

American Cancer Society Navigator Notes

Finding What You Need: Support is Out There

Cancer support groups provide a setting in which both cancer patients and caregivers can talk about living with cancer with others who may be having similar experiences. Although the personal experience of being diagnosed with cancer varies greatly, everyone needs a good support system to cope with the different stages of the cancer journey. Apart from having to manage the physical challenges, people with cancer and their caregivers face many worries and concerns unique to their situation. They may need help coping with the emotional, as well as the practical aspects of the disease. In fact, attention to the emotional burden of having cancer is often a part of a patient's treatment plan.

Support can come in many different ways. Support groups that meet face-to-face often come to mind, however, if one is not available there are other options. Support groups can be facilitated online, or over the phone. Cancer blogs or one-to-one mentorship programs may also be an option.

- **Mayo Clinic's Living with Cancer blog** is an online forum where cancer survivors and loved ones can share stories, hope and strength. Visit www.mayoclinic.com/livingwithcancer.
- **Cancer Care** provides online and telephone support options 7 days a week from a licensed social worker. Visit www.cancercare.org.
- The **American Cancer Society's Cancer Survivors Network** is an online support group for those who are unable or prefer not to meet face-to-face. Individuals with rare types of cancer may also find this network helpful.
- The **American Cancer Society's Look Good...Feel Better** programs for women help individuals manage skin changes and hair loss due to cancer treatment.
- The **American Cancer Society's Man to Man** program is a face-to-face support group for prostate cancer patients and their families. Call 1-800-227-2345 for locations.
- The **American Cancer Society's I Can Cope** is an educational program for people facing cancer that offers information and answers to many cancer topics through community classes, as well as online modules. To find a community group call 1-800-227-2345. Online modules are available at www.cancer.org/onlineclasses.
- **Imerman Angels** matches individuals touched by cancer with someone who has fought and survived the same type of cancer. Cancer caregivers also receive one-on-one connections with other caregivers and survivors. Call 312-274-5529 or go to www.imermanangels.org/.
- Various classes might be offered at your treatment facility, such as relaxation or meditation classes.
- Religious or spiritual support may be available from a hospital chaplain or an individual's home church.



Please contact your local patient navigator for additional information.

Mayo Clinic in Arizona: Cathy Leavitt, American Cancer Society patient navigator, 480.301.5990.

Mayo Clinic in Rochester: Jeri Lensing and Angela Young, American Cancer Society patient navigators, 507.266.9288.

Mayo Clinic Health System in La Crosse, WI: Stefanie Haar, American Cancer Society patient navigator, 608.775.1359 or 800.362.9567.

Mayo Clinic Health System in Eau Claire, WI: Katie Sarver, American Cancer Society patient navigator, 715.858.6868.

For more information on all ACS programs and services or to connect with a patient navigator in your area, call 800.227.2345 or visit www.cancer.org.



Cathy Leavitt



Jeri Lensing



Angela Young



Stefani Haar



Katie Sarver

Calendar of Events

July

Relay For Life of Olmsted County

Friday, July 13-14, 2012

6:00 pm to Saturday 6:00 am

University Center Rochester

Rochester, MN

The American Cancer Society's signature event is an overnight experience featuring inspirational speakers, live entertainment, zany activities and food. Bring a tent and sleeping bag! Admission is free, but this is a fundraiser. For more information about this event please contact Ross Messick at 507-424-4616 or ross.messick@cancer.org. To find your local event please visit www.relayforlife.org or call 1-800-227-2345.

Relay For Life of Fillmore County

Friday, July 13, 2012

5:00 pm

Fillmore County Fair Grounds

For more information about this event visit www.RelayForLife.org/fillmoreMN or contact Ryan at ryan.huibregtse@cancer.org or 507-424-4608.

3rd Annual Party for a Cause

Saturday, July 28, 2012

12:00 pm Walk Registration

3:00 pm Entertainment begins

Mayo Civic Center

Digital Avenue & High 5 Entertainment are proud to present the 3rd Annual Party for a Cause with all proceeds benefitting the Sandra J. Schulze Hope Lodge in Rochester, MN. The event will include music,

entertainment, a 5K walk, a silent auction and live raffle. For more information visit <http://party.digiave.net/>

August

ACS Golf Classic

Monday, August 13, 2012

11:00 am to 8:00 pm

Rochester Golf and Country Club

An 18 hole golf event to Fight Cancer on the Fairways! Not a scramble... play your own golf ball from tee to green at the historic Rochester Golf and Country Club. A light lunch will be served before tee off, with a dinner and auction afterwards. Registration is \$200. For more information please call Ross Messick at 507-424-4616.

The Stephen and Barbara Slaggie Family Cancer Education Center

Mayo Clinic is dedicated to providing information and resources to support patients and their caregivers during a cancer journey. Knowledge empowers patients to become active partners in their health care.

Services

Mayo Clinic staff, volunteers and ACS patient navigators are available to help patients, caregivers, and the public:

- Learn about cancer prevention and detection
- Find out more about a cancer diagnosis
- Explore treatment options
- Understand clinical research
- Connect to educational sessions and support groups
- Address survivorship issues
- Locate additional support resources, such as financial assistance, lodging, transportation, wigs, and prosthetics



The Center is open to anyone interested in learning more about cancer.

Location: Gonda Building, Street Level, Rochester, MN

Hours: 8 a.m. to 5 p.m., Monday through Friday • Phone: 507-266-9288

Living with Cancer blog: www.mayoclinic.com/livingwithcancer