

All cancer care patients and their caregivers, families and friends are welcome to participate in these sessions to renew their mind, body and spirit. Many are provided through generous donations to The Memorial Foundation. This fund also supports medication assistance, nutritional snacks in infusion care, nutritional supplements for patients who cannot tolerate solid foods, and a wide range of patient and caregiver therapy programs. To support these and other vital services, call 509-576-5794 or visit memfound.org.

October Featured Class

Food for Life, Cancer Prevention.

Wednesday October 4, 6:00 pm

Presented by North Star Lodge Dietitians. Class is provided at no charge; however, your donation is gladly accepted.

Class size is limited. Register at 509-574-3408.

A plant based diet is particularly beneficial in colorectal cancer prevention. Certified Food for Life instructor Ineke Ojanen RD,CDE, will present cooking methods with a focus on cancer prevention using a plant based diet.



Cancer Care Resources

Contact NSL resource coordinators for additional community resources.

North Star Lodge special support services available:

[Resource Coordinator](#)
509-574-3491 or
509-574-3559

[Financial Advocacy Team](#)
509-574-3552

[Nurse Help Line:](#)
509-574-3405

[Prescription Refills:](#)
509-574-3404

[Medical Oncology Doctor](#)
on Call: 509-574-3400

[Radiation Oncology](#)
Doctor on Call:
509-574-3557

[NSL Patient Portal:](#)
Now offering two Patient Portal
Computers for your use!
[Downstairs in the library and in
the main lobby waiting area.](#)

Please visit the resource library (downstairs) — relax, read and learn—many educational materials and resources are available.

Programs are held at North Star Lodge, 808 North 39th Avenue, Yakima, unless otherwise noted.

Memorial Oncology Walking Group

New Time! Every Tuesday at 9:00 a.m.
A weekly opportunity for patients to get together in a casual atmosphere for physical activity and socialization. These walking sessions will be supervised by a certified trainer from Memorial Oncology Rehabilitation and Exercise (MORE). Pace and distance determined by individual; generally around one hour. First session of each month held at Kissel Park, 300 West Mead Avenue. Includes a six minute walk test. Other locations will be chosen by the trainer and/or participants. Please call 509-574-5875 for weekly location and possible time change as the weather cools.

September 5, 12, 19, 26
October 3, 10, 17, 24, 31

M.O.R.E. Memorial Oncology Rehabilitation and Exercise

Lifelong exercise habits can prevent many medical problems and enhance quality of life. MORE offers different levels of activity for cancer patients. Receive one-on-one training with a physical therapist or group sessions with a certified fitness trainer and a program designed specifically for you. Talk to your provider about referral for these programs.

Breast Cancer Support Group

5:30–6:30 p.m.
2nd Wednesday of each month,
`Ohana Mammography center,
1515 West Yakima Avenue
Betsy Medrano, R.N, Certified Nurse Navigator, and breast health expert will lead discussion on a variety of topics related to breast cancer. Support group is open to all women with breast cancer, from diagnosis to remission.

September 13
October 11

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Interested in volunteering?

Volunteers are an integral part of the hospital staff, supplementing and enhancing the service and hospitality given to patients and visitors. For more information please contact volunteer services at (509) 575-8053 or apply at Northstarlodge.org

North Star Knitters

Noon–2:00 p.m. every Tuesday
Cast on to this active, fun-loving group of knitters (many survivors) and learn to knit, crochet, or teach others. All the yarn is provided and the laughs are free. Ask your oncologist or nurse about the knitted breast prosthetics. They're available at no charge to mastectomy patients, compliments of the North Star Knitters.

September 5, 12, 19, 26
October 3, 10, 17, 24, 31

Sound Sleep–Sound Rest

Noon–12:30 p.m. introductory session
12:30–2:00 p.m. full session every Thursday
A cancer diagnosis can cause anxiety, stress and sometimes depression for patients and their caregivers. There are natural ways to combat these side effects. Learn more at our introductory session at 12:00 p.m.

September 7, 14, 21, 28
October 5, 12, 19, 26

Look Good–Feel Better

3–5:00 p.m. second Tuesday of each month
Wellness House
210 South 11th Ave, #40, Yakima
A step-by-step makeover learning session led by cosmetology professionals. You'll receive advice about skin care, makeup, nail care, and dealing with hair loss. Donated cosmetic products are yours to keep. No charge, sponsored by American Cancer Society.

For more information call Wellness House at 509-575-6686.

September 12
October 10

Lamplight Bible Study/ Support Group

11:30 a.m. – 1 p.m. every other Monday
Learn how the Bible can help you navigate your cancer journey.

September 18,
October 2, 16, 30

Scrapbooking

1:30-3:30 p.m. Every Monday
Enjoy fellowship and creativity as you learn new techniques for scrapbooking, cards and decorations. All scrapbooking materials are provided at no charge, just bring your own photos.

September 11, 18, 25
October 2, 9, 16, 23, 30

Advance Directives Planning

Noon–1:00 p.m.
1st Wednesday of each month
Memorial Auditorium, 2811 Tieton Dr.
Does your physician know what medical treatment you want – and don't want – in the event that you're in an accident or diagnosed with a terminal illness? Does your family know your wishes? During these 1-hour sessions you'll have an opportunity to go through the Five Wishes booklet and learn how to complete it.

September 6
October 4

My Health, My Life

Do you struggle to manage the pain and symptoms of long term health issues? Don't miss out on life because of chronic illness such as diabetes, heart disease, cancer or depression. Learn how to live a healthier life. Topics include practicing healthy eating and sensible physical activities; fatigue, stress and pain management; and making treatment decisions. Your caregiver or family member is welcome (and encouraged) to attend with you. For a schedule of classes and more information, please call 509-225-3178.

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