

Pathways to Wellness

Survivors' Guide to Local Resources



*"We keep moving forward, opening new doors, and doing new things,
because we're curious and curiosity keeps leading us down new paths."
- Walt Disney*

When does survivorship begin?

A Cancer Survivor is anyone with a history of cancer and begins at the time of diagnosis and for the remainder of life.

Accepted definition from: National Coalition for Cancer Survivorship

As your fellow survivors, we offer you this Pathways to Wellness Resource Guide filled with varied resources that can help you live life to the fullest after cancer. There are many paths we can choose to better our minds, bodies, and souls, and yet as cancer survivors we all share the same healing journey. It is our hope that you will seek joy; embrace love and fill your life with serenity and meaningful purpose. Every day is a brand new day; a day full of promise and beauty to choose your own pathways to wellness.

Would you like to make a donation to the Gibbs Survivorship Fund?

**Spartanburg Regional Foundation
Gibbs Survivorship Fund
101 East Wood Street
Spartanburg, SC 29301
864-560-7904
Email: mkennedy@srhs.com
www.regionalfoundation.com**

Your gift will assist in providing lifelong follow up care for cancer survivors, helping them to achieve a better quality of life.

Thank you!



**Spartanburg Regional
FOUNDATION**

Letter from the Editor:

When I first started working in survivorship, I was stunned by how little formal care, support or programs were specifically focused on survivors after intensive treatment. Cancer survivors were entering a new phase of life beyond cancer with scarcely any documentation of their cancer, treatments, toxicities, or pathology reports. I have worked as a professional most of my life in oncology but it took having a cancer to see what we needed in our specialty. This is not to diminish all the successes of intensive treatment and the great advances in cancer care. Rather, I look at this as a further building block to complete the loop of a cancer survivor back into their community and life.

Cancer survivorship care is not a luxury, it is a necessity. My hopes along with several other key personnel who have worked on this resource manual is for it to help survivors improve their life, not feel alone, know more about their community and aftercare for survivorship.

Many thanks to Kay McClure, Reggie Scoggins, Hollie Walker, Laurens Flanagan, John Cash, Perry Patterson, focus group participants, Millennium Pharmaceuticals and the South Carolina Cancer Alliance for bringing the 2nd edition of this resource book to fruition.

Gina Franco

Table of Contents

Gibbs Support and Resources	4
Area Advocates	10
Cancer Resources	13
Community Agencies	22
Senior Services	24
Medical Services	25
Financial/Discounted Medical Services	26
Nutrition	28
Weight Loss	29
Physical Activity	30
Retreats	33
Survivorship Clinic	35
Your Survivorship Care Plan	37
Personal Life Goals	38
USB Drive Instructions	39
Calendar of Events	41
Survivorship Reading List	46
Get Involved	49

Gibbs Support and Resources

Art Therapy	Carole Russell-Griffin 864-560-1982 crussellgriffin@srhs.com
Breast Cancer Navigators	Kirsten Beeker 864-560-6867 kbeeker@srhs.com Elizabeth Hassen 864-560-6867 ehassen@srhs.com
Cancer Learning Center	Perry Patterson 864-560-6747 ppatterson@srhs.com
Center for Health and Healing	Hunter Mahon 864-560-1981 hfmahon@srhs.com
Chaplain	Coy Callicut 864-560-2048 ccallicut@srhs.com
Clinical Research	864-560-6812 research@srhs.com
Colorectal Screening Outreach	Noel Kinard 864-560-1965 nkinard@shrs.com
Community Faith Based Navigator	Nancy Waddell 864-216-5912 nwaddell@srhs.com

Disparities Outreach Coordinator	DeLisa Dawkins 864-560-1983 dsdawkins@srhs.com
Head-Neck Cancer Navigator	Chad Dingman 864-560-1974 cdingman@srhs.com
Lung Cancer Navigator	Susan Ford 864-560-1990 sford@srhs.com
Massage	864-560-6140
Nutrition – Dietician	Cathy Zwilling 864-560-1976 cazwillin@srhs.com
Prostate Navigator	Kim Johnson 864-560-1967 kjohnson@srhs.com
Rehabilitation - Energy for Life	864-560-1970
Smoking Cessation	Judy Drake 864-560-1973 jdrake@srhs.com
Social Worker - Oncology	Chad Dingman 864-560-1974 cdingman@srhs.com

Survivorship Nurse Practitioner

Gina Franco
864-316-1335
gfranco@srhs.com

Survivorship RN

Reggie Scoggins
864-560-1835
rsscoggins@srhs.com

That Special Look

864-560-7080
877-455-7747

Support Groups

We offer many support groups, including some that meet at the Gibbs Cancer Center and others that meet in various places across Spartanburg County. Support groups are a good way for you to meet and gain strength from others who have experienced what you are going through. Research has shown that support groups can reduce the three most significant stressors associated with cancer: unwanted aloneness, loss of control and loss of hope.

***For support group times and registration visit:**

www.gibbscancercenter.com or

call the Cancer Learning Center at: 864-560-6747

Cancer Caring Connection - This group is for cancer patients, survivors, and their families.

Contact: Lori Anne Morrow at 864-560-1800 for more information.

Cancer Support Group - This group welcomes anyone who is currently undergoing treatment, has had a cancer diagnosis or has a loved one or friend needing support.

Contact: Jackie Hollis at 864-573-5177 for more information.

Breast Cancer

Breast Cancer Brown Bagger - A luncheon held monthly for breast cancer patients in which various topics are discussed.

Contact: Kirsten Beeker at 864-560-6867 for more information.

Colon Cancer

Get Checked -Colorectal Cancer - This support groups welcomes colorectal cancer patients and survivors.

