenwald was recognized as the 2018 Distinguished Medical Honoree at the American Cancer Society's Riviera Ball. Congratulations on this award recognizing all you do for our patients and the community!



Dr. David Carlson was the recipient of the 2018 UCSF Department of Radiology and Biomedical Imaging's Outstanding Clinical Faculty Award. Congratulations on this testament to your high quality of service and care!



Please check
calendars for holiday cancellations

Do You Know About Our Supportiv

Wellness Classes

Supp

Painting the Pictures of Health Class

Enjoy the creative process and receive support and instruction. All supplies are provided. Drop-ins welcome.

Every Monday
(805) 879-5678

Flower Arranging Class

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

Call for schedule: (805) 879-5678

Yoga for Strength and Empowerment

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

Monday, Wednesday, Friday
(805) 879-5678

Gentle Therapeutic Yoga

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

Monday, Wednesday, Friday
(805) 879-5678

Well-fit Exercise Program

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

Call for schedule
(805) 966-6147 x262

Oncology Wellness Lectures

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

Call for schedule: (805) 879-5678

Meditation for Survivors*

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

Every Wednesday: (805) 879-5678

Moving Pictures

Attend free screenings of uplifting films along with a discussion led by staff. In partnership with Santa Barbara International Film Festival.

Call for schedule: (805) 879-5648

LIVESTRONG at the YMCA*

12-week small group program for adult cancer survivors looking to develop a fitness program after completing treatment. RSVP required.

Call for schedule

Classes offered at four YMCA locations:
Montecito (805) 969-3289, x110
Santa Ynez (805) 686-2037
Lompoc (805) 736-3483, x37
Santa Barbara (805) 687-7720, x227

Strength After Breast Cancer*

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

Call for schedule: (805) 681-7781

Stress Management 101

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

Call for schedule: (805) 879-5678

Oncology Lymphedema Education Seminar

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

2nd Tuesday/month
(805) 681-7781

Book Club

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

2nd Thursday/month
(805) 879-5648

Look Good, Feel Better Class

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

Call for schedule: (805) 879-5678

Drumming Together

This class provides participants a welcoming space to create fun rhythm and improvise with the group.

Every Thursday: (805) 879-5654

Meditation for Relaxation Class

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

Every Thursday
(805) 879-5678

Healing Touch Appointments

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

Every Tuesday
(805) 879-5678

Oncology Nutrition Class

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

Call for schedule:
(805) 879-5652

Colors of Hope Coloring Class

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

Every Tuesday (805) 879-5678

Singing Group

Join us as we get together and sing! Songs will be from a wide range of genres, artists and ages. Drop-ins welcome.

Every Wednesday
(805) 879-5654

Music and Relaxation

This class provides a secure space with live healing music to assist with mindful body relaxation. Drop-ins welcome.

Every Tuesday
(805) 879-5654

Qigong 101

Join us for this four week series to learn about this ancient Chinese practice.

Call for schedule: (805) 879-5678

Life After Cancer - Discovering Your New Normal*

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

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

Gynecological Cancer Support Group

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

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

Breast Cancer - Beginning the Journey to Wellness

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

2nd and 4th Thursday/month
(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
(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 que estar bajo tratamiento de cáncer.

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

Brain Tumor Support Group

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

3rd Tuesday/month
(805) 879-0647

Who Qualifies for RTCC Wellness Programs?

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

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

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

*These programs are for patients who have completed treatment.

Support Programs for Patients and Their Caregivers?

Support Groups

Prostate Cancer Discussion Group

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

2nd Tuesday/month
(805) 879-0647

Tools for Coping with a Cancer Diagnosis

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

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

Living with Lung Cancer

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

1st Tuesday/month
(805) 879-0647

Young Adult Support Group

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

3rd Thursday/month
(805) 879-0647

Talking to Your Children About Cancer

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

Call for schedule: (805) 879-0647

I Count Too - Kids Support Group

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

Call for schedule: (805) 879-0647

Teens Helping Teens

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

Call for schedule: (805) 879-0647

Clinical Support Services

Patient Navigation

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

(805) 879-0660

Oncology Social Work Services

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

(805) 879-0669

Oncology Nutrition Counseling

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

(805) 879-5652

Genetic Counseling

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

(805) 879-5653

Cancer Information & Resource Library

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

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

Music Therapy

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

(805) 879-5654

Physical Therapy

Sansum Clinic's Physical Therapy department offers services for patients experiencing lymphedema (swelling), decreased range of motion and other physical limitations. Ask your doctor if physical therapy would be beneficial for you. Physician referral required.

