

# **LOCAL RESOURCE GUIDE**

## ***For Alaskan Breast Cancer Patients and Their Families***

updated by PRD (Pink Ribbon Days) Charities, Inc.-- November 2008  
[www.pinkribbondays.org](http://www.pinkribbondays.org)

Unless otherwise listed, all telephone prefixes are 907 for state of Alaska.

### **Providence Health Services**

[www.providence.org/alaska](http://www.providence.org/alaska)

Providence Cancer Center 212-6870 Front Desk

- Cancer Therapy (Radiation Therapy) 212-6084 or 1-877-857-3100
- Office of Patient Navigation 212-6870 \* Genetic Counseling 212-6874
- Cancer Research Office/Clinical Trials Info 212-6871
- Art Venture Healing Arts Program for individuals with cancer & families 212-6870

Palliative Care Program 273-7890

Providence Hospice 770-7078

Oncology Rehabilitation 212-6872

Outpatient Physical, Occupational, and Speech Therapies 565-6300

Diabetes and Nutrition Center 212-7980

Spiritual Care Department 212-2990

Providence Financial Counseling Office 261-3161

### **Alaska Regional Cancer Care Center 264-1383**

[www.alaskaregional.com](http://www.alaskaregional.com)

Cancer Care Coordinator 264-2967

Oncology Social Worker 264-1514

Patient Care Coordinator 264-2994

Research Nurses 264-1579

Also available: Cancer Boutique (wigs, scarves, hats) and cancer library on 5<sup>th</sup> floor of AK Regional Hospital

Hospital 101 (navigating the hospital and medical system) 264-1514 Last Tuesday of each month 7-8pm in Ivy Room

### **Counseling Resources**

Note: These particular resources have been recommended as they offer services of interest and/or are noteworthy for cancer patients and their families.

- Alaska Children's Services 346-2101 \* Larry Holman LMFT 272-7002
- Alaska Women's Resource Center 276-0528 \* Linda Hearn PhD 258-1937
- Anchorage Comm. Mental Health 561-0954 \* Linda Lancaster ANP 563-2400
- Denali Family Services 274-8281 \* Barbara Maryan ANP, LMFT 562-3345
- Good Samaritan Counseling 565-4000 \* Leon Webber D.Mn, LMFT 277-6888
- Providence Center for NeuroPsych Services 212-2673
- Linda Webber, PhD 646-7600

### **Support Groups**

Advanced Cancer Group 264-1431

- \* Meets the last Monday of the month 7-9pm, AlaskaRegional 2841 Debarr Rd., Medical Bldg. C

American Cancer Society Support Group 273-2077

[www.cancer.org](http://www.cancer.org)

- \* Meets every Thursday from 7-8:30pm at 3851 Piper Dr., Ste 4240, Anchorage

Anchorage Breast Cancer Support Group 261-3607

- \* For women at any stage of surviving breast cancer

- \* Meets 3<sup>rd</sup> Wednesday of the month 7-9pm, Providence Cancer Center, 3851 Piper Dr. Ste 2281, Anchorage

Barrow Women's Support Group 852-4611 (Ask for Dr. Smith's office)

Cancer's Intimate Partners 743-2785

- For the spouse or partner of cancer patient.
- Meets the third Sunday of every month, 9-10:30 am at Providence Cancer Resource Center, 3851 Piper Dr.
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- Elmendorf AFB Breast Cancer Support Group 868-8671
- All patients with breast cancer in any stage of treatment
  - Meets the 2<sup>nd</sup> Wednesday of every month, please call for location and time.
- Women Listen Support Group 333-4894 [www.womenlisten.org](http://www.womenlisten.org)
- \* Great support group for women with cancer. Call in the evening for time & location.
- YWCA Encore Plus 644-9621 [www.ywcaak.org](http://www.ywcaak.org)
- Provides breast & cervical cancer low cost/free services.
  - FREE membership to YMCA gym for breast cancer survivors
  - FREE Casting for Recovery (Fly Fishing) Retreat for breast cancer survivors for a weekend.

### **Cancer Information**

- American Society of Clinical Oncology [www.asco.org](http://www.asco.org)
- \* ASCO is the world's leading professional organization representing physicians who treat people with cancer.
- Breast Cancer.Org [www.breastcancer.org](http://www.breastcancer.org)
- \* Excellent site contains must know breast cancer information!
- Cancer Care 1-800-813-4673 [www.cancercare.org](http://www.cancercare.org)
- \* Provides free professional support services to anyone affected with cancer.
- Cancer Hope Network 1-877-HOPENET [www.cancerhopenetwork.org](http://www.cancerhopenetwork.org)
- \* Provides free, confidential, one-on-one support to people with cancer and their families.
- Fertile HOPE 1-888-994-HOPE [www.fertilehope.org](http://www.fertilehope.org)
- \* Up-to-date information about fertility risks parenthood options, and pregnancy after breast cancer.
- I Can Cope Online Classes [www.cancer.org](http://www.cancer.org)
- \* From the American Cancer Society.
- I'm Too Young For This [www.imtooyoungforthis.org](http://www.imtooyoungforthis.org)
- \* Ranked as one of TIME Magazine's 50 best websites for 2007 for young adults affected by cancer.
- National Cancer Institute's Cancer Info Service 1-800-422-6237 [www.cancer.gov](http://www.cancer.gov)
- \* Highly trained cancer information specialists in English and Spanish.

