



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

Support Services for Cancer Patients in TAOS

Support Groups

Holy Cross Hospital's Cancer Support

Survivors Offering Support

Survivors Offering Support, better known as SOS, is a support program that pairs breast cancer survivor volunteers with newly diagnosed breast cancer patients. SOS volunteer mentors are matched with new patients by their similarities in age, lifestyle and stage of breast cancer. SOS volunteer mentors offer emotional support, understanding, encouragement and insight like no one else can to the newly diagnosed breast cancer patient.



To learn more about the program, become an SOS volunteer mentor or be assigned a mentor, contact Denise O'Neill, SOS coordinator, at oneillde@holycrosshealth.org or **301.754.8502**.

Breast Cancer Support Group

For patients and survivors looking for support, information and hope. This group meets the second Wednesday of the month from 6:30 to 8 p.m. at the Holy Cross Hospital Professional and Community Education Center.



For more information, please call **301.592.9125**.

Ovarian and Gynecological Cancer Support Group

This group is for patients and survivors looking for support, information and hope. This group meets on the third Wednesday of each month at the Holy Cross Hospital Professional and Community Education Center from 6:30 to 8 p.m.



For more information, please call **301.592.9125**.



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Look Good...Feel Better

If you have started a course of radiation or chemotherapy treatment, you may experience temporary changes in the appearance of your skin and hair. With *Look Good...Feel Better*, you will learn about new hairstyles, skin care, cosmetics tips and nail care.

For more information, please call **301.592.9125**.

THYCA: Thyroid Cancer Support Group

ThyCa Washington, D.C., is a mutual-help support group open to all thyroid cancer survivors and families. This group is affiliated with Thyroid Cancer Survivors' Association, Inc. (ThyCa).

For more information, please call **301.943.5419**.

Support for Families of Cancer Patients

A diagnosis of cancer affects not only the cancer patient, but the family as well. A cancer diagnosis may impact the family's financial, social and emotional wellbeing. The Holy Cross Hospital Cancer Institute has a social worker who is available to family caregivers to provide support, direction and information and referral services—at no cost. For a telephone consultation, please call Pat Malik at **301.592.9124**.

Support for Children of Cancer Patients

When a parent has been diagnosed with cancer, sometimes the most worrying questions are "How do I tell my children? What do I tell them?" When do I tell them?" To talk these concerns over, the Holy Cross Hospital Cancer Institute social worker is available—at no charge. For a telephone consultation, please call Pat Malik at **301.592.9124**.

Pastoral Care

The Spiritual care team at Holy Cross consists of professional chaplains who are able to facilitate healing and wholeness for patients and families in collaboration with other members of their care team.



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Chaplains are available 24 hours a day 7 days a week,
301.754.7390.

People Living Through Cancer Support Group

Meets the 1st & 3rd Thursday at 12pm. Email PLTC at
info@pltc.org or call 1-888-441-4439 for more information.

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
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.



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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.



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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. 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

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

Headcovers Unlimited www.headcovers.com

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

Acupuncture*

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

* Ask your oncologist or PCP about insurance referrals.



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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

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. 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



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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].