(805) 681-7781

Community Palliative Care

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

(805) 690-6212

Beauty and Boutique Services

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

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

Clinical Trials

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

(805) 879-0643

Advance Directives Workshop

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

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

For complete descriptions and the current schedule, visit calendar.ridleytreec.org





Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

January 2019



Day	Program	Time	Location
Monday	1	CLOSED NEW YEAR'S DAY	
	7	10:00 am - 12:00 pm • Painting Class MR 1:00 - 2:00 pm • Yoga for Strength MR 2:15 - 3:15 pm • Gentle Yoga MR 5:30 - 6:30 pm • Caregivers Class MR	
	8	10:00 am - 2:30 pm • Healing Touch Appointments* IM 10:30 - 11:30 am • Music and Relaxation MR 11:00 am - 12:00 pm • Coloring Class SY 11:00 am - 12:00 pm • Wellfit Exercise Program – BEGINS TODAY* 12:00 - 1:30 pm • Prostate Cancer Support Group MR 12:30 - 1:30 pm • Lymphedema Education Seminar* PT 2:00 - 3:00 pm • Gynecological Cancer Support Group MR	
	14	10:00 am - 12:00 pm • Painting Class MR 1:00 - 2:00 pm • Yoga for Strength MR 2:15 - 3:15 pm • Gentle Yoga MR 3:00 - 4:00 pm • Strength After Breast Cancer – BEGINS TODAY* PT 5:30 - 6:30 pm • Caregivers Class MR	
	15	10:00 am - 2:30 pm • Healing Touch Appointments* IM 10:30 - 11:30 am • Music and Relaxation MR 11:00 am - 12:00 pm • Coloring Class SY 12:00 - 1:15 pm • Life After Cancer Support Group MR 5:30 - 6:30 pm • Brain Tumor Support Group MR	
	16	12:00 - 1:00 pm • Singing Group MR 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 5:00 - 6:00 pm • Sobreviviendo El Cancer MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
	17	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis MR 4:00 - 5:00 pm • Oncology Nutrition Class: Choosing Dietary Supplements* MR 5:30 - 7:00 pm • Young Adult Support Group MR	
	18	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
	22	10:00 am - 2:30 pm • Healing Touch Appointments* IM 10:30 - 11:30 am • Music and Relaxation MR 2:00 - 3:00 pm • Gynecological Cancer Support Grp MR 5:30 - 6:30 pm • Head and Neck Tumor Program MR	
	23	12:00 - 1:00 pm • Singing Group MR 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
Tuesday	1	CLOSED NEW YEAR'S DAY	
	2	12:00 - 1:00 pm • Singing Class MR 1:00 - 2:15 pm • LiveSTRONG at the YMCA (Santa Barbara) BEGINS TODAY* 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 5:00 - 6:00 pm • Sobreviviendo El Cancer MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
	3	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis MR	
	10	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 1:00 - 3:00 pm • Advance Directives Workshop MR 4:00 - 5:00 pm • Breast Cancer Support Grp MR 5:30 - 6:30 pm • Book Club L	
	11	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
	16	12:00 - 1:00 pm • Singing Class MR 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 5:00 - 6:00 pm • Sobreviviendo El Cancer MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
	17	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis MR 4:00 - 5:00 pm • Oncology Nutrition Class: Choosing Dietary Supplements* MR 5:30 - 7:00 pm • Young Adult Support Group MR	
	18	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
	24	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 4:00 - 5:00 pm • Breast Cancer Support Grp MR	
	25	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
Wednesday	1	CLOSED NEW YEAR'S DAY	
