

WELLNESS RESOURCE GUIDE

My Care



PHYSICIANS' CLINIC
of Iowa, P.C.
Together in health.



HELEN G. NASSIF
COMMUNITY
CANCER CENTER



UnityPoint Health
St. Luke's Hospital



Who We Are

A partnership of UnityPoint Health - St. Luke's Hospital and Physicians' Clinic of Iowa, in collaboration with other community-based specialty providers, the Nassif Community Cancer Center was created with a clear mission—to provide exceptional cancer care that places the patient at the center of all we do. By coordinating care and putting the resources patients need conveniently in one place, we help make the cancer journey as easy and positive as possible.

Learn more at communitycancercenter.org.

How to Access Your Patient Portals

MyUnityPoint:

Go to chart.myunitypoint.org and click "Sign Up Now" to create your account. Once you have registered your account, download the "MyChart" app for convenient access to your health information.

Need help? Call us: (877) 224-4430

PCI Patient Portal:

Go to pcfiowa.com and click "My Portal" in the main menu at the upper right. Click "Enroll Now" and follow the steps to set up your account. Once you have registered, download the app and use the practice code "JIJCBD" for convenient access to your health record.

Need help? Call us: (319) 247-3010

Wellness & Quality of Life

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Every cancer is different. Our goal is to give you individualized care specific to your needs. Some of the information in this book may be more relevant than others to your specific needs.

Wellness & Quality of Life

Cook Cancer Wellness Program

At the Nassif Community Cancer Center, we understand that each cancer survivor is unique, with their own combination of cancer type, treatments, medical history and challenges. Our Cook Cancer Wellness Program addresses this by working with each patient to develop an individual wellness plan. Our specially trained staff recognizes you as an active partner in your health care and are ready to work with you to set goals and provide support in leading a healthy life.

An open relationship between your cancer wellness and health care teams is essential. Communication is key to offering you a comprehensive program that helps you get the most from your treatment and adjust to life as a survivor. We work with you to decide how to best communicate your progress to your health care team.

We encourage cancer patients who are newly diagnosed, currently undergoing treatment or several years after diagnosis to use our programs. Our Cook Cancer Wellness Program looks at the whole person, while focusing on the cancer experience and its impact on the entire family. There is no charge to use the wellness program thanks to our generous donors.

If you have any questions or would like more information about our Cook Cancer Wellness Program, visit communitycancercenter.org or call (319) 558-4876 to schedule an appointment.

Cook Cancer Wellness Program

Jane Borg Cook of Cedar Rapids lost her battle with breast cancer in 2008. In her memory, her family – Rob, Jennifer, Katy and Robbie – provided the lead gift for the Cancer Wellness Program. The program is free for cancer patients and helps improve their quality of life through physical, nutritional and psychosocial support.

“Mom always believed that the best medicine was to be active physically, mentally and emotionally,” said Jennifer.

My Support Team

Your support team works to meet the needs of the whole person – physical, social, emotional and spiritual. Your team also helps to reduce stress, improve well-being, and support the healing process through the coordination of treatment, survivorship and wellness.

Any member of your support team can be reached by calling (319) 558-4876.

Cancer Care Coordinator _____

What does your cancer care coordinator do for you?

- Serve as a point of contact for you, your family and loved ones
- Facilitate coordination and timeliness of your care – ensuring the right place, right time and right team members
- Communicate with all team members involved with your care, including physicians
- Provide education, insight and support as to how cancer affects your life. This allows you to prepare for changing needs and the possible impact on your physical and emotional states
- Identify your needs and connect you with the appropriate services

Oncology Certified Social Worker _____

A licensed counselor is here to provide support for you, your family and loved ones. This includes coping with a cancer diagnosis, treatment and survivorship; caregiver stress; helping children/teens better understand cancer; community resources and financial issues.

Cancer Exercise Specialist _____

Assists you with maintaining and regaining strength, improving balance and range of motion, and overall physical wellness. Individualized plans are developed according to your current health needs and your current treatment plan. Sessions can be one-on-one or small group settings.

Oncology Certified Dietitian _____

Available to assess your nutritional status and design a nutrition plan to meet your needs. Your dietitian offers counseling and support to help reduce side effects during treatment and provides information on developing and maintaining a healthy lifestyle after treatment.

