

Cancer Resource Guide for Adults in Northwest Arkansas



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Purpose

Adults with cancer often face many hardships and knowing where to begin looking for support can be difficult. As part of my Doctoral Capstone project on my educational journey to becoming an occupational therapist, I aimed to ease the process of locating available resources and services. I hope this is a useful toolkit for you to feel empowered and well-informed on your cancer journey.

Acknowledgments

This guide was made through collaboration with adults on a cancer journey in NWA to best support those on a similar journey. The Washington Regional J.B. Hunt Transport Services Cancer Support Home was my primary site and provided me with support and guidance during this process. Thank you to all the amazing individuals who assisted me in creating this resource guide.

This resource guide was created as part of the Doctoral Capstone for the University of Arkansas–University of Arkansas for Medical Sciences Doctor of Occupational Therapy Program.

The resources contained in this guide do not indicate any endorsement and is not a complete list of all resources and services available. While this was constructed diligently, more resources, services, or education may not be included. The information included in this guide is accurate and up to date as of November 4, 2024.



Local Resources

Service Category	Organizations
Boutiques and Other Supplies	<p>Hope Cancer Resources (p. 14)</p> <p>Laura’s Chair (p. 16)</p> <p>Pink Ribbon Boutique (p. 17)</p> <p>Reynolds Cancer Support House (p. 18)</p> <p>Washington Regional J.B. Hunt Transport Services Cancer Support Home (p. 21)</p> <p>Women’s Pavilion (p. 25)</p>
Emotional Support and Mental Health Services	<p>Biggers Counseling, LLC (p. 7)</p> <p>Highlands Oncology (p. 12)</p> <p>Hope Cancer Resources (p. 14)</p> <p>Reynolds Cancer Support House (p. 18)</p> <p>Send a Smile Today (p. 19)</p> <p>Washington Regional J.B. Hunt Transport Services Cancer Support Home (p. 21)</p>
Financial Assistance	<p>Highlands Oncology (p. 12)</p> <p>Hope Cancer Resources (p. 14)</p> <p>The Breast Center (p. 19)</p>

	<p>Reynolds Cancer Support House (p. 18)</p> <p>Washington Regional J.B. Hunt Transport Services Cancer Support Home (p. 21)</p>
Genetic Counseling and Screenings	<p>BreastCare (p. 8)</p> <p>Community Clinic (p. 10)</p> <p>Highlands Oncology (p. 12)</p> <p>Oncology Supportive Services (p. 16)</p> <p>The Breast Center (p. 19)</p>
Lodging	<p>Reynolds Cancer Support House (p. 18)</p> <p>Washington Regional J.B. Hunt Transport Services Cancer Support Home (p. 21)</p>
Nutrition and Assistance	<p>Community Clinic (p. 10)</p> <p>Feed 479 (p. 12)</p> <p>Highlands Oncology (p. 12)</p> <p>Hope Cancer Resources (p. 14)</p> <p>Oncology Supportive Services (p. 16)</p> <p>Reynolds Cancer Support House (p. 18)</p> <p>Washington Regional Nutrition Counseling (p. 22)</p>

<p>Palliative, Hospice, and Supportive Care</p>	<p>Circle of Life (p. 9) Highlands Oncology (p. 12) Washington Regional Palliative and Supportive Care (p. 23) Washington Regional Hospice (p. 24)</p>
<p>Patient Navigation and Benefits Assistance</p>	<p>Arkansas Department of Human Services (p. 6) Highlands Oncology (p. 12) Hope Cancer Resources (p. 14) Reynolds Cancer Support House (p. 18) Washington Regional J.B. Hunt Transport Services Cancer Support Home (p. 21)</p>
<p>Physical Health and Wellness</p>	<p>Highlands Oncology (p. 12) Hope Cancer Resources (p. 14)</p>
<p>Special Groups</p>	<p>Arkansas Coalition of the Marshallese (p. 6) Walmart Cancer Support for Walmart Employees (p. 20)</p>
<p>Transportation</p>	<p>Hope Cancer Resources (p. 14) Reynolds Cancer Support House (p. 18)</p>

Arkansas Coalition of the Marshallese (ACOM)

Location	Phone Number	Website
614 East Emma Avenue, Springdale, AR, 72764	479-365-6625	https://www.arkansasmarshallese.org/

Offers:

- Empower the Marshallese community through culturally sensitive programs through education, leadership, policy advocacy, and holistic services.

If interested or wish to learn more, call or go online.

Arkansas Department of Human Services

Locations	Phone Number	Website
900 SE 13th Court, Bentonville, AR 72712-5998	479-273-9011	https://humanservices.arkansas.gov/
4201 N. Shiloh Dr. Suite 110, Fayetteville, AR 72703-2084	479-521-1270	
4252 Frontage Road, Fayetteville, AR 72703	479-442-4029	

Offers:

- Access Anywhere
 - A quick, online form for if you have a question about your SNAP, Medicaid, or TEA
- Government programs for children and families, adults and seniors, mental health and substance use, developmental disabilities, and healthcare

If you need assistance or wish to learn more information about state benefit programs, contact your local office.

Biggers Counseling, LLC

Location	Phone Number	Email
2013 N Green Acres Rd, Ste. D, Fayetteville, AR 72703	479-313-2216	biggerscounseling@gmail.com

Offers:

- Individual counseling
- Monthly Social Group
 - Provides a safe space where you can try something new while socializing with others also on a cancer journey
 - For those who identify as female ages 30-50 of any cancer type/stage

If interested in the services offered, please contact Miki Biggers, LCSW.

