

Cancer Resource Center

Located on the first floor of the Providence Regional Cancer Partnership, the Cancer Resource Center is a quiet, comfortable place to find information, log onto the Internet, or talk with our staff and volunteers.

Patients, family members, and caregivers can come to find the latest cancer information regarding tests, treatment, clinical trials, and local resources for wigs, support groups, prostheses, and transportation to treatment.

Volunteers can connect you with cancer survivors to ease the journey from diagnosis through treatment. You will find that the knowledgeable volunteers and staff will be able to provide information and referrals to other community resources that might interest you. There is a wide selection of literature on cancer and treatment available free of charge to patients, their families, and the public.

In the Cancer Resource Center, you can find information on the following...

- * The latest cancer information
- * Local resources
- * Support groups
- * Classes
- * Patient support services
- * Integrative medicine
- * Prosthesis/wigs
- * Transportation volunteers

Cancer Resource Center volunteers can help you find wigs, hats, pillows, and clothing designed for cancer patients.

- Wigs in a variety of colors and styles, as well as a huge variety of hats, many of which are handmade by volunteers. Volunteers have experience in wig fitting and cosmetics.
- Pillows for patients with ports to put under their seat belts, under their arms, or around surgical wound areas to be more comfortable.
- Information about clothing designed for patients going through cancer treatment.

Cancer Resource Center hours vary by day, please call 425.297.5521 for hours.



Classes and Support Groups



Eligibility and Cost

- Support groups and classes are open to all patients, friends, family members, and caregivers.
- Classes, workshops, and groups are free of charge unless noted otherwise.

Benefits of Classes and Support Groups

- Up-to-date education and information
- Connect with others who understand Learn how to adjust to change
- Talk about your experience
- Learn from other participants
- Build your support network
- Learn coping strategies
- Engage in a healing process
- Learn from guest speakers

Classes and Support Groups Offered

Art Therapy Group

A supportive, non-judgmental environment where creative self-expression is encouraged. No prior art experience is needed. *Meets on Thursdays from 10:00-11:30 a.m. in the 1st-floor conference room C/D.*

Cancer 101

Support series for all cancer patients and caregivers. Each month will feature a different topic on practical ways to help ease your way through treatment and beyond. Patients at any phase of treatment are welcome, but new patients are strongly encouraged to join. *Meets on the 2nd and 4th Wednesday of each month from 10:00-11:30 a.m. in the 1st-floor conference room A/B.*

Colorectal Support Group

Support group for patients and/or their caregivers who have or have had colorectal cancer. *Meets on the 1st Wednesday of every month from 6:00-8:00 p.m. in the 1st-floor conference room A/B and via Zoom.*

Gentle Yoga

Reconnect with your body and learn how to be gentle with yourself in a fun, noncompetitive environment. The first 5 sessions are free. *Meets on Thursdays from 12:30-1:30 p.m. in the 1st-floor conference room A/B.*

Living Beyond Cancer

Provides ongoing support and includes discussions on finding hope and meaning after cancer, late effects, and other wellness-related topics for people 1+ years past completion of cancer treatment. *Meets the 1st and 3rd Wednesday monthly from 10:00-11:30 a.m. in the 1st-floor conference room A/B.*

Survivorship Workshop

This quarterly half-day workshop will give you ideas on maximizing your resources and strengths to help you adjust to life after treatment. As part of your healthcare team, you will be allowed to identify a wellness plan that is best for you. *For more information, please call 425.297.5507.*

For more information call 425.297.5521 or to verify that dates and times have not recently been changed.

To register for all classes: www.providence.org/locations/wa/providence-regional-medical-center-everett/cancer-partnership/for-patients/patient-resources



Survivorship



Survivorship care is a specific approach to address the needs of patients upon completion of active cancer treatment (potentially surgery, radiation, or chemotherapy). The cancer experience extends from diagnosis, through treatment, to wellness. The Survivorship Program at Providence Regional Cancer Partnership provides transitional care once active treatment is complete.

The Survivorship Program consists of two primary components:

1. Survivorship Medical Appointment

After active cancer treatment, most patients are scheduled for a survivorship medical appointment. During your survivorship visit you will receive a Cancer Treatment Summary and a Survivorship Care Plan, which is shared with you and your primary care provider. This visit will focus on the management of ongoing symptoms, awareness of potential late effects, healthy lifestyle, and psychosocial aspects of cancer survivorship. A cancer survivorship visit may occur in a shared visit format with other patients or individually. The goal of the visit is to assist you after treatment by supporting your physical and emotional health. Survivorship appointments are charged as regular medical visits and are billed to your insurance plan. *For more information and to schedule your survivorship medical appointment, please call: 425.297.5560.*

2. Survivorship Workshop

The Survivorship Workshop is an optional half-day seminar designed to give you ideas on how to use your resources and strengths and help you adjust to life after treatment. The Survivorship Workshop covers topics such as finding your “new normal”, discovering meaning in your cancer experience, and coping with uncertainty. In addition, our providers work together to answer questions you may have related to the management of late effects, how to maximize wellness through self-care, and addressing the emotional impact of a cancer diagnosis. The Survivorship Workshop is a free workshop facilitated by our Patient Support Services once per quarter.

