Survivorship resources for people living with cancer

Social issues (healthcare directives—lodging—financial concerns)

- VPCI social worker (Sarah Johnson); Minnesota Oncology social workers (Jennie Entgelmeier/Lisa Thelemann)
- American Cancer Society (#800-227-2345)
- Hope Lodge – Call ACS (#800-227-2345) or Hope Lodge directly (#612-379-6352)
- Cancer Legal Line (www.cancerlegalline.org / #651-917-9000)
- Angel Foundation (www.mnangel.org / #612-627-9000)
- Other financial resources
  - Hope Chest (www.hopechest.com / #952-471-8700)
  - Pink Ribbon Riders (www.pinkribbonriders.com)

Family issues (coordinating care at home—coping with diagnosis—fertility issues)

- Angel Foundation (www.mnangel.org / #612-627-9000) **Angel Packs for children**
- Gilda’s Club – family and survivor support groups, classes, resources (www.GildasClubTwinCities.org / #612-227-2147)
- ANW breast cancer support groups (VPCI – Abbott, United, Unity, Mercy)
- Center for Grief, Loss and Transition – St. Paul (www.griefloss.org / #612-641-0177)
- Center for Reproductive Medicine (www.ivfminnesota.com/index.html / #612-863-5390)
- Lotsa Helping Hands (www.lotsahelpinghands.com)
- Caring Bridge (www.caringbridge.org)
- Care Calendar (www.carecalendar.org)

Spiritual or Religious issues (end of life concerns)

- Pathways (www.pathwaysminneapolis.org / #612-882-9061)
- Healing Coach (PGIHH/VPCI) – Nancy Cox, RN (#612-863-0200)
- ANW Spiritual Care (#612-863-4370)

Physical issues (lymphedema—pain—peripheral neuropathy—fatigue—decreased range of motion—cognitive dysfunction—exercise/fitness—diet)

- Courage Kenny STAR© program (#612-863-2123)
- Eden Prairie Community Center Training, Rejuvenation, and Exercise program for cancer survivors (TREC) (#952-949-8470)
- The Art of Well – Cathy Skinner (www.theartofwell.com / #651-587-5440)
- Palliative care (ANW - #612-863-0200 / Allina home palliative care - #651-635-9173)
- Nutritional counseling
  - MN Oncology – various sites; Penny George Inst. for Health and Healing (#612-863-3333)
- Open Arms of MN (www.openarmsmn.org / #612-872-1152)

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Survivorship resources for people living with cancer

- Meals on Wheels (www.meals-on-wheels.com / #612-623-3363)
- Store to Door (www.storetodoor.org / #651-642-1892)
- Wigs – It’s Still Me Wig Studio (St. Louis Park) www.itsstillme.com / #952-405-8671; Fantasia (Crystal) www.fantasiasalon.com / #763-544-9126; TLC catalog (call ACS for coupon #800-227-2345)

Emotional issues

- ANW breast cancer support groups (VPCI)
- ACS’s Look Good, Feel Better (#800-ACS-2345)
- VPCI Caregiver Support Group
- Jack’s Caregiver Coalition (www.jackscaregiverco.org / #612-547-6929)
- Allina Mental Health providers (#612-863-9407)
- Community psychotherapists (ask Sarah Jax for contacts)
- Intimacy issues
  - U of MN Center for Sexual Health (#612-625-1500)
  - Park Nicollet Sexual Health clinic (#952-993-2786)
  - Beyond Diagnosis Counseling – Lori Anafarta, certified sex therapist (#651-776-2084)
  - Jan Swanson, Psy.D., certified sex therapist (#612-870-0216)
  - Smitten Kitten (#612-721-6088)

Integrative therapy options

- Penny George Institute for Health and Healing (#612-863-3333) – acupuncture, integrative medicine consult, etc.
- MN Community Acupuncture (www.minnca.com / #952-746-3478)
- Pathways (www.pathwaysminneapolis.org / #612-882-9061)
- Gilda’s Club – classes, resources (www.GildasClubTwinCities.org / #612-227-2147)

End of life issues

- Allina hospice (#651-635-9173)
- Allina care navigation – for information on ACP classes (#612-262-2200)
- Honoring Choices (www.honoringchoices.org)

Other resources

- National Coalition for Cancer Survivorship (www.canceradvocacy.org)

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