Wellness & Quality of Life

Certified Sex Therapist/Body Image Specialist _____

A certified counselor is available to meet with you regarding body image or sexuality concerns. She will help you address feelings about your body and changes that may have occurred, improving communication with your partner, and to explore your need for lifelong emotional connections to others. A referral can be made by your oncology certified social worker.

Individual and Family Therapist _____

Licensed therapists are available to assist you and your family to work through the challenges that can come from a cancer diagnosis. These challenges can have a significant effect on everyone involved. A referral can be made by your oncology certified social worker.

Cancer Risk Assessment Counselor _____

An advanced registered nurse practitioner specializing in cancer and genetics provides you and your family with cancer risk assessment screening, genetic counseling and testing, and will help you and your family understand the medical and psychological issues of having an inherited cancer. You will also be educated on how genetic cancers affect the rest of your family.

Survivorship Nurse Practitioner _____

A nurse practitioner who works as part of the multidisciplinary team to help you transition from treatment to life after cancer. The survivorship nurse practitioner focuses on late and long-term side effects, coordinating long-term follow-up care and physical and psychosocial wellness as a cancer survivor.

Integrative Wellness Specialists _____

Our integrative wellness team includes several specialists, including acupuncturists, certified reiki and healing energy works professionals, oncology trained licensed esthetician (skin care), massage therapists and certified aromatherapy specialists.

Exercise Program

The exercise portion of the Cook Cancer Wellness Program includes:

- Individualized Programs
- Group Classes
- Open Gym

Our specially trained staff evaluates each person entering the program and develops an individualized exercise plan for them. Together, you and our exercise specialist identify exercise goals based on your unique needs and limitations. As you go through the different stages of treatment and survivorship, these needs may change and we will be here to help modify your exercise accordingly. **Individualized programs, group classes and open gym are all offered at no cost.**

What to bring:

- Comfortable walking shoes
- Comfortable, loose fitting clothes
- Filled water bottle
- Lymphedema sleeve (if prescribed)

We will work on a combination of different exercises including:

- Cardiovascular Conditioning
- Strength Training
- Stretching Techniques
- Balance and Mobility

We encourage you to exercise independently by teaching you how to safely use all types of exercise equipment. Exercise knowledge encourages and empowers cancer survivors to become physically active at diagnosis, during and after treatment, and to remain active throughout life.

We want you to feel comfortable exercising on your own, but you should also know that there are great benefits from exercising in group classes. In a group, you are: led by a knowledgeable instructor, surrounded by other survivors in a fun environment, and able to follow a consistent schedule. It allows you to work at your own pace, yet still be motivated by those around you. It is also a great chance to meet others who are going through (or have gone through) some of the same situations as you are.

Wellness & Quality of Life

Exercise & Cancer Patients

Congratulations on your commitment to be active throughout your cancer journey. You have taken a very important step.

The connection between exercise and improved physical and mental health is well established.

The benefits associated with exercise for people with cancer include:

- Decreased treatment-related symptoms
- Improved physical and mental well-being

Cancer-related fatigue is the most common and distressing side effect reported by cancer patients. It can be the result of one or several factors including the cancer itself, stress, or treatment side effects. Cancer-related fatigue is often described as a tiredness or lack of energy that does not go away with rest.

One of the greatest benefits of exercise is its ability to lessen the effects of cancer-related fatigue and maintain or enhance a patient's quality of life.

Research shows regular exercise improves:

- Mood
- Balance
- Body Image
- Mobility
- Strength
- Self-Concept
- Sleep Patterns
- Cardiovascular Health

Exercise can decrease:

- Anxiety
- Depression
- Tension
- Feelings of helplessness
- Anger

Research has also shown patients who exercise have a significantly better quality of life than patients who do not exercise.

Exercise Tips

Check with your physician

Before starting an exercise program check with your physician to make sure you are prepared to start exercising.

Set short and long-term goals

Choose exercises that will help you reach your goals, improve your health and are suitable for your fitness level.

National recommendations

It is recommended everyone perform 30 minutes of cardiovascular exercise five days per week and some form of strength training two times per week. Not everyone is the same, especially during treatment. Work with your Cancer Exercise Specialist to design a plan that fits you.

