



2015 Survivor and Caregiver Resource Guide

Are you ready to celebrate?

STEPS

There comes a time in this life,
When we wonder if we should stop.
It seems we are fighting an uphill battle.
Will we ever reach the top?
The road to curing cancer is long.
The road to giving up is very short.
But because we believe in our cause,
This is not a battle we will abort.
When fighting for something important,
It is sometimes hard to keep our will,
But we have to remember taking steps
Is much better than standing still.
When taking steps on the road to success,
The journey sometimes goes slow,
But as long as our feet are in motion,
Who knows how far we can go.
It is time to walk with passion,
With each of these steps we take.
If we can just keep moving,
What a difference we can make.
Taking step, after step, after step,
We are moving in the right direction.
And with every small step,
We are that much closer to perfection.
As we continue to take more steps,
Eventually cancer will be left behind,
Because by traveling down this road,
A cure for cancer is what we will find.

WELCOME

This Survivor and Caregiver Resource Guide was created to help survivors and caregivers find medical and emotional support, education, assistance with day-to-day needs, and a connection to people who share an experience with cancer.

No matter where you are in your journey, you may have many important decisions to make. Making those decisions will become easier when you have the information you need about the disease and about support services in our community that are available to you and your family.

Resources and services are available through many organizations. We have included resources from a wide range of community organizations and agencies in this guide.

You will find information from the American Cancer Society, Pierce County's two largest health systems—CHI Franciscan Health and MultiCare—and a host of local community resources. We have also included online resources that can provide useful specific information related to many different types of cancer. This Resource Guide is a work in progress—we hope to keep adding more resources as part of our effort to be of some help to all survivors and caregivers.

We dedicate this guide to survivors and caregivers everywhere—you are true heroes.

Inclusion in this guide does not infer an endorsement by the American Cancer Society.

—The American Cancer Society, Tacoma Office

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AMERICAN CANCER SOCIETY RESOURCES

The American Cancer Society

No matter who you are...we can help

The American Cancer Society recognizes that the cancer experience varies among the people whose lives have been touched by this disease. This is why we have created and tailored our programs and services to help alleviate some of the confusion and to address the unique needs of cancer patients and loved ones. We are here to offer support and we're confident that no matter who you are...we can help!

Provided in this guide are the programs and events the American Cancer Society provides in the South Puget Sound. Our mission and goal is to eliminate cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy and services.

Your South Puget Sound staff partners, in tandem with the thousands of volunteers, are dedicated to supporting you by providing the resources, programs and events (and hugs) to serve cancer patients, caregivers and families, and the communities in which we live.

Your local American Cancer Society office is located in downtown Tacoma at 1313 Broadway, Suite. 100, Tacoma, WA 98402. Please feel free visit us, or call us directly at 253-272-5368, or 1-800-227-2345. We are here to help! Thank you for supporting your American Cancer Society.

1-800-ACS-2345 (1-800-227-2345)

No matter who you are, the American Cancer Society information center, staffed by cancer information specialists, will answer questions about cancer symptoms, treatments, research, local patient services, community programs, and volunteer opportunities. Call anytime 24-hours a day 7-days a week.

Multiple languages are available for those that do not speak English.

www.cancer.org

The American Cancer Society web site is an interactive, online cancer resource center containing in-depth information on every major type of cancer, free publications, and access to recent news and research articles. The site also offers information about nationwide and local events and volunteer opportunities, all presented in an attractive, easy-to-navigate format. Select content is also available in Spanish.

ACS CAN –Advocacy

The American Cancer Society Cancer Action Network (ACS CAN) is the nonprofit, nonpartisan sister advocacy organization of the American Cancer Society. ACS CAN is dedicated to eliminating cancer as a major public health problem through issue campaigns and voter education aimed at influencing lawmakers and candidates to support laws and policies that will help people fight cancer. ACS CAN does not endorse candidates and is not a political action committee.

ACS CAN gives hope and power to everyone who cares about cancer and wants their government to act. Together, we CAN make our voices heard. Together, we CAN defeat cancer.

www.acscan.org

Patient Navigators

The American Cancer Society Patient Navigators are professionals dedicated to helping newly diagnosed cancer patients, their families and caregivers navigate their cancer experience. All of our American Cancer Society Patient Navigators are able to assist with a variety of requests, including: cancer information, community-based resources, transportation, lodging, nutritional information and free wigs. To connect with an American Cancer Society Patient Navigator, please call 1-800-227-2345.

Cancer Resource Centers (CRCs)

The American Cancer Society offers face-to-face cancer information and resources to individuals, service organizations and medical communities, from trained ACS volunteers. Located at St Joseph Medical Center, the CRCs provide knowledgeable information about American Cancer Society programs, community and health resources, general and site-specific cancers.

Currently, Cancer Resource Centers are offered at St. Joseph Medical Center in partnership with the American Cancer Society. MultiCare also offers a Cancer Resource Center at the Katterhagan Cancer Center at Tacoma General and at Good Samaritan Hospital in Puyallup. These services are free to the community. The Cancer Resource Center is always looking for dedicated volunteers, to continue to serve more patients with information and support. Please contact the CRC with questions, to make an appointment for a wig fit, or if you are interested in volunteering, at 253-426-4237.

Quality of Life Programs

These are free and essential services offered to cancer patients, families and caregivers to improve the quality of life while going through cancer. These programs include Look Good...Feel Better, Reach to Recovery and Road to Recovery. We encourage all cancer patients, survivors, caregivers, friends and family members to utilize or volunteer to support these valuable programs.

Look Good...Feel Better

Women with cancer learn makeup and skincare techniques to offset the appearance-related effects of chemotherapy and radiation. Participants experience increased self-confidence and knowledge of self-care.

Volunteer beauty professionals lead small groups, usually consisting of six to 10 women, through practical, hands-on experience. Women learn about makeup techniques, skincare, nail care, and options related to hair loss such as wigs, turbans, and scarves. Each group program participant receives a free kit of cosmetics for use during and after the workshop. Look Good...Feel Better programs are currently held at six different locations in Pierce County and at numerous other locations in surrounding counties. Please call the American Cancer Society at 1-800-227-2345 to find out program schedules.

Reach to Recovery

The American Cancer Society Reach to Recovery program has been helping breast cancer patients (female and male) cope with their breast cancer experience for more than 30 years. This experience begins when someone is faced with breast cancer diagnosis and continues throughout the entire period that breast cancer remains a personal concern.

Volunteers who are breast cancer survivors give patients and family members an opportunity to express feelings, talk about fears and concerns, and ask questions of someone who is knowledgeable and level-headed. Most importantly, Reach to Recovery volunteers offer understanding, support, and hope because they themselves have survived breast cancer and gone on to live normal, productive lives.

Reach to Recovery Volunteers

Are you a breast cancer survivor who has overcome cancer to regain a well-adjusted and emotionally stable everyday life? Are you warm, courteous, tactful, and considerate, with the ability to maintain confidentiality? Would you like to make a difference in the lives of others affected by breast cancer? Call us toll-free at 1-800-227-2345, or call your local American Cancer Society office at 253-272-5368 to become a Reach to Recovery volunteer.

Road to Recovery

Volunteer drivers donate their time and resources to take patients needing assistance to and from their doctor appointments and cancer treatments. Please call 1-800-227-2345 to schedule a ride.

Road to Recovery Volunteers

We are actively recruiting volunteer drivers to provide services in Pierce County. Please call our local American Cancer Society office at 253-272-5368 and speak to the Mission Delivery Specialist to find out how you can be a Road to Recovery Volunteer. Thank you!

Discovery Shops

We're looking for you! Customers are the heart of the Discovery Shops. Our stores have great prices on gently used clothing, housewares, collectibles and furniture. Our goal is to raise money for cancer research. The Discovery Shops are run entirely by volunteers. We are always looking for new people to join our team. A variety of volunteer positions is available. For more information about making a donation, or to find out about volunteer opportunities near you, contact the American Cancer Society at 1-800-227-2345, or call the Proctor Discovery Shop at 253-759-2823.

American Cancer Society Events in the South Puget Sound
Relay for Life
2015 event dates

Pacific Lutheran University: 4/24-4/25	Central Pierce: 6/19-6/20
University of Puget Sound: 5/1-5/2	Fife, Milton, Edgewood: 6/20-6/21
Lewis: 5/15-5/16	Shelton: 6/26-6/27
Grays Harbor: 5/29-5/30	Thurston: 6/26-6/27
East Grays Harbor: 5/29-5/30	Puyallup: 6/27-6/28
Steilacoom/DuPont: 5/29-5/30	Bremerton/Central Kitsap: 6/27-6/28
Buckley: 5/29-5/30	North Kitsap: 7/10-7/11
Port Orchard/South Kitsap: 6/5-6/6	Eatonville: 7/11-7/12
Tacoma: 6/6-6/7	Bonney Lake: 7/17-7/18
Lakewood: 6/12-6/13	Willapa Bay: 7/18 (12-hour event)
Gig Harbor: 6/12-6/13	Sumner: 7/24-7/25
North Mason: 6/19-6/20	SE Thurston: 8/1-8/2

For specific event information, please contact the American Cancer Society at (800) 227-2345 or visit www.RelayforLife.org to find your local event.