BreastCare

Location	Phone Number	Website
4815 W. Markham Street, Slot 11, Little Rock, AR 72205 (Main Address for Arkansas Department of Health)	501-425-3054 (Northwest Region Coordinator) 1-833-693-2942 (BreastCare Toll-Free Number)	https://healthy.arkansas.gov/programs-services/prevention-healthy-living/breastcare-program/ (General) https://www.ark.org/adh/breastcare_providers/index.php/search/searchProviders (BreastCare Provider Search)

Offers:

- Screenings and diagnostic services for breast and cervical cancers for women in Arkansas
 - You may be eligible if you
 - Live in Arkansas
 - Are 21 to 64 years old and need cervical cancer services
 - Are 40 to 64 years old and need breast cancer services
 - Are under 40 years old with breast symptoms
 - Have a household income at or below 250% of the federal poverty level
 - Do not have health insurance (including Medicaid or Medicare)
 - Have insurance, need diagnostic tests, AND meet criteria for financial barrier

Community Clinic is a BreastCare provider. To locate other local BreastCare providers, call or go online.

Circle of Life

Locations	Phone Number	Website
901 Jones Road, Springdale, AR 72762	479-750-6632	https://nwacircleoflife.com/
1201 NE Legacy Parkway, Bentonville, AR 72712		

Offers:

- Expert care in pain and symptom management
- Physicians who specialize in hospice care and oversee medical needs
- Nurses (RNs) trained in end-of-life care that coordinate and provide bedside care
- Social workers who address patient and family practical needs and provide counseling
- Hospice aids that are available to assist with personal care if needed
- Spiritual counselors who provide emotional and spiritual support
- Volunteers who provide companionship and support
- Bereavement counselors are available for up to 13 months free of charge
- 5-Day Respite Care (as needed)
- Medications and treatments to control pain and other symptoms related to the terminal diagnosis

- Medical supplies and durable medical equipment as needed, directed by the plan of care

If interested in the services offered, talk to your medical provider to see if this may be an option for you.

Community Clinic

Locations	Phone Number	Website
3729 N Crossover Rd #107, Fayetteville, AR 72703 (Advanced Health and Wellness)	479-595-8676	https://www.communityclinicnwa.org/
314 E Centerton Blvd, Centerton, AR 72719 (Centerton Medical)	479-751-7417	
3162 W. Martin Luther King Blvd. Suites 13 and 14, 3162 M.L.K. Jr Blvd #9, Fayetteville, AR 72704 (Fayetteville Medical)	855-438-2280	
500 S Mt Olive St #200, Siloam Springs, AR 72761 (Siloam Springs Medical)	855-438-2280	

610 E Emma Ave #100, Springdale, AR 72764 (Springdale Medical and Dental)	479-751-7417	
3710 W Southern Hills Blvd #700, Rogers, AR 72758 (Rogers Dental)	855-438-2280	
1233 W Poplar St, Rogers, AR 72756 (Rogers Medical)	855-438-2280	
614 E Emma Ave #300, Springdale, AR 72764 (Springdale Women's Health and Pediatrics)	479-751-7417	

**Also offers locations at various elementary and high schools in NWA for students and their families.*

Offers:

- Primary care
- Women's health and prenatal care
- Pediatric care
- Preventative care
- Physical therapy
- Behavioral health
- Cancer screenings
- Dental services

- Fresh produce

**Services may vary by location. Discount programs are offered for both uninsured and insured patients. The discounts are determined based on your financial circumstances, ensuring that everyone can access quality healthcare at an appropriate cost.*

If interested in the services offered, call or go online to schedule an appointment.

Feed 479 (We are 479)

Locations	Phone Number	Website
3157 W. Sunset, Springdale, AR 72762	479-717-5662	https://weare479.com/ we-are-479/feed-479/

Offers:

- Free, choice food pantry where our friends and neighbors make their own selection of food that fits their family's needs
- Mobile Pantry is available

If interested in the services offered, go online or contact Feed 479 to schedule an appointment.

Highlands Oncology

Locations	Phone Number	Website
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3232 N. North Hills Blvd, Fayetteville, AR 72703	479-587-1700	https://highlandsoncology.com/
60 E. Monte Painter Drive, Fayetteville, AR 72703	479- 695-4234	
3901 Parkway Circle, Suite #500, Springdale, AR 72762	479-316-7746	
808 South 52nd Street, Rogers, AR 72758	479-936-9900	
2526 S Pinnacle Hills Pkwy, Rogers, AR 72758		

Offers:

- Patient navigation
- Financial support
 - Patient assistance programs are available for uninsured or underinsured patients. These programs are based on need; patients must apply for assistance with our patient assistance representative.
- Spiritual care
- Patient Support Advocate Program
 - Pairs patients with survivors who have a similar cancer diagnosis.

- share your own experience, give emotional support and encouragement, make yourself available by phone or to meet in person, and at times attend doctor visits.
- Online cancer library
- Social workers
- Support groups for patients and caregivers
- Screenings and Genetic Counseling
- Medical treatment
- Massage and Rehab Services
 - Lymphedema and Pelvic Floor Therapy
- Palliative Care

**Services may vary by location.*

Call if interested or talk to your healthcare team to gain more information about specific services offered at each location.

Hope Cancer Resources

Location	Phone Number	Website
5835 W Sunset Avenue, Springdale, Arkansas 72762	479-361-5847	https://hopecancerresources.org/

Offers:

- Cancer Prevention Education Program
- Care Closet

- Durable medical equipment such as wheelchairs, walkers, shower chairs, etc.
- Liquid nutrition
- Ostomy and other medical supplies
- Counseling
- Financial assistance
- Spanish interpretation
- Support groups
 - Art, Nature, and Music
 - Experiential group that meets quarterly
 - Journey Together: A Cancer Support Group
 - Monthly group for patients with any cancer diagnosis
 - Lean In
 - Monthly group for women under the age of 50 who have been diagnosed with cancer
 - NWA Myeloma Support Group
 - Monthly group for myeloma patients, caregivers, family, and friends
 - The Hope Brigade: A Men's Support Group
 - Monthly group for men with any cancer diagnosis
 - Living With Cancer (Viviendo Con Cáncer)
 - Monthly group for Hispanic cancer patients and their loved ones. Provides support and education, and all group communication will be in Spanish
- Transportation services
 - Transportation is available within a 60-mile radius of Highlands Oncology and Landmark Cancer Center. Must call in advance

- Wellness Center for Hope
 - Guided meditations
 - Offered for free online.
 - Personal training
 - Tobacco cessation
 - Yoga classes
 - YouTube Channel
 - <https://www.youtube.com/@HopeCancerResources>

**All services are offered at no cost to you.*

If interested in services offered or wish to learn more, call or go online.

