

With You Every Step of the Way

A guide for patients and families of
THE LEFCOURT FAMILY
CANCER TREATMENT AND WELLNESS CENTER



ENGLEWOOD
HEALTH

Welcome to The Lefcourt Family Cancer Treatment and Wellness Center

Thank you for choosing The Lefcourt Family Cancer Treatment and Wellness Center at Englewood Health for your care. We have made a commitment to our community to be the premier destination for the treatment, research, and education of people with or at risk for cancer. Our specialists provide comprehensive, personalized care based on the latest medical advances.



We understand that hearing you have cancer can be scary. Our cancer care team has the experience and compassion to address all of your needs — including your physical, emotional, and spiritual well-being.

Your healthcare team is customized to your needs, featuring our region's top experts in the treatment of your cancer. Consolidating our expertise under one roof improves communication and teamwork, which enhances your experience. We are here for you every step of the way — before, during, and after cancer treatment.

We created this guide to introduce you to the various services offered at The Lefcourt Family Cancer Treatment and Wellness Center, and we hope you find it to be helpful. Please ask any member of our care team any questions you may have, and let us know how we can best support you during your experience with us.

Steven Brower, MD, FACS
Medical Director,
The Lefcourt Family Cancer Treatment and Wellness Center
Chief, Surgical Oncology and Hepatobiliary Surgery

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Your Care Team

Throughout your entire experience with a cancer diagnosis and treatment, The Lefcourt Family Cancer Treatment and Wellness Center offers a team of healthcare professionals who work together to determine the best plan of care for you. Our customized team of experts are here to take care of you, every step of the way. Your cancer care team includes:

Physicians, including medical oncologists (who prescribe chemotherapy and immunotherapy and monitor their effects), surgical oncologists, radiation oncologists (who direct radiation therapy), pathologists (who diagnose diseases), radiologists (who interpret the results of medical imaging tests), and pain management and palliative care specialists.

Nurse practitioners and physician assistants, advanced healthcare professionals who collaborate with physicians and other team members to ensure rapid assessment of your needs, assist in the diagnosis and treatment of your disease, and provide symptom management.

Nurses, including oncology-certified nurses with special training in chemotherapy administration and overall care of people with cancer and their families, will educate you and your loved ones about what to expect during and after your cancer care.

Pharmacists, including pharmacists certified in oncology and specializing in the treatment of cancer, will calculate and prepare your specific treatment.

Patient navigators act as liaisons between you and your care team; provide emotional support; help coordinate appointments; and educate you about our services and resources in your community. Your patient navigator serves as your direct contact within The Lefcourt Family Cancer Treatment and Wellness Center to meet any additional needs that may arise.

Social workers help you address practical matters in your care, including arranging for care services at home or in a rehabilitation facility after an inpatient hospital stay and connecting you with resources in your community. Social workers also provide psychosocial support to you and your family before, during, and after your treatment.

Nutritionists, including registered dietitians and holistic nutritionists, can help you learn how a healthy diet can support you during or after treatment for cancer.

Integrative medicine specialists, such as licensed/certified practitioners in massage therapy, acupuncture, Reiki, yoga, and meditation, to help provide relaxation, stress relief, and symptom management.

Technicians and support staff will assist with your assessment, monitoring vital signs, lab drawing, radiation treatments, or other treatment and tasks.

Patient Navigation Services



When facing a cancer diagnosis, you and your family have a lot on your minds. You may have many questions about your care, appointments to schedule, and practical concerns to address. But you don't have to do it alone. The patient navigators in The Cahn Family Cancer Care Companion Program are here to help.

Your patient navigator serves as your direct contact within The Lefcourt Family Cancer Treatment and Wellness Center to:

- Act as a liaison between you and your care team
- Answer questions about your care
- Identify your personal needs and work with your team to customize your care
- Provide emotional support
- Help schedule appointments and coordinate care
- Facilitate communication among your care providers
- Connect you and your family with useful resources in your community

The oncology patient navigator is part of a team of cancer care specialists who work closely together with your needs in mind.

Contact Us

The Cahn Family Cancer Care Companion Program
201-608-2266

Infusion Center

The Wilson Kaplen Infusion Center is an innovative and high-tech center, offering a wide range of infusional and injectable treatments, including chemotherapy/biotherapy, immunotherapy, blood product transfusions, and iron infusions. Staffed by highly experienced nurse practitioners, oncology-



certified nurses, and pharmacists, the Infusion Center provides services for hematology, oncology, rheumatology, autoimmune diseases, gastroenterology, neurology, nephrology, cardiology, and infectious diseases.

What Is Chemotherapy?

Chemotherapy is medication that works to kill cancer cells. Depending on the type of cancer and how aggressive it is, goals of chemotherapy will be either cure, control, or palliation (ease the symptoms of cancer).