**Contact: JoEllen DeLuca - CCS, president – crcsolutions@bellsouth.net
864 583-2721 for more information.**

Prostate Cancer - Us Too Support Group - Prostate cancer patients and survivors band together in this group to face the unique challenges of their disease and its treatment.

Contact: Joe Dickey at 574-3771 or jdickey2@charter.net

L.H. Buff at 576-7810 for more information.

Head and Neck Cancer Support Group -This group is in the process of restarting.

Contact Erica McCarthy for more info 864-560-1984.

Center for Health and Healing

The Spartanburg Regional Center for Health and Healing integrates modern medicine with established practices from around the world.

Our clinical programs focus on prevention, patient-empowerment and whole-person healing. Our practitioners are trained in both conventional and complementary therapies and offer professional guidance for balancing the mind, body and spirit to improve health.

You can access these therapies and classes directly, with or without referral from your medical doctor.

The Mind-Body Skills Groups is an eight-week program to learn the scientific basis for mind-body medicine, while experiencing the power of the small-group approach modeled after the Center for Mind-Body Medicine. Participants learn to use a range of the most effective tools for self-care and stress management, including:

- . Meditation
- . Guided imagery
- . Biofeedback and autogenic training
- . Breathing, movement and mindful eating
- . Self-expression through words and drawings

How can this program help me handle stress and illness?

- . Decreased depression and anxiety
- . Heightened sense of well-being and engagement in life
- . Better coping skills
- . Less pain and fatigue
- . More energy

Tuition for the course is \$300 and financial assistance is available for those who qualify. The Mind-Body Skills Group includes a free 30-minute private interview with the instructor before the first class.

To register, call 560-1981.

Area Advocates

Shannon Carney and David Pschirer - Co-Founders

Wind River Cancer Wellness Retreats and Programs.

Survivorship, holistic health, retreat programs, integrative medicine, cycling, yoga, and meditation.

Phone: 828-863-2343

shannon@windriverservices.org dave@windriverservices.org

www.windriverservices.org

John Cash – Nature’s Storehouse, 427 S. Trade St, Tryon, NC - owner, Livestrong Coach & Leader, Gibbs Cancer Center

Survivorship Fundraiser. Survivorship, cycling, wellness, coaching, community collaboration and nutrition.

Phone: 828-859-6356

naturesstore@windstream.net

Don Dean - Gibbs Cancer Center Survivorship Advisory Committee and Lay Member of Gibbs Cancer Care Committee Representative, a speaker supporting clinical trial participation, cancer research and survivorship.

Phone: 864-621-6035

dadventures@hotmail.com

JoEllen DeLuca – Colon Cancer Solutions (CCS) ,Executive Director– Founder Get Checked! Colorectal Cancer Support Group, Gibbs Cancer Center Survivorship Advisory Committee - National advocate for colon cancer survival and screening, clinical research trials, Mayo Clinic (NCCTG) and RAN (Research Advocacy Network) advocate.

Phone: 864-583-2721

crcsolutions@bellsouth.net

Joe Dickey – Us Too Prostate Support Group Leader, Prostate Cancer Advocate
Phone: 574-3771

Laurens Flanagan – Cyclists Against Cancer (CAC), Livestrong Challenge Mentor, Gibbs Cancer Center Survivorship Volunteer. Resource for young cancer survivors, cycling, wellness, coaching, community collaboration and nutrition.

Cyclistsagainstcancer@gmail.com

Gina Franco MSN, NP – Gibbs Cancer Center Survivorship Clinic Coordinator, national advocate and speaker for Survivorship , wellness education, breast cancer, community collaboration and care.

Phone: 864-316-1335

gfranco@srhs.com

Kim Johnson RN - Gibbs Cancer Center Prostate Nurse Navigator
Phone: 864-560-1967

KJohnson@srhs.com

Joe Lever – Gibbs Cancer Center Survivorship Advisory Committee, Resource for newly diagnosed testicular cancer patients.

LeverJK@me.com

Kay McClure - Gibbs Cancer Center Survivorship Volunteer, Gibbs Cancer Center Survivorship Advisory Committee and lay member of Gibbs Cancer Care Committee Representative. Survivorship, Integrative Lay Navigation, Breast Cancer and Community Integration.

Phone: 864-580-9899

Kaymclure58@gmail.com

Reggie Scoggins RN – Gibbs Cancer Center Survivorship Clinic Nurse – Survivorship, writing, photography and breast cancer
Phone: 864-560-1835

rsscoggins@srhs.com

Hollie Walker - Gibbs Cancer Center Survivorship Volunteer - Survivorship Advisory Committee, ACS Lay Navigator, Garden Connection Leader. Survivorship, holistic health, integrative medicine, labyrinths, writing and gardening.

growjoy@att.net

Lindsey Webster – Breast Cancer, Breast Feeding and Breast Cancer, Access to Healthcare.

Phone: 864-585-7600

Cancer Resources

Telephone Numbers and Websites

Local

American Cancer Society

Teri Donahoo, Community Manager

154 Milestone Way

Greenville, SC 29615-5090

Phone: 864-627-1903

1-800-227-2345

Website: www.cancer.org

Email: Teri.Donahoo@cancer.org

Cancer Association of Spartanburg and Cherokee Counties

Gladyeane S. Lee, Executive Director

295 E. Main Street, Suite 100

Spartanburg, SC 29302

Phone: 864- 582-0771

Fax: 864-583-6123

Email: info@cancerassociation.org

glee@cancerassociation.org

Cancer Society of Greenville County

113 Mills Avenue

Greenville, SC 29603

Phone: 864-232-8439

Website: www.cancersocietygc.org

Union County Cancer Service

117 Fant Lane

Union, SC 29379

Phone: 864-427-8752

Colon Cancer Solutions (CCS)

Colon Cancer Advocacy Group based in Spartanburg that works to provide support to cancer patients and their families. Our goal is to inform the public of the effects of having colon cancer and to raise awareness of the many accessible methods of prevention.

