



An Affiliate of the

**CANCER SUPPORT COMMUNITY**



# Virtual Self-Care Resources Guide

Fall 2020

Created specifically for **Gilda's Club Middle Tennessee** members and our greater community for use during the COVID-19 pandemic.

To learn more about our free cancer support program, visit  
[www.gildasclubmiddletn.org](http://www.gildasclubmiddletn.org)

At Gilda's Club Middle Tennessee, we are committed to providing our members access to a wide range of educational resources. In addition to having a Cancer Resource Specialist on staff and maintaining a comprehensive lending library at our Nashville Clubhouse, we are happy to offer this guide to free and accessible remote resources.

*NOTE: If you are viewing this pdf on an electronic device, click on any link to be taken to the web page.*

## EMOTIONAL SUPPORT & VIRTUAL CONNECTION RESOURCES

Are you looking for a local therapist who has experience working with cancer patients and family members? If so, please email [Liz@gildasclubmiddletn.org](mailto:Liz@gildasclubmiddletn.org) and we can recommend local practitioners who may be a good fit for you and your needs.

**Cancer Support Community Helpline:** 888-793-9355. Toll-free helpline staffed by counselors and resource specialists who can provide emotional support, as well as information to anyone affected by cancer. Available M-F 8am-8pm CST. Online Live Chat available: <https://www.cancersupportcommunity.org/cancer-support-helpline>.

**American Cancer Society Helpline:** 800-227-2345. 24/7 helpline that offers support and resource referrals for patients and caregivers. Help is available in 200 languages.

**CancerCare Online & Telephone Individual Counseling:** <https://www.cancercare.org/counseling>. Offers free, short-term counseling with an oncology social worker over the phone or online for anyone affected by cancer. Call 800-813-4673 or email [info@cancercare.org](mailto:info@cancercare.org).

**CancerCare Online & Telephone Support Groups:** [https://www.cancercare.org/support\\_groups](https://www.cancercare.org/support_groups). Offers a variety of free support groups online and by phone for people living with cancer and caregivers.

**Bone Marrow & Cancer Foundation Clinical Care Counseling:** <https://bonemarrow.org/support-and-financial-aid/support/clinical-care-counseling>. Free

licensed therapists and resource counselors available for emotional support and logistical guidance for people with all cancer diagnoses and family members.

**MyLifeLine by the Cancer Support Community:** <https://www.mylifeline.org/>. Website and app that enables virtual connection during this period of social distancing. Participants can join discussion boards (moderated by licensed clinicians) and share updates to their social network.

**Organizations that offer free peer support over the phone. They match people with cancer or caregivers with a peer who has been through a similar cancer experience as a way to connect and receive support:**

**Imerman Angels:** <https://imermanangels.org/get-support/>

**4th Angel:** <https://4thangel.ccf.org/>

**Cancer Hope Network:** <https://www.cancerhopenetwork.org/>

**CanCare:** <https://cancare.org/>

**Friend 4 Life:** <https://www.friend4life.org/>

**Open Path Psychotherapy Collective:** <https://openpathcollective.org/>. Non-profit, nationwide network of mental health professionals dedicated to providing affordable therapy sessions at a discounted rate (between \$30-\$60) to individuals, couples, children, and families in need.

**BetterHelp Online & Phone Counseling:** <https://www.betterhelp.com/>. Network of licensed counselors who provide affordable, remote counseling that can help with a range of issues, including depression, anxiety, relationships, trauma, and grief.

**Talkspace Online Therapy:** <https://www.talkspace.com/>. Network of licensed clinicians who provide therapy via text and video calls.

**AfterShock - Facing a Serious Diagnosis App:** <https://apps.apple.com/us/app/aftershock-facing-a-serious-diagnosis/id881103514>. Free app that helps guide individuals who have been recently diagnosed. Learn more about diagnoses, treatment options, and ways to cope. Download in the App Store.

**The Estuary Online Wellness Community Classes:** <https://theestuary.org/groups-classes>. Offering free self-care classes and community gatherings online.

**Everyday Health's Top 20 Self-Care Tips for Being Stuck at Home During the Pandemic:** <https://www.everydayhealth.com/wellness/top-self-care-tips-for-being-stuck-at-home-during-the-coronavirus-pandemic/>

**The Healing Trust's Self-Care Planning Guide:** <https://www.healingtrust.org/wp-content/uploads/2019/10/Self-Care-Planning-Guide-for-Individuals-FINAL-2019.pdf>. Don't know where to start with "self-care?" Try this template with tools and instructions to assist in creating a personalized self-care plan.

