

life TO THE FULLEST

FALL WINTER 2025-2026

www.providenceswedishcancer.org

Welcome to the Fall Winter 2025-2026 issue of Life to the Fullest, the newsletter from Providence Swedish Cancer Institute (PSCI) dedicated to cancer patients, survivors, their family members, and caregivers.

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To sign up for a complimentary Life to the Fullest electronic newsletter, please email us at psci.education@swedish.org

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Providence Swedish Cancer Institute

Since 1932, the Providence Swedish Cancer Institute (PSCI) has balanced advanced technology with thoughtful, compassionate patient services. The PSCI has long been at the forefront of cancer research and is a leader in the development, early adoption, and clinical implementation of the latest tools to treat cancer. Our goal in cancer care is to offer each patient the best available personalized options for diagnosis and treatment, and to provide complementary services that enhance quality of life and make everyone's cancer experience as free of stress as possible.

Hello Readers!

Welcome to the Fall & Winter edition of the Providence Swedish Cancer Institute's Life to the Fullest newsletter! We hope you enjoy transitioning to the cool and crisp season ahead. Here, you'll find information about incredible local organizations serving the cancer community, important cancer-related resources, Providence Swedish services, classes, and more.

Providence Swedish Cancer Institute strives to provide personalized care, education, and resources to meet the unique needs of our patients, their families, and caregivers. As you read on, we hope to connect you with some of these resources and services to help you cope with your cancer diagnosis. We are proud to include local and national cancer care organizations to expand the list of services we offer and add to your holistic care path with Providence Swedish.

Thank you to all our contributors in this issue for sharing their knowledge, expertise, and personal stories. Their insight is invaluable, and we appreciate their commitment to improving the health and wellbeing of each person we serve.

Warmly,

Lea Kimmelman & Zubia Akhtar

*"Although the world
is full of suffering,
it is full also of the
overcoming of it."*

Helen Keller

Connect with us!



Request-A-Consultation

Get connected with one of our cancer specialists with just a click of a button using our "Request-A-Consultation" feature on Providence Swedish website. The feature allows any website visitor to submit a consultation request with an oncologist of their choosing. Expertly fielded by our patient coordinators, the appointment-making process has never been easier. Visit <https://schedule.swedish.org> to submit your request today.

For more information, please contact our Cancer Education Team: psci.education@swedish.org, or call **206-386-3200**.



XCANCER Phone Line

At Providence Swedish, you'll have access to a vast network of dedicated and compassionate providers who offer personalized care by focusing on treatment, prevention, and health education. Dial **1-855-XCANCER** or **206-215-3600** locally to reach a Providence Swedish Cancer Institute provider, schedule a second opinion, or learn more about our services and treatment options.

Hours of operation:

Monday-Friday
8:00 a.m. – 4:30 p.m.

Check out our new site today: www.providenceswedishcancer.org

Knitted Knockers: Free Customizable Breast Prosthetics



Breast reconstruction isn't for everyone, and we recognize patients may not want a surgical change to their bodies. It can also be expensive and in most cases, not possible immediately after a mastectomy/lumpectomy. Knitted Knockers offers a complimentary service of knitted breast prosthetics! Knitted Knockers are knitted breast prosthetics that can be worn with your regular bra. They are customizable with the option to add or remove filling to adjust the size. They are also machine washable and can even be worn while you're swimming. Knitted Knockers are a great opportunity to experiment with different breast sizes and shapes before a more permanent change like breast reconstruction surgery. Patients are encouraged to visit the Cancer Education Center on PSCI's First Hill campus or PSCI in Edmonds Medical Oncology Clinic to grab a free pair or preview their options. Customized Knitted Knockers can also be requested for free via their website: www.knittedknockers.org/request-a-knocker/.

For more information, please contact the Cancer Education Center at **206-386-3200** or PSCI.Education@swedish.org or visit the Knitted Knockers website listed above.

Community Event Spotlight: Cierra Sisters Wellness Festival & Block Walk

By Vani Jain, Health Education Intern



On Saturday, July 19th, the Cancer Education Team was proud to support one of Providence Swedish Cancer Institute's longstanding community partners, the Cierra Sisters, at their Annual Wellness Festival and Block

Walk at the Skyway Resource Center.

Cierra Sisters is an organization dedicated to uplifting Black women and women of color. For over 28 years this nonprofit has increased access to care, provided education and outreach services regarding breast cancer, and actively advocates for Black women. As a Seattle based organization, they also host a variety of community events and workshops focused on breast health, mental wellness, and treatment options.

We are honored to continue to support the Cierra Sisters and empower Black women and women of color with education and access to breast cancer screenings at events like the Wellness Festival!