E-mail: crcsolutions@bellsouth.net

Phone: 864- 583 -2721

Website: <http://www.gicancersolutions.org>

Susan G. Komen Foundation

SC Mountains to Midlands Affiliation

301 Halton Road, Suite D-2

Greenville, SC 2960

Phone: 864- 234-5035

Email: info@komenscmm.org

Cyclists Against Cancer (CAC) - group of cyclists who enjoy riding bicycles and raising funds to benefit cancer based charities.

www.teamcac.org

Let There Be Mom

A non-profit organization that services the SC upstate to help moms or dads, who have a life threatening illness, provide a legacy for their children.

407 Parker Ivey Drive

Greenville, South Carolina 29607

Phone: 864-608-9819

Legacy@LetThereBeMom.org

National

Association of Cancer Online Resources (ACOR)

Offers a unique collection of online communities designed to provide timely and accurate information in a supportive environment. ACOR offers access to mailing lists that provide support, information and community to everyone affected by cancer and related disorders.

Website: www.acor.org

Intercultural Cancer Council

The Intercultural Cancer Council (ICC) promotes policies, programs, partnerships, and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations in the United States and its associated territories.

Phone: 713-798-4614

Website: <http://iccnetwork.org>

Institute of Medicine (IOM)

An independent, nonprofit organization that works outside of government to provide unbiased and authoritative advice to decision makers and the public. The IOM asks and answers the nation's most pressing questions about health and health care.

Website: www.iom.edu

Fertile Hope

Fertile Hope is dedicated to providing reproductive information, financial support and hope to cancer patients and survivors whose medical treatments present the risk of infertility.

Website: <http://www.fertilehope.org>

Planet Cancer

Planet Cancer provides a critical community of peer support and advocacy for young adults with cancer.

Website: <http://planetcancer.com>

Hope for Two...The Pregnant with Cancer Network

Hope for Two...The Pregnant with Cancer Network is a national non-profit organization for women diagnosed with cancer during pregnancy. Our mission is to connect women who are pregnant with cancer with other women who have been pregnant with the same type of cancer. These women are here to lend support, offer hope and share their experiences with one another through phone and e-mail conversation.

Email: info@hopefortwo.org

Website: <http://www.pregnantwithcancer.org>

Young Survival Coalition

Young Survival Coalition (YSC) is dedicated to the critical issues unique to young women and breast cancer. YSC works with survivors diagnosed with breast cancer ages 40 and under.

Website: <http://www.youngsurvival.org>

CURE: Cancer Updates, Research, & Education

CURE magazine, launched in 2002 for cancer patients, survivors, and caregivers, has become the largest consumer magazine in the United States focused entirely on cancer.

Phone: 800-210-CURE (2873)

Website: <http://www.curetoday.com>

Asian American Network for Cancer

Awareness, Research and Training (AANCART)

An online database of Asian language cancer materials. The program is designed to help Asians and Pacific Islanders with limited English speaking abilities gain access to information on how to reduce their risks of cancer.

Website: <http://www.aancart.org>

Cancer and Careers

Provides a free workbook, educational resources, support and information for both cancer patients and survivors, as well as coworkers, managers, CEOs and human resources personnel about cancer patients and survivors working through their treatment and returning to work.

Website: www.cancerandcareers.org

Cancer Information and Counseling Line (CICL)

A free service provided by AMC Cancer Research Center, professional counselors provide up-to-date medical information, emotional support through short-term counseling, and resource referrals to callers nationwide (8:30 a.m. - 5 p.m. MST).

Phone: 800-525-3777

Website: www.amc.org

Cancervive

Helps cancer survivors overcome the challenges of “life after cancer.” In addition to support groups, they provide educational materials, insurance information and assistance and advocacy.

Phone: 800-486-2873

Website: www.cancervive.org

CaringBridge

A free Internet service that provides personalized web pages to help keep friends and family informed of life events. It also allows visitors to post encouraging messages and support on individualized password-protected websites.

Website: www.caringbridge.org

Phone: 651-452-7940

Lotsa Helping Hands

Provides a simple way for friends, family, colleagues and neighbors to pitch in with meals delivery, rides and other tasks necessary for life to run smoothly during a crisis. It uses a free easy-to-use, private group calendar, specifically designed for organizing helpers.

Website: www.lotsahelpinghands.com

RTSupportDoc.com

This website is dedicated to helping people undergoing radiation therapy, where you'll learn more about cancer, radiation therapy and can sign up for a monthly newsletter.

Website: www.RTSupportDoc.com

I'm Too Young For This!

I'm Too Young For This is a global support community for young adults affected by cancer who get busy living and rock on. We use music to make it hip to be a survivor and talk about stupid cancer by providing 'one-stop' access to hard to find resources, peer support and social networks.

Phone: 877-735-4673

Website: www.ImTooYoungForThis.org

Strength for Caring

The first national program for cancer caregivers to address both the physical and psychosocial health needs of the patient and caregiver. Free workshops which are facilitated by trained nurses and social

workers are held at health care facilities and advocacy organizations across the United States. The website includes caregiving tips and resources, information about cancer side effects, caregiving training videos and an updated listing of Strength for Caring programs in local communities.

Website: www.strengthforcaring.org

National Organization for Rare Disorders (NORD)

Provides information about rare diseases through its publications, website, and other educational offerings. The Rare Disease Database, includes information on symptoms, causes, treatments, clinical trials, and links to other sources of help.