**Mental Health America Webinars:** <https://www.mhanational.org/covid19##Webinars-LiveEventsWorkshops>. Free live webinars and recordings covering a variety of topics on mental health during this time.

**Stupid Cancer Webinar "Coping with Social Isolation & Fear":** <https://vimeo.com/400375806>. This webinar suggests coping tools and insights for managing mental health in this challenging time for the immuno-compromised community.

**GRYT Health:** <https://grythealth.com/>. Online and app-based community for anyone impacted by cancer to share their experiences and connect with others. They offer free online webinars focused on living with cancer.

**Care Through Conversations:** <https://www.tn.gov/aging/our-programs/care-through-conversation.html>. Program through the TN Commission on Aging & Disability that offers older adults and caregivers weekly (or more, upon request) phone calls with a volunteer who checks-in, assesses needs, and offers resources and support. Fill out a request form online or call 615-253-4307.

**"Stress & Anxiety After Months of the COVID-19 Pandemic" video:** [https://www.youtube.com/watch?time\\_continue=552&v=tZhCN6zQkMY&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=552&v=tZhCN6zQkMY&feature=emb_logo). Video created by Living Beyond Breast Cancer that is applicable not only to those with breast cancer, but also anyone impacted by cancer. Addresses the unique concerns created by living with cancer during the pandemic. Provides practical tools to deal with elevated stress and anxiety during this time.

**Look Good Feel Better Virtual Workshops:** <https://lookgoodfeelbetter.org/virtual-workshops/>. Free information and connection for women undergoing cancer treatment. This online experience offers live instruction and tips for dealing with appearance-related side effects of cancer treatment during online workshops.

## MENTAL HEALTH CRISIS RESOURCES

**Crisis Line:** Free telephone counseling and crisis support 24/7.

Call: 615-244-7444

Text: "HERE" to 615-502-4373

**Tennessee Crisis Services & Suicide Prevention Line:** Free help 24/7 help for mental health emergencies; calls routed to trained specialist in your area.

Call: 855-274-7471

Text: "TN" to 741-741

**Mental Health Cooperative Mobile Crisis & Walk-In Center:** Free 24/7 crisis assessment and intervention services for children and adults. Mobile crisis line: 615-726-0125. Walk-in center open 24/7: 250 Cumberland Bend Dr., Nashville TN 37228

**Suicide Prevention Hotline:** Free, confidential, 24/7 support for people in suicidal crisis or emotional distress.

Call: 1-800-273-8255

Online chat available 24/7:

<https://suicidepreventionlifeline.org/chat/>

**Tennessee REDLINE Hotline:** Free, 24/7 hotline that provides information and referrals to mental health services in Tennessee.

Call or text: 1-800-889-9789

**YWCA Middle TN Domestic Violence Support Helpline:** Anonymous, confidential crisis line and emergency shelter for those experiencing domestic violence

Call: 1-800-334-4628

Text: 615-983-5170

## FINANCIAL ASSISTANCE RESOURCES

*\*Assistance available constantly changes as new funds become available and programs are closed. Please check program websites for their most current availability. In addition to the general assistance programs listed here, there are diagnosis-specific organizations that may be able to provide help. For more information, email Liz@gildasclubmiddletn.org*

**Salvation Army Covid-19 Financial Assistance:** <https://www.salvationarmynashville.org/>. Offers rent, mortgage, and utility assistance for those who have been directly affected by COVID-19.

**Catholic Charities COVID-19 Relief:** <https://cctenn.org/COVID-19.cfm>. Assistance provided may include payment of rent, mortgage and/or utilities; food assistance; and computer tablets for telehealth, job applications, education and more.

**NeedLink Nashville:** <https://www.needlink.org/>. Offers financial assistance and resource referrals to Davidson County residents and NES customers, including help with water/electricity bills and emergency rent assistance. Call 615-269-6835 for assistance.

**Financial Empowerment Center:** <http://www.fec.nashville.gov>. Free one-on-one financial counseling to residents of Davidson County. All appointments are virtual during COVID. Services available in English and Spanish.

**Good Days COVID Relief Fund:** <https://www.mygooddays.org/patients/diseases-covered/covid19-emergency-relief-fund>. Offers \$250 to those with any chronic condition and who meet other eligibility criteria; for help in covering bills and other expenses during this time.

**Cancer & Careers COVID Assistance Grants:** <https://www.cancerandcareers.org/en/covid19/financial-assistance-grants>. \$500 grants for cancer patients and survivors experiencing financial challenges to use toward bills, technology, skill development, and/or training.