Making Strides Against Breast Cancer

Join us as we make Strides Against Breast Cancer in October to fight the number one diagnosed cancer in Washington State. Funds raised from this program are restricted 100 percent to breast cancer research, education, programs and advocacy and will fund such programs as the Breast & Cervical Health Program to serve under-insured women in Pierce County. To find out how you can Make Strides Against Breast Cancer in Tacoma, call our American Cancer Society Pierce County office at 253-272-5368.

Hope on the Slopes, Ski & Ride for a Cure

Hope on the Slopes, Ski & Ride for a Cure (HOTS) is a fundraising event benefiting the American Cancer Society held at ski resorts and ski areas nationwide. HOTS combines our passion of finding a cure for cancer with our love for skiing and boarding.

Skiers and boarders of all skill levels can participate competitively or simply enjoy a great day on the slopes. Proceeds are used to fund research that leads to improved treatments, patient care and services, and education. All ages are welcome to participate. Individuals and teams of four to 10 participants can sign up to compete for the most vertical feet skied and most donations raised. Past prizes have included K2 skis and snowboards, lift tickets, ski clothing, backpacks, Warren Miller DVDs, Warren Miller and resort mountain hats and logo wear, and much more.

For additional participation and volunteer opportunities please contact Charlene Pierce at 253-207-5158 or Charlene.piercy@cancer.org. Please visit our web site at www.hopeonetheslopes.net.

Hospital Resources—CHI Franciscan Health

CHI Franciscan Cancer Care

253-426-4556

www.chifranciscan.org/cancer

CHI Franciscan Health offers comprehensive, community-based cancer care unsurpassed in the region. Patients receive leading-edge medicine close to home, in comfortable, familiar surroundings.

CHI Franciscan Cancer Care is proud to be among the top 25 percent of cancer programs in the United States accredited by the American College of Surgeons Commission on Cancer (CoC), exhibiting the highest standards for patient cancer care and outcomes.

Our multidisciplinary “team medicine” approach brings you the most experienced, highly trained oncologists, radiation oncologists, surgeons, nurse navigators and other cancer experts along with today’s advanced technology so you can fight cancer, not traffic.

Our team of experts supports you through your journey, providing the care you need, when you need it most. Your team of medical oncologists, radiation oncologists, surgeons, oncology-trained nurses, social workers, patient navigators, nutritionists, pharmacists and others will work closely with you to create an individualized treatment plan. From education and prevention, to diagnosis and treatment, we offer patients and loved ones expert care and support when cancer becomes part of their lives:

- Referral and care coordination with specialists and treatments
- State-of-the-art radiation technology
- Chemotherapy
- Patient navigators to guide you through the treatment process
- Pain and symptom management
- Genetic counseling
- Psychological oncology counseling ,including pain and health psychology
- Infusion and transfusion therapies
- Cancer resource centers, support groups and classes, including nutrition
- Laboratory services
- Complementary therapies such as massage, acupuncture and skin care
- Palliative and hospice care
- Access to Clinical Trials
- Research

Clinical Trials

CHI (Catholic Health Initiatives), our parent organization, provides cancer patients access to clinic trials through NCCCP. Patients benefit from the latest treatment protocols and have the opportunity to participate in clinical trials). Clinical trials are research studies to find better treatments for cancer through the evaluation of new drugs and surgical procedures that show promise in advancing medicine. If you are interested in clinical trials, ask your doctor if a clinical trial may be appropriate for you.

Medical Oncology

Our physicians provide patients with a combination of experience, knowledge and attentiveness unsurpassed in the health care industry. We offer the following services:

- Complete infusion services (blood products, chemotherapy, hydration)
- Outpatient and home-based chemotherapy
- Oncology certified registered nurses
- Pain and other symptom management
- Award-winning palliative care services
- Clinical laboratory and therapeutic phlebotomy
- Stem cell transplantation
- Ostomy and wound care

Radiation Therapy

At our radiation oncology centers throughout the Puget Sound, treatment is offered close to home, saving you precious time and energy. Our comprehensive array of therapies includes:

- Intensity-Modulated Radiation Therapy (IMRT)
- External beam/3D conformal radiation therapy
- Electron beam therapy
- Prostate seed brachytherapy
- Image-guided radiotherapy
- Gamma knife stereotactic radiosurgery

Surgery

Our patients have immediate access to the most advanced surgical techniques and compassionate inpatient cancer care available in the region. At St. Joseph Medical Center in Tacoma, the full range of oncologic surgeries are performed including:

- Abdominal
- Breast
- Colorectal
- Gynecologic
- Neurologic
- Thoracic
- Esophageal
- Head & Neck
- Urologic
- General Surgeries
- Hepatobiliary (liver, pancreas, biliary system)

Complementary Therapies

For those who would like to complement their medical treatment with alternative therapies, the following programs are available:

- Massage therapy
- Acupuncture
- Medical licensed skin care aesthetician

Patient Navigators

At CHI Franciscan Health, we are dedicated to the science of medicine as well as the compassion of healing. That's why we offer services to help the mind, body and spirit. Patients receive help from patient navigators, who guide patients through their cancer journey, finding the resources they need during treatment.

- Breast Cancer Nurse Navigator 253-627-4614
- St. Anthony Cancer Nurse Navigator 253-530-2642
- Thoracic & Head and Neck Cancer Nurse Navigator 253-426-4672
- Non-English Speaking Breast Cancer Lay Navigator 253-426-4672
- Gynecologic Oncology Nurse Navigator 253-382-8166

General Contact Numbers

St. Joseph Medical Center, Tacoma, 253-426-6810

St. Francis Hospital, Federal Way, 253-944-7997

St. Clare Hospital, Lakewood, 253-985-6110

St. Elizabeth Hospital, Enumclaw, 360-802-3223

Jane Thompson Russell Cancer Care Center, Gig Harbor, 253-530-2642

Franciscan Highline Cancer Center, 206-439-5577

Peninsula Radiation Oncology, 253-851-5155

Northwest Medical Specialties, 253-428-8700

Community Cancer Program, 253-426-6746

Harrison HealthPartners Hematology and Oncology, 360-598-7500

Cancer Resource Center

Tacoma main office, 253-426-4237

Email: cancerresourcecenter@chifranciscan.org

Cancer Health Coordinator: 253-426-6805

Burien main office: 206-431-5248

Open to everyone, the American Cancer Society's Cancer Resource Center at St. Joseph Medical Center offers access to online resources as well as a lending library of books, tapes, journals and other references for reliable, current health information and education. Resources are also available at the St. Francis Radiation Oncology Center in Federal Way, the Jane Thompson Russell Cancer Care Center in Gig Harbor and Highline Cancer Center in Burien.

The Resource Center is located near the public elevators on the ground floor of St. Joseph Medical Center, 1717 S. J St., Tacoma. Please call the Cancer Resource Center at 253-426-4237 for current operating hours.

General Education, Resources and Support Groups

Cancer Screenings and Forums, 253-260-2936

Use Food to Fight Cancer, 253-426-4428

Enterstomal Care, 253-426-6893

Hospice, general information, 253-534-7000 or 800-338-8305

Lymphedema Services, 253-426-4400

Oncology Dietitian, 253-426-4428

Radiation Oncology, 253-944-7510

Stop Smoking Programs and Support

CHI Franciscan Health Freedom from Tobacco, 253-223-7538 or 253-426-6746

Washington State Quitline, 1-877-270-STOP (7867)

Breast Cancer Support Facilitator, 206-938-9081

Knit for Life Support Group, 206-938-9081

Oncology Pharmacy Specialist, 253-426-6064

Community Breast Cancer Navigation for Medically Underserved Women

CHI Franciscan Cancer Care operates an award-winning, community-based breast cancer lay navigation program for medically underserved and under-insured or non-English speaking women in the South Sound. This program is funded through the generosity of the Susan G. Komen Foundation and the Regence Foundation.

Breast cancer lay navigators serving African American, Korean, Vietnamese, Cambodian, Latina, Thai, Pacific Islander and LGBTQ women are available to help schedule and receive mammograms, diagnostic care and cancer treatment as needed. Lay navigators also provide education, assistance with financial access to care, help with appointments and support throughout the cancer journey.

To contact a language- and culturally-matched lay navigator please call 253-426-4672.

Knit for Life

253-530-2936

jamiedobosz@chifranciscan.org

Mission Statement: To support and enhance the lives of cancer patients and their caregivers while going through the process of treatment, recovery and beyond with the gentle and healing experience of knitting. This program enables patients and caregivers to come together and share their experiences and concerns in a relaxed and supportive environment. You do not need to know how to knit. We provide yarn, needles and instruction. There is no charge and you do not need to register in advance for any of the following groups.

Meetings

St. Joseph Medical Center, Tacoma

Free valet parking available.

1st and 3rd Wednesday of the month; 1 to 3 p.m. Location: Room IOB-8

St. Francis Hospital, Federal Way

2nd and 4th Tuesday of the month; 11 a.m. to 1 p.m. Location: Radiation Oncology Waiting Area, "G" Level

St. Anthony Hospital, Gig Harbor

Every Wednesday of the month; 1 to 3 p.m.

Location: Jane Thompson Russell Cancer Care Center Classroom

Additional Information

Tanya Parieaux, Survivor, Executive Director, Knit for Life™

206-938-9081 www.knitforlife.org tanya@knitforlife.org

Freedom From Tobacco

253-426-6746 or 253-530-2936

JamieDobosz@chifranciscan.org

Just show up! If you stick with our highly successful program, you will quit tobacco! The largest program in the state, this program is open to anyone wanting to quit tobacco, newly quit, struggling with relapse, or helping a friend quit. Medical advice provided by Dr. Patrick Hogan; funded by CHI Franciscan Cancer Care. Please call to confirm location before attending first group.