At the event the Cancer Education Team tabled and presented critical information on breast cancer prevention, treatment, and survivorship. We were joined by additional community

and wellness organizations such as Fred Hutch Cancer Center, Genentech, Wellpoint, King County Public Health, and many more. Additionally, during this event the Providence Swedish Mobile Mammography Team was present and provided mammograms to those who registered. This family fun event had great activities for children, live music, dancing, and great food.

To learn more about Cierra Sisters and their upcoming events, visit www.cierrasisters.org.



To learn more about Providence Swedish's Mobile Mammography Program, call the Cancer Education Center at **206-386-3200**.

How to Support Someone with Cancer

By Eshal Shah, Health Education Intern



Supporting a loved one with cancer is a journey filled with challenges and deep connection. While there's no "perfect" way to help, showing up with care, patience, and compassion can mean the world. Cancer impacts not just the person diagnosed, but also their friends, families, and communities. Here are five meaningful ways you can show your support:

1. Have a Conversation

It's normal to feel unsure about what to say. What matters most is being there. Let your loved one know you're available to talk or even just listen. Sometimes, silence is comforting too. Give them space to share what they feel, without pressure to always be "positive." Just showing that you care and that you're present can be incredibly helpful.

2. Visit (Thoughtfully)

If your loved one is in the hospital or spending most of their time at home, a visit can really brighten their day. Be mindful, though cancer treatment can cause fatigue or discomfort. Keep visits short unless they ask you to stay longer and always check first to make sure they're up for company that day. A simple, gentle presence can be more comforting than you realize.

3. Help with Errands

Daily tasks can become overwhelming during treatment. Offer to run errands, pick up groceries, prepare meals, walk their dog, or even help with household chores. These small acts of service can really help lighten the load and show them they're not alone.

4. Stay in Touch

Even when you can't be there in person, regular check-ins, such as a text, phone call, or card can go a long way. Let them know you're thinking of them. Sometimes people drift away out of fear of saying the wrong thing, but a simple message like "I'm here for you" can offer them comfort and connection.

5. Honor Their Needs

Everyone copes differently. Some may want to talk about their experience, and others might not. Some days they might want company; other days they may need space. Respect their boundaries and let them lead the way. Showing empathy without judgment is another powerful form of support.

Supporting someone with cancer isn't about having all the right words; it's about showing up with love and consistency. Every gesture, no matter how big or small, can make a big difference. Just being there reminds them that they're not facing this journey alone.

Don't Hesitate, Vaccinate!



It is important to protect you and your loved ones against pneumonia, flu, and COVID-19. According to the CDC, vaccines are the best way to protect yourself from preventable disease. Most insurance plans, including Medicare part B, cover the cost of vaccines. To learn more or to schedule your vaccines today, consult with a member of your care team.

Scan QR Codes for more information about Flu and Covid-19 Vaccinations:

Source: <https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>



FLU VACCINATION



COVID-19 VACCINATION

Healing Through Creativity: Art Therapy at PSCI

At Providence Swedish Cancer Institute (PSCI), healing is about more than just medicine. It's about supporting the whole person, including their body, mind, and spirit. That's why PSCI offers Art Therapy to patients and loved ones. Through art-based self-expression and creativity, Art Therapy helps people manage stress, process emotions, and find moments of peace during their cancer journey.



What is Art Therapy?

Art Therapy is a mental health profession that enriches the lives of individuals, families, and communities through active artmaking, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship (*American Art Therapy Association, arttherapy.org*).

Art Therapy at PSCI is specialized supportive care that is available to adult oncology patients at no extra charge. Our Art Therapists are licensed and credentialed in mental health and Art Therapy.

Art Therapy includes the use of various art materials such as paint, colored pencils, and collage, to promote the expression of thoughts and feelings. It's not about artistic skill or making the "perfect" piece of art. Instead, Art Therapy focuses more on creative expression and helping patients process their cancer experiences.

Why It Helps

Cancer can bring up many emotions including fear, anxiety, or uncertainty. Art Therapy offers a safe space to explore those feelings in a creative and non-judgmental way. Many people find that making art in Art Therapy helps them feel calmer, more in control, and less isolated. Some patients even report a reduction of physical discomfort during and after sessions.

Ways to Participate

Individual Sessions: Patients can meet individually with a PSCI Art Therapist for 50-minute sessions, either in person or virtually. These appointments are personalized and private.

Art & Wellness Group Workshops: Weekly Art Therapy Workshops are held Tuesdays 10:00-11:30 a.m. (virtually) and Wednesdays 11 a.m.-12:00 p.m. (in-person at our Issaquah campus). These relaxed workshops are open to oncology patients and loved ones. No art experience needed.

