

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

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COMMUNITY FORUM

Lung Cancer Community Forum

A panel of local physicians will lead the “Diagnosis: Lung Cancer” Community Forum at Mercy Hospital. The forum will offer the general public and clinical professionals education on the prevention, detection and current treatment offered for this difficult disease. An interactive question and answer segment will follow the one hour lecture.

Registration is required for this free event – please call 763-236-4040.

Mercy Hospital Auditorium
Thursday, November 13 6:30 – 8:00 p.m.

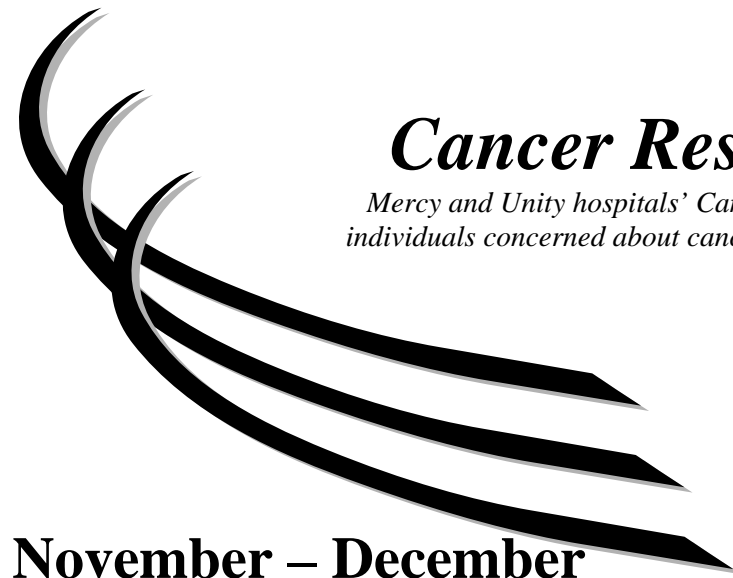
I CAN COPE

“Keeping Well in Body and Mind” – This class introduces the wellness profile and encourages participants to consider ways of maintaining health in spite of cancer. Strategies for increasing well-being are explored, and participants are given the opportunity to learn and practice simple exercise and stress techniques. Instructor: Judy Damerow, PT, BS, MS

Registration is required for this free class – please call 763-236-4040.

Mercy Hospital Cancer Resource Center
Wednesday, December 17 2:30 – 4:00 p.m.

The Cancer Resource Centers and the American Cancer Society team up to offer “I Can Cope”. Although different topics are offered throughout the year, each class offers participants an opportunity to share cancer concerns with others and tools to cope with the challenges that arise from a cancer diagnosis.



Cancer Resource Center

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

November – December 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.

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.

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

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 LL Conference Room 1

Mondays, November 17 & December 15 7:00 – 9:00 p.m.

Unity Hospital Board Room

Mondays, November 3 & December 1 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.

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, 2nd floor Conference Room A/B

Tuesdays, November 25 7:00 – 8:30 p.m.

No December meeting due to the holidays

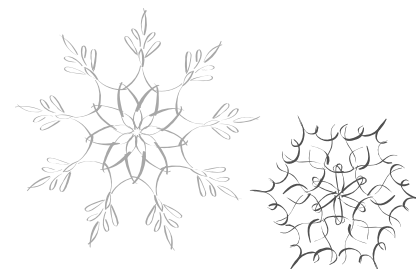
Renewing Life

Fall Session held on Thursday mornings, started 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.

SPRING SESSION will begin on March 26th.

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, November 20 & December 18 6:30 – 8:00 p.m.

Unity Cancer Resource Center

Monday, November 17 & December 15 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.