



Support Services for Cancer Patients Living in the Espanola Valley

Support Groups

People Living Through Cancer Support Helpline

Cancer Survivors and Caregivers may call 1-888-441-4439, or email, for information or a caring ear.

Healthy Wings, the AntiCancer Initiative

Contact the Program Manager, Wynona Holton, 505/367-4254. Our mission is to educate, inform, support, and navigate cancer patients, survivors, and their families.

Pastoral Support

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

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.



Care and In-Home Care

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

Amigos del Valle Tel. 505/753-4115

Amigos del Valle is an Espanola area in-home senior service program whose sole purpose is to provide services which will enable senior adults to remain independent within their own homes with a respectable and safe style of life.

***Addus Healthcare, Tel 505/753 2284, 1100 Paseo de Oate, Espanola*

Serving Rio Arriba County and Taos.

***Espanola Hospital Home Health Care, Tel 505/753 1510, 1010 Spruce St.*

Serving Espanola Valley/Santa Fe/Los Alamos/Penasco/Gallina/Chama/Tia Amarilla/LosOjos/Lumberton

***Los Rios Home Health Care, Tel 505/747 2525, 835 Spruce St.*

A branch of Los Alamos Visiting Nurses.
Website: 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.

In Espanola, services are available through the branch office, Los Rios Home Health Care. Currently serving patients in Los Alamos County, northern Santa Fe County, and parts of Rio Arriba County.



****HERITAGE HOME HEALTHCARE, Tel. 505/983-6700**

Serving Rio Arriba, Santa Fe, Los Alamos counties
Website: www.heritagehomehealthcare.com
Email: info@heritagehomehealthcare.com

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

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

****PMS COMMUNITY HOME HEALTH CARE, Santa Fe, Tel 505/988-4156**

Serving Rio Arriba Counties
Email: Mollie_Mouton@pmsnet.org

****INNOVATIVE HEALTH AT HOME**

Española Branch, Suite D, 1302 Calle de la Merced, Tel 505/753-7843

****Medicaid Personal Care Services**

Serving NE Region: Rio Arriba and Taos
Email: c.witt@ihahi.org

****OPTIONS HOME CARE**

(In Pojoaque) 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



Transportation and Food Services

Safe Ride, Tel 1-800-797-7433

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

If you live in an urban area, (Bernalillo, Dona Ana, Los Alamos, and Santa Fe counties), you must call for a ride 24 hours (no later than 3:00 p.m. the day before the appointment) before your routine, scheduled office visits or medical services. In all other areas, you must call 48 hours before your scheduled appointment. If you are not sure what area you live in, please call Cancer Care Associates for advice.

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

Espanola Curb to Curb Service

The city of Espanola provides a public transport curb to curb service. Call the Dispatch Center at 505/753 4111 or 505/747 6075

Espanola Senior Center, 735 Vietnam Veterans Mem. Rd. Tel 505/747-6027

Lunch is served Monday through Thursday 12:00 noon to 1:30 pm. Breakfast only is served Friday mornings from 8:30 am to 10:00 am. The price for lunch is \$2.00 for Seniors (55 and over), \$4.00 for non-seniors, the same for breakfast.

Transportation to and from the senior center is available free of charge.

Many church's have groups of volunteers who are happy to provide food to those too sick to fetch groceries 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

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

Telephone for a catalog, 1-800-264-HATS (4287)

Acupuncture*

Cleanse, 11 Walnut Drive, Tel. 505/747-3323

Terese Blaire Paloma, 804 Riverside Dr., Tel. 505/747-7242

Northern New Mexico Health Care, Tel. 505/753-7576

Acupuncture, massage, holistic medicine. Providers for UHC, BCBS, Lovelace.

Therapeutic Massage*

Bodywise Health Center, 234 Paseo de Oate, Tel. 505/753-9296

Christine Sandoval, 804 S Riverside, Tel. 505/753-5855

Northern New Mexico Health Care

Acupuncture, massage, holistic medicine. Providers for UHC, BCBS, Lovelace.

* Talk to your oncologist or PCP about a referral.



Information and Education

Espanola Public Library, 314-A Oate St. NM, Tel 505/753-2621

Check the online catalogue at
<http://www.youseemore.com/espanola/>

*Santa Clara Pueblo Community Library, 1 Kee St., Los Alamos H.way.
Tel. 505/753-7326*

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 ACS at 505/946-3095

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 can 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 available in Santa Fe at St. Vincent's Medical Center. Telephone Tenchie Overcash at the ACS 505/946-3095 for details of classes or 505/946-3095 to reserve a space.

Classes are held every 3rd Tuesday in Room 1516 (Cancer Education Conference Room).



Classes are also available at the Cancer Institute of New Mexico, Zia Rd., held every second month. Call 505/955-7956 for dates, times and to reserve a space.

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].