

Allina Health Systems  
MERCY AND UNITY HOSPITALS  
Cancer Resource Centers  
550 Osborne Road  
Fridley, MN 55432

NONPROFIT ORG  
US POSTAGE PAID  
MINNEAPOLIS MN  
PERMIT 3462

## COMMUNITY FORUM

### Lymphoma, Myeloma and Leukemia Community Forum

Hubert Humphrey oncologist, Dr. Noel Laudi, will lead this community forum educating participants with lecture on prevention, detection, and current treatment trends for these lymphatic and bone marrow blood cancers. *Registration is required* for this free event – please call 763-236-4040.

*Unity Hospital Auditorium*

Thursday, September 18 (*note date change*) ..... 6:30 – 8:00 p.m.

## I CAN COPE

The Cancer Resource Centers and the American Cancer Society are teaming up to offer “I Can Cope” classes for people with cancer and their families. In total, 13 classes will be offered between the Mercy and Unity Cancer Resource Centers. Each class will be on a different topic, but all will give participants an opportunity to share cancer concerns with others and will offer help in coping with the challenges that arise from a cancer diagnosis

**“Managing the Effects of Illness and Treatment”** This session will focus on health challenges and cancer related physical issues that can result from cancer and cancer treatment; including self-care measures to manage the physical effects of illness and treatment, distinguishing health problems that require medical attention from those that can be self-managed, and self-care in preventing, minimizing, or eliminating cancer-related health issues. *Registration is required* for this free event – please call 763-236-4040.

Instructor: Jill Johansen, RN, MSN, OCN, Oncology Clinical Nurse Specialist, Unity Hospital.

*Unity Hospital Cancer Resource Center*

Wednesday, September 24..... 2:30 – 4:30 p.m.

## SURVIVOR WORKSHOP

### CREATIVE HEALING FOR THE WHOLE FAMILY:

**“Life is too important to be taken seriously.” (Oscar Wilde)**

When your spirit heals, it has positive effects on your body and everyone around you. Whole families are affected by a cancer diagnosis. In this workshop, children *and* adults can find creative ways to escape from worry, increase healing and cope with cancer. This session will give you an opportunity to create with your children, laugh, sing and allow everyone to release some of the worries and fears about cancer. A social worker will also be there to support you and your children. *Registration is required* for this free workshop – please call 763-236-4040 by Tuesday, September 30.

Facilitator: Carol La Rock, Cancer Resource Center

Social worker: Marcia Carlson, LICSW

*Mercy Hospital, Classroom A*

Thursday, October 2 ..... 3:00 – 4:30 p.m.

**Mercy and Unity Cancer Centers provide this complimentary calendar to all persons touched by cancer in our community. Information within this calendar is subject to change without notice. Please call the Cancer Resource Center at 763-236-4040 if you have any questions or would like to receive this calendar via email.**



## Cancer Resource Center

*Mercy and Unity hospitals' Cancer Resource Centers are a place for individuals concerned about cancer to gain knowledge and get support.*

## September - October 2008 Calendar

Unity Hospital and  
Mercy Health Care Center, Suite 301  
763-236-4040 or 763-236-6060

Open Monday through Friday, 9:00 a.m. – 4:00 p.m.

## BODYWORK SERVICES

Local volunteer providers offer visitors and their caregiver limited FREE bodywork services both in our Centers and in your community. Please join us in thanking them for their generous gift of services to you and other community members with cancer.

Visitors have expressed several benefits from these services such as:

- Services have helped to cope with side effects of cancer treatments, such as nausea, pain and fatigue;
- Services have helped to reduce worries of cancer treatment and related stress;
- Services have empowered visitors to help with their own care;
- Services have provided personal choices to promote relaxation and well being.

### HEALING TOUCH

Healing Touch is a technique in which the hands are used to direct energy for healing purposes. Healing Touch provides gentle, non-invasive touch to influence and support the energy system within and surrounding the body. The goal of Healing Touch is to restore harmony, energy and balance within the human energy system.

### HEALING HANDS / MASSAGE

Healing Hands is a type of energy work whereby the therapist moves her or his hands on the patient's body around the "energy fields" directing the flow of chi or prana. The goal of Healing Hands is to restore harmony, energy and balance within the human energy system.

### MASSAGE

Massage Therapy involves manipulation, rubbing and kneading the body's muscles and soft tissue. Studies suggest that massage can decrease stress, anxiety, depression, and pain, and increase alertness. Massage may also relieve joint pain and stiffness, increase mobility, rehabilitate injured muscles, and reduce some kinds of pain. **Check with your physician before receiving massage.**

### NEIGHBORS CARING FOR NEIGHBORS BODYWORK SERVICES

In addition to bodywork services offered in our Cancer Resource Centers, patients may also be eligible for our Neighbors Caring for Neighbors services. Neighbors matches you with local bodywork providers in your community that offer additional *free* services such as energy based work (Reiki, Healing Touch, and Tai Chi), manipulative work (chiropractic care, massage and reflexology) and whole medical systems (acupuncture).

