

# Gene Upshaw Memorial TAHOE FOREST CANCER CENTER Oncology Support Services



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**UC DAVIS**  
COMPREHENSIVE  
CANCER CENTER



GENE UPSHAW MEMORIAL  
TAHOE FOREST CANCER CENTER

# Oncology Support Services

**Gene Upshaw Memorial Tahoe Forest Cancer Center** offers a variety of supportive care programs. Cancer specific support programs have been shown to play an important role in a patient's overall treatment program.

We offer an integrated approach to psychosocial needs before, during and after treatment. This whole-person approach to cancer care addresses the social, psychological, emotional, and functional aspects of the journey to improve the quality of life for the patient, family and caregiver.

**Each of these programs is offered at no cost to patients and is offered through generous philanthropic support. 100% of donations to Tahoe Forest Health System are given where the donor has intended.**



## Psychological and Social Programs

### Individual Counseling/Therapy

A cancer diagnosis can add stress to anyone's life. Gene Upshaw Memorial Tahoe Forest Cancer Center offers free individual therapy with one of our licensed psychologists specializing in oncology. This service is offered to patients, survivors and caregivers. Therapy can often help reduce depression, anxiety and pain, while simultaneously increasing healthy behaviors such as better nutrition, exercise and sleep. **Contact Kirk Ditterich, PsyD, Licensed Psychologist, (530) 582-8207 or Victoria Mercer, Ph.D. (530) 582-8183**

### Telehealth Counseling

Patients and caregivers who are unable to attend office sessions can meet for counseling with one of our clinical psychologists from their own homes. Participants will need their own internet connections and access to our secure electronic platform. These sessions can offer help with depression, anxiety and pain while simultaneously increasing healthy behaviors such as better nutrition and sleep. **Contact Kirk Ditterich, PsyD, Licensed Psychologist, (530) 582-8207 or Victoria Mercer, Ph.D. (530) 582-8183**

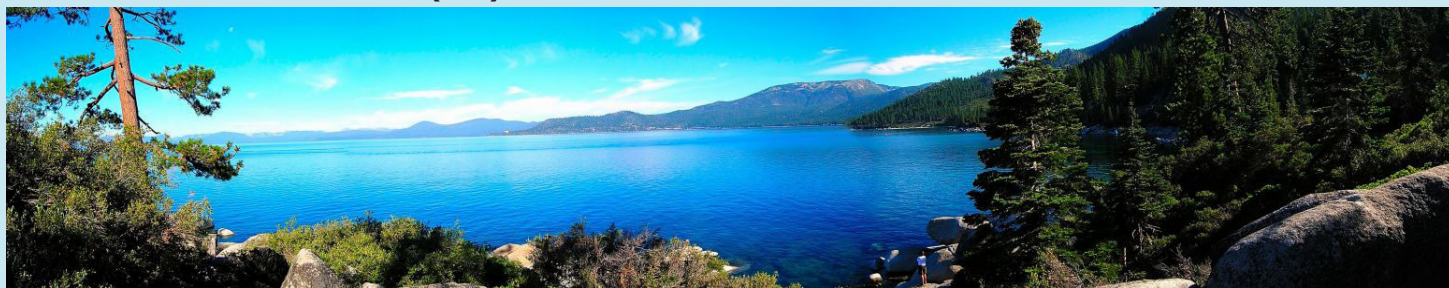
### Caregiver Education and Navigation Workshops

Supporting your loved ones through cancer can be a difficult and confusing experience. Gene Upshaw Memorial Tahoe Forest Cancer Center understands that an educated and supported caregiver is a powerful force in the fight against cancer. This workshop covers topics such as navigating billing and insurance, proper nutrition, and whole body wellness.

**By appointment, contact Kirk Ditterich, PsyD, (530) 582-8207 or Victoria Mercer, Ph.D. (530) 582-8183**

### General Support Groups

A variety of support groups for cancer patients. Led by clinical psychologists, the support groups explore how to optimize health and healing via adjunctive cancer programs and modalities. The groups teach coping skills, help reduce anxiety, build resiliency, and provide a safe place for people to share common concerns and receive emotional support. **Contact Kirk Ditterich, PsyD, (530) 582-8207 or Victoria Mercer, Ph.D. (530) 582-8183**



## **WeCARE!™ Peer Navigator Program**

The WeCARE!™ Community-Based Cancer Peer Navigator program provides special support on an individual basis. This program matches newly diagnosed breast cancer patients with trained cancer survivors. The WeCARE!™ program is available to any newly diagnosed cancer patient, regardless of where the patient receives treatment. Peer navigators are breast cancer survivors who have been trained to be “coaches” who provide information on disease and treatment options, and to be a resource for patient and family. They are also trained to assist with problem-solving and provide coping strategies. If desired, a peer navigator can accompany patient to doctor's visit or treatments.

