

THE REGIONAL CANCER CENTER

We care. Body, mind and spirit.



Faxton St. Luke's Healthcare

Affiliate of Mohawk Valley Health System

Welcome

Thank you for choosing to receive your treatment at The Regional Cancer Center of Faxon St. Luke's Healthcare (FSLH). We are committed to providing our patients with the highest level of quality care, delivered with respect and dignity in a healing environment. We consider it our privilege to care for you.

For the past two decades, The Regional Cancer Center has achieved accreditation as a Comprehensive Community Cancer Center from the American College of Surgeons (ACoS) Commission on Cancer. Additionally, the Radiation Oncology Department has met national standards for quality set forth by the American College of Radiology (ACR). These significant accreditation certifications indicate the dedication of the medical staff and the healthcare team at the Cancer Center to adhere to the highest quality standards of care.

From our physicians and nurses to our therapists and social workers, you will find that we provide multiple services to meet your physical needs as well as support your psychological well-being. The Cancer Center offers support groups for patients and caregivers, nutritional counseling, personalized nurse navigation for breast care patients, financial counseling and many other support services, all in an effort to ease the burden of cancer treatment.

We understand that receiving treatment for cancer is stressful for patients. The support of family and friends is vital. We encourage you to bring someone with you to each of your appointments when possible. Having supportive members by your side can improve communication between your family and your healthcare provider and can also be very helpful when important decisions need to be made.

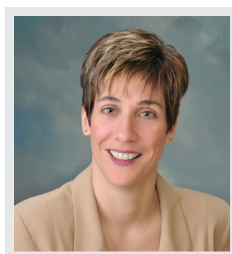
The purpose of this guide is to provide you with basic information about us and to serve as an easy point of reference in preparation for upcoming appointments. Please feel free to call the Hope Line at 315.624.HOPE (4673) with any questions or concerns that you may have at any time throughout your treatment.

Again, I thank you for choosing to receive your care at The Regional Cancer Center.

Sincerely,



Nancy B. Borden, MBA, RT (T)
Executive Director
The Regional Cancer Center



Nancy Borden, MBA, RT (T)

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Advice from a Cancer Survivor ...

The day you hear the words “you have cancer” is like being hit with a flood of fear, confusion and disbelief ... you might sense a loss of control. You are not alone ... this is a common first reaction. It will get better.

There are many cancer survivors and those numbers increase all the time. This is the value of being part of a support group - to meet other survivors.

Do not blame yourself for not eating enough broccoli or coloring your hair too often. It is still unclear what causes some cancers. You will need to put your energy into being pro-active and dealing with your life as it is right now.

Stop searching the internet and scaring yourself! Knowledge is powerful but only from creditable sources.

Try to live one day at a time which is all any of us can do ... cancer diagnosis or not.

You are now on a roller coaster of appointments, decision making and numerous tests. Ask a family member or friend to go with you to your appointments. It's helpful to have a second set of ears. Also take notes, record who you saw, when and what they did.

Focus on what has to be done today. Piling on too many things creates confusion. Try not to focus on what could happen, because it probably won't happen. Most of the time our anticipation of “things” is always greater than the event itself.

Cancer treatments change rapidly and those treatments only get better. There are many different kinds of treatments just as there are many kinds of cancers. Just because a friend or family member had a particular kind of treatment does not mean that would be right for you. Trust your doctor.

Don't listen to well meaning coworkers or relatives who insist you fly to some far off country and try a non-traditional therapy, or recommend the same treatments their Aunt Mary had. They mean well but they really don't know what is best for you and the type of cancer you have. Again, trust your doctor.

You have the right to a second opinion.

This is a journey you never asked for but none the less here you are. You'll be surprised how strong and resilient you are when it's over.

The Regional Cancer Center offers the support you'll need to get you through this diagnosis. They will be there for you throughout your journey. Never be afraid to ask questions or ask for help.

Sincerely,

A Cancer Survivor



Telephone Directory

All numbers are in the (315) area code.