Laura's Chair

Website
https://www.lauraschair.org/

Offers:

- Loans lifting and reclining chairs to post-mastectomy surgery breast cancer patients free of charge in the Northwest Arkansas region
- Delivery and pick-up services included

To request a chair, go online to fill out a request form.

Oncology Supportive Services

Location	Phone Number	Website

5204 Village Pkwy Ste. 11 #160, Rogers, AR 72758	479-387-1825	https://ossnwa.com/
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Offers:

- Genetic counseling assistance
- Lung cancer financial assistance
- Nutrition
 - Feeding tube management
 - Medical nutrition therapy
 - Nutritional counseling
 - Nutrition education
 - Registered dietitian

If interested in services offered or wish to learn more, call or go online.

Pink Ribbon Boutique

Location	Phone Number	Website
601 S. 21st Street Ft. Smith, AR 72901	479-242-9277	https://pinkribboninc.com/

Offers:

- Provides care to women with breast cancer
- Supplies offered include:
 - Compression garments

- Post-surgical supplies, such as surgical camisoles, breast forms, and mastectomy bras

If interested in the services offered, go online or call to schedule an appointment.

Reynolds Cancer Support House

Location	Phone Number	Website
3324 South M St, Fort Smith, AR 72903	479-782-6302	https://www.reynoldscancersupporhouse.org/

Offers:

- Financial assistance
- Nutritional support
 - Foodbank
- Patient navigation
- Salon
 - Hats
 - Scarves
 - Turbans
 - Wigs
- Support groups
 - Available for men, women, and adolescents
 - Open to current fighters, survivors, co-survivors, and caregivers
- Transportation

If interested in the services offered, go online or contact the Reynolds Cancer Support House.

Send a Smile Today

Location	Phone Number	Website
1706 S Walton Blvd #1820, Bentonville, AR 72712	630-363-6826	https://sendasmiletoday.org/

Offers:

- Mails encouraging cards to cancer patients monthly

**Services are offered at no cost.*

If interested in the services offered, call or go online to register.

The Breast Center

Locations	Phone Number	Website
416 Town Center NE, Bella Vista, AR 72714	479-442-6266	https://mana.md/clinics/the-breast-center/
801 S. E. Plaza, Suite 5, Bentonville, AR 72712		

55 W. Sunbridge Dr., Fayetteville, AR 72703		
3901 Parkway Circle, Suite 125, Springdale, AR 72762		

Offers:

- Cancer risk assessments
- Genetic testing
- Breast imaging and biopsy
- 3D Mammography
- Breast health information
- Financial resources for breast imaging

**Services may vary by location.*

Call to gain more information about specific services offered at each location.

Walmart Cancer Support for Walmart Employees

Email	Phone Number	Website
cancerpr15@wal-mart.com	800-421-1362	https://one.walmart.com/content/usone/en_us/me/health/life-event

		-checklists/cancer-support.html
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Offers:

- Monthly support groups
 - Participants can explore treatment options, identify community resources, and get help maintaining their physical, mental, spiritual, and emotional well-being throughout survivorship.
 - Open to survivors, patients, and those close to someone who has been impacted by cancer.
 - Support groups are held in various locations on the second Tuesday of every month.

**All services are offered at no cost.*

If interested, email or call to register.

**Washington Regional J.B. Hunt Transport Services
Cancer Support Home**

Location	Phone Number	Website
488 E Longview St, Fayetteville, AR 72703	479-404-2162	https://www.wregional.com/main/cancer-support-home

Offers:

- Cancer Help Fund
- Connection Activities
 - Various activities are offered weekly to promote connection for those on a cancer journey.
 - Open to all cancer patients, caregivers, family, and friends.
- Early detection screenings
- Navigation for patients with breast cancer
- Overnight Lodging
- Boutique
 - Breast forms
 - Post-mastectomy/lumpectomy surgery supplies
 - Wigs, hats, scarves, and turbans

**All services are offered at no cost to you.*

If interested in services offered, call or visit the Cancer Support Home.

Washington Regional Nutrition Counseling

Location	Phone Number	Website
688 Millsap Rd Ste. 100, Fayetteville, AR 72703	479-463-3070	https://www.wregional.com/main/nutrition-counseling

Offers:

- Medical nutrition therapy program to help manage chronic and acute diseases, including:

- Digestive disorders (celiac disease, gluten sensitivity, ulcerative colitis, Crohn’s disease, irritable bowel syndrome)
- Food allergies
- Heart disease
- High blood pressure
- Cholesterol management
- Weight management
- Pre-post pregnancy
- Disordered eating
- Geriatric nutrition
- Oncology
- Chronic kidney disease
- Diabetes

If interested in the services offered, call or talk to your medical provider to see if this may be an option for you.

Washington Regional Palliative and Supportive Care

Location	Phone Number	Website
3215 N. Northhills Blvd. Fayetteville, AR 72703	479-463-7363	https://www.wregional.com/main/palliative-and-supportive-care-hospital-based

Offers:

- Help with symptom management such as pain, nausea, shortness of breath, and anxiety

- Patient and family meetings to assist with understanding of illness and goals of care
- Social services support
- Spiritual support

If interested in the services offered, talk to your medical provider to see if this may be an option for you.

