

National Organizations of Interest...

American Brain Tumor Association (ABTA) - www.abta.org
American Cancer Society (ACS) - www.cancer.org
American Foundation for Urologic Disease (AFUD) - www.afud.org
American Institute for Cancer Research (AICR) - www.aicr.org
The Brain Tumor Society - www.tbts.org
Cancer Care, Inc. - www.cancercares.org
Cancer Hope Network - www.cancerhopenetwork.org
Cancer Information and Counseling Line (CICL) (A service of the AMC Cancer Research Center) - www.amc.org/html/info/h_info_cicl.html
Cancer Research and Prevention Foundation - www.preventcancer.org
Candlelighters Childhood Cancer Foundation (CCCCF) - www.candlelighters.org
Children's Brain Tumor Foundation (CBTF) - www.cbtf.org
Children's Hospice International - www.chionline.org
Colon Cancer Alliance (CCA) - www.ccalliance.org
Colorectal Cancer Network - www.colorectal-cancer.net
ENCOREPlus - www.ywca.org
Gilda's Club, Worldwide - www.gildasclub.org
HOSPICELINK - www.hospiceworld.org
International Myeloma Foundation (IMF) - www.myeloma.org
International Waldenstrom's Macroglobulinemia Foundation (IWWMF) - www.iwfm.com
Kidney Cancer Association - www.kidneycancerassociation.org
Lance Armstrong Foundation (LAF) - www.laf.org
The Leukemia and Lymphoma Society - www.leukemia-lymphoma.org
Living Beyond Breast Cancer (LBBC) - www.lbbc.org
Lung Cancer Alliance - www.alcase.org
The Lustgarten Foundation for Pancreatic Cancer Research - www.lustgartenfoundation.org
Lymphoma Research Foundation (LRF) - www.lymphoma.org
The Multiple Myeloma Research Foundation (MMRF) - www.multiplemyeloma.org
National Asian Women's Health Organization (NAWHO) - www.nawho.org
National Bone Marrow Transplant Link (nbmtLink) - www.nbmtlink.org
National Brain Tumor Foundation (NBTF) - www.braintumor.org
National Breast Cancer Coalition (NBCC) - www.stopbreastcancer.org
National Childhood Cancer Foundation (NCCF) - www.nccf.org
National Coalition for Cancer Survivorship (NCCS) - www.canceradvocacy.org
National Hospice and Palliative Care Organization (NHPCO) - www.nhpco.org
National Lymphedema Network (NLN) - www.lymphnet.org
National Marrow Donor Program, (NMDP) - www.marrow.org
National Ovarian Cancer Coalition (NOCC) - www.ovarian.org
National Patient Travel Center (NPTC) - www.patienttravel.org
The Oral Cancer Foundation - www.oralcancerfoundation.org
Ovarian Cancer National Alliance (OCNA) - www.ovariancancer.org
Pancreatic Cancer Action Network (PanCAN) - www.pancan.org
Patient Advocate Foundation (PAF) - www.patientadvocate.org
Prostate Cancer Foundation - www.prostatecancerfoundation.org/
R.A. Bloch Cancer Foundation, Inc. - www.blochcancer.org
Sisters Network, Inc. - www.sistersnetworkinc.org
The Skin Cancer Foundation - www.skincancer.org
STARBRIGHT Foundation - www.starbright.org
Support for People with Oral and Head and Neck Cancer (SPOHNC) - www.spo-hnc.org
The Susan G. Komen Breast Cancer Foundation - www.breastcancerinfo.com
Thyroid Cancer Survivors' Association, Inc. (ThyCa) - www.thyca.org
United Ostomy Association, Inc. - www.uoa.org
US, TOO! International, Inc. - www.ustoo.org
Vital Options, International TeleSupport, Cancer Network - www.vitaloptions.org
The Wellness Community - www.wellnesscommunity.org
Y-ME National Breast Cancer Organization, Inc. - www.y-me.org

This list was created based on the list of support groups provided in the Cancer Facts: National Organizations That Offer Services to People with Cancer and Their Families from the National Cancer Institute (<http://cancer.gov>).

FACES

Families Adapting to Cancer Through Education and Support

Valuable Resources for Hospital and Home



www.methodisthealth.org/cancercenter

Support Resources You May Find Helpful

A diagnosis of cancer can place stress on everyone it touches. Sharing with other survivors and their loved ones can often help you cope with the fear and doubt the illness has created in your life. Through this brochure, the Methodist Cancer Center staff hopes to provide cancer survivors and their family members the information they need for mutual caring, awareness, education and encouragement.

Hospital Resources

Chaplain – Our Cancer Center Chaplain at Methodist University Hospital (MUH) is available to meet with you and your family. Call **901-516-7461**. If you are an inpatient, you may ask your nurse to arrange a visit for you. You may reach other chaplains and services by calling Pastoral Ministries at the number above. If you are an inpatient at North, South or Germantown Hospitals, you may ask your nurse to arrange a visit with a chaplain.

