

Cancer Care Support

VA Portland Health Care System

Services

Caregiver Support Program

The VA Portland Caregiver Support Program is available to support family caregivers in their role and link caregivers to VA and community support services. The team also supports caregivers in improving their health and well-being through practical coaching and emotional support. For more information or to enroll, call: (503) 273-5210.

Chaplains

Chaplains are clinically trained caregivers who may assist you in the journey into your spiritual life. A sense of meaning and purpose, a connection with one's community can help you to have a better quality of life during your illness and care. If you wish to speak with a chaplain, call: (503) 220-8262, ext. 57090.

Nutrition Counseling and Education

Cancer treatment may affect your appetite or change the way food tastes or smells. It is important to eat a healthy diet to maintain your weight during your cancer treatment. Eating enough of the right kinds of foods can be tough when you do not feel like eating at all. A cancer dietitian is available to give you individual counseling about ways to maximize your nutrition throughout your cancer treatment. To make an appointment with a dietitian, call nutrition scheduling: (503) 273-5112.

Physical and Occupational Therapy

The effects of cancer and related treatment can lead to many changes in your body. Some of these interventions may cause new symptoms that change how you move, function, and care for yourself. Specialized therapies are available for Veterans with cancer to address these changes. For more information, call Physical/Occupational Therapy: (503) 273-5018.

Social Workers

Oncology Social Workers are available to assist you and your family at every stage of care. Our social workers can provide emotional support and help you find resources to help you cope with a cancer diagnosis. They can also help you communicate with family, friends, and your health care team. To speak with an Oncology Social Worker, call: (503) 220-8262, ext. 55786.

Tobacco Cessation

We understand that quitting cigarette smoking is difficult, but quitting is the best way to improve your health. The VA has many resources to help you. When you want help, let your primary care provider know. You can also call 1-855-QUIT-VET (1-855-784-8838) or visit the VA Tobacco and Health website: www.mentalhealth.va.gov/quit-tobacco.

Whole Health

VA Whole Health is a cutting-edge approach to care that supports your health and well-being. Whole Health centers around what matters to you, not what is the matter with you. This means your health team will get to know you as a person, before working with you to develop a personalized health plan. For more information, call Whole Health: (503) 220-8262, ext. 50536 or visit the website: www.portland.va.gov/services/Whole_Health.asp.

For questions, please call the Cancer Care Navigation Team:

(503) 220-8262, ext. 51753

Cancer Care Services website:

www.portland.va.gov/services/Cancer_Care_Services.asp



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Portland Health Care System

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Classes & Groups

Active Movement Classes

Let's get moving! Whole Health Active Movement classes: Tai Chi/Qigong, Yoga, and Strength & Conditioning/Open Gym. All classes are offered online through VA Video Connect (easily accessible by clicking a link sent to your email). All classes can be modified for any level of ability. For more information on classes and scheduling, call our Active Movement line: (503) 273-5114.

Advance Care Planning – Group Visits

VA offers interactive groups where you can join other Veterans to learn more about identifying the person you trust to make health care decisions for you if you cannot make them for yourself (including Advance Directives). Learn how to create an Advance Care Plan that will ensure your health care choices are known and followed. For more information, call: (971) 352-0844.

Breast Cancer Support Group

The VA Portland Breast Cancer Support Group offers practical information and emotional support, in a safe, welcoming place. Designed to meet the needs of Veterans diagnosed with breast cancer, for an opportunity to meet others on a similar journey. The support group is offered twice a month, by phone. To register call our Oncology Social Worker: (503) 220-8262, ext. 55786.

Cancer Support Group

The VA Portland Cancer Support Group offers practical information and emotional support. Please join us during any portion of your cancer journey. The support group is open to Veterans, friends, and family. The support group is offered monthly, by phone. To register call our Oncology Social Worker: (503) 220-8262, ext. 55786.

MOVE! Program

MOVE!® is a national weight management program that helps Veterans lose weight, keep it off, and improve their health. MOVE!® is a comprehensive lifestyle intervention that focuses on health and wellness through nutrition, physical activity, and behavior change. For more information, call our MOVE! line: (503) 220-3482.

Nutrition Classes

Dietitians are offering nutrition classes designed to help you achieve your health goals via VA Video Connect. The Healthy Teaching Kitchen program provides live, virtual cooking classes for Veterans to increase nutrition knowledge, cooking skills, and build confidence in cooking at home with healthy, minimally processed foods. For more information on classes and scheduling, call nutrition scheduling: (503) 273-5112.

Whole Health Veteran Classes

Whole Health classes are opportunities to explore why you want your health and what is important to you in this moment. Whole Health Coach facilitated groups: Introduction to Whole Health; Taking Charge of My Life and Health; and Discovering your Mission, Aspiration, or Purpose. For more information, call Whole Health: (503) 220-8262, ext. 50536.

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