Who Can Join?

PSCI Art Therapy is available to oncology patients as well as family members and friends (**some restrictions apply*). Whether an individual is undergoing treatment, supporting a loved one, or adjusting to life after cancer, Art Therapy at PSCI offers compassionate support.

**For PSCI Art Therapy service eligibility, contact PSCI.Art.Therapy@Swedish.org or 206-309-5437.*

Upcoming Opportunities

- **Individual Art Therapy:** Monday-Friday by appointment only.
- **Virtual Art & Wellness Workshops:** Tuesdays, 10:00 to 11:30 a.m. (virtual)
- **In-Person Workshops:** Wednesdays in Issaquah, 11:00 a.m. to 12:00 p.m.

How to Get Started

To learn more or schedule a session, call **206-309-5437** or email **PSCI.Art.Therapy@Swedish.org**. You can also ask a member of your care team for more information.

Palliative Care



At the Providence Swedish Cancer Institute, we strive to continuously improve patient care. Our skilled, compassionate palliative care team works together with our patients, their families, and their health care providers to enable patients to live

more fully. Palliative care addresses the psychological, social, and spiritual aspects of care along with providing relief from pain and other distressing symptoms. The goal is to prevent or treat the symptoms and side effects of the disease and its treatment. This care may be offered during active treatment of cancer or independently. Palliative care is about creating the best quality of life and supporting each unique individual through their cancer journey.

Your Cancer Nutrition Guide: Do's, Don'ts & Why They Matter

By Vani Jain, Health Education Intern

Nutrition is a key building block for a healthy body and mind; it influences how you feel during your cancer treatment. The better you eat, the better you will feel. However, living with cancer and maintaining good nutrition can be very difficult to do at the same time. To make nutrition a little easier, we've compiled a list of foods to add or avoid to your diet. These quick swaps can improve your overall quality of life and well-being.

Add foods like:

- **Plant based protein:** Lentils, Beans, Nuts
- **Healthy Fats:** Avocados, Yogurt, Chia Seeds
- **Healthy Carbs:** Oats, Brown Rice, Whole Grains, Fruits

By adding more plant-based protein along with healthy fats and carbs, you can combat inflammation and improve your cardiovascular health. You'll maintain a healthier gut with

fibers from whole grain carbs and the minerals and vitamins from the plant-based protein provide important nutritional building blocks to better your treatments symptoms.

Try to avoid foods like:

- Lightly cooked/Raw fish (Sushi)
- Soft cooked /raw eggs (Homemade Mayo)
- Unpasteurized cheeses & dairy products
- Unwashed fruits & veggies

Cancer treatments can weaken your immune system. By avoiding raw fish, eggs, and unpasteurized dairy products you are protecting yourself from contracting food-borne illnesses. This is important because when your immune system is weakened, food borne illness could lead to a delay in treatment or even hospitalization since your body is not able to fight off the infection as easily.

Completely revamping your diet can also seem like an added challenge to an already difficult time. Instead of throwing out everything you would typically eat, try these simple swaps!

Shiro: A Comforting Eritrean Chickpea Stew with Healing Roots



Shiro is a beloved staple in Eritrean and Ethiopian cuisine, made from finely ground chickpeas and simmered with aromatic spices. Passed down through generations,

Shiro represents more than nourishment; it's a symbol of warmth, care, and togetherness. For those undergoing cancer treatment, this humble stew offers a comforting, easy-to-digest meal rich in plant-based protein, fiber, and anti-inflammatory spices.

How this dish benefits those enduring cancer

- **Chickpeas:** High in protein and fiber, they help maintain energy and digestive health.
- **Garlic and turmeric:** Known for anti-inflammatory and immune-boosting properties.
- **Gentle spices:** Shiro can be made mild, making it suitable for those with sensitive stomachs.
- **Vegan:** The absence of dairy and meat make it a great option for those with dietary restrictions.

Cultural Connection: In Eritrean homes, Shiro is often shared during family meals and served on a large platter with injera. It's a dish rooted in community and comfort, two things that are just as healing as food during a complex health journey. Taking some time to make the meal and enjoy it together is healing itself as it serves as a reminder that support, connection, and mutual aid are critical factors in our wellbeing.

Yield: 2-3 servings

Ingredients

- ½ cup Shiro powder (available in Eritrean/Ethiopian markets or make your own by grinding roasted chickpeas with mild spices)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- ½ teaspoon turmeric (optional, for added health benefits)
- Salt to taste
- 2-2½ cups water (adjust for desired thickness)

Directions

1. In a saucepan, heat the olive oil and sauté the onions until soft and golden.
2. Add garlic and turmeric, stirring for a minute to release their flavors.
3. Slowly whisk in the Shiro powder while gradually adding water to avoid lumps.
4. Bring to a simmer, stirring frequently. Let it cook for 10-15 minutes until thick and smooth.
5. Add salt to taste. For extra nutrition, stir in greens and cook until wilted.

