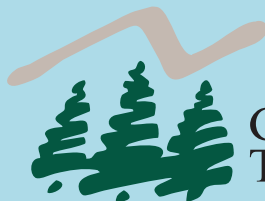


# Gene Upshaw Memorial TAHOE FOREST CANCER CENTER Oncology Support Services



*Proud Affiliate*

**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.**



## 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 a licensed psychologist 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 kditterich@ffhd.com.**

## Telehealth Counseling

Patients and caregivers who are unable to attend office sessions can meet for counseling from their own homes. Participants will need their own internet connections and access to Skype or FaceTime. 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 kditterich@ffhd.com.**

## 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 6 weeks, with new exercises and stretches added each week. By the end of the session, participants will have an exercise program to continue on their own. Participants will need a device to connect to the internet and will need to download Skype. **Contact Michelle Larson, MPT, CLT-LANA, (530) 582-7415 or mlarson@ffhd.com.**

## Exercise for Energy- Classes available in Truckee and Incline Village

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 or mlarson@ffhd.com.**



## 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 well being. 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. **By appointment, contact Polly Triplat, CMT, Certified Massage Therapist, (530) 412-0774 or [ptriplat@ffhd.com](mailto:ptriplat@ffhd.com).**

## Acupuncture

Acupuncture provides a holistic perspective for patients at the cancer center. Through the practice of both acupuncture and Traditional Chinese Medicine, this program offers a complementary approach to help manage the side effects of chemotherapy and radiation and alleviate some of the dis-ease and stress, both physical and emotional, that cancer patients experience. Group treatments are available weekly from 4:30 - 7:00 PM or by appointment. **Contact Tyler Lapkin, L.Ac, Acupuncturist, (530) 414-0394 or [tlapkin@ffhd.com](mailto:tlapkin@ffhd.com).**

## 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 "feed back" the information on a computer screen. What we can see, we can change. **Contact Linda MacKenzie, RN, BCB, Biofeedback Therapist, (530) 587-3769 or [lmackenzieparks@ffhd.com](mailto:lmackenzieparks@ffhd.com).**

## 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, Licensed Behavioral Health Clinician, (530) 582-8207 or [kditterich@ffhd.com](mailto:kditterich@ffhd.com).**

## Deep Relaxation for Patients, Survivors & Caregivers

Let go of tension in your body and your mind and learn to visualize yourself in optimal health. Class includes a fully guided meditation called Yoga Nidra (yogic sleep), where you take a journey through your body to experience deep relaxation and healing. No experience necessary, appropriate for all levels. **Contact Wendy Tylka, PTA, (530) 582-7415.**

## 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 Wendy Tylka, PTA, (530) 582-7415 or [wtylka@ffhd.com](mailto:wtylka@ffhd.com).**

## 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 or [aajari@ffhd.com](mailto:aajari@ffhd.com).**

## General Support Group

A support group for cancer patients. Led by staff psychologist, Kirk Ditterich, Pys.D., the support group explores how to optimize health and healing via adjunctive cancer programs and modalities. The group teaches coping skills, helps 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 kditterich@ffhd.com.**

## Healthy Skin from Within

For patients, both men and women, in active treatment. Come and receive free instructions on coping with the appearance-related side effects of your treatment. A licensed beauty professional will teach skin care tips to help achieve healthier skin, and will also provide suggestions for using wigs and headwear. A complimentary skincare kit will be provided. 2nd month of every month, 1:30 PM - 2:30 pm. Hosted by Gene Upshaw Memorial Tahoe Forest Cancer Center. **Contact Ashley Connor, Receptionist, (530) 582-6373 or aconnor@ffhd.com**

## 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. Learn how to do "readings" using your own intuition to deepen self-knowledge. Facilitated by Polly Triplat, trained and certified SoulCollage® facilitator. **Contact Ashley Connor to register at (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

## Location

10121 Pine Avenue

Truckee, CA 96161

on the Tahoe Forest Hospital Campus

(530) 582-6450

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