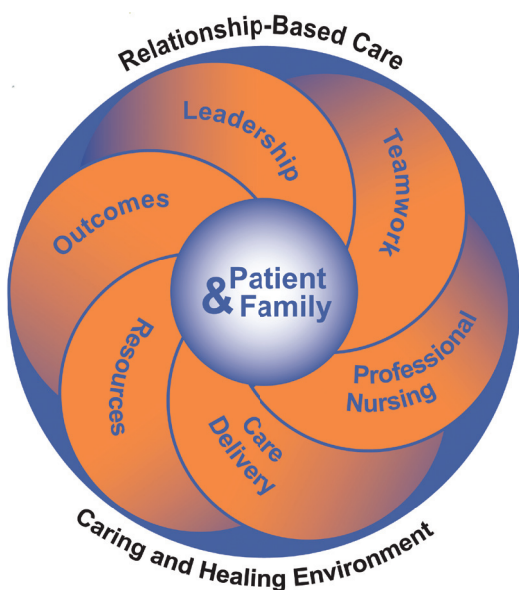
Breast Care Center	624.5764
Cancer Program Administration	624.5321
Case Management	624.6008
Central Scheduling.....	624.4600
Clinical Trials	624.5705
Consumer & Allied Health Library	624.6059
Financial Counseling	624.5320
Imaging Center	624.5510
Inpatient Medical Oncology Unit	624.6481
Integrative Medicine	624.5764
Language Assistance Program.....	624.5242
Medical Imaging – Faxton Campus	624.5204
Medical Imaging – St. Luke’s Campus	624.6116
Nurse Navigator – Breast	624.5510
Nurse Navigator – Palliative Care.....	624.5555
Nutrition Services	624.5208
Oncology Social Worker.....	624.5241
Outpatient Infusion Unit.....	624.5234
Palliative Care	624.5555
Psychologist	624.5764
Radiation Oncology	624.5300
Registered Dietitian.....	624.5792
Spiritual Care	624.6218
Support Services	624.HOPE (4673)

Relationship-Based Care

The team at The Regional Cancer Center provides high quality patient care using a Relationship-Based Care (RBC) delivery model. Our focus is on patients and their families. Improved outcomes are achieved when patients feel safe within a respectful, trusting relationship with those caring for them. These relationships are strengthened as continuity of care is delivered.

The principles of RBC:

- Responsibility for relationship and decision making
- Continuity of care through work allocation and patient assignment
- Communication
- Management
- Process improvements
- Providing a caring and healing environment of care.



Preparing for Your Visit

Use this guide as preparation for your first visit. We recommend that you bring it with you, as you'll find directions to The Regional Cancer Center, contact information and a list of the services we provide.

Please review the "to-do" list below, gather the information listed and bring it with you on your first visit.

As you enter The Regional Cancer Center from Newell Street, your first stop will be at the Business Office located on the main level. As you enter the Cancer Center, turn left and you'll see Business Office marked on the first door on the right.

Please bring with you:

Your Health Insurance ID Card

Bring your health insurance identification card as we will need to update our files with your insurance information. If your insurer requires a referral, please make sure you have obtained that referral and, if necessary, bring a copy with you.

If you do not have health insurance or if you have any questions about your insurance, call our financial counselor at 315.624.5320.

Co-Payment

Please be prepared to pay your co-payment upon checking in at the Business Office. Mastercard, Visa, Discover, cash and checks are accepted.

A List of Your Allergies

It is essential that your healthcare team be aware of any allergies, especially to latex, iodine or seafood. Please prepare a list of your allergies and bring it with you to your appointment.

A List of the Medications You Are Taking

Your healthcare team needs to know ALL the medications you are currently taking including over-the-counter medications such as pain relievers, allergy pills, vitamins, minerals and/or herbal or natural substances. Please bring either a list or the actual medications for us to review at the time of your visit.

A Health Care Proxy Form or Advance Directive

You may appoint a relative or trusted friend in advance to make health-care decisions for you if for any reason you are unable to make decisions yourself. To do this you must complete a health care proxy form. You can obtain a copy of the form from our registration staff.

If you already have your preferences indicated in an advance directive document such as a living will or health care proxy, please bring a copy to your first visit so we can include it in your medical record.

Questions for Your Doctor

It is important to learn all you can about your cancer and the treatment options available so you are able to make well-informed decisions. We suggest that you write down the questions you would like to ask your doctor. Examples of questions you may want to ask your physician are:

- What kind of cancer do I have and what part(s) of my body does it affect?
- What are my treatment options?
- What are the risks and side effects of each treatment?
- Can I receive my treatment in an outpatient setting or will I have to be admitted to the hospital?
- How will the treatment affect my daily activities?
- Can I continue to work?
- Will I need to adjust my diet, exercise routine or daily activities?

Use these questions as a guide, but do not hesitate to ask your doctor about anything else that may concern you.

