

Fall 2011



Missoula is well known for its vast array of resources. This is a first attempt at collecting the local services that are available across the Cancer Continuum (in alphabetical order). We will work together to expand this list and will keep an updated list available on the website listed at the bottom of this report. (Please send Diana corrections and additions! E-mail is at the bottom.)

Local Ongoing Resources across the Cancer Continuum (in alphabetical order)

- **American Cancer Society (ACS) Programs** - Call them at 1-800-ACS-2345 for more information about these programs available in all Montana communities:
 - **Cancer Resource Center** – at Community Medical Center
 - **National Cancer Information Hotline – 1-800-ACS-2345 24/7!**
 - **Road to Recovery** provides free transportation for cancer patients to their treatments and home again.
 - **Patient Lodging Program** in local motels for patients and families traveling to Missoula for treatments.
 - **Reach to Recovery** offers visits by trained breast cancer survivor volunteers with newly diagnosed breast cancer patients.
 - **Look Good Feel Better** teaches female cancer patients beauty techniques to enhance their appearance and self-image during chemotherapy and radiation treatments. Trained cosmetologists lead the free group sessions.
 - **Health Insurance Assistance Service** – MT cancer patients can call the ACS 24-hour toll-free number to speak with a health insurance specialist to ask about coverage and insurance programs specific to the state. 1-800-ACS-2345.
- **Bereavement Support Group** – meets every Tuesday from 2-3 p.m. at Marcus Daly Hospice Living Center Living Room in Hamilton. No fee (donations accepted) - for more information call 375-4752.
- **Breast cancer support group** - Meets the first and third Tuesday of the month from noon to 1 p.m. at the St. Francis Xavier Parish Center, 420 W. Pine St. Call 329-5656.
- **Breast cancer survivor water fitness** - Community Medical Center offers a warm-water pool class for breast cancer survivors to reduce lymphedema, improve general flexibility and strength, and increase endurance and circulation. Fee is \$48 for six weeks. Call 327-4257 for class schedule and registration information.
- **Breast cancer wellness group** - Meets the second Wednesday of every month from noon to 1:30 p.m. at Community Medical Center. Sessions are free and open to patients who have or who are in treatment for breast cancer. For more information, call Michelle at 327-4517 or Deb at 327-3912.
- **Breast Self Exam Clinic** – Kathy Miller from Marcus Daly Memorial Hospital provides free sessions for groups of 10-12 women. Kathy can bring her clinic to any private group or business in the Hamilton area. Call 375-4632 to arrange.
- **Cancer Center support group** - Meets on the second Thursday of each month at the Montana Cancer Center, 500 W. Broadway, from noon to 1:30 p.m. Meetings are free and open to those in all phases

of testing, treatment and follow-up for cancer, as well as family and friends. For more information, call Katy at 396-6294.

- **Cancer educational materials** – free materials and speakers can be arranged through the MT Cancer Control program. Contact Diana at the Missoula City-County Health Department, (406) 258-3684 or dreetzstacey@co.missoula.mt.us.
- **Cancer transportation** - Montana women may qualify for no-cost transportation to a cancer center of their choice. Call the Women's Cancer Care Foundation at (406) 862-8820 or e-mail wccf@aboutmontana.net for more information.
- **Caregiver Support Group** - monthly caregiver support group meeting held third Tuesday of each month from 4pm-5pm at Missoula Aging Services. Call or email senior@missoulaagingservices.org to be added to the Missoula Aging Service's support group mailing list. For more caregiver resources see <http://www.missoulaagingservices.org/caregiver.html>.
- **Caregiver Support Group** – Riverside Health Care Center, 1301 E. Broadway, hosts a monthly support group on the fourth Saturday at 10 a.m. for those who have loved ones living in a skilled nursing setting. Call 721-0680 for more information.
- **FauxPink Health Inc. offers group parties** to educate women of all ages on the importance of prevention and early detection. The women also make a breast print on canvas and artists turn them into pieces of art. These can be purchased with the money raised donated into programs in the community. A fun and touching time for sharing in any stage of life or a healing event before surgery such as a mastectomy. You can view pieces for sale and learn more at www.Fauxpink.org or contact Shelly at 406-640-FAUX.
- **Fit to Fight** – offered at the Peak Health & Wellness Center empowering cancer patients and survivors to improve their quality of life through an eight-week, physical-therapist supervised, cost-free program of fitness and health. For more information, visit www.fittofightmt.org. To sign up, call Alpine Physical Therapy at (406) 251-2323.
- **Free health exams and screenings** – The Montana Cancer Screening Program at Partnership Health Center can help uninsured and underinsured women who meet age and income guidelines access breast and cervical cancer screenings starting at age 30. Call Zoe at 258-4162 for more information. <http://www.co.missoula.mt.us/phc/breastcervicalhealth.htm>
- **Living Art of Montana** uses the arts and nature to support healing – Call them at 549-5329 or www.livingartofmontana.org The following workshops take place at the Living Art Studio at 725 W. Alder, #17, (Warehouse Mall) Missoula and are offered free of charge (donations appreciated).
 - **Cancer, Courage & Creativity** ~ An 8-week closed (not drop-in) sequential workshop offered in the fall and the spring for people who have or have had cancer. CCC integrates writing, art, movement, and mask-making as tools for self exploration. No art experience necessary! Living Art has offered these workshops since 1993. This workshop offers a circle of support for expression and connection.
 - **Creative Connections for Cancer Survivors** ~ This once a month drop-in, 1½ half hour workshop is an opportunity for cancer survivors to express themselves through the arts and to find connections to self, to other's who have or have had cancer and to the natural world. It is offered the third Wednesday of each month year round from 12 – 1:30pm.
 - **Creativity for Life** ~ A drop-in expressive arts and nature-based 2-hour workshops (10:30am – 12:30pm) to support healing for people facing illness and loss. They take place three Saturdays each month, year round.
 - **Additional Workshops** ~ A variety of workshops scheduled throughout the year depending upon resources. Check website for details.
- **Men's Bereavement Breakfast** - Meets twice per month on second and fourth Friday mornings at 9 a.m. in the Marcus Daly Hospice Dining Room in Hamilton. \$3 meal donation. Call Cathy Palmer at 375-4752 for more information and reservations.

