



Mount Sinai

MEDICAL CENTER

**Comprehensive
Cancer Center**

4306 Alton Road, Miami Beach, FL 33140
2845 Aventura Boulevard, Aventura, FL 33180

msmc.com



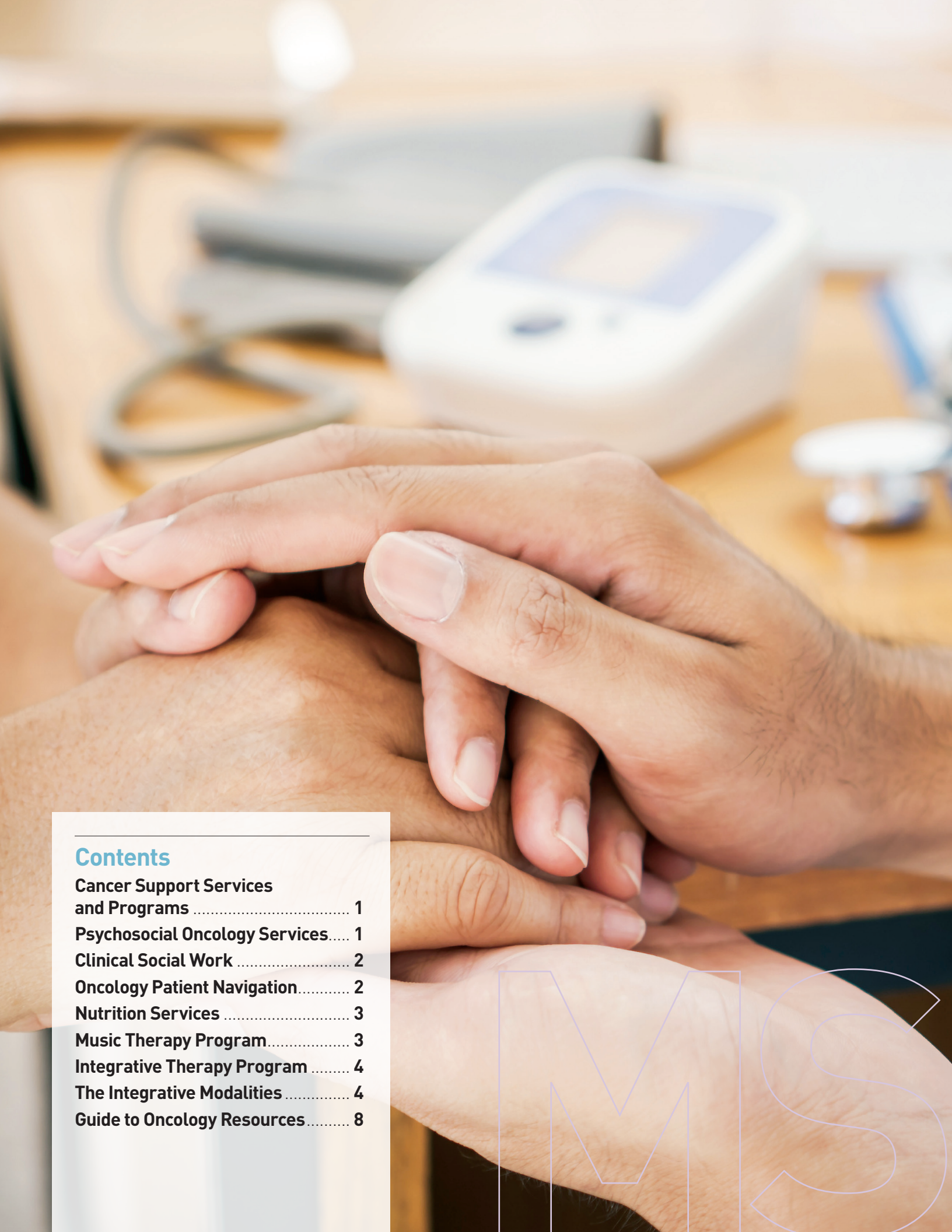
**CANCER SUPPORT
SERVICES
AND PROGRAMS**

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MMS

Cancer Support Services and Programs

At Mount Sinai Comprehensive Cancer Center (MSCCC), our Cancer Support Services team plays an important role in the treatment of cancer. Our team members, with the support of your oncologist, combine their expertise, knowledge, and skills to give you the finest, cutting-edge cancer care possible. Our facility provides a wide range of educational programs, support groups, events, and resources to assist you throughout your cancer journey.

