

Norris Cotton Cancer Center

**Free Services for You,
Our Patients, Survivors,
Family Members and Friends**



**Patient and Family Support Programs
May-August 2017**



Dartmouth-Hitchcock
**NORRIS COTTON
CANCER CENTER**

Welcome to the May through August 2017 calendar of Patient and Family Support Services. We invite you, our patients, survivors, family members and friends to participate in our programs which have been shown to help promote healing in body, mind and spirit.

From the moment of your diagnosis, you are a survivor!

Survivorship can mean different things to different people. For some, survivorship begins with cancer diagnosis and includes the process of living with, through and beyond cancer. Others do not identify with the word survivor – until they finish treatment and are declared cancer free. No matter how you define survivorship - every person has individual worries and challenges. An important aspect of developing good coping strategies is to accept the help of others. Your health care team, a caring support group or a class are good places to find help and others who understand what it is like to live with cancer.

These calendar pages list specific activities at our Lebanon campus. Please see page 14 for offerings at regional locations. Regardless of where you live, many of the groups held in Lebanon, have a toll-free call-in option so that you can participate from home. Look for the small telephone icon next to the group title.

Chair Massage and Healing Harp are also offered at our Norris Cotton Cancer Centers in St. Johnsbury, VT and in Manchester N.H.

These services and programs are here for you. We hope you will give one or many a try!

Please call or email us in Patient and Family Support Services for more information or to register for special classes. We look forward to hearing from you.

These patient-centered services offered free of charge, are only possible thanks to ongoing support from Friends of Norris Cotton Cancer Center and the cancer center administration, the Hypertherm Hope Foundation, D-H Arts, the D-H Volunteer Board and generous community members.

If you would like to consider making a gift to help keep support services available for cancer patients and supporters at no charge, please call our Development Office at (603) 653-0700.

Sincerely,



Deborah Steele, MA
Manager, Patient and Family Support Services
Cancersupport@Hitchcock.org



Dartmouth-Hitchcock
**NORRIS COTTON
CANCER CENTER**
One Medical Center Drive
Lebanon, NH 03756
(603) 650-7751
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Cover Art "Sunflowers" by Gertrude Savage



Special Event Cancer Survivors Week

Norris Cotton Cancer Center, Lebanon, NH, invites you to explore our display tables in the DHMC East Mall June 5 -9, during Cancer Survivors Week.

Tell us your story, honor cancer patients, survivors and their supporters, experience reiki and massage, find resources about classes, events, health maintenance, screening, coping and more.

Landscape by Margaret Adams

— SUPPORT GROUPS —

| **Key:** (*) Registration Required. ☎ Phone-in option. 👤 Walk-in. No registration needed.

Support & Education Groups

Groups give you a place to meet others on the cancer journey who understand the challenges. Groups listed on this page are held at the Lebanon Campus and are open to all cancer patients in the region. All are led by caring staff and trained volunteers. Please note the symbols by each title.

Some face-to-face groups also have a toll-free call-in option ☎ and a few are led by phone only. Phoning in via a free conference number allows you to live anywhere and still participate. If you would like to call into a group, please register with us to get the toll-free number.

Unless otherwise noted, all groups are held in the Support Services Room, Level 3, NCCC, Lebanon, NH.

Groups meet monthly unless indicated otherwise.

Young Adult Cancer Survivors * 👤

3rd Thursday 5:30-7:00 pm

Social meet ups and support for people ages 18-40 with any cancer at any stage of treatment. Supporters welcome!

May 18 and July 20

Meet-up at Salt Hill Pub, Lebanon, NH (no phone-in option)

June 15 and August 17

Support Services Room, Level 3, NCCC, Lebanon, NH

Walk-in or toll-free call-in support group.

Blood Cancers: Leukemia, Lymphoma and Myeloma Cancers 👤 ☎

2nd Wednesday 3:30-5:00 pm

A group for patients with any type of blood cancer at any stage and their supporters.

Breast Cancer: Befriend Peer Support Program

A one-on-one matching program for women with breast cancer. These connections are provided over the phone or by email and are tailored to your specific needs and requests. For more information, please call Ellen Curri (603) 653-3513.

Metastatic Breast Cancer Support 👤 ☎

1st Wednesday 3:00-5:00 pm

A group for people with Stage IV breast cancer. Come for support and education.

Thriving After Breast Cancer * ☎

Wednesdays 5:00-6:30 pm

This phone-based group provides support and education for women who are beyond their initial treatment for breast cancer.

Living with Cancer * ☎

4th Thursday 4:30-6:00 pm

A support group for patients with ANY cancer diagnosis, during or after treatment. Caregivers and supporters welcome.

Lung Cancer Support * 👤 ☎

3rd Monday 11:00 am-12:00 pm

A group for patients with lung cancer or mesothelioma at any stage of treatment and beyond. Caregivers and supporters welcome.

