



Los Alamos  
Council on Cancer  
P.O. Box 995  
Los Alamos, NM  
87544-0995

## **Support Services for Cancer Patients in Las Vegas, NM**

### **Support Groups**

#### *Reach to Recovery (American Cancer Society)*

One on one support for women undergoing surgery for breast cancer. Contact Tenchie Overcash at the ACS in Santa Fe on 505/946-3095 or 505/473-0280.

#### *People Living Through Cancer Las Vegas Support Group*

A mixed diagnosis support group for survivors and caregivers. Meets the 1<sup>st</sup> Tuesday of every month 6-7.30pm at the Plaza Hotel. Telephone the facilitator, Helen Garcia, for information at 505/454-8081 or call PLTC at 1-888-441-4439.

#### *People Living Through Cancer Support Helpline*

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

#### *Pastoral Support*

Many area churches offer pastoral support. Call your local church offices to find out 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)**

**\*\*ALTERNATIVE HOME HEALTH CARE, 1118 National Ave,  
Tel 505/425-1538**

*Patient care in San Miguel County*

**\*\*ESPERANZA HOME HEALTHCARE/HOSPICE, Mora,  
Tel 575/387-2215 or 1-800-858-9754**



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Pastoral Care, Bereavement/Counseling, Volunteers  
Medicare/Medicaid/Private Insurance

Areas Served: Mora/San Miguel/Colfax/Harding Counties

Website: [www.esperanzahomehealth.com](http://www.esperanzahomehealth.com)

**\*\*INNOVATIVE HEALTH AT HOME, Española Branch**  
*Tel 505/753-7843*

Areas Served: NE Region/Mora/San Miguel/Colfax  
Counties  
Email: [c.witt@ihahi.org](mailto:c.witt@ihahi.org)

*Quality Care , Tel 505/454-9921*

Non-medical home care. Services include: bathing assistance,  
companion services, grooming, housekeeping, meal preparation.

Medicaid accepted.

*Direct Healthcare, Tel 505/425-7471*

Non-medical home care. Services include: bathing assistance,  
companion services, grooming, housekeeping, meal preparation.

Website: [www.healthcarenm.com](http://www.healthcarenm.com)

*Professional Home Health Care, Tel 505/454-6345*

*Skilled nurses, home-health aides, personal care, shopping,  
cooking, housekeeping.*



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## **Transportation and Food Services**

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

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

If you live in Las Vegas and its surrounding counties you must call 48 hours before your scheduled appointment.

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

*Alternative Transportation, Tel. 505/454-0054*

A fee-for-service option, which includes transportation to Las Vegas from San Miguel and surrounding counties. Insurances accepted: Medicaid, Molina and Lovelace.

## **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. 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](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)



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## **Acupuncture\***

*Peter Stege, D.O.M, 2002 Hot Springs Blvd., Tel. 505/454-0003*

Provider of BCBS, Presbyterian and other major insurers.

*Advanced Chiropractic and Acupuncture Inc., L.A.C., D.O.M.  
720 University, Tel. 505/425-5402*

*Alaniz Acupuncture and Therapy, 1620 7<sup>th</sup> St., Tel. 505/454-7694*

*James Freeman D.O.M., 520 Friedman Av., Tel 505/454-1410*

## **Therapeutic Massage\***

*Advanced Chiropractic and Acupuncture Inc., L.A.C., D.O.M.  
720 University, Tel. 505/425-5402*

*Stephanie Vice L.M.T, 1001 8<sup>th</sup> St., Tel. 505/425-7963*

*Dale J Harapat, 219 9<sup>th</sup> St., Tel 505/425-7438*

*Haiyas's Massage Therapy, 1900 Hot Springs Blvd & 500 Douglas Av.,  
Tel. 505/454-0008*

## **Information and Education**

*Carnegie Public Library, 500 National Av., Tel 505/454-1401*

Books and internet access available.

### *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

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\* Talk to you oncologist or PCP about an insurance referral



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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".

### *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.

Available in Las Vegas. Tel. Tenchie Overcash at the ACS 505/946-3095 for details of classes.

### *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



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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].



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