

Cancer Care

Your resource for living well.

Meet the Cancer Support Services Team

Discovering that you or a loved one has cancer can be overwhelming. Not only is there emotional and physical stress, but there are appointments, treatments and paperwork to juggle. Managing life

with cancer can leave you feeling lost and unsure. Our Cancer Support Services team is here to support cancer patients and their families every step of the way. This service, available at

no cost to cancer patients, provides personalized support.

Our team is comprised of health care professionals focused on each patient's well-being and quality of

life. This team includes oncology nurse navigators, social workers and dietitians. They are prepared to walk with patients and families throughout their cancer journey.

Oncology Nurse Navigators

Our oncology nurse navigators are trained oncology nurse specialists who connect and advocate for each patient at the time of diagnosis through survivorship. They work with patients and their families to assist in coordinating cancer care and support resources.

Did you know our navigators can:

- Help translate complex medical information into language you can understand
- Work as patient advocates
- Provide customized resource information and educational materials
- Link you to internal resources, such as social workers, dietitians, chaplains and Integrative Medicine services such as acupuncture, massage, healing touch and Mercy Oncology Rehab
- Provide information and discuss Palliative Care and Hospice services

Meet our Navigators:



April Barron, RN, BSN
Breast Navigator



Jen Stumpf, RN, BSN
Breast Outreach Navigator



Carol Caruso, RN, CBHN
Breast Navigator



Katie Manaois, RN, BSN
Gastrointestinal Navigator



Erica Freeman, RN, BSN
Breast Navigator



Alicia Heath, RN, BSN
Genito-Urinary Navigator



Nicole Gurley, RN, BSN
Breast Navigator -
Clayton/Clarkson



Kathy Bumberry,
RN, BSN, BC, OCN
All Other Cancers Navigator

Social Workers

Oncology Social Workers help patients, families and caregivers deal with the experience of facing cancer. They are educated and skilled to assist with the psychological, social, emotional and spiritual issues that people face with a cancer diagnosis.

Did you know our social workers can:

- Help you adjust to an illness, deal with transitions and encourage decision-making
- Teach you about coping with your emotions, reducing stress and living with your cancer
- Find practical internal resources within the facility and external resources within the community, such as transportation and financial assistance
- Meet with patients and family members individually and/or as a family
- Facilitate support groups and education programs
- Discuss end-of-life issues
- Make referrals to counseling services with our psychologist

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Cancer Programs at Mercy

Register online for all programs at mercy.net/CancerClassesSTL

April, May and June 2019

Special Programs

Talking About a Healthy Gut with the Dietitian

Thursday, May 16
6 - 7:15 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Pratt's registered dietitian, Katie Winzenburger, will be talking about foods and healthy lifestyle choices which could help increase or maintain good health in the gut. Most of the immune system resides in the gut, so we want it to be happy!

Registration online is required.

Skin Cancer Screening

Saturday, May 18
9 a.m. -12 p.m.

David C. Pratt Cancer Center
Suite 1275

Free skin cancer screening to individuals over age 18 who have not had a skin cancer screening in the past year or history of skin cancer.

For more information or to make an appointment, call 314.251.6400, press option 0.

The Power of Mindfulness: A Deeper Look

Three consecutive Tuesdays, May 14, 21 and 28
10 a.m. - 12 noon
(Please commit to all three sessions)

David C. Pratt Cancer Center
First Floor Conference Room



Curious about mindfulness and meditation, but unsure how to get started in developing your own practice? Join Kathy Bearman, LCSW, to explore the realms of mindfulness and meditation.

This three-week series will provide information on the benefits of mindfulness and meditation for the body and brain, allow you to experience and participate in mindfulness exercises, breathing meditations and guided imagerys, and will offer tips to help you establish your personal practice and skills to reduce stress and increase the experience of peace and well-being in your life.

**Registration online is required.
For more information, call 314.238.3000.**

Estate Planning and Wills

Tuesday, June 4
6 - 7:30 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Estate Planning Attorney, Jessica Jax, from Tucker Allen will discuss the essentials for planning your will and trust. Light refreshments provided.

