

Support Services for Cancer Patients in Las Vegas, NM

Support Groups

Reach to Recovery (American Cancer Society)

One on one support for women undergoing surgery for breast cancer. Contact Tenchie Overcash at the ACS in Santa Fe on 505/946-3095 or 505/473-0280.

People Living Through Cancer Las Vegas Support Group

A mixed diagnosis support group for survivors and caregivers. Meets the 1st Tuesday of every month 6-7.30pm at the Plaza Hotel. Telephone the facilitator, Helen Garcia, for information at 505/454-8081.

People Living Through Cancer Telephone Support

PLTC's telephone lifeline can be accessed by anyone by calling 1-888-441-4439 (toll free outside the Albuquerque area). The lifeline provides confidential, informative and personal support in both English and **Spanish** if you have questions about a cancer diagnosis, referral, treatment options, support networks, etc. If you just need to talk, there is always someone at People Living Through Cancer available to talk with you.

Pastoral Support

Many area churches offer pastoral support. Call your local church offices to find out what services they provide.

Care and In-Home Care

(licensed and/or certified home health agencies by the New Mexico Assoc. of Home and Hospice Care)**

****ALTERNATIVE HOME HEALTH CARE, 1118 National Ave,
Tel 505/425-1538**

Patient care in San Miguel County

****ESPERANZA HOME HEALTHCARE/HOSPICE, Mora,**
Tel 575/387-2215 or 1-800-858-9754

Pastoral Care, Bereavement/Counseling, Volunteers
Medicare/Medicaid/Private Insurance

Areas Served: Mora/San Miguel/Colfax/Harding Counties

Website: www.esperanzahomehealth.com

****INNOVATIVE HEALTH AT HOME, Española Branch**
Tel 505/753-7843

Areas Served: NE Region/Mora/San Miguel/Colfax
Counties
Email: c.witt@ihahi.org

Quality Care , Tel 505/454-9921

Non-medical home care. Services include: bathing assistance,
companion services, grooming, housekeeping, meal preparation.

Medicaid accepted.

Direct Healthcare, Tel 505/425-7471

Non-medical home care. Services include: bathing assistance,
companion services, grooming, housekeeping, meal preparation.

Website: www.healthcarenm.com

Professional Home Health Care, Tel 505/454-6345

*Skilled nurses, home-health aides, personal care, shopping,
cooking, housekeeping.*

Transportation and Food Services

Safe Ride, Tel 1-800-797-7433

Safe Ride Services provides non-emergency medical transportation services in New Mexico in conjunction with your insurance provider.

If you live in Las Vegas and its surrounding counties you must call 48 hours before your scheduled appointment.

Note: Transportation to pharmacy providers is not a Medicaid covered benefit.

Alternative Transportation, Tel. 505/454-0054

A fee-for-service option, which includes transportation to Las Vegas from San Miguel and surrounding counties. Insurances accepted: Medicaid, Molina and Lovelace.

Hats, Wigs and Prosthetics

American Cancer Society www.tlcdirect.org

Online catalogue and ordering of hair pieces, wigs and hats.

The Gift Closet at St. Vincent's Regional Hospital has prosthetic breast forms, pocket bras, wigs, hats, turbans, and scarves, free of charge for cancer patients.

Hats Scarves and More www.hatsscarvesandmore.com

For people with hair loss. Created and run by a cancer survivor.

Headcovers Unlimited www.headcovers.com

Tel for a catalog 1-800-264-HATS (4287)

Acupuncture*

Peter Stege, D.O.M, 2002 Hot Springs Blvd., Tel. 505/454-0003

Provider of BCBS, Presbyterian and other major insurers.

*Advanced Chiropractic and Acupuncture Inc., L.A.C., D.O.M.
720 University, Tel. 505/425-5402*

Alaniz Acupuncture and Therapy, 1620 7th St., Tel. 505/454-7694

James Freeman D.O.M., 520 Friedman Av., Tel 505/454-1410

Therapeutic Massage*

*Advanced Chiropractic and Acupuncture Inc., L.A.C., D.O.M.
720 University, Tel. 505/425-5402*

Stephanie Vice L.M.T, 1001 8th St., Tel. 505/425-7963

Dale J Harapat, 219 9th St., Tel 505/425-7438

*Haiyas's Massage Therapy, 1900 Hot Springs Blvd & 500 Douglas Av.,
Tel. 505/454-0008*

Information and Education

Carnegie Public Library, 500 National Av., Tel 505/454-1401

Books and internet access available.

I Can Cope (American Cancer Society)

A free educational program open to people with cancer and their supporting family and friends.

The program is presented by medical professionals and cancer survivors. Contact Tenchie Overcash at the American Cancer

* Talk to you oncologist or PCP about an insurance referral

Society Santa Fe for your nearest class. Tel 505/946-3095 or 505/473-0280

Classes include topics such as: Concerns and Feelings; Self-esteem and Intimacy, Keeping Well in Mind, Body and Spirit and many more)

The program is also available on-line at www.cancer.org. Use the search box and type in "I Can Cope".

Look Good Feel Better (American Cancer Society)

Women with cancer learn makeup and skincare techniques to offset the damaging effects of chemotherapy and radiation. Participants experience increased self confidence and knowledge of self-care.

Available in Las Vegas. Tel. Tenchie Overcash at the ACS 505/946-3095 for details of classes.

Support for those with Young Children

If you need help talking with and explaining your illness to your young children, contact their school and ask to speak to the school counselor or nurse for advice.

Cancer Services of New Mexico LIPA Program

Legal, Insurance and Paperwork Assistance Program (LIPA)

Many cancer patients and their loved ones are overwhelmed by the complex legal and insurance issues associated with the treatment and survival process. They also need better tools for managing the huge volume of medical and insurance paperwork associated with a cancer diagnosis.

Through this program, Cancer Services of New Mexico offers free clinics for cancer patients/survivors and their loved ones led by volunteers with expertise in navigating a wide variety of legal, financial, and insurance issues.

They also distribute free copies of a Cancer Treatment Organizer, a recordkeeping tool that provides patients with a simple system for keeping all their cancer-related records organized and easily accessible.

A toll-free dial-in number is available for clients outside the Albuquerque area. For more information, please contact Stephanie Michnovicz at stephanie@cancerservicesnm.org or 1-888-668-CSNM [toll-free statewide].