**HealthWell Foundation COVID-19 Insurance Premium Payment Assistance:** <https://www.healthwellfoundation.org/fund/covid-19-insurance-premium-payment-assistance/>. Limited time assistance with employee portion of insurance premium costs related to COVID-19

furloughs and COBRA Premium costs related to COVID-19 layoffs/unemployment.

**PAN Foundation COVID Support Fund:** <https://www.panfoundation.org/covid-19-financial-support-fund/>. Fund to help affected patients cope with financial stress relating to the COVID-19. Offers direct assistance of \$300 on a pre-paid debit card for individuals who have been diagnosed with COVID-19 or directed to self-quarantine due to COVID-19. To apply, call 866-316-7263

**Family Reach Covid-19 Emergency Fund:** <https://familyreach.org/covid-19-fund/>. Financial assistance available to individuals and families with cancer during this crisis.

**CancerCare Financial Assistance:** <https://www.cancercare.org/financial>. Offers assistance for people with cancer to help with various costs, including food, medications, household expenses, transportation, home care and childcare. Call 800-813-4673 to apply.

**United Way Covid-19 Respond Fund:** <https://www.nashvilleresponsefund.com/individuals>. Financial aid resource list for individuals, families, and organizations in Middle Tennessee experiencing financial hardship due to COVID-19.

**Patient Advocate Foundation (PAF) COVID Care Help:** <https://www.patientadvocate.org/covidcare/help/>. Offers information and resources 24/7 for those who need direct intervention. COVID Care and COVID Care Recovery Fund both provide one-on-one support.

**Modest Needs Financial Assistance:** <https://www.modestneeds.org/>. Offers short-term financial assistance grants to people and families facing a financial crisis.

**Cindy's Legacy Financial Aid:** <https://www.cindylegacy.org/>. Provides financial aid, resources, and referrals to cancer patients.

**Multi-County Cancer Support Network (MCCSN):** <http://www.mccsn.org/>. Provides emotional, financial, and educational support for cancer patients in the Middle Tennessee area. Counties served include Franklin, Coffee, Moore, Lincoln, Grundy, Marion, Warren, and Bedford.



**Ladies of Charity Nashville:**

<https://www.ladiesofcharitynashville.org/>. Serves residents of Davidson County, who are in need of assistance with food and financial circumstances.

**Cancer Support Community Coping with the Cost of Care booklet:** [https://www.cancersupportcommunity.org/sites/default/files/d7/document/cost\\_of\\_care\\_booklet.pdf](https://www.cancersupportcommunity.org/sites/default/files/d7/document/cost_of_care_booklet.pdf). Free PDF version of book about the costs associated with cancer care and ways to manage finances.

**Cancer & Financial Toxicity Webinar:** <https://www.youtube.com/watch?v=X0ZB-UDK6Cs&feature=youtu.be>. Webinar hosted by the Cancer Legal Resource Center that discusses financial toxicity related to cancer and how to prevent/ manage medical debt.

**LUNGeivity Breathe Easier Emergency COVID-19 Fund:** Financial assistance for patients in active treatment or actively pursuing treatment for lung cancer. Funds are available for non-medical expenses, such as food, transportation, and general household bills. Apply by phone 844-360-5864.

**Susan G. Komen COVID-19 Action Fund:**

<https://coronavirus.komen.org/>. Financial assistance for women with breast cancer in urgent need during this time.

**MusiCares Financial Assistance:**

<https://www.grammy.com/musicares/get-help>. Short-term financial assistance grants for personal or addiction needs for people in the music industry.

**The Actors Fund:** <https://actorsfund.org/services-and-programs/entertainment-assistance-program>. Provides information, referrals, and financial assistance to people in the entertainment industry.

**Metro Nashville LIHEAP Program:** <https://www.nashville.gov/Metro-Action-Commission/Community-Programs/Utility-Assistance-Program.aspx>. The Low Income Home Energy Assistance Program provides assistance with payment of gas, electric, and energy bills to Davidson County residents.

*Organizations that provide assistance with co-pays, premiums, and out-of-pocket expenses related to medical care (always check with them directly for the most current information on the funds that are open/ available):*

**HealthWell Foundation:**

<https://www.healthwellfoundation.org/>

**Patient Services, Inc.:** <https://www.patientservicesinc.org/patients/supported-illnesses>

**CancerCare Co-Payment Assistance program:** <https://www.cancercare.org/copayfoundation> or call 866-552-6729.

**CancerCare Financial Assistance program:** <https://www.cancercare.org/financial> or call 800-813-4673 to speak to an oncology social worker.

