

# March 2020 Arizona Oncology Foundation Resource Centers



ARIZONA ONCOLOGY  
FOUNDATION

*Health, Healing, Survivorship!*

**Eastside Resource Center**  
2625 N Craycroft Rd #215 (520) 324-2840

**Northwest Resource Center**  
2070 W. Rudasill Rd #100 (520) 877-9038

## Integrative Therapy Schedule

**Craycroft Resource Center**  
2625 N Craycroft Rd. #215  
Tucson, AZ 85712

### **Mondays**

Acupuncture  
Reiki PM

### **Tuesdays**

Acupuncture  
Manual Lymph Drainage  
Meditation AM  
Massage PM  
Bra & Prosthetic Fittings

### **Wednesdays**

Acupuncture  
Massage  
Reflexology

### **Thursdays**

Acupuncture  
Massage  
Manual Lymph Drainage

### **Fridays**

Manual Lymph Drainage  
Massage  
Acupuncture PM

**Rudasill Resource Center**  
2070 W Rudasill Rd. #100  
Tucson, AZ 85704

### **Mondays**

Acupuncture

### **Tuesdays**

Massage (all day)  
Reflexology AM  
Reiki PM

### **Wednesdays**

Acupuncture  
Massage

### **Thursdays**

Massage (all day)  
Zero Balancing AM  
Manual Lymph Drainage PM  
Craniosacral PM

### **Fridays**

Massage  
Reflexology  
Acupuncture PM

**Additional services  
available in Green Valley.  
Please see reverse side for  
details.**

\$35 - \$40 fee for a roughly 50 minute session.

Please call to confirm days/time

## Support Groups

**Located at Arizona Oncology Foundation Resource Center**  
2625 N Craycroft Rd, Suite 215

### **Breast Cancer**

2nd and 4th Wednesdays, 4:30-6:00 pm

### **Gynecological Cancer**

1st and 3rd Wednesdays, 10:30 am-Noon

### **Head and Neck Cancer**

1st Tuesday of the month, 6:00-8:00 pm

### **Lung Cancer**

2nd Wednesday of the month, 1:00-3:00 pm

### **Living with Cancer**

For patients, caregivers, family  
4th Wednesday of the month, 12:30-2pm

### **TMC Grief Support**

Thursdays, 6:30-8pm

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### **Located at Northwest Tucson**

Arizona Oncology Foundation Resource Center  
2070 W Rudasill Rd, Ste. 100  
Tucson, AZ 85704

### **Living with Cancer**

For patients, caregivers, family  
2nd Thursday of the month, 10:00-11:30am

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### **Located in Sahuarita**

600 W Camino Rancheria  
Club House at Sonora (Rancho Sahuarita)

### **Living with Hope**

Educational Speaker Group and support for patients & guests  
3rd Wednesday of the month, 1:00-2:30pm

## Movement Classes

**Classes meet at:**  
**Craycroft Resource Center**  
2625 N Craycroft Rd. #215  
Tucson, AZ 85712

### **Mondays**

Yoga For Strength & Flexibility  
10:30 - 11:45AM

### **Wednesdays**

Gentle Yoga  
3:00 - 4:15 PM

### **Yoga**

6:00 - 7:15 PM

### **Fridays**

Chair Yoga  
10:00 - 11:15 AM

## INTEGRATIVE THERAPIES

**ACUPUNCTURE** The ancient Chinese believed that there is a universal life force energy called Chi or Qi. This energy is said to circulate throughout the body along specific pathways that are called meridians. As long as this energy flows freely throughout the meridians, health is maintained, but once the flow of energy is blocked, the system is disrupted and pain and illness occur. Acupuncture works to “re-program” and restore normal functions by stimulating certain points on the meridians in order to free up the Chi energy.

**CRANIOSACRAL** This subtle therapy employs gentle, sustained touch that facilitates free rhythmic movement of the craniosacral system which includes bones, nerves, fluids, and connective tissues of the cranium and spinal areas. The goal of this holistic practice is to achieve a state of alignment and balance, allowing for better immune response and overall health.