Washington Regional Hospice

Location	Phone Number	Website
325 E. Longview St. Fayetteville, AR 72703	479-463-7385	https://www.wregional.com/hospice/willard-walker-hospice-home

Offers:

- End-of-life care provided in a patient’s home, nursing home, or assisted living community
 - Pain and symptom management, medication, and medical equipment
- Willard Walker Hospice Home
 - Inpatient care is available for patients whose symptoms cannot be managed at home
 - Respite care allows caregivers to rest, recuperate, and take care of themselves
- Personal care assistance from hospice aides
- Social services to assist the patient and family in coping with the social, emotional, and practical challenges at the end of life

- Spiritual care to assist the patient and family in coping with spiritual questions and providing referrals to specific faith leaders if applicable
- Bereavement services including individualized counseling and group support after the loss of a loved one
- Trained volunteer support

Women’s Pavilion

Location	Phone Number	Website
122 S First St, Rogers, AR 72756	479-936-7050	https://www.mywomenspavilion.com/

Offers:

- Boutique
 - Lymphedema compression
 - Hair care products
 - Post-mastectomy supplies
 - Turbans
 - Wigs
- The Rose Program
 - Women who are uninsured or under-insured are offered gently used and donated mastectomy bras, prostheses, wigs, and turbans at no cost.

If interested in the services offered, call or go online.

Online and Other Resources

Service Category	Organization
Boutiques and Supplies	Breast Cancer Foundation of the Ozarks (p. 33) EBeauty Community (p. 38) Good Wishes (p. 40)
Cancer-Related Education and Information	Breast Cancer Foundation of the Ozarks (p. 33) CancerCare (p. 34) MD Anderson - Cancerwise Blog (p. 41)
Emotional Support and Mental Health Services	American Cancer Society - Cancer Survivors Network (p. 30) American Cancer Society - Reach To Recovery (p. 31) Breast Cancer Foundation of the Ozarks (p. 33) CancerCare (p. 34) CaringBridge (p. 36) Faith Support Ministry (p. 39)
Nutrition	Cook For Your Life (p. 37)
Patient Navigation and Assistance Programs	American Cancer Society - ACS CARES™ (p. 29)

	<p>American Cancer Society - National Cancer Information Center (p. 30)</p> <p>Arkansas Cancer Coalition (p. 32)</p> <p>Breast Cancer Foundation of the Ozarks (p. 33)</p> <p>CancerCare (p. 34)</p> <p>Corporate Angel Network (p. 37)</p> <p>Faith Support Ministry (p. 39)</p> <p>Look Good Feel Better (p. 40)</p> <p>Mercy Medical Angels (p. 41)</p> <p>NeedyMeds (p. 42)</p> <p>Our Promise (p. 43)</p> <p>Patient Advocate Foundation (p. 43)</p> <p>Triage Cancer (p. 44)</p>
Physical Health and Wellness	<p>American College of Sports Medicine (p. 31)</p> <p>Community Health Network (p. 36)</p> <p>Moving For Life (p. 42)</p>
Special Groups	<p>African American Breast Cancer Alliance (p. 29)</p> <p>American Cancer Society - Cancer Caregiver Resources (p. 29)</p> <p>Asian American Health Initiative (p. 32)</p> <p>Cancer and Careers (p. 34)</p> <p>CancerCare (p. 34)</p> <p>Firefighter Cancer Support</p>

	Network (p. 38) Latinas Contra Cancer (p. 40) Support for People with Oral and Head and Neck Cancer (p. 44)
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**This is not a complete list of all online resources/services.*

African American Breast Cancer Alliance (AABCA)

Phone Number	Website
612-462-6813	https://aabcainc.org/

Offers:

- Sisters and Mistresses In Survival “SMIS” for women and men diagnosed with breast cancer provides emotional support, guidance, and hope
 - Offered online through zoom, go online or call to register
- Educational resources for African Americans with breast cancer

American Cancer Society - ACS CARES™

Phone Number	Website
1-800-227-2345	https://www.cancer.org/support-programs-and-services/acs-cares.html

Offers:

- ACS CARES™ (Community Access to Resources, Education, and Support) is a patient and caregiver support program that connects people with quality curated information and one-on-one support

American Cancer Society - Cancer Caregiver Resources

Phone Number	Website
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1-800-227-2345	https://www.cancer.org/cancer/caregivers/caregiver-resource-guide.html
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Offers:

- Provides a variety of resources and information for caregivers of those with cancer to learn how to care for themselves as a caregiver, better understand what their loved one is going through, develop skills for coping and caring, and take steps to help protect their health and well-being.

American Cancer Society - Cancer Survivors Network

Phone Number	Website
1-800-227-2345	https://csn.cancer.org/

Offers:

- An online community where cancer patients, survivors, and caregivers can connect with others impacted by cancer and share information and support through discussion boards, chat rooms, and private messages

American Cancer Society - National Cancer Information Center

Phone Number	Website
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1-800-227-2345	https://www.cancer.org/about-us/what-we-do/providing-support.html
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Offers:

- Provides information and support to those facing cancer 24 hours a day, 365 days a year. Trained cancer information specialists are available via phone, live chat, and now video chat, providing accurate, up-to-date cancer information to patients, family members, and caregivers and connecting them with valuable services and resources in their communities

American Cancer Society - Reach to Recovery

Phone Number	Website
1-800-227-2345	https://reach.cancer.org/

Offers:

- Through the Reach To Recovery website and app, you can match with a trained volunteer who has survived breast cancer
 - Volunteers provide one-on-one support to help those facing breast cancer cope with diagnosis, treatment, side effects, talking with friends and family, and more. Volunteers do not provide medical advice. Reach To Recovery is a free program.