Serve warm with injera, preferably whole grain teff injera (a sourdough flatbread which can be found at a local East African shop) or plain toast if easier to digest.

Call for Art

The Attitude of Gratitude Exhibition Visual Stories of Cancer and the Transformative Power of Gratitude



This is a call for PSCI oncology and Art Therapy patients to submit works for Attitude of Gratitude, an exhibition that visually narrates the

stories of people facing cancer—from diagnosis, through treatment, and beyond—as they explore the practice of gratitude, and when summoning gratitude may be especially hard.

This exhibition seeks works (painting, drawing, collage, photography, and sculpture) that pay tribute to the determination required to face cancer, re-define strength and beauty, and embrace new perspectives. Through this collective visual storytelling, the Attitude of Gratitude exhibition seeks to foster compelling art-based dialogue that honors struggle, celebrates free will, redefines strength and beauty, and is a testimony to the transformative power of gratitude.

We encourage PSCI oncology patients — from the newly diagnosed, to those in, or through treatment and beyond — to share their unique perspectives on cancer and the intentional practice of gratitude, creating a vibrant and diverse tapestry of voices and stories.

We invite PSCI oncology patients to reflect upon and depict their diverse experiences with cancer and how gratitude, even in the most difficult of circumstances, offers new perspectives and transformative power. **For artists of all levels. No formal art experience or training required to participate. There is no cost to participate in this exhibition.**

For Questions, Submission Criteria, Deadlines, and Artist Prompts for Inspiration, contact 206-309-5437 or PSCI.Art.Therapy@Providence.org.

Exciting Communication Updates from Providence Swedish Cancer Institute!

We are thrilled to announce the launch of our brand-new website for Providence Swedish Cancer Institute! This site is designed to make it easier for patients, families, and caregivers to find trusted information and access care. Our updates will centralize and connect various cancer institute web pages, covering areas from Everett in the north, through the heart of Seattle, and all the way down to Olympia and Lacey.

Here's what you can do on our new website:

- **Request Information or Schedule a Consultation:** Easily reach out by phone or through our digital forms.
- **Find Comprehensive Information:** Learn about different cancer types, treatments, clinical trials, research, and support services available throughout your cancer journey.
- **Get Personalized Assistance:** Receive prompt and personalized help whenever you need it.

Our new website sets a new standard for user experience in healthcare, making navigation and communication effortless to support patients, families, and referring providers at every step of the cancer care journey.

Check out our new site today:

<http://www.providenceswedishcancer.org>



For questions or more information, please email our Cancer Education Team: PSCI.Education@swedish.org.

Foundation



When Teri was diagnosed with breast cancer, she was completely caught off guard. She turned to Swedish for her cancer care — care that's backed by research and delivered with compassion. The Swedish Foundation supports numerous

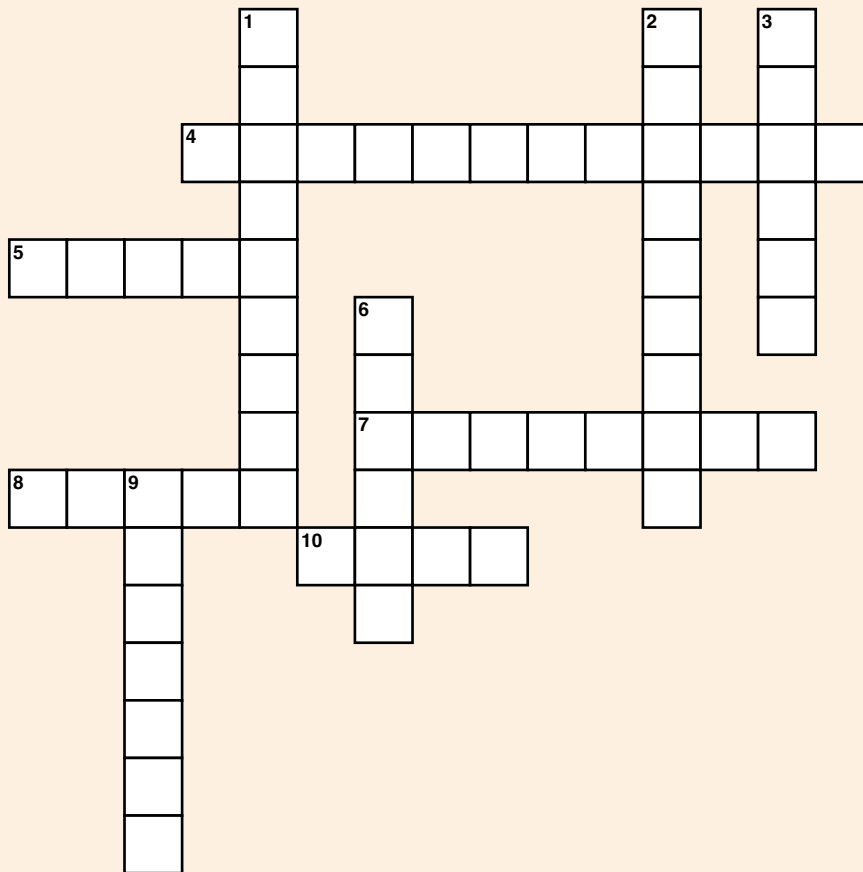
programs such as research, supportive care services, and staff resources.