Bring Someone You Trust With You

We suggest that you bring along a friend or a loved one for your first visit. This person may take notes during your appointment, as well as be “another set of ears” to help you remember everything you need to know. Additionally they will be there to provide you with support and encouragement.

Meeting With Your Healthcare Team

You will meet with various members of your healthcare team to discuss your specific plan of treatment. They will compile detailed information for you to bring home and read.

If You Have Questions

Please feel free to call The Regional Cancer Center at 315.624.4673 if you have any questions. You can also refer to the Telephone Directory in this guide to call a specific department or person with any questions you may have.

Directions, Parking and Lodging

Directions

From the New York State Thruway/I-90 East/West

Take Utica Exit 31 and follow signs for Routes 8 and 12 South. Take Route 12 South (Arterial) approximately five miles to Burrstone/Utica College exit. Turn right onto Burrstone Road (you'll be traveling east and are less than one mile from the Faxton Campus). Turn left onto Bennett Street and proceed to the stop sign at the intersection of Bennett and Newell Streets. Turn right onto Newell Street and take an immediate right into Cancer Center Parking Lot H.

From North

Follow Routes 8 and 12 South (Arterial) to Burrstone/Utica College exit. Turn right onto Burrstone Road (you'll be traveling east and are less than one mile to the Faxton Campus). Turn left onto Bennett Street and proceed to the stop sign at the intersection of Bennett and Newell Streets. Turn right onto Newell Street and take an immediate right into Cancer Center Parking Lot H.

From South

Follow Routes 8 and 12 North (Arterial) to Burrstone East exit. Enter Burrstone Road. Faxton Campus is immediately on the left. Turn left onto Bennett Street and proceed to the stop sign at the intersection of Bennett and Newell Streets. Turn right onto Newell Street and take an immediate right into Cancer Center Parking Lot H.

Parking

Parking is free for our patients and visitors. Patients are welcome to park in the Cancer Center's Lot H which is adjacent to the building on Newell Street. We offer a covered drive-up entrance where patients may be dropped off and picked up. Handicap parking is available and for your convenience you'll find wheelchairs inside the entrance.

Lodging

For patients and their family members living outside the area and in need of overnight lodging, the hotels listed on the following page are located close to The Regional Cancer Center.

Holiday Inn

1777 Burrstone Road
New Hartford, NY 13413
Phone: 315.797.2131
www.ihg.com

Radisson Hotel - Utica Centre

200 Genesee Street
Utica, NY 13501
Phone: 315.797.8010
www.radisson.com

Hotel Utica

102 Lafayette Street
Utica, NY 13502
Phone: 315.724.7829
www.hotelutica.com

Ramada Inn

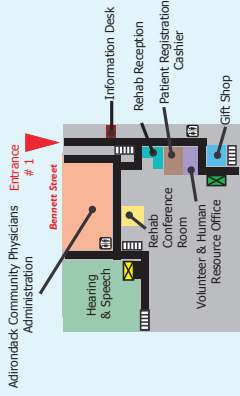
141 New Hartford Street
New Hartford, NY 13413
Phone: 315.735.3392
www.ramada.com

Hampton Inn & Suites

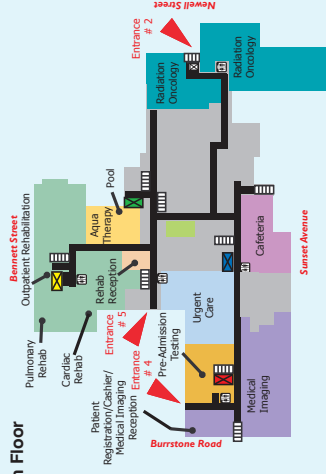
201 Woods Park Drive
New Hartford, NY 13413
Phone: 315.793.1600
www.hamptoninn.com

