



# Support PROGRAMS

## Support Programs For Our Community

Find support programs, get help with advance directives, and be inspired by stories of patients who have made the cancer journey.

Unless otherwise specified, all programs are free and are located at Menorah.

To register for a program, call (913) 498-7742.

## Caregiver Education Programs

Topics of interest to caregivers are presented to the community. Please call for topics, dates and times.

## Comfort Items

Made with extra care by Menorah's Cancer Care Volunteers, items to promote comfort are available at no cost to our patients. These include turbans and caps, pillows, drain pouches, warm/cold packs, throws and cheerful carry bags.

## Appearance and Self-Image

### Look Good, Feel Better

(Co-sponsored with the American Cancer Society.)

Learn how to minimize appearance-related side effects of cancer treatments in a comfortable, small-group setting. A cosmetologist will teach techniques for using make-up, wigs and scarves. You will do your own makeover, using complimentary products you can take home with you.

Date: Second Wednesday in February, April, June, August, October, December

Time: 3:30 to 5 p.m.

Location: Menorah Medical Center, Margolin Conference Center (Entrance A)

### Reach to Recovery

(Co-sponsored with the American Cancer Society.)

Patients are offered face-to-face or phone visits with trained volunteers who give support and information during their breast cancer experience. Temporary breast forms are also offered. This resource is most often offered and arranged for patients before discharge from Menorah.

Patients can also self-refer by calling 1-877-227-1618 or (913) 498-7742.

## Educational Programs

### Clearing The Fog (Coping with cognitive function "changes" after chemotherapy)

After going through chemotherapy, some people experience changes in cognitive functions that can make daily life difficult. Menorah's speech-language therapist, teaches new "tools" to help regain control in life.

Patients can call to make an appointment at (913) 498-7742.

Location: Midwest Cancer Care at Menorah, 12140 Nall Ave., Ste. 200, Overland Park

### Nutritional Guidance

Individual nutrition consultation during treatments is available upon request to address questions such as what types of foods are helpful in recovery from surgery and treatments, how to maintain a healthy weight during and after treatments and lifestyle changes for overall health as one transitions back into a normal life.

Patients can call to make an appointment at (913) 498-7742.

Location: Midwest Cancer Care at Menorah, 12140 Nall Ave., Ste. 200, Overland Park

## Energy Healing Therapies

### Comfort Massage and Reflexology

Menorah's oncology-trained massage therapist provides therapeutic massage designed to help you relax and to relieve some of the emotional and physical strain associated with diagnosis and treatments. One complimentary massage is offered during any point of one's cancer journey. Appointments are scheduled after a registration process is completed.

Patients can call to make an appointment at (913) 498-7742.

Location: Midwest Cancer Care at Menorah, 12140 Nall Ave., Ste. 200, Overland Park

### Touch Healing

(Co-sponsored with the Kansas City Healing Project.)

This non-invasive, gentle therapy is appropriate for patients at any point in their cancer journey. It is useful before and after surgery, during treatments and through recovery, to potentially reduce stress, anxiety, fatigue and pain and promote healing.

Date: Monday through Friday

Time: Appointments available 9 a.m. to 3:30 p.m.

Location: Midwest Cancer Care at Menorah, 12140 Nall Ave., Ste. 200, Overland Park

### Hand and Foot Rubs

To promote comfort and relaxation, specially trained volunteers offer hand and foot rubs to patients in the hospital or cancer center. The availability of this service varies with volunteer schedules.

## Supportive Counseling

Group support is not for everyone. Sometimes you need a listening ear just for you. Supportive counseling sessions are available at no cost to patients and family members. Issues addressed relate to the impact of cancer including practical problems (transportation needs, lodging, prescription assistance, etc.) family issues, emotional concerns and caregiver stress. Information and/or referrals to helpful resources in the community is also offered.

Date: Tuesday, Wednesday or Thursday

Time: Appointments available 9 a.m. to 3:30 p.m.

Location: Midwest Cancer Care at Menorah, 12140 Nall Ave., Ste. 200, Overland Park

## Genetic Counseling

We offer cancer genetic risk assessment and counseling with personalized information regarding genetic influences, specific cancer risks and targeted screening along with prevention options. For an appointment, please call (913) 498-7409.

## Lymphedema Care

Our lymphedema therapists, certified in manual lymph drainage techniques and complete decongestive therapy, will provide a comprehensive approach to treatment. This includes exercise instruction, lymph manual drainage, bandaging, appropriate garment selection and patient education. To schedule an appointment, please call (913) 498-6990.

## Patient and Family Education &

## Community Referrals

Culturally appropriate educational materials are available at no cost to promote understanding of the illness and treatment. Referrals to community resources are made to address patient needs.

## Spiritual Support

Spiritual support and services are available through the Pastoral Care Department. Please call (913) 498-7416. Assistance with Advanced Directives is available by calling (913) 498-6987.



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