Donations from the community help to make programs like these at Swedish possible. To donate or learn more about how you can support our programs contact: Christine Chan at **206-386-3194** or Christine.Chan1@swedish.org. You can also donate online at [https://](https://swedishfoundation.org/our-priorities/cancer-institute)

swedishfoundation.org/our-priorities/cancer-institute.

Life to the Fullest Crossword: Fall Edition



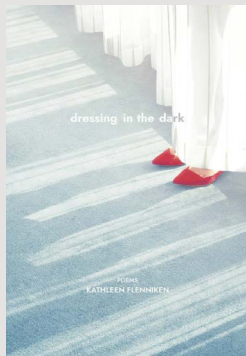
Across

4. Served with whipped cream and marshmallows
5. Wrapped around your neck
7. One has a red nose
8. One a day keeps the doctor away
10. Turns red, orange, and yellow

Down

1. Falls from the sky, one of a kind
2. Trick-Or-Treat
3. Another word for Fall
6. Gobble Gobble
9. You carve this in October

Dressing in the Dark By Kathleen Flenniken



Dressing In The Dark is the fourth poetry collection by award-winning poet and former Washington State Poet Laureate Kathleen Flenniken. In this powerful new work, Flenniken confronts the moral and emotional complexities of recovery, drawing from the speaker's journey through breast cancer. Guided by memories of her mother and her intertwined identities as a mother, daughter, and writer, she navigates the terrain

of illness, surgery, and healing. These poems become greater meditations on fear and mortality, touching on the quiet struggle to find acceptance amid grief.

Dressing In The Dark is a collection of beautifully structured and voiced poems that highlight how love, loss, and memory are both burdens and blessings, central to what it means to be human.

The volume is her third in the Pacific Northwest Poets Series, now in its twenty-fifth year and edited by MacArthur fellow Linda Bierds.

About the Author: Kathleen Flenniken's honors include a Pushcart Prize and fellowships from the National Endowment for the Arts and Artist Trust. She served as Washington State Poet Laureate from 2012-2014. Her poems have appeared in *Poetry*, *The Iowa Review*, *Orion*, *Image*, and many other journals, and in anthologies including *Cascadia Field Guide*, and *Poetry Unbound: 50 Poems to Open Your World*. She is the author of three poetry collections: *Famous* (University of Nebraska Press, 2006), winner of the Prairie Schooner Book Prize in Poetry and named a Notable Book by the American Library Association, *Plume* (University of Washington Press, 2012), a finalist for the William Carlos Williams Award from the Poetry Society of America and winner of a Washington State Book Award, and *Post Romantic* (University of Washington Press, 2020), a finalist for the Washington State Book Award.

Dressing in the Dark is available in September 2025 through Lynx House Press, distributed by Washington State University Press.

For review copies, interview/event requests, jacket images and author photos, contact Holly Watson at 310-390-0591 or holly@hollywatsonpr.com.

Online Classes and Support Groups for Patients and the Community

Providence Swedish cares about the health and well-being of our patients, caregivers, and community. We are taking extra precautions to ensure the safety of our facilities and our ability to care for our patients during the COVID-19 pandemic. To learn more about our current virtual class offerings or to register for a class, please call **206-386-3200** or email psci.education@swedish.org.

Coping and Creative Expression



ART THERAPY

Join our art therapists virtually or in-person and experience the healing benefits of making art in a supportive and non-judgmental setting. Available to PSCI patients and family members free of charge. No experience necessary.

Individual Sessions:

In-person or virtual by appointment only.

Weekly Workshops

Art & Wellness: Join us for a creative pause in your day and make art to process emotions, calm the mind, soothe the soul, and promote overall wellbeing. Instructions, supplies, and encouragement provided. For more information, contact PSCI.Art.Therapy@swedish.org or call **206-309-5437**.

