

GIVENS BRAIN TUMOR CENTER

Resource information for Brain and Spinal Cord Tumor patients and loved ones

Support groups, local and national programs offering support to patients and their loved ones, financial and transportation resources, and organizations who raise awareness about brain and spinal cord tumors.

Brain Tumor Support Groups

During the COVID-19 pandemic, many local support groups moved to virtual or online support, where you meet with others on your screen, tablet or phone in a safe and confidential place in your home. Here are a few support groups to explore:

Gildas Club Brain Tumor Support Group

4th Wednesday of Month 6:30-8:00 PM

Orientation required

[Support Programs - Gilda's Club \(gildasclubtwincities.org\)](http://gildasclubtwincities.org)

MHealth Fairview

Contact Katie Pearson

kpearson11@umphysicians.umn.edu

4th Monday of the month; 6 – 7 pm

*Quarterly, in lieu of the support group, we will host education sessions led by M Health Fairview providers covering a variety of topics. Attendees are welcome to come together or independently. Email Katie to receive link to online group.

Regions Cancer Care Center

2nd Wednesday of every month, 6:30-8:00 via Zoom for patients and loved ones.

Contact Denise Shannon at 651.254-9267 for more information or to get on our mailing list.

CancerCare.org

[Support Groups, Cancer, Patients, Caregivers \(cancercaresupportgroups.org\)](http://cancercaresupportgroups.org)

Free 15-week online support groups. Click on link above for information and registration.

- *Brain Tumor **Patient** Support Group Online* with a primary malignant brain tumor
- *Brain Tumor **Caregiver** Support Group Online* for people caring for loved one with primary malignant brain tumor or brain metastasis

- **Young Adult Ages 20-39 Brain Tumor Caregiver Support Group Online** caring for loved one with primary malignant brain tumor or brain metastasis.

Brains Together For a Cure

[Find Support – Brains Together For a Cure](#)

Mayo Rochester

Monthly zoom / online meeting

3rd Saturday of the month; 10 am – 12 pm

Registration required.

INFO@BRAINSTOGETHERFORACURE.ORG

National Brain Tumor Society

Brain tumor conversations attended by and run by patients and care partners who have had firsthand experience with the challenges and effects of a brain tumor diagnosis.

Online monthly sessions

To sign up:

[Brain Tumor Support Conversations](#)

Local organizations offering support and programs

(Due to COVID-19 availability of programs may change.)



Offers free cancer support for everyone impacted by cancer. Learn how you can be part of our community today. <https://www.gildasclubtwincities.org/>



CANCER LEGAL CARE
LAWYERS ON YOUR CANCER CARE TEAM

A non-profit resource for patients and survivors diagnosed with cancer at any stage or diagnosis, living in the state of Minnesota, looking for answers about legal rights on a wide variety of issues such as estate planning, wills, healthcare directives, power of attorney, employment, housing, applying for social security disability, health care insurance, and more.

<https://www.cancerlegalcare.org/> | 651-917-9000.



A nonprofit that cooks and delivers free, nutritious meals to people living with life-threatening illnesses in the Twin Cities. <https://www.openarmsmn.org/aboutus/> 612-872-1152

Senior LinkAge Line®

Senior Linkage Line

<http://www.mnaging.org/advisor/SLL.htm>

(800) 333-2433

Disability Hub

<https://disabilityhubmn.org/>

1-866-333-2466

Veteran's Linkage Line

www.macvso.org

1.888.546.5838



Minnesota Board on Aging

(Excellent resource for persons of all ages!)

<http://www.mnaging.org/en/Administrator/AAA.aspx>

Seven area agencies (For example: Arrowhead, central Minnesota, southeastern Minnesota, etc.) that provide assistance and resource information to seniors, local agencies, and communities within their area.



Help At Your Door.

Helpatyourdoor.org

651-642-1892

Supports seniors or individuals with disabilities living in Minnesota's seven-county Twin Cities Metro area. Helps seniors and individuals with disabilities to maintain their independence and continue living in their homes. Store To Door grocery assistance, home support and transportation services provide help with in-home tasks and chores. Services can be bundled. Service area includes Anoka, Carver, Dakota, Hennepin, Scott, Ramsey and Washington counties.



Wilder is committed to improving the lives of older adults; adults with mental, physical and chronic health conditions; and their caregivers who age in place and live where they feel most comfortable, whether in their own home or connected to their community. Access to a variety of healthy aging and caregiving services, support and resources to help maintain health, well-being and independence. Committed to addressing complex challenges that will advance equity in Saint Paul and across Minnesota. <https://www.wilder.org/about-us>

Pathways

A Healing Center

Pathways' mission is to provide resources and services for people with life-threatening or chronic physical illness—as well as caregivers—to explore and experience complementary healing approaches.

Virtual Programming available

<https://pathwaysminneapolis.org/>



PENNY GEORGE
INSTITUTE FOR HEALTH
AND HEALING

Penny George Institute for Health and Healing

Offers classes and services to help you be your healthiest. Whether you want to manage chronic illness or pain, lose weight, reduce stress, quit smoking, or stay healthy. Treat the whole person – mind, body, spirit and community. www.allinahealth.org/georgeinstitute

National organizations offering support and programs



American
Brain Tumor
Association®

ABTA (American Brain Tumor Association) website

<https://www.abta.org>

Patient and Family Meetings - free virtual events

<https://www.abta.org/about-brain-tumors/brain-tumor-education/patient-family-meetings/>



CANCERcare®

CancerCare.org website

<https://www.cancerCare.org/>

800-813-HOPE (4673)



CERN (Collaborative Ependymoma Research Network) Foundation

E-mail at administrator@cern-foundation.org or call us at (844) 237-6674.

