



Los Alamos
Council on Cancer
P.O. Box 885
Los Alamos, NM
87544-0885

Support Services for Cancer Patients Living in Los Alamos

Support Groups

Bosom Buddies Women's Support Group

An informal support group for all women cancer patients and survivors. The group meets the second Wednesday of every month at the Bethlehem Lutheran Church, North Rd.

If you would like information about attending, please call Louise Hanna 505/672-3809, or Kay 505/661-8133.

Ovarian Cancer Together!

Not a Support Group! But an informal circle of friends in Los Alamos who have all been through the same experience. Mail us individually or collectively through the website, or just visit with a friend who understands what you're going through. We are here to support each other and give each other the inspiration we all deserve. Call Kay on 661 8133 or go to

www.ovariancancertogether.org

Find a Cancer Buddy or Local Support

www.losalamoscounciloncancer.org/cancerbuddy.aspx

Want to find someone in the Los Alamos area who has had the same cancer as you, and therefore knows exactly what you're going through? Have a question about local resources that you can't find here? The LACC website provides such a place to do that. Follow the link above and type in a message into our Chat Board. Click the option which alerts you when people answer your question or leave contact information.

Reach to Recovery (American Cancer Society)

One on one support for women undergoing surgery for breast cancer. In Los Alamos, contact Mary Hockaday, tel 505/662-4807 or contact the ACS in Santa Fe on 505/946-3095 or 505/473-0280



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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. Also, if you just need to talk, there is always someone at People Living Through Cancer available to talk with you.

Stephen Leaders/Ministries

The Bethlehem Lutheran Church of Los Alamos has Stephen Leaders available for help and friendship during difficult times, independent of your church or faith.

Stephen Ministers listen, reflect thoughts and feelings, and care. Stephen Ministers don't share their own problems with the care receiver as a friend might. They focus only on the care receiver's issues, and bring in their own experience only when they sense that they might be able to shed some light on the situation.

Stephen Ministers go through 50 hours of training, regular continuing education, and twice-monthly small group peer supervision. They are very highly trained caregivers. They have skills in active listening, dealing with feelings, Christian care giving, setting boundaries, and crisis intervention.

Call the Bethlehem church office at 505/662 5151 for information.

Pastoral Support

Many area churches offer pastoral support. Call the local church offices for information in the services they provide.

Cancer Care

www.cancercare.org or Tel 1-800-813-HOPE (4673)

Cancer Care is a national non-profit organization that provides free professional support services to anyone affected by cancer.



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CancerCare is like a professional cancer assistant, answering your questions, finding you help, or just listening when you need an understanding ear. They offer one-to-one professional counseling by phone, financial information, and educational workshops by telephone or internet about different cancers.

Free Activities to Support Cancer Patients

Glorieta Cancer Retreat

www.cancerservicesnm.org or Tel 505/259-9583

The Glorieta Cancer Retreat (18 miles from Santa Fe) is held twice a year in Spring and Fall and is a weekend of education, reflection, and rejuvenation in a relaxing and beautiful environment. All accommodation, seminars and food is free of charge, provided by the Cancer Services of New Mexico non-profit organization.

Horse Back Riding for Cancer Patients, Survivors

Contact Susanne at edsusan@aol.com or Tel 575/776-8598

Susanna Nestor at the Old Overland Ranch in Taos offers free horse riding for those affected by cancer. Susanna has very gentle horses and offers everything from just spending time with horses, to a short arena ride to a trail ride if health permits.



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Care and In-Home Care

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

Keep A Breast

Free mammograms (and diagnostic testing for cancer) at the Los Alamos Medical Center, for people who are under-insured or cannot afford the cost. Tel LAMC Auxiliary 505/661-9555.

Home Instead Senior Care, 190 Central Park Square. Tel. 505/661-8040, www.homeinstead.com

Personal assistance, meal preparation, light housekeeping, errands and appointments.

Los Alamos Visiting Nurse Service. Tel 505/662 2525, www.lavns.com

In-home or in-clinic medical help.

Los Alamos Visiting Nurse Service, Inc. is a not-for-profit Home Health and Hospice Agency providing "intermittent" Skilled Nursing, Physical Therapy, Occupational Therapy, Speech and Language Pathology, Medical Social Services and Home Health Aides.

The same services are available through the Branch office, Los Rios Home Health Care, in Espanola. Currently, they serve patients in Los Alamos County, northern Santa Fe County, and parts of Rio Arriba County.

Walgreens Home Care. Tel 1-888-492-5442, Los Alamos Medical Center

Nursing visits.

****OPTIONS HOME CARE**

Tel. 505/989-3306, Office in Taos and Espanola
Serving: Rio Arriba, Taos, Los Alamos & Santa Fe

Website: www.optionsservices.net

Email: CFernandez@optionsservices.net



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Transportation and Food Services

Lions' Help Transportation Program

Voluntary transportation provided for patients undergoing treatment within Los Alamos, Santa Fe and Albuquerque. Reservations required. Call 505-672-3618 (Barbara Crowley) or 505-661-8037 for information and reservations.

Safe Ride, Tel 1-800-797-7433

Safe Ride Services provides non-emergency medical transportation services in New Mexico.

If you live in Los Alamos or Santa Fe county, you must call for a ride 24 hours (no later than 3:00 p.m. the day before the appointment) before your scheduled office visit or medical services. In all other areas, you must call 48 hours before your scheduled appointment.