### **Clinical Trials**

Providence Cancer Center Research Department 212-6871  
Or ask your Oncologist

### **Regional Reimbursement Funds**

- First City Council on Cancer, Ketchikan 225-4101
- \* Financial Assistance for Medical Treatment and Travel for cancer patients.
- Cancer Connection, Juneau/Southeast Alaska 796-2273 [www.cancerconnectionak.org](http://www.cancerconnectionak.org)
- \* Travel Assistance Program for expenses incurred during travel outside their community for cancer treatment.
- WOW Fund, Soldotna 714-4490 [www.cpg.org](http://www.cpg.org)
- \* Travel Assistance for medical treatment for breast cancer patients.

### **Health & Beauty (Health Esteem)**

- Look Good Feel Better 277-8696 or 1800-227-2345
- Patients learn beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments. Volunteer beauty professionals lead small groups about make-up, skincare and hair loss beauty options.
  - Ask American Cancer Society about FREE wigs and breast prothesis.
- Look Good Feel Better for Teen [www.2bMe.org](http://www.2bMe.org)
- \* Non-medical information that teens with cancer want to know – from skin and hair to fitness and friends.
- Elena's Hair Design (former Lagadi & Assoc) 277-5310
- \* Wigs for chemotherapy and radiation patients and designer head wraps,.

**Massage**

Oncology Massage Associates

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|----------------------------|----------|---|-----------------|----------|
| • Sandy Duncan – MatSu     | 354-0453 | * | Jamie Elswick   | 230-5258 |
| • Kelley A. Porter – MatSu | 373-7117 | * | Patti Kaszuba   | 230-1371 |
| • Sandy Foger              | 360-7536 | * | Dottie Westberg | 929-2639 |
| • Sharon Lidz              | 632-4226 |   |                 |          |

**Additional Resources**

- Alaska Cancer Care Alliance (at AK Regional Hospital) 257-9837 [www.alaskacancercarealliance.org](http://www.alaskacancercarealliance.org)  
\* Provides patient support during treatment and beyond.
- Alaska Survivorship and Wellness Program 261-3059  
\* Founded through a grant from the Lance Armstrong Foundation. Provides resources and address the survivorship needs of persons of any age who have been treated for cancer in the past.
- American Institute for Cancer Research [www.aicr.org](http://www.aicr.org)  
\* Promotes research on diet and cancer prevention. Features recipes and free e-mail consult and other nutrition information.
- Centers for Medicare and Medicaid Services [www.cms.hhs.gov](http://www.cms.hhs.gov)
- Hospice of Anchorage 561-5322 [www.hospiceofanchorage.org](http://www.hospiceofanchorage.org)  
\* Help people meet the transition from life to death and to cope with loss and grief.
- Partnership for Prescription Assistance 1-888-477-2669 [www.pparx.org](http://www.pparx.org)  
\* Get help paying for your medical prescriptions.
- PRD Charities Inc (Pink Ribbon Days) 562-5629 [www.pinkribbondays.org](http://www.pinkribbondays.org)  
\* Nonprofit based in Anchorage that assembles and distributes FREE “Comfort Bags” to newly diagnosed breast cancer patients through their oncology office/medical center.
- Well Spouse Foundation 1-800-838-0879 [www.wellspouse.org](http://www.wellspouse.org)
- Team Survivor Perseverance – Juneau [www.teamsurvivorak.org](http://www.teamsurvivorak.org)  
\* To maximize participation by women cancer survivors in physical activity and fitness programs as part of their overall wellness plan.

**How to Locate a Healthcare Provider**

- Providence Nurse/Physician Referral Line 261-4900 [www.providence.org](http://www.providence.org)
- Anchorage Project Access 339-8746 [www.anchorageprojectaccess.org](http://www.anchorageprojectaccess.org)
- Assists people without health insurance who meet certain eligibility criteria.
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**Primary Care Facilities with lowcost, and/or sliding-scale fee payment systems**

- Anchorage Neighborhood Health Clinic 257-4600 [www.anhc.org](http://www.anhc.org)  
\* Full service family clinic, provides services to people with Medicaid, Medicare, public and private insurance, as well as uninsured.
- Providence Family Medicine Center 562-9229  
\* Full Service family clinic, provides services to people with Medeicaid, Medicare, public and private insurance, as well as uninsured.

**Official Disclaimer:** PRD Charities, Inc. does not necessarily endorse the opinions, services, and products listed in this guide and is not responsible for the views and outcomes of resources listed. *As a courtesy*, these services are listed for the benefit of breast cancer patients and their families.