If you have been done with treatment for more than a year and feel you would benefit from more support, consider joining our “Living Beyond Cancer” group on the 1st and 3rd Wednesday of every month from 10:00-11:30 a.m.

For more information, please call 425.297.5507 regarding the Survivorship Workshop.

Caregiver Tips

Questions to think about when you are a caregiver

1. Are you prepared to provide the needed medical treatments and medications for your loved one?
2. Do you know what to do if your loved one experiences pain, shortness of breath, or other distressing symptoms?
3. Are you prepared to communicate with your loved one about his or her illness? Specifically, have you been introduced to communication tips for caregivers?
4. Do you feel as though you know how to cope with the physical, emotional, and spiritual burdens that caregiving can cause? Who would you call for emotional, physical, and spiritual support, additional caregiver information, or respite?
5. Are you unsure of any part of your loved one's home care?

Communication tips for family caregivers

- ◆ When offering your opinion, always lead with a positive comment. For example, "I admire how well you seem to understand your chemo and radiation plan. Could I tell you my suggestion of a way to help the children understand your treatment?"
- ◆ Ask permission to help; ask what is needed and then follow through. Honestly say what you mean without being unkind or judgmental.
- ◆ Listen more; talk less. If your voice is the only one you hear; you are talking too much.
- ◆ Communication is very hard when the stakes are high: Practice, practice, practice.
 - ◇ Practice asking, not telling.
 - ◇ Practice paraphrasing (saying back what you heard).
 - ◇ Practice listening with attention (face and eye contact).
 - ◇ Practice until you feel comfortable.
- ◆ When you have a strong urge to tell others how things should be done, count to 10 or 20 (or however high you need to count) until the urge passes.

How can caregivers take care of themselves?

- Acknowledge your limitations: Consider what you can realistically do to help and then offer to do those things.
- Plan your time. Think ahead about when and how you are going to use your time. Use a to-do list.
- Insist on private time and build a caregiving team so you and your loved one are not alone.
- Prepare yourself. If you know something challenging is coming up, picture the event in your mind. Stay positive. Have a backup plan.
- Focus on your loved one's strengths.
- Relax purposefully. Learn and use deep breathing and progressive relaxation.



- Increase your physical activity. Aim for 2½ hours each week of moderate or aerobic exercise, such as biking or fast walking. Do strengthening exercises like weight lifting twice each week.
- Eat a healthy diet. Give your body plenty of fruits and vegetables, and drink a full glass of plain water at least four times every day.
- Drink alcohol only in moderation. This means no more than one drink per day for women and two drinks per day for men. Avoid using tobacco and drugs to manage stress.
- Keep regular appointments with your healthcare provider and dentist. If you do not feel well, make an appointment to see your primary care provider.
- Maintain life activities outside your caregiver role.
- Write down your negative feelings about events by keeping a “burn-out” log to record stressful events. Review the list and decide if any of your time needs to be spent fixing or addressing these issues.
- Keep your sense of humor.
- Appreciate your efforts. If this becomes difficult, seek professional help.
- Actively seek spiritual renewal.

“Applying the Evidence to Help Caregivers Torn in Two”: Patricia Beach, MSN, AOCN, ACHPN and Beth White, MSN, CNS, Nursing 2015, June, Pages 31-37



Tips for Assessing Website Information



WHO

- Who authored the site?
- Are the authors experts in their field?
- Are their credentials listed?
- Who sponsored the site?
- Do you need to buy something from the site to get the information you are seeking?

WHAT

- What is the point of view?
- What biases do you see?
- Is the site balanced with an explanation of different sides of the topic?
- What is the reason they are publishing this information?

WHEN

- When was the site published?
- When was the site last updated?

WHERE

- Where does the information fit into other information you have reviewed on the topic?
- Are links or references to related topics provided?
- Does the site tell you where to go or whom to contact for further information?

HOW

- How can you verify the accuracy of this information?
- How could you use this information?
- How could you contact others for further information?

See the next page for some recommended sites.