	2	12:00 - 1:00 pm • Singing Class MR 1:00 - 2:15 pm • LiveSTRONG at the YMCA (Santa Barbara) BEGINS TODAY* 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 5:00 - 6:00 pm • Sobreviviendo El Cancer MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
	3	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis MR	
	10	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 1:00 - 3:00 pm • Advance Directives Workshop MR 4:00 - 5:00 pm • Breast Cancer Support Grp MR 5:30 - 6:30 pm • Book Club L	
	11	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
	16	12:00 - 1:00 pm • Singing Class MR 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 5:00 - 6:00 pm • Sobreviviendo El Cancer MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
	17	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis MR 4:00 - 5:00 pm • Oncology Nutrition Class: Choosing Dietary Supplements* MR 5:30 - 7:00 pm • Young Adult Support Group MR	
	18	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
	24	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 4:00 - 5:00 pm • Breast Cancer Support Grp MR	
	25	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
Thursday	1	CLOSED NEW YEAR'S DAY	
	2	12:00 - 1:00 pm • Singing Class MR 1:00 - 2:15 pm • LiveSTRONG at the YMCA (Santa Barbara) BEGINS TODAY* 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 5:00 - 6:00 pm • Sobreviviendo El Cancer MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
	3	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis MR	
	10	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 1:00 - 3:00 pm • Advance Directives Workshop MR 4:00 - 5:00 pm • Breast Cancer Support Grp MR 5:30 - 6:30 pm • Book Club L	
	11	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
	16	12:00 - 1:00 pm • Singing Class MR 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 5:00 - 6:00 pm • Sobreviviendo El Cancer MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
	17	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis MR 4:00 - 5:00 pm • Oncology Nutrition Class: Choosing Dietary Supplements* MR 5:30 - 7:00 pm • Young Adult Support Group MR	
	18	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
	24	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 4:00 - 5:00 pm • Breast Cancer Support Grp MR	
	25	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
Friday	1	CLOSED NEW YEAR'S DAY	
	2	12:00 - 1:00 pm • Singing Class MR 1:00 - 2:15 pm • LiveSTRONG at the YMCA (Santa Barbara) BEGINS TODAY* 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 5:00 - 6:00 pm • Sobreviviendo El Cancer MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
	3	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis MR	
	10	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 1:00 - 3:00 pm • Advance Directives Workshop MR 4:00 - 5:00 pm • Breast Cancer Support Grp MR 5:30 - 6:30 pm • Book Club L	
	11	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
	16	12:00 - 1:00 pm • Singing Class MR 2:00 - 3:00 pm • Yoga for Strength MR 3:15 - 4:15 pm • Gentle Yoga MR 5:00 - 6:00 pm • Sobreviviendo El Cancer MR 7:00 - 8:00 pm • Meditation for Cancer Survivors W	
	17	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis MR 4:00 - 5:00 pm • Oncology Nutrition Class: Choosing Dietary Supplements* MR 5:30 - 7:00 pm • Young Adult Support Group MR	
	18	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	
	24	9:45 - 10:45 am • Drumming Together W 11:00 am - 12:00 pm • Meditation Class MR 4:00 - 5:00 pm • Breast Cancer Support Grp MR	
	25	9:45 - 10:45 am • Yoga for Strength MR 11:00 am - 12:00 pm • Gentle Yoga MR	