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

Betty Ehart and White Rock Senior Centers. Tel. 505/662-8920 for information

The Betty Ehart Senior Center offers a lunch in their dining room, Monday to Friday at 12pm. Cost is \$4 for seniors, \$7.40 for non-seniors. Food can also be delivered direct to your house. Call 505/662 8922 for reservations.

The center also provides door to door transport within Los Alamos, free of charge, for seniors who need a ride to the center, medical appointments, errands etc. Call 505/662 8922 for a reservation.

Atomic City Transport Dial-a-Ride, Tel. 505/661-RIDE

Website: www.losalamosnm.us/transit

Dial a ride service is available to those who have a documented disability, or who are 60 and over. It is a "curb-to-curb" service



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that operates from 6:00 a.m. to 7:00 p.m. Please call 661-RIDE between 7:30 a.m. and 4:00 p.m. up to three days in advance to reserve a ride.

The General Public may also use Dial-a-Ride, but to ensure availability for the disabled or elderly the general public may only reserve the ride on the day of the requested ride.

Local Churches

Many churches have groups of volunteers who are happy to provide food to those too sick to fetch groceries and cook. Contact your local church to see if they offer this service.

Self Help Los Alamos

www.selfhelpla.com or Tel 505/662-4666

Assistance:

Provides one time financial assistance for basic needs such as food, medicine, utility bills or rent.

Consultation and Advocacy:

Provides one-on one contact and assessment of clients seeking assistance with basic needs, including referrals to the appropriate social, financial or legal services.

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. Vincents Regional Hospital has prosthetic breast forms, bras, wigs, hats, and scarves, free for cancer patients. Tel 505/946-3095.

Hats Scarves and More www.hatsscarvesandmore.com

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

Headcovers Unlimited www.headcovers.com.

For a catalog 1-800-264-HATS (4287)



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Acupuncture*

Acupuncture Center of Los Alamos, 2610 Trinity Dr, Ste. 14, Tel 505/663-1339

*Acupuncture Clinic, 3500 Trinity Dr A-3, Tel 661-4127
Also in White Rock, Tel 505/672-3420*

Susan Grubb DOM, Mary Salisbury DOM, 1460 Trinity Dr, Tel 505/661-1144

Massage*

Golden Aspen Massage Therapy, 2610 Trinity Dr, Tel 505/662-0404

Physical Therapy Plus, 1350 Central Av., Tel. 505/662-3384

Vera Povolna, Tel. 505/660-0146

Rolfing for relief of chronic pain.

Information and Education

Los Alamos Council on Cancer, Tel. 505/672 1986.

www.losalamoscounciloncancer.org

The Los Alamos Council on Cancer is organized for the purpose of furthering education, prevention and treatment of cancer. The council sponsors lectures and workshops for the general public and distributes information and booklets at the annual Health Fair.

Programs include "Look Good Feel Better" and a Gift Closet for hats and wigs. Contact the Los Alamos Council on Cancer at info@losalamoscounciloncancer.org or go to their website.

* Ask your oncologist or PCP about an insurance referral

Companies listed above are for information only. LACC does not endorse or specifically recommend their services.

The most current version of this document is downloadable at
www.losalamoscounciloncancer.org/resources.aspx



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Los Alamos Medical Center Ambulatory Treatment Center.

Holds leaflets and information on many types of cancer. Also has a lending library for cancer patients.

*Los Alamos Public Library, Los Alamos & White Rock,
Tel. 505/662-8260*

The Los Alamos Public Libraries hold a vast array of books on all aspects of cancer, its treatment and survivorship.

It is also able to access medical information via the internet for borrowers and has internet stations available for your own use.

See the Online Database at: <http://library.lac-nm.us/#focus>

I Can Cope (American Cancer Society, LAMC, LACC)

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.

Classes are organized yearly in Santa Fe and hopefully in Los Alamos during 2009. Topics include: Concerns and Feelings; Self-esteem and Intimacy, Keeping Well in Mind, Body and Spirit and many more. Contact the Los Alamos Council on cancer by email at info@losalamoscounciloncancer.org or go to their website www.losalamoscounciloncancer.org for information.

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.

Classes are held in Los Alamos by the LACC. Check the website



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www.losalamoscounciloncancer.org for the next scheduled class and to reserve a place.

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.

The Family Strengths Network

www.lafsn.org or Tel 505/662-4515

also runs occasional seminars run by the LACC about dealing with Cancer in the Family. They also have a lending library with books specifically aimed at cancer and families.

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].



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Other Useful Information

There are many websites to help families going through a health crisis. They can just be a place to ask friends for help with daily errands, or be a place where you can keep family and friends updated about what's going on without having to write scores of emails.

Here are some of the best:

Helping Hands

www.lotsahelpinghands.com

Need help with groceries, picking up kids, meals? This free site has an online calendar where you can add requests for specific days and ask your friends to sign up for them. You can also tell people about progress and news in one place without having to write lots of emails. There is also a place where friends can add their messages of support, diet advice, add photos etc. A wonderful tool to help families who need support.

Care Pages

www.carepages.com

A free personal website that connects you with family and friends during crisis and illness.

Caring Bridge

www.caringbridge.org

A free communication website for those in need of support.