Increase exercises slowly

You can increase resistance, repetitions or time about 10% per week. Increasing more can lead to injury or burn-out.

Keep an exercise log or journal

Journals help you stay organized and track your improvement to reach your goals.

Integrative Wellness

Integrative approaches to care focus on how the physical, mental, emotional, and spiritual elements of a person are interconnected to improve and maintain health. Integrative approaches focus on the whole person rather than just on treating a disease.

The Nassif Community Cancer Center has a wide range of services that support your quality of life and the treatment plan you have developed with your health care team. We work closely with all members of your health care team to incorporate integrative wellness approaches into your plan of care. We are here to support you and assure your treatment plan meets your goals and unique needs.

Massage Therapy - More than just relaxation and stress relief; it can actually improve your health. Our certified massage therapists can help alleviate some of the side effects of cancer and its treatment such as pain and lymphedema.

Oncology Skin Care - Our skin, hair and nails make up the largest organ in the human body. It can be drastically affected by both chemotherapy and radiation. Our oncology-trained licensed esthetician will educate you on how to prepare and treat your skin and nails before, during and after treatment. Individual and group sessions are available.

Acupuncture - Acupuncture is a traditional form of Chinese medicine in which thin needles are used to stimulate pressure points throughout the body. The procedure is safe and painless and has extremely low risk of complications. Acupuncture is performed by a licensed and trained doctor. Acupuncture can be used for neuropathy, headaches, nausea, constipation/diarrhea, neck pain, tendinitis, urinary and reproductive problems, and much more.

Healing Energy Works and Reiki - Healing Energy Works is a combination of Reiki and Healing Touch. It is a complement to modern medical treatments, allowing patients and caregivers to receive a calming healing benefit. Some patients report reductions in stress, decreased pain and an accelerating of the healing process. Healing energy uses light touch or no touch to channel energy into the patient's body to promote healing and reduce stress. Some patients also experience improved sleep and appetite and decreased need for pain medication.

Aromatherapy - Aromatherapy is the holistic practice of utilizing essential oils to support the health and well-being. It can be defined as the art and science of utilizing naturally aromatic essences from plants to balance, harmonize and promote the health of the body, mind and spirit. It seeks to unify physiological, psychological and spiritual processes to enhance an individual's innate healing process.

In partnership with St. Luke's Hospital, the Nassif Community Cancer Center offers patients the C.A.R.E. Channel. The C.A.R.E. Channel is a program that promotes relaxation, improves restfulness, reduces anxiety and more through the use of nature imagery and soothing instrumental music. Our patients can stream the C.A.R.E. Channel anytime by scanning this QR code and using the password care1477.



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Meditation - a mental exercise that helps you find relaxation, inner peace, creativity and inspiration as well as emotional and physical balance. When you meditate, you are fully awake and alert, but your mind is not focused on the external world or on the events taking place around you. Once you learn the technique it can be done anywhere and anytime.

Anusara Yoga - a form of exercise that helps you develop better posture and breathing techniques through supported stretches of the body. It works the entire body building foundational strength. Yoga is a physical exercise that also helps reduce stress and create inner peace.

Open Gym - an opportunity to exercise in a group setting. All skill levels are welcome. Exercise at your own pace and meet some new friends. Open gym is supervised by our cancer exercise specialist and is held three times per week.

Tai Chi - a system of linked elegant movements based off martial arts and old Chinese exercises. It has been practiced for centuries to help with tension and stress. The slow movements allow you to reach inner and outer peace while improving balance and body awareness.

Chair Yoga Basics - a gentle form of yoga that is practiced sitting on a chair, or standing behind a chair for support. This class teaches the basic yoga movements and breath work, while helping to develop the mind-body connection. It is a great practice for everyone, but is particularly beneficial for those who may have difficulty getting up and down off the floor.

These programs are offered in a group setting and held in the Nassif Community Cancer Center Wellness Center. Caregivers and family are welcome to attend with the cancer survivor.

Examples of some of our Integrative Wellness classes can be found on our YouTube channel at youtube.com/CommunityCancerIowa

Many of these services are provided at no charge. Some are provided as a shared cost with the cancer survivor and some may be covered by insurance.