Registration online is required by Friday, May 31.

Triple Crown of Self-Care

Tuesday, April 23
6 - 8 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

The "Triple Crown of Self Care" is a presentation facilitated by Mercy's Holistic Nurse Coordinator, incorporating three simple, not necessarily easy, essential tools. Learn what can be done every day to make a difference in overall well-being and may lead to a more balanced, peaceful daily experience. Understand through explanation and experiences, the keys that can make a difference in total body healing and wholeness.

Facilitated by Holistic Nurse Coordinator, Merry Schlegel, RN, BSN, CHTP, HWNC-BC, BHN-BC

Registration online is required.

Yoga Basics

April 16, May 21, June 18
(3rd Tuesday each month)
6 - 8 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Open to individuals 18 years of age and older. Join us for an evening of rhythmic breathing, gentle stretching and mental focus. You and a guest can learn to ease physical and emotional tension. Light refreshments will be served. Wear comfortable clothing, bring a yoga mat, blocks and straps if you have them. Will be provided if you do not. Make sure you have doctor's clearance if needed.

Facilitated by Certified Yoga Instructor, Melissa Scaccia.

Registration online is required.

Next Steps Monthly Group

In partnership with Cancer Support Community

Mercy

Third Monday each month
6:30 - 8 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Many cancer survivors say that they felt they had lots of support during their treatment, but once treatment ended, it was hard to make a transition to a new way of life. This monthly group helps work through new feelings, new problems and a different perspective.

**Registration online is required.
For more information, call 314.238.2000.**

Support Groups

Breast Cancer Support/Networking Group

In partnership with Cancer Support Community



Mercy

April 10, May 8, June 12
(2nd Wednesday each month)
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

An educational and emotionally safe group, in collaboration with Mercy, for women newly diagnosed and survivors, female family and friends.

Registration online is required.

Head and Neck Support Group

Ask the Doctor

Dr. James Martin, ENT, will facilitate discussion about head and neck cancers.

Thursday, April 25
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Registration online is required.
Thursday, May 23 (no meeting - Memorial Day weekend)

Super Soul Thursday

Thursday, June 27
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Spend a relaxed evening sharing with the group members and find inspiration in other people's journeys.

Registration online is required.

Thyroid Cancer Support Group

April 20, May 18, June 15
(3rd Saturday of each month)
10- 11:30 a.m.

David C. Pratt Cancer Center
First Floor Conference Room

For more information, go
to StLouis-MO@thyca.org

Registration online is
required at [mercy.net/
CancerClassesSTL](http://mercy.net/CancerClassesSTL)

Prostate Cancer Support/ Networking Group

In partnership with Cancer
Support Community



April 4, May 2, June 6
(1st Thursday of each month)
6:30 - 8 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

This group features speakers
and follow-up discussions
on important topics such
as treatment options, quality
of life, incontinence, intimacy
concerns and fear of recurrence.
This group is part of the UsTOO
Prostate Cancer Education
& Support Network.

Registration online is required.
For more information, call
314.238.2000.

Lymphedema Support Group

Wednesday, April 10
6 - 7:15 p.m.

Open Discussion

Meetings are run by a certified
lymphedema therapist with
Mercy Hospital.

Register online.
For more information,
call **636.256.5200.**

Mercy Integrative Therapies

Services:

Therapeutic Massage:

\$48 - \$78 - based on
length of massage

Acupuncture:

- For cancer-related side effects **\$30 per session**
- For non cancer-related issues **\$52 - \$70 per session**

Healing Touch: \$50/hr

*Call for additional services
and appointments:*

David C. Pratt Cancer Center
314.251.6571 | Option 1

Clayton and Clarkson Road
636.256.5200

Mason and Olive: 314.251.8911
Tesson Ferry and I-270
314.467.3860 | Option 2

*Not all services are offered
at all locations. Please call
location for services offered.*

Pastoral Services

Chaplain Susan Stucco is now
available in **Suite 3170** at the

David C. Pratt Cancer Center

- * Monday, Wednesday &
Friday: **8:30 a.m. - 12:30 p.m.**
- * Tuesday & Thursday:
12:30 - 4:30 p.m.

