

embers

whole person care for cancer patients



How can EMBERS meet your needs?

Coping with cancer can be difficult. In addition to the toll it may take on you physically, cancer affects your **E**motions, **M**ind, **B**ody, **E**nvironment, **R**elationships, and **S**pirit. While chemotherapy, radiation, and surgery address cancer, additional supportive interventions are often needed to heal you as a whole person. That's why **EMBERS** is here for you and your loved ones; as a supportive care team, we address each of these holistic patient concerns to improve your overall well-being.

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，您可以免費獲得語言援助服務。請致電 888-311-9127 (TTY: 711)。

What does EMBERS stand for?

- e Emotions** – A cancer diagnosis can be traumatic. Anxiety, depression, fear, sadness and anger are but a few potential emotional responses to diagnosis, treatment and even survivorship. Our Counselor is available to assist individuals and families in coping with each step of their cancer journey.
- m Mind** – Our Counselor works with patients to introduce various mindfulness techniques such as focused breathing and guided imagery in an effort to reduce stress and promote healing.
 - Body** – Keep your body nourished during and after treatment with nutrition counseling. Engage your body in healing exercises such as yoga, massage, and acupuncture.
- e Environment** – We'll help you make healthy choices to create and maintain healing environments.
- r Relationships** – Social support is known to be a key factor in lowering the risk of recurrence and even decreasing the death rate of cancer patients. That's why we focus on and attend to our patients' relationships as an essential part of their cancer treatment. We can connect you to facilitated support groups, art classes, and retreats.
- S Spirit** – Whether you attend services at a church or find solace in nature, tending to your human spirit can provide healing, hope, and strength at a time when you need it most. Our spiritual care team and other community partners can help you connect to that which brings you meaning and purpose.

What is the EMBERS program?

EMBERS is a comprehensive supportive services program that serves the physical, spiritual, and emotional needs of cancer patients and their loved ones. The program's name, EMBERS, represents how we care for each patient's Emotions, Mind, Body, Environment, Relationships, and Spirit.

We work with you, your loved ones, and your care team to address your individual needs and concerns among physicians, navigators, dietitians, counselors, social workers, and community partners.



Every patient is unique.

Our EMBERS program is tailored to the individual needs of each patient we serve. Thanks to the donation of a former patient, we provide easy access to services that focus on whole-person care:

Eating well and maintaining good nutrition is vital to cancer care. **The EMBERS Program provides you with complimentary access to a Registered Dietitian Nutritionist**, to keep your body nourished for treatment and recovery.

Our in-house Counselor is here to help patients and their loved ones cope with emotions

including sadness, anxiety, fear, anger, and depression, which often arise as a result of a cancer diagnosis, as well as during or after treatment.

The EMBERS Social Worker minimizes barriers to treatment by addressing finances, caregiving, work and school, and other practical concerns.

Our Patient Navigator can connect patients and their loved ones to any member of our EMBERS team, as well as our external partners who provide complementary treatments. These can include **acupuncture, mindfulness meditation, exercise and movement programs, retreats, support groups, and educational resources.**

OUR MISSION

As expressions of God's healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

OUR CORE VALUES

Compassion, Dignity, Justice, Excellence, Integrity

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