Our team represents:

- **Psychosocial Oncology Services**
- **Clinical Social Work**
- **Oncology Patient Navigation**
- **Nutrition Services**
- **Survivorship Care**
- **Patient Education**
- **Music Therapy**
- **Pet Therapy**
- **Integrative Therapy**
 - Mindful Movement/Exercise
 - Aromatherapy
 - Massage Therapy
 - Wellness Programs
 - Reiki
 - Acupuncture (coming soon!)

Welcome to the Mount Sinai Comprehensive Cancer Center. Our staff has prepared this informational material to help orient you to our center and the Cancer Support Services and Programs department. Patients and their families are faced with many uncertainties when experiencing the challenges of cancer diagnosis and the effects of the illness and treatments on their daily lives.

Psychosocial Oncology Services

MSCCC is committed to treating the whole person, not just the illness. Our multidisciplinary team includes licensed clinical psychologists, specially trained in psycho-oncology, who provide emotional support for patients and families during all phases of treatment. We offer bedside (for those in the hospital) or outpatient services — and they are usually coordinated with other appointments at the cancer center.

The services we offer include the following:

- **Individual, couples, and family therapy to address issues related cancer**
- **Hypnosis, stress-relieving and relaxation techniques**
- **Crisis counseling**
- **Caregiver Support Group**
- **Men's and Women's Support Group**
- **Bereavement Support Group**

If you would like more information about the programs we offer and a referral to Cancer Support Services, please let your oncologist know.

Clinical Social Work

Our licensed clinical social workers (LCSW) are licensed professional counselors. They are available to assist patients and family members during the entire course of care at MSCCC. The goal of our LCSWs is to promote optimal psychosocial functioning for you and your caregiver. They can also help make referrals to community agencies, resources, and other programs, depending on your needs. You and your caregivers are encouraged to contact our highly skilled social workers, as they may be able to help with your situation or needs.

We can assist you with the following:

- **Advance directives**
- **Community resources**
- **Counseling**
- **Disability**
- **Emotional distress**
- **Financial issues**
- **Home care needs**
- **Housing/lodging**
- **Support services**
- **Transportation**



Oncology Patient Navigation

The oncology patient navigators at MSCCC are available to you, your family, and your caregivers for help in overcoming barriers that you may be facing throughout your cancer treatment. As your needs are identified, the oncology patient navigators can refer you to staff who can assist you with resources and services available at MSCCC or in the community. They also provide education and support to you, your family, and your caregivers.

We can assist you with the following:

- **Access to and coordination of care**
- **Access to and utilization of Mount Sinai Medical Center's system**
- **Biomolecular and genetic testing follow-up of results**
- **Personalized patient education based on plan of care**
- **Referral to community resources**
- **Referral to other specialty services**



Nutrition Services

Dear Patient,

As your dietitians, we would like to welcome you to Mount Sinai Comprehensive Cancer Center. Good nutrition is an important component of your overall health. For this reason, MSCCC offers complimentary snacks during treatment for your convenience in the infusion room area. While you're being treated, the goals of nutrition therapy are to prevent malnutrition, maintain a healthy weight, cope with and manage side effects, fight infections, and promote recovery. A well-balanced diet is important to keep your body in good condition. Well-balanced means eating a variety of foods with the nutrients your body needs to stay strong and combat the illness: protein, carbohydrates, fat, water, vitamins, and minerals. It will be our pleasure to offer our services as part of your treatment and to speak with you and your family regarding any nutritional concerns you may have. Our services to you are a courtesy and are included as part of your treatment plan. Please call to schedule a consultation.

Sincerely,

Clara Martinez Spurlock, RD: **305.535.3316**

Bianca Quallo, RD: **305.535.3329**

Cancer Support Services

Mount Sinai Comprehensive Cancer Center, Miami Beach and
Aventura



Music Therapy Program

The benefits of music therapy have been well-documented over the years. The American Music Therapy Association defines music therapy as “an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals.”