Faxton Campus

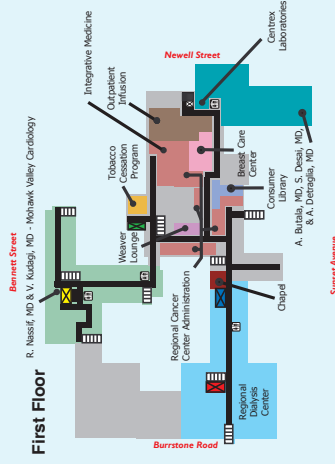
Bennett Street Floor



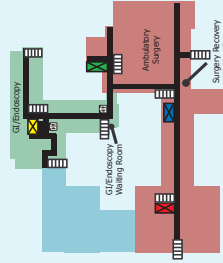
Main Floor



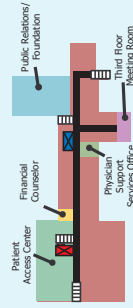
First Floor



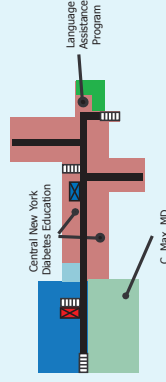
Second Floor



Third Floor



Fourth Floor



FAXTON CAMPUS

Restrooms ☒ Elevators

Stairs ⬇ Entrance

Ground Floor

Entrance #7
Human Resources
Simulator Lab
Vintner Services & Health 3-5
Cardiac Health Unit
Mental Health Unit
OB Care Center
Centex Laboratories
Entrance #4
Entrance #3
Champlin Ave.

First Floor

Ambulance Entrance #6
OUI Entrance
Waiting Room
Emergency Department
Rehabilitation Gym
Medical Imaging
Medical Imaging
Surgery Recovery
Interventional Radiology
Entrance #1
Lobby
Gift Shop
Restricted Entrance #2
Allen-Caldier 1st Floor Nursing Unit West
Medication Room (Chapel)
Intermediate Care Unit
Nursing Administration
Medical Records
John Boyle Boardroom
Admitting/Cashier
Administration
Centex Laboratories
Ambulatory Surgery
Professional Office Building
Waiting Room
Cardiac Cath Lab
Inpatient Dialysis
Outpatient Observation Unit
Pelabrics
Conference Room
Critical Care Unit (CCU)
Allen-Caldier 2nd Floor Nursing Unit West
OUI (PMT)

Second Floor

Critical Care Unit (CCU)
Waiting Room
Allen-Caldier 2nd Floor Nursing Unit West
OUI (PMT)

Fourth Floor

Offices

Fifth Floor

Nursing Unit

Sixth Floor

Nursing Unit
Oncology

Third Floor

Allen-Caldier 3rd Floor Nursing Unit West
The Birthplace
Nursery
Allen-Caldier 3rd Floor East

ST. LUKE'S CAMPUS

- Restrooms
- Elevators
- Entrance
- Stairs
- Restricted Entrances (Employee/Medical Staff Only)

A diagram of a building layout. A central horizontal corridor is shown. On the left side of the corridor, there is a door labeled 'R'. To the right of the corridor, there is a large area labeled 'Offices'. The corridor is flanked by green areas representing walls or other rooms.

The diagram shows a T-junction where a horizontal corridor meets a vertical corridor. The top-left quadrant of the junction is highlighted with a blue 'X' inside a square, indicating a high-risk area for a patient with a history of falls. The vertical corridor is labeled 'Nursing Unit' and the horizontal corridor is labeled 'Oncology'.

For Your Convenience

ATM

A GPO Federal Credit Union ATM is located on the main level of the Faxton Campus just before the Outpatient Rehabilitation Department. The ATM at the St. Luke's Campus is in the cafeteria.

Cafeteria

Faxton Campus Cafeteria

Monday - Friday: 6am to 4pm

Saturday and Sunday: Closed

St. Luke's Campus Cafeteria

Monday - Friday: 6:30am to 7:30pm & 1am to 4am

Saturday and Sunday: 6am to 7pm & 1am to 4am

Jazzman's Café (St. Luke's Lobby)

Monday - Friday: 6am to 7pm

Saturday: 8am to 2pm

Closed Sundays & Holidays

Spiritual Care

If you are in need of spiritual guidance or support for life's difficult situations, FSLH's Spiritual Care staff and volunteers are here for you.

Our chaplains are professionally trained and provide assistance to individuals with many different spiritual preferences. We are prepared to help you connect with your faith community and to facilitate visits from your own pastor in any way we can. We also provide consultation on medical ethics, religious practices, advance directives and end-of-life issues.

Everyone is welcome to visit our chapels to reflect quietly anytime of the day or night. The chapel at the Faxton Campus is located on the first floor next to the blue elevators. At the St. Luke's Campus, the chapel is located next to the Intermediate Care Unit (IMCU) on the main floor.

Contact the Spiritual Care staff at 315.624.6218, Monday through Friday from 9am to 5pm. You may also call the switchboard at 315.624.6000 for spiritual requests after hours if needed. Deacon Paul Lehmann can be reached at plehmann@mvnhealth.com as well.