Caregiving: Caring for Someone with Cancer * ☎

1st Tuesday 4:00-5:30 pm *There will be no meeting in July*

Support to spouses, friends, loved ones of persons with any type of cancer.

Gynecologic Cancers: Women's Words ☎

2nd Wednesday 10:00-11:00 am

This phone-based group provides support and education for women with all gynecologic cancers: ovarian, vaginal, cervical, endometrial, fallopian and uterine cancers.

Head and Neck Cancers Support 👤

3rd Monday 4:00-5:30 pm

Share, learn, find and offer support: a group for patients with any kind of head and neck or oral cancer and their supporters. (For brain tumor support, please email our office at cancersupport@hitchcock.org)

Melanoma Support ☎

1st Tuesday 5:30-7:00 pm *There will be no meeting in July*

This is a phone-in group for melanoma patients at any stage.

Prostate Cancer: PSA at NCCC: Prostate Support Alliance 👤

4th Monday 5:30-7:00 pm

Education and support for men and their supporters. A light meal is served. *Level 3, Fuller Board Room DHMC, Lebanon, NH*



Wig Bank 🚶

The Wig Bank, sponsored by the American Cancer Society, provides trained volunteers to assist in wig selection, care instructions and offer scarf tying tips. All wigs are brand new and given at no cost.

Wig Bank services are available as follows:

Lebanon, NH 🚶

Offered three times a month, please refer to calendar pages 10-13 for dates.

Support Services Room, NCCC
Registration appreciated/walk-ins welcome. Supporters welcome, too!

Keene, NH *

Cheshire Medical Center
Wig Bank available by appointment.
Call Mary Jane Doody @ MJD Hair Design (603)-358-3100.

Manchester, NH *

Wig Bank available by appointment.
Call (603) 629-1828 or (800) 227-2345.

St. Johnsbury, VT *

Circle of Care Boutique, NCCC North
Mon. – Thurs., 10 am-4 pm
For an appointment, call (802) 748-7372.



Look Good... Feel Better *

For women who are experiencing skin changes and hair loss. A cosmetologist leads the two hour free class and provides each participant with new skin care products and cosmetics.

Lebanon, NH-NCCC *

Please refer to calendar.
To register please call (603) 650-7751.

Keene, NH *

3rd Monday 3:00-5:00 pm
James Ewing Library
Norris Cotton Cancer Center
To register, call (603) 354-5454 ext. 2155.

Manchester, NH-NCCC *

Look Good Feel Better available by appointment.
Please contact (603) 629-8683 or (800) 227-2345 for more information.

St. Johnsbury, VT *

NCCC North
For an appointment call (802) 473-4100.



Living Fully with Illness *

Melissa Lavarack, Certified Teacher: Mindfulness Based Stress Reduction

6-Week Session:

Thursdays, June 22-July 27, 10:00 am-12:00 pm

Half Day Retreat Saturday, July 8, 8:00 am-12:00 pm

Women's Health Resource Center, On The Mall, Lebanon, NH

Registration is required.

Would you like to decrease stress, develop focus and improve your ability to accept and work with what is difficult? This free class will show you how to take care of yourself, develop skills for greater adaptability, and approach an overall lasting transformation in your life. Please bring a snack and wear comfortable clothing for mindful movement and meditation. Patients and supporters welcome.

"I find it much easier to quiet my mind and relax, especially at night."

Tools to Combat Cancer-Related Fatigue *

Louise Meyer, MS, APRN, AOCN & Terry Cioffredi, P.T.

Friday, June 9, 12:00-1:30 pm

Auditorium F, NCCC, Lebanon, NH

Registration is required.

This free educational program helps you meet the challenges of cancer-related fatigue. Wear comfortable clothing for gentle exercise activity. The class includes a light meal. Your questions are encouraged. Bring a family member or friend.

Lymphedema Information Session *

Charlene Gates, P.T.

Friday, May 19, 12:00-1:30 pm

Support Services Room, Level 3, NCCC, Lebanon, NH

Registration is required.

This session is for any survivor who either is at risk of developing lymphedema due to cancer treatment or who is living with this problem. Participants will learn about the anatomy and physiology of the lymphatic system, why removal of lymph nodes can cause swelling, ways to decrease risk, and physical therapy management. A light lunch will be provided.

Free Resource Packets Available

Coping with cancer means finding ways to deal with change and challenge. To request to have a free resource packet mailed to your home, call (603) 650-7751.

Caregiver Resource Packets

Caring for someone with cancer? Whether daily, routinely or from a distance, caregivers may benefit from tips and resources to help you care for others AND yourself.

Cancer-Related Fatigue Resource Packets

Discover strategies and tips to help you manage the fatigue that may accompany the cancer journey and linger beyond treatment.

Pancreatic Cancer Information and Resources:

Call (800) 639-6918 or (603) 650-7751 for information on local and national resources and support. You may also contact the Pancreatic Action Network directly at www.pancan.org or call toll-free (877) 272-6226.