You may also reach the chaplain
by phone Monday - Friday
from **8:30 a.m. - 4: 30 p.m.** at
314.251.6947 or **314.251.6470.**

Appointments may be
scheduled for times not listed
above by calling the chaplain.

Feel free to stop by her
office before or after your
appointments if you need
spiritual care or support.

Also, try our [mercy.net/
echaplain](http://mercy.net/
echaplain).

Meet the Cancer Support Services Team

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Meet our social workers:



Barb Weber, MSW, LCSW



Angie Ruppel, MSW, LCSW
Manager



Molly Hilsabeck,
MSW, LMSW
Clayton/Clarkson
and Chippewa



Kurt Soell, PhD

- Offer weight loss
education for those
looking to lose weight
going forward after
treatment
- Offer therapeutic diet
education for cancer
patients with diabetes,
decreased kidney
function, and swallowing
difficulty
- Offer diet education for
GI- related cancers and
related diets - such as
low-fiber diet

Oncology Dietitian

Our clinical registered
and licensed dietitian is
available to help navigate
a patient's nutritional
journey while going through
treatment to ensure the
patient's nutrition status
is being addressed. Before
and after treatment,
patients may have different
nutrition concerns to
address, such as weight
loss or gain.

Did you know our dietitian can:

- Provide guidance on
how to maintain and
gain weight as needed
for radiation and
chemotherapy treatments
- Offer healthy eating
education and address
any nutrition concerns
before, during, or after
treatment

Meet our dietitian:



Katie Winzenburger,
MA, RD, LD

David C. Pratt Cancer Center Kiosk FAQs



What is the kiosk?

The kiosk allows patients with scheduled hospital-based appointments to check-in.

You can use a barcode generated from MyMercy or enter your name and date of birth to confirm your arrival for check-in.

Where is it located?

The kiosk is located at the front desk in the lobby of David C. Pratt Cancer Center, right by the main entrance.

For which services can patients use the kiosk to check in?

You can use the kiosk for any scheduled hospital-based service:

- MRIs
- CTs
- PET Scans
- Infusions- both floors
- Scheduled Labs

You do not need a barcode to use the kiosk if you have a scheduled appointment.

Where can patients generate their barcode?

The code can be accessed through the MyMercy app or MyMercy.net if you have signed up for MyMercy.

Patient Access Reps can get you started with MyMercy or you can create an account yourself.

If you are having trouble getting into your MyMercy account, you can call 888.986.3729 or go to MyMercy.net to reset your password.

Relay for Life events - American Cancer Society

Mercy is sponsoring the following Relay for Life events throughout the region this summer. Team Mercy will be present for all of them. We encourage you to join our team and participate, to honor our cancer survivors.

- Saturday, June 1 | 3 to 10 p.m.
St. Charles County | Frontier Park
- Friday and Saturday, June 14 & 15 | 6 p.m. to 6 a.m.
Franklin County | Washington High School
- Saturday, June 29 | 6 to 10 p.m.
Jefferson County | First Baptist Church, Arnold MO
- Saturday, August 3 | 6 to 10 p.m.
Lincoln County | Clonts Field, Troy MO
- Saturday, August 10 | 6 to 10 p.m.
St. Louis Celebration of Hope | Tower Grove Park

Komen More Than Pink Walk

Mercy is a gold sponsor of the Komen More than Pink Walk on Saturday, June 8 in downtown St. Louis. We will have a Mercy team, but will not be part of the Cardinals team this year. We encourage everyone to join Team Mercy when you sign up on the Komen website. We will have team t-shirts and those details are being finalized now.



David C. Pratt Cancer Center

607 S. New Ballas Rd. | St. Louis, MO 63141 | **314.251.6400**

Mercy Clinic Oncology and Hematology

- **Clayton-Clarkson:**
15945 Clayton Rd. | Ballwin, MO 63011 | **636.256.5000**
- **Chippewa:**
6435 Chippewa St. | St. Louis, MO 63139 | **314.353.1979**