Ridley-Tree Cancer Center

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

Coding Key

- MR** Tippy's Cove Multipurpose Room (second floor), 540 West Pueblo Street
- CH** Lovelace Conference Hall (first floor), 540 West Pueblo Street
- 2079** Stinson Meeting Room 2077 (second floor), 540 West Pueblo Street
- IM** Beverly's Team Integrated Medicine Room (second floor), 540 West Pueblo Street
- PT** Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
- SY** YMCA, Activity Center, 900 Refugio Road, Santa Ynez, CA 93460
- L** Henley Resource Library, 540 West Pueblo Street
- W** Wolf Education & Training Center, 529 West Junipero Street

for Locations:



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Online Calendar
calendar.ridleytrecc.org



Monthly Email Signup
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Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday

1 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**

8 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**

7 9:45 - 10:45 am • **Drumming Together** **W**
11:00 am - 12:00 pm • Meditation Class **MR**
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis **MR**

6 12:00 - 1:00 pm • Singing Class **MR**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**
7:00 - 8:00 pm • **Meditation for Cancer Survivors** **W**

5 10:00 am - 2:30 pm • **Healing Touch Appointments*** **MM**
10:30 - 11:30 am • Music and Relaxation **MR**
11:00 am - 12:00 pm • **Coloring Class** **SY**
11:00 am - 12:30 pm • **LiveSTRONG at the YMCA (Santa Ynez) BEGINS TODAY***
12:00 - 1:15 pm • Life After Cancer Support Group **MR**
4:00 - 5:00 pm • Living w/ Lung Cancer Support Grp **MR**

4 10:00 am - 12:00 pm • Painting Class **MR**
1:00 - 2:00 pm • Yoga for Strength **MR**
1:30 - 3:00 pm • **LiveSTRONG at the YMCA (Lompoc) BEGINS TODAY***
2:15 - 3:15 pm • Gentle Yoga **MR**

15 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**

14 9:30 - 10:30 am • Qigong 101 BEGINS TODAY **MR**
9:45 - 10:45 am • **Drumming Together** **W**
11:00 am - 12:00 pm • Meditation Class **MR**
4:00 - 5:00 pm • Breast Cancer Support Grp **MR**
5:30 - 6:30 pm • **Book Club** **L**

13 12:00 - 1:00 pm • Singing Class **MR**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
7:00 - 8:00 pm • **Meditation for Cancer Survivors** **W**

12 10:00 am - 2:30 pm • **Healing Touch Appointments*** **MM**
10:30 - 11:30 am • Music and Relaxation **MR**
11:00 am - 12:00 pm • **Coloring Class** **SY**
12:00 - 1:30 pm • Prostate Cancer Support Group **MR**
2:00 - 3:00 pm • Gynecological Cancer Support Group **MR**

11 10:00 am - 12:00 pm • Painting Class **MR**
1:00 - 2:00 pm • Yoga for Strength **MR**
2:15 - 3:15 pm • Gentle Yoga **MR**

22 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**

21 9:30 - 10:30 am • Flower Arranging **MR**
9:45 - 10:45 am • **Drumming Together** **W**
11:00 am - 12:00 pm • Meditation Class **MR**
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis **MR**
4:00 - 5:00 pm • Oncology Nutrition Class: Fluids and Hydration* **MR**
5:30 - 7:00 pm • Young Adult Support Group **MR**

20 12:00 - 1:00 pm • Singing Class **MR**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**
7:00 - 8:00 pm • **Meditation for Cancer Survivors** **W**

19 10:00 am - 2:30 pm • **Healing Touch Appointments*** **MM**
10:30 - 11:30 am • Music and Relaxation **MR**
11:00 am - 12:00 pm • **Coloring Class** **SY**
12:00 - 1:15 pm • Life After Cancer Support Group **MR**
12:30 - 1:30 pm • **Lymphedema Education Seminar*** **PT**
3:00 - 4:00 pm • Wellness Lecture: Sign Me Up! I Need A Laugh **MR**
5:30 - 6:30 pm • Brain Tumor Support Group **MR**

18 10:00 am - 12:00 pm • Painting Class **MR**
1:00 - 2:00 pm • Yoga for Strength **MR**
2:15 - 3:15 pm • Gentle Yoga **MR**

28 9:45 - 10:45 am • **Drumming Together** **W**
11:00 am - 12:00 pm • Meditation Class **MR**
4:00 - 5:00 pm • Breast Cancer Support Grp **MR**

27 12:00 - 1:00 pm • Singing Group **MR**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
7:00 - 8:00 pm • **Meditation for Cancer Survivors** **W**

26 10:00 am - 2:30 pm • **Healing Touch Appointments*** **MM**
10:30 - 11:30 am • Music and Relaxation **MR**
11:00 am - 12:00 pm • **Coloring Class** **SY**
2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**
5:30 - 6:30 pm • Head and Neck Tumor Program **MR**

25 10:00 am - 12:00 pm • Painting Class **MR**
1:00 - 2:00 pm • Yoga for Strength **MR**
2:15 - 3:15 pm • Gentle Yoga **MR**



Ridley-Tree Cancer Center



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Online Calendar
calendar.ridleytrecc.org