Key to Symbols

(*) Registration Required

(☎) Phone-in option. Register for 800-number.

(🚶) Walk-in. No registration needed.



Educational Programs

Patient & Family Support Services offers free classes for patients and supporters on relevant topics to help meet the challenge of facing cancer. No cost for patients, family members or supporters. Questions are encouraged!



Patient and Family Resource Libraries and Computers

Norris Cotton Cancer Centers offer libraries in many of our regional locations:

Patient and Family Resource Library

Radiation Oncology-2K
Norris Cotton Cancer Center
Lebanon, NH

From Norris Cotton Cancer Center's main entrance, take the stairs on your left down to Level 2K and bear left.

Patient and Family Resource Libraries include books, CDs and DVDs on a wide variety of cancer-related topics. Browse the Lebanon collection online:

<http://dartgo.org/cancerlibrary>

James Ewing Library

Kingsbury Pavilion
Norris Cotton Cancer Center
Keene, NH

The Cancer Resource Center

Notre Dame Pavilion
Suite 4100
Norris Cotton Cancer Center
Manchester, NH

Gladys Brooks Cancer Resource Library

Norris Cotton Cancer Center
St Johnsbury, VT

Oncology Nutrition Services *

Jeannine Mills, MS, RD, CSO, LD

Elise Cushman, MS, RD, CSO, LD

Kacie Merchand, MS, RD, CSO, LD

Cancer can wreak havoc on your normal eating habits. Our Registered Nutritionists offer nutrition care to all patients who receive treatment at Norris Cotton Cancer Center in Lebanon. Just call to set up your appointment. We'll help you create a plan, cope with change, find ways to improve your appetite, and help you evaluate herbal and vitamin therapies.

To make an appointment for your personal Nutrition consultation in Lebanon, please call Oncology Nutrition Services at (603) 650-9404.

Lunch and Learn: Seasonal Cooking Demonstration *

Elise Cushman, MS, RD, LD, CSO

Monday, July 31, 12:00-1:30 pm

Co-op Culinary Learning Center – Centerra Plaza, Lebanon, NH

Registration is helpful to ensure enough food for sampling.

Walk-ins welcome.

What better time than now to make eating more fruits and vegetables a habit?

Explore delicious easy ways to add fruits and vegetables into your healthy life and discover ideas on how to store what's in season now to eat later. Learn how increasing your intake of fruits and vegetables may help maintain an overall sense of well-being and reduce the risk of cancer recurrence.

Lunch and Learn – A Nutrition Class *

Kacie Merchand MS, RD, LD, CSO

Friday, July 14, 1:00-2:00 pm

Support Services Room

Space is limited, registration required.

Smoothies and Juicing

Kacie will focus on answering your questions, discuss the pros and cons, and provide delicious ideas and samples for smoothies and juices. A light lunch will be provided

Stop by and discuss nutrition and your health! Bring your questions!

Key to Symbols

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(♿) Walk-in. No registration needed.



Healing Harp 🧑

Margaret Stephens, BM, CTHP (Certified Therapeutic Harp Practitioner)

The harp produces music that can aid the healing process of body, mind and spirit. There is ongoing research into the beneficial effects of sound and vibration on the human body.

9:30 am-2:30 pm

Thursdays, NCCC-Lebanon, reception waiting areas

Fridays, One West inpatient unit, NCCC, Lebanon, NH

"It's so beautiful and soothing – gives me goosebumps. It's spiritual, that's what I get out of it."

Chair Massage 🧑

Our professional staff of licensed massage therapists are available daily for 15-minute sessions to patients and supporters. Each session is specifically tailored to your individual needs. Clients sit fully clothed in the massage chair with special cushions to ensure a comfortable experience.



Chair massage is available most

mornings, Level 3 chair massage room or Level 2 Reiki area. Please see location signs or check with receptionists.

"Massage therapy helps release the tension and relaxes me. The therapy is an uplifting experience during a time when you are not feeling your best. Even after my cancer treatments have ended I return for a massage from time to time."

Comfort Cart on Wheels 🧑

Our dedicated and friendly volunteers offer warm smiles as well as snacks, hats and other comfort care items.



Wool Wizard 🧑

Enjoy creativity, colors, crafts and companionship. Discover or re-discover knitting with our expert, Lois Miller, The Wool Wizard.

Thursdays, 2K reception area, 12:00-2:00 pm

Reiki 🧑

Reiki (pronounced 'RAY-key') is an ancient healing arts technique. Reiki treats the whole person—body, mind, emotions and spirit. The practitioner's hands are placed gently on or near the client and may create a sense of comfort and well-being.

Trained volunteers offer Reiki in level 2 radiation oncology, level 3 infusion suite and inpatient oncology unit. Call (603) 650-7751 for schedules.



"The Reiki was relaxing and helped ease the stress of treatment. Thank you."