Virtual via Zoom: Tuesdays, 10-11:30 a.m.

In-Person at PSCI Issaquah: Wednesdays, 11 a.m. - 12 p.m.

4-week Virtual Art Therapy Workshop

Wintering: A time for Retreat, Reflection, and Ritual – Honoring the Darker Seasons of Life

Open to adults facing cancer - from diagnosis and beyond. This guided Art Therapy workshop will provide excerpts from the book *Wintering* by Katherine May, as inspiration. Supplies and encouragement provided. Experience in art and writing is not required. *Pre-registration is required.* For more information or to register, contact PSCI.Art.Therapy@swedish.org or call **206-309-5437**.

Wednesdays, 1:30 - 3:00 p.m., January 7, 14, 21 & 28, 2026



Creative Coping for the Holidays – Soothing Mind & Heart Through Art

Open to adults facing cancer, and their loved ones (eligibility requirements apply) - from diagnosis and beyond. This guided Art Therapy workshop explores a variety of creative methods to reduce the impacts of holiday stress. Participants

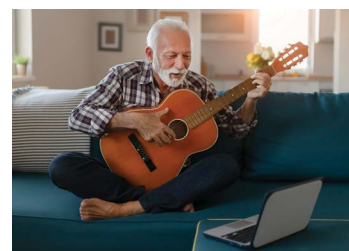
will have the opportunity to identify stressors associated with cancer and the holidays, practice mindful relaxation techniques, and explore creative art and writing exercises. The workshop offers a safe and non-judgmental space to express thoughts, feelings, and insights with creativity and self-compassion. Supplies and encouragement provided. Experience in art and writing not required. *Pre-registration is required. Participants may pre-register for individual weeks or all 6 weeks.* For more information or to register, contact PSCI.Art.Therapy@swedish.org or call **206-309-5437**.

Wednesdays 2-3 p.m., Virtual via Zoom

November 5, 12, 19 & December 3, 10, 17, 2025

MUSIC THERAPY

PSCI's music therapists help patients and families learn how to use music to improve physical and mental health during and after cancer treatment. No prior music experience required.



Individual sessions (in-person or virtual): Available to PSCI patients and family members free of charge.

Issaquah Music & Wellness:

Drop-in (in-person), Mondays, 1:30-2:30 p.m.

Monthly Music Therapy Newsletter: Subscribe to our monthly newsletter to receive group login details, updates, research and try-at-home self-care tips. To be added to the newsletter email list, register for a class, or for more information on music therapy, please contact SCIMusicTherapy@swedish.org or call **206-386-6711**.

KNIT FOR LIFE

This virtual drop-in group uses knitting as a healing experience to enhance the lives of cancer patients, their family members, and caregivers during treatment and recovery. A supportive environment for beginners and experienced knitters. Email tanya@knitforlife.org to register.

Issaquah: Mondays, 1-3 p.m.

Edmonds: Tuesdays, 1-3 p.m.

True Family Cancer Center: Wednesdays, 11 a.m. - 1 p.m.

First Hill: Thursdays, 1-3 p.m.

(continued)

Online Classes and Support Groups

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Survivorship

RECLAIMING WHOLENESS AFTER BREAST CANCER

Explore ways to reconnect with the body's changes and challenges. Discover resilience while building connection with others who share this path. Email patti.carey@swedish.org to register.

Webinar series, 6-8 p.m., Mondays

#1: September 8 #2: November 3 & 10
#3: December 1 #4: February 16 & 23

PRACTICES FOR HEALING

Gentle practices in breath work, visualization, meditation and writing to heal body, mind and spirit regardless of the treatment phase or stage of cancer. Email patti.carey@swedish.org to register.

Webinar series, 6-8 p.m., Thursdays

#1: November 6 & 13 #2: January 8 & 15

Daytime Webinar series, 9:30 a.m. - 11:30 a.m., Thursdays

#1: September 4 & 11 #2: October 2 & 9
#3: December 4 & 11 #4: February 5 & 12

REFLECTIVE JOURNALING

Participants will respond and reflect on engaging questions, poetry, and writing prompts to help process emotions that arise with cancer treatments. Email patti.carey@swedish.org to register.

Webinar series, 6-8 p.m., Wednesday

#1: November 19 #2: January 8

Daytime Webinar series, 9:30 a.m. - 11:30 a.m., Wednesday

#1: October 15 & 29 #2: December 3 & 10
#3: February 5 & 12

CRAFTING A SURVIVORSHIP PLAN

Examine how to move through uncertainty after illness and create a personalized survivorship plan with a sense of possibility. Email patti.carey@swedish.org to register.