Tobacco Policy

Tobacco use is prohibited both indoors and outdoors at both hospital campuses.

If you do smoke, we urge you to contact the New York State Smokers' Quitline for assistance in quitting smoking. For more information, call 1-866-NY-QUITS (1-866-697-8487).

Telephones

We allow cell phones in most areas of the facility including the lobby areas and waiting rooms. We do ask that the privacy and quiet time our patients need be respected. A public courtesy phone is located in the lobby at the St. Luke's Campus.

Vending Machines

You'll find vending machines at the Faxton Campus on the first floor in the Sunset Avenue lobby and on the main level just outside Urgent Care.

At the St. Luke's Campus, vending machines are located in the cafeteria, the Emergency Department waiting area, on the first floor outside of the Surgery waiting area and on the third floor in the Maternity Department's waiting area.

Gift Shop

The Gift Gallery is located in the Bennett Street Lobby of the Faxton Campus. It is open Monday through Friday, 10am to 3pm.

The Acorn Gift Shop is located just inside the main entrance of the St. Luke's Campus. It is open seven days a week from 9:30am to 7pm.

Treatment Options

Radiation Oncology

The Regional Cancer Center offers radiation therapy at the Faxton Campus. Radiation therapy uses powerful rays of energy targeted directly at a tumor. Our technology is state of the art and our team of specialists provides leading edge care for our patients.

The delivery of radiation therapy is technologically sophisticated. It takes a team of professionals to administer the treatments effectively, including board certified radiation oncologists, physicists, dosimetrists, radiation therapists, oncology certified nurses and support staff. They work closely together to administer high quality care for our patients.

Outpatient Infusion Unit

This unit treats various patients and diagnoses. It is located at the Faxton Campus and is staffed with experienced registered nurses, many of whom are oncology certified nurses.

The decision on where to receive your treatment is made collaboratively with your physician. Please feel free to share your preferences and concerns with your doctor. We would be happy to arrange a tour of our Outpatient Infusion Unit to assist you as you consider and discuss this important decision.

Care is available in both private and open areas in a warm, friendly atmosphere with complimentary continental breakfast and lunch menu choices. Patients may use our education and resource materials, along with videos, music, a puzzle table, books and magazines.

Outpatient Infusion provides care from 8am to 6pm, Monday through Friday. We make every effort to accommodate your busy life. Appointments are scheduled by your physician's office. To reach the Outpatient Infusion Unit directly, call 315.624.5234.

Inpatient Oncology (Medical Oncology Unit)

St. Luke's Campus

If hospitalization is required, the Inpatient Oncology Unit is staffed with experienced nurses who specialize in oncology and have additional oncology certification. They work closely with physicians, families and an interdisciplinary team to provide a complete plan of treatment from admission to discharge.

Inpatient oncology reflects best practices standards through in-depth staff, patient and family education. Case management is available to assist with any anticipated needs you may have upon discharge from the hospital.

The Inpatient Oncology Unit is located on the 6th floor of the St. Luke's Campus. Visiting hours are from 8am to 8pm with quiet time from 2pm to 4pm daily. To reach the Inpatient Oncology Unit, call 315.624.6481.

Integrative Medicine

Integrative medicine is the use of evidence-based complementary therapies with the goal to treat the mind, body and spirit. Together the patient and physician collaborate in the development of an individualized treatment plan.

Integrative medicine may be especially useful for cancer patients as it helps to enhance the benefits of treatment and promote the quality of life for survivors. Complementary therapies may assist with pain relief, fatigue, insomnia and chemotherapy-related nausea. It is also effective in stress reduction, and in treatment for anxiety and depression. Treatment may include acupuncture, nutritional therapies, guided imagery and massage. Call 315.624.5764 to schedule an appointment for a consultation.

Cancer Conference

The Cancer Center recognizes that there are many treatment options and choices to be made for all cancer diagnoses. Working collaboratively as a team is the best way to make decisions that are most beneficial for our patients.

Cancer Conference meetings, comprised of surgeons, medical oncologists, radiation oncologists, radiologists, pathologists and other specialists, are held on a weekly basis. At each conference, active patient cases are discussed and as an interdisciplinary team, a treatment plan is reviewed and treatment recommendations are formed according to the National Comprehensive Cancer Network (NCCN) guidelines.