CAPS Program *

The Cancer and Patient Services Program is staffed by student volunteers from Dartmouth College who travel to homes within 60 miles of NCCC, Lebanon, NH, to assist individuals and families affected by cancer. They lend a hand helping with household chores, such as raking leaves, shoveling snow, moving furniture, housekeeping or cleaning windows.

Call (603) 650-7751 to request a visit.

Key to Symbols

- (*) **Registration Required**
- (📞) **Phone-in option. Register for 800-number.**
- (🧑) **Walk-in. No registration needed.**

Visual Arts 🧑

Chris Henderson, Creative Artist

Exploring with paint, pencil, with color and texture, and using your hands to create can feel uplifting, playful and soothing. Chris Henderson, visual artist with The Creative Arts Program at NCCC, works with patients on their artistic journey in the Infusion Suite or on the inpatient cancer unit. Chris can help you find your own place of expression. No previous art experience is needed.

Do-it-Yourself Art Packs can be requested in Lebanon, St. Johnsbury and at NCCC in Manchester.



"Starry Night" by Marge Brittner

The Writing Circle: a writing group for those touched by serious illnesses * 📞

Gather with other patients and loved ones and write together—with in-the-moment responses to readings or other prompts. We share what we write when it feels right and respond to each other with warmth and caring. No previous writing experience is necessary. Come in person or call the toll-free line. Individual writing sessions with Marv Klassen-Landis available by appointment.

Session 1:

6 Weeks – Tuesdays, May 9-June 13, 5:45-7:15 pm

Session 2:

6 Weeks – Tuesdays, July 11-August 15, 5:45-7:15 pm

Art Space Workshops *

Art-making can be a healing activity. Explore your creative voice in paint, colored pencil, canvas, collage, air dried clay and other art materials in an airy art studio. Join us for one or all studio art workshops. No art experience is needed. All persons with a current or previous cancer diagnosis and their loved one are invited to attend.

To register call (603) 650-7751 or email us at cancersupport@hitchcock.org.

Sundays, May 21, July 23, August 20, 2:00-4:00 pm

AVA Art Gallery and Art Center, Lebanon, NH

"Art Space helps me see beauty in everyday things – I love the flow of the paint and the mixing of colors, and sharing and creating art with others in the same boat."

Creative Writing and Sharing Stories 📞 🧑

Marv Klassen-Landis, MA, Creative Writer

We offer patients and their families the opportunity to tell and listen to stories, write poetry, prose or letters. People are often surprised by the power of their own words.

Offered in the Lebanon infusion suite, in the DHMC Inpatient units and through writing group circles. No prior writing experience is needed.

Writers' Workshop 🧑 📞

Come to give and receive in-depth responses to works-in-process. Have you written a poem, personal essay, or story that you want to try out with a supportive audience? We respond with what is clear and strong to us and with questions we may have. (No trying to "fix" each other's work!) You can simply come to attend in person, but call in advance for the toll-free number if you want to call in.

Mondays, May 1, June 1, July 10, August 7, 5:30-7:00 pm

*All Writing Sessions held at NCCC, Lebanon, NH
Registration required.*

Key to Symbols

- (*) Registration Required
- (📞) Phone-in option. Register for 800-number.
- (🧑) Walk-in. No registration needed.



Pam's Class * ♣

Pam's Class is an exercise class for women who have been diagnosed with breast cancer and is based on Lebed therapeutic exercise. The class is fun, set to music and helps improve range of motion, strength and balance and self-image. The class is free and open to women with all levels of fitness. Walk-ins welcome.

Before attending for the first time, please call (603) 650-5978 to give us your name and contact information.

Wednesdays, through May 31, 1:00-2:00 pm

Starting in June Pam's Class will take a break for the summer and start again in September.

Level 5 Exercise Space, DHMC, Lebanon, NH

Beginners Gentle Yoga *

Current research shows promising benefits of yoga for people with cancer in managing symptoms such as fatigue, insomnia, mood, stress, and improvement in quality of life.

This gentle class will teach controlled breathing and gentle, simple movements. Please wear loose, comfortable clothing.

Mondays, June 12-August 14, 1:15-2:05 pm

No experience necessary.

Level 5 Exercise Space, DHMC, Lebanon, NH



Key to Symbols

- (*) Registration Required
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- (♣) Walk-in. No registration needed.

Center for Shared Decision Making

Some health decisions are easy. Others are not. Often there is more than one choice, and each will have its own risks and benefits. The “right” choice depends on what is important to you. We can help.

Our Health Coaches offer decision support counseling to patients in all DHMC/NCCC locations. We also have volunteers and staff who can help you organize your questions and concerns before an appointment.

Stop by our offices at Reception 3P in Lebanon on the DHMC Main Mall, call (603) 650-5578 or email csdm@hitchcock.org.

Office of Care Management

Located in the DHMC Main Mall level 3 next to the Gift Shop. Walk-ins welcome at the glass window. Call (603) 650-5789.