**Patient Advocate Foundation:** <https://www.patientadvocate.org/connect-with-services/copay-relief/>

**Good Days:** <https://www.mygooddays.org/patients/assistance-types>

**PAN Foundation:** <https://panfoundation.org/index.php/en/>

**The Assistance Fund:** <https://tafcares.org/>

## MEAL & NUTRITION RESOURCES

**Kroger Health Tele-Nutrition Services:**

<https://www.thelittleclinic.com/dietitian/>. During COVID-19, Kroger Health is offering free dietician-led telenutrition sessions. Topics may include: cooking basics, getting creative with shelf stable ingredients, changes in the availability of food, picking the best foods for your medical condition, and setting/maintaining personal nutrition goals. To get started, contact Emily Harland at 615-917-2939 or [emily.harland@thelittleclinic.com](mailto:emily.harland@thelittleclinic.com)

**PearlPoint Nutrition Services:** <https://pearlpoint.org>. Free nutrition education and consultations with a dietician for patients and caregivers of all cancer types. To schedule a consultation: <https://pearlpoint.org/schedule-a-dietitian-consultation/>

**Heimerdinger Foundation Meals 4 Health:** <https://www.heimerdingerfoundation.com/become-a-client/>. Delivers free, nutritious meals to individuals and families currently in treatment for cancer in Davidson and Williamson Counties.

**Gilda's Club Lunch & Learn: Eating Well During Cancer Treatment & Survivorship:** Recording of a Gilda's Club workshop featuring holistic health and nutrition coach Danielle Gilbert and Karen Gillingham of The New Beginnings Center. Learn why nutrition is an important part of cancer treatment and survivorship, and how to make manageable dietary changes. Video includes a cooking demonstration. Watch here: <https://www.youtube.com/watch?v=e-LeyAD0hns&feature=youtu.be>

**The Estuary Health Coaching:** <https://theestuary.org/health-coaching>. Health coach Danielle Gilbert helps people with health and medical concerns, including cancer, establish a plan that works toward healing, from the inside out, through changes in food and lifestyle habits.

**Cancer Support Community Diet & Nutrition webpage:** <https://www.cancersupportcommunity.org/diet-nutrition>. Educational information on eating well during and after cancer treatment, including free articles, PDF guides, and recipes.

**Nourish Digital Cookbook:** <https://www.nxtbook.com/nxtbooks/lonsurf/cookbook/index.php>. Free cookbook from Eating Well that provides healthy recipes for cancer treatment and recovery.

**Frankly Speaking - Eating Well for Cancer Survivors:** [https://www.cancersupportcommunity.org/sites/default/files/migrated/pdf/fsac\\_nutrition\\_during\\_survivorship\\_.pdf](https://www.cancersupportcommunity.org/sites/default/files/migrated/pdf/fsac_nutrition_during_survivorship_.pdf). Resource from the Cancer Support Community that provides information on nutrition and diet for cancer survivors.

**Dabble Studio Virtual Cooking Classes:** <https://dabbleevents.com/cooking-classes/>. Cooking and art studio in Nashville offering affordable virtual cooking classes and pick-up meal kits.

**National Cancer Institute's Nutrition in Cancer Care Website:** <https://www.cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq>.

**Fifty Forward/ Meals on Wheels:** <https://fiftyforward.org/supportive-care/fiftyforward-fresh-meals-on-wheels/>. Provides home-delivered, low-cost/free meals and additional groceries to people 50+.

**The Store:** <https://www.thestore.org/>. A non-profit grocery store that offers free groceries to individuals

and families during times of crisis. Curbside and delivery options available during COVID-19.

**One Generation Away Mobile Food Pantries:** [https://www.onegenaway.com/mobile-pantry/?fbclid=IwAR2LVvz2\\_94yNvt2cV1sCJEWkuZT\\_2NVi-nOLWm5AIr3E4NjqKfww1uPTVLE](https://www.onegenaway.com/mobile-pantry/?fbclid=IwAR2LVvz2_94yNvt2cV1sCJEWkuZT_2NVi-nOLWm5AIr3E4NjqKfww1uPTVLE). Drive-up food pantry offered at several locations and on various dates throughout the Middle Tennessee area.

**Second Harvest Food Bank:** <https://www.secondharvestmidtn.org/get-help/>. Food bank locations around Middle Tennessee to help those in need.

**Metabolic Meals:** <https://www.mymetabolicmeals.com/gildasclubmiddletn/>. Healthy meal delivery service. Get 15% off using this special link for Gilda's Club members.

**Eat Well Nashville:** <https://eatwellnashville.com>. Homemade, healthy meal delivery in Nashville and surrounding areas. Health coaching services are also available.

**Mama Sezz Meal Delivery:** <https://www.mamasezz.com/products/aicr>. Plant-based meal delivery company that offers a bundle created by the AICR specifically for cancer patients.

