

Gene Upshaw Memorial TAHOE FOREST CANCER CENTER Patient, Family and Caregiver Programs



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GENE UPSHAW MEMORIAL
TAHOE FOREST CANCER CENTER

Patient, Family and Caregiver Programs

Gene Upshaw Memorial Tahoe Forest Cancer Center offers a variety of supportive care programs. Cancer specific support programs have been shown to play an important role in a patient's overall treatment program.

We offer an integrated approach to psychosocial needs before, during and after treatment.

This whole-person approach to cancer care addresses the social, psychological, emotional, and functional aspects of the journey to improve the quality of life for the patient, family and caregiver. **Each of these programs is offered at no cost to patients and is offered through generous philanthropic support. 100% of donations to Tahoe Forest Health System are given where the donor has intended.**



Individual Counseling/Therapy

A cancer diagnosis can add stress to anyone's life. Gene Upshaw Memorial Tahoe Forest Cancer Center offers free individual therapy with a licensed psychologist specializing in oncology. This service is offered to patients, survivors and caregivers. Therapy can often help reduce depression, anxiety and pain, while simultaneously increasing healthy behaviors such as better nutrition, exercise and sleep. **Contact Kirk Ditterich, PsyD, Licensed Behavioral Health Clinician, (530) 582-8207 or kditterich@ffhd.com.**

From Cancer to Health

Participation in the From Cancer to Health program offers people a sense of control over their treatment. Addressing the emotional aspects of cancer treatment is important for psychological and physical wellness. Topics of the program include stress reduction, communication, nutrition, support networks, specific disease treatment, exercise, and problem solving. From Cancer to Health runs for 26 sessions with a 5-month weekly phase followed by a monthly maintenance phase for 6 months.

This program is based on research by Dr. Barbara Andersen, a distinguished clinical psychologist from Ohio State University. Her findings suggest that newly diagnosed breast cancer patients who follow bio-behavioral practices have an increased chance of survival and reduced likelihood of recurrence of cancer. From Cancer to Health draws on Dr. Andersen's program to meet the needs of most cancer patients. **Contact Kirk Ditterich, PsyD, Licensed Behavioral Health Clinician, (530) 582-8207 or kditterich@ffhd.com.**

Exercise for Energy- Classes available in Truckee and Incline Village

Specially designed for current and recovering cancer patients, this ongoing class offers guidance, support and useful tools to maintain health and wellness. The class incorporates strengthening, stretching, breathing, balance, cardio, and fitness education. All classes are supportive, medically managed and taught by health professionals. **Contact Michelle Larson, MPT, CLT-LANA, (530) 587-3769 or mlarson@ffhd.com.**



Massage Therapy

This therapy service is provided to cancer patients to help with fatigue, anxiety and some treatment side effects such as nausea. In a calm setting, cancer patients can enjoy a peaceful quiet reprieve, feel more connected with body, mind, and spirit, feel relaxed and comfortable and experience improved sleep and a greater sense of well being. Massage therapy for active cancer patients is free of charge. Caregivers receive 3 free sessions. Survivors can enjoy 3 free massages and then receive discounted sessions. **By appointment, contact Polly Triplat, CMT, Certified Massage Therapist, (530) 412-0774 or ptriplat@ffhd.com.**

Acupuncture

Acupuncture provides a holistic perspective for patients at the cancer center. Through the practice of both acupuncture and Traditional Chinese Medicine, this program offers a complementary approach to help manage the side effects of chemotherapy and radiation and alleviate some of the dis-ease and stress, both physical and emotional, that cancer patients experience. Group treatments are available weekly from 5-7 PM or by appointment. **Contact Tyler Lapkin, L.Ac, Acupuncturist, (530) 414-0394 or tlapkin@ffhd.com.**

Biofeedback

Biofeedback trains the patient in relaxation, mindfulness and coherence and teaches self-regulation skills which can relieve and ease chronic pain, reduce stress and anxiety, and increase relaxation. Precise instruments measure physiological activity such as heart function, breathing, muscle activity and skin temperature and accurately "feed back" the information on a computer screen. What we can see, we can change. **Contact Linda MacKenzie, RN, BCB, Biofeedback Therapist, (530) 386-6731 or lmackenzieparks@ffhd.com.**