Biotherapy and immunotherapy are treatments that use a person's own immune system to fight the cancer. This can be done in a couple of ways: stimulating your own immune system to work harder or smarter to attack cancer cells, or giving you immune system components, such as man-made immune system proteins.

Your treatment depends on the type and severity of your cancer. Some drugs are designed for certain types of cancer. Drug choices may also depend on previous treatment and other health issues such as heart disease or diabetes.

Anemia and Patient Blood Management

Anemia is a condition that indicates there are not enough red blood cells in your blood to transport sufficient oxygen to your muscle and organs. Some diseases like cancer as well as treatments such as radiation and chemotherapy can affect the normal production of red blood cells. Englewood Health has played a pioneering role in treating patients for whom blood transfusion is not an option with our patient blood management program. We have an advanced anemia management protocol to correct anemia without using blood products. This is beneficial to patients who develop anemia as a result of their cancer diagnosis or radiation and chemotherapy treatment. Many patients have been transferred to Englewood Hospital from other medical institutions unable to meet patients' requests for bloodless care.

Patient Comfort and Amenities

The Infusion Center consists of two units with individual, private rooms designed with every aspect of your comfort in mind. Each area is equipped with:

- A recliner or bed for patients and an upright chair for guests
- An interactive touchscreen offering television, internet access, movies on demand, and educational information
- Wireless internet service (cell phones are permitted)

The Infusion Center also features:

- Onsite laboratory services and an onsite pharmacy, which help to expedite your treatment
- A separate visitor and waiting area for registration, scheduling, and insurance authorization
- A pantry area with refreshments
- A resource room and art therapy room

Hours of Operation

Monday through Friday: 7 a.m. – 7 p.m.

Saturday: 7 a.m. – 5 p.m.

Sunday: on call

Insurance and Billing

The Infusion Center accepts most insurance plans. Insurance authorization staff will verify your insurance coverage and inform you of your financial responsibility. Financial counseling and financial assistance programs are available based on need.

What to Expect

1. **Visiting your doctor:** You will visit with your doctor to review your health treatment plan and lab results, either the same day of treatment or several days before.
2. **Getting ready:** A patient care technician will bring you to the lab area, where we will check your vital signs and record your height and weight which is necessary to calculate the right medication dosage each time. We will draw necessary blood tests at this time if not previously drawn. The results will be reviewed by your doctor, pharmacist and nurse to ensure safe treatment.
3. **Your treatment room:** We will bring you to the room or area where you will receive your treatment. We assign rooms and treatment areas depending on each patient's medical needs and specific type of therapy.
4. **Preparing your medication:** A pharmacist and nurse review your doctor's orders and lab results before the pharmacist prepares your medication. For accuracy and to ensure the utmost safety, your medication is checked by two pharmacists and two nurses prior to administration.
5. **Receiving your medication:** You will receive your medication, which may take as little as 10 minutes or as long as 6 hours. We encourage you to ask your nurse any questions or express any concerns you may have.
6. **Completing your visit:** After your treatment is completed, you will receive discharge instructions from your nurse. Please check out with the scheduler to make your next appointment before you leave.

Frequently Asked Questions

What should I wear?

For your comfort, we recommend dressing in layers. Button-down or zipper front shirts are recommended for patients with a port, to facilitate easy access. We recommend that all patients and visitors refrain from wearing perfume or cologne, which could be bothersome to other patients undergoing chemotherapy.

What should I bring with me?

Blankets and pillows are provided, or you may bring your own. Many patients bring books, knitting, drawing activities, and similar items to help pass the time, and we also have a chair-side arts therapy program.

Can I bring a family member or friend?

You may bring one guest with you into the Infusion Center. We recommend that your accompanying visitor can drive you home, especially after your first treatment. Visitors who are ill, those with cold symptoms, and young children under age 13 should not accompany patients

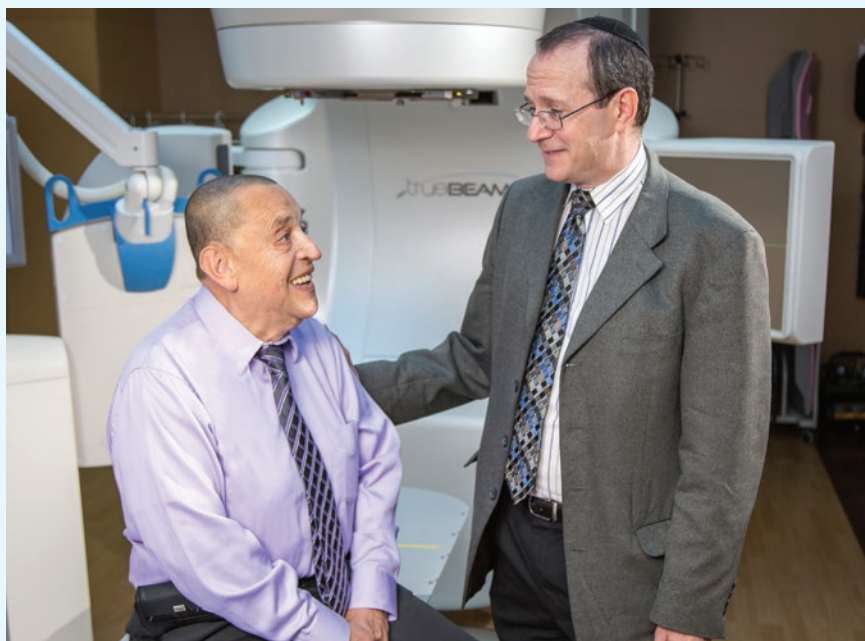
Am I allowed to eat during treatment?