Meetings

St. Clare Hospital, Lakewood

Mondays, 6-7 p.m. Location: Classroom C

St Anthony Hospital, Gig Harbor

Tuesdays, 5:30-6:30 p.m.

Location: Jane Thompson Russell Cancer Care Center Classroom

St. Francis Hospital, Federal Way

Thursdays, 6:30-7:30 p.m.

Location: Executive Dining Room

St. Joseph Medical Center, Tacoma

Thursdays, 7-8 p.m.

Location: Dining Rooms 1& 2

Additional information

Heidi Henson

253-223-7538

Art Therapy

Art therapy sessions are open to cancer patients, cancer survivors, caregivers or anyone undergoing a medical life change. Come find your joy and discover a new way to tolerate daily stresses. Held the first and third Tuesday of every month from 1 to 3 p.m. Location: Jane Thompson Russell Cancer Care Center Classroom. No reservation required.

Yoga

Free yoga classes open to anyone affected by cancer. Takes place on most Wednesdays from 5-6 p.m. Mats are available for use, but if you have your own please feel free to bring it. Structured to accommodate the needs of all in attendance. Location: Jane Thompson Russell Cancer Care Center Lobby. For questions, please call 253-530-2936.

Comprehensive Breast Health Services

CHI Franciscan Health offers comprehensive breast health services-from education, prevention and screening programs to advanced diagnostics, treatment, surgery and support.

Choose from convenient locations in Gig Harbor, Federal Way, Enumclaw, Burien, Bonney Lake or Tacoma.

Bonney Lake: Mammography Clinic at Franciscan Medical Pavilion-Bonney Lake, 253-573-7320

Federal Way: Franciscan Breast Center at St. Francis, 253-944-4015

Gig Harbor: Mammography Clinic at the Milgard Medical Pavilion at St. Anthony Hospital, 253-530-2170

Tacoma: Carol Milgard Breast Center, 253-759-2622 or 888-758-2622 toll free

Enumclaw: Mammography Clinic at St. Elizabeth Hospital, 360-802-3223

Burien: Highline Medical Center (Highline Diagnostics at 160th) 206-248-8900

Navigators:

Breast Cancer Nurse Navigator, 253-627-4614

Non English Speaking Breast Cancer Navigator, 253-426-4672

Hospice and Palliative Care

Should you or a family member find yourself living with a life-limiting illness, we can support you and provide care through the changes and challenges until the end of life.

Hospice is appropriate when curative treatment is no longer effective or desired, and the focus of care turns to comfort and maintaining the quality of life when life expectancy is determined to be six months or less. Palliative Care may be appropriate before Hospice is a consideration. In fact, Palliative Care can be helpful as soon as you are diagnosed with a life-limiting illness.

Palliative Care helps bridge the gap between the time a person is diagnosed with an illness and the time they become eligible for hospice services. Patients who have an advanced illness and a prognosis greater than six months, typically approximately 12-18 months, may benefit from this program. Palliative care takes place in your home or within a facility, including Franciscan Hospice House.

Franciscan Hospice and Palliative Care is the largest, most comprehensive provider of hospice and palliative care in the Puget Sound providing services in King, Pierce and Kitsap counties. Our goal is to help persons with advanced life-limiting illnesses to live each day with comfort and meaning and to retain individuality and control over their lives.

Franciscan Hospice and Palliative Care services include:

- Franciscan Hospice (outpatient services)
- Franciscan Hospice House (inpatient hospice services)
- Palliative Care (outpatient services)
- Home Health

Franciscan Hospice and Palliative Care
2901 Bridgeport Way West
University Place, WA 98466

To start Hospice services, call 866-969-7028. For general information, call 800-338-8305 www.chifranciscan.org/hospice.

Franciscan Lymphedema Services

Chifranciscan.org

The comprehensive program at Franciscan Lymphedema Services offers a high level of professional, compassionate care to ensure successful treatment and outcomes for our lymphedema patients.

We believe successful treatment begins with a committed partnership among our patients, their lymphedema clinician, their doctor and their support system. Our team of licensed clinicians, who work in partnership with your provider, includes occupational and physical therapists. We have therapists certified in Combined Decongestive Therapy (CDT) and certified with The Lymphology Association of North America (LANA).

Education and skills taught during therapy for home maintenance help our patients to effectively control their lymphedema. We offer referrals to CHI Franciscan Health and community-sponsored programs, including:

- Education
- Support groups
- Exercise groups
- Garment fitting

Locations

St. Joseph Outpatient Center
1617 S. J St. Tacoma, WA 98405
253-426-4400

St. Francis Outpatient Center
34515 Ninth Ave. S Federal Way, WA 98003
253-944-7970

St. Anthony Hospital
Milgard Medical Pavilion
11511 Canterwood Blvd., NW Suite 20
Gig Harbor, WA 98332
Phone: (253) 530-2680

Franciscan Therapy Services

1617 S. J St., Tacoma, WA 98405
253-426-4400
FranciscanTherapy.org

Franciscan Therapy Services provides individualized therapy programs designed to improve or restore function during or after cancer treatment. Our experienced clinicians work closely with your physician or surgeon to create a treatment program tailored to your needs. Many cancer patients have said that a personalized therapy program has helped them:

- Improve energy and stamina to live their lives.
- Achieve independence in daily activities.
- Improve strength, flexibility and balance.
- Reduce the risk of injuries and falls.
- Improve communication and swallowing function.

We offer a wide variety of services to meet your therapy needs. Programs include:

- Physical and occupational therapy
- Speech/language/swallow therapy
- Lymphedema therapy
- Hand and upper extremity therapy
- Neuro rehabilitation (including safety instruction and fall prevention)
- Pelvic floor therapy to relieve pelvic pain and incontinence

If you think you might benefit from a personalized therapy or exercise program ask your physician for a referral to Outpatient Franciscan Therapy Services and call 253-573-7320 for an appointment and a list of clinics and hospital outpatient locations.

South Sound Gamma Knife at St. Joseph

1802 S. Yakima, Suite 103, Tacoma, WA 98405

253-284-2438 or toll-free 1-866-254-3353 www.SouthSoundGammaKnife.com

People with brain tumors and other brain disorders have new hope for effective treatment, close to home on the campus of St. Joseph Medical Center. Gamma Knife stereotactic radiosurgery is really not a knife at all, but instead employs a one-time dose of highly targeted radiation without harm to surrounding tissues.

The latest Gamma Knife system, Perfexion™, is available at St. Joseph. Gamma Knife provides a safe and effective alternative to conventional surgery in treating a number of brain disorders: malignant and benign tumors, including multiple metastatic tumors; vascular disorders; trigeminal neuralgia; and essential tremor. Only Gamma Knife is uniquely designed for use in the brain.

Patients may be candidates for Gamma Knife even if they previously had open brain surgery, radiation or chemotherapy. In fact, Gamma Knife may be the only viable treatment option when illness or advanced age prohibits traditional brain surgery. Treatment typically involves a one-time outpatient session. Patients remain awake, experience little discomfort, and usually return to normal activities within 48 hours.

Gamma Knife treatment is covered by Medicare and most insurance plans. To learn more, visit us online at www.SouthSoundGammaKnife.com or call 253-284-2438 or toll-free 1-866-254-3353.

Franciscan Medical Group

www.chifranciscan.org/Doctors-and-Clinics

Franciscan Medical Group's network of physicians, providers and clinics is an integral part of CHI Franciscan Health. Together, the system's eight hospitals, a wide range of multi-specialty facilities, and dozens of clinics offer comprehensive, advanced care you can trust.

Franciscan Medical Group is the place to go for all your health care needs, from primary care to specialty care for everyone. At Franciscan, we understand that not all health issues are the same for every patient, and not all doctors are created equal. We also know that patients want care they can trust for themselves and their family, personalized attention, and the medical expertise necessary to handle whatever health issues come their way throughout life.

For a complete clinic list and additional information about our services and providers visit us on the web at www.chifranciscan.org/Doctors-and-Clinics

Franciscan Hospice and Palliative Care
2901 Bridgeport Way West
University Place, WA 98466

To start Hospice services, call 866-969-7028 For general information, call 800-338-8305 www.hospice.FHShealth.org

Hospital Resources—MultiCare Health System

MultiCare Regional Cancer Center

When you or a loved one is facing cancer, you can count on MultiCare Regional Cancer Center to be there for you from the very beginning and throughout your journey. We offer:

- The latest treatment technologies
- The region's top physicians with decades of experience treating cancer patients
- Access to clinical trials through our affiliation with Seattle Cancer Care Alliance and the Northwest NCI Community Oncology Research Program
- Nurse navigators who answer your questions and help guide your care with sensitivity and professionalism
- Empowering resources such as yoga classes, physical therapy, nutritional guidance, counseling services, support groups and more
- An on-site pharmacy with clinical pharmacists who specialize in oncology
- Integrative therapies and treatments, including massage, acupuncture and naturopathic medicine

We also offer our secure, electronic health record system, which is used throughout MultiCare and is far superior to paper-chart-based systems. It allows your caregivers to collaborate more efficiently and do a better job of coordinating your care. It ensures that vital information is communicated faster and more accurately.