Caregiver Education and Navigation Workshops

Supporting your loved ones through cancer can be a difficult and confusing experience. Gene Upshaw Memorial Tahoe Forest Cancer Center understands that an educated and supported caregiver is a powerful force in the fight against cancer. This workshop covers topics such as navigating billing and insurance, proper nutrition, and whole body wellness. **By appointment, contact Kirk Ditterich, PsyD, Licensed Behavioral Health Clinician, (530) 582-8207 or kditterich@ffhd.com.**

Deep Relaxation for Patients, Survivors & Caregivers

Let go of tension in your body and your mind and learn to visualize yourself in optimal health. Class includes a fully guided meditation called Yoga Nidra (yogic sleep), where you take a journey through your body to experience deep relaxation and healing. No experience necessary, appropriate for all levels. **Contact Nikki Dean, Cancer Exercise Specialist, E-RYT 500, (530) 587-3769 or nikki.dean@ffhd.com.**

Yoga for Patients and Survivors

A combination of yoga postures, breathing techniques, and meditation, this gentle class helps students relieve stress, gain greater body awareness, and strengthen from the inside out. Students are encouraged to work at their own level to improve physical, emotional, and mental health throughout treatment and recovery. No experience necessary, appropriate for all levels. **Contact Nikki Dean, Cancer Exercise Specialist, E-RYT 500, (530) 587-3769 or nikki.dean@ffhd.com.**

Music as Medicine

Music as Medicine is part of a whole-body approach to wellness. This program is open to cancer patients and their caregivers. Music as Medicine has been recommended by the American Music Therapy Association for reduction of stress and pain, to improve mood, and to promote healing. No musical experience is necessary. Group and individual sessions are available for no cost. **Contact Lynelle Tyler, PsyD, Clinical Psychologist, (530) 582-6367 or ltyler@ffhd.com.**

Look Good...Feel Better® Program

This program is designed to help women overcome the appearance-related side effects of cancer treatment. Expert local estheticians, in collaboration with the American Cancer Society, offer this program monthly. Needed supplies must be ordered, so please be sure to register in advance.

Contact Ashley Connor, (530) 582-6373 or aconnor@ffhd.com.

Healing Arts

This Interactive support program uses art and creative writing as tools for healing. This is an opportunity to identify and explore feelings related to diagnosis and treatment and to help alleviate stress. This service is provided by a licensed therapist. Creative Wellness groups are offered in the evenings.

Contact Kirk Ditterich, PsyD, Licensed Behavioral Health Clinician, (530) 582-8207 or kditterich@ffhd.com.

WeCARE!™ Peer Navigator Program

The WeCARE!™ Community-Based Cancer Peer Navigator program provides special support on an individual basis. This program matches newly diagnosed breast and prostate cancer patients with trained cancer survivors. The WeCARE!™ program is available to any newly diagnosed cancer patient, regardless of where the patient receives treatment. Peer navigators are breast cancer or prostate cancer survivors who have been trained to be “coaches” who provide information on disease and treatment options, and to be a resource for patient and family. They are also trained to assist with problem-solving and provide coping strategies. If desired, a peer navigator can accompany patient to doctor's visit or treatments. **For more information, contact Ann Ajari, Licensed Clinical Social Worker, (530) 412-3262 or aajari@ffhd.com.**

The Hero's Journey

Group support for patients and survivors. Experience the camaraderie among patients and survivors of cancer by sharing your fears, struggles, changes in life perspectives, beliefs and meaning. Sharing your story is an evidence-based practice that facilitates the emotional healing process and helps reduce stress and anxiety. **Contact Lynelle Tyler, PsyD, Clinical Psychologist, (530) 582-6367 or ltyler@ffhd.com.**

Kick Nicotine

In this series of workshops, trained clinical psychologists, nutritionists, pharmacists and clinicians will guide you through the process of kicking the habit. Free carbon monoxide testing, relapse prevention support and strategies, and different techniques to replace nicotine cravings. **For more information, or to register, contact Kirk Ditterich, PsyD, Licensed Behavioral Health Clinician, (530) 582-8207 or kditterich@ffhd.com.**

The Gene Upshaw Memorial Tahoe Forest Cancer Center is led by:

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