

# Support Services for Cancer Patients in TAOS

## Support Groups

*Holy Cross Hospital's Cancer Support, Tel 575/751-5769*

Holy Cross Community Wellness Program provides education, resources and support to individuals in the Taos community who are challenged with the diagnosis of cancer.

The programs offered by HCH Community Wellness include Medical Nutrition Therapy, Stress Management and Fitness education, and Cancer Support.

The Community Wellness Program is staffed by nurse and dietitian educators and an Administrative Assistant.

For questions, please call 575/751-5769.

*Esperanza Cancer Support Group, Tel. Karen Dwyer 575/751-0521*

For people with cancer, their friends and family.

The mixed group meets every second Thursday of the month, 6-7.30pm at the Community Wellness Building at the Holy Cross Hospital Wellness Center.

*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 see 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)**

**\*\*MOUNTAIN HOME HEALTH CARE, Tel 505/758-4786**

P.O.Box 2566, Taos, NM 87571

Areas Served: Taos County  
Email: mhhc@taosnet.com

**\*\*OPTIONS HOME CARE, Tel. 505/989-3306**

*Office in Taos and Espanola*  
Serving: Rio Arriba, Taos, Los Alamos & Santa Fe

Website: [www.optionservices.net](http://www.optionservices.net)  
Email: CFernandez@optionservices.net

**\*\*IDEAL HOME CARE, INC., Ranchos de Taos Tel. 575/751-74105**

Serving Rio Arriba, Taos & Santa Fe Counties  
Email: slbaxter@laplaza.org

*Consumer Direct Personal Care, Tel. 1-866-344-2371*  
*Bathing Assistance, meal preparation, nursing etc.*

## **Transportation and Food Services**

*Safe Ride, Tel 1-800-797-7433*

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

If you live in Taos and the surrounding counties, you must call for a ride 48 hours before your scheduled appointment.

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

*Ancianos Senior Centers of Taos County, Tel 505/758-4091*

Ancianos operates senior centers in Taos, Amalia, Questa and Chamisal.

Congregate hot meals are provided to senior citizens five days a week, Monday through Friday at the Sam Cordova Center, Chamisal; The Amalia Community Center, Amalia; the Questa Senior Center, Questa; and the Phil Lovato Senior Center in Taos. The Ancianos board has established a volunteer donation of \$1.00 per meal.

Home Delivered Meals are provided to frail homebound at-risk elderly after an in-home assessment has been done by project staff, or also at the request of the client's physician.

Vans are provided free of charge to transport elderly to and from their homes, to the senior centers, shopping, doctor, banks, post offices etc.

*Many church's have groups of volunteers who are happy to provide food to those too sick to shop and cook for themselves. Contact your local church to see if they offer this service.*

### **Hats, Wigs and Prosthetics**

*American Cancer Society [www.tlcdirect.org](http://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, pocket bras, wigs, hats, turbans, and scarves, free of charge for cancer patients.

*Hats Scarves and More [www.hatsscarvesandmore.com](http://www.hatsscarvesandmore.com)*

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

*Headcovers Unlimited [www.headcovers.com](http://www.headcovers.com)*

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

## **Acupuncture\***

### *NM Cancer Care Clinic*

Acupuncture treatment is provided free of direct cost to the patient. As an in-network provider with most New Mexico health insurance plans, **Dr. Brandon Taylor** will bill insurance at no cost to the patient. He will also provide care to the uninsured at no cost.

To schedule an appointment call Bonnie Ooley at 505-955-7954. Dr. Taylor will be at CINM Tuesdays from 9am-1pm.

### *Ana Easter, Doctor of Oriental Medicine, Tel. 575/770-2627*

Ana Easter is a registered nurse and accepts BCBS insurance.

*Conscious Health, Venado Plaza, Ste. 11, 98 State Rd 150, Tel. 575/776-8012.*

## **Massage\***

*Taos Massage and Wellness Center, 224 Cruz Alta #G, Tel. 575/751-1616*

*Taos Healing Arts, 308 Paseo del Pueblo Norte, Tel 575/758-7975*

*Terri Picard, Tel 575/571-4272 or 770-7914*

*Insurance accepted*

## **Information and Education**

### *Taos Public Library*

Taos Public Library holds a vast array of books on all aspects of cancer, its treatment and survivorship.

See the Online Database at:  
[www.taoslibrary.org](http://www.taoslibrary.org)

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\* Ask your oncologist or PCP about insurance referrals.

### *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 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](http://www.cancer.org). Use the search box and type in "I Can Cope".

### *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](mailto:stephanie@cancerservicesnm.org) or 1-888-668-CSNM [toll-free statewide].