

# Harper's Hope Cancer Survivorship Program



Harper's Hope, a comprehensive cancer survivorship program, offers a variety of support services to help improve the quality of life for cancer survivors – no matter where they receive treatment. Thanks to generous Methodist Hospital Foundation donors, no one is turned away due to the inability to pay.

## **Hereditary Cancer Risk** **(402) 354-5276**

Designed to help you understand your cancer risk and make informed health care decisions, this program partners with expert third-party labs to offer quality genetic counseling and testing with board-certified genetic counselors.

## **Behavioral Health and Psycho-Oncology** **(402) 354-8350**

Our counselors help patients and caregivers manage anxiety, sadness and emotional upsets that may accompany a cancer diagnosis. When appropriate, referrals may be made to a psychiatrist specializing in cancer care.

## **Inner Beauty: A Specialty Salon for Cancer Survivors** **(402) 354-7813**

Patients have the opportunity to make an appointment with a clinical cosmetologist and/or certified mastectomy fitter as part of this service. Each patient will receive a comprehensive, individualized appearance plan that may include specialty products like makeup, wigs and hats, as well as postmastectomy bras and/or breast prostheses.

## **Oncology Nutrition Services** **(402) 354-4282**

Maintaining strength and stamina during treatment is key. Our registered oncology dietitians provide support to help ensure proper nutrition.

## **Physical Wellness** **(402) 354-0847**

Specially designed classes taught by licensed physical therapists, occupational therapists, recreational therapists and certified yoga instructors can help patients exercise safely during or after cancer treatment.

Please visit [bestcare.org](http://bestcare.org) for a list of available classes, times and dates. Registration is required for first-time participants. Class schedules are subject to change.

## **Oncology Social Workers** **(402) 354-4213 or (402) 354-5893**

Oncology social workers can help address the nonmedical concerns that often accompany a cancer diagnosis, including caregiver stress, transportation needs and practical barriers to care.

## **Support Programs/Groups**

Patients and caregivers can find the support they need through a variety of general and cancer-specific groups and programs, including the only peer-to-peer support program in the area.

For a list of available support groups and meeting dates/times, please visit [bestcare.org/oncology-support-groups](http://bestcare.org/oncology-support-groups).

  
**Harper's Hope**  
Cancer Survivorship Program  
at Methodist Estabrook Cancer Center

# Additional Resources



In addition to the Harper's Hope Cancer Survivorship Program, our team is proud to offer the following services to our patients and their families. Fees may apply for these services.

## **Financial Counselors** **(402) 354-7812**

If you're experiencing financial difficulty due to medical expenses, our financial counselors will work with you to identify and explain your options. This service is free and confidential.

## **Lymphedema Services** **(402) 354-4670**

Our team of certified lymphedema therapists provides individualized treatment, including all necessary and recommended components of care.

## **Therapeutic Massage** **(402) 354-5890**

This service is available by appointment the first Tuesday of every month.

## **Pelvic Pain and Sexual Medicine Clinic** **(402) 815-1770**

This specialty clinic offers medical expertise, counseling and physical therapy focused on issues that impact sexual health and painful pelvic conditions.

## **Palliative Care** **(402) 354-6530**

With the goal of improving quality of life for patients and their families, our palliative care team is focused on providing relief from the symptoms and stress of a serious illness.

## **Physical, Occupational and Speech Therapy** **(402) 354-4670**

These specialized therapies can enhance quality of life by maximizing patients' strength, mobility, function and communication during and after cancer treatment.

## **Spiritual Care Services** **(402) 354-4016**

Chaplains are available to help patients and their loved ones navigate emotional and spiritual issues that may accompany a cancer diagnosis. They can also assist with arranging spiritual or religious rituals for comfort and healing.

**For more information on the Harper's Hope Cancer Survivorship Program or other available support services, please visit [bestcare.org/cancer](https://bestcare.org/cancer).**

## Community Resources

### **Nebraska Tobacco Quitline** **(800) Quit-Now or** **(800) 784-8669**

This confidential, free, telephone-based tobacco cessation service is offered by the National Cancer Institute. Trained counselors are available 24 hours a day, seven days a week.

### **Flamingos for Hope** **[flamingos4hope@cox.net](mailto:flamingos4hope@cox.net)**

A patient-led program developed by a cancer survivor, the Flamingos for Hope (Friends Laughing, Achieving Miracles, Inspiring and Nurturing Gifts, Offering Smiles) enrich the quality of life of those touched by cancer through inspiration, fun and laughter.

### **A Time to Heal** **[atimetohalfoundation.org](https://atimetohalfoundation.org)**

A Time to Heal Cancer Foundation offers innovative recovery programs and ongoing support for cancer survivors and caregivers at no cost.