Website: www.rarediseases.org

Team Survivor

Provides free exercise and health education programs for women with a past or present diagnosis of cancer. Our fun and supportive programs offer women the opportunity to reclaim their fitness, gain a sense of accomplishment, build a social support system and achieve renewed comfort with their bodies and their health. Our programs are open to women of all ages and fitness levels, in all stages of cancer treatment and recovery.

Website: www.teamsurvivor.org

National Coalition for Cancer Survivorship (NCCS)

The oldest survivor-led cancer advocacy organization in the country, advocating for quality cancer care for all Americans and empowering cancer survivors. NCCS believes in evidence-based advocacy for systemic changes at the federal level in how the nation researches, regulates, finances, and delivers quality cancer care. NCCS organizes *Cancer Advocacy Now!*[™], a legislative advocacy network that engages constituents across the country in federal cancer-related issues. Patient education is also a priority for NCCS. We believe that access to credible and accurate patient information, such as NCCS's award-winning *Cancer Survival Toolbox*[®] is key to demanding and receiving quality cancer care.

Phone: 888-650-9127

Website: www.canceradvocacy.org

NCI - Office of Cancer Survivorship (OCS)

Mission is to enhance the quality and length of survival of all persons diagnosed with cancer and to minimize or stabilize adverse effects experienced during cancer survivorship. The Office of Cancer Survivorship conducts and supports research that both examines and addresses the long- and short-term physical, psychological, social, and economic effects of cancer and its treatment among pediatric and adult survivors of cancer and their families.

Website: www.nci.nih.gov

Imerman Angels

A global non-profit organization, based in Chicago, that carefully matches and individually pairs a person touched by cancer (a cancer fighter or survivor) with someone who has fought and survived the same type of cancer (a Mentor Angel). Cancer caregivers (spouses, parents, children and other family and friends of fighters) also receive 1-on-1 connections with other caregivers and survivors. These 1-on-1 relationships inspire hope and offer the chance to ask personal questions and receive support from someone who is uniquely familiar with the experience. The service is absolutely free and helps anyone touched by any type of cancer, at any cancer stage level, at any age, living anywhere in the world.

Phone: 877-274-5529

Website: www.imermanangels.org

American Association Cancer Research (AACR)

Mission is to prevent and cure cancer through research, education, communication, and collaboration. Through its programs and services, the AACR fosters research in cancer and related biomedical science; accelerates the dissemination of new research findings among scientists and others dedicated to the conquest of cancer; promotes science education and training; and advances the understanding of cancer etiology, prevention, diagnosis, and treatment throughout the world.

Website: www.aacr.org

Foundation for Women's Cancer, formerly the Gynecologic Cancer Foundation.

Our four Web sites below will soon be consolidated under one. Core mission is to increase awareness and education, support expanded research and training, and provide knowledge and hope for women diagnosed with cancers specific to them.

Website: foundationforwomenscancer.org

US TOO

Us TOO International Prostate Cancer Education & Support Network is a grassroots, registered 501(c)(3) non-profit prostate cancer education and support network of 325 support group chapters worldwide, providing men and their families with free information, materials and peer-to-peer support so they can make informed choices on detection, treatment options and coping with ongoing survivorship.

Website: www.ustoo.org

Livestrong

At any point in your cancer experience, we provide free, confidential support through education, referrals and counseling services

Fertility Preservation Information and Assistance

Financial, Insurance and Job Concerns

Counseling and Local Resources

Cancer Diagnosis and Treatment Concerns

Livestrong Navigation Services

Phone: 1-855-220-7777

Website: www.livestrong.org

*For LiveSTRONG Guidebooks, please visit the Cancer Learning Center at Gibbs Cancer Center or call 864- 560-6747

Community Agencies

Spartanburg County:

First Baptist Church
174 North Dean Street
Spartanburg, SC 29302
Phone: 864-583-7425

Greater Spartanburg Ministries
680 Asheville Hwy
Spartanburg, SC 29303
Phone: 864-585-9371

Helping Hands
206 Chamblin Street
Woodruff, SC 29388
Phone: 864-476-2401

Salvation Army
157 South Pine Street
Spartanburg, SC 29302
Phone: 864-573-5493

Total Ministries
420 Union Street
Spartanburg, SC 29306
Phone: 864-585-9167

Cherokee County:

Iron City Ministries
109 West Cherokee Street
Blacksburg, SC 29702
Phone: 864-839-9783

Peach Center Ministries
518 North Limestone Street
Gaffney, SC 29340
Phone: 864-489-2549

Zion Hill Ministries
101 Williams Road
Gaffney, SC 29341
Phone: 864-206-0330

Union County:

Carolina Community Action
102 East Main Street, Suite A
Union, SC 29379
Phone: 864-427-0336

Salvation Army
614 Green Street
Union, SC 29379
Phone: 864-427-9622

Senior Services

Senior Centers of Spartanburg County

P.O. Box 2534

Spartanburg, S.C. 29304

Phone: 864-596-3910

Fax: 864-596-2970

Senior Life & Wellness Club

A Very Special Place @ Archibald Rutledge

764 North Church Street

Spartanburg, SC 29302

Phone: (864) 562-4291

Spartanburg Parks and Recreation

50+ Program

9039 Fairforest Road

Spartanburg, SC 29301

Phone: 864-595-5356

VSP Club of Senior Centers

302 East Manning St.

Chesnee, SC 29323

Phone: 864- 461-0302

Pacolet Center

195 Coleman Circle

Pacolet, South Carolina 29372

Phone: 864-474-3053

Woodruff Leisure Center Senior Club

550 Cavins Road

Phone: 864-590-0757

Medical Services

Regional Nurse on Call

Receive free and confidential health information 24 hours a day. You will receive personalized attention from a registered nurse who is committed to listening to you and providing you with possible healthcare options. If a physician referral is appropriate, the nurse will encourage you to contact your physician. If you don't already have a family doctor, the nurse can refer you to one.