You should eat a light meal prior to your treatment. Guests may bring their own food (a microwave is available) or purchase food from the cafeteria. Please avoid strong smelling foods, as they may bother other patients receiving chemotherapy. We provide a light lunch and snacks for patients receiving treatments lasting more than 2 hours.

Contact Us

Wilson Kaplen Infusion Center
201-894-3600

Radiation Therapy



Radiation therapy is commonly used to treat many cancers. Radiation works by damaging the DNA in your cancer cells, destroying their ability to grow and multiply. Doctors use it to kill cancer cells, slow tumor growth, and relieve pain and other symptoms associated with cancer. You may receive radiation therapy alone or in combination with other treatments, such as surgery, chemotherapy, or immunotherapy. We use radiation therapy to treat many types of cancer, such as breast, brain, lung, prostate, gynecologic, and rectal cancers, as well as other diseases.

Many regimens of radiation therapy require you to come in five days a week for several weeks. At the Coe Radiation Oncology Center at The Lefcourt Family Cancer Treatment and Wellness Center, we offer free valet parking and a separate entrance for your convenience.

The Latest Technology, the Highest Standards

Our center is accredited by the American College of Radiation Oncology Practice Accreditation Program (ACRO). ACRO has determined that our department meets its high standards, and in many areas exceeds those standards. Englewood Health has invested in the most up-to-date radiation therapy technology. We have:

- **Two Varian TrueBeam systems**, providing external beam radiation.
- **High-dose rate (HDR) and low-dose rate (LDR) brachytherapy**, in which radioactive sources are placed either in or adjacent to tumor tissue to deliver treatment.
- **Intensity-modulated radiation therapy (IMRT)**, which enables us to deliver highly focused radiation beams of different intensities, conforming to the shape and contours of your tumor.
- **Image-guided radiation therapy (IGRT)**, in which images are acquired during treatment, allowing for repositioning of the patient to assure an accurate setup at all times. This guidance provides increased accuracy and precision.
- **Stereotactic radiosurgery (SRS)**, stereotactic radiotherapy (SRT), and stereotactic body radiation therapy (SBRT), which enable us to deliver very high doses of radiation over fewer treatment sessions—many times, in as few as one to five sessions.
- **The Calypso tracking system**, which allows reduction of radiation exposure to healthy tissues by precisely targeting and tracking the tumor during normal body movements.
- **The Optical Surface Monitoring System (OSMS)**, which ensures that you are correctly positioned for radiation

therapy during each treatment. OSMS also tracks patient motion during treatment and ensures accuracy.

Your Treatment Team

The team of specialists in the Coe Radiation Oncology Center includes:

- Radiation oncologists, doctors who prescribe your radiation treatment and oversee your care
- Medical physicists and dosimetrists, who work together and use computer programs to create your radiation treatment plan, with safety and effectiveness in mind
- Radiation therapists, who position you on the equipment and administer your treatments
- Radiation oncology nurses, who work with radiation oncologists and radiation therapists to care for you during your treatment

Hours of Operation

Monday through Friday
8 a.m. - 6 p.m.

What to Expect

There are several steps during the radiation treatment process.

1. You'll consult with a radiation oncologist, who will review your medical information and discuss your options for radiation therapy.
2. You will have a simulation—a treatment planning session which involves positioning your body, making marks on your skin, and taking a CT scan. The purpose of this CT scan is to evaluate the size, shape, and location of your

tumor, which helps us to create the best individualized treatment plan. The markings you receive help us properly align you for treatment. Each one is about the size of a freckle and is permanent.

3. You will return one more time for a final check of your treatment plan. You may receive your first treatment that day, or come back another day. We do our best to give you appointment times that work best for your lifestyle. For your convenience, these appointments are generally the same time each day. While treatment length varies, each visit is typically about 15 minutes.
4. You will see your radiation oncologist and radiation oncology nurse once each week to discuss your progress and give you the opportunity to ask any questions you may have. If you have any side effects from treatment, your doctor and nurse will offer solutions to relieve your discomfort.

