

# February 2019 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

Chick n Chaps  
at the Tucson Rodeo.  
February 17  
Visit us online for more  
info!

## Integrative Therapy Schedule

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

### **Mondays**

Acupuncture  
Massage AM  
Reiki PM

### **Tuesdays**

Acupuncture  
Hypnosis  
Manual Lymph Drainage  
Meditation AM  
Massage PM

### **Wednesdays**

Acupuncture  
Massage  
Manual Lymph Drainage PM

### **Thursdays**

Acupuncture  
Hypnosis  
Massage

### **Fridays**

Acupuncture  
Reflexology AM

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

### **Mondays**

Acupuncture

### **Tuesdays**

Massage AM  
Reiki PM

### **Wednesdays**

Acupuncture

### **Thursdays**

Zero Balancing AM  
Manual Lymph Drainage PM

### **Fridays**

Hypnosis  
Massage

**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

### **Grief Support *Sponsored by TMC***

Wednesday evenings, 6:30-8:00 pm

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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 - Noon

### **Tuesdays**

Therapeutic Yoga  
10:00 - 11:15 AM

### **Wednesdays**

Yoga Tools for Stress Relief,  
Relaxation and Resilience  
6:00 - 7:15 PM

### **Thursdays**

Therapeutic Yoga  
10:00 - 11:15 AM

### **Fridays**

Chair Yoga  
10:00 - 11:15 AM

## DESCRIPTIONS OF INTEGRATIVE THERAPIES

- ◆ **ACUPUNCTURE:** From a Chinese medicine view, acupuncture restores the flow of energy in the body, called Qi. Research suggests that the insertion of the small needles causes the body to release natural chemicals that help relieve pain, control nausea & stimulate the immune system.
- ◆ **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 & spinal areas. This holistic practice helps achieve a state of alignment & balance, allowing for better immune response & overall health.
- ◆ **HEALING TOUCH:** This holistic energy therapy emphasizes compassionate, heart-centered care. Providers use gentle, non-invasive touch in order to restore harmony, energy & balance within the human energy system.
- ◆ **MANUAL LYMPH DRAINAGE & COMPLETE DECONGESTIVE THERAPY:** 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 & pain that arise when lymphatic circulation is disrupted by radiation or lymph node removal. Therapy may include compression bandaging or garments, skin care, and therapeutic movement as needed.
- ◆ **MASSAGE:** This touch therapy uses various massage techniques to manipulate muscles & soft tissue, often with oil or lotion as a method of soothing the skin. Clients experience improved nervous system & 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:** 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. These movements can bring the body-mind-spirit union to move toward wholeness.
- ◆ **MEDITATION:** Studies show meditation calms the mind, helps reduce chronic pain, improves sleep, and enhances quality of life.

## DESCRIPTIONS OF MOVEMENT CLASSES

- ◆ **YOGA:** Gentle strength movements are used to increase flexibility, lessen effects on sleep anxiety, improve quality of life, and encourage spiritual growth in cancer patients.
- ◆ **GENTLE AND RESTORATIVE YOGA:** It is a softer practice designed to bring the body – muscles, joints, vital organs – back into its natural balance and state of grace. This is a relaxing, rejuvenating class open to all yogis. No prior yoga experience required.
- ◆ **CHAIR YOGA:** Gentle Yoga combined with Life Force Yoga practices and relaxation all done in a chair. No prior experience required; adapted for all persons, especially if you have fatigue, stiffness, pain, or feel that you can't do yoga. Relaxation at the end of the class integrates energy in body and mind.
- ◆ **FUNCTIONAL STRENGTH TRAINING:** Build balance, strength of all muscle groups and core stability using weights, bands, body-weight exercises, and breathing movements. This class can be adapted to all ability levels.

## COSTS

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

### Offered at No Cost:

- ◆ Cancer Support Groups
- ◆ Head Coverings & Wigs
- ◆ Breast Prostheses & Bras
- ◆ Cancer Lending Library

### Reduced Cost Services:

- ◆ Movement Classes: \$7
- ◆ Integrative Therapy Sessions: \$35-\$40
- ◆ Oncology Nutrition Consultations: \$40

“How To Meditate” 4-Week Beginner’s Class  
\$10 per class, or \$40 for four classes  
“Breathe Well-Feel Calmer”

by appointment: Steve Ross, MA: (520) 825-2009

## APPOINTMENTS & ALTERNATE LOCATIONS

**For contacts not listed below, please call the Resource Centers listed at the top of the calendar.**

### ◆ Nutrition

Dr. Mary Marian, DCN, RDN, CSO  
Board Certified Specialist in Oncology  
**ALL LOCATIONS (520) 235-6793**

### ◆ Acupuncture

-For the **Craycroft Resource Center**, please call:  
Cathy Adelman, RN, Lac, (520) 822-6844

-For the **Green Valley Location**, please call:  
Karin Rodes, PhD, Lac, (520) 393-7734

### ◆ Massage, Craniosacral & Reiki

-For the **Craycroft Resource Center** please call:  
Bethany Kraus, LMT, (520) 261-8757

-For the **Rudasill Resource Center** please call:  
Darcy Conner, LMT (520) 877-9038

-For the **Green Valley Location**, 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

Justine Robbins, CLT, NCTMB (520) 908-8907  
Tami Arthur, LMT, MLD-C, CLT (520) 324-2840

-For the **Green Valley Location**, please call:  
Kathleen McLoughlin, PT, CLT, (520) 271-1459

-For the Rudasill Resource Center, please call:  
Justine Robbins, CLT, NCTMB (520) 908-8907

### ◆ Living with Hope Support Group (Sahuarita)

Club House at Sonora at Rancho Sahuarita  
600 W Camino Rancheria, Sahuarita, AZ 85629  
Call (520) 324-2840 for more information

### ◆ Head & Neck Cancer Support Group

SurviveWell Room 2625 N Craycroft Rd., Tucson  
Chris Ray – Facilitator 270-1260

### ◆ Living with Cancer Support Group (Northwest)

Northwest Resource Center (conference room)  
2070 West Rudasill Road #100 | Tucson  
Jeanne Harvath, RN, LCSW - Facilitator