Daytime Webinar series, 9:30 - 11:30 a.m., Tuesdays

#1: September 30 #2: October 21
#3: November 18 #4: December 16

Webinar series, 6 - 8 p.m., Tuesday: January 13 & February 17

Staying Active

MOVE TO HEAL

Women of all fitness levels are encouraged to join certified instructor-led classes exclusively for cancer patients and survivors. Co-sponsored by Team Survivor Northwest. Visit teamsurvivornw.org/programs to register.

Virtual Class: Wednesdays, 10-11 a.m.

Virtual Class: Saturdays, 10-11 a.m.



GENTLE YOGA FOR NAVIGATING THE CANCER JOURNEY

Utilize the mind-body tools of yoga to reduce stress, ease side effects, and increase physical and mental resilience with gentle movement, breath, meditation, and relaxation. No experience is necessary. Chair options are offered throughout the practice.

Email psci.education@swedish.org to register.

Virtual Class: Tuesdays, 10-11:15 a.m.

GENTLE YOGA & WELLNESS SKILLS - MULTIPLE SCLEROSIS CENTER

Introductory class for all mobility levels and those who are new to yoga. Held by the Swedish Multiple Sclerosis Center, but open for PSCI patients as well. Transitioning to the floor is optional; wheelchairs are welcome. Email MSCenterPrograms@swedish.org to register.

Virtual Class: Tuesdays, 1-2:15 p.m. and 2:30-3:45 p.m.

HAWAIIAN HULA

Learn the basics of hula dancing and storytelling (standing or seated) while working your core, arms, and legs. No experience required. Email JoanMarie Hughes at hulaohanaseattle@gmail.com to register.

Virtual Class: Thursdays, 12-1 p.m.

Support Groups

Providence Swedish Cancer Institute offers a variety of virtual support groups. The groups provide an opportunity to talk with others having experiences similar to your own. Each group is facilitated by an experienced support group facilitator and is open to all patients and caregivers, whether you are receiving care at Swedish Medical Center or another cancer facility in the community. For more information or to register for a group, contact the facilitators for each group listed below.

AUTOLOGOUS STEM CELL TRANSPLANT AND CAR T-CELL THERAPY GROUP

This support group is designed for any patient that is a candidate for Autologous Stem Cell Transplant or CAR T-Cell Therapy or within 1-year post-treatment. For more information or to register, please email samuel.jonas@swedish.org or call the Social Work Referral Line at **206-386-3228**.

1st and 3rd Tuesday of the month, 2-3 p.m.

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Online Classes and Support Groups

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BRAIN TUMOR SUPPORT GROUP

Virtual support group held via Zoom for patients with brain tumors and their caregivers. For more information, contact: Ivy Center Social Work at **206-320-8288**. To be added to the distribution list, e-mail: brenda.autobee-bigalk@swedish.org.

1st Tuesday of the month, 11 a.m. – 12:30 p.m.

3rd or 4th Wednesday of the month, 1 – 2:30 p.m.

BROWN BAG BREAST CANCER SUPPORT GROUP

Virtual support group for patients with breast cancer. Held during lunch – patients are welcome to eat lunch during the group. Contact Rachel Cox at **425-673-8353** to register.

2nd Monday of the month, 11:30 a.m. – 1 p.m.

CAREGIVER SUPPORT GROUP

Virtual support group for those who have a loved one in treatment for cancer. Email sylvia.farias@swedish.org to register.

Thursdays, 1:30–3 p.m.

CLIMB PROGRAM

Children's Lives Include Moments of Bravery (CLIMB) is a special program providing emotional support for children (6–11 years old) who have a parent or primary caregiver with cancer. For more information about 2025–2026 CLIMB offerings, contact the Oncology Social Work referral line at **206-386-3228**.

GYNECOLOGICAL CANCERS GROUP

Virtual support group for women with gynecological cancers. Email lauren.zemer@swedish.org or call **206-215-6015** to register.

1st & 3rd Wednesday of each month, 12:00 to 1:30 p.m.

HEAD & NECK CANCERS GROUP

Virtual support group for those living with head and neck cancers. For more information, contact: Mark Filler at mark.filler@swedish.org or **206-781-6359** Ailish Mackey at ailish.mackey@swedish.org or **206-215-2287**.

4th Wednesday of the month, 11:30 a.m. to 1 p.m.

LIVING WITH CANCER SUPPORT GROUP

This is a virtual support group that aims to provide a safe space for patients with cancer. Call **206-386-3228** or email Patrick Stephens at patrick.stephens@swedish.org for more information.