Contact Us

Coe Radiation Oncology Center
201-894-3125

Cancer Risk Assessment and Genetic Counseling



Advanced practice nurses certified in genetics in the Cancer Risk Assessment and Genetics Program at The Lefcourt Family Cancer Treatment and Wellness Center are available to advise individuals and families with a history of cancer about their increased risk. You may consider consulting with one of our specialists if you:

- Were diagnosed with cancer before age 50 or have multiple close family members diagnosed with cancer before age 50.
- Were diagnosed with more than one cancer.
- Have three or more close family members with different types of cancer.

In addition to these inherited risk factors, certain environmental and lifestyle factors may increase your risk of developing cancer. If you are concerned that you might have an increased cancer risk for any reason, please call us to see if you should schedule a risk assessment consultation. Our services include:

- Assessment of your personal and family medical history.
- Genetic testing if we recommend it and if you desire it. Testing is most commonly performed for breast and colorectal cancer and is also available for endometrial/uterine, gastric (stomach), ovarian, lung, melanoma, and pancreatic cancers, as well as colon polyposis syndromes. We thoroughly discuss the test results with you.
- Personal recommendations about ways you can reduce your risk of cancer and about routine screening tests. For example, we may recommend more frequent mammograms or enrollment in a smoking cessation or exercise class.

Contact Us

To learn more about the Cancer Risk Assessment and Genetics Program or to make an appointment, call 201-608-2608.

Cancer Clinical Trials

Englewood Health is committed to providing state-of-the-art patient care. As part of that mission,



our physician-investigators are actively researching new treatment options for our patients through clinical trials.

Clinical trials study new, innovative ways to diagnose and treat cancer in patients. They are an important step in discovering new cancer treatments. Before a new therapy is used in people, it is thoroughly studied to ensure that it is both safe and effective. All advancements achieved in the care of people with cancer today are the result of clinical trials.

This clinical research effort provides you with access to the latest therapies. In addition to offering new biological, targeted, and immunotherapy drugs, we are working with institutions such as the National Cancer Institute to study the biology of cancer cells and understand what drugs will be the most effective in fighting your cancer.

A few things you should know:

- A nurse, research study assistant, or other member of your care team will clearly explain the study to you, what your role would be, and what to expect.
- Your participation is entirely voluntary. You are under no obligation to participate unless you choose to do so.
- You can withdraw from the study at any time.
- If you do choose to take part, we thank you. Clinical trials are vital for progress to be made against cancer. Your participation may help you, and it will definitely help people diagnosed with cancer in the future.

You may have the opportunity to participate in a clinical trial of a promising new treatment for your cancer. Ask your healthcare team if there are any clinical trials for which you might be eligible.

To learn more about cancer clinical trials at Englewood Health, visit englewoodhealth.org/clinicaltrials. You can also learn more about clinical trials at ClinicalTrials.gov.

Palliative Medicine Services

Palliative medicine focuses on improving your quality of life from the time of diagnosis, throughout your treatment, and afterward. This is achieved by



preventing and treating the symptoms and side effects of cancer and its therapy. Palliative medicine services will not replace your treatment, but will help enhance your experience. Palliative and supportive medicine providers work closely with your oncologist. Family members and other caregivers will also benefit from these valuable services.

At The Lefcourt Family Cancer Treatment and Wellness Center, people with cancer and their loved ones can receive palliative medicine services to relieve symptoms of cancer and its treatment, such as pain, shortness of breath, fatigue, nausea, constipation, loss of appetite, and sleep disturbances. Spiritual, emotional, and social support are also available. The goal is to care for the whole person — mind, body, and soul — not just treat the disease.

Our palliative medicine team includes doctors, nurse practitioners, nurses, social workers, chaplains, pharmacists, nutritionists, child life specialists, and others. The team

provides an extra layer of support to your care team, working with your oncologist and your primary care physician to develop the best plan of treatment and to set care goals for you and your loved ones. With palliative care:

- You can expect to have more control over your care in a comfortable and supportive atmosphere that reduces anxiety and stress.
- We review your plan of care at each visit to make sure your needs and preferences are being met, and that your treatments are in line with your beliefs and goals.
- You can carry on with your daily life. Palliative care improves your ability to go through your medical treatments. It helps you better understand your condition and your choices for medical care so you can expect the best possible quality of life.

Working together with Englewood Health's palliative and supportive medicine team, you and your family can create and define your quality of life and cope better throughout your illness. Talk with your family and your physician about palliative and supportive care services. A referral is not required to receive these services.

Contact Us

Palliative Medicine
201-894-3896

Integrative Medicine Services



The Graf Center for Integrative Medicine at Englewood Health is reimagining what wellness looks like through a holistic approach, focusing on the mind and body as one. Led by a physician, our center's team of licensed and/or certified practitioners offers evidence-based services to promote prevention, recovery, and support in a safe, comfortable environment. Our services can help minimize nausea, reduce pain, lower blood pressure, and relieve stress and anxiety.