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MR Tippley's Cove Multipurpose Room (second floor), 540 West Pueblo Street
CH Lovelace Conference Hall (first floor), 540 West Pueblo Street
2071 Stinson Meeting Room 2071 (second floor), 540 West Pueblo Street
MM Beverly's Team Integrated Medicine Room (second floor), 540 West Pueblo Street
PT Sansum Clinic Physical Therapy Office, 4151 Foothill Road Building A
L YMCA, Activity Center, 900 Refugio Road, Santa Ynez, CA 93460
W Wolf Education & Training Center, 529 West Junipero Street

MR Coding Key
CH for Locations:



Ridley-Tree Cancer Center Supportive Care Programs

Monday

Tuesday

Wednesday

Thursday

Friday



1 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**

4 10:00 am - 12:00 pm • Painting Class **MR**
1:00 - 2:00 pm • Yoga for Strength **MR**
2:15 - 3:15 pm • Gentle Yoga **MR**
3:00 - 4:00 pm • Strength After Breast Cancer - BEGINS TODAY* **PT**
5:30 - 6:30 pm • Caregivers Class **MR**

5 10:00 am - 2:30 pm • Healing Touch Appointments* **IM**
10:30 - 11:30 am • Music and Relaxation **MR**
11:00 am - 12:00 pm • Coloring Class **SY**
12:00 - 1:15 pm • Life After Cancer Support Group **MR**
4:00 - 5:00 pm • Living w/ Lung Cancer Support Grp **MR**

6 12:00 - 1:00 pm • Singing Class **MR**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

7 9:45 - 10:45 am • Drumming Together **W**
11:00 am - 12:00 pm • Meditation Class **MR**
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis **MR**

8 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**

11 10:00 am - 12:00 pm • Painting Class **MR**
1:00 - 2:00 pm • Yoga for Strength **MR**
2:15 - 3:15 pm • Gentle Yoga **MR**
5:30 - 6:30 pm • Caregivers Class **MR**

12 10:00 am - 2:30 pm • Healing Touch Appointments* **IM**
10:30 - 11:30 am • Music and Relaxation **MR**
11:00 am - 12:00 pm • Coloring Class **SY**
12:00 - 1:30 pm • Prostate Cancer Discussion Group **MR**
12:30 - 1:30 pm • Lymphedema Education Seminar* **PT**
2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**

13 12:00 - 1:00 pm • Singing Class **MR**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

14 9:45 - 10:45 am • Drumming Together **W**
11:00 am - 12:00 pm • Meditation Class **MR**
4:00 - 5:00 pm • Breast Cancer Support Grp **MR**
5:30 - 6:30 pm • Book Club **L**

15 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**

18 10:00 am - 12:00 pm • Painting Class **MR**
1:00 - 2:00 pm • Yoga for Strength **MR**
2:15 - 3:15 pm • Gentle Yoga **MR**
5:30 - 6:30 pm • Caregivers Class **MR**

19 10:00 am - 2:30 pm • Healing Touch Appointments* **IM**
10:30 - 11:30 am • Music and Relaxation **MR**
11:00 am - 12:00 pm • Coloring Class **SY**
12:00 - 1:15 pm • Life After Cancer Support Group **MR**
5:30 - 6:30 pm • Brain Tumor Support Group **MR**

20 12:00 - 1:00 pm • Singing Class **MR**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
5:00 - 6:00 pm • Sobreviviendo El Cancer **MR**
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

21 9:45 - 10:45 am • Drumming Together **W**
11:00 am - 12:00 pm • Meditation Class **MR**
2:00 - 3:00 pm • Tools for Coping with a Cancer Diagnosis **MR**
4:00 - 5:00 pm • Oncology Nutrition Class: One Dish Meals* **MR**
5:30 - 7:00 pm • Young Adult Support Grp **MR**

22 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**

25 10:00 am - 12:00 pm • Painting Class **MR**
1:00 - 2:00 pm • Yoga for Strength **MR**
2:15 - 3:15 pm • Gentle Yoga **MR**
5:30 - 6:30 pm • Caregivers Class **MR**