Social Workers

Social workers offer support to patients and families, help with questions, concerns, resources and referrals. Oncology Social Workers are experienced at helping patients and families with cancer. Social workers can also help you think about your goals and planning ahead for medical and other care. Social work services are free of charge.

To speak with a Norris Cotton Cancer Center Social Worker, just ask your physician, nurse or receptionist or call (603) 650-5789.



Advance Care Planning: It’s About the Conversation *

Need help to start speaking with your family about future health care decisions? We can meet with you and help you begin the conversation. We can discuss how to decide what health care choices are best for you personally, and how to put this in writing in a document called an Advance Directive.

Advance Directive assistance is available

Please call any of these locations for an appointment:

Patient and Family Support Services: (603) 650-7751

Office of Care Management: (603) 650-5789

The Dartmouth-Hitchcock Aging Resource Center: (603) 653-3460

Center for Shared Decision Making: (603) 650-5578

Interpreter Services

Monday-Friday 8:00 am-5:00 pm

Call (603) 650-5792.

Key to Symbols

(*) Registration Required

(☎) Phone-in option. Register for 800-number.

(♿) Walk-in. No registration needed.

MAY 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm Writers' Workshop * 🧘 📞 5:30-7:30m	2 Chair Massage 🧘 Reiki 🧘 Look Good, Feel Better * 9-11am Caring for Someone with Cancer 🧘 📞 4-5:30pm Melanoma Group 📞 5:30-7pm	3 Chair Massage 🧘 Reiki 🧘 Pam's Class 🧘 1-2pm Metastatic Breast Cancer Group 🧘 📞 3-5pm	4 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Wool Wizard 🧘 12-2pm	5 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm
8 Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm	9 Chair Massage 🧘 Reiki 🧘 Writing Circle * 🧘 📞 5:45-7:15pm	10 Chair Massage 🧘 Reiki 🧘 Women's Words 📞 10-11am Wig Bank * 🧘 12:30-2:30pm Pam's Class 🧘 1-2pm Leukemia, Lymphoma and Myeloma Group 🧘 📞 3:30-5pm	11 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Wool Wizard 🧘 12-2pm	12 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm
15 Chair Massage 🧘 Reiki 🧘 Lung Cancer Group 🧘 📞 11am-12pm Gentle Yoga * 1:15-2:05pm Head & Neck Cancers Group 🧘 4-5:30pm	16 Chair Massage 🧘 Reiki 🧘 Wig Bank * 🧘 9-11am Writing Circle * 🧘 📞 5:45-7:15pm	17 Chair Massage 🧘 Reiki 🧘 Pam's Class 🧘 1-2pm Thriving After Breast Cancer * 📞 5-6:30pm	18 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Wool Wizard 🧘 12-2pm Young Adult Survivors Group * 🧘 off-site 5:30-7pm	19 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm Lymphedema Information Session * 🧘 12-1:30pm
22 Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm Prostate Cancer Group 🧘 5:30-7pm	23 Chair Massage 🧘 Reiki 🧘 Writing Circle * 🧘 📞 5:45-7:15pm	24 Chair Massage 🧘 Reiki 🧘 Pam's Class 🧘 1-2pm Thriving After Breast Cancer * 📞 5-6:30pm	25 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Wig Bank * 🧘 10am-12pm Wool Wizard 🧘 12-2pm Living With Cancer Group 🧘 📞 4:30-6pm	26 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm
29 Chair Massage 🧘 Reiki 🧘	30 Chair Massage 🧘 Reiki 🧘 Writing Circle * 🧘 📞 5:45-7:15pm	31 Chair Massage 🧘 Reiki 🧘 Pam's Class 🧘 1-2pm Thriving After Breast Cancer * 📞 5-6:30pm	1	2

(🧘) Walk-in
 (📞) Telephone group
 (*) Registration Req.