MultiCare Regional Cancer Center at Tacoma General Hospital

Created with ideas from our own patients, MultiCare Regional Cancer Center at Tacoma General Hospital is the South Sound region's first comprehensive cancer center. This innovative facility offers all the diagnostic, treatment and support services you need under one roof and coordinated under one umbrella of care.

Designed to be warm, welcoming and comfortable, the Center features:

- An expanded radiation oncology center that includes leading-edge technology
- Personal entertainment consoles with Internet access at each chemotherapy chair
- Chemotherapy chairs arranged to encourage conversation (private and semiprivate chairs also available)
- Sweeping views of the Tacoma skyline and Cascade Mountains
- A multimedia conference facility that can connect with multiple sites
- Centralized computing and network facilities for radiation treatment planning, which can support all MultiCare Regional Cancer Center locations in the region
- An onsite pharmacy, lab and imaging facilities
- A simplified referral process to coordinate family and patient needs
- Integrative services such as massage, acupuncture and naturopathic medicine

The Latest Treatment Technologies, Expert Cancer Specialists

When you're facing cancer, you want the most up-to-date, effective treatments available. And that's exactly what you get at the MultiCare Regional Cancer Center. We offer such leading-edge cancer treatment technologies as:

Stereotactic Radiosurgery: Greater precision in cancer treatment

MultiCare was the first health system in the South Puget Sound region to offer the CyberKnife for patients with hard-to-treat tumors. We were also the first to offer image-guided, stereotactic linear accelerator treatment on the Varian® Trilogy System. Stereotactic radiosurgery is a form of radiation therapy that uses 3-D computer imaging to attack tumors and lesions with an extremely precise dose of radiation. (Location: MultiCare Tacoma General Hospital)

Partial Breast Radiation: Shorter treatment time

This sophisticated new radiation treatment offers a more individualized treatment for early-stage breast cancer in women. Partial breast radiation is a short course of radiation therapy given after a lumpectomy. We offer two kinds of partial breast radiation at MultiCare Regional Cancer Center: MammoSite and SAVI Radiation Therapy System (RTS)—which uses internal catheters to deliver a concentrated dose of radiation to tumors. This allows physicians to tailor radiation and can potentially reduce side effects. Treatments are done on an outpatient basis so there's less interruption in your daily routine. We're one of the first facilities in the Pacific Northwest to offer these treatments. (Location: MultiCare Tacoma General Hospital)

Intensity Modulated Radiation Therapy (IMRT): Precision radiation therapy

Intensity Modulated Radiation Therapy (IMRT) more precisely targets a cancerous tumor while sparing the healthy surrounding tissue. Image-guided technology helps the IMRT team map the location, shape and size of a tumor and determine the ideal amount of radiation to use. This method has proven most effective for tumors in the prostate, liver, head, neck and lungs. IMRT may be a useful treatment option if you've previously been treated with conventional radiation therapy for breast cancer, and are experiencing recurrent tumors in the treated area. (Location: MultiCare Tacoma General Hospital)

Rapid Arc Radiotherapy Technology: Increases precision, reduces treatment time

MultiCare Regional Cancer Center is one of very few facilities in the world offering the Rapid Arc radiation treatment. The Rapid Arc radiotherapy technology from Varian Medical Systems is a fast form of precise radiotherapy that targets tumors quickly and accurately while minimizing exposure of surrounding healthy tissue. What would normally take about 10 minutes can be done in 90 seconds. Moreover, the patient often experiences fewer side effects than with traditional radiation therapy. (Location: MultiCare Tacoma General Hospital, MultiCare Gig Harbor Medical Park)

da Vinci® Surgical System: Smaller incisions, unmatched precision

The da Vinci® Surgical System for Cancer Treatment enables surgeons to operate with unmatched precision and control using only a few small incisions. This minimally invasive robot-assisted surgical technique offers a number of benefits, including significantly less pain and blood loss, fewer complications, less scarring, a shorter hospital stay and a faster return to normal daily activities. At MultiCare Regional Cancer Center, our gynecologic oncologists are trained robotic-assisted surgeons. A da Vinci® prostatectomy allows surgeons to bypass nerves linked to sexual function and urinary incontinence. Men who have this kind of prostate-removal surgery experience significantly faster recovery times for erectile function and urinary control when compared to traditional, open prostatectomies. For most women, da Vinci® hysterectomy can offer numerous potential benefits over traditional approaches to vaginal, laparoscopic or open abdominal hysterectomy, particularly when performing radical hysterectomies for gynecologic cancer. A da Vinci® hysterectomy uses robotic-assisted technology to do a radical hysterectomy through a few small incisions rather than a large traditional incision. This leads to faster recovery for patients. (Location: MultiCare Tacoma General Hospital, MultiCare Good Samaritan Hospital, MultiCare Allenmore Hospital)

A Team of Dedicated Medical Professionals

When you come to MultiCare Regional Cancer Center you're cared for by a team of experts that can include a surgeon, medical oncologist, radiation oncologist, gynecological oncologist, researcher, pharmacist, advanced registered nurse practitioner, physician assistant, nurse navigator, social worker, registered dietician (RD), naturopath and acupuncturist.

Not only are these providers among the most knowledgeable in their fields, they're caring, compassionate and sensitive to both your physical and emotional condition as you undergo diagnosis and cancer treatment. At MultiCare Regional Cancer Center no one goes through cancer alone.

Thanks to MultiCare Connect, our secure electronic health record system, your team is better coordinated, more responsive and far more efficient than providers who use traditional paper charts. This is because they have instant access to your electronic record, which contains your current medical history, latest scans, test results, prescriptions and other medical information, so they can create for you a care plan that is truly "better connected."

Throughout your treatment process, you'll also have your own personal advocate: a nurse navigator. Nurse navigators are here not only to answer any questions you may have, but to provide support and guidance. They work with your physician and are there for you every step of the way. If you're facing gynecological or breast cancer, you even have the option of being treated by female physicians, technicians and nurse navigators, if that's your preference.

A Commitment to Research, a Network of Support

Since 1983, The MultiCare Regional Cancer Center has been involved with cancer research as part of the Community Clinical Oncology Program (CCOP). The CCOP program was recently redesigned and is now called the NCI Community Oncology Research Program (NCORP). The Northwest NCORP, of which MultiCare is a part, is one of only 34 community research programs in the United States.

On average, there are 60 cancer research studies open and available to cancer patients at MultiCare. At MultiCare, we also conduct our own research programs that include clinical trials of investigational medications that are not yet commercially available, for cancer and other diseases. As a result of this research, our patients often have early access to promising anti-cancer drugs and drug combinations, radiation therapies and surgical techniques that may offer additional hope for their cancer.

Clinical Trials Through Seattle Cancer Care Alliance

MultiCare Regional Cancer Center is a network affiliate of the Seattle Cancer Care Alliance. Our patients have access to the world-renowned clinical trials the SCCA offers, while still staying comfortably close to home.

Accredited by the American College of Surgeons Commission on Cancer MultiCare Regional Cancer Center received this prestigious accreditation for all five locations for cancer care following an inspection process and a rigorous review of its performance. The award goes to health care facilities that are committed to providing the highest level of care to patients.

The Cancer Center received special recognition for our commitment to placing patients in clinical trials, our involvement in the community in early detection and prevention of cancer and our continued commitment to improve the care patients receive.

Rehabilitation for optimal functionality

When you're preparing for and undergoing certain types of cancer treatment you sometimes require medically guided exercise, physical or occupational rehabilitation, speech therapy or lymphedema care. Our licensed, clinically trained rehabilitation staff is dedicated specifically to the care of patients with cancer and providing them with a full spectrum of expert rehabilitation services. The staff is available in the Cancer Care Center to evaluate, treat, guide and consult with patients and assure optimal function, recovery and physical performance with the following services:

- Physical therapy
- Pelvic floor therapy and continence training
- Occupational therapy
- Vestibular and balance therapy
- Lymphedema therapy
- Neurologic rehabilitation
- Speech, language and swallow therapy
- STRONG MEDicine Program (Medical Manual therapy Exercise by Design)
- Hand and upper-extremity therapy
- Living Well Education Series

Katterhagen Cancer Resource Center

Conveniently located in MultiCare Regional Cancer at Tacoma General Hospital, the donor funded Katterhagen Cancer Resource Center is a comprehensive source of cancer-related information in one central location. The Center is open to patients, families and anyone seeking reliable information about cancer and is a valuable resource to help make educated and informed treatment decisions. Additional resources include:

- Social workers—to help you access the services you need, from cancer prevention information to bus schedules
- On-site computer services—for you and your family to research information at your convenience
- Research materials—A variety of materials, from books and brochures to magazines and videos for you to borrow
- Other useful resources—connecting you to services that complement medical treatment such as art therapy, yoga, tai-chi, guided imagery, nutritional information or support groups

Helping patients feel their best

A diagnosis of cancer can be devastating, particularly for patients whose treatment choices may affect their self-image, as well as their health. Our professional staff is available with guidance and support throughout preparation, treatment, recovery and remission. We also offer a variety of products that can bring comfort and a much-needed morale boost to cancer patients, including:

- Lindi skincare products (specific for chemotherapy and radiation patients)
- Breast forms (mastectomy and lumpectomy forms, swim forms)
- Mastectomy camisoles and bras with pocket inserts
- Jobst compression stockings
- Lymphedema items (sleeves, gauntlets and gloves)
- Wigs and turbans

Members of our Healthy Reflections staff are certified bra and mastectomy fitters and are available for consultations and fittings. For more information or to schedule an appointment please contact the MultiCare Regional Cancer Center.