### Who is eligible for free bodywork appointments?

- Anyone diagnosed with cancer within one year or anyone who has been re-diagnosed with a recurring cancer within one year.
- A caregiver of a cancer patient is also eligible for one (1) free bodywork appointment within the cancer patient's diagnosis year for services in the Center only.

## OTHER PROFESSIONAL SERVICES

Other services are offered to *anyone who has ever been diagnosed with cancer*. You may call any time for available appointments. All professional services are also subject to availability.

### Nutritional Consult

Talk with a dietitian about nutritional concerns and questions.

### Legal issues

Meet with an attorney to answer your questions about your estate, your rights about insurance or job retention.

### Health Care Declaration (Living Will)

Meet with a hospital chaplain to fill out a special form that will tell your doctor and your family what health care you want if you can't speak for yourself.

### Social Worker

A social worker is available to discuss practical problems – transportation, financial issues, work issues, etc. – or emotional difficulties.

## SUPPORT GROUPS

The purpose of these groups is to increase survivorship skills and reduce stress through discussion and mutual support.  
*No registration is required – just come when you can.*

### Breast Cancer Support Group

*Mercy Heart Center LL Conference Room 1*

Mondays, September 15 & October 20 ..... 7:00 – 9:00 p.m.

### \*\*\*\* New Breast Cancer Support Group \*\*\*\*

This new group will meet at Unity Hospital and begins Monday, October 6. The group will meet monthly on the 1<sup>st</sup> Monday of every month in the Unity Hospital Board Room from 7-9 p.m. We want to especially encourage young women with breast cancer to attend.

*Unity Hospital Board Room*

Mondays, October 6 ..... 7:00 – 9:00 p.m.

### ANNUAL WOMEN'S CANCER RETREAT

To be held on October 18th & 19th at the Riverwood Inn & Conference Center in Monticello. Cost is \$40 per person for a double room and \$65 for a single room (limited availability for singles). *Registration is required.* Please call 763-236-4040.

### Living with Cancer Support Group

Living with Cancer Support Group is open to anyone living with cancer regardless of cancer diagnosis and their loved ones.

*Mercy Cancer Resource Center*

Every Tuesday ..... 7:00 – 8:30 p.m.

### Lois Wooden Ovarian Cancer Support Group

This group is recruiting members.....please call 763-236-6061 if you are interested. We will post dates as we have members.

### Prostate Cancer Support Group

For cancer patients *and* their partners.

*Mercy Heart Center, 2<sup>nd</sup> floor Conference Room A/B*

Tuesdays, September 23 & October 28 ..... 7:00 – 8:30 p.m.

### Renewing Life

*Fall Session held on Thursday mornings beginning October 23rd*

This nationally acclaimed education and support program is for anyone with a life threatening or chronic illness and their partners/loved ones. Participants will learn how to increase control, hope and a spirit of aliveness. The program is scheduled weekly for eight weeks. *Registration is required* – please call 763-236-4040.

## PROGRAMS

### Look Good Feel Better

A program to help cancer patients learn to cope with appearance-related side effects of treatment such as hair loss and changes in complexion. No charge. *Look Good Feel Better* is an American Cancer Society and National Cosmetology Association Program.

*Mercy Cancer Resource Center*

Thursday, September 18 & October 16 ..... 6:30 – 8:00 p.m.

*Unity Cancer Resource Center*

Monday, September 22 & October 20 ..... 11:00 a.m. – 12:30 p.m.

## WIGS, Hats & Wig Products

The Cancer Resource Centers have a large selection of *free* donated wigs, wig products, scarves, and hats. We have many choices available and experienced staff to assist in your selections. Because we are staffed with volunteers, it is a good idea to call before coming.

Wig cutting, trimming, new wigs and additional wig products are available through many local resources. You may also have your wig cut or trimmed, for a small cost, through the Cancer Resource Centers. Stylist, Sandy Quasbort – Wigs by Sandy – volunteers in our Unity Center and is available for wig cutting. Please call 763-236-4040 to make an appointment.

## PROSTHESES

Many insurance companies do cover breast prostheses, bras, and camisoles. Please check with your insurance company and call the Cancer Resource Center for a shop or fitter near you. One of those companies, Underneath It All, will meet with you in our Centers if our location is more convenient. To schedule an appointment with Underneath It All at one of our Centers, please call 952-937-9252.

There is also a limited selection of donated prostheses *free* of charge at the Unity Cancer Resource Center and through the American Cancer Society. However, staff is not trained in fitting prosthetics and sizes vary depending upon donated selection.

## Additional Support Groups

Additional specialized support groups are available in the Twin City area. Please call the following locations for more information.

Allina Hospitals & Clinics Medformation, 612-262-3333  
American Cancer Society, 1-800-337-2345  
Cambridge Medical Center, 763-689-8415  
North Memorial Medical Center, 763-520-7284

All services and programs offered are free thanks to our generous volunteers, community members and supporters.

**To schedule an appointment, register for a program or for more information, please call us at 763-236-4040.**

**Financial donations and/or volunteer contributions are greatly appreciated. To make a donation or inquire about a volunteer position, please call us at 763-236-4040.**