

Life Enrichment Activities Program

Pink Ribbon Club

Meets every other month on the second Monday, 6pm in the Education Suites in Gaston Memorial Hospital. This club is for women touched by breast cancer and provides information, socializing and service opportunities. Co-sponsored by *American Cancer Society*.

Look Good...Feel Better

Meets the second Monday of every month in the CaroMont Cancer Center. A seminar to offer cosmetic advice for women experiencing side effects of chemotherapy or radiation treatment. Discussions include selecting wigs and head coverings, reducing complications through altered cosmetic applications, and lessening visible effects of cancer treatments. Co-sponsored by the *American Cancer Society*.



Man To Man Prostate Cancer Group

Meets quarterly on the third Thursday, Noon in the Dogwood Room at Gaston Memorial Hospital. This educational support program, co-sponsored by *American Cancer Society* and local urology offices, provides support and information on prostate cancer to men and their spouses.

P.O.W.E.R.

Program for Oncology Wellness, Education, and Rehabilitation held at CaroMont Cardiac Health & Fitness Center. Each cancer patient receives a personalized rehabilitation program aimed at improving functioning and promoting physical and emotional well-being. This four week program is available free of charge to all cancer patients treated through Gaston Memorial Hospital and the affiliated physicians. Call Cardiac Health at 704-671-7930 for information and registration.

**For more information or registration,
call CaroMont Cancer Center at 704-834-2932**

Resources & Services

Breast Health Navigation Program

(free, by appointment 704-671-7725)

Registered nurses provide care coordination, education & support related to breast health for the general community & breast cancer survivors.

Reach to Recovery

Trained volunteer breast cancer survivors provide emotional support, rehabilitation information, and resource materials to women newly diagnosed with breast cancer. Service is co-sponsored by the *American Cancer Society*.

Resource Room

Books, videos and brochures are available for cancer patients, their families and residents of the community to borrow. A computer is also available to access cancer related websites for on-line information.

Recreational Activities

Recreational activities are offered monthly including BINGO, crafts, and choir. These activities are designed for patients to promote physical, cognitive, emotional, and social recovery from the cancer experience. Please call for the upcoming schedule of activities.

Resource People

The oncology nurse, nutritionist, counselor, breast health navigators, care coordinator, hospice coordinator, chaplain and research nurse are available for information, assistance, and support

Look Good...Feel Better Room located in the CaroMont Cancer Center

Wigs, scarves and hats are also loaned as part of the Look Good..Feel Better program



Individual & Family Counseling

(free, by appointment 704-834-3851)

A licensed counselor assists the patient and family in coping with the emotional and social effects of the cancer experience, including the development of coping skills, improved communication, and identification of resources.

Road To Recovery

Trained volunteer drivers provide transportation for cancer patients in need of assistance for their oncology doctor appointments and chemotherapy/radiation treatment visits. Service is co-sponsored by the *American Cancer Society*.

The Cancer Hotline

704-834-2932

A voice mail system records your questions and concerns. A staff member reviews all inquiries and promptly returns phone calls. This number also serves as the registration system for many of our support programs.