The Nassif Community Cancer Center consistently offers new programs and services that are beneficial to you, your family, and friends.

Please visit communitycancercenter.org to view class schedules, register for a class and sign up for our monthly newsletter. For more information, call (319) 558-4876.

Acupressure

Acupressure has been used for thousands of years to promote relaxation and wellness. Eastern medicine believes that acupressure works by restoring pathways within our body. When these pathways, or meridians, are blocked or out of balance illness or pain can occur. Western medicine often believes the benefits acupressure produces is due to reduced muscle tension, improved circulation and stimulation of endorphins. Both Eastern and Western medical providers agree that acupressure can provide great benefits to the human body.

Steps for Self-Acupressure

- Relax as much as possible
- Take deep breaths and close your eyes
- Once you find the location hold firm pressure for four to five seconds using a rotary or up and down movement
- Repeat as often as you like, there is no limit to how many times per day you can do this
- Acupressure can also be given to you by a friend or caregiver

Precautions

- As with all complimentary services, we recommend that you discuss acupressure with your physician prior to starting
- Do not put pressure directly on a cancerous tumor or to the bone if cancer has spread to that location
- Be cautious with joints if you have a bone disease or arthritis
 - o Acupressure devices can be used to ease pressure on the joints in the hand

For additional information about all integrative wellness services offered at the Nassif Community Cancer Center, including massage, acupuncture, healing energy and meditation visit our website at communitycancercenter.org or call (319) 558-4876.

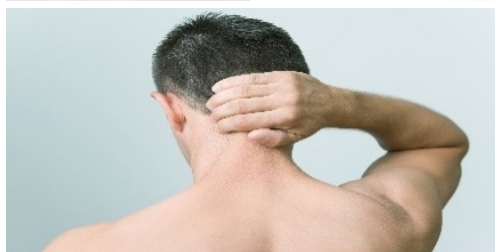
Wellness & Quality of Life



Neuropathy

Apply pressure a thumb length below ankle bone on the inside of the leg.

Apply pressure to the thumb pad on the palm side of your hand.



Migraine or Fatigue

Apply pressure to the mastoid ear bone where neck muscles attach to the skull on both sides.



Migraine or Fatigue

Apply pressure to the highest location on the muscle where thumb and index finger are brought together.



Low back pain/Insomnia/Anxiety

Apply pressure two finger widths above the place where the skin of your big and the next toe join.



Neck pain/Shoulder tension

Pinch shoulder muscle with thumb and middle finger.



Nausea/Vomiting/Stress/Fatigue

Apply pressure four finger widths from the bottom of your kneecap along the outside of shin bone.

Sources:

American Cancer Society: "Acupressure, Shiatsu, and Other Asian Bodywork"
American Pain Foundation: "Treatment Options: A Guide for People Living with Pain"
Memorial Sloan Kettering: Acupressure, Cancer
NIH NCCAM: "Energy Medicine: An Overview."

Nutrition **During** Cancer Treatment

A dietitian specially trained to help cancer patients can meet with you for a consultation whenever it is convenient: before or after doctor visits or radiation, during chemotherapy, or at the Nassif Community Cancer Center. Your dietitian will provide individual guidance regarding food choices to help you feel better during your cancer treatments. She can help with a variety of nutritional issues such as weight or appetite loss, taste changes, nausea and bowel problems. Let any staff member know if you wish to meet with a dietitian.

Nutrition Tips:

1. You will feel better if you maintain your weight - this isn't the time to intentionally lose weight. Adding extra butter, gravy, salad dressings, cheese and whole milk products can help.
2. Drink at least 8 cups of fluid daily. Milk, juice, smoothies, shakes, and water all count as fluids.
3. Get plenty of protein daily. Good sources are milk, soy products, eggs, cheese, yogurt, nuts, nut butters, protein powder, fish, chicken, turkey, beef and pork. Other options: nutritional supplement drinks, protein powder and protein bars.
4. Don't limit your diet unless instructed by your medical team. Getting enough calories and protein are the priority.



Wellness & Quality of Life

Healthy Eating **After** Cancer Treatment

Once your cancer treatment is complete, nutrition is an important part of leading a healthy lifestyle. This can help you feel better and decrease your risk of developing a future cancer. You are welcome to schedule an appointment with a dietitian through the Cook Cancer Wellness Program at the Nassif Community Cancer Center.

