

DEALING WITH CANCER

The Katahdin Area
Support Group Can
Help!...

Caring, Understanding,
Love, Support, Sharing



The Katahdin Area Support Group is a local non-profit organization comprised of a Board of Directors and many volunteers. We strive to offer support to cancer patients and their families. Our services are provided free of charge to residents in the tri-town area.

PLEASE CALL US!

Because of federal laws governing confidentiality and a patient's Right to Privacy, we are unable to contact you first. However, once you have made initial contact with us, we may provide you with our services.

SUMMARY OF SERVICES

Operation Breadbasket takes place on the 4th Tuesday of each month. With the support of volunteer cooks from our local churches, bread, sweet breads, muffins, cookies and special treats are delivered by volunteers to the homes of cancer patients.

Transportation: Penquis/The Lynx will provide transportation through their "Ride to Wellness Program" (if funds are available) for any cancer patient who resides in Penobscot or Piscataquis County. For more information, please call The Lynx at 973-3695 or 1-866-853-5969.

The Wellness Program also provides reimbursement at 21 cents per mile for friends or family who transport. We maintain a list of volunteer drivers who provide rides for patients to and from the doctor or treatment appointments either local or out of town. It is helpful if a patient or family member makes arrangements for transportation as early as possible to allow us to set up a schedule for our drivers. Call 723-9102.

Equipment Loan: We have a large inventory of equipment which covers everything from hospital beds, tray tables, and wheelchairs, to walkers, crutches, canes, shower seats, commodes, **limited** incontinence supplies, and bedding. Although our primary goal is to provide equipment to cancer patients, we also loan equipment to other patients with a disabling illness. This equipment is loaned free of charge. We stress that the equipment must be returned **CLEAN** when no longer needed because of the many requests we receive. It is then disinfected and ready to be loaned again. Our policy states that a family member must arrange to pick up the equipment and return it promptly when no longer needed. Call 723-2037 or 447-8248 to make arrangements.

FINANCIAL CONTRIBUTIONS

All of the services we offer are free because so many generously give to our group. If you or someone you know wishes to make a donation, please contact us at:

KATAHDIN AREA SUPPORT GROUP
P.O. Box 374
Millinocket, ME 04462

VOLUNTEER SERVICES

If you are willing to donate a little of your time, please contact us. Many hands make light work! Call 723-5769.

COPING

How does one cope with a serious illness? How does the family cope? How do friends react? When someone you know is ill, how do you react? Do you stay away? Avoid them? Stop phoning? Wonder in silence how they are? Feel guilty? We have some recommendations for you **WHEN SOMEONE YOU KNOW IS VERY ILL...**

Don't avoid them, be there, it instills hope.

Be the friend, the loved one you have always been.

Cry when they cry. Laugh when they laugh. Don't be afraid to share intimate experiences which can enrich you both.

Bring a positive attitude. It's catching.

Don't feel that you both always have to talk. It's okay to sit together silently reading, listening to music, watching TV, holding hands. Much can be expressed without words.

Help them feel good about their looks, but only if it is realistic to do so. If their appearance has changed, don't ignore it. Acknowledge the fact, but do so gently and remember...never lie.

Be prepared for them to get angry with you for "no obvious reason" although you have been there and done everything you could. Permit them this and don't take it personally.

REMEMBER...LOVE NEVER FAILS