## MINDFULNESS & RELAXATION RESOURCES

**Guided Imagery by Claudia Prange:** Email [Liz@gildasclubmiddletn.org](mailto:Liz@gildasclubmiddletn.org) to get the recorded mp3 file. *Enjoy the Guided Imagery class at Gilda's Club? Join our weekly live session via Zoom, or you can relax at home with a recording!*

**Moment of Meditation with Savanna:** <https://www.youtube.com/watch?v=k7L8kCEsjOc&feature=youtu.be>. In addition to joining our weekly live meditation sessions for the Gilda's Club community via Zoom, you can access meditation sessions anytime. *Interested in virtual live/ private meditation or yoga sessions? Email [starko.savanna@gmail.com](mailto:starko.savanna@gmail.com).*

**CancerCare Meditation App:** Features free guided meditation sessions, inspirational talks, and soothing music/sounds aimed to help people affected by cancer manage symptoms and anxiety. Download for free in

the app store.

**Sound Healing Journey Virtual Workshop:** Live sound healing workshops offered online for people with cancer and their loved ones. Offered Fridays from 4:30-6 p.m. Contact Sharon Doughty to register: 707-525-6131 or Sharon.Doughty@stjoe.org

**Meditations from The Estuary:** <https://theestuary.org/meditations>. A selection of free, guided meditations. Download on Apple Music, Spotify, or Youtube.

**Mindful Nashville:** <https://www.mindfulnashville.org/>. Offers a variety of mindful connections via Zoom and in-person, including meditation, mindful book club, yoga, and more.

**Wild Heart Meditation Center:** <https://wildheartmeditationcenter.org/>. Offers a variety of meditation groups for people with all levels of experience. Meditations are currently offered online via Facebook Live.

**A Steady Heart in the time of Coronavirus - Meditations by Jack Kornfield:** <https://jackkornfield.com/steady-heart-videos/>

**Smithsonian Institute Meditation & Mindfulness:** <https://www.si.edu/events/online>. Free meditation workshops appropriate for all levels of practitioners. See schedule and register online.

*Mindfulness support via Greater Good Magazine:*

**Introduction to Mindfulness:** [https://greatergood.berkeley.edu/topic/mindfulness/definition#what\\_is](https://greatergood.berkeley.edu/topic/mindfulness/definition#what_is)

**Kindness Practice for Caregivers:** [https://greatergood.berkeley.edu/video/item/how\\_to\\_be\\_kinder\\_to\\_yourself](https://greatergood.berkeley.edu/video/item/how_to_be_kinder_to_yourself)

**How to Check in with Yourself:** [https://greatergood.berkeley.edu/video/item/how\\_to\\_check\\_in\\_with\\_yourself](https://greatergood.berkeley.edu/video/item/how_to_check_in_with_yourself)

**UC San Diego Center for Mindfulness guided audio & video practices:** <https://medschool.ucsd.edu/som/fmph/research/mindfulness/programs/mindfulness-programs/MBSR-programs/Pages/audio.aspx>

*Videos also available in Spanish: <https://medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/Mindfulness-in-Other-Languages.aspx>*

**Guided Meditation for Cancer Patients & Caregivers:** <https://www.youtube.com/watch?v=Y-jMed9F2Ng4>

**“Mindful at Home” Recorded & Live Sessions:** <https://www.mindful.org/mindfulhome-schedule-of-live-meditations-from-mindful-org/>. Free live and recorded mindfulness sessions hosted by Mindful.org. Find recorded sessions on their website or join live sessions via their Facebook page: <https://www.facebook.com/mindfulorg/>

**Creating a Meditation Space in Your Home article:** <https://www.thebrecklife.com/creating-home-meditation-space.php>

**Headspace App:** <https://www.headspace.com/headspace-meditation-app>. Offers meditations and teachings to balance stress, focus, and rest. Many free options available at this time. Download in the App Store.

**Sanvello App:** <https://www.sanvello.com/>. Offers clinically-validated guidance and habits for a healthy mind that can help you deal with stress, anxiety, and depression. Free and paid options available.

**Oak Meditation App:** <https://www.oakmeditation.com/>. Offers free guided meditations, mindfulness, and breathing exercises.

**Insight Timer App:** <https://insighttimer.com/>. Offers free guided meditations and relaxation exercises.

**A.M. Mindfulness App:** <https://www.midigitaltherapeutics.com/am-mindfulness.html>. Offers clinically-validated mindfulness practices, and specifically offers a cancer specific mindfulness class. Download in the App Store.