American College of Sports Medicine

Website
https://www.acsm.org/education-resources/trending-topics-resources/cancer

Offers:

- Moving Through Cancer
 - Assures that all people living with and beyond cancer are assessed, advised, referred to, and engaged in appropriate exercise and rehabilitation programming as a standard of care
 - Online directory to find trained professionals and programs
 - Educational videos
 - Educational booklet on physical activity and exercise guidelines for people with cancer, available in English and Spanish
- Online blogs, publications, and other educational resources

Arkansas Cancer Coalition

Phone Number	Website
501-404-2363	https://arcancercoalition.org

Offers:

- Helps connect people all across Arkansas to resources and gain access to funding

Asian American Health Initiative

Website
https://aahiinfo.org/

Offers:

- A variety of free, online educational resources for Asian Americans
 - Available in Chinese, Korean, English, Vietnamese, and Hindi

Breast Cancer Foundation of the Ozarks

Phone Number	Website
417-351-2923	https://bcfo.org/

Offers:

- Financial assistance
 - Available for Arkansas residents in Baxter, Benton, Boone, Carroll, Madison, Marion, and Washington counties
- Free mammogram screenings
 - *Clinics are located in Springfield, MO*
- U-35 diagnostic program
 - Diagnostic mammograms, ultrasounds, and biopsies for people under the age of 35
 - *Clinics are located in Springfield, MO*
- Mentoring
- Lymphedema garments
- Community education via blog
- Support groups

Cancer and Careers

Phone Number	Website
646-929-8032	https://www.cancerandcareers.org/

Offers:

- Online career coaching and assistance
- Free, online webinars, educational resources, blogs, legal and financial information, etc.

CancerCare

Phone Number	Website
800-813-4673	https://www.cancercare.org

Offers:

- Online support groups
 - Led by professional oncology social workers offering support and guidance
 - Groups are held for 15 weeks at a time, and group members must register to join.
 - Includes various patient, caregiver, and bereavement support groups
- Financial assistance programs
 - Programs include transportation and lodging assistance

- Offers online financial resource database to assist in locating local and national financial assistance options
- Resource navigation for patients and caregivers
 - Provides cancer-focused guidance
 - Helps you improve communication with your medical team and loved ones
 - Provides you with practical information about treatment and resources in your community
- Specialized cancer programs
 - Breast and Gynecological Cancers Program
 - Provides specialized services and resources to help people who are diagnosed with breast or gynecological cancers
 - Caregiver Program
 - Provides support services for caregivers and loved ones, as well as caregiving information and additional resources
 - Disparities Program
 - Provides information and resources to people of color, LGBTQ+, and other marginalized people who have faced barriers to healthcare access
 - LGBTQ+ Program
 - Provides specialized services and resources to help LGBTQ+ individuals affected by cancer. Our professional oncology social workers provide practical and emotional support
 - Men's Cancers Program

- Provides specialized services and resources to help male-identifying individuals affected by cancer
- Pet Assistance and Wellness Program (PAW)
 - Assists people undergoing cancer treatment with the challenges of keeping their cat or dog at home
- Older Adult Program
 - Provides information, resources, and support to help older people and their loved ones better cope with cancer
- Young Adult Program
 - For people ages 18-40 affected by cancer

CaringBridge

Website
https://www.caringbridge.org/

Offers:

- A free online tool that allows people dealing with illnesses like cancer to stay in touch with their friends, family members, and support network by creating their own personal page where they share their journey and health updates

Community Health Network

Phone Number	Website

317-621-4961	https://www.ecommunity.com/services/cancer-care/cancer-survivors-hip-program/virtual-fitness-classes
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Offers:

- Free, virtual classes, such as guided meditations, tai-chi, gentle cardio and strength training, and gentle stretch yoga for cancer survivors
 - To register or learn more about registering for online classes, go online or call.

Cook For Your Life

Website
https://www.cookforyourlife.org/

Offers:

- Evidence-based resource with over 1000 recipes, hundreds of nutrition and health articles, and how-to cooking videos for people with cancer

Corporate Angel Network

Phone Number	Website
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914-328-1313	https://www.corpangelnetwork.org/
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Offers:

- Free travel on a corporate aircraft for all cancer patients, as well as bone marrow and stem cell donors and recipients
 - Patients may travel as often as necessary and there is no financial requirement
 - Call or go online to fill out a request form

EBeauty Community

Phone Number	Website
612-963-0701	https://www.ebeauty.com/

Offers:

- Free, high-quality wigs for people with cancer experiencing hair loss
 - Go online to fill out a wig request form

Firefighter Cancer Support Network

Phone Number	Website
866-994-3276 (General)	https://www.firefightercancersupport.org/
1-866-994-3276 (Arkansas Representative)	

Offers:

- Assistance for career or volunteer, active or retired firefighters, emergency medical service providers, and their immediate family members who have been diagnosed with cancer
- One-on-one mentorship from a fire-service mentor who has first-hand knowledge about battling cancer
- FCSN signature toolbox free of charge that contains valuable resources, including our comprehensive Firefighter’s Guide to Cancer Survivorship, to help you stay organized, informed, and effectively communicate with your doctors, loved ones, and brothers and sisters in the fire service
- Online educational resources

Faith Support Ministry

Phone Number	Website
501-737-0927	https://www.fsm.faithcancersupport.org/

Offers:

- Encouragement and prayer to those battling cancer, each individual is prayed for daily, and handmade cards are mailed to help uplift and encourage
- Financial assistance programs for qualifying cancer patients and their immediate families to ease the burden of day-to-day living expenses
 - Call to see if you are eligible for financial assistance

Good Wishes

Phone Number	Website
425-831-7001	https://www.goodwishesscarves.org/ g/

Offers:

- Good Wishes provides an It's a Wrap© or Good Wishes square scarf to anyone experiencing the thinning or loss of hair as a result of illness or treatment at no cost
 - Call or go online to fill out a request form

Latinas Contra Cancer

Phone Number	Website
408-280-0811	www.latinascontracancer.org

Offers:

- Online education and videos on various topics including nutrition and cancer-specific education for Latinos facing cancer

Look Good Feel Better

Website
https://lookgoodfeelbetter.org/

Offers:

- Free, virtual workshops with live instruction and tips for dealing with appearance-related side effects of cancer treatment including skincare and makeup, wigs, scarf-tying techniques, body image and wardrobe, and nail care
 - Go online to schedule your virtual workshop
- Online beauty guide
- Online blog platform

MD Anderson - Cancerwise Blog

Website
https://www.mdanderson.org/cancerwise.html

Offers:

- Features stories from survivors and caregivers, experts' insights on cancer treatment, research breakthroughs, healthy living, and more.