26 10:00 am - 2:30 pm • Healing Touch Appointments* **IM**
10:30 - 11:30 am • Music and Relaxation **MR**
11:00 am - 12:00 pm • Coloring Class **SY**
11:00 am - 12:00 pm • Wellfit Exercise Program - BEGINS TODAY*
2:00 - 3:00 pm • Gynecological Cancer Support Grp **MR**
5:30 - 6:30 pm • Head and Neck Tumor Program **MR**

27 12:00 - 1:00 pm • Singing Group **MR**
2:00 - 3:00 pm • Yoga for Strength **MR**
3:15 - 4:15 pm • Gentle Yoga **MR**
7:00 - 8:00 pm • Meditation for Cancer Survivors **W**

28 9:45 - 10:45 am • Drumming Together **W**
11:00 am - 12:00 pm • Meditation Class **MR**
4:00 - 5:00 pm • Breast Cancer Support Grp **MR**

29 9:45 - 10:45 am • Yoga for Strength **MR**
11:00 am - 12:00 pm • Gentle Yoga **MR**



Ridley-Tree Cancer Center



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- SY** YMCA, Activity Center, 900 Refugio Road, Santa Ynez, CA 93460
- L** Henley Resource Library, 540 West Pueblo Street
- W** Wolf Education & Training Center, 529 West Junipero Street

Holiday Dinners from Agilysys

For 18 years, employees at **Agilysys (formerly InfoGenesis)** have donated pre-made holiday dinners to families of Cancer Center patients in need. This program was originally started by Agilysys employees. One of the employees has a strong personal connection to the Cancer Center, *"I've always enjoyed being part of this program because when I was in 8th grade, my mother was going through chemotherapy and the Cancer Center really helped us out with rent and food and providing a 'normal' Christmas for my family,"* said the employee. Agilysys employees facilitate everything from collecting donations from their co-workers and coordinating with Albertsons® to prepare and deliver the meals. On behalf of the Cancer Center and the families we support, thank you to Agilysys and Albertsons for this special holiday gift that brings joy and gratitude to many families in need. ▲



Sponsor a Seat

The Wolf Education & Training Center, an 80-seat, theater-style center for continuing education of physicians, nurses and the community, opened in 2018 as part of Ridley-Tree Cancer Center's new flagship location in Santa Barbara.

Please consider making a donation of \$2,500 to sponsor a seat in the Wolf Education & Training Center and become part of the Ridley-Tree Cancer Center. Sponsor a seat with your name or honor someone special. Your donation will be commemorated with a personalized plaque, mounted on the armrest of a seat, for all to see for years to come.

Call the Cancer Foundation at **(805) 898-2116** to sponsor your seat today. ▲

Sponsor@Seat

Wolf Education & Training Center



Cancer Foundation of Santa Barbara's
**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**.

Retained Life Estate

Did you know that you can make a gift of real estate to the **Cancer Foundation of Santa Barbara**, continue living in your home and receive a nice tax benefit in the process?



It's an easy process: you simply transfer title to your residence to the Cancer Foundation of Santa Barbara and you can live there for the rest of your life. During your lifetime, you will be responsible for taxes and upkeep on your home. When you transfer title to the Cancer Foundation, you receive an immediate tax benefit for a portion of the appraised value of your property and ultimately, will leave a significant asset to the Foundation. By making this gift, you would become a member of the **Stepanek Legacy Society**. When you pass away, the residence passes directly to the Cancer Foundation. ▲



Ridley-Tree Cancer Center at Sansum Clinic

540 West Pueblo Street
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Winter 2019



Ridley-Tree Cancer Center

FOCUSED ON CANCER. CENTERED ON YOU.

Save the Date! 2019 Barbara Ireland Walk/Run



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

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

March 13 and March 16

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

The 19th Annual Barbara Ireland Walk and Run is on Saturday, March 16.

Registration is \$50 and increases to \$60 beginning March 1, so register today! All proceeds benefit breast cancer research and programs at the Cancer Center.

Visit www.cfsb.org/irelandwalk2019 to register for the Walk and Run and buy tickets to the Kick-Off Party!

CANCER FOUNDATION
OF SANTA BARBARA



Ridley-Tree
Cancer Center