



Please complete & return to:
Barton Center for Orthopedics and Wellness
2170 B South Ave, South Lake Tahoe, CA 96150

Barton Cancer Support Services
Application Form and Provider Referral

Patient Name: Date: DOB:

Address:

Email: Phone number: (mobile or home)

Preferred method of communication: Please check email phone (mobile or home) mail

Primary Care and/or Oncologist:

For Physician Office Completion Only

Cancer Diagnosis: Diagnosis Date:

Current Cancer Treatment(s):

Please check only one: Cancer Support Services are provided to Patients with the following criteria.

Active Cancer Diagnosis - Group Classes and Services by Appointment are available to cancer patients in active treatment or within 1 year following diagnosis. Services are available for 1 year from enrollment date. OR

Living with Cancer - Group Classes are available to cancer patients within 5 years of treatment or living with metastatic cancer. Group classes will be offered for 1 year from enrollment date.

Group Classes: Available to Active Cancer Diagnosis and Living with Cancer status

- Exercise for Energy
Yoga, Relaxation & Meditation
Nutrition Education (includes family/caregivers)
Mindful Healing

Service by Appointment: Available to Active Cancer Diagnosis status only limits apply*

- Health Coaching*
Community Acupuncture*

Please check only one: Provider Referral.

I give permission for this patient to participate in Cancer Support Services with no restrictions.

I give permission for this patient to participate in Cancer Support Services with the following restrictions:

Referring Physician/NP/PA: Phone number:

Address/Location:

Physician/NP/PA Signature: Date:

Parent /Guardian signature (if under 18 years old): Date:



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Cancer Support Services Program - Group and Individual Service Descriptions

Group Classes

Exercise for Energy

Exercise for Energy offers strengthening, stretching, breathing, balance, cardio and wellness education to cancer patients in a supported environment designed to help improve the quality of life during and after cancer treatment. Appropriate physical movement helps patients regain physical function, diminish pain, fatigue and nausea and improve bone and muscle strength. ***A one-hour pre- participation assessment is required before attending.***

Yoga, Relaxation & Meditation

Yoga as a practice focuses on improving strength, flexibility and balance to enhance energy flow and stimulate the body's own natural healing processes. As a powerful form of mind-body healing, yoga for patients with cancer approaches health in a holistic manner, recognizing the physical, emotional and spiritual elements. At its heart, yoga is a comprehensive system for healing and transformation.

Nutrition Education (Open to family/caregivers)

Nutrition is an important component of care for cancer prevention, treatment, and survivorship. Learn how nutrition can improve the quality of health. Discover nutrition strategies to reduce treatment recovery time, and uncover nutrition myths. Explore and taste foods that help fight cancer while new topics are discussed each month.

Mindful Healing

Heal your mind, heal your body. Patients, families and caregivers can learn and practice stress management and mindfulness techniques to promote healing, decrease stress and help manage chronic pain and illness.

Individual Service by Appointment

Community Acupuncture (Offered in group setting)

Enjoy a quiet, collective environment where you will receive acupuncture to help minimize the side-effects of chemotherapy and radiation. It can also manage nausea and fatigue, as well as support the immune system and recovery to give a sense of emotional well-being. Acupuncture points will be chosen based on easily accessible areas around clothing.

Health Coaching

Health Coaches work with cancer patients in a whole-body approach that supports healing through a fluid process of personal discovery and exploration, meeting patients where they are on their cancer journey to help achieve optimal health and can include nutritional coaching. Cancer patients identify areas to change or improve and the health coach provides guidance and motivation in creating new openings and a path to get there.

Additional Programs

Cancer Wellness Outings - Open to family/caregivers

Join your community in guided walks in the national forest to promote nature as medicine by collaborating with a U.S. Forest Service ranger and medical staff from Barton Health to instill healing and connection in places of natural beauty.

Barton Health Support Groups - Ongoing

Visit: bartonhealth.org/supportgroups

- Women's Cancer Support
- Adult Family Caregiver Support
- Reflections of Life and Loss-Grief Support Group