June 2017

Norris Cotton Cancer Center Patient & Family Support Programs | May-August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>(👤) Walk-in (☎️) Telephone group (*) Registration Req.</p> </div>	<p>30</p>	<p>31</p>	<p>1</p> <p>Chair Massage 🧘 Reiki 🧘 Healing Harp 🎵 9:30am-2:30pm Wool Wizard 🧙 12-2pm Writers' Workshop 📖☎️ 5:30-7:30m</p>	<p>2</p> <p>Chair Massage 🧘 Reiki 🧘</p>
<p>5</p> <p>CANCER SURVIVORS WEEK See page 2 for details</p> <p>Chair Massage 🧘 Reiki 🧘</p>	<p>6</p> <p>Chair Massage 🧘 Reiki 🧘 Look Good, Feel Better * @ WHRC 10am-12pm Caring for Someone with Cancer 🧘☎️ 4-5:30pm Melanoma Group ☎️ 5:30-7pm Writing Circle * 🧘☎️ 5:45-7:15pm</p>	<p>7</p> <p>Chair Massage 🧘 Reiki 🧘 Metastatic Breast Cancer Group 🧘☎️ 3-5pm Thriving After Breast Cancer * ☎️ 5-6:30pm</p>	<p>8</p> <p>Chair Massage 🧘 Reiki 🧘 Healing Harp 🎵 9:30am-2:30pm Wool Wizard 🧙 12-2pm</p>	<p>9</p> <p>Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm Tools to Combat Cancer-Related Fatigue * 🧘 12-1:30pm</p>
<p>12</p> <p>Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm</p>	<p>13</p> <p>Chair Massage 🧘 Reiki 🧘 Writing Circle * 🧘☎️ 5:45-7:15pm</p>	<p>14</p> <p>Chair Massage 🧘 Reiki 🧘 Women's Words ☎️ 10-11am Wig Bank * 🧘 12:30-2:30pm Leukemia, Lymphoma and Myeloma Group 🧘☎️ 3:30-5pm Thriving After Breast Cancer * ☎️ 5-6:30pm</p>	<p>15</p> <p>Chair Massage 🧘 Reiki 🧘 Healing Harp 🎵 9:30am-2:30pm Wool Wizard 🧙 12-2pm Young Adult Survivors Group 🧘☎️ 5:30-7pm</p>	<p>16</p> <p>Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm</p>
<p>19</p> <p>Chair Massage 🧘 Reiki 🧘 Lung Cancer Group 🧘☎️ 11am-12pm Gentle Yoga * 1:15-2:05pm Head & Neck Cancers Group 🧘 4-5:30pm</p>	<p>20</p> <p>Chair Massage 🧘 Reiki 🧘 Wig Bank * 🧘 9-11am</p>	<p>21</p> <p>Chair Massage 🧘 Reiki 🧘 Thriving After Breast Cancer * ☎️ 5-6:30pm</p>	<p>22</p> <p>Chair Massage 🧘 Reiki 🧘 Healing Harp 🎵 9:30am-2:30pm Living Fully with Illness * @ WHRC 10am-12pm Wool Wizard 🧙 12-2pm Living With Cancer Group 🧘☎️ 4:30-6pm</p>	<p>23</p> <p>Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm</p>
<p>26</p> <p>Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm Prostate Cancer Group 🧘 5:30-7pm</p>	<p>27</p> <p>Chair Massage 🧘 Reiki 🧘</p>	<p>28</p> <p>Chair Massage 🧘 Reiki 🧘 Thriving After Breast Cancer * ☎️ 5-6:30pm</p>	<p>29</p> <p>Chair Massage 🧘 Reiki 🧘 Healing Harp 🎵 9:30am-2:30pm Living Fully with Illness * @ WHRC 10am-12pm Wig Bank * 🧘 10am-12pm Wool Wizard 🧙 12-2pm</p>	<p>30</p> <p>Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm</p>

July 2017

Norris Cotton Cancer Center Patient & Family Support Programs | May-August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm	4 Clinics Closed	5 Chair Massage 🧘 Reiki 🧘 Metastatic Breast Cancer Group 🧘☎️ 3-5pm Thriving After Breast Cancer * 🧘 5-6:30pm	6 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Living Fully with Illness * @ WHRC 10am-12pm Wool Wizard 🧘 12-2pm	7 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm
10 Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm Writers' Workshop 🧘☎️ 5:30-7:30m	11 Chair Massage 🧘 Reiki 🧘 Writing Circle * 🧘☎️ 5:45-7:15pm	12 Chair Massage 🧘 Reiki 🧘 Women's Words 🧘 10-11am Wig Bank * 🧘 12:30-2:30pm Leukemia, Lymphoma and Myeloma Group 🧘☎️ 3:30-5pm	13 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Living Fully with Illness * @ WHRC 10am-12pm Wool Wizard 🧘 12-2pm	14 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm Lunch & Learn: Smoothies & Juicing * 🧘 1-2pm
17 Chair Massage 🧘 Reiki 🧘 Lung Cancer Group 🧘☎️ 11am-12pm Gentle Yoga * 1:15-2:05pm Head & Neck Cancers Group 🧘 4-5:30pm	18 Chair Massage 🧘 Reiki 🧘 Wig Bank * 🧘 9-11am Writing Circle * 🧘☎️ 5:45-7:15pm	19 Chair Massage 🧘 Reiki 🧘	20 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Living Fully with Illness * @ WHRC 10am-12pm Wool Wizard 🧘 12-2pm Young Adult Survivors Group * 🧘 off-site 5:30-7pm	21 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm
24 Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm Prostate Cancer Group 🧘 5:30-7pm	25 Chair Massage 🧘 Reiki 🧘 Writing Circle * 🧘☎️ 5:45-7:15pm	26 Chair Massage 🧘 Reiki 🧘 Thriving After Breast Cancer * 🧘 5-6:30pm	27 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Living Fully with Illness * @ WHRC 10am-12pm Wig Bank * 🧘 10am-12pm Wool Wizard 🧘 12-2pm Living With Cancer Group 🧘☎️ 4:30-6pm	28 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm
31 Chair Massage 🧘 Reiki 🧘 Healthy Cooking Demonstration * 🧘 @ Co-op 12-1:30pm Gentle Yoga * 1:15-2:05pm	1	2	3	4

🧘 Walk-in
 ☎️ Telephone group
 (*) Registration Req.