Clinical Trials

If you meet specific criteria, you can be a part of important cancer research by participating in our Clinical Trials Program at The Regional Cancer Center. Patients in a clinical trial may benefit as they are among the first to take advantage of a new approach if it's proven to work. And they are helping others in the important fight against cancer.

Clinical trials are used to study individual cancer patients for the effects of new treatments. The studies answer important scientific questions to help find better ways to prevent, diagnose and treat cancer. The Clinical Trials Program works with Upstate Medical University in Syracuse, New York.

You may want to discuss with your doctor whether or not you should consider participating in a clinical trial. Call us for more information at 315.624.5705.

Education, Support and Resources

We offer a number of services for our patients, their families and the community. Cancer is a serious illness that can be challenging, both emotionally and psychologically. It can also disrupt a family's finances and create legal issues. There are counselors and programs available to advise and help patients.

Oncology Support Services

Patients, caregivers and family members turn to Oncology Support Services to learn about cancer and its treatments, and to participate in support groups. Patients are encouraged to speak with the Cancer Center social worker to answer questions, provide them with information about their cancer and set them up with one of our support groups and other resources. Our social worker can be reached at 315.624.5241.

Support Groups

Cancer Support Forum

One of the key elements in recovery is being a part of a support group. These groups promote a comfortable atmosphere for patients to come together and share useful information. This is a beneficial way to learn how to deal with various issues including surgery, chemotherapy or radiation. Cancer patients and/or survivors are invited to join us on the second Monday of every month at 6pm in the Fireplace Lounge at The Regional Cancer Center at the Faxon Campus.

The Cancer Patient Support Forum provides support to anyone who has received a cancer diagnosis. Meetings cover a wide variety of issues including: How to talk with children about mom or dad having cancer, intimacy issues, financial matters, physical issues, nutrition during treatments, plus many more. Presentations are followed by a group discussion. Group members help each other gain knowledge about various cancer-related topics as well as provide support throughout the entire process.

Please call the Cancer Center social worker to RSVP or for questions at 315.624.5241.

After Breast Cancer Support Network (ABC)

The After Breast Cancer Support Network was founded in 1990 by women who have had breast cancer. The group is dedicated to providing education, information and emotional support to women and men who are facing biopsy, surgery or recovery from breast cancer. Monthly meetings focus on

positive measures to return normalcy to the chaos cancer presents in our lives. Meetings are open to patients, survivors and family members. They convene on a pre-determined Saturday at 11am at The Regional Cancer Center. For more information, or to be added to the mailing list for the ABC newsletter, call 315.624.5764.

Resources

Breast Care Center

The Breast Care Center offers newly diagnosed breast cancer patients understandable, practical advice. A consultation includes techniques for post-operative drain care, a review of post-operative exercise, tips to reduce the risk of developing lymphedema and information on community support groups.

The Center employs a nurse navigator as well as a nurse practitioner who are dedicated to providing patients and their families with seamless, coordinated care. They follow women from the time of a breast cancer diagnosis, through treatment and into survivorship. To reach the Breast Care Center, call 315.624.5764.

Breast Imaging Center of Excellence

FSLH is a Center of Excellence for our Breast Ultrasound, Stereotactic Breast Biopsy, Mammography, Ultrasound, Positron Emission Tomography (PET), Computed Tomography (CT) and Nuclear Medicine services.

FSLH offers comprehensive breast care services including digital mammography, minimally invasive breast biopsies, surgery, medical and radiation oncology services and support through our nurse navigator program. Accredited by the American College of Radiology (ACR), FSLH is proud to be the only Breast Imaging Center of Excellence in the Mohawk Valley and one of a few in the upstate region. For more information, call 315.624.5510.

Palliative Care

Palliative care uses an interdisciplinary approach to prevent, relieve, reduce or soothe the symptoms of serious illness. This program benefits patients regardless of diagnosis, prognosis or treatment. Participating physicians and our nurse practitioners work closely with the primary physician to enhance a patient's quality of life and make them as comfortable as possible.

The Regional Cancer Center offers an Inpatient Palliative Care Consultative Service in collaboration with St. Elizabeth Medical Center. For more information, call 315.624.5555.

Psychosocial Counseling

A patient's emotional and psychosocial well-being is important to their treatment. Professional counseling is available to help patients learn how to cope with their illness. Dealing with depression and anxiety, problem solving and learning various coping mechanisms are all part of The Regional Cancer Center's emphasis on the psychological aspects of cancer treatment. Call 315.624.5764 to make an appointment with our professional clinical psychologist.