- **Men's Cancer Support Group** – A support group for men with head, neck and throat cancer meets the last Thursday of the month from noon to 1:30 p.m. at the Montana Cancer Center located at St. Patrick Hospital, 500 W. Broadway. For more information and to secure a place in the group, call Greg at 214-9697 or email gshanks@mtneuro.com.
- **Missoula Pain Support Group – Free** - Open to pain sufferers, friends & family of pain sufferers and health care providers. For more information contact Nicole at 327-8408. or www.myspace.com/www.missoulapsg.com
- **Missoula Responds to Cancer Coalition** – Cancer touches most of our lives. Many of us live with or work with or want to be involved with the cancer continuum - Cancer prevention, screening, treatment, caregiving, survivors, end of life care, education, research &/or policy. The coalition is a place for us to coordinate our efforts and concerns, share information, and collaborate to spread the word about our rich and varied local resources and services. The MT Cancer Control Program hosts the Coalition with quarterly meetings, special educational events, a web calendar and resource guide, and more. See our website and newsletters at [Cancer Coalition](http://CancerCoalition). Contact Diana at the Missoula City-County Health Department, (406) 258-3684 or dreetzstacey@co.missoula.mt.us for more information.
- **Nicotine Anonymous** – The group meets at 7 p.m. Monday at the Missoula Indian Center, Building No. 33, at Fort Missoula. It is open to anyone who wants to become or stay nicotine free through a supportive group setting. For more information call Jen at 829-9515, ext. 110, Monday through Wednesday.
- **Partnership Health Center** provide high quality, affordable health care to the uninsured, and underinsured residents of Missoula County and surrounding rural areas. <http://www.co.missoula.mt.us/phc>
- **Quit for Life Tobacco Cessation Classes** are offered regularly by the Saint Patrick Community Services Department. Five session evening classes cost \$40 and boast an 80% success rate for people who attend all five sessions. Call 329-5740 for information.
- **Quit Line** - People who use Quit Line support are 7 to 10 times more likely to quit than those who try to quit alone. The Quit Line provides: a personalized quit plan, coaching, nicotine replacement therapy, and educational materials. Beginning Jan. 1, for a limited time, the Quit Line will be providing increased pharmaceutical benefits to assist in quitting tobacco. The Quit Line number is 1-800-QUIT-NOW (1-800-784-8669). Quit Kits with educational information and goodies and are available from Erica Rollins at 258-3685.
- **Tough Enough to Wear Pink of Montana** - offers grant assistance to individuals diagnosed with breast cancer to help offset costs of travel, treatments and living expenses. Applications for grant assistance can be obtained by visiting <http://www.toughpinkmontana.org>.



Newsletters and more cancer resources are available at:

<http://www.co.missoula.mt.us/healthpromo/CancerControl>

For a calendar of local events see:

[Missoula Cancer Calendar](#)

**Please forgive omissions and mistakes and
send additions, corrections and items for future newsletters to**

Diana Reetz-Stacey, dreetzstacey@co.missoula.mt.us, or call 258-3684.