## MOVEMENT & EXERCISE RESOURCES

**Tai Chi by David Bilger:** <https://www.youtube.com/watch?v=rYanENdTpLk>. Enjoy the Tai Chi class at Gilda's Club? Now you can practice at home with this video by our instructor!

**Expressive Movement & Restorative Yoga virtual classes:** Live virtual yoga classes specifically for people with cancer and their loved ones. Offered Wednesdays: 3:30-5:30. Contact Sharon Doughty to register: 707-525-6131 or Sharon.Doughty@stjoe.org.

### **Yoga for Cancer-Related Anxiety:**

<https://patientpower.info/living-well/mental-and-emotional-well-being/yoga-for-cancer-related-anxiety-a-calming-15-minute-practice>. Easy-to-follow, 15-minute practice designed for cancer patients and care partners dealing with anxiety.

### **Osher Center for Integrative Health Telehealth**

**Classes:** <https://www.vanderbilthealth.com/osher/>. Vanderbilt's integrative health center offers movement and wellness classes via telehealth.

### **Nashville Pilates Company:**

<https://www.nashvillepilatescompany.com/>. Offering a variety of Pilates classes via Zoom. Their simple, recorded 20-minute Pilates video can be found here: <https://www.facebook.com/NashvillePilatesCompany/videos/2278773595765097/>

**The New Beginnings Center:** <https://www.thenewbeginningscenter.org/>. Health and wellness center that helps financially disadvantaged women discover the strength in themselves (inside and out) and become the healthiest they can be through individualized coaching in fitness, nutrition, and behavior change.

**Survivor Fitness:** <https://survivorfitness.org/>. Helps cancer survivors regain their health and wellness through one-on-one personal training. Managing cancer is tough enough, recovering shouldn't have to be.

**FitOn App:** <https://fitonapp.com/>. Offers free workouts to do at home for a variety of skill levels and personal goals. Users can workout solo or with others. Download in the App Store.

**Yoga with Adriene:** <https://www.youtube.com/user/yogawithadriene>. Free yoga videos for all skill levels.

**Small World Yoga online classes:** <https://www.facebook.com/SmallWorldYoga.org/>. Offers remote yoga classes via Zoom. Check their Facebook page to get the schedule and daily Zoom link information, or watch recorded videos on their YouTube site: <https://www.youtube.com/channel/UCv1HJPjN1mg-z2cflN1mlOJA>

**Carol Michaels Fitness Zoom Classes:** <https://www.carolmichaelsfitness.com/post/zoom-exercise-classes>. Offers free, weekly Zoom fitness classes specifically designed for cancer recovery and osteoporosis. Email [caroljmichaels@gmail.com](mailto:caroljmichaels@gmail.com) for the Zoom link.

### **Gentle Yoga Flow from YogiApproved:**

<https://www.youtube.com/watch?v=g13nVd7OLYs>. Gentle yoga video for all skill levels to decompress and calm the mind and body. Other YogiApproved yoga videos can be found at <https://www.youtube.com/channel/UCyEEqjh3NeujoC73yUZbKw>.

**Planet Fitness Home Work-Ins:** <https://www.youtube.com/channel/UCZ0PnRz4jxOLZZ9XvGCiqfA>. Free exercise videos for anyone and everyone.

**YMCA 360 On Demand Health & Fitness Videos:** <https://ymca360.org/on-demand#/>. No membership needed to access the YMCA's library of free exercise and health videos.

### **Simple Tai Chi for Beginners Video:**

<https://www.youtube.com/watch?v=cEOS2zoyQw4>

**Qigong for Beginners Video:** <https://www.youtube.com/watch?v=IyINAjEoTIs>

**Pilates for Beginners Video:** <https://www.youtube.com/watch?v=UEMWK9hUHOQ>

**Exercise Video for Cancer Patients (light intensity):** <https://www.youtube.com/watch?v=xtKvHBGx0VM>

### **Gentle Bed Yoga for People with Cancer:**

<https://www.youtube.com/watch?v=e94WQyH8-VY>

## **EXPRESSIVE ARTS & CULTURAL ACTIVITIES**

**UCLA Berkley Online Art Classes:** <https://artstudio.berkeley.edu/course/free-zoom-classes-2/>. Offers free art classes via Zoom.