Phone: 864-591-7999

Website: <http://www.spartanburgregional.com/Pages/RegionalNurseonCall.aspx>

Regional Health Plus Physicians & Provider Directory:

Website: <http://www.regionalhealthplus.com>

Spartanburg Regional Life Line – home monitoring

Phone: 864-560-3855

LifeLine

Website: <http://philips.lifelinesystems.com>

Phone: 800-566-6218

Financial and Discounted Medical Services

Patient Advocate Foundation' (PAF)

Patient Services provides patients with arbitration, mediation and negotiation to settle issues with access to care, medical debt, and job retention related to their illness.

<http://www.patientadvocate.org>

Phone: 800-532-5274

Cancer Financial Assistance Coalition (CFAC)

A search engine representing 14 major cancer organizations designed to connect you to the appropriate resource based on cancer type or specific type of assistance. CFAC is not meant to counsel individually.

www.cancerfac.org

St. Luke's Free Medical Clinic

162 North Dean Street
Spartanburg, SC 29302

Phone: 864-542-2251

ReGenesis (Cherokee)

1419 North Limestone Street
Gaffney, SC 29341

Phone: 864-902-1000

ReGenesis (Spartanburg)

750 South Church Street
Spartanburg, SC 29306

Phone: 864-582-2817

Social Security Administration

145 North Church St
Spartanburg, SC 29306

Phone: 866-701-6620

**South Carolina Department of Health & Human Services:
Cherokee**

1434 North Limestone Street
Gaffney, SC 29340
Phone: 864-487-2521

**South Carolina Department of Health & Human Services:
Spartanburg**

Pinewood Shopping Center
1000 N Pine St., Suite 23
Spartanburg, SC 29303
Phone: 864-596-3099 or 864-596-2714

South Carolina Department of Health & Human Services: Union

200 South Mountain Street
Union, SC 29379
Phone: 864-424-0227

Needy Meds

needymeds.com

Transportation

Talk with your social worker or ACS lay navigator for assistance with gas cards if traveling is during active treatment.

Veterans Administration:

Phone: 800-827-1000

Office of Veterans Affairs
Evans Resource Building
142 S. Dean Street
Spartanburg, SC29302
Phone: 864-596-2553

www.spartanburgcounty.org

Office of Veterans Affairs
220A West Main Street
Union, SC 29379
Phone: 864-429-1605

Contact: Cindy Fore
cfore@countyofunion.com

Nutrition

Gibbs Cancer Center Dietician

Cathy Zwillling

Phone: 864-560-1976

cazwillin@srhs.com

Hub City Farmers' Market

298 Magnolia Street

Spartanburg, SC 29306

Phone: 864-585-0905

Website: www.hubcityfm.org

Meals on Wheels (Cherokee)

Phone: 864-487-2730

Meals on Wheels (Union)

Phone: 864-427-4956

Mobile Meals (Spartanburg)

Phone: 864-573-7684

Nature's Storehouse

427 S. Trade St

Tryon, NC 28782

Phone: 828-859-6356

naturesstore@windstream.net

Weight Loss Options

Spartanburg Regional Medical Weight Loss

Programs Include: Insurance required Medical Weight Loss, Healthy Lifestyle Program, Risk Reduction Program, OPTIFAST
Phone: 864-560-7070

Weight Watchers

Lisa Craig

Lisa.Craig@weightwatchers.com

Phone: 800-651-6000

Website: www.weightwatchers.com

Jenny Craig Weight Loss Program

1855 East Main Street

#13

Spartanburg, SC 29302

Phone: 864-573-2660

Website: www.jennycraig.com

Spartanburg Regional Surgical Weight Loss

Paul Ross MD

Program Manager Dianne Smith, RN, MSN

Phone: 864-560-6935

Bariatric Solutions

2104 Woodruff Road

Greenville, SC 29607

Phone: 864-6776-1072

Website: www.bariatricsolutions.com

Physical Activity

Gibbs Cancer Center Pedometer Program - a three session class offered to survivors and a walking buddy. Survivors and their buddy are given a free pedometer. The first session is instructional and during this session pedometers are calibrated. During the following two sessions survivors and their buddies will venture through various walking courses in the community. At each class we will discuss the benefits of exercise and overall good health habits and how they relate to you as a cancer survivor! It is our hopes that upon completion of this class you will continue to walk with other survivors!

Phone: 864-560-6747

Website: www.gibbscancercenter.com

Partners for Active Living (PAL) Physical Activity:

Partners for Active Living (PAL) seeks to make Spartanburg County, South Carolina a healthy, more livable community by promoting walking, bicycling and physical activity as a part of everyday life. PAL offers bike rentals as well as various walking and biking related events throughout the year. Walking and bicycling routes can also be found at www.active-living.org

Events:

Every Friday at noon join PAL for the Friday Lunchtime Bike Ride, a leisurely ride, usually 6 to 10 miles long, open to all levels.

Helmets are required.

Monthly walks and rides will be posted on www.active-living.org or find Partners for Active Living on Facebook!

Partners for Active Living Contact Information:

PO Box 6728

Spartanburg, SC 29304

Phone: 864-598-9638

Website: www.active-living.org

City of Spartanburg

Parks and Recreation – offers a variety of services and activities for people of all ages.