Finances

We offer financial counseling to cancer patients by evaluating their financial situation and advising them about insurance and payment assistance programs. Financial assistance for uncompensated care is also available for those that meet the specified criteria. Federal poverty guidelines are utilized to determine eligibility. Appointments are required to consult with the financial counselor and complete the required application. Additionally, the financial counselor is available to discuss payment options and collect co-payments. To make an appointment with the financial counselor, please call 315.624.5320.

If you have additional billing questions, you can also contact FSLH's Business Office at 315.624.5170.

Nutrition

Good nutrition decreases the severity of side effects for patients undergoing cancer treatment. The dietitian will guide you in establishing a diet that focuses on maintaining optimal health and strength. A board certified specialist in Oncology Nutrition is available for consultation. This registered dietitian has additional experience and training specifically in oncology and has passed the national certification examination and is available to discuss specific dietary needs. The dietitian can be reached at 315.624.5792.

Spiritual Care

Hope in the face of an uncertain future boosts our patients' morale when they need it most. Spiritual Care offices are located at both campuses and pastoral care consultants can be reached at 315.624.6218.

Consumer and Allied Health Library

We recommend that patients and their families learn about their disease and diagnosis. The Consumer and Allied Health Library provides comprehensive, up-to-date information through its books, DVDs and internet

access. Patients and family members are encouraged to contact our medical librarian to assist them in their research and information gathering. For more information, please call 315.624.6059.

Interpreters

The FSLH Language Assistance Program is available for patients who are not proficient in English. A patient who is designated as having Limited English Proficiency (LEP) qualifies for the program. The program provides translation services in 30 languages, including American Sign Language.

This program is available in all services and facilities served by FSLH. For more information or assistance, call 315.624.5242.

Community Resources

Genetic Counseling

A cancer risk assessment with a genetic counselor provides you with information regarding the probability of developing cancer. If the counselor suspects an inherited cancer predisposition, he or she may suggest genetic testing. Additionally, people can adopt cancer risk reduction and surveillance strategies based on the inherited predisposition. To learn more about genetic counseling, please visit www.mohawkvalleygene.org.

To make an appointment with Mohawk Valley Genetic Services call the Ferre Institute at 315.724.4348 or toll free at 1.888.483.3773. They are located at 4 Oxford Crossing, New Hartford, New York.

American Cancer Society (ACS)

The American Cancer Society is dedicated to eliminating cancer as a major health problem through research, education, advocacy and service. ACS offices in Utica and Syracuse help you in your fight against cancer. For more information, contact the ACS at 1.800.ACS.2345.

Legal Aid

If legal matters arise during your course of treatment, the Cancer Legal Advocacy and Services Project (CLASP) is a service that was formed by the Legal Services of Central New York, Inc. (LSCNY) and Frank H. Hiscock Legal Aid Society (HLAS). This organization can provide free, civil legal assistance to families and individuals in thirteen counties of Central New York. If legal services are needed the number to call is 315.703.6500.

Hospice and Palliative Care, Inc.

Hospice and Palliative Care, Inc. provides comfort and support for those with life-limiting illnesses and for their families by attending to their physical, emotional and spiritual needs.

The Siegenthaler Center, located at the Hospice and Palliative Care facility, is a residence for terminally ill patients and their families whose medical conditions or caregiving needs do not allow them to remain in their homes.

The Hospice and Palliative Care facility is located at 4277 Middle Settlement Road, New Hartford, New York. For more information please call 315.735.6484.

The Abraham House

The Abraham House provides their guests with a secure, loving environment while providing physical care as well as emotional and spiritual support for the terminally ill at no cost to the guest or their family. This resource, located at 1203 Kemble Street, Utica, is supported completely by the community and donations.

For more information about the Abraham House, call 315.733.8210.

Websites

If you use the internet to find health-related information, we encourage you to use reliable sites. We recommend the following trusted websites:

- American Cancer Society: www.cancer.org
- Breast Cancer Information and Awareness: www.breastcancer.org
- Cancer Information: www.cancerinformation.com
- Cancer.Net: www.cancer.net
- Faxton St. Luke's Healthcare: www.faxtonstlukes.com
- Medline Plus: www.medlineplus.gov
- National Cancer Institute: www.cancer.gov
- National Comprehensive Cancer Network: www.nccn.org
- The Scott Hamilton CARES Initiative: www.chemocare.com

National Cancer Survivors Day

National Cancer Survivors Day is an annual celebration for those who have survived cancer and those living with cancer. This event is celebrated around the world and allows those living with cancer to connect with others, celebrate milestones and recognize healthcare providers, friends and family that have supported them throughout their journey. Additionally, this event celebrates the survivors for their strength and courage.