Mercy Medical Angels

Phone Number	Website
757-318-9174	https://www.mercymedical.org/request-assistance

Offers:

- Assistance in the air with commercial airline tickets and volunteer pilots, and on the ground with gas cards, bus, and train tickets - at no cost to patients

- Go online to fill out a form for transportation assistance based on your needs

Moving For Life

Phone Number	Website
1-212-222-1351	https://www.movingforlife.org/classes

Offers:

- Science-based therapeutic movement program dedicated to enhancing the overall health and well-being of older adults and individuals affected by cancer and chronic illnesses
 - Free classes are offered virtually
 - Go online to register for virtual classes
 - Multilingual programs available in English, Spanish, Russian, Chinese, French, and German

NeedyMeds

Phone Number	Website
800-503-6897	https://www.needymeds.org/

Offers:

- Directory of Affordable Health Clinics
- Diagnosis-based assistance directory
- Patient Assistance Program (PAP)

- Provides free or discounted medications
- Coupons, rebates, savings cards, free trial offers and free samples

Our Promise

Phone Number	Website
501-760-8060	https://www.ourpromise.info/

Offers:

- Provides gas cards and assistance with household bills

Patient Advocate Foundation

Phone Number	Website
800-532-5274	www.patientadvocate.org

Offers:

- Case management services
 - Helps seek out options to overcome insurance denials, healthcare access issues, and medical debt crisis challenges
- Co-Pay Relief Program
 - Provides direct financial assistance to insured patients who meet certain qualifications to help them pay for the prescriptions and/or treatments they need
- Financial Aid Funds
 - Provides small grants for expenses outside of medical costs to patients who meet financial and medical criteria

- Academic scholarships for post-secondary school to young adults who have experienced the impact of a chronic illness or life-threatening disease
- National Financial Resource Directory

Support for People with Oral and Head and Neck Cancer

Phone Number	Website
1-800-377-0928	https://spohnc.org/

Offers:

- Online blog
- Local support groups
 - The local chapter meets at Washington Regional J.B. Hunt Transport Services Cancer Support Home on the third Saturday of each month
- Educational resources and webinars

Triage Cancer

Phone Number	Website
424-258-4628	https://triagecancer.org/

Offers:

- Free, online educational events and resources on cancer-related legal and practical topics for those with cancer

Volunteer

Cancer Challenge

Location	Phone Number	Website
404 SW 28th St, Bentonville, AR 72712	479-273-3172	https://www.cancerchallenge.com/

Service opportunities:

- Assist with annual events to help support local cancer programs and services

To get involved, call or go online.

Feed 479 (We are 479)

Location	Phone Number	Website
3157 W. Sunset, Springdale, AR 72762	479-717-5662	https://weare479.com/get-involved/

Service opportunities:

- Assist during our distribution and open pantry events
 - Tasks will include greeting and registering clients, providing counseling, guiding clients through the food pantry, restocking shelves, preparing USDA bags, loading and unloading carts, and assisting with parking. Depending on your availability, you can volunteer a full or partial shift.

To get involved, call or go online.

Highlands Oncology Buddy Program

Website
https://highlandsoncology.com/buddy-program/

Service opportunities:

- Share your own experience
- Give emotional support and encouragement
- Make yourself available by phone or to meet in person
- At times, may attend doctor visits

Go online to register to be a buddy.

Hope Cancer Resources

Location	Phone Number	Website
5835 W Sunset Avenue, Springdale, Arkansas 72762	479-361-5847	https://hopecancerresources.org/volunteer.aspx

Service opportunities:

- Clinic volunteers
- Professional services
- Administration and outreach
- Special events

- Third-party fundraising

To get involved, call or go online.

Send a Smile Today

Location	Phone Number	Website
1706 S Walton Blvd #1820, Bentonville, AR 72712	630-363-6826	https://sendasmiletoday.org/get-involved/

Service opportunities:

- Creating greeting cards for those with cancer
- Donate envelopes
- Donate forever postage stamps
- Hold a card making event

Go online to explore ways you can get involved.

Washington Regional J.B. Hunt Transport Services Cancer Support Home

Location	Phone Number	Website
488 E Longview St, Fayetteville, AR 72703	479-404-2162	https://www.wregional.com/main/cancer-support-home

Service opportunities:

- Assist with daily operations to ensure the home is organized and runs smoothly
- Assist with special events

To get involved, call or go online.

Education

Cancer-Related Fatigue

What is Cancer-Related Fatigue?

Cancer-related fatigue is one of the most common side effects of cancer and cancer treatment, and it is a type of fatigue that is persistent. You may notice that the physical, mental, or emotional exhaustion lasts longer, and it may not get better with rest or sleep.

Cancer-related fatigue may look like:

- You become more exhausted than usual during or after an activity
- Your exhaustion doesn't get better with rest or sleep
- Feel like your arms and legs are heavy
- Feelings of irritability or sadness
- Not being able to concentrate
- Having trouble sleeping or feeling like you need more sleep
- Low energy levels
- Not participating in things you normally do due to feeling tired
- Experiencing shortness of breath

Talk to your healthcare team if you are experiencing fatigue to determine the best management strategies for you. Treatment of cancer-related fatigue may look different depending on the cause and symptoms you experience.

Some common strategies to manage cancer-related fatigue include:

1. Medical treatment for conditions or causes of fatigue

- This could include getting screened for various causes of fatigue such as pain, anemia, poor nutrition, sleep disturbances, emotional distress, or other medical conditions like heart, lung, or hormone issues.
- Your doctor may prescribe you medication or supplements to help manage your cause and/or symptoms.

2. Physical activity

- Being active is one of the best ways to manage cancer-related fatigue. If you are concerned about exercising or don't know where to start, talk to your healthcare team.
- Tips for physical activity:
 - Follow a daily routine and try to incorporate physical activity as much as you can.
 - Try activities like walking, swimming, yoga, tai-chi, or stretching.

3. Nutrition

- Eat a balanced diet and drink plenty of water. If you can't eat a full meal, try eating small, nutritional snacks throughout the day.
- Talk to a registered dietitian to help develop an individualized plan.