August 2017

Norris Cotton Cancer Center Patient & Family Support Programs | May-August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Chair Massage 🧘 Reiki 🧘 Look Good, Feel Better * @ WHRC 10am-12pm Caring for Someone with Cancer 🧘☎️ 4-5:30pm Melanoma Group ☎️ 5:30-7pm Writing Circle * 🧘☎️ 5:45-7:15pm	2 Chair Massage 🧘 Reiki 🧘 Metastatic Breast Cancer Group 🧘☎️ 3-5pm Thriving After Breast Cancer * ☎️ 5-6:30pm	3 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Wool Wizard 🧘 12-2pm	4 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm
7 Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm Writers' Workshop * 🧘☎️ 5:30-7:30m	8 Chair Massage 🧘 Reiki 🧘 Writing Circle * 🧘☎️ 5:45-7:15pm	9 Chair Massage 🧘 Reiki 🧘 Women's Words 🧘 10-11am Wig Bank * 🧘 12:30-2:30 Leukemia, Lymphoma and Myeloma Group 🧘☎️ 3:30-5pm Thriving After Breast Cancer * ☎️ 5-6:30pm	10 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Wool Wizard 🧘 12-2pm	11 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West)
14 Chair Massage 🧘 Reiki 🧘 Gentle Yoga * 1:15-2:05pm	15 Chair Massage 🧘 Reiki 🧘 Wig Bank * 🧘 9-11am Writing Circle * 🧘☎️ 5:45-7:15pm	16 Chair Massage 🧘 Reiki 🧘 Thriving After Breast Cancer * ☎️ 5-6:30pm	17 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Wool Wizard 🧘 12-2pm Young Adult Survivors Group 🧘☎️ 5:30-7pm	18 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm
21 Chair Massage 🧘 Reiki 🧘 Lung Cancer Group 🧘☎️ 11am-12pm Head & Neck Cancers Group 🧘 4-5:30pm	22 Chair Massage 🧘 Reiki 🧘	23 Chair Massage 🧘 Reiki 🧘 Thriving After Breast Cancer * ☎️ 5-6:30pm	24 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Wig Bank * 🧘 10am-12pm Wool Wizard 🧘 12-2pm Living With Cancer Group 🧘☎️ 4:30-6pm	25 Chair Massage 🧘 Reiki 🧘 Healing Harp (1 West) 9:30am-2:30pm
28 Chair Massage 🧘 Reiki 🧘 Prostate Cancer Group 🧘 5:30-7pm	29 Chair Massage 🧘 Reiki 🧘	30 Chair Massage 🧘 Reiki 🧘 Thriving After Breast Cancer * ☎️ 5-6:30pm	31 Chair Massage 🧘 Reiki 🧘 Healing Harp 🧘 9:30am-2:30pm Wool Wizard 🧘 12-2pm	1

(🧘) Walk-in
 (☎️) Telephone group
 (*) Registration Req.

— REGIONAL LOCATIONS —

Many Lebanon-based support groups have a phone option and are available to anyone in the region. Groups and programs listed on this page are held in the following locations.

Norris Cotton Cancer Center – Keene, NH

Cheshire Medical Center
580-590 Court Street
Keene, NH 03431
(603) 354-5454

MAPS Cancer Support Group for Patients

(Monadnock Area Counseling Services).

2nd Thursday, 7:00-8:30 pm

For more information call (603) 355-2244 or go to www.mapsnh.org

Prostate Cancer Education and Support Group

Meets every Wednesday 1:00-2:30 pm

Patients, family, friends are encouraged to attend.
Contact: Urology at (603) 354-5454 ext. 6020

Look Good... Feel Better Class

3rd Monday, 3:00-5:00 pm

Co-sponsored by American Cancer Society.
Please register by calling (603) 354-5454 ex 2155

Wig Bank

By appointment.

Call Mary Jane Doody@MJD Hair Design (603) 358-3100

Norris Cotton Cancer Center – Manchester, NH

87 McGregor Street
Manchester, NH 03102

Call (603) 629- 6535 for more information about the **Be Well- Cancer Survivorship Program** offered at NCCC and Catholic Medical Center; including cancer support groups, chair massage, healing harp, music therapy, art therapy and upcoming health enrichment programs.

Support Groups include Look Good... Feel Better, Wig Bank, The Living with Cancer Support Group and the Lymphedema Support Group. Call (603) 629-8683 to learn more.

Oncology Exercise Program: Learn how exercise can have a positive effect on your wellbeing in a warm caring environment. For More information call (603) 663-6535.