MANDARIN CHINESE LIVING WITH CANCER GROUP

2nd and 4th Wednesday of the month, 1–2 p.m. Contact Dora Xie at **206-386-6329** or zhaoyang.xie@swedish.org to register.

PROSTATE CANCER EDUCATIONAL GROUP

Virtual group meetings for those with prostate cancer. Partners are welcome. Contact Dr. Weber at webered56@gmail.com or **206-232-7297**.

Fourth Wednesday of every month, 10–11 a.m.

SMART PROGRAM

This eight-week virtual program, led by Swedish Cancer Institute's SMART-trained Oncology Social Workers and Art Therapists, will help you develop self-care tools to manage your stress, reduce cancer treatment symptoms and side effects, and enhance your quality of life. Email SMART@swedish.org or call the Oncology Social Work Referral Line at **206-386-3228** for more information to register and for more information on 2025 & 2026 offerings

SMART General Cancer Patient Group

September 30 – November 18, Tuesdays, 1:30–3:30 p.m.

SMART Caregiver Group

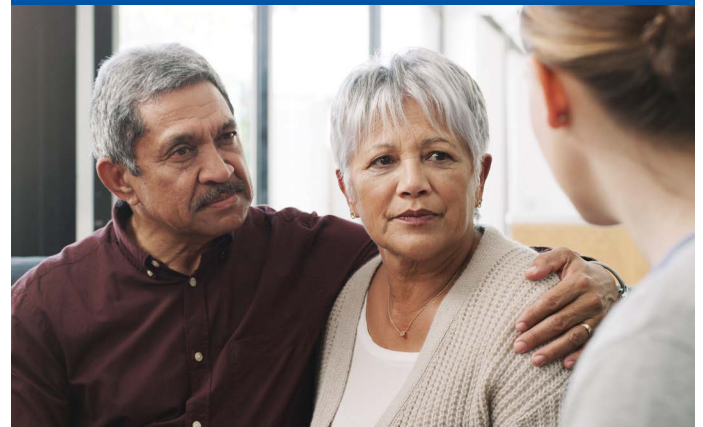
September 29–November 17, Mondays, 11 a.m. – 1 p.m.

THYROID CANCER GROUP

Virtual group meetings for those with thyroid cancer held by THYCA: Thyroid Cancer Survivors' Association. Email the group facilitators at seattle-wa@thyca.org to register.

3rd Saturday of the month, 10–11:30 a.m.

Bereavement Support



Bereavement offers a variety of opportunities for ongoing support and education regarding grief, loss and life adjustments following the death of a significant person for individuals, families, and communities. All groups are currently held virtually.

Edmonds: If you are looking for support or have any questions, please call **425-640-4404** or email bereavement@swedish.org.

Seattle and Issaquah: If you are looking for support or have any questions, please visit the following resources:

Providence Hospice: **206-320-4000**

Swedish Bereavement Services: **425-640-4404** or email bereavement@swedish.org

Community Resources

The Providence Swedish Cancer Institute partners with local and national organizations to offer services, classes and emotional support for cancer patients, their families, and caregivers.

After Breast Cancer Diagnosis (ABCD)

After Breast Cancer Diagnosis (ABCD) provides 1:1, peer emotional support for anyone impacted by a breast cancer diagnosis. ABCD offers free support at the time of diagnosis, throughout treatment, and into survivorship. Call **1-800-977-4121** or www.abcdbreastcancersupport.org for more information.

American Cancer Society

The American Cancer Society is a national health organization that provides local cancer education and services. Services include:

Around-the-clock support at a toll-free number, **1-800-ACS-2345 (1-800-227-2345)**.

Cancer.org, a highly trusted source of accurate, evidence-based cancer information for people facing cancer, their families, and their caregivers.

Reach to Recovery, a peer-to-peer support program for women who have had breast cancer

Transportation Assistance for cancer patients traveling to and from cancer treatment appointments

American Lung Association

American Lung Association is a national organization that is dedicated to improving lung health and preventing lung disease. This organization provides resources and hosts events to educate individuals on smoking cessation and the prevention and treatment of lung disease. In addition to education, American Lung Association is dedicated to research and advocacy to promote lung health. For more information, please visit www.lung.org or call **1-800-LUNGUSA (1-800-586-4872)**.

Cancer Hope Network

Cancer Hope Network offers free, individualized emotional support for anyone impacted by a cancer diagnosis. Call **1-877-HOPENET** or visit www.cancerhopnetwork.org for more information.

Cancer Lifeline

Cancer Lifeline is a local organization that provides free services to cancer patients, family members, caregivers, coworkers, and friends. Cancer Lifeline offers a toll-free, 24-hour telephone