## **MISSION STATEMENT**

To provide support services to everyone whose lives are touched by cancer.

Arizona Oncology Foundation provides programs and services to make the cancer journey a little easier.

## **HOW YOU CAN HELP**

#### Volunteer

There are a number of volunteer opportunities available.

#### Learn more by calling 520-471-9067

## Donate

Donations of any size are gratefully accepted.

Online: www.arizonaoncologyfoundation.org By phone: 520-262-8486 By mail: Arizona Oncology Foundation 2625 N. Craycroft, Suite 215 Tucson, AZ 85712

Visit our website to learn more and to fill out a patient application.

#### www.arizonaoncologyfoundation.org

You do not need a referral from a doctor to receive services.



Arizona Oncology Foundation is a 501(c)3 nonprofit organization. All donations are tax-deductible to the fullest extent of the law. (Please see your tax advisor for details)

Arizona Oncology Foundation **Resource Center** 2625 N. Craycroft, Suite 215 Tucson, AZ 85712 (520) 324-2840

Arizona Oncology Foundation **Welcome Center** 603 N. Wilmot Road, Suite 151 Tucson, AZ 85711 (520) 416-5727



# ARIZONA ONCOLOGY FOUNDATION

Health, Healing, Survivorship!

Providing complimentary programs and services to those affected by cancer

INFORMATIONAL BROCHURE

## **PROGRAMS AND SERVICES**

#### **Post-Mastectomy Products and Fittings**

Prosthetic bras and prosthesis offered at no charge.

## Wig and Head Covering Program

Wigs and head coverings offered at no charge.

## SUPPORT GROUPS

- ~ Breast Cancer
- ~ Gynecological Cancer
- ~ Lung Cancer
- ~ Living with Cancer
- $\sim$  Living with Hope

## NUTRITIONAL COUSELING

A registered dietitian certified in oncology nutrition education reviews current lifestyle, medical and nutritional history to identify specific dietary needs.

## TRANSPORTATION

Gas cards help with financial constraints for those who travel long distances to get to treatment.

## HOUSECLEANING

We offer complimentary housecleaning for post-surgical patients. If you are in active treatment, let us help you focus on healing and not on housework. We partner with local professional house cleaning service companies that are fully licensed and bonded.

## **INTEGRATIVE THERAPY TREATMENTS**

### **Manual Lymph Drainage**

Manual lymphatic drainage of upper or lower extremities for the treatment of lymphedema.

#### Reiki

An energy therapy for stress reduction and relaxation. Reiki promotes healing through the mind-body connection.

#### Massage

Manipulation of superficial and deep layers of muscle and connective tissue. Enhances function, aides in the healing process and promotes relaxation and well-being.

## Reflexology

A natural healing art that relieves tension, improves circulation and helps promote the natural function of related area of the body.

#### Acupuncture

Relieves certain types of pain, controls nausea, and stimulates the immune system.



ARIZONA ONCOLOGY FOUNDATION Health, Healing, Survivorship!

## **OTHER CLASSES**

#### Yoga

Gentle/Strength movements used to increase flexibility, lessen effects on sleep anxiety, improve quality of life, and spiritual growth in cancer patients.

## **Chair Yoga**

A complete Yoga experience focusing on breathing, stretching and relaxation while seated. No experience required. If you are feeling stiff, fatigued, foggy, or just want to feel better, this class is for you.

## **BREATH WELL, FEEL CALMER**

Focusing on diaphragmatic breathing and relaxation reduces stress & anxiety in addition to oxygenating the blood to promote healing specific cancers and other related topics.



# RESOURCES

#### **Educational Resources**

Local and national cancer information and support programs. Cancer care symposiums. Doctor and other healthcare professional talks.

#### **Cancer Lending Libraries**

Books and other educational materials about specific cancers and other related topics.