**MANUAL LYMPH DRAINAGE** Lymph drainage is a precise, gentle manual therapy technique to manage lymphedema. It moves lymph away from affected areas of the body and helps reduce swelling and pain that arise when the lymphatic circulation has been disrupted as a result of radiation or lymph node removal.

**MASSAGE** This touch therapy is recognized as the oldest and most popular methods of relaxing the body. By using various massage techniques to manipulate muscles and soft tissue, often with oil or lotion as a method of soothing the skin, clients experience improved nervous system and circulatory function.

**REFLEXOLOGY** This gentle modality is similar in theory to acupressure, seeking to enhance the flow of energy in the body by accessing the meridian channels through pressure points in the hands, feet, and ears. Reflexology facilitates healing by helping to relieve pain and clear blockages, thereby increasing a feeling of well-being.

**REIKI** Loosely translated, Reiki means universal life energy. Practiced for thousands of years throughout Asia, Reiki is used as a method of promoting balance and relaxation through light touch, placing the hands near or above the body in specific positions, the movements of which can bring the body-mind-spirit union to move toward wholeness.

**ZERO-BALANCING** Zero Balancing is a powerful body-mind therapy that uses skilled touch to address the relationship between energy and structures of the body. The practitioner uses finger pressure and gentle traction on areas of tension in the bones, joints and soft tissue to create fulcrums, or points of balance, around which the body can relax and reorganize.

## APPOINTMENTS & ALTERNATE LOCATIONS

**Nutrition:** Dr. Mary Marian, DCN, RDN, CSO  
ALL LOCATIONS (520) 235-6793

### Acupuncture

-For the **Craycroft Resource Center please call:**

**Cathy Adelman**, RN, Lac, (520) 822-6844  
**Tony Della Croce**, Lac, (520) 324-2840

-For the **Rudasill Resource Center please call:**

**Tony Della Croce**, Lac, (520) 877-9038  
**Karin Rodes**, PhD, Lac, (520) 393-7734

### Massage, Craniosacral, Reflexology, & Reiki

-For the **Craycroft Resource Center please call:**

**Bethany Kruas**, LMT, (520) 261-8757  
**John Graziano**, LMT, (770) 315-5556  
**Tami Arthur**, LMT, (520) 449-3339

-For the **Rudasill Resource Center please call:**

**Darcy Conner**, LMT, (520) 791-0886  
**Justine Robbins**, CLT, NCTMB, (520) 908-8907  
**Loree Scheyli**, LMT, (520) 877-9038  
**Maria Palo**, RCB, (520) 877-9038  
**John Graziano**, LMT, (520) 877-9038

-For the **Green Valley Area please call:**

**Paula Williams**, LMT, CST, (520) 870-4881

### Manual Lymph Drainage

-For the **Craycroft Resource Center please call:**

**Bethany Kraus**, LMT, (520) 261-8757  
**Tami Arthur**, LMT, MLD-C, CLT, (520) 449-3339

-For the **Rudasill Resource Center please call:**

**Justine Robbins**, CLT, NCTMB, (520) 908-8907

-For the **Green Valley Area please call:**

**Kathleen McLoughlin**, PT, CLT, (520) 271-1459

### Zero-Balancing

-For the **Rudasill Resource Center please call:**

**Joan Peet-Milner**, (520) 877-9038

### Meditation

-For the **Craycroft Resource Center please call:**

**Steve Ross**, MA, (520) 825-2009

### Living With Hope support group (Sahuarita)

Please call (520) 393-8301 for more information

### Head & Neck Cancer support group

Please call (520) 270-1260 for more information

### Living With Cancer support group

Rudasill Resource Center  
Please call (520) 877-9038 for more information

## COSTS

### Offered at NO Cost:

Cancer Support Groups  
Head Coverings & Wigs  
Breast Prosthesis & Bras  
Cancer Education Library

If you have a financial challenge, please contact our Program Manager to see if you qualify for subsidized treatments at (520) 471-9067

### Reduced Cost services:

Movement Classes: \$7 /class  
Integrative Therapy Sessions: \$40  
Oncology Nutrition Consults: \$40

“How to Meditate” 4-week class.  
\$10 per class. By appointment.  
Please Call Steve Ross:  
(520) 825-2009

Visit us online at

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