Swim Center, CC Woodson, Northwest Center

Contact: Brain Wofford

Phone: 864-562-4059

Website: www.cityofspartanburg.org

Pine Street YMCA

Address: 266 S. Pine St.

Spartanburg, SC 29302

Phone: 864-585-0306

Website: www.ymcaspartanburg.org

Middle Tyger Family YMCA

Address: 720 Shoals Rd.

Duncan, SC 29334

Phone: 864-433-9623

Website: www.ymcaspartanburg.org

Cherokee County Family YMCA

Address: 390 Welchel Rd.

Gaffney, SC 29341

Phone: 864-487-7556

Lifestyle Wellness & Spa

Address: 247 Oak St. Ext., Ste. 145

Forest City, NC 28043

Phone: 828-248-2947

Website: www.lifestylewellnessspa.com

Boiling Springs YMCA

Address: 112 E. College Ave.

Boiling Springs, NC 28017

Phone: 704-434-0441

Website: www.clevecoymca.org

Yoga

Several classes held at various locations: library, YMCA, Gibbs Cancer Center, Chapman Cultural Center, CCWoodson, First Presbyterian Church, and Yogalicious.

Contact: Leslie Lehman

Email: leslie.r.lehman@gmail.com

Website: www.leslielehmanyoga.com

Retreats

Camp Bluebird

“Camp Bluebird offers a unique experience for adult cancer patients. In the beauty of the Western North Carolina Mountains, campers are provided with a creative, educational atmosphere of support. The three days, two night camp is held twice each year at the Bonclarken Assembly in Hendersonville, North Carolina.”

The purpose of the camp is to encourage:

- A time for listening and learning.
- A time for sharing and caring.
- Analysis of lifestyle adjustments in living with cancer
- Family support: How to give it and take it.
- Assessment of non-medical needs and ways to meet those needs.
- Educational assistance for medically related concerns.
- A time to learn about the management of treatment side effects.
- Nutritional education and information.
- Creative outlets through the use of arts and crafts.

Sponsored by Mission Hospitals, the AT&T TelecomPioneers, and the American Cancer Society. For dates and details:

Phone: 828-213-4656 or Toll free 800-443-2233

Casting for Recovery

We provide an opportunity for women whose lives have been profoundly affected by the disease to gather in a natural setting and learn the sport of fly fishing. Just as importantly, the retreats offer an opportunity to meet new friends, network, exchange information, and have fun.

Our weekend retreats incorporate counseling, educational services, and the trained facilitators that staff each retreat, including a psycho-social therapist, a health care professional (e.g. physical therapist, nurse), as well as fly-fishing instructors and river helpers.

Phone: 888-553-3500

Website: <http://castingforrecovery.org>

Survivors' Retreat

A web-based resource for retreats, spa opportunities, labyrinths, workshops and conferences for cancer survivors and caregivers.

Website: <http://www.survivorsretreat.com>

Wind River Cancer Wellness Retreats - "Nestled in the woods of Western NC, Wind River Cancer Wellness retreats help men and women living with cancer find healing and balance. Learn ways to better manage your energy and stress, and open your heart through activities like gentle yoga, arts, guided meditation and restorative time in nature." If you would like to slow down, find more balance and focus on what is most important to you now, visit our website and contact us.

Phone: 828-863-2343

Website: www.windriverservices.org



Survivorship Clinic

Gibbs Cancer Center's Survivorship Clinic is intended for cancer survivors after they have completed the initial phase of treatment. This visit is with a nurse practitioner and nurse navigator with extensive training in survivorship issues. Social workers, patient navigators and volunteers are also available. After this visit, ongoing cancer care will be managed by each survivor's oncologist. Survivorship Clinic appointments are 60 to 90 minutes.

A visit to the clinic is covered by most insurance policies. Depending on your policy, a co-pay may be required at the visit. **Please call 864-560-7050 for more information.**

What to expect at your survivorship visit:

- Tailored questionnaire to assess your physical, social, psychosocial and spiritual needs
- Overview of survivorship and how this relates to you
- Physical examination
- A personalized survivorship care plan that includes the stage of cancer, summary of treatment received and a "roadmap of follow-up care and with whom." A copy of your pathology report(s) will also be included. Survivors can also opt for a free electronic copy of the survivorship care plan and pathology report(s) housed on a security encrypted flash drive. A copy will also be sent to your primary care physician and oncologist.
- Follow-up surveillance recommendations including general cancer screening guidelines
- Education regarding coordination of follow-up care between primary care physician (PCP) and specialists

- A list of community and national resources that address survivorship issues
- Information regarding nutrition and exercise
- Education on the possible long-term physical and/or psychosocial effects from your treatment
- Wellness Promotion – recommendations for you with special attention to areas that are personalized to fit your needs. Referrals will be made to programs and professionals that may be useful to you.
- A folder with survivorship information and resource materials
- A visit to Gibbs Cancer Center’s Survivorship Clinic will help you better understand and prepare for some of the potential challenges of life after treatment including fatigue, pain, poor appetite or difficulty eating, neuropathy, memory, bladder or bowel control, menopausal symptoms, fear of reoccurrence, depression, anger or irritability, changes in appearance, sexual issues and return to work or other activities.

Gina Franco, NP

Reggie Scoggins, RN



NCI Community
Cancer Centers Program

Instructions for Viewing Your Survivorship Care Plan

To download the Survivorship Care Plan builder so that you can view your Survivorship Care Plan

Visit: <http://journeyforward.org/professionals/survivorship-care-plan-builder.htm>

- Select START DOWNLOAD on the right
- When asked do you want to run or save the file select: Save
- When the Save As screen appears with the desktop selected as the location select: Save
- When you've finished downloading the Survivorship Care Plan Builder, you'll see a file named *SCPBS^{etup}.exe*. Double-click this file to begin the installation. Select Run, then follow the prompts. You'll need to agree to the End User License Agreement (EULA) to complete the installation.