Support services for a better quality of life

At MultiCare Regional Cancer Center we offer a number of support services that can help you and your family when you're dealing with cancer, including:

- Counseling, classes and support groups—to enlighten, comfort and inspire
- Hospice and home health services—ensuring the best quality of life at the end of life
- Palliative care—to control difficult symptoms such as pain and nausea

MultiCare Regional Cancer Center Locations

Tacoma

MultiCare Regional Cancer Center – MultiCare Tacoma General Hospital

315 Martin Luther King Jr. Way, Tacoma, WA 98405

Medical Oncology: 253-403-1677

Radiation Oncology: 253-403-4994

Inpatient Unit: 253-403-1070

Auburn

MultiCare Regional Cancer Center

923 Auburn Way N, Auburn, WA 98002

253-876-8200

Covington

MultiCare Covington Clinic

17700 SE 272nd St., Suite 300, Covington, WA 98042

253-876-8200

Gig Harbor

MultiCare Gig Harbor Medical Park

4545 Pt. Fosdick Dr. NW, Suite 215, Gig Harbor, WA 98335

253-530-8060

Puyallup

MultiCare Regional Cancer Center—Puyallup

Located at the Richard C. Ostenson Cancer Center

400 15th Ave SE, Puyallup, WA 98372

253-697-1310

Community Resources

Aesthetica Clinique LLC (Louis Potyondy MD)

801 Pacific Ave., Tacoma, WA 98402

253-627-1001

Web: www.AestheticaClinique.com

E-mail: Jaime@aestheticaclinique.com

Aesthetica Clinique offers the full spectrum of cosmetic and reconstructive plastic surgery for the face and body. The founder, Louis Potyondy MD, is a board certified Plastic Surgeon and an active member of the prestigious American Society of Plastic Surgeons. Dr. Potyondy is in network with most major insurance plans, including Tricare, for reconstructive surgery. Dr. Potyondy also maintains a busy cosmetic surgery practice, including a state-of-the-art laser skin care center and offers the latest in laser liposuction technology. Our office is located in downtown Tacoma on the corner of 8th and Pacific Ave.

Alexandar School of Natural Therapeutics

4026 Pacific Avenue, Tacoma, WA 98418

253-473-1142

Web: www.alexandarmassageschool.com

Alexandar School of Natural Therapeutics is a local, community-oriented business whose dedication to the integrity of the healing arts guarantees impeccable massage and spa services. Treatments include Swedish massage, triggerpoint myofascial release, medical treatments, salt glow body polish and detoxifying wraps. We offer a hydrotherapeutic area including steam bath, dry sauna and Finnish shower. Alexandar School of Natural Therapeutics also features Zen Bodytherapy®, a unique type of structural bodywork for pain management. Alexandar School of Natural Therapeutics was founded by Aliesha Alexandar in 1979 and has been the Northwest's premier massage school. You may have seen us volunteering at other events throughout the year, including Festival of Trees, Military Wives Pampering Evening, Carol Milgard Breast Center and Walk for the Cure, not to mention our involvement with Relay for Life since 2004. If you like the chair massage you see at these events, you'll love a full body massage in the clinic even more! We have licensed and student practitioners available by appointment.

American Lung Association of the Mountain Pacific

822 John Street, Seattle, WA 98109

206-512-3294

Web: www.mylungcancersupport.org

E-mail: amoroni@lungmtpacific.org

The American Lung Association has resources to help lung cancer patients navigate their journey:

Facing Lung Cancer is our portal to learn about all things lung cancer, from disease staging to survivorship resources. It's a chance to share your personal story and be inspired by the stories of others!

The Lung HelpLine is a toll-free number that people can call as much as they'd like to ask questions about lung cancer and all lung health issues. Call 1-800-LUNG-USA and choose option #2.

My Fighting for Air Community is a way to organize the care your family, friends and neighbors want to provide. Caregivers sign up and volunteer for specific duties in one place, so everyone is in the loop.

Lung Connection Community is a nationwide online support community. Participants can choose their level of involvement and communicate through message boards, sharing or simply observing.

Lend your voice! We are seeking patients who want to help us raise awareness and help eliminate the stigma. You can volunteer as much or as little as you want- every bit helps us keep our work true to the patient experience! If you're interested in learning more, contact Allison Moroni at amoroni@lungmtpacific.org or 206-512-3294.

Be The MatchSM – The National Marrow Donor Registry

2311 NW Northrup Street, Suite 204, Portland, OR 97210

503-241-2242, x15477

Web: www.BeTheMatch.org

Email: druejone@nmdp.org

We all have the power to help and the power to give hope. That's what Be The MatchSM is about. It's about helping patients. Be The Match is the new name for the registry operated by the National Marrow Donor Program (NMDP). We've been helping patients receive the transplants they need for more than 20 years.

We introduced Be The Match in 2009 to meet this need by engaging a growing community of people inspired and committed to help patients in any way they can—by joining the registry, donating umbilical cord blood, contributing financially or getting involved. It's about finding a match.

Be The Match offers people the unique opportunity to help a patient by donating bone marrow or umbilical cord blood. Thousands of patients with leukemia and other life-threatening diseases depend upon Be The Match Registry to find a match. Many have already stepped forward—but many more are needed. If you've already joined the NMDP Registry, you are a member of Be The Match Registry and do not need to join again.

Be the one to give hope: Join the registry; make a financial contribution; get involved; donate umbilical cord blood.

Breast and Cervical Health Program

The Pierce County Breast and Cervical Health Program provides a women's health exam to include pap smear if indicated, clinical breast exam, and mammogram to eligible women 40-64 years of age who do not have insurance to pay for these services. If a breast or cervical screening test returns with an abnormal result, the program has funding for limited diagnostics for further testing. For appointment information call the Tacoma-Pierce County Health Department at 253-798-2987.

Camp Goodtimes/The Goodtimes Project

7400 Sand Point Way, Unit 101, Seattle, WA 98115

Web: www.thegoodtimesproject.org

E-mail: info@thegoodtimesproject.org

Each year over 13,000 children in the U.S. are diagnosed with cancer. Camp Goodtimes was established by parents in 1984 to provide a camp environment for children affected by cancer where they can recapture the joys of childhood.

Camp Goodtimes hosts cost-free summer camps for patients, survivors and their siblings in a safe, medically supervised environment:

- Two-week-long camps at Camp Burton on Vashon Island for campers from western Washington and Alaska, ages 7-17
- Week-long Kayak Adventure Camp for young-adult survivors in Washington's San Juan Islands
- A dedicated staff of 150 volunteers and two employees support all programs

The Goodtimes Project is an independent nonprofit operator of Camp Goodtimes. Learn more at www.thegoodtimesproject.org or email info@thegoodtimesproject.org.

Cancer Lifeline

6522 Fremont Ave N., Seattle, WA 98103

206-297-2500 or 1-800-255-5505

Web: www.cancerlifeline.org

Cancer Lifeline provides free, comprehensive non-medical services to improve the lives of cancer patients, survivors, family members, friends, and co-workers.

In Washington State and nationally, Cancer Lifeline offers a 24-hour emotional support and information phone line. In 16 Western Washington counties, we offer financial assistance for breast cancer patients. In the Puget Sound area, we offer hundreds of support group meetings, gentle exercise classes, nutrition workshops, meditation workshops, healing arts classes, and informational presentations annually. We have one freestanding site in Seattle and three at area cancer centers (in Renton, Kirkland, and North Seattle). All services at all sites are open to anyone. Cancer Lifeline makes approximately 15,000 program contacts annually.

Carol Milgard Breast Center

4525 S. 19th St., Tacoma, WA 98405

253-759-2622 or 888-758-2622 toll free

Web: www.carolmilgardbreastcenter.org

The Carol Milgard Breast Center is Tacoma's premier breast imaging center. We offer screening and diagnostic mammograms, ultrasound, stereotactic breast biopsy and a dedicated breast MRI. In addition, we have a resource library full of breast health information available to our patients and their families.

The facility's medical and professional team is committed to the highest level of medical technology and care. And, in these trying economic times, the Carol Milgard Breast Center is determined to provide services to all women regardless of socio-economic status.

The Center is an outstanding community collaboration that has successfully brought three of Tacoma's leading healthcare organizations, MultiCare Health System, CHI Franciscan Health System and TRA Medical Imaging, together for the good of women in our community and throughout the South Sound.

We are open and ready to provide you the services and expertise you need to maintain your breast health.

Call today to schedule your annual mammogram at 253-759-2622 or toll free at 866-758-2622.

Cascade Regional Blood Services

220 South I Street Tacoma, WA 98405

1-877-24-BLOOD

Web: www.crbs.net

Cascade Regional Blood Services is a not-for-profit health care organization that has supplied blood products and specialty therapeutic services to Pierce and South King Counties for more than 65 years. CRBS is the sole provider of blood to CHI Franciscan Health and MultiCare Health System hospitals and clinics. Blood products are often needed by patients undergoing treatments for cancer.

We are committed to providing support in many other ways as well. That's why our commitment to our communities doesn't stop at providing a constant, safe, and cost-effective supply of blood and blood components. We are actively involved in supporting numerous organizations and events throughout the community, and are proud to be associated with Tacoma's Relay for Life.

