

March 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

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

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
Reflexology

**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

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

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 *(On hiatus in March)*
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