Mount Sinai Comprehensive Cancer Center currently provides music therapy services as part of our patient care, free of charge. Music therapy integrated into a comprehensive treatment plan is a valuable, complementary, holistic, and healing experience for our patients and caregivers alike.

During a music therapy session, individuals will have the opportunity to do the following:

- **Learn how to incorporate music in their daily life and enhance overall well-being**
- **Engage in live music, music-assisted relaxation techniques, and guided imagery**
- **Sing, play, or learn a new instrument**
- **Write and record a song**

The music therapy-based interventions will do the following:

- **Manage symptoms (nausea, fatigue, pain, anxiety, depression)**
- **Provide procedural and treatment support**
- **Give individuals a medium of self-expression**
- **Provide personalized coping skills through music**
- **Provide family and caregiver support**
- **Enhance quality of life**

Meet Our Music Therapist (Miami Beach and Aventura)

Maria Hernandez is a board-certified music therapist who trained as a physician at the Instituto Tecnológico de Santo Domingo before earning her degree in music therapy at Berklee College of Music. At Dana-Farber Cancer Institute, she helped conduct music therapy research for women with metastatic breast cancer. She has worked as a music therapist at University Hospitals Case Medical Center in Cleveland and as a music therapy intervention specialist in a clinical research project on the Family Medicine Inpatient Unit at Boston Medical Center. Hernandez believes that when integrated into patient care, music will allow us to laugh, cry, remember, walk, sing, and dance — and it can always bring wisdom and humanity to the world of medicine. You can reach Hernandez at **305.535.3333** or email **Maria.Hernandez@msmc.com**.



Integrative Therapy Program

Integrative therapy is a holistic approach to well-being that addresses an individual's overall health. In concert with Western medicine, integrative modalities nurture the mind, body, and spirit.

Mount Sinai Comprehensive Cancer Center provides these complimentary services as part of our patients' care, free of charge. The mission of the program is to give patients a one-stop destination for healing. The integrative modalities are paired with the latest medicine and innovation in oncology care to treat the whole patient, beyond their disease, and they are embraced by our oncologists.

The Integrative Modalities

Mindful Movement

- Gentle exercise can help lower tension and increase energy.
- Movement empowers patients to feel at ease and strong in their bodies.

Meditation and Breath Awareness

- Promotes physical and mental relaxation.
- Patients learn strategies to significantly reduce stress during and beyond treatment.

Essential Oil Therapy

- Aromatherapy uses natural essential oils from plants for targeted relief of the symptoms and side effects of cancer treatment.

Reiki

- Reiki therapy, which originated in Japan, is a technique that uses energy to support well-being and healing.



Meet Our Integrative Therapists

Emma Goldberg — Miami Beach



Emma Goldberg is a certified yoga teacher (500 RYT) and integrative therapist. After years of studying dance and yoga, she completed her initial yoga teacher training in 2013 under Rina Jakubowicz in Miami. She went on to graduate from the Urban Zen Integrative Therapy Program in 2016. Urban Zen was founded by Donna Karan alongside Rodney Yee and Colleen Saidman-Yee in New York City. Goldberg continues to learn from other leaders in the fields of medicine, contemplative care, restorative yoga, essential oil therapy, meditation, and Reiki as part of Urban Zen's network. Email Emma.Goldberg@msmc.com or call **305.535.3300**.



Janice Angel — Aventura

Janice Angel, yoga instructor and wellness practitioner, received her 200 RYT Yoga Alliance teaching certification through Synergy, South Beach, and became certified in Reiki healing practices in 2014. She works as an integrative therapist, offering essential oil therapy, Reiki, guided meditations, and gentle yoga. She went on to study sound healing and is currently pursuing a master's degree in traditional Chinese

medicine to become an acupuncturist. Email Janice.Angel@msmc.com or call **305.695.1267**.

Remember, look for Emma Goldberg in Miami Beach and Janice Angel in Aventura for a bit of relaxation during your treatment.