4. Stress management and emotional support

- Consider seeing a therapist or counselor to manage stress
- Engage in mind-body practices such as yoga, meditation, or mindfulness exercises.

- Join a support group.
- Talk to your friends and family.
- Get a massage.

5. Get good sleep

- Try to get 7-8 hours of sleep each night.
- Establish a daily sleep/wake routine.
- Take short naps or rest breaks throughout the day, if needed.
- Avoid caffeine at least 4 hours before bedtime.
- Practice nightly routines that are relaxing, such as reading a book or listening to calming music.

6. Energy conservation

- Prioritize
 - Decide what tasks are most important and begin with the most important task first.
- Plan
 - Plan out your activities and try to not do too many activities all in one day.
 - Gather supplies you will need to complete an activity before starting. Reduce the amount of trips you need to take to gather materials.
 - Alternate between completing heavy and light tasks throughout your day.
 - Ask for help to complete tasks you may struggle with or that require too much energy.
- Pace

- Maintain a slow and steady pace throughout the day. Never rush to complete a task.
- Practice good breathing techniques. Try to avoid holding your breath, especially when completing an activity that requires a lot of energy.
- Listen to your body and take rest breaks or ask for help as needed.
- Positioning
 - Sit when you can and maintain an upright posture.
 - Avoid bending and reaching more than you need to. Use adaptive equipment, such as a reacher or sock-aid, as needed.

7. Visit with an OT or PT

- An occupational therapist (OT) or physical therapist (PT) may be able to help you better manage your fatigue.
 - An OT can help to improve skills you need for everyday activities like getting dressed, bathing, cooking a meal, or cleaning. They can help you plan your activities so that you can complete as many daily tasks as possible while managing your fatigue. They may also help with ways to conserve your energy and recommend equipment or devices to help you complete your daily activities more efficiently.
 - PTs can help improve your ability to move by helping you build your strength and balance. They can also help you come up with an exercise plan that works for you.

- Talk to your doctor about getting a referral if you think OT or PT may be right for you.

For more information on cancer-related fatigue, visit [cancer.org](https://www.cancer.org) or [mskcc.org](https://www.mskcc.org).

Healthy Habits

Physical Activity

Physical activity has been linked to a lower risk of several types of cancer. Being active may also help to prevent weight gain and obesity, which may in turn reduce the risk of developing cancers that have been linked to excess body weight. A physically active lifestyle may also lower a person's risk of other health problems such as heart disease, high blood pressure, diabetes, and osteoporosis (bone thinning).

Recommendations for physical activity include:

- Get 150–300 minutes per week of moderate-intensity activity or 75–150 minutes per week of vigorous-intensity activity
 - Moderate-intensity activities could include walking, dancing, volleyball, golfing, yoga, mowing the lawn, gardening, etc.
 - Vigorous-intensity activities could include jogging, fast bicycling, weight training, basketball, carpentry, etc.
- Limit sedentary behavior
 - This could look like reducing screen time, taking short walks during your day, taking the stairs over the elevator, engaging in activities that require movement, etc.

For more information or if you have questions on how to exercise best for you, talk to your healthcare team.

Nutrition

The nutrition needs of people with cancer vary from person to person. Your cancer care team can help you identify your nutrition goals and plan

ways to help you meet them. Eating well while you're being treated for cancer might help you:

- Feel better
- Keep up your strength and energy
- Maintain your weight and your body's store of nutrients
- Better tolerate treatment-related side effects
- Lower your risk of infection
- Heal and recover faster

A healthy eating pattern includes:

- Foods that are high in nutrients in amounts that help you get to and stay at a healthy body weight
- A variety of vegetables – dark green, red and orange, fiber-rich legumes (beans and peas), and others
- Fruits, especially whole fruits in a variety of colors
- Whole grains

A healthy eating pattern limits or does not include:

- Red and processed meats
- Sugar-sweetened beverages
- Highly processed foods and refined grain products

For more information or if you have questions about nutrition specific to you, talk to your healthcare team and/or visit with a registered dietitian.

Mental Health

Cancer can be stressful—for you and your caregivers. Practicing mindfulness and relaxation can help calm your mind, reduce stress, and enhance your ability to focus.

Some strategies to promote mental health can include:

- Enjoy simple pleasures
 - Take a walk outdoors, enjoy some of your favorite things, or take a journey in your mind
- Slow down and breathe
- Talk to a counselor or mental health provider
- Practice self-compassion and self-reflection
- Join a support group or other community activities
- Talk to and lean on your family and friends

If you are experiencing anxiety or depression related to your cancer diagnosis, talk to your healthcare team.

Sleep

Sleep allows your body to refresh, replenish, and rebuild. It helps your immune system work better and keeps you mentally sharp. It is recommended that adults get 7–8 hours of sleep each night.

Lack of sleep can raise the risk of health problems like heart disease, high blood pressure, and obesity. It can also affect your concentration and memory. Not getting enough sleep can lead to serious problems for people with cancer, including lower quality of life, depression, and the inability to carry out regular day-to-day activities.

Some strategies to improve sleep include:

- Soak up some morning sunlight
- Go to bed at the same time each night and get up at the same time each morning, including on weekends
- Find ways to relax
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smartphones from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Move more and sit less

If you are experiencing problems sleeping and it is impacting your daily life, talk to your healthcare team.

Alcohol and Tobacco Use

You can lower your risk for cancer by drinking less alcohol or not drinking at all. All alcoholic drinks, including red and white wine, beer, and liquor, are linked with cancer.

- It is recommended that adults with cancer should not drink alcohol. People who do choose to drink alcohol should have no more than 1 drink per day for women or 2 drinks per day for men.

Smoking can cause cancer and then block your body from fighting it.

There are known risks if you continue to smoke and benefits if you quit no matter what kind or stage of cancer you have.

If you need help with quitting tobacco or alcohol use, talk to your healthcare team to determine the best solution for you.

