

TRINITAS COMPREHENSIVE CANCER CENTER SUPPORT SERVICES

We are there for you every step of the way! With our wide variety of support services, Trinitas Comprehensive Cancer Center is the premier provider of choice for patients throughout Union County and beyond.

Our support services include the following:

NUTRITION/DIETICIAN SERVICES



Cheryl Wachtel, the Oncology Dietitian at the Cancer Center, provides nutrition counseling and expertise to patients and their caregivers as an integral part of cancer care. Chemotherapy and radiation treatments may cause side effects which can directly impact nutritional status and overall well-being. Cheryl works directly with each patient, providing assessment and recommendations for their individual nutrition management. Cheryl is a Masters level clinician with specialized training in therapeutic diets and medical nutrition therapy. Her quarterly nutrition newsletter is available in the waiting areas or can be accessed through our website at www.trinitasccc.org.

For more information please contact:
Cheryl Wachtel, MS, RD (908) 994-8736

GENETIC COUNSELING



Genetic counseling involves a discussion of your personal and/or family history of cancer. Sherry Grumet, Board Certified Genetic Counselor assists patients and their families in understanding complex scientific concepts in terms you can understand.

For more information please speak with your Trinitas CCC Physician.

FATIGUE MANAGEMENT PROGRAM



Fatigue is one of the most common side effects for someone receiving treatments for cancer. The Fatigue Management Program includes a customized, low-intensity exercise routine, supervised by professional fitness trainers and is designed to increase your energy level.

For more information please call Carol Blecher, APN (908) 994-8532.

FINANCIAL COUNSELING



Financial counselors and registration representatives can assist with reimbursement issues, alternative payment options and other insurance related concerns.

For more information please contact:
Veronica Price, Financial counselor at
(908) 994-8747.

COMPLEMENTARY THERAPIES & SERVICES



Sharon Kurtz, RN, and Complementary Medicine Specialist offers the following services:

- Reiki – (Ray-kee)- A hands on treatment using light touch.
- Acupressure
- Chair Massage
- Guided Imagery
- Aromatherapy
- Hypnosis for Stress and Anxiety

For More Information please contact:
Sharon Kurtz, RN (908) 994-8730

SOCIAL WORK



Grisela Hidalgo, LCSW is a Master's level Social Worker with expertise in oncology services. Grisela provides counseling and advocacy to help patients and families adjust to the many changes and challenges that can accompany a cancer diagnosis and treatment. Social Work Services are available throughout all phases of the cancer experience including prevention, diagnosis, treatment, survivorship and coordination of palliative care and bereavement services.

For More Information please contact:
Grisela Hidalgo, LCSW 908-994-8535



225 Williamson Street, Elizabeth, NJ 07207
www.trinitasccc.org (908) 994-8000

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LYMPHEDEMA MANAGEMENT



Lymphedema is an impairment of the lymphatic system, which may develop after cancer surgery and/or radiation therapy. This condition may cause limb or trunk swelling.

Lymphedema can be managed so that patients can resume a normal lifestyle. A physical therapist will work with you to help develop a treatment program.

For more information and/or treatment, please contact the Trinitas Physical Medicine and Rehabilitation Services at (908) 994-5650.

LIVING WITH PROSTATE CANCER



A support group for men and their families, dealing with prostate cancer and life issues. Led by Dr. Brett Opell, board certified Urologist and Director of the Prostate Program at Trinitas Comprehensive Cancer Center and Grisela Hidalgo, LCSW, Clinical Social Worker.

For More Information please contact:
Grisela Hidalgo, LCSW 908-994-8535

“LOOK GOOD, FEEL BETTER”



Women who are undergoing cancer treatment learn how to look their best and manage appearance-related side effects.

For more information please contact:
Amparo Aguirre (908) 994-8244

“ART FOR HEALING”



Monica Duque, Art Therapist, leads an interactive art therapy workshop for patients and caregivers. Art therapy is based on the idea that the creative act can be healing. It helps reduce stress, fear, and anxiety; and provides a sense of freedom. Experience is not necessary! Sessions are held the 2nd and 4th Wednesday of every month from 11:00am-1:00pm.

For more information please contact:
Ariela Finkiel (908) 994-8706

“LIVING WITH CANCER”



A support group for patients and their families, dealing with cancer and life issues. Meetings are held the second Tuesday of every month.

For More Information please contact:
Grisela Hidalgo, LCSW 908-994-8535

“MADE FOR ME BOUTIQUE”



Offers make-up assistance, wigs, mastectomy apparel and other accessories. Thanks to a grant from the Susan G. Komen Breast Cancer Foundation, North Jersey Affiliate, women with breast cancer who live in Union County can receive wigs, breast forms and accessories from the “Made For Me” boutique.

For more information please contact:
Amparo Aguirre (908) 994-8244

ANIMAL-ASSISTED ACTIVITIES



Ribbon, Trinitas Comprehensive Cancer Center’s therapy dog along with her handler and trainer, Pat Dobson, visits patients for the purpose of enhancing their well-being. Therapy dogs are all tested and certified to visit with patients. The benefits of pet therapy are increasingly documented in clinical research, and there is a direct correlation between pet interaction and improved overall health.



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