

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

A place for individuals concerned about cancer  
to gain knowledge and get support.

MERCY AND UNITY HOSPITALS  
CANCER RESOURCE CENTERS

**2010 Calendar**  
January – February



### **Movement and Healing Dance**

Drawing heavily on techniques from Hawaiian Dance, Tai Chi, African Dance, Modern Dance, and Dance Therapy, this monthly class provides participants an opportunity to learn choreographed dances and meditative/therapeutic movement. Explore the ways our bodies contain, reflect and express the experiences of our lives and how movement and dance enhance health. Open to survivors at all levels of care or aftercare. Classes are scheduled the second Thursday of every month. Registration is required.

**Thursday, Jan. 14, 3:30 - 5 p.m.**, Unity Hospital Classroom A

**Thursday, Feb. 11, 3:30 - 5 p.m.**, Unity Hospital Classroom A

### **Acupressure for Self-Care**

Learn what acupressure is and how it might help participant's quality of life. When used regularly, some studies have shown that people using acupressure techniques may feel more relaxed, experience less pain and stress, and have reported an overall feeling of improved wellness. This class will educate participants on acupressure's benefits, and show them how to find and apply acupressure points at home. The class is free and open to any cancer survivor interested in learning more. Registration is required.

**Wednesday, Jan. 13, 4 - 5:30 p.m.**, Unity Hospital Board Room – OR –

**Wednesday, Jan. 20, 4 - 5:30 p.m.**, Mercy Hospital Classroom B

### **Lung Cancer Community Forum**

If you have lung cancer or know someone who does, you are not alone. Lung cancer is the leading cause of cancer deaths in the United States claiming more lives than colon, prostate and breast cancer combined. In the past 15 years, lung cancer rates have increased significantly among women. Although tobacco use is the contributing factor in most lung cancer diagnoses, 10% of lung cancer patients have never smoked or lived with a smoker. The forum will discuss how you can reduce your risks for lung cancer, what's new in lung cancer screening, current treatment options and the role of nutrition in cancer care and treatment. Registration is required.

A panel of medical experts will lead the forum with lecture and presentations. An interactive question and answer section will follow.

**Wednesday, Feb. 17, 6:30 - 8 p.m.**, Unity Hospital Auditorium

## Contact Information

Please call us with questions, to schedule an appointment,  
register for a program, volunteer or make a financial contribution.

**763-236-4040**

Monday – Friday, 9 a.m. to 4 p.m.

### **Unity Hospital Cancer Resource Center**

550 Osborne Road  
Fridley, 763-236-4040

### **Mercy Hospital Cancer Resource Center**

3960 Coon Rapids Blvd, Suite 301  
Coon Rapids, 763-236-6060

Mercy and Unity Hospitals Cancer Centers are proud to offer this calendar to all persons touched by cancer in our community. Information within this calendar is subject to change without notice. This calendar is also available by e-mail if you prefer to receive it electronically.

All services and programs are offered free thanks to our generous volunteers, community members and supporters.

## 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 and Qigong

Healing Touch and Qigong are healing techniques in which the hands are used to direct energy for healing purposes. Healing Touch and Qigong provide gentle, non-invasive touch to influence and support the energy system within and surrounding the body. The goals of Healing Touch and Qigong are 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 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 Lower Level Conference Room 1**

Monday, Jan. 18, Feb. 15  
7 – 9 p.m.

**Unity Hospital Cancer Resource Center**

Monday, Jan. 4, Feb. 1  
7 – 9 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 – 8:30 p.m.

After 6 p.m. please park and enter behind the Mercy Healthcare building. The side entrance doors are locked.

### Prostate Cancer Support Group

For cancer patients and their partners.

**Mercy Heart Center Lower Level Conference Room 1**

Tuesday, Jan. 26, Feb. 23  
7 – 8:30 p.m.

### Renewing Life

Fall session in progress.

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. Spring session begins Thursday, March 25. Registration is required.

### Additional Support Groups

Additional specialized support groups are available in the Twin Cities area. Please call the following locations for more information:

Allina Hospitals & Clinics – **612-262-3333**

American Cancer Society – **1-800-227-2345**

Cambridge Medical Center – **763-689-8415**

North Memorial Medical Center – **763-520-7383**

## Look Good Feel Better

A free program to help cancer patients learn to cope with appearance-related side effects of treatment such as hair loss and changes in complexion. *Look Good Feel Better* is an American Cancer Society and National Cosmetology Association Program.

**Mercy Cancer Resource Center**

Wednesday, Jan. 20, Feb. 17  
6:30 – 8 p.m.

After 6 p.m. please park and enter behind the Mercy Healthcare building. The side entrance doors are locked.

**Unity Cancer Resource Center**

Monday, Jan. 11, Feb. 8 (please call and confirm date)  
11 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, from *Wigs by Sandy*, volunteers in our Unity Center and is available for wig cutting. Please call to make an appointment.

## Prostheses

Many insurance companies 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 these companies, *Underneath It All*, will meet with you in our Centers if our locations are more convenient. To schedule an appointment with *Underneath It All* at one of our Centers, please call **952-937-9252**.

A limited selection of donated prostheses are available 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.

To schedule an appointment,  
register for a program or for more  
information, please call us at 763-236-4040.