### **Cassie Stephens Art Classes & Videos:**

<https://www.youtube.com/channel/UCdEo82iK2lzw-MqCxBuQmmrQ>. Local elementary school art teacher who offers free online art classes at this time. Recorded lessons can be found on her YouTube channel and live lessons on her Facebook page: <https://www.facebook.com/cassiestephensart>

### **Joann & CreativeBug Arts and Crafts Classes:**

<https://www.creativebug.com/trial/create-account?theme=joann60>. Offers a two-month free trial of online arts and crafts classes. Or visit Joann's Youtube Channel for more free craft videos: <https://www.youtube.com/channel/UC9duydx1VXTV0t-P7q39S0Lw>



**Smithsonian Institute Online Classes:**  
<https://www.si.edu/events/online>. Free online art classes and workshops. See the schedule and register on their website.

**Nashville Public Library Online Universe:**  
<https://library.nashville.org/event/npl-universe>. Free online workshops and classes for all ages, along with an extensive e-collection of materials.

**Tennessee Performing Arts Center TV:**  
<https://www.youtube.com/user/TennesseePAC>. Missing your favorite performances at TPAC? Check out their library of videos you can watch from home.

**Frist Art Museum Online Programs:**  
<https://fristartmuseum.org/events/>. Join in on free events with Frist online, including virtual gallery tours, community conversations, and art classes.

**Metro Nashville Art & Recreation Classes:**  
<https://www.nashville.gov/Parks-and-Recreation/Online-Registration.aspx>

**Google Arts & Culture Virtual Museums:**  
<https://artsandculture.google.com/partner?hl=en>. View galleries and exhibits from around the world in the comfort of your home.

**NFocus Art Exhibits & Performances:**  
<https://www.nfocusnashville.com/arts-culture/article/21134365/art-exhibits-and-performances-to-enjoy-from-home>. Current list of art exhibits and performances that are available online.

## CANCER-SPECIFIC EDUCATIONAL RESOURCES

**Get Educated & Inspired (by the Cancer Support Community):** <https://www.cancersupportcommunity.org/get-educated-inspired>. Informational articles, webinars, e-books and podcasts on a variety of topics.

**Radio Show that empowers listeners to live well with cancer:** <https://www.cancersupportcommunity.org/Radio-Show2>

**CancerCare:** <https://www.cancer.org/diagnosis>. Database of trusted information, webinars, and resources. Users can search by diagnosis or topic.

To view the upcoming free webinar schedule and register: [https://www.cancer.org/connect\\_workshops?utm\\_source=April+2020+E-News&utm\\_campaign=April+%2720+eNews&utm\\_medium=email](https://www.cancer.org/connect_workshops?utm_source=April+2020+E-News&utm_campaign=April+%2720+eNews&utm_medium=email)

**Princess Margaret Online Cancer Classes:**  
<https://pmcancerclasses.ca/>. Free online classes for anyone who wants to learn about specific types of cancer, treatments, side effects, and the emotional impact of cancer. Participants can log in from anywhere and learn at their own pace.

**National Cancer Institute:** <https://www.cancer.gov/>. Website with information and articles on different types of cancer, treatments, managing health care, and coping with the impacts cancer can have.

**LiveHelp:** Live chat service with NCI Information Specialists who can answer questions about cancer, clinical trials, quitting smoking, etc.:  
[https://livehelp.cancer.gov/app/chat/chat\\_launch](https://livehelp.cancer.gov/app/chat/chat_launch)

**Cancer & Careers Virtual Programs:** <https://www.cancerandcareers.org/en/covid19/virtual-programs>. In addition to their regular information related to working with cancer, they have special, free COVID-19 virtual programs and webinars that address all things work and cancer-related during this challenging time.

**American Society of Clinical Oncology (ASCO) Guidance for Cancer Patients during Coronavirus:**  
<https://www.cancer.net/blog/2020-04/coronavirus-and-covid-19-what-people-with-cancer-need-know>.

**American Cancer Society TheoryLab podcast:**  
<https://podcasts.apple.com/us/podcast/theorylab/id1454395139>. Free podcast by the ACS that includes episodes on living with cancer through coronavirus.

**COVID-19 Tips for Caregivers:**  
<https://getpalliativecare.org/covid-19-tips-for-caregivers/>. Useful tips for those caring for someone with a serious illness during COVID-19.

## INSURANCE, SOCIAL SECURITY / DISABILITY AND LEGAL RESOURCES

**Health Insurance Hotline through TriStar Health:** Free service through the TriStar Health's benefits hotline that helps patients navigate payment plans, insurance options, and financial assistance programs, and can discuss services appropriate for a variety of scenarios. Call: 833-867-8771.

**Get Covered Tenn.:** <http://www.getcoveredtenn.org/> Free hotline that helps individuals and families who need information on healthcare and enrollment. Call: 866-475-7879.

**State Health Insurance Assistance Program (SHIP):** <https://www.tn.gov/aging/our-programs/state-health-insurance-assistance-program--ship-.html>. Free helpline that assists Tennesseans with Medicare and understanding their options. Call 877-801-0044.

