

RESOURCES FOR PATIENTS

Cancer Nutrition Program

Provides assistance with the management of symptoms and side effects of cancer treatments including: decreased or lack of appetite, early fullness and bloating, smell or taste changes, texture or consistency changes, chewing or swallowing difficulties, nausea or vomiting, feeding and eating strategies, constipation, diarrhea, fatigue, energy conservation and weight loss or gain. | (828) 213.2222, option 2

Clinical Social Worker

Provides counseling support for cancer patients and their families. Carey Baumgarten, MSW, LCSW | (828) 213.2514
For HOPE A Women's Cancer Center patients please contact Alice Myer, MSW, LCSW | (828) 670.8403

Financial Counselors

Provides assistance with payment options, health insurance, or financial assistance programs
Stacie Fincher | (828) 213.2694 Janet Lee | (828) 213.2558 Jennifer Franklin | (828) 213.2342

Integrative Health

Offers patients in Radiation Therapy or Outpatient Infusion free assistance in managing pain, easing stress, anxiety, sleep and calming nausea. Therapies available include: aromatherapy, Healing Touch, guided imagery, massage and breathing techniques. | (828) 213.2512

Look Good... Feel Better

A free, hands-on group workshop dedicated to helping female patients cope with and combat the appearance-related side effects of chemotherapy and radiation treatments. Learn skin care and makeup applications as well as demonstrations on hair/wig techniques. A free gift of full-sized, name-brand cosmetics is given for use during and after the workshop.
(828) 254.6931 or (800) 227.2345 for reservations and more information

MyHealthyLife Services

For wellness therapies after receiving cancer treatment, patients can participate in therapies such as Yoga, massage and acupuncture for a fee.
(828) 213.8250

Nia Movement Class

Combines martial arts, dance arts and healing arts. Free. Tuesday from 5 p.m. to 6 p.m. | Diane Lancaster – (828) 213.2546

Nicotine Dependence Program

Offers top-quality, evidence-based care in a nonjudgmental and supportive manner. With the understanding that all individuals are unique, the Nicotine Dependence Program will work with each patient to develop a customized plan to quit his/her tobacco. (828) 213.2222, option 2

Nurse Navigators

Provide education, resources, coordination, advocacy and emotional support. Lung cancer and breast cancer navigators available.
Lung Navigators (828) 213.2503 and (828) 213.2504 Breast Navigators (828) 213.2507 and (828) 213.2508 or (828) 213.2500

Patient Resource Navigator

Provides assistance with transportation, lodging, wigs, financial assistance and insurance, prescription assistance and other community resources
American Cancer Society Representative (828) 213.2505

Physical Therapy and Speech Therapy

Offers Physical Therapy for lymphedema, decreased range of motion, peripheral neuropathy, incontinence, balance problems, pain and fatigue. Offers Speech Therapy for speech and voice issues, swallowing issues and cognitive impairment. | (828) 213.2222, option 2 Physician referral is required.

Retail Pharmacy

Located on the first floor of the SECU Cancer Center inside the Gift Shop. We offer patients and families the convenience of obtaining prescriptions, over-the-counter drugs and personal care products. | (828) 213.2950

Chaplain

Through a compassionate and listening presence, the Chaplain provides supportive counseling to cancer patients and their families who are dealing with the emotional, spiritual and social changes that a cancer diagnosis often brings. Terri Kuczynski, M.Div., CT | (828) 775.2453

Support Groups

In Good Company

For all women with cancer meets on the third Thursday of each month from 4:30 to 5:30 p.m. in the Mission SECU Cancer Center
(828) 213.2507 or (828) 213.2508

Leukemia and Lymphoma Support Group

Meets on the second Monday of each month from 4:00 to 5:30 p.m. in the Mission SECU Cancer Center,
First floor | Leslie Verner – (828) 213.4656



HEALS Legal Assistance Program

A collaboration between Mission Health, MAHEC and Pisgah Legal Services that provides free legal consultation for public benefits including food stamps, Medicaid, SSI and Welfare. Can also assist with family law, housing, employment, wills and Power of Attorney. Patients must meet the program's income guidelines to qualify for services.

Call Pisgah Legal Services at (828) 253.0406 or (800) 489.6144

Cancer Legal Resource Center

A national joint program of the Disability Rights Legal Center and Loyola Law School Los Angeles that provides free information and resources on cancer-related legal issues to cancer survivors, caregivers, healthcare professionals, employers and others coping with cancer.

Call (866) 843.2572 Monday – Friday 9am – 5pm or submit request by email at CLRCintake.org <https://disabilityrightslegalcenter.org/clrc-intake-form>

YMCA and LIVESTRONG Program

The Asheville area YMCA has partnered with the LiveStrong Foundation to create a free program to help cancer survivors and their families regain their physical and mental strength. Through group exercise-classes and strength-training programs provided by specially trained staff, cancer survivors and their families are welcomed during and after treatment to heal their minds, bodies and spirits during this 12-week program. Call Rachel Dudasik at (828) 210.9607

Child Life Specialists

Mission Hospital's Pediatric Hematology and Oncology Child Life Specialists offer services specific to children of adult cancer patients. The program helps children and families cope with questions, fears and concerns and provides a more comfortable experience for the child. Child Life can assist you in talking with your child about your illness and how to answer questions your child might ask.

Call (828) 213.2547

Camp Bluebird

Mission Health offers Camp Bluebird, a 3-day retreat for adult cancer survivors in May and October. This program offers attendees educational and emotional support. There is a nominal fee, but scholarships are available.

Call (828) 213.4656

Community Resources

ABIPA

Sista 2 Sista Lunch and Learn (Breast Health)
Supporting African American Women
Meets third Saturday of each month at noon
Contact: (828) 251.8364

Brother 2 Brother Breakfast Club (Prostate Cancer)
Supporting African-American Men
Meets second Saturday of each month at 8:30am
Contact: (828) 251.8364

All Patients and Caregivers

Strength for Living
Trinity Baptist Church Parsonage
Meets first Thursday of each month at 6pm
Pat Johnson (828) 319.7432

WNC Brain Tumor Support

Meets third Thursday of each month at 6pm at MAHEC, 121 Hendersonville Road
www.wncbraintumor.org
(828) 664.9886

Prostate Cancer

Us Too of WNC (Prostate Cancer Support Forum)
First Baptist Church of Asheville
Meets first Tuesday of each month at 7pm
Local chapter wncprostate@gmail.com
(828) 273.7698

Women's group

Contact: Mollie Milner at (828) 299.0394
Meets every Tuesday from 2pm to 3:30 p.m. at Biltmore United Methodist Church

Caregivers Support Group

Meets on Wednesday's at Noon
Contact: Kaye Loveland (828) 989.2122



Revised: 08/25/16