Case Manager – The role of the nurse case manager is to coordinate your care and facilitate discharge needs. For a visit by the Cancer Center Nurse Case Manager at MUH*, please call **901-516-2078**. If you are an inpatient, you may ask your nurse to arrange a visit with the Case Manager. If you are admitted to North, South or Germantown Hospitals, please ask your nurse to arrange a visit for you.

Social Worker – For a visit by the Cancer Center Social Worker at MUH*, please call **901-516-8181**. If you are an inpatient, you may ask your nurse to arrange a visit with a social worker. Other social workers and services can be reached by calling the number above, or if you are admitted to North, South or Germantown Hospitals, talk to your nurse about a visit with a social worker.

CancerHelp Computers – Education is a critical component of patient care. Patients and their loved ones need timely information to make important treatment and lifestyle decisions. Methodist Healthcare offers CancerHelp touchscreen computers with vital information from the National Cancer Institute, including information on cancer diagnoses and treatments, supportive care, cancer medications and national organizations. Updated regularly, information is available in English and Spanish.

Methodist Le Bonheur Germantown Hospital Location:

- 3 South Waiting Room

Memphis Shelby County Public Library:

- 3030 Poplar Avenue, 3rd Floor

St. Francis Bartlett:

- Radiation Therapy Department

Methodist University Hospital Locations:

- Cancer Information Center, Crews 367
- Radiation Therapy Department, Basement, Thomas Wing

Cancer Survival Toolbox – www.cancersurvivaltoolbox.org

This is an audio resource program produced by the National Coalition for Cancer Survivorship, Oncology Nursing Society, Association of Oncology Social Work and Genentech BioOncology. Available at Methodist Cancer Center while supplies last; please call **901-516-2461**, visit the Cancer Information Center, Crews 367, MUH*, or call **1-877-TOOLS-4-U**.

Coping Magazine – Bi-monthly complimentary issues available while supplies last. This magazine is dedicated to coping with cancer. Call **901-516-2461** or visit the Cancer Information Center, Crews 367, MUH*.

Encourager Newsletters – www.outreachofhope.org

Issues are available in the Cancer Information Center, Crews 367, MUH*, while supplies last. Or visit online for current and prior issues. Call **901-516-2461** to have a complimentary issue mailed to you.

Grief/Bereavement – Services are offered through Methodist Hospice. Please call **901-380-8169** for more information.

Cancer Information Center – Located at Methodist Cancer Center, MUH*, Crews 367. If you are unable to visit, please call **901-516-2461** and ask that information be mailed to you.

EAP/Employee Assistance Program – Your employer may provide access to the Methodist Healthcare Employee Assistance Program (EAP) or a similar program. Typically, these programs offer free counseling (sessions may be limited) for a variety of personal issues and concerns. Check with your benefits or human resources department to learn if such a program is available to you.

Community Support

Faith Community – One's faith community can provide tremendous support during difficult and uncertain times. Spiritual and religious beliefs offer hope and create an inner serenity for many people experiencing serious changes in their health. Invaluable support for individuals and families living with the diagnosis of cancer may draw support from the love of a trusted member of one's church, synagogue, mosque or temple.

Reach to Recovery – This is an American Cancer Society visitation program that matches breast cancer survivors with anyone facing a possible diagnosis as well as those recently diagnosed with breast cancer. Reach to Recovery volunteers offer comfort, help in making informed decisions and provide an opportunity to verbalize fears and ask questions of someone who is impartial and objective. Patients may have a Reach to Recovery visit at any point in their breast cancer experience. Contact the Memphis unit of the American Cancer Society at **901-278-2091** or **1-800-ACS-2345**. The MAMA (Memphis Area Mastectomy/Lumpectomy Association) is an adjunct to Reach to Recovery in the Memphis community. The group offers support, education and understanding during quarterly meetings. For more information, please call the American Cancer Society.

Man-to-Man Prostate Cancer Support Groups

The Man-to-Man Prostate Cancer Education and Support Group is an American Cancer Society program which meets monthly to exchange information and discuss issues common to individuals diagnosed with prostate cancer and their families. Please contact the American Cancer Society at **901-278-2091** or **1-800-ACS-2345**.

Look Good . . . Feel Better

The Look Good . . . Feel Better program, an American Cancer Society program, is a community-based, free, national service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.

Group program volunteer beauty professionals lead small groups, usually six to 10 women, through practical, hands-on experience. Women learn about make-up techniques, skin care, nail care and options related to hair loss such as wigs, turbans and scarves. Each group program participant receives a free kit of cosmetics for use during and after the workshop.

One-on-One Salon Consultations – For patients who are unable to attend a group workshop, a free,

one-time, individual salon consultation with a volunteer cosmetologist may be available in your area. These trained beauty experts help each patient address her specific skin, hair and related appearance needs.

Self-Help Materials – Self-help materials are free of charge by request. Call the Look Good . . . Feel Better toll-free number, **1-800-395-LOOK**. Material includes a 30-minute video, *Look Good . . . Feel Better Just for You*, a step-by-step instruction booklet and an evaluation form. The video features cancer survivors and volunteers discussing appearance-related side effects of cancer treatment, as well as detailed skin-care information, how-to makeup tips, wig information and pointers on head coverings. The companion booklet also covers nail care. Materials are also available in Spanish, and bilingual programs are offered in some areas.