Blood Donors Save Lives

Family Resource Home Care

227 Tacoma Ave., Ste. 102, Tacoma, WA 98402

253-761-8019

Web: www.familyresourcehomecare.com

Given a choice, most of us would age in our own homes. Yet, people go through the challenges of moving to a facility when they could get the care they need at home, often for less money. Since 1996, Family Resource Home Care has been providing non-medical assistance, helping thousands of people to live independently, while receiving the care and companionship they need, in their own homes.

Meeting their needs and keeping things on their schedule is always our goal!

- Assistance with bathing, toileting, dressing, grooming, walking, exercise and medications
- Meal planning and preparation
- Errands, shopping, and transportation
- Companionship
- Respite care
- Light housekeeping, including laundry and linens
- Care management
- Nurse delegation
- Skilled nursing
- Caregivers are available from two to 24 hours/day
- Comprehensive background checks, training and supervision for all caregivers
- Services available throughout King, Pierce and Snohomish counties
- On-call supervisor available 24 hours a day
- Accept private pay and long-term care insurance
- Licensed, insured, and bonded
- No charge for client assessment at home or in a facility

When you work with us you can be confident that you are working with a local company. How can we help? Call us and talk to our Client Care supervisors about your situation.

Fred Hutchinson Cancer Research Center Survivorship Program

1100 Fairview Ave N, Seattle, WA 98109

206-667-2814

Web: www.fredhutch.org/survivorship

E-mail: Survivorship@fredhutch.org

Cancer and its treatment can have long-lasting or late-onset effects on your body. The Fred Hutchinson Cancer Research Center Survivorship Program has three distinct areas of focus: clinical care, research and education. We empower survivors to take charge of their renewed health and teach them how to educate their family members and healthcare team regarding their needs.

Our Survivorship Clinic, located at Seattle Cancer Care Alliance, addresses various problems cancer survivors may face after therapy ends. These include pain, fatigue, fear of recurrence, living with uncertainty, neuropathy, lymphedema, bone loss, sexual dysfunction, cardiovascular disease, memory issues, and future cancer risk.

To find out more, call 206-288-1021. To schedule a SCCA Survivorship Clinic appointment please call 206-288-1024.

Gilda's Club Seattle

1400 Broadway Seattle, WA 98103

206-709-1400

E-mail: info@gildasclubseattle.org

The mission of Gilda's Club Seattle is to offer a broad, community-based program of social, emotional and educational support for cancer survivors, their loved ones and friends that offers sustained support, education, and resources on-site in Seattle and off-site with collaborating partners.

Our Five Core Component program includes 1) a variety of Support Services, opportunities for 2) Education, 3) Healthy Life Style, and 4) Social Connections, and 5) Resources and Referral. A Family Cancer Support Program is integrated into the Five Core Components and includes support, education and social opportunities for children, teens, and parents.

The Gilda's Club Seattle mission and Five Core Component program, supports those touched by cancer across the cancer continuum—from diagnosis, through treatment and post-treatment, long term survivorship, and bereavement.

Find us online at www.gildasclubseattle.org and follow us on Twitter and Facebook to find out about upcoming lectures in both Seattle and Tacoma!

Gloria's Angels Foundation

P.O. Box 25399, Federal Way, WA 98093-2399

888-684-9170

Web: www.gloriasangels.org

E-mail: contact@gloriasangels.org

Gloria's Angels lifts burdens and builds communities so people can care for a loved one with a life-threatening condition. We start by assessing ALL of a family's needs, then trying to arrange solutions for ALL of them. This helps the family to sustain during this very challenging time. We do this by partnering with other service agencies and by organizing the community of relatives, neighbors, friends, church members, co-workers, etc. to fill all of the gaps.

From within their community, we form a team that supports the family during their time of great need. Our service is FREE. We help the helpers so that they can serve the family without becoming overwhelmed by the situation.

HealThy Self Naturopathic Services

2607 Bridgeport Way W, Ste 1C, University Place, WA 98466

253-238-7922

Web: www.drgnd.com

E-mail: healthyself@drngnd.com

At HealThy Self Naturopathic Services (HSNS), we offer safe and effective, natural alternatives to conventional cancer care. Naturopathic therapies are more concerned with stimulating your own vital, healing forces (i.e. your immune system), than with destroying the cancerous cells with chemotherapy and radiation. At HSNS we are willing to work with you and your current health care team to help you understand which of the wide range of supplements, herbs, diet/lifestyle modifications, IV nutrient therapies, pharmaceuticals etc.. have demonstrated effectiveness in preventing, overcoming and recovery from cancer. Call us to arrange an initial consultation. We accept a wide range of insurance coverage and offer very competitive cash rates.

The Leukemia & Lymphoma Society

530 Dexter Avenue N., Suite 300, Seattle, WA 98109

206-628-0777

Web: www.lls.org/wa

The Leukemia & Lymphoma Society (LLS) is a non-profit blood cancer support organization whose mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. As part of this mission, our Patient Services programs are charged with providing high quality emotional support, education and patient financial aid to the community. Within our support programs, LLS offers support groups as well as an individualized patient match program, called First Connection. We also have Master's level Patient Services staff who are available to offer support and connect patients and families with community resources. We offer a wide range of educational programs tailored for patients, families and oncology healthcare professionals. The Information Resource Center is a toll-free call center available to answer questions and navigate patients' care and is staffed

by Master's level oncology nurses, social workers and health educators. This call center provides accurate, current treatment and coping information, referrals to resources, clinical trials search services, and offers translations in more than 165 languages. The Leukemia & Lymphoma Society offers financial assistance to any patient who is undergoing treatment for a blood borne cancer. For further information, please contact us at 206-628-0777.

Lutheran Community Services Home Care

223 North Yakima Avenue Tacoma WA, 98403

253-272-8433

Web: www.lcsnw.org

Email: lmahoney@lcsnw.org

Our quality, non-medical home care services can help you live a more comfortable and safe life at home. You can tailor our services to fit your individual needs. Home care can be provided for a minimum of two hours a day or as much as 24 hours a day, seven days a week. We take the guesswork out of hiring and scheduling caregivers for you. You can have confidence that your caregiving meets all state requirements in the provision of home care services. Caregiving is our business. We are a state licensed home care agency and have been providing home care services since 1985.

Northwest Medical Specialties (NWMS)

1624 South I Street, Suite #305, Tacoma WA 98405

253-428-8700

Web: www.nwmedicalspecialties.com

Northwest Medical Specialties (NWMS) is a multi-specialty group specializing in inpatient and outpatient treatment of cancers and infectious diseases. NWMS blends evidence-based treatment with cutting edge research to tailor the most effective care for our patients. NWMS physicians are leaders in their fields. Our nationally recognized research program provides the latest treatment and is among the best in the Northwest. NWMS staff is well trained and experienced in optimizing the benefits of therapy. Our offices are well equipped with the latest technology.

Services include:

- Physician office visits – for evaluation and management of your care
- Inpatient care – when hospitalization is in the best interest of the patient
- Imaging – to provide the most accurate assessment of your condition
- Outpatient infusion therapy – a comfortable environment for supervised treatment
- Cancer support groups – for patients, loved ones and caregivers
- Research – the latest developments in therapy

Locations:

Tacoma – 1624 South I St (253) 428-8700

Puyallup – 2920 South Meridian (253) 841-4296

Gig Harbor – 11511 Canterwood Blvd (253) 858-4725

Silverdale – 2011 NW Myhre (360) 830-1602

Federal Way – 34509 9th Ave S (253) 952-8349

Lakewood – 11311 Bridgeport Way (253) 983-1377

Bonney Lake – 21509 Hwy 410 E (253) 862-3434

Enumclaw – 1427 Jefferson Ave (360) 802-7933

Northwest Natural Health Specialty Care Clinic

6135 Seaview Ave NW # 300, Seattle, WA 98107 (home office)

206-784-9111 or 888-706-6667

Web: www.nwnaturalhealth.com

Our clinic combines traditional natural therapies with the latest nutritional, botanical health sciences and technology. We work with your physician to combine your conventional therapy with the best of complementary and alternative medicine.

We have many convenient clinic and hospital locations in both Eastern and Western Washington. For additional locations, contact information and directions, please visit our website or call our main office.

Ovarian & Breast Cancer Alliance

4616 25th Ave. NE, PMB #512, Seattle, WA 98105

206-417-0823

Web: www.KnowTheSymptoms.org

Email: OvarianAndBreastCancerAllianceWA@comcast.net

The Ovarian & Breast Cancer Alliance is a nonprofit organization dedicated to promoting lifesaving early detection of ovarian and breast cancer through education and awareness. The Alliance educates women and the healthcare community about the early warning signs and risk factors of ovarian cancer.

It is important to listen to your body and see your healthcare professional promptly if your symptoms are:

- New or unusual
- Persistent or becoming more severe
- Occur almost daily or every other day
- Persist for more than a few weeks
- Or, if you have multiple symptoms

The following are common ovarian cancer symptoms.

- Bloating or increased abdomen size
- Pelvic or abdominal pain
- Feeling full quickly or unable to eat normally
- Urinary symptoms (urgency or frequency)
- Persistent indigestion, gas, or nausea

A PAP TEST IS NOT A TEST FOR OVARIAN CANCER. For women with symptoms, tests may include: Vaginal/Rectal Pelvic Exam, Transvaginal Ultrasound, CA125 Blood Test, CT Scan, or MRI.