Cancer Prevention Recommendations

1. Be a healthy weight.
2. Be physically active.
3. Eat a diet rich in whole grains, vegetable, fruits and beans.
4. Limit consumption of "fast foods" and other processed foods high in fat, salt or sugar.
5. Limit consumption of red and processed meats.
6. Limit alcohol consumption.
7. Don't use vitamin/mineral supplements for cancer prevention. They can't replace a healthy diet.
8. Limit consumption of sugar - sweetened drinks (regular pop, juice drinks, energy drinks).



Sexuality and Sexual Health

Like many patients, when you first learned you had cancer, your first thoughts were probably of survival. Eventually other concerns arise about how cancer affects your day-to-day living and your overall quality of life. Research shows half of all cancer patients will experience sexual side effects from treatments. Side effects may impact your physical and emotional well-being as well as your relationship with your partner. This is true whether you are male or female, 20 or 80 years old, single or in a relationship.

An overall loss of desire is the most common sexual change for both men and women. Another common side effect for men is erectile dysfunction. Women often note vaginal dryness and pain with sexual activity. Other side effects (such as fatigue, nausea, hair loss, weight changes, scars, and skin sensitivities) may all impact your body image, sexuality and intimacy.

Sex and sexuality are important parts of your well-being and impact your quality of life. Feelings about sexuality affect your zest for living, your self-image and your relationships with the people you care about most. Research shows that healthy sexual expression can relieve stress and anxiety, foster hope, accentuate spirituality and distract patients from the emotional and physical effects of cancer and its treatment.

Ways to Get Help

- Sexual health is a sensitive topic. Discuss sexual side-effects with your health care providers the same as you would any other side effect.
- Nassif Community Cancer Center care coordinators and social workers are available to meet with you any time before, during or after your treatment to help address sexuality, intimacy and body image, and connect you with available resources..
- Nassif Community Cancer Center also has a licensed therapist who is also a certified sexuality therapist, available to meet with you and/or your partner to address issues of low libido, sexual fatigue, body image and intimacy.

Wellness & Quality of Life

Cognitive Changes

Up to 75 percent of persons with cancer experience cognitive changes during treatment. Within one year of treatment, many people find that cognitive changes have gotten much better. However, 15 to 35 percent will have continued issues for months or years.

Symptoms you may experience include:

- Memory problems
- Trouble paying attention
- Trouble finding the right word
- Trouble learning new things
- Trouble multitasking
- Slowed thinking speed

Managing Cognitive Changes

It is very important to talk to your healthcare provider if you're having trouble with your memory or notice any other changes in your thinking or abilities. They can help address some of the factors that can cause cognitive problems. For example, they can review your medications and labs. they can also consider how depression, anxiety and/or sleep issues may be impacting your ability to think clearly.

Ways that you can manage cognitive difficulties:

Make lists. Carry a notepad or your smart phone and write down the things you need to do. For example, keep lists of things to buy, errands to run, phone calls to return, and questions to ask at your appointments. Cross items off as you finish them.

Set an alarm on your smart phone or tablet for when you need to take your medications.

Organize your environment. Keep things in familiar places so you'll remember where you put them. For example, always store your car keys in the same place.

Repeat information out loud. Auditory (hearing) cues give your memory an extra boost.

Use word play, such as rhyming, to help you remember things.

Keep your mind active. Do crossword puzzles and word games or go to a lecture on a subject that interests you.

Tell your loved ones what you're going through. They may be able to help and encourage you.

Family Support

Family Care Program

Being diagnosed with cancer changes the lives of patients and their loved ones. The Nassif Community Cancer Center provides ongoing family support through a generous donation from the Aiming For a Cure Foundation. The Family Care Program educates and empowers adults in their support of the children in their lives as well as provides support directly for children.

