

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

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2009 Calendar September – October

MERCY AND UNITY HOSPITALS Cancer Resource Centers



Tools for Self-Care

What's in your self-care tool kit? Tools for Self-Care will focus on basic self-care techniques that can help cancer survivors in any stage of recovery. Topics include basic dietary recommendations for building immunity and properly nourishing your body; simple meditation techniques for calming mind and spirit; and exercises in mindfulness, which can be used to ease general anxiety and promote a feeling of well-being in your daily activities. The class will be offered as a two-part series. Participants will benefit most by attending both classes in the series. Instructor is Jill S. Neukam, Licensed Acupuncturist and Practitioner of Oriental Medicine. Registration is required.

Class 1: Wednesday, September 16, Mercy Classroom A, 4:30 – 6 p.m.

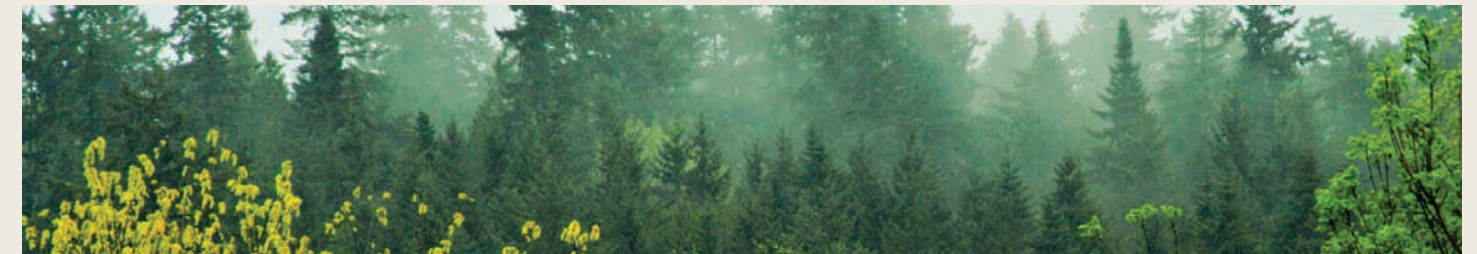
Class 2: Wednesday, October 14, Mercy Classroom A, 4:30 – 6 p.m.

Movement and Healing Dance

Drawing heavily on her experience with Hawaiian Dance, Tai Chi, African Dance, Modern Dance, and Dance Therapy, Beth Donaldson will be offering monthly classes in Movement and Healing Dance. The classes will combine learning movements and techniques from the variety of forms of dance listed, opportunities to learn complete choreographed dances, and meditative/therapeutic movement. Explore together the ways our bodies contain, retain, embody, reflect and express the dynamics and experiences of our lives and how movement and dance enhance greater health and wholeness. Open to all survivors at all levels of care or aftercare. If interested in attending Movement and Healing Dance, please contact the Cancer Resource Center for dates and times.

Make Sense of Your Medical Bills

Medical bills can be confusing, especially when you aren't feeling well. Unity Hospital is offering a free seminar to help patients, and the community, understand medical bills. Presented by Unity's financial services staff, this seminar will also review resources available to those struggling to pay their medical bills. Everyone is welcome to attend and financial counselors will be available following the seminar to answer questions privately. Please join us **September 22**, at Unity Hospital in the Boardroom (Lower Level), 7 – 8:30 p.m.



Mercy and Unity Hospitals Cancer Centers are proud to offer this calendar to all persons touched by cancer in our community. Information within this calendar is subject to change without notice. This calendar is also available by e-mail if you prefer to receive it electronically.

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

CONTACT INFORMATION

Please call us with questions, to set an appointment, register for a program, volunteer or make a financial contribution.

763-236-4040

Monday – Friday, 9 a.m. – 4 p.m.

Unity Hospital Cancer Resource Center
550 Osborne Road
Fridley, 763-236-4040

Mercy Hospital Cancer Resource Center
3960 Coon Rapids Blvd, Suite 301
Coon Rapids, 763-236-6060

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 and Qigong

Healing Touch and Qigong are healing techniques in which the hands are used to direct energy for healing purposes. Healing Touch and Qigong provide gentle, non-invasive touch to influence and support the energy system within and surrounding the body. The goals of Healing Touch and Qigong are 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

Phone consultation 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 Lower Level Conference Room 1

Third Monday, September 21 - Music Therapy
7:00 – 9:00 p.m.

Third Monday, October 19 – Open Discussion
7:00 – 9:00 p.m.

Unity Hospital Board Room

Monday, September 14 – Genetics
7:00 – 9:00 p.m.

First Monday, October 5 – Inspiration
7:00 – 9:00 p.m.

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.

Prostate Cancer Support Group

For cancer patients and their partners.

Mercy Heart Center Lower Level Conference Room 1

Fourth Tuesdays, September 22 and October 27
7:00 – 8:30 p.m.

Renewing Life

Fall Session begins Thursday, October 15.

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, beginning Thursday, October 15 and meets 9 – 11:30 a.m. Registration is required.

Additional Support Groups

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

Allina Hospitals & Clinics – 612-262-3333

American Cancer Society – 1-800-227-2345

Cambridge Medical Center – 763-689-8415

North Memorial Medical Center – 763-520-7383

LOOK GOOD FEEL BETTER

A free program to help cancer patients learn to cope with appearance-related side effects of treatment such as hair loss and changes in complexion. *Look Good Feel Better* is an American Cancer Society and National Cosmetology Association Program.

Mercy Cancer Resource Center

Thursdays, September 17 and October 15
6:30 – 8:00 p.m.

Unity Cancer Resource Center

Mondays, September 21 and October 5
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, from *Wigs by Sandy*, volunteers in our Unity Center and is available for wig cutting. Please call 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 these 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.

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