If you are an ovarian cancer survivor, we invite you to join our Speakers Bureau and help educate women and the healthcare community about ovarian cancer symptoms by sharing your ovarian cancer story.

Pfizer Oncology

18500 Von Karman Blvd.

Irvine, CA 92612

949-794-1525

Web: www.pfizer.com

At Pfizer, we're inspired by a single goal, your health. That's why we're dedicated to developing new, safe medicines to prevent and treat the world's most serious diseases. And why we're making them available to the people who need them most. We believe that from progress comes hope and the promise of a healthier world.

As part of the world's leading biopharmaceutical company, the mission of Pfizer Oncology is to cure or control cancer with breakthrough medicines. Working together, we will advance science to deliver the right drug, at the right time for each patient.

Please see our website for more information about our research drugs and our marketed products.

Pierce County Aging & Disability Resource Center

1305 Tacoma Ave., Suite 104, Tacoma, WA 98402

253-798-4600 or 800-562-0332

Web: www.PierceADRC.org

Pierce County Community Connections is your gateway to services and programs provided through County government as well as in coordination with our many community-based partners. One call puts you in touch with needed resources that make families and communities strong:

- Aging & Disability Resources
- Chemical Dependency Treatment and *Prevention
- Child and Family Services
- Developmental Disabilities Early Intervention Services
- Disability Home Modifications
- Down Payment Assistance
- DUI and Traffic Safety Task Force
- Early Childhood Education
- Emergency Home Repair
- Employment Training and Resources
- Energy Assistance
- Family Caregiver Support
- First Time Homebuyer Assistance
- Homeless Prevention and Resources
- Homeowner Rehabilitation
- Memory Care and Wellness Services
- Transportation
- Youth Violence Prevention

Puget Sound Clean Air Agency

1904 Third Avenue, Suite 105, Seattle, WA 98101

800-552-3565

www.pscleanair.org

When it comes to our health, we all make choices to keep ourselves and our loved ones active and healthy for a lifetime. Why should we expect anything less than healthy air to breathe? The Puget Sound Clean Air Agency works to ensure outdoor air is healthy in King, Kitsap, Pierce and Snohomish counties. In the Puget Sound region, pollutants such as air toxics, ozone and fine particle pollution cause or aggravate health problems such as respiratory ailments, heart disease and cancer.

Through implementing programs and other actions, the Puget Sound Clean Air Agency reduces harmful air pollution and protects air quality. Air quality is a special concern in Tacoma and Pierce County, where wintertime levels of fine particle pollution are unhealthy and violate the federal Clean Air Act. Most of this pollution comes from wood smoke associated with burning wood in wood stoves and fireplaces. The whole community will need to help solve this problem and programs will soon be in place to reduce wood smoke pollution in our area and keep Tacoma and Pierce County a healthy place to live and breathe.

To learn more about how these programs may impact you and your family, visit www.cleanairpiercecouny.org.

Sisters of Hope/Brothers of Faith

sistersofhope@hotmail.com

A cancer support group for women and men of color.

(Women and Men of ALL colors are Welcome–Always)

Mission:

The Sisters of Hope/Men of Faith - Women and Men of Color Cancer Support Group's mission is to provide a safe, comforting environment for spiritual, emotional, sisterly and brotherly support for those diagnosed with cancer.

Meetings:

Cancer survivors, family members, friends and supporters are invited to attend our Support Group meetings.

First Monday of each month, 6:30-8:30 p.m.

Meeting Place: Peach Lutheran Church, 2106 South Cushman Ave., Tacoma, WA 98405

Contact: Betty Mewborn, 253-572-2683

Tacoma Chiropractic Health Center

744 Market St., Suite 102 A, Tacoma, WA 98402

253-272-9500

Web: www.tacomachiropractic.net

Tacoma Chiropractic Health Center is located in the heart of Tacoma. Our team is dedicated to creating healthier and happier lifestyles for those in our community. It is our mission to educate, motivate and inspire our patients, as well as to improve not only their physical health but their entire lives! We know that health is much more than feeling well and it is our priority to further extend this knowledge to everyone we encounter to prepare them for the journey to maximum wellness. We look forward to having you join our family of wellness and continue to spread the word of healthy living.

Tacoma Prostate Cancer Support Group

The Tacoma Prostate Cancer Support Group was formed in 1992 by Willie Stewart, prostate cancer survivor, as an American Cancer Society sponsored program. In 2003, the group also became affiliated with UsTOO International, which promotes Prostate Cancer Support, Education and Advocacy.

No one needs to face prostate cancer alone. TPCSG members provide a forum for sharing, caring and learning through many programs and services designed for both men with cancer and their loved ones. We make sure patients know of medications, treatments and health care professionals available for the best possible outcomes.

Meetings are held the fourth Tuesday of each month (except December—no meetings in December), at 6 p.m, at the University Place Presbyterian Church, 8101 27th St. W., University Place.

Meetings are free. For more information about this UsTOO sponsored program, visit www.TPCSG.info or call Bob Freeborn, 253-566-1651.

Tacoma/Valley Radiation Oncology Centers

314 MLK Jr. Way #11, Tacoma WA, 98405

253-627-6172

Web: www.defeatyourcancer.com

We treat cancer with the latest technology, we treat you like family.

At Tacoma/Valley Radiation Oncology Centers, we're passionate about our patients! In an independent, convenient office setting, we offer the most advanced treatment planning, radiation therapies and more: a skilled, caring team that treats you like family. We've been providing healing and hope in our communities for more than 30 years.

Let us be your choice. No one will fight harder for your health.

Jackson Hall Medical Center
314 MLK Jr. Way Suite #11
Tacoma, WA 98405
253-627-6172

St. Joseph Medical Pavilion
1802 South Yakima Suite #103
Tacoma, WA 98405
253-272-1077

Capital Radiation Therapy
Capital Medical Center
3900 Capital Mall Drive SW
Olympia, WA 98502
360-596-4872

Dr. Richard Ostenson Cancer Center
400 – 15th Ave. S. E. Suite #A
Puyallup, WA 98372
253-841-4311

Also affiliated with:
Peninsula Radiation Oncology Center
Jane Thompson Russell Cancer Care Center
11511 Canterwood Blvd. NW
Gig Harbor, WA 98332
253-851-5155

Team Survivor Northwest

200 NE Pacific Street Suite 101, Seattle, WA 98105

206-732-8350

Web: www.teamsurvivornw.org

E-mail: info@teamsurvivornw.org

The mission of Team Survivor Northwest is to provide guidance and encouragement to every woman cancer survivor so that through her accomplishments she is empowered to lead a fuller, more physically active life.

Team Survivor Northwest provides a broad range of fitness and health education programs to enable women cancer survivors, in any stage of treatment or recovery and at any fitness level, to take an active role in their ongoing physical and emotional healing.

For more information on Team Survivor Northwest or to inquire about becoming a member please visit our website at www.teamsurvivornw.org.

You can also email info@teamsurvivornw.org or call our office at 206-732-8350. We look forward to hearing from you!

Team Yeatman, Certified Health Coaches, Take Shape for Life

253-229-9193

Web: www.teamyeatman.tsfl.com

E-mail: janyeatman@comcast.net

Dr. Gentry and Janet Yeatman offer free coaching to help others reach optimal health lifestyles. Coaching is provided free for clients using the Medifast 5 + 1 weight loss plan. This consists of five nutritious meal replacements eaten every 2-3 hours plus one delicious self-prepared lean and green meal of one's own choosing. Ample water intake is stressed. No strenuous exercise is required.

Reaching one's weight goal is just the beginning. Clients are supported by an entire corporate biomedical network of available consultation by nutritionists, nurses, doctors, mental health consultants, and physical trainers. We provide our services anywhere within the United States. Locally we have non-mandatory support and training meetings where clients share their success with others and learn optimal health factors based on founder Dr. Wayne Scott Anderson's book *Habits of Health* and companion workbook *Living a Longer Healthier Life*.

The Medifast system offers a minimum of 2-5 pound/week weight loss for the first two weeks and 1-2 pounds/weeks thereafter. After reaching their goal clients are coached on transitioning into a healthy pattern of eating to maintain their optimal weight.

Tobacco Prevention & Control Program (Chronic Disease Integration)

3629 S. D St., MS 1062591, Tacoma, WA 98418

253-798-2931

E-mail: syeun@tpchd.org

The Vision of Tacoma-Pierce County Health Department Public Health Prevention Priorities is committed to help the public to understand the key health issues and how to reduce risks and behaviors that impact health overall.

The PHPP program provides trainings, capacity building, technical support and fosters leadership for health education and awareness through community engagement. The Department Mission is to safeguard and enhance the health of the communities of Pierce County. The Public Health Prevention Priorities (PHPP) Program focuses on:

- Active Living and Healthy Eating
- Tobacco Prevention & Control
- Ethnic Senior Health
- Violence Prevention
- Chronic Disease Prevention and Education

PHPP is also committed to finding solutions and answers that move the county forward in Reducing Health Disparities – the elements that influence health disparities are complex, and their interactions are largely unknown. Recent studies show that despite steady improvements in the overall health of the United States population, racial and ethnic minorities experience a lower quality of health services, are less likely to receive routine medical procedures and have higher rates of morbidity and mortality than non-minorities.