For more information, please call the toll-free number, **1-800-395-LOOK**. You may also visit the Look Good . . . Feel Better website at www.lookgoodfeelbetter.org. To register for a session, contact the American Cancer Society at **901-278-2091** or **1-800-ACS-2345**.

Cancer Survivors Network – Sponsored by the American Cancer Society, a community of cancer survivors, families and friends who have been touched by cancer in many ways that may be similar to you, share their experiences, strength and hope. Visit www.cancer.org or call **1-800-ACS-2345**.

Wings Cancer Foundation – A caring place providing support for those with cancer and their families. Call **901-322-2984** for program information, or visit www.wingscancerfoundation.org.

Flying Colors – Provides support and education for patients and their loved ones. For more information, visit www.flyingcolors.org or call **901-682-3916**.

Carpe Diem – A Retreat for Life

Carpe Diem of the Mid-South was founded in 1993 with the support of Chamberlin Clinic. Working in partnership with the health care and religious communities, Carpe Diem evolved as a community retreat project to serve individuals living with a diagnosis of cancer.

The Latin phrase, *Carpe Diem*, comes from the Roman poet, Quintus Horatius Flaccus, and literally means “seize the day” or “enjoy today.” The name is not only descriptive of the retreat, but is a philosophy for living. One participant refers to Carpe Diem as a “retreat for life.”

The Assisi Foundation provided funding for Carpe Diem of the Mid-South to develop a resource book, *Carpe Diem, A Retreat for Life*, to replace the quarterly

retreat programs. Complimentary copies of the book are available by calling the Chaplain of the Cancer Center, at **901-516-7461** or by calling the Cancer Center at **901-516-2461**. To view this publication electronically, please visit Carpe Diem's website, www.carpediemforlife.org. The site was created by John Mongle, Web Design, Ltd. While this book was prepared for those newly diagnosed with cancer, individuals living beyond the diagnosis of cancer will also be inspired by its spirit.

National Support

American Cancer Society – Please call **1-800-ACS-2345** or visit www.cancer.org.

NCCN/ACS Treatment Guidelines for Patients –The National Comprehensive Cancer Network and the American Cancer Society (ACS) have partnered to translate the NCCN Practice Guidelines in Oncology into a patient-friendly resource outlining appropriate treatment. All of the major cancer sites will be translated. These new guidelines, *Cancer Treatment Guidelines for Patients*, offer cancer patients and their loved ones the reliable, specific and easy-to-understand information they need to help them make timely and well-informed decisions. Please visit www.nccn.org. Patient Information Service: **888-909-NCCN** or **888-909-6226**.

Cancer Care – Telephone Support Groups and Education Workshops – Provides free cancer care telephone workshops and telephone support groups for people living with cancer, their families, friends and health professionals, addressing issues common to survivorship. 275 Seventh Ave., New York, NY 10001. Phone: **1-800-813-HOPE** or **212-712-8080**

National Cancer Institute – Please call **1-800-4-CANCER** or visit <http://cancer.gov>.

Lung Cancer Alliance – Association for Lung Cancer Support and Education. Please visit www.alcase.org for more information and to view/print the Lung Cancer Awareness manual for those touched by lung cancer.

Support For People with Oral and Head and Neck Cancer – The patient information folder, “We Have Walked in Your Shoes,” is available for free by calling the organization at **1-800-377-0928** or email info@spohnc.org.

The National Coalition for Cancer Survivorship is the only survivor-led advocacy organization working exclusively on behalf of people with all types of cancer and their families, advocates for quality cancer care for all Americans. Contact General Information & Publication Orders at **877-NCCS-YES (622-7937)**.

NCCS, 1010 Wayne Avenue, Suite 770, Silver Spring, MD 20910
Phone: **301-650-9127** • Fax: **301-565-9670**
Email: info@canceradvocacy.org
General questions: info@canceradvocacy.org
Advocacy Network: advocacy@canceradvocacy.org
Cancer Survival Toolbox®, **Programs & Publications:** programs@canceradvocacy.org
877-NCCS-YES (622-7937)

BMT InfoNet – A quarterly newsletter for bone marrow, peripheral blood stem cell and cord blood transplant patients and survivors.

BMT InfoNet, 2900 Skokie Valley Road, Suite B, Highland Park, IL 60035
Phone: **847-433-3313** (during regular business hours)
Toll-free: **888-597-7674**.
Fax: **847-433-4599**
www.bmtinfonet.org

The Group Room – Every Sunday: 3 – 5 p.m.

Talk radio helps ease the fear of cancer. The Group Room is the only talk radio cancer support group. It airs on WMPS 1210 AM in Memphis and is hosted by Selma Schimmel, survivor and founder of Vital Options. For more information about radio stations that air the program, please visit their web site at www.vitaloptions.org or call **1-800-GRP-ROOM**. Previous programs are archived on the Web site for those interested in listening to broadcasts discussed in the past.