**For more information, contact Ann Ajari, Licensed Clinical Social Worker, (530) 412-3262**

## **SoulCollage®**

SoulCollage® is a therapeutic and engaging creative process. Each collage card you create represents one aspect of your personality or soul. Use your cards intuitively to answer life's questions and participate in self-discovery. Joyfully deepen your understanding of the relationship between your personality parts, you and your family/community/world, and you and your dreams, symbols and spirit. We learn how to do “readings” using your own intuition to deepen self-knowledge.

**Contact Ashley Connor (530) 582-6373**

## **Activity Programs**

### **Walkabout Project Exercise**

Active and recovering cancer patients who are unable to attend group exercise class due to distance or desire can participate via the internet, using Zoom. Exercise classes meet twice a week for strengthening, stretching and balance. Participants will need a device to connect to the internet and will need to utilize Zoom. **Contact Michelle Larson, MPT, CLT-LANA, (530) 582-7415**

### **Exercise for Energy- Classes Available in Truckee**

Specially designed for current and recovering cancer patients, caregivers and survivors, this ongoing class offers guidance, support and useful tools to maintain health and wellness. The class incorporates strengthening, stretching, breathing, balance, cardio, and fitness education. All classes are supportive, medically managed and taught by health professionals.

**Contact Michelle Larson, MPT, CLT-LANA, (530) 582-7415**

## **Restorative Programming**

### **Massage Therapy**

This therapy service is provided to cancer patients to help with fatigue, anxiety and some treatment side effects such as nausea. In a calm setting, cancer patients can enjoy a peaceful quiet reprieve, feel more connected with body, mind, and spirit, feel relaxed and comfortable and experience improved sleep and a greater sense of wellbeing. Sessions last one hour and are intended to be soothing and nurturing to best support the healing process. Massage therapy for active cancer patients is free of charge. Caregivers receive 3 free sessions. Survivors can enjoy 3 free massages and then receive discounted sessions with one of our massage therapists.

**By appointment, contact Ashley Connor (530) 582-6373**

### **Acupuncture**

Acupuncture provides a holistic perspective for patients at the Cancer Center and helps manage the physical side effects of chemotherapy and radiation. Group treatments are available every Monday in Tahoe City and Thursdays in Truckee by appointment.

**Contact Ashley Connor (530) 582-6373**

## Biofeedback

Biofeedback trains the patient in relaxation, mindfulness and coherence and teaches self-regulation skills which can relieve and ease chronic pain, reduce stress and anxiety, and increase relaxation. Precise instruments measure physiological activity such as heart function, breathing, muscle activity and skin temperature and accurately “feedback” the information on a computer screen. What we can see, we can change. **Contact Linda MacKenzie, RN, BCB, Biofeedback Therapist, (530) 587-3769**

## Yoga for Patients, Survivors & Caregivers

A combination of yoga postures, breathing techniques, and meditation, this gentle class helps students relieve stress, gain greater body awareness, and strengthen from the inside out. Students are encouraged to work at their own level to improve physical, emotional, and mental health throughout treatment and recovery. No experience necessary, appropriate for all levels.

**Contact Joanna McMullen, PT (530) 587-1062**

## Wig Bank

It's free! Come in for a one-on-one wig fitting. Available to support patients undergoing cancer treatment and experiencing hair loss. Consultation includes one free wig per patient, finding a wig that fits your lifestyle and suggestions for using wigs and scarfs.

**By appointment, contact Ashley Connor, (530) 582-6373**

## How to Quit Smoking, Smoking Cessation

Whether you are exploring the idea of quitting, or ready to quit today, we are here to support you every step of the way. This safe, judgement free group health coaching program is designed to help you where you are. Your QUIT Coach will help you come up with your own quit plan.

**Contact Lucy Navabpour, Health Coach (530) 582-6566**

## Nutrition Services

### Tahoe Forest Cooking Club

Attend our healthy and interactive cooking classes! Our Registered Dietitian, will provide a fun and educational cooking experience. Participants will be able to taste test and take home easy, healthy, and delicious recipes! **Contact Ashley Connor (530) 582-6373**

The Gene Upshaw Memorial Tahoe Forest Cancer Center is led by:

### Ahrin B. Koppel, MD

Cancer Center Medical Director

### Melissa Kaime, MD, FACP

Hematologist and Medical Oncologist

### Kathleen Legarza MD

Medical Director of Radiation Oncology

### Thomas Semrad, MD, MAS, FACP

Hematologist and Medical Oncologist

### Derek R. Baden, BSN, RN

Cancer Center Director

### Location

10121 Pine Avenue

Truckee, CA 96161

on the Tahoe Forest Hospital Campus

(530) 582-6450

**[www.tahoecancercenter.com](http://www.tahoecancercenter.com)**