<https://www.cern-foundation.org/>



American Cancer Society

651-255-8100

<https://www.cancer.org/about-us/local/minnesota.html>



National Brain Tumor Society

National Brain Tumor Society unrelentingly invests in, mobilizes, and unites our community to discover a cure, deliver effective treatments, and advocate for patients and care partners.

617.924.9997

<https://braintumor.org/>



Powerful Tools for Caregivers

Caregiver classes provide tools and strategies to better handle the unique challenges faced by caregivers of adults with chronic conditions and also of children with special health or behavioral needs. Caregiver classes meet once a week for six weeks. Currently virtual classes. Registration required. There may be a \$30 requested donation for the class manual.

<https://www.powerfultoolsforcaregivers.org/class-type/caregiver-classes/>

Financial Resources

Allina Health

<https://www.allinahealth.org/customer-service/financial-assistance>

612-262-9000 or 1-800-859-5077

MNsure

www.mnsure.org

1-855-366-7873

Medicare

www.medicare.gov

1-800-633-4227

Social Security

www.ssa.gov

1-800-772-1213

County Programs

Check with the county you live in to learn about programs you and your family may be eligible for.

Angel Foundation

612-627-9000

www.mnangel.org

Transportation

Taxi Services

1010 Taxi

Provides taxi service with cell phone for texting. Rates vary. Affordable taxi rate.

<https://www.1010taxi.com/minneapolis-metro-area/>

Transportation Plus

(Formerly Airport Taxi)

Full-service transportation company offering the best and most convenient ways to get around the Twin Cities and surrounding areas. Call, book online, text, or use iHail app. *Vans available for transporting patients with wheelchairs.*

<https://www.tplusride.com/>

[612.888.8888](tel:612.888.8888)

Wheelchair transport resources

In the event patient is not able to transfer from car.

- Transport Allegiance 651-207-5211
- AT Transport 612-729-1156
- Transportation Plus 612-888-888

Veterans – Bene Travel – No charge for Vets going to medical appointments at the VA.

1. Care Cab - 612-467-1396 – No Charge. For Vets who need wheelchair assistance and are going to the VA for an appointment. Must meet VA low-income guidelines and have referral from VA PCP.
2. DAV transportation – 612-467-2768 – No charge for vets who do NOT need w/c or oxygen assistance. The seven-county metro area. Two pickups each day for 9 am or 1 pm appts. Service provided Monday – Thursday. Call 2-3 weeks in advance. For Shakopee / Prior Lake contact the VA County Officer at 952-496-8176.

Additional Transportation Resources

METRO MOBILITY

Metro Mobility is a shared-ride public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition. Trips are provided for any purpose. To learn more and to apply, which requires your physician's input, see their website.

<https://metro council.org/Transportation/Services/Metro-Mobility-Home.aspx>

County Public Transportation - Many counties around the state have public transportation options for the general public. Check your county to learn about public transportation options. Rides may be curb to curb, within a specific radius, provide transportation for specific reasons. Some are listed below.

Dakota County –

<https://dartsconnects.org/GoDakota>

Scott and Carver Counties –

<https://scottcountymn.gov/516/SmartLink-Transit>

Transit Link is a shared-ride public transportation for the Twin Cities metro area where regular route transit service is infrequent or unavailable. It's for trips that can't be accomplished on regular transit routes alone.

<https://metro council.org/Transportation/Services/Transit-Link.aspx>

651-602-LINK (5465)

SW suburbs of Chaska, Chanhassen, and Eden Prairie

<https://www.swtransit.org/about/>

Raising awareness and dollars for brain and spinal cord tumors!

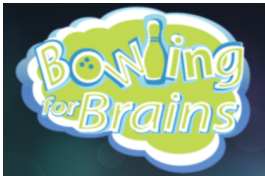
Below are some organizations that work tirelessly to raise awareness about brain and spinal cord cancer by raising money to help find cures, help us live better lives and keep us connected! Some have been started by our very own patients and families. Now that's saying something. Gratitude!



BREAKTHROUGH FOR BRAIN TUMORS 5K

BT5K Your Way: anyway, anyhow, anywhere! You can walk, run, bike, or even kayak your 5K—solo or with friends and family. Join folks across the country to raise critical funds for brain tumor research and patient support services.

Watch here for information on 2022 in-person events. <https://www.abta.org/get-involved/bt5k/>



Bowling for Brains

A successful outdoors Mini Golf edition and silent auction in place of Bowling for Brains was held on September 26, 2021. Rumor has it bowling will be back in 2022! Stay tuned to the website for more information! <http://bowlingforbrainsmn.org>



walk.talk.connect

WalkTalkConnect is a non-profit dedicated to building a "peer-to-peer" mentoring community that connects patients and caregivers facing the unique challenges rare brain & spinal cord tumors present.

Watch for events here: <https://www.walktalkconnect.org/>



Dedicated to funding research and patient services to improve the lives of patients by raising awareness, providing support and encouragement, and offering uplifting events to provide a sense of community and hope to affected individuals and families.

<https://www.humortofightthetumor.org/>