More information: Kirsten Frandsen, Program Coordinator, 253-798-3540

TRA Medical Imaging

Tacoma, Lakewood, Gig Harbor, Olympia

253-761-4200

Web: www.TRAMedicalimaging.com

You Have a Choice

When it comes to medical imaging services, you can choose where your exam is performed. While your doctor's office may make a recommendation, where you schedule your appointment is up to you. Explore your options to make the most informed decision about your care. We think you will find that TRA Medical Imaging offers the most affordable, highest quality care in a welcoming environment.

TRA Medical Imaging is the community's source for convenient diagnostic imaging throughout the Puget Sound region. We are a regional partnership of multi-specialty radiology physicians that provides high quality, patient-centered radiology services. Since 1943, TRA has combined compassionate, individualized care with leading-edge technology to offer the highest expertise and quality in imaging services. Our radiology physicians, technologists, and staff provide our referring physicians and patients with excellence in care.

With flexible payment plans, specialized and experienced radiologists, and with many convenient locations across the Puget Sound region, TRA is dedicated to providing you with the highest quality care, at a price you can afford.

Turning Point

253-495-8361 (Laurissa)

E-mail: lyarrow@net-venture-com

We welcome breast cancer survivors to our drop-in, peer-run support group. We meet once a month on a Saturday at 11 a.m. at the Starbucks on 40th and Bridgeport in University Place. You may contact Laurissa for exact date and more information.

YMCA of Pierce and Kitsap Counties

Exercise and Thrive: Fitness for Cancer Survivors

Join us for a 12-week strength and fitness program for people who have completed active cancer treatment. The goal is the help the survivor develop their own physical fitness regimens so that they can continue a healthy lifestyle.

In partnership with LiveStrong, Fred Hutchinson Cancer Research Center, Seattle Cancer Care Alliance and MultiCare Regional Cancer Center.

For information please contact:

Lakewood Family YMCA

9715 Lakewood Drive SW, Lakewood, WA 98499

ymcapkc.org

facebook.com/ymcalakewood

Morgan Family YMCA

1002 S Pearl Street, Tacoma, WA 98465

253-460-8828

hsmith@ymcapkc.org

Young Survival Coalition-Seattle

6522 Fremont Ave. N, Seattle, WA 98103

206-375-4968

Web: www.youngsurvival.org

E-mail: yscseattle@youngsurvival.org

The Young Survival Coalition (YSC) is the only international network of breast cancer survivors and supporters dedicated to the critical concerns and issues unique to young women and breast cancer. Through action, advocacy and awareness, the YSC seeks to educate and influence the medical, research, breast cancer and legislative communities to address breast cancer in Women 40 and under, and to serve as a point of contact for young women living with breast cancer.

We focus on the issues that many young women with breast cancer face including the shock of being diagnosed so young; issues surrounding fertility, pregnancy, and adoption; treatment and surgery options that work best for young women, coping with young children; building and maintaining our careers; premature menopause; the impact of this disease on relationships (including family members, friends and coworkers); the pros and cons of genetic testing; body and self-image issues.

Since 2002, we are proud to have served over 100 young women with breast cancer and their caregivers locally. We provide support during the crisis of diagnosis or recurrence, peer support to help members through treatment, surgeries, and ongoing support as women gradually process their experience and find their "new normal."

ONLINE RESOURCES

American Brain Tumor Association

E-mail: info@abta.org, Web site: www.abta.org, 800-886-2282

Offers tumor and treatment publications, educational programs, social service consultations by telephone, a mentorship program, support group lists, resource list of physicians, pen pal program and funds research.

American Institute for Cancer Research (AICRU)

E-mail: aicrweb@aicr.org, Web site: www.aicr.org, 800-843-8114 Fosters research on diet, nutrition and cancer, and educates the public about the results. Provides educational materials and personalized answers to nutrition questions.

Cancervive

www.cancervive.org/education.html

Colon Cancer Alliance

Web site: www.ccalliance.org , 877-422-2030

The oldest and largest national patient advocacy organization dedicated to ending suffering caused by colorectal cancer. CCA is made up of colon and rectal cancer survivors and caregivers. Services include a buddy program, educational materials, clinical trial information and news about colorectal cancer treatment and research.

International Myeloma Foundation

E-mail: Theimf@myeloma.org , Web site: www.myeloma.org , 800-452-CURE

Dedicated to improving the quality of life of myeloma patients while working toward prevention and a cure. Operates a Myeloma Hotline, disseminates information, hosts seminars and workshops for the patient community and medical professionals, and funds research.

Kids Cancer Network

Web site: www.kidscancernetwork.org, 623-551-9329

The web site contains a bi-monthly FUNLETTER magazine, resource center, Affection Connection Appreciation certificates for medical caregivers, prayer network and “your story” sharing area.

National Brain Tumor Society (formerly Brain Tumor Foundation)

E-mail: info@braintumor.org, Web site: www.braintumor.org, 1-800-934-2878

West Coast office: San Francisco, CA. Offers contact with other brain tumor patients, information about treatment and conferences, a medical advice nurse, patient information, a listing of support groups, and a newsletter. Provides caregivers with information and workshops.

National Cancer Institute

Web site: www.cancer.gov, 1-800-422-6237

The Cancer Information Service (CIS) is the voice of the National Cancer Institute. The CIS provides cancer information, education, and materials to cancer patients, their friends and families, the general public and health professionals.

National Ovarian Cancer Coalition

Web site: www.ovarian.org, 1-888-OVARIAN

Raises awareness to promote early detection and education about the disease. Sponsors education seminars to healthcare providers and educational forums for the public.

Pancreatic Cancer Action Network

E-Mail: info@pancan.org, Web site: www.pancan.org, 1-877-272-6226

Works to focus national attention on the need to find a cure for pancreatic cancer by providing advocacy, awareness, and education to patients and professionals. Offers survivor stories available to read.

THYCA: Thyroid Cancer Survivors Association, Inc.

E-Mail: thyca@thyca.org, Web site: www.thyca.org, 1-877-588-7904

Provides free support services, education, downloadable low iodine cookbook and newsletter. Holds annual conference. Outreach and materials available to everyone whose life has been touched by thyroid cancer.

Us Too International, Inc.

E-Mail: ustoo@ustoo.org, Web site: www.ustoo.org, 1-800-808-7866

Provides publications, awareness, outreach, networking and advocates to improve prostate cancer screening and treatment.

CAREGIVERS RESOURCES

Several organizations offer support specifically for family caregivers. Support programs and services include counseling, educational publications and classes, support groups, online forums, and programs designed to address the special needs of spouse caregivers.

Administration on Aging

Provides information, assistance, individual counseling. Organization of support groups, caregiver training, respite care, and supplemental services

Phone: 1-202-619-0724; www.aoa.gov

CancerCare Caregiver Support Services

Provides free professional services to anyone affected by cancer.

www.cancercare.org

Centers for Medicare and Medicaid Services

Provides information for consumers about patient rights, prescription drugs, and health insurance issues, including Medicare and Medicaid.

Phone: 1-800-633-4227; www.medicare.gov (for Medicare information) or www.cms.hhs.gov

Family Caregiver Alliance

Addresses the needs of families and friends who provide long-term care at home.

Phone: 1-800-445-8106; www.caregiver.org

Memorial Sloan-Kettering Cancer Center

Help for caregivers, families and friends.

www.mskcc.org/mskcc/html/18092.cfm

National Association of Area Agencies on Aging Eldercare Locator

A nationwide directory assistance service designed to help older persons and caregivers. Find local resources for support: transportation, meals, home care, housing alternative, legal issues and social activities.

Phone: 1-800-677-1116; www.eldercare.gov

National Cancer Institute's "When Someone You Love Is Being Treated for Cancer"

www.cancer.gov/cancertopics/when-someone-you-love-is-treated

Strength for Caring

www.strengthforcaring.com (site is owned by Johnson & Johnson)

The Wellness Community/Cancer Support Community

www.thewellnesscommunity.org

Well Spouse Association

www.wellspouse.org

A CAREGIVER'S BILL OF RIGHTS

I have the right to take care of myself. This is not an act of selfishness. It will give me the ability to take better care of my loved one.

I have the right to *seek help from others* even though my loved one may object. I know the limits of my own endurance and strength.

I have the right to *maintain parts of my own life* that do not include the person I care for, just as I would if he were healthy. I know that I do everything that I reasonably can do for this person. I have the right to do some things just for myself.

I have the right to get angry, be depressed, and *express difficult feelings* once in a while.

I have the right to *reject any attempt* by my loved one to make me do things out of guilt or anger. (It doesn't matter if she knows that she is doing it or not.)

I have the right to *get consideration, affection, forgiveness, and acceptance* for what I do for my loved one, as I offer these in return.

I have the right to *take pride in what I'm doing*. And I have the right to applaud the courage it has taken to meet the needs of my loved one.

I have the right to *protect my individuality*. I also have the right to a life that will sustain me in times when my loved one no longer needs my full-time help.

(Author Unknown)

JOIN US!

Pierce County Cancer Survivorship Conference 2015

Equal parts inspiration & education

Join us on Wednesday, Aug. 12, 2015, at the University of Puget Sound in Tacoma for the Pierce County Cancer Survivorship Conference.

Connect with other survivors to discuss and learn about the physical, mental and spiritual aspects of the cancer journey. This event is presented by multiple community organizations and cancer care advocates. It is free and open to all people affected by cancer as patients, family members and caregivers.

Register for the event at www.pccancersurvivorship.org.