Designed to be both relaxing and environmentally friendly, the Graf Center's infusion of natural earth tones, soft lighting, tranquil music, spa-like water wall, and organic, sustainable design materials create the perfect healing environment and respite from the outside world.

Our providers work closely with your care team to provide services that may ease your journey with cancer, such as:

- **Acupuncture**, which involves the use of very fine needles placed at strategic “energy” points on your body. It can relieve chemotherapy-related or surgery-related nausea and vomiting, neuropathy, headaches, neck and back pain, arthritis, and other discomforts. Our licensed acupuncture provider will assess you and customize your treatment to meet your needs.
- **Massage therapy**, which can decrease anxiety and stress, reduce muscle and nerve pain, and help relieve headaches and insomnia. We offer include Swedish, therapeutic, deep tissue, neuromuscular, and oncology massage, manual lymphatic drainage, and other types of massage therapy.
- **Stress management workshops** to teach you how to relax and find empowerment within yourself.
- **Reiki**, a Japanese technique used to reduce stress and promote relaxation and healing through a gentle laying of hands. Reiki is even available during your chemotherapy treatments.



- **Yoga classes**, designed for all levels, unite body, mind, and spirit through gentle poses, breathing, and imagery. Our offerings include classes specifically for people with cancer, as well as for caregivers.
- **Integrative and functional medical consultations** with our medical director to learn about your history and develop an individualized care plan, in consultation with your primary care doctor.
- **Smoking cessation** for people who wish to quit smoking, featuring a group program, meditation, and acupuncture.

We also host a variety of classes and workshops on integrative health approaches to help you learn how to live a healthier, more balanced life. Contact us to learn more about the Graf Center's services or to make an appointment.

Contact Us

We are located on the 5th floor of The Russell and
Angelica Berrie Center for Humanistic Care
350 Engle Street
Englewood, NJ 07631

201-608-2377

grafcenter@ehmchealth.org

englewoodhealth.org/graf

Like us on Facebook: TheGrafCenter

Nutritional Counseling



Eating a healthy diet can help you stay strong during cancer treatment. Consuming sufficient amounts of vitamins, minerals, and protein and staying well hydrated will optimize your response to treatment. At The Lefcourt Family Cancer Treatment and Wellness Center, our registered dietitian works in partnership with your care team to assess your diet, determine your needs, and set goals to follow a healthy diet. Every new patient will receive an initial nutritional assessment.

Following a nutritious diet during cancer treatment can help:

- Decrease your risk of infection
- Increase your strength and energy

- Preserve lean body mass
- Rebuild body tissue
- Improve your tolerance to treatment
- Help you recuperate faster after treatment
- Support your immune function
- Enhance your overall well being

A registered dietitian can help answer your questions, such as:

- *What kinds of foods should I eat during chemotherapy and radiation therapy?*
- *What types of foods are best if I have side effects such as fatigue, nausea, constipation, diarrhea, or weight loss?*
- *Should I avoid raw fruits and vegetables, or sugary foods?*
- *Is a vegetarian diet okay for me?*

People with head and neck cancers have special dietary needs, since they often have trouble eating and swallowing during treatment. With nutritional counseling, these patients can learn how to meet their dietary requirements.

Contact Us

Nutritional Counseling Services
201-894-3867

Support Services

Support services are available to help you address practical matters in your care and provide psychosocial support to you and your family before, during, and after your treatment. Patients and caregivers may find comfort and knowledge sharing experiences with others through support groups. Englewood Health has a number of support groups for people with cancer and their loved ones.



Contact Us

Cathy Verhulst, MS, LCSW
Oncology Social Worker - Certified
Manager, Patient Navigation
201-608-2162

The Breast Cancer Support Group

At this support group for women of all ages with any stage of breast cancer, you can receive information, support, and encouragement. The group meets on the first and third Friday of every month from 10:30 am-12:00 pm. Call 201-608-2162 for more information.

Gynecologic Cancer Support Program

This support group, currently in formation, addresses the special concerns of women with a gynecologic cancer. Call 201-608-2162 for more information.

SPOHNC (Support for People with Oral Head and Neck Cancer)

This patient-directed self-help organization is dedicated to meeting the emotional, physical, and humanistic needs of oral and head and neck cancer patients and their caregivers. A monthly meeting offers information, support, and encouragement to newly diagnosed patients, survivors, and their family members and friends. The Bergen County Chapter meets at Englewood Health on the fourth Wednesday of each month at 7 pm. For more information and to register, call Patrick Taaffee at 201-931-6394 or email pjt1096@gmail.com.

Look Good Feel Better

Sponsored by the American Cancer Society, Look Good Feel Better volunteer beauty professionals help women with cancer with skin care, makeup application, tips on wigs, dry skin, nails, and more. Registration is required; call 201-608-2162.