One of the first questions a patient might ask when diagnosed with cancer is “What will I tell my family?” This is especially stressful when the family includes children. The program offers support to:

- Have conversations with children & teens about cancer
- Adjust to parenting during illness
- Find resources for children and teens
- Bring families facing cancer together at supportive, meaningful family events
- Schedule individualized tour at the Nassif Community Cancer Center, radiation center and/or oncology office
- Provide a resource kit for children and teens that includes family activities

Caregiver Support

Taking care of a loved one can be extremely rewarding. It can also be stressful. Too often, family caregivers are so focused on the patient’s needs they ignore their own.

Our oncology social workers focus on support for family members and loved ones who provide care and support for the person living with cancer.

This support helps:

- Connect through shared experiences
- Gain information about caregiver resources
- Learn self-care tips
- Develop a caregiving plan
- Improve the quality of life for caregivers and patients

For support for the entire family, please contact our Oncology Social Workers (319) 369-7473.

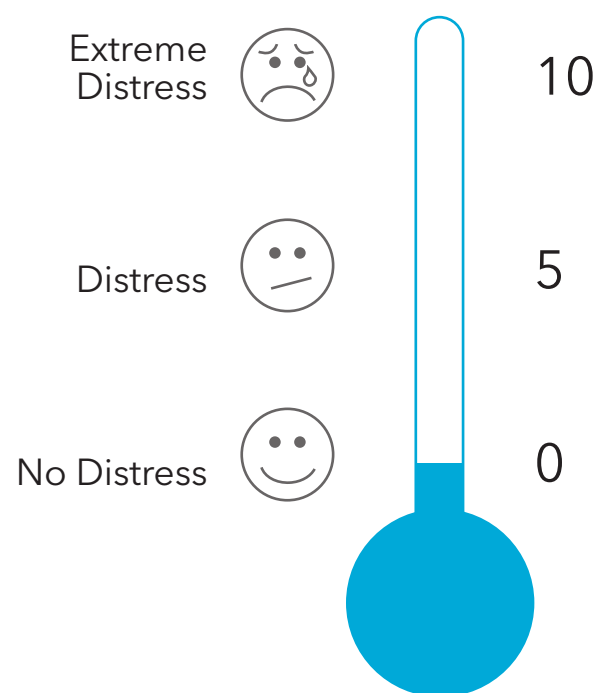
Resources

Caregiver Self-Assessment

Caregiver Self-Assessment

The Nassif Community Cancer Center is dedicated to providing caregivers the support they need to take care of themselves as they are caring for someone they love. Please take a moment to complete the two exercises below.

Exercise A – Circle a number (0-10) that best describes how much distress you have experienced in the past week, including today.



Exercise B – It is helpful to be aware of your specific stressors. Please place a check mark next to the statements below to identify what you have experienced in the past week, including today.

- ☐ Difficulty leaving my loved one alone
- ☐ My own health concerns
- ☐ Ignored my own basic needs
- ☐ Lack of support from family and/or friends
- ☐ Feeling torn between responsibilities
- ☐ Feeling edgy or irritable
- ☐ Feeling down, depressed or hopeless
- ☐ Feeling disconnected
- ☐ Loss of meaning of life
- ☐ Feeling nervous, anxious, on edge
- ☐ Not being able to stop worrying
- ☐ Little interest/pleasure in doing things

Feeling distressed? We can help, call (319) 369-7473.

Caregiver Resources

Nassif Community Cancer Center

(319) 558-4876 | communitycancercenter.org

This local resource provides patient-centered care that focuses on support services to all cancer patients and their loved ones. This includes help for all family members and other loved ones who provide care and support for the person living with cancer.

Emotional support services for patients and their families focus on the unique needs of:

- Family caregivers
- Children and teens
- Communication within the family

American Cancer Society: What You Need to Know as a Cancer Caregiver

(800) 227-2345 | cancer.org

American Cancer Society Complete Guide to Family Caregiving:
The Essential Guide to Cancer Caregiving at home.

Cancer Care

(800) 813-4673 | cancercare.org

Offers free professional support services, including telephone counseling, online support groups and educational materials to individuals with cancer and their caregivers.

Cancer Support Community

(888) 793-9355 | cancersupportcommunity.org

Provides support for those living with cancer and their loved ones.
Offers online support groups led by professionals.