When the installation is complete, you'll see the icon on the left on your computer's Desktop. You can launch the Survivorship Care Plan Builder by double-clicking this icon or by going to the Start Menu and choosing Survivorship Care Plan Builder from Programs.

If you receive a USB Drive here are your instructions for viewing your secure documents:

GuardianEdge Encryption-Patient Home Instructions
(Not compatible with MAC computers)



Step 1: Insert USB drive into your computer

Step 2: On your desktop of task manager double click on 'My Computer'

Step 3: Look for the Guardian Edge Logo (looks like two mountains. See above picture. This will be your E: drive)

Step 4: Double click on the logo, a box will appear with all the contents of your E: drive

Step 5: To access your files double click on 'Guardian Edge Removable Storage' icon

Step 6: A window will then appear. Double click on the individual file that you want to open

Step 7: Enter your password

Step 8: Click 'OK'

Step 9: Your file will now open

Additional Instructions You May Need

- *If you make changes to any files on your USB drive, to save you must select the 'Save As' option. After doing so your changes will be saved and you may exit the program
- *If you would like to save any of the files to your personal computer without encryption, from the drive contents box right click on the file, select 'Decrypt to', select the file location, enter your password, select 'OK'. Your file will then appear in your selected location in as an unsecure file. *To create a file that you would like to bring in for your provider to view from your USB drive, create the file, save the file, drag and drop the file to the E: drive. You will be prompted to encrypt the file or not. If you choose to encrypt and password protect this file you will be asked to select a password. We recommend that you use the same password you have already created. (you may click the check box to set this password as your default). Once this is done your files have been added and you can bring them to show your provider.

2011 Survivorship Local Calendar of Events

- 7/29/11 24 Hours of Booty
Charlotte, NC
Wind River Cancer Wellness
828-863-2343
info@24hoursofbooty.org
- 8/27/11 4th Annual Hope & Care Walk/Run for Colon Cancer
Duncan Park, Spartanburg, SC
Colon Cancer Solutions (CCS)
864-583-2721
crcsolutions@bellsouth.net
- 9/9/11 NC Cancer Summit
Greensboro, NC
Wind River Cancer Wellness
828-863-2343
shannoncarney@gmail.com
- 9/24/11 Komen Race for the Cure
Greenville, SC
864-234-5035
www.komenscmm.org
- 10/4/11 Survivorship and Serenity
Bearden Josey Center for Breast Health
- 10/28/11-
10/30/11 Casting for Recovery
Bray's Island, Sheldon, SC
Marsha Graham
843-856-9477
marsh@mgaccountingsupport.com
- 10/25/11- Camp Bluebird

- 10/27/11 ACS/Mission Hospital
Hendersonville, NC
800-443-2233
Leslie.Verner@msj.org
- 11/17/11 Great American Smokeout
American Cancer Society
- 11/28/11 CCS Holiday Party
TBA
Colon Cancer Solutions
864-583-2721
crcsolutions@bellsouth.net

2012 Events

- 1/12 JABB – Just Another Big Bash
Cancer Assoc. of Spartanburg and Cherokee Co.
864-582-0771
info@cancerassociation.org
- 3/12 Get Checked Annual Teaching Day
Colon Cancer Solutions
864-583-2721
crcsolutions@bellsouth.net
- 5/12 Relay for Life
American Cancer Society
- 5/5/12 Climb to Conquer Cancer
Nature's Storehouse
John Cash

- 6/12 Cancer Survivor's Day
Spartanburg Regional Gibbs Cancer Center
Spartanburg Memorial Auditorium
First Sunday of June
- 6/23/12 Cancer As A Turning Point:
6/24/12 From Surviving to Thriving
Spartanburg Methodist College
Susan Tallman
864-923-1958
Martha Foster
mitfost@yahoo.com
www.healingjourneys.com
- 8/25/12 5th Annual Walk/Run for Colon Cancer
Colon Cancer Solutions
- 9/12 Komen Race for the Cure
Greenville
- 11/12 Great American Smokeout
American Cancer Society



*2011 Livestrong Cancer Transitions Survivorship
Classes Start August & October*

The 2011 Livestrong Community Impact Project has voted the Spartanburg Gibbs Cancer Center to host **Cancer Transitions: Moving Beyond Treatment Survivorship Series**.

Cancer Transitions is designed to support, educate and empower people who have completed chemotherapy or radiation. This program features written materials as well as interactive components to address the long-term effects of cancer treatment, and survivor's needs during their transition to life after treatment.

The six-week series incorporates support groups, education, nutrition and physical exercise, as well as addressing other medical management, psychosocial and quality of life issues. The program also provides survivors with practical tools and resources to formulate a personal action plan for survivorship beyond their participation in Cancer Transitions.

The classes are for cancer survivors only and are free.

TO REGISTER: Contact Perry Patterson at (864) 560-6747.

Free Pedometer to Each Participant (\$40 Value)

*Pedometers provided through a grant from South Carolina Cancer Association (SCCA) FREE!!! PEDOMETERS for **SURVIVORS** and a **BUDDY** (\$40 Value)

Start a walking program!!!!!!.....and measure your success daily with your pedometer!

Each class will consist of three sessions (one instructional session and two walking sessions). The instructional class will be held in the Purple Room. **Classes and pedometers are free but we ask that you attend all 3 sessions.** This program is meant to be fun, interactive and informal! At each class we will discuss how to get started and the benefits of exercise for overall good health!

Instructional Sessions: Pedometers are individually calibrated for each cancer survivor and a buddy.