“Applying the Evidence to Help Caregivers Torn in Two”: Patricia Beach, MSN, AOCN, ACHPN and Beth White, MSN, CNS, Nursing 2015, June, Pages 31-37

Recommended Websites



With the explosion of sites available for patients on the Internet, there is a need to be sure these websites are legitimate and provide good information. At the Cancer Partnership, we have created a list of useful websites. It is important to remember that linked sites are not always equally trustworthy.

Providence Websites

- Providence Regional Cancer Partnershipcancerpartnership.org
- Providence Comprehensive Breast Centerwashington.providence.org/locations-directory/p/providence-comprehensive-breast-center-everett
- Northwest Washington Radiation Oncologynwradiation.com

Websites: General

- American Cancer Societycancer.org
- American Dietetic Associationeatright.org
- Cancer Hope Networkcancerhopenetwork.org
- Cancer Lifelinecancerlifeline.org
- Citrine Healthcitrinehealth.org
- Cancer Pathwayscancerpathways.org
- Global Resource for Advancing Cancer Education (Grace).....cancergrace.org
- Homage (Senior Services for Snohomish County)homage.org
- Intercultural Cancer Counciliccnetwork.org
- Leukemia & Lymphoma SocietyLLS.org
- Lymphoma Research Foundationlymphoma.org
- Multinational Association of Supportive Care in Cancermascc.org
- National Comprehensive Cancer Network.....nccn.org
- National Cancer Institutecancer.gov
- National Center for Complementary and Integrative Healthnccih.nih.gov
- National Coalition For Cancer Survivorshipcanceradvocacy.org
- National Institute of Healthclinicaltrials.gov
- National Lymphedema Networklymphnet.org
- Navigating Cancernavigatingcancer.com

Quit Smoking TODAY

Know The Facts:

- Tobacco is the single greatest cause of disease and premature death in America today.
- Second-hand smoke (environmental tobacco smoke) is involuntary or passive smoking and is harmful to your health.

Changes When Smokers Quit:

IMMEDIATELY: Air around you is no longer dangerous to children and other adults

20 MINUTES: Blood pressure drops to normal, the pulse rate drops to normal, the temperature in hands and feet increases to normal

8 HOURS: Carbon monoxide level in blood drops to normal, oxygen level in blood increases to normal

48 HOURS: Nerve endings start regrowing, ability to smell and taste is enhanced

3 DAYS: The body has physically withdrawn from the nicotine

2-12 WEEKS: Circulation improves, breathing improves and walking becomes easier

1-9 MONTHS: Coughing and sinus congestion decreases, shortness of breath decreases, overall energy increase, lungs increase ability to self-clean and reduce infection

1 YEAR: Excess risk of coronary heart disease is half that of a smoker

5 YEARS: Stroke risk is reduced to that of a non-smoker, risk of cancer of the mouth, throat, and esophagus is half that of a smoker

10 YEARS: Life expectancy is comparable to a non-smoker, lung cancer death rate is about half the rate of a smoker, risk of cancer of mouth, throat, esophagus, bladder, kidney and pancreas decreases, precancerous cells are replaced

15 YEARS: The risk of coronary heart disease is comparable to that of a non-smoker



Research Has Shown That The Following 5 Key Steps Can Help You Quit For Good:

- **Get ready to quit by picking a date to stop smoking:** Get rid of all cigarettes, ashtrays, and lighters in your home, car, and workplace. Make it a rule never to let anyone smoke in your home. Write down why you wanted to quit and keep this list as a handy reminder.
- **Get support and encouragement from family, friends, and coworkers:** Ask them not to smoke around you or leave cigarettes out around you.
- **Learn new skills and do things differently:** When you get the urge to smoke, try to do something different – talk to a friend, go for a walk, or do something you enjoy. Try to reduce stress with exercise, meditation, hot baths, or reading. It is helpful to plan for how you will deal with situations or triggers that will make you want to smoke. Sugar-free gum or candy may help with cravings.
- **Get medication and use it correctly:** Your healthcare provider can help you decide what medications will work best for you. Do not forget to always talk to them before taking store-bought medications, especially when you are pregnant or if you have a heart problem.
- **Be prepared for relapse:** Most people start smoking again, within the first three months after quitting. Do not get discouraged! Remember, many people try to quit several times before quitting for good.

Resources To Help You Quit

- ⇒ Washington State Department of Health Quit Line 1-877-270-STOP: www.quitline.com
- ⇒ American Cancer Society Fresh Start Tobacco Cessation Program: www.cancer.org
- ⇒ American Lung Association Freedom From Smoking Program: www.lung.org
- ⇒ Centers for Disease Control and Prevention's Tobacco Information & Prevention Source (TIPS): www.cdc.gov/tobacco
- ⇒ American Heart Association 1-800-242-8721: www.heart.org
- ⇒ Surgeon General Tobacco Cessation Guideline: www.surgeongeneral.gov/tobacco