Resources

Nassif Community Cancer Center

202 10th Street SE, Suite 285 | Cedar Rapids, IA 52403

(319) 558-4876 | communitycancercenter.org

The Nassif Community Cancer Center partners with many local organizations to help you and your family receive the support you need. Cancer experts are available to assess your needs and connect you to the resources available on site or by referral in the community.

Please talk to your care coordinator or any member of the Cancer Center team for more information about any of these programs.

Care Pro at the Pavilion

202 10th St. SE, Suite 115

Cedar Rapids, IA 52403

(319) 364-2406

Cancer Survivors Network

The Nassif Community Cancer Center connects newly diagnosed patients and their caregivers with someone who is going through a similar journey. Sharing experiences and supporting each other is beneficial to all of us. No one is in this alone.

communitycancercenter.org

Fittings Unlimited

402 10th St. SE | Cedar Rapids, IA 52403

(319) 362-8062

Gems of Hope

A nonprofit organization that offers gifts of jewelry mounted on inspirational cards to cancer patients. The patients are invited, along with family and friends, to attend workshops to create these works of art for others.

gemsofhope.com

Tobacco Cessation

Quitting tobacco is one of the best decisions you can make to improve your health. Research shows the combination of medication and behavioral support increases your success with quitting. Help is available whether you are considering quitting, attempting to quit now or recently stopped using tobacco. No matter where you are in the quitting process they will assist you with making the lifestyle changes to become tobacco free for good.

Quitline Iowa

(800) 784-8669 | quitlineiowa.org

St. Luke's Tobacco Cessation Program

(319) 363-3565

unitypoint.org/cedarrapids

Wigs from Strands of Strength

A nonprofit organization whose mission is to provide wigs to women suffering hair loss due to cancer treatment. The wigs offered by Strands of Strength disguise hair loss, decrease feelings of vulnerability and provide greater self-esteem, hopefully resulting in the personal strength needed to successfully battle the disease.

strandsofstrength.com

Transportation

Aging Services

(319) 398-3644 (8-noon M-Th)
unitypoint.org/agingservices
Volunteers provide free transportation.
Must be 60 or older.

LIFTS

(319) 892-5170
www.linncounty.org/142/lifts
\$3 each way. Linn County residents only.

SE Linn Community Center

(319) 455-2844
Volunteers provide free transportation.
Must be 60 or older. Lisbon & Mt. Vernon school district residents only.

Benton County Transportation

(319) 472-2413
www.bentoncountyiowa.org/departments/
community-services/transportation
\$6 each way if shared ride. \$25/hour
round-trip. Benton County residents only.

Cedar County Volunteer Services

(563) 357-8690
Volunteers provide free transportation.
Cedar County residents only.

JETS

(319) 462-2143
www.jonescountyiowa.org/jets
Jones County residents only.

Jones County Volunteers

(319) 560-0811
Volunteers provide free transportation – generally
twice a week. Jones County residents only.

Iowa County Transportation

(319) 642-7615
\$40 roundtrip plus \$20/hour waiting time.
Iowa County residents only.

Medicaid's Non-Emergency Medical Transportation (NEMT)

Each Managed Care Organization has a separate
contract. Must be member/have this insurance.

- Amerigroup Iowa 844-544-1389
- AmeriHealth Caritas Iowa 855-346-9760

Resources

Financial Assistance

We understand that finances are often a source of concern while undergoing cancer treatment. We are available to guide you and your family with any financial concerns related to your cancer diagnosis. Assisting you and your family with financial needs leads to peace of mind about medical expenses and leaves you free to concentrate on recovering.

Services available include:

- Connections with local and national cancer support programs
- General assistance with any financial concerns
- Assistance with questions about deductibles and copayments

For questions about your specific medical bills, payment plan options or making a payment please contact:

UnityPoint Health® – St. Luke’s Hospital	(888) 343-4165
unitypoint.org/cedarapids/financial-counselors	
Physicians’ Clinic of Iowa	(319) 398-1583
pcofiowa.com/patients-visitors/billing-and-insurance	
Mercy Medical Center.....	(319) 369-4505
mercycare.org/patients/billing-insurance	

Financial Resources

Spirit Fund – HGNC(319) 558-4876 or communitycancercenter.org
Healthwell Foundation.....	healthwellfoundation.org
Patient Advocate CoPay Foundation	copays.org

Notes: _____

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My
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