Gentle Yoga: A restorative mat based class offering gentle yoga postures to help lower tension and anxiety while promoting a sense of wellbeing. For more information or to register please call (603) 663-6535.

Nutrition: We'll help you create a nutritional plan, improve your appetite and evaluate herbal and vitamin therapies, Call (603) 629-8691 for an appointment.

Norris Cotton Cancer Center – Nashua, NH

2300 Southwood Drive
Nashua, NH 03063
Call (603) 577-4000 for program information.

Norris Cotton Cancer Center – St. Johnsbury, VT

1080 Hospital Drive
St. Johnsbury, VT 05819
Call (802) 473-4100 ext 216 for additional information about upcoming classes and available times for Chair Massage, Reiki and Healing Harp.

Look Good ... Feel Better Class *

Gladys Brooks Cancer Resource Library
To register and for schedule, call (802) 473-4100.

Cooking Demonstrations

Call (802) 473-4100 for schedule.

Circle of Care Boutique *

Everything from useful, compassionate gifts to head scarves and lotions. Prosthesis fitting and wigs are available by appointment.

Monday-Thursday, 10:00 am-4:00 pm

For an appointment, call (802) 748-7372.



Key to Symbols

- (*) Registration Required
- (☎) Phone-in option. Register for 800-number.
- (♿) Walk-in. No appointment needed.

Spiritual Support

The support of a chaplain is available to patients and their loved ones during times of hospitalization or when receiving outpatient care. We can explore with you that which brings meaning to your life, identify things which you find sacred and journey with you through your experience of illness and treatment. We provide spiritual support that is respectful of each individual's beliefs.

Spiritual Support services may include:

- Individualized assessment of spiritual needs and resources
- Support, counseling, prayer, companionship in times of crisis
- Sacramental ministry, including Anointing of the Sick and Communion
- Integration of services with community clergy if a patient desires this
- Consultation regarding decision-making



Lebanon

DHMC/Norris Cotton Cancer Center's Interfaith Chapel is located on Level 3, near the patient towers. The Chaplaincy Department invites and welcomes all people of every spirituality, faith tradition, and life philosophy to visit the chapel, open 24 hours a day. Some of the ways you might use this soothing space include the following:

- Quiet meditation
- Rest for your spirit
- A place to sit in beauty
- A place to think or clear your mind
- A way to reconnect to the sources of meaning in your life

Roman Catholic Mass is held in the Chapel Sundays at 11:00 am, Tuesdays and Thursdays at noon, and Holy Days.

Non-emergency situations:

Please call the Chaplain's Office at (603) 650-7939. From a DHMC phone, just dial 5-7939.

Urgent situations:

Dial (603) 650-5000, and ask the operator to page the on-call chaplain.

From a DHMC phone, just dial 0.

Your nurse, social worker, doctor or other health care provider is able to contact the chaplain for you.

Keene

The Meditation Room is located on the main lobby level of Cheshire Medical Center/Dartmouth-Hitchcock Keene. To speak with a chaplain, please call (603) 354-5400.

Manchester

The Chapel is on the first floor of Catholic Medical Center. Mass is held at 11:00 am weekdays, Saturdays at 4:00 pm and Sundays at 11:15 am. To speak with a chaplain, please call (603) 668-3545.

St. Johnsbury

The Chapel is on the main floor of Northern Vermont Regional Hospital. To contact the chaplain please call (802) 748-7473.

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The 2017 Prouty & Prouty Ultimate July 7 & 8

Bike, Walk, Row, Golf to fight cancer!

This is the 36th Prouty! Get your friends, family, and co-workers involved today. From casual walker to the elite athlete — there are opportunities for everyone to make a difference in the fight against cancer by participating in The Prouty.

Dollars raised by the signature annual fundraiser of the Friends of Norris Cotton Cancer Center — The Prouty™— not only support cancer research, they ease the journey for patients with cancer and their loved ones by funding the many services below.

Prouty Dollars Make Support Services Possible

- Chair Massage
- Creative Writing
- Therapeutic Harp
- Tai Chi Classes
- Wig Banks
- Weekend Help from CAPS (Dartmouth Student Volunteers)
- Reiki
- Visual Arts
- Mindfulness Classes
- Exercise Classes
- Look Good... Feel Better
- Nutrition Classes
- Yoga

All Programs open to cancer patients, survivors, family members and friends at no charge!

Support Groups -

Ask how you can call in from home.

- Caregivers
- Gynecologic Cancers
- Head and Neck Cancers
- Leukemia, Lymphoma & Myeloma
- Living with Cancer (for all cancers)
- Lung Cancer
- Melanoma
- Metastatic Breast Cancer
- Prostate Cancer
- Thriving After Breast Cancer
- Young Adult Cancer Survivors



One Medical Center Drive
Lebanon, NH 03756
(603) 650-7751
cancersupport@hitchcock.org
cancer.dartmouth.edu



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