

# Methodist Estabrook Cancer Center Support Resources

8303 Dodge Street | Omaha, NE 68114 | (402) 354-5890 | [bestcare.org](http://bestcare.org)

**A cancer diagnosis is a beginning, not an end.** Each Methodist Estabrook Cancer Center (MECC) patient is offered a host of support services that address many needs during their cancer journey.

## Harper's Hope

Cancer Survivorship Program  
at Methodist Estabrook Cancer Center

Harper's Hope, a comprehensive cancer survivorship program, offers services to help improve the quality of life for cancer survivors. Made possible through a generous contribution to Methodist Hospital Foundation, Harper's Hope

services are available to all cancer survivors, regardless of where they receive their treatment. For more information, visit [www.bestcare.org](http://www.bestcare.org) or [www.harpershope.org](http://www.harpershope.org).

## Cancer Prevention

In collaboration with community partners, we offer a range of cancer screening events to help detect cancers early, share ways to reduce your risk and promote healthy lifestyles. (402) 354-4263

## Hereditary Cancer Risk

This program partners with GeneMatters to offer quality and timely genetic counseling and testing with board-certified genetic counselors. These telehealth sessions are designed to help you understand your cancer risk and make the most informed health care decisions possible. (402) 354-5276

## Behavioral Health & Psycho-Oncology

This program helps patients and caregivers manage anxiety, sadness and emotional upsets that may accompany a cancer diagnosis. The Behavioral Health team includes clinical social workers and counselors. When appropriate, referrals are available to a psycho-oncologist, a psychiatrist specializing in cancer care. (402) 354-8350

## Inner Beauty: A Specialty Salon for Cancer Survivors

Patients have the opportunity to consult with a clinical cosmetologist and/or certified mastectomy fitter as part of this medically based appearance program. During the consultation, a comprehensive and individualized appearance plan is created that may include specialty products like makeup, wigs and hats, as well as post-mastectomy bras and breast prosthesis. Services are offered by appointment only. (402) 354-7813

## Oncology Nutrition Services

Consultations with Methodist Estabrook Cancer Center's oncology registered dietitians are available. The dietitian can provide eating tips, share recipes and make supplement suggestions for anyone suffering from cancer. (402) 354-4282

## Physical Wellness

This program offers cancer survivors massages and exercise classes, including aerobics, Pilates, yoga and strength training. (Available classes are listed on reverse.) (402) 354-0847

## Oncology Social Workers

Oncology social workers are available to patients and caregivers to help address the nonmedical concerns that are often encountered during cancer treatment and in survivorship, including caregiver stress, transportation needs, financial issues, support resources and practical barriers to care. (402) 354-4213 or (402) 354-5893

## A Time to Heal

A Time to Heal Cancer Foundation offers innovative recovery programs and ongoing support for cancer survivors and caregivers at no cost. For more information, please visit [www.atimetobealfoundation.org](http://www.atimetobealfoundation.org). (402) 401-6083

## Financial Counselor

The financial assistance program is designed to serve those in financial need with compassion, consistency and fairness. If you are experiencing financial difficulty due to medical expenses, our financial counselors will work with you to identify and explain available options. This service is free and confidential. (402) 354-7812

## Flamingos for Hope

Flamingos for Hope (Friends Laughing, Achieving Miracles, Inspiring and Nurturing Gifts, Offering Smiles) is a patient-led program developed by a cancer survivor who chose to "be a live-er" and celebrate something every day. Once a month, the Flamingos for Hope enrich the quality of life of those touched by cancer through inspiration, fun and laughter. For more information, please email [flamingos4hope@cox.net](mailto:flamingos4hope@cox.net).

## Lymphedema Services

We offer a program providing individualized treatment, including all necessary and recommended components of care by certified lymphedema specialists. (402) 354-4670

## Patient & Family Advisory Council (PFAC)

The PFAC is a volunteer group of current and former patients and their families/caregivers who meet regularly to provide their perspectives on cancer center processes and initiatives. The goal of this council is to ensure that our patients and families have a successful, compassionate and supported health care experience. You can help improve MECC's services and make a difference in the lives of other patients and their families by becoming a council member and sharing your unique experience. For more information, please call (402) 354-2586.

## Pelvic Pain and Sexual Medicine

Health professionals at Methodist Physicians Clinic Women's Center provide medical expertise and counseling to address concerns related to pelvic pain and sexual health. (402) 815-1770

*continued on reverse*

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## Physical, Occupational and Speech Therapy

Specialized therapies enhance quality of life by maximizing patients' strength, mobility, function, balance and communication during and after cancer treatment. (402) 354-4670

## Smoking Cessation

The Nebraska Tobacco Quitline is a confidential, free, telephone-based tobacco cessation service offered by the National Cancer Institute. Trained counselors are available 24 hours a day, seven days a week. (800) Quit-Now or (800) 784-8669

## Spiritual Care Services

Chaplains are available to help patients and their loved ones process the emotional and spiritual issues that may accompany a cancer diagnosis. They also assist, upon request, with arranging spiritual or religious rituals that are important to the patient for comfort and healing. (402) 354-4016

## Support Programs/Groups:

Methodist Estabrook Cancer Center patients are welcome to attend general or cancer-specific support programs or groups.

Our teams are adhering to all local and CDC COVID-19 guidelines. As a result, support group offerings and schedules are subject to change, and virtual attendance options may be available.

For more information on attendance options and current schedules, please call and speak with one of our team members.

Breast Cancer (402) 354-5478

Harper's Hope Cancer Survivorship Program (402) 354-5478

LLS Omaha Community Support Group (402) 354-4519

Prostate Cancer Support Group (402) 354-5834

SPOHNC (Support for people with oral, head and neck cancers) Group (402) 354-5834

Young Adult Survivors Network (402) 354-5893

In addition, we are proud to partner with The American Cancer Society to offer a Colorectal Cancer Support Group. For more information, please call (402) 354-4213.

## Words of Hope Digital Newsletter

We are excited to keep you informed of news, upcoming events and stories of inspiration through the Harper's Hope Cancer Survivorship Program at Methodist Estabrook Cancer Center.

Subscribe for the newsletter by visiting [www.harperhope.org/subscribe](http://www.harperhope.org/subscribe).

## Physical Wellness Support Classes

Exercise safely during or after cancer treatment with classes designed specifically for cancer survivors. Taught by licensed physical therapists, recreational therapists and certified yoga instructors, these classes aim to meet each person's unique needs, physical limitations and stage of treatment. Available classes include:

- Strength training
- Pilates
- Yoga
- Cardio/Endurance Training
- Tai Chi
- Meditation

Registration is required for first-time participants.

Our teams are adhering to all local and CDC COVID-19 guidelines. As a result, class schedules are subject to change, and a variety of participation options may be available, including in-person or virtual classes.

For more information, or to register for a class please call (402) 354-0847.

## Massage

Massage is available by appointment at Methodist Estabrook Cancer Center the first Tuesday of every month. For more information, or to schedule your appointment, call (402) 354-5890.



**METHODIST**  
ESTABROOK CANCER CENTER