Every June, cancer survivors along with and their family and friends from the Mohawk Valley gather with employees, medical staff and volunteers from The Regional Cancer Center to celebrate National Cancer Survivors Day.

For more information about Survivors Day or to be added to the electronic mailing list please email cancerinfo@mvnhealth.com.



Regional Cancer Center employees (left to right) Brenda Plummer, RN, OCN, Karen Miller, RN, OCN, and Christie Kozyra volunteering at the 26th annual National Cancer Survivors Day.

Natural Disaster Preparedness

Living in Central New York means being prepared for a wide range of natural disasters including snow storms, power outages and severe flooding. The National Cancer Institute says that cancer patients have several issues to address during a disaster: being displaced, continued treatment and weakened immunity. It is suggested that patients do the following:

- **Get prepared.** Patients should ask about how to stay in touch with their cancer care team before disaster strikes.
- **Make a plan that includes caregivers.** Nurses and Cancer Center staff can assist patients with making this plan – just ask your caregiver.
- **Patients should know their exact diagnosis, cancer stage and all the medications they're taking.** Nurses can help write this out for patients. If receiving chemotherapy or radiation, patients should know where they are in the treatment cycle.
- **Create a disaster kit.** Patients should create a kit with items they may need such as dressings, antiseptic, medications, a thermometer, etc. Every item in the kit should be in a plastic zipper bag to keep it dry.
- **Know your phone numbers.** Cell phones may not work and/or will lose power, so you should have all important phone numbers written down. These should be kept in your disaster kit.
- **Know your insurance information.** Patients should have a copy of their insurance card and any other insurance-related names and numbers in their disaster kit.
- **Patients should write everything down!** Technology cannot always be relied on. When in doubt, use pen and paper.

For more information on how you can better prepare for disaster, please visit:

- **Ready America: Get a Kit, Make a Plan, Be Informed**

The www.ready.gov website, maintained by the Federal Emergency Management Agency (FEMA), provides steps people can take to prepare family, property or business in the event of a disaster.

- **American Red Cross** (www.redcross.org)

Provides assistance after a disaster, from guidance, advocacy and counseling to providing material items including food, shelter, clean-up kits, comfort kits and financial assistance.

- **American Cancer Society** (www.cancer.org)

The ACS offers a Coping with Cancer after a Natural Disaster: Frequently Asked Questions for Cancer Patients and Their Caregivers section on their website to help patients and their caregivers maneuver a disaster.

2015 SAVE THE DATES

Save the dates for the following 2015 events. Check www.faxtonstlukes.com regularly for updates and program information. Questions? Email us at cancerinfo@mvnhealth.com or call 315.624.HOPE (4673).



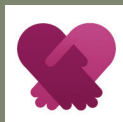
Cancer Support Forums

Second Monday of every month at 6pm
The Regional Cancer Center –
Fireplace Lounge



National Cancer Survivor's Day

Sunday, June 7
Harts Hill Inn, Whitesboro
Personal invitations will not be mailed out –
check www.faxtonstlukes.com and local
media outlets for information.



After Breast Cancer (ABC) Support Groups

Group meets monthly – Check
www.faxtonstlukes.com/abc for dates.



The American Cancer Society's Relay For Life

Saturday and Sunday, June 13 and 14
Mohawk Valley Community College
Join our Mohawk Valley Health System team!



Stomp Out Cancer Telethon

Wednesday, March 25
Tune in to WKTV NewsChannel 2!
Call 624.5600 to donate today.



The American Cancer Society's Making Strides Against Breast Cancer

Sunday, October 18
Masonic Care Community
Join our MVHS team!



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We offer care that goes beyond treatment.

Faxton St. Luke's Healthcare's Regional Cancer Center is the only American College of Surgeons Commission on Cancer accredited program in the Mohawk Valley. As an accredited program, we demonstrate an important commitment to providing our patients with access to the services they need from diagnosis through treatment, rehabilitation and survivorship care.



Faxton St. Luke's Healthcare

The Regional Cancer Center

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www.faxtonstlukes.com