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MEET OUR FURRY FRIENDS!



Miami Beach Pet Therapy Program!

At the Mount Sinai Comprehensive Cancer Center, our Pet Therapy Program works with certified animals and handlers to meet physical, social, emotional, and psychological patient goals.

Research studies have shown that animal-assisted therapy decreases anxiety and pain, lowers blood pressure, and boosts levels of "feel-good" hormones. Our Pet Therapy Program volunteers visit Mount Sinai's outpatient cancer centers in Miami Beach and Aventura.

Apollo



My name is Apollo, and I am a 4-year-old Bernese Mountain Dog. My birthday is on April 23, 2017. I love being around people. My Mama always says, "he will change your life in a second." I'm funny and sweet. And I also love to eat. My favorite snacks are carrots, mango, red apple, berries, and bananas. When I'm not sleeping, I play with my favorite toy – a huge rope. I also enjoy car rides and being with other dogs.

Odin



My name is Odin, and I belong to the Rhodesian Ridgeback breed from South Africa. I am 3 years old, and my birthday is on Sept. 30, 2017. Our breed is normally used for hunting and guarding. We only come in one color – wheaten. My Dad tells me that I am very intelligent and strong willed. I care a lot for people and even with my strong personality, I can comfort you and make you smile. My favorite food is spaghetti. I also love chicken and fish. And my favorite toy – big bones!

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MEET OUR FURRY FRIENDS!



Aventura Pet Therapy Program!

At the Mount Sinai Comprehensive Cancer Center, our Pet Therapy Program works with certified animals and handlers to meet physical, social, emotional, and psychological patient goals.

Research studies have shown that animal-assisted therapy decreases anxiety and pain, lowers blood pressure, and boosts levels of "feel-good" hormones. Our Pet Therapy Program volunteers visit Mount Sinai's outpatient cancer centers in Miami Beach and Aventura.

Frankie



My name is Frankie, and I am a Schnoodle (Schnauzer and Poodle). I was born on August 23, 2018, and I'm a certified therapy dog. My parents brought me back to Miami from a farm in Alabama to live in a high-rise building. I love sleeping on the balcony and playing with my friends. I love treats, traveling with my parents, and my most favorite thing is to make people smile and feel happy.

Cash



My name is Cash and I am a 7-year-old Golden Retriever. I am a super sweet and goofy boy. The things I love most in life are my mom, my stuffed bear, my ball, and my cat Leo. He is my bestie, for sure. Being a therapy dog is one of the best things I do, as I get to make people happy, and at the same time, I get love in return. It's a win, win!

Guide to Oncology Resources

General

American Cancer Society: **cancer.org, 1.800.227.2345**

Florida Quit Line — Stop Smoking: **1.877.822.6669**

Color Genomics: **color.com**

Livestrong — Patient Navigation Services: **livestrong.org, 1.855.220.7777**

National Center for Complementary & Integrative Health (NCCIH): **nccih.nih.gov, 1.888.644.6226**

National Institutes of Health (NIH): **nih.gov, 301.496.4000**

Pancreatic Cancer Action Network: **pancan.org, 1.877.272.6226**

Society for Integrative Oncology (SIO): **integrativeonc.org, 347.676.1746**

Community Resources

Alliance for Aging: **allianceforaging.org, 305.670.4357**

Florida Department of Children and Families: **myflorida.com/accessflorida, 1.850.300.4323**

Florida Power Light Share Program: **fpl.com/help.html**

Gilda's Club (affiliate of Cancer Support Community) Broward: **954.763.6776**

Legal Services of Greater Miami: **305.576.0800**

Florida Legal Services: **floridalegal.org, 407.801.4350**

Financial and Co-Pay Assistance

There are various programs available to assist with financial obligations and high co-payments:

- Many drug companies have programs that can assist with your medication, if you qualify.
- Various foundations offer other financial assistance to those who qualify. Availability of funds changes on a regular basis. The following are some of the places that offer financial assistance:

CancerCare: **cancercare.org, canccarecopay.org, 1.866.552.6729**

Good Days: **mygooddays.org, 1.877.968.7233**

HealthWell Foundation: **healthwellfoundation.org, 1.800.675.8416**

Leukemia & Lymphoma Society (blood disorders): **lls.org/copay, 1.877.557.2672**

Modest Needs: **modestneeds.org, 1.844.667.3776**

NeedyMeds: **needymeds.org, 1.800.503.6897**

Patient Advocate Foundation: **copays.org, 1.866.512.3861**

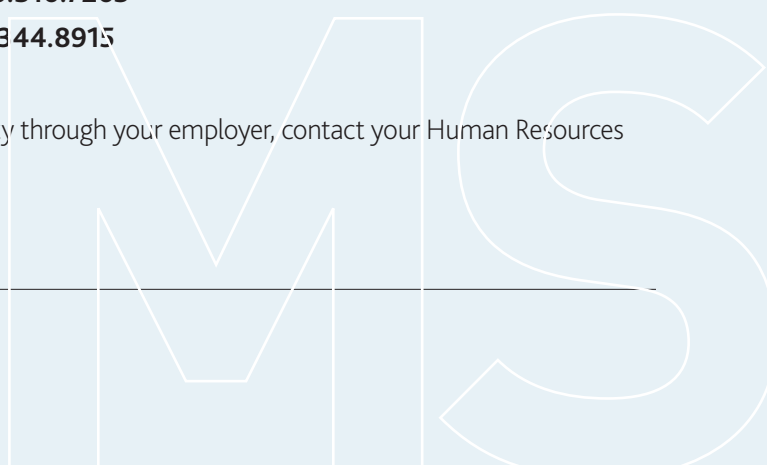
Patient Access Network: **patientaccessnetwork.org, 1.866.316.7263**

Rx Assistance Program: **rxassistantprograms.com, 1.888.344.8915**

- Disability:

For information on FMLA or short-term or long-term disability through your employer, contact your Human Resources department at work.

Social Security Disability: **ssa.gov, 1.800.772.1213**



Help at Home

- Home health care services may be available through your insurance company. A skilled nursing or physical therapy need is required to access this service. Please speak to your insurance company or physician's office.
- Companion/aide services: Few health insurance companies assist with aide/companion services *only*. They are available if paid for privately. Long-term disability plans also provide assistance per your policy.
- Cleaning for a Reason: cleaningforareason.org, **1.877.337.3348**.

Insurance

Medicaid: Qualifications and online application available on Medicaid's website, medicaid.gov/index.html, or by visiting your local Social Security office

Medicaid Managed Care Helpline: flmedicaidmanagedcare.com, **1.877.711.3662**

Medicare: Qualifications and online application available on Medicare's website, medicare.gov, or by visiting your local Social Security office

Serving Health Insurance Needs of Elders (SHINE): floridashine.org, **1.800.963.5337**

Patient Services, Inc. (assists with finding affordable insurance): patientservicesinc.org, **1.800.366.7741**

Meal Programs

Catholic Charities: ccadm.org, **305.754.2444, 954.568.6610**

Jewish Community Service — Meals on Wheels (eligibility over 65 and homebound): **305.899.8301**

Little Havana Activities & Nutrition Centers: lhanc.org, **305.858.2610**

If you are in an area not covered by these agencies, you will be directed to an appropriate resource.

Nutrition Resources

Environmental Working Group (Dirty Dozen/Clean 15 produce): ewg.org/foodnews

Andrew Weil, M.D. (integrative medicine/nutrition): drweil.com

Eating Hints (order or view booklet): cancer.gov

American Institute of Cancer Research: aicr.org

Transportation

Golden Passport (public transportation for seniors): miamionthecheap.com/free-miami-dade-public-transit-for-seniors/, **786.469.5028**

Medicaid — LogistiCare: **1.866.726.1457** (three-day notice required); Ride Assist (after registered), **1.866.726.1458**

Special Transportation Services (Miami-Dade County): **786.469.5000**

TOPS Transportation (Broward County): broward.org/BCT/Pages/Paratransit.aspx, **1.866.682.2258**

On-Demand Transportation: miamigov.com, **305.537.4188**

Insurance provider: Check with your insurance provider regarding any transportation benefits