For more information about healthy habits for adults with cancer, visit [cancer.org](https://www.cancer.org) or [cdc.gov](https://www.cdc.gov).

Lymphedema

What is it?

Lymphedema is a chronic condition that is caused by the disruption of the lymphatic system and can cause swelling of one or more parts of the body. Disruption of the lymphatic system can occur following surgery, infection, physical trauma, radiation, or malformation of the lymphatic system. It may also be associated with venous insufficiency, deep vein thrombosis, congestive heart failure, and obesity.

Some symptoms of lymphedema include:

- Swelling, fullness, or heaviness in the breast, chest, shoulder, arm, hand, leg, or foot
- Skin changes such as dryness, discoloration, thickening, or dimpling
- New aching, tingling, numbness, pain, or discomfort
- Less movement or flexibility in your joints
- Trouble putting clothes on, feeling clothes are tighter, or leaving indents on your skin
- Your shirt collar, ring, watch, or bracelet feels tight, even though you haven't gained weight

Take care of your skin

Skincare is one of the most important things you can do if you are at risk for lymphedema. Cuts and injuries to the skin can trigger lymphedema or make it worse. Protect your skin from injuries, cuts, and bites.

Some skincare tips include:

- Wear shoes or protective socks

- Keep skin moisturized
- Wear sunscreen with an SPF of at least 30 to prevent sunburns
- Be careful with sharp objects and tools
- Avoid extreme heat on the area (such as hot compresses, saunas, and hot tubs)
- Wash any cuts, bites, or breaks in the skin with soap and water- call your doctor if it isn't healing or has any signs of infection (warm, red, tender, pus leaking)

Promote fluid circulation

Body areas with damaged or missing lymph nodes can't move and drain lymph fluid through the area as well.

Some tips to promote circulation include:

- Don't wear tight clothing, jewelry, or other items that constrict or squeeze the affected area
- If you wear a compression garment, wear it as directed
- Ask your doctor or therapist what exercises are good for your type and area of lymphedema
- Raising the affected arm or leg (above the level of your heart if possible) can improve swelling
- Note any changes in size, shape, or color of the affected area- tell your doctor right away if you notice any changes

Talk to your doctor or cancer care team

If you believe you may be experiencing lymphedema or would like to learn more, speak with your doctor about receiving a referral for lymphedema treatment.

For more information about lymphedema, visit lymphaticnetwork.org, cancer.org, or lymphnet.org.

Roles of Various Professionals

Dietitian

Dietitians are health professionals who are nutrition experts, and they work to prevent disease, promote health, and enhance diets for healthy and ill people. A dietitian may help you manage your diet and support proper nutrition after you experience disruptions, such as nausea or loss of appetite, in your diet as a side effect of cancer treatment. They can help develop a way to ensure you are fueling your body appropriately to promote your health despite challenges that can arise due to cancer.

Genetic Counselor

A genetic counselor can assess your family history and genetics to determine an individual or family risk of acquiring a specific condition, such as cancer.

Hospital Chaplain

A hospital chaplain can offer spiritual guidance and pastoral care to help support patients and their families during difficult health situations. They can provide a listening ear and spiritual encouragement to help those on a cancer journey cope with their circumstances.

Nursing

Nurses work to deliver direct patient care to promote health, prevent disease, and provide treatment to those with an illness. Nurses will work alongside doctors to provide treatment, administer medications, and monitor patient recovery.

Occupational Therapy

An occupational therapist can work with individuals with a variety of dysfunctions including mental, physical, developmental, or emotional. Occupational therapy services can help patients and their families develop or maintain skills to promote independence and participation in daily activities. An occupational therapist may also educate patients on how to use assistive devices to promote function with daily tasks.

Occupational therapists who are certified lymphedema therapists can also help with managing lymphedema and related symptoms.

Oncologist

An oncologist is specialized in diagnosing and treating cancer. They can help patients and their families understand what options are available once diagnosed as well as manage side-effects of treatment and post-treatment care.

Pharmacist

A pharmacist understands how medications are used as well as their side effects, interactions, and implications. They can provide prescription medications and educate patients on the benefits, risks, and concerns when taking a specific medication.

Physical Therapy

A physical therapist can assist patients who have a physical condition or injury that limits their ability to move or function in their daily lives. A physical therapist may use a combination of exercises, stretching, hands-on techniques, or equipment to reduce pain and restore function.

Physical therapists who are certified lymphedema therapists can also help with managing lymphedema and related symptoms.

Social Worker

A social worker can help to guide cancer patients and their families to help cope with the emotional, financial, and social burdens associated with cancer. They can be an advocate and educate patients on what resources are available for them.

Speech-Language Pathologist

A speech-language pathologist, or speech therapist, can treat a variety of speech, language, cognitive, and swallowing dysfunctions.

For more information or to explore other medical professions, visit college.mayo.edu or clevelandclinic.org.

Appointment Tracker

Appointment Date	Appointment Time	Location	Reason for Visit	Notes

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References and More Resources

<https://www.cancer.org/cancer/managing-cancer/side-effects.html>

<https://www.cancer.org/cancer/risk-prevention.html>

<https://www.cancer.org/cancer/survivorship/coping.html>

<https://www.cdc.gov/tobacco/campaign/tips/diseases/cancer.html>

<https://www.cdc.gov/cancer/risk-factors/alcohol.html>

<https://www.cdc.gov/cancer-survivors/patients/staying-healthy-during-cancer-treatment.html>

<https://www.cdc.gov/cancer-survivors/resources/index.html>

<https://college.mayo.edu/academics/explore-health-care-careers/>

<https://lymphaticnetwork.org/>

<https://lymphnet.org/>

<https://www.mskcc.org/cancer-care/patient-education/managing-related-fatigue>

<https://my.clevelandclinic.org/health/articles/22145-oncologist>

<https://www.stjoes.ca/patients-visitors/patient-education/a-e/PD%20o8278%20Energy%20Conservation.pdf>

<https://www.thisislivingwithcancer.com/>