**Legal Aid Society of Middle TN & The  
Cumberlands:** <https://las.org/>. Nonprofit law firm that provides free, high-quality civil legal services and education. To speak with a lawyer, call 800-238-1443.

**The Cancer Legal Resource Center:** <https://thedrlc.org/cancer/>. Provides free information and resources about cancer-related legal issues.

**Tennessee Disability Pathfinder:** <https://vkc.vumc.org/vkc/pathfinder>. Free service that helps individuals and families with disabilities find and access resources, support, and services. Call: 800-640-4636.

**Disability Rights TN:** <https://www.disabilityrightstn.org/>. Provides free legal advocacy services to protect the rights of Tennesseans with disabilities.

**American Institute for Cancer Research Will Tool:** <https://www.freewill.com/aicr>. Free online program to help individuals create or update a legal will.

**Legal Rights & Resources for Caregivers Webinar:** <https://vimeo.com/423711090>. Webinar presented by CSC and CLRC that covers the legal rights of caregivers for taking time off work, wage replacement,

and more. Learn about other caregiver resources available as well.

## MEDICAL SUPPLIES, PROSTHETICS, AND WIG RESOURCES

**Williams Medical Supply:** <https://www.williamsmedicalsupply.com/>. Local medical supply store specializing in cancer-related needs and can assist people with filing supplies through insurance. Call 615-327-4931 and ask for Julie Blake.

**United Cerebral Palsy of Middle Tennessee:** <http://ucpmidtn.org/>. Offers free wheelchair ramps and medical equipment through equipment exchange program for Middle Tennesseans in need regardless of diagnosis.

**Friends of Man:** <https://www.friendsofman.org/>. Provides financial assistance to people who have medical related needs, including medical equipment.

**Pretty in Pink:** <https://prettyinpinkboutique.com/> Medical supplies and prostheses for women with breast cancer. Experts in filing with medical insurance. Call for an appointment: 615-777-PINK.

**Christopher Mitchell:** <http://christopherdoeshair.com/>. Local hairstylist and Gilda's Club volunteer who specializes in wigs and wig styling for people in cancer treatment. Call 615-310-6221.

**Top This Wigs:** <https://www.topthiswigs.com/>. Wig store in Murfreesboro experienced in working with people experiencing hair loss due to cancer treatment.

**The Wig Shoppe:** <http://wigshoppenashville.com/>. Local wig store in Brentwood that specializes in wigs for chemotherapy patients.

**Bella Wigs & Boutique:** [www.bellaboutiquemountjuliet.com](http://www.bellaboutiquemountjuliet.com). Local wig store in Mt. Juliet that specializes in wigs for chemotherapy patients.

**Suzi Q's Scrubs & A Whole Lot More:** <https://suziqscrubs.com/>. Business in Cookeville that has partnered with ACS to offer free wigs to people in treatment.

**Wigs for Kids:** <https://www.wigsforkids.org/>  
Offers free wigs to children with hair loss, and they also accept hair donations.

**The Butterfly Club:**  
<https://www.sierravistabutterflyclub.com/>  
Offers free wigs to women and children with hair loss due to cancer.

**Cuts Against Cancer:**  
<https://www.cutsagainstcancer.org/>. Free wigs for women and children with medical hair loss, and they also accept hair donations.

**Hair to Stay:** <http://www.hairtostay.org/>.  
Grants to offset cost of scalp cooling treatment to minimize hair loss during chemotherapy.



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



## **ABOUT GILDA'S CLUB MIDDLE TENNESSEE**

Gilda's Club Middle Tennessee, an affiliate of the Cancer Support Community, is **dedicated to providing support, education, and hope to all people impacted by cancer, including those diagnosed and family and friends.**

**Free of charge to everyone – thanks to our generous donors –** Gilda's Club Middle Tennessee's evidence-based program for men, women, teens, children, and families includes support groups, emotional support counseling, health and nutrition coaching, healthy lifestyle workshops, mind-body classes, social activities, educational lectures, and community resource information. Offering approximately 70 professionally-led support and networking groups, and more than 80 educational workshops and lectures each month, Gilda's Club Middle Tennessee is able to make a tangible difference in the lives of those impacted by cancer. **We build community, so no one has to face cancer alone.**

Gilda's Club Middle Tennessee's mission is to ensure all people impacted by cancer are **empowered by knowledge, strengthened by action, and sustained by community.**

**To become a member, volunteer or donate, call 615.329.1124 or visit [www.gildasclubmiddletn.org](http://www.gildasclubmiddletn.org).**