Neuropathy Support Group

Some anticancer drugs can cause nerve discomfort. This group for people with neuropathy meets on the third Thursday of March, April, May, September, October, and November at 7 pm. Call Rich Booz at 201-587-1250, Mary Robertson at 973-226-1535, Tom McCullum at 201-692-9313, or Dean Lewis at 631-223-8416 for additional information.

Caregiver Support

People who care for people with cancer have special needs, too. At this support group, you can meet with other caregivers to share experiences, concerns, and challenges; gain insights; learn tips on where to find help; and get support. The group is led by a licensed social worker. Call 201-894-3333 for details.

Smoking Cessation Program

Our group smoking cessation program will teach you strategies to commit to quitting smoking. The program is led by a licensed clinical social worker who is certified through the American Lung Association Freedom from Smoking Program®. This program will also include guided meditation and acupuncture, a safe and effective tool. Our certified acupuncturist will offer group auricular (ear) acupuncture, which may help to reduce nicotine cravings. Call 201-608-2377 for information and to register.

Charity Care Program

The New Jersey Hospital Care Payment Assistance Program may provide free or reduced hospital charges if you have no insurance or coverage that only pays part of the bill. Income and asset restrictions apply. Visit the Financial Counseling office on the main floor of the hospital for an application. Open Monday-Friday 9-3 (closed 12-1 for lunch). Call 201-894-3918 for more information.

Art of Healing Program

A partnership with The Art School at Old Church has been successful in providing art therapy to patients in a dedicated art therapy room or chair side in our Infusion Center. For people living with cancer, art therapy offers a way of communicating and exploring confused or difficult thoughts and feelings. It can encourage positive feelings too, as people enjoy the control and expressive qualities of making art. Art therapy may be very helpful for people who feel uncomfortable with touch or talk therapies, and it can be helpful in supporting families and friends affected by cancer. Ask for more information in the Infusion Center.

Heel the Soul

Women facing serious illness at Englewood Health are never alone thanks to Heel the Soul, a special resource and support program. Special comfort bags are made possible thanks to the ongoing generosity of donors. Call 201-894-3980 for more information.

Center for Korean Health and Wellness

The Center for Korean Health and Wellness at Englewood Health provides concierge services to Korean-speaking patients and families, including patient navigation services, interpretation assistance and referrals to medical interpreters, physician referrals, scheduling of appointments, and other services. The center is open Monday through Friday, 9 a.m. – 5 p.m. and is on call 24/7 for urgent issues. For more information, contact 201-608-2341.

잉글우드병원 한인 건강센터 소개

잉글우드 병원의 한인건강센터는 한국인 직원들로 꾸며져있으며 한인 환자분들과 가족분들의 편의를 위해 통역 서비스, 의사 추천, 진료 예약 등을 포함한 여러 서비스를 제공해드리고 있습니다. 한인건강센터는 병원내에서 주중 오전 9시부터 5시까지 근무하며 응급시 24시간 전화상담이 가능합니다. 자세한 정보는 201-608-2341 한인건강센터로 문의바랍니다.

Talking with Your Child about Cancer



If you are a parent with cancer, you may understandably be concerned about how your diagnosis is going to affect your children. Children are affected by everything that happens in the family. Talking with them about cancer can be difficult, but it is important to have that conversation. Our child life specialists, nurses, and social workers are available to address your concerns and provide guidance about the best ways to communicate with your children.

While every child is different and children at different ages have varying levels of understanding and communication needs, you may find these general guidelines to be helpful:

- **Be open and honest.** Children are most fearful of what they don't know or are not prepared for. Set aside quiet

time to speak with them. If you have more than one child, you may want to speak with them individually so they can feel free to express whatever emotions they are experiencing. It is important to use the word “cancer” and give them your best understanding of what your family might expect as you go through treatment.

- **Encourage questions.** You may need to repeat the information you are telling them. Ask them if they understand what you are saying. Let them know that any question is okay, and that you will do your best to have an answer.
- **Cancer is not your fault.** It is common for children to think the cancer is their fault. Children believe that what happens around them happens because of them. Assure them that nothing they did caused the cancer, such as behaving badly, upsetting Mommy, keeping Daddy up at night, and so forth.
- **Cancer is not contagious.** Let them know it is okay to hug and kiss the person with cancer.
- **Maintain daily family rules and routines as much as possible.** Doing so will give your child a sense of comfort, security, and the feeling they are being taken care of.
- **Keep them informed.** From time to time, ask your children if they have any questions about your cancer or its treatment. Let your children know that you will keep them informed about any changes to come or when there are new, important things to report. Brief check-ins can be very comforting to a child.
- **Monitor your child for changes in behavior.** If you see any changes in eating, sleeping, or school performance, signs of regression, withdrawal, or fear of things they

didn't fear before, talk with your child. Consider consulting your healthcare provider, pediatrician, or a mental health professional for guidance and support.