Walking Sessions: a walk through the cancer center facilities or other areas in our community.

Prior Attendees are encouraged to come to follow-up walks scheduled 2 Saturdays each month through October (check the schedule at www.gibbscancercenter.com - Survivorship Pedometer Classes).

TO REGISTER: Contact Perry Patterson at (864) 560-6747.

Classes begin monthly in July, August, September and October of 2011.

Bibliography of Suggested Survivorship Readings:

Cancer as A Turning Point: A Handbook for People with Cancer, Their Families and Health Professionals. LeShan, Lawrence. Plume Publishing, 1994.

Psychotherapist Lawrence LeShan has worked with cancer patients for more than 40 years. His research has led people with cancer to find new, effective ways to fight for their lives. *Cancer as A Turning Point* also includes a life-transforming workbook of hands-on exercises designed to help you evaluate your individuality and teach you how to get the most out of your immune system by leading a fuller, richer life.

***Feeling Good: The New Mood Therapy Revised and Updated - (also his workbook too!)

[David D. Burns](#) Harper, 1999

The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be cured without drugs. In *Feeling Good*, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life.

***Five Lessons I Didn't Learn From Breast Cancer (And One Big One I Did)

[Shelley Lewis](#) , NAL Trade Publisher, 2008

A wonderful interweaving of the author's personal story, interviews with breast cancer survivors, and a sharp-eyed journalist's look at the breast cancer "community," this book is full of unconventional wisdom, unexpected advice, and hilarious observations about life inside the pink bubble.

The Flex Diet: Design-Your-Own Weight Loss Plan

[James Beckerman](#), Touchstone, 2010

Beckerman, an Oregon cardiologist who is the heart expert at WebMD.com and MedHelp.org, takes a personalized approach to weight loss, claiming, "You can't treat everyone the same way even if they have the same problem." His plan is divided into three phases--a two-week period covering what readers can do "Today," three weeks of tips for "Every Day," and long-term options called "Your Way."

How Risky Is It Really?

David Ropeik, McGraw Hill, 2010

A evaluative look at how we process fears and how they don't generally match the facts. The goal of the author is for understanding how we perceive risk being the first step toward making wiser and healthier choices.

***Sexuality and Fertility After Cancer

Leslie Schover, John Wiley & Son Publisher, 1997.

This valuable book provides accurate information on the causes of these important problems, and offers some reassuring and workable solutions.

***The Four Things That Matter Most

Byock, Ira. Simon & Schuster, 2004

Dr. Ira Byock, an international leader in palliative care teaches us how to use life-affirming words in our day-to-day lives. Byock shares inspiring stories that demonstrate the usefulness of the Four Things in a wide range of life situations. He also shows us that a degree of emotional healing is always possible and that we can experience a sense of wholeness even in the wake of family strife, personal tragedy, divorce, or in the face of death. Great practical wisdom that will teach you to love, forgive and appreciate life.

Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus

Dan Silverman and Idelle Davidson , Da Capo Lifelong Books, 2010

Silverman and Idelle Davidson combine cutting-edge science and true stories to demonstrate that “chemo brain” is not a figment of your imagination. With its invaluable strategies and straightforward nine-step program specifically tailored to re-energizing the brain, *Your Brain After Chemo* gives patients the coping skills to move on with their lives.

***indicates book can be loaned from the Gibbs Cancer Learning Center

*****not meant to be comprehensive reading list, please contact Perry Patterson at the Cancer Learning Center for additional information or material at 864-560-6747

Get Involved!

Stay Informed on Survivorship Issues:

Consider registering as a cancer survivor with these national organizations – and receive their updates on survivorship:

- **AACR** - <http://www.aacr.org/home/survivors--advocates.aspx>
- **NCI** – Office of Cancer Survivorship
<http://dccps.nci.nih.gov> -
- **NCCS** -www.canceradvocacy.org
-

Consider joining these advocacy groups:

- **SCCA** - www.sccanceralliance.org or call (803) 708-4732
- **Livestrong** - become a Livestrong mentor-
www.livestrong.org
- **Imermans Angels** – become a resource contact –
www.immermanangels.org
- **American Cancer Society**-www.cancer.org

Are you interested in supporting Gibbs Cancer Center Survivorship Program?

Volunteer Activities Include:

- Advocacy – locally and/or nationally
- Community Education/Outreach
- Fundraising/Special Events
- Administrative Support
- Participation in Focus Study Groups

Email: survivorshipprogram1@srhs.com



The South Carolina Cancer Alliance (SCCA) is a coalition committed to implementing South Carolina's comprehensive cancer control plan. It is a voluntary association that offers free membership to organizations and individuals interested in working to reduce the state's cancer burden.

The SCCA Provides The Cancer Control Community With Opportunities

To:

- Build new partnerships,
- Improve coordination of resources,
- Develop innovative strategies, and
- Reduce unnecessary duplication of efforts.

Health care organizations, cancer centers, community-based groups, community advocates and volunteers can join the SCCA. Active volunteers across the state meet regularly to work on their respective projects in a coordinated effort to advance the plan.

By Becoming A Member Of The SCCA, You Will:

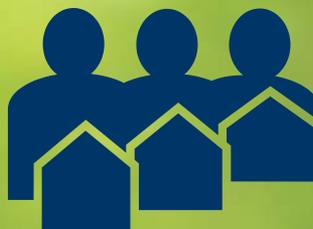
- Become more informed of cancer control activities in South Carolina,
- Find opportunities to collaborate with new partners,
- Receive communications and updates, and
- Become a part of a nationwide effort to reduce the cancer burden.

For more information on the SCCA, please visit the website at www.sccanceralliance.org or call (803) 708-4732.

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