The guiding principles need to be openness and honesty. Opening up the lines of communication is a great first step in supporting your child through this experience. If you share some of your feelings with your children, they may feel comfortable doing the same. Let them know that feelings of anger, sadness, helplessness, regret and fear are normal when



someone you love has cancer. Above all, in order to take care of your children during your cancer treatment, you need to take care of yourself. So be sure to reach out when you need help.

Contact Us

For more information and resources about speaking with your child about cancer, contact:

Michelle Brauntuch, MS, CCLS
Manager, Child Life Services
Englewood Health
201-894-3635

Resources in the Community

In addition to the support available through The Lefcourt Family Cancer Treatment and Wellness Center at Englewood Health, many community organizations provide services to support people with cancer and their families.

Cancer Information and Support

- **American Cancer Society:** Available 24 hours a day, 365 days a year, and there is always a live representative to speak to. The American Cancer Society offers information on cancer, help finding transportation, financial assistance, Look Good Feel Better, and other resources. Hablamos español! Contact 1-800-227-2345 or visit www.cancer.org.
- **CancerCare of New Jersey:** This national nonprofit organization provides free professional counseling, educational programs, financial assistance, and practical help to people with cancer, their loved ones, and the bereaved. Contact 800-813-4673 or www.cancercare.org.
- **Cancer Hope Network:** This free service provides one-on-one support to people undergoing treatment for cancer, which includes family members and caregivers. Call 800-552-4366 or visit www.cancerhopenetwork.org.
- **Cancer Support Community:** Provides extensive, creative, and up-to-date information, support, a radio show, information on research, dietary guidance, the ability to create your own website, and more for people living with cancer and their families. Local programs available in Teaneck include support groups, knitting, drumming,

cancer recovery fitness, and a Spanish-speaking support group. Contact **201-833-3392** for more information or visit www.cancersupportcommunity.org.

- **Leukemia Lymphoma Society:** This organization provides information, support, and financial assistance for people with blood cancers. Contact **800-955-4572** or visit www.lls.org.
- **Cancer.Net:** This website provides timely, comprehensive, oncologist-approved information from the American Society of Clinical Oncology (ASCO), with support from the Conquer Cancer Foundation. Cancer.Net brings the expertise and resources of ASCO to people living with cancer and those who care for and about them to help patients and families make informed healthcare decisions.

Financial, Legal, and Career Guidance

- **Cancer and Careers:** Cancer and Careers empowers and educates people with cancer to thrive in the workplace by providing expert advice, interactive tools, and educational events. A comprehensive website, free publications, career coaching, and a series of support groups and educational seminars are available for employees with cancer and their healthcare providers and coworkers. More information: www.cancerandcareers.org.
- **Cancer Legal Resource Center:** This organization provides free information and resources about cancer-related legal issues to cancer survivors and caregivers. Topics include insurance coverage, employment and taking time off work, access to healthcare and government benefits such as disability, and estate planning. If you need to take time off of work to receive cancer treatment, consider calling this group at **866-999-3752** or visit www.cancerlegalresources.org.

- **NJHelps.org or 211:** You can receive information on benefits such as food stamps, Medicaid, heating/lighting bill assistance, and more. Call **211** to inquire or visit www.njhelps.org. Also available in Spanish: www.mynjhelps.org.
- **Patient Advocate Foundation:** You can call for financial assistance as well as information regarding insurance access issues. If you are financially affected by cancer, contact **800-532-5274** or visit www.patientadvocate.org.

Transportation Assistance

- **Bergen County Community Transportation:** Free transportation (suggested donation \$1) for disabled patients and seniors age 60 and older. Seven days advance notice required. Disabled passengers need to provide written confirmation of their disability. Call **201-368-5955** for information or to make a reservation.
- **Logisticare Transportation:** To register and to make a reservation for this transportation service for people on Medicaid, call **866-527-9933**. More information is available at www.logisticare.com.
- **Road to Recovery:** This program is offered through the American Cancer Society to help patients get to their cancer treatment appointments. Reserve in advance by calling **800-227-2345**.
- **NJ Transit-Access Link:** NJ Transit offers services for people whose disability prevents them from using the local fixed route bus service. Passengers must meet certain requirements and be interviewed. The service runs 7 days a week, 7:30 am-4:00 pm. Call **800-955-2321** or visit www.njtransit.com.

Household Help

- **Cleaning for a Reason:** This nonprofit offers free professional housecleaning services to improve the lives of women currently undergoing treatment for any type of cancer. Applications can be completed online. Visit www.cleaningforareason.org for more information.
- **Magnolia Meals at Home:** This meal delivery program provides nourishing meals at no cost to households affected by breast, thyroid, and kidney cancers or soft tissue sarcoma. Counties served: Bergen, Essex, Westchester, Rockland, and some towns in Passaic. To find out if you or your loved ones are eligible, speak to your Patient Navigator, visit www.MagnoliaMealsAtHome.com, or contact CancerCare at 1-800-813-HOPE, ext. 6809.
- **Free Cleaning Service:** MaidPro, a professional home cleaning company has partnered with CancerCare to provide free housekeeping services for people with cancer in specific towns in Bergen County (Emerson, Oradell, River Edge, Ridgewood, Fair Lawn, Glen Rock, Wyckoff, Allendale, Paramus, Midland Park, Saddle River, Waldwick, Washington Township, HoHoKus and Ramsey, NJ). Patients must be registered with the New Jersey office of CancerCare. For more information, contact Kathy Nugent at 201-301-6809 or knugent@cancercare.org, or Ariana Parmese at 201-301-6808 or aparmese@cancercare.org.

Resources for Women with Cancer

- **Sharsheret:** This national nonprofit organization supports young women and their families, of all Jewish backgrounds, facing breast cancer. Their mission is to offer a community of support to women diagnosed with breast

cancer or at increased genetic risk by fostering culturally relevant individualized connections with networks of peers, healthcare professionals, and related resources. Contact 866-474-2774 or visit www.Sharsheret.org.

- **Sisters Network:** The purpose of this national African American breast cancer survivorship organization is to save lives and provide a broader scope of knowledge that addresses the breast cancer survivorship crisis affecting African American women around the country. For more information, call 866-781-1808, email infonyet@sistersnetworkinc.org, or visit www.sistersnetworkinc.org.
- **Triple Negative Breast Cancer Foundation:** The mission of this group is to raise awareness of triple negative breast cancer and to support scientists and researchers in their efforts to determine the definitive causes of this disease, so that effective detection, diagnosis, prevention, and treatment can be pursued and achieved. For information, support, and research news call 877-880-8622 or visit www.tnbcfoundation.org.

Resources for Young Adults with Cancer

- **I'm Too Young for This Cancer Foundation:** This group ensures that young adults with cancer are made aware of — and given access to — a global support community and age-appropriate resources so they can get “busy living.” Visit www.StupidCancer.org to learn more.
- **Young Survival Coalition:** Information, resources, and a “Survivor Link” are available for women under age 40 facing breast cancer. Visit www.youngsurvival.org.

Fitness and Integrative Health

- **Mary's Place by the Sea:** Respite stays in Ocean Grove, New Jersey are available for women with cancer and include integrative services to complement their medical treatments. This free program is intended to empower, educate, and support the healing of mind, body, and soul. Visit www.marysplacebythesea.org to learn more and make a reservation.
- **Tennis for Life:** This active support group for breast cancer survivors offers free indoor tennis and instruction. All levels of players, especially beginners, are welcome to join at any time. Bergen County program: call or email Cyd at **201-384-3816** or cydmc1@gmail.com. Rockland County program: call or email Andrea at **845-365-0147** or andie23@aol.com. More information: www.tennisforlife.org.

Hair Loss & Wigs

If hair loss is one of your side effects and getting a wig is out of your reach, help is here!

- **The American Cancer Society** provides free wigs for women losing their hair due to cancer treatments. To schedule an appointment at an office near you, call **800-227-2345**.
- **Do Wonders**, operated out of the Lillian Lee Salon in Teaneck, provides gently used human hair wigs for those who cannot otherwise afford a wig. Call **201-837-6770** for an application and to see if you qualify.
- **Just for You Center:** Through generous grants, Englewood Health is able to assist women whose health insurance does not cover wigs and who would otherwise not be able

to afford a wig. Expert and private fittings are held once a month here at the hospital through the Just For You Center. An appointment is required. Call **201-608-2162** to reserve a fitting time.

Sharing Your Life

- **Memories Live:** This group helps people with life-limiting illnesses preserve their images, stories, and wisdom by creating personalized movies to pass on to their loved ones. Contact **646-245-1698** or visit **www.memorieslive.org**.
- **Beautiful Self:** Coming out of cancer treatment? Rediscover your beauty in a uniquely supportive fashion shoot experience. Visit **www.beautifulself.org**.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width, providing a guide for handwriting or typing. The background is a clean, off-white color.

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AR	للاستفادة من خدمات المساعدة اللغوية، اتصل على الرقم 201-894-3368.
ES	Para asistencia lingüística gratuita, llamar al 201-894-3368.
FR	Pour bénéficier d'un service d'aide linguistique gratuit, appelez le 201-894-3368.
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HI	निशुल्क भाषा सहायता सेवाओं के लिए 201-894-3368 पर कॉल करें।
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PL	Usługi bezpłatnej pomocy językowej zadzwoń 201-894-3368.
PT	Para serviços de assistência de idioma grátis, chame 201-894-3368.
RU	Для получения бесплатных языковых услуг обращайтесь по телефону 201-894-3368.
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ENGLEWOOD HEALTH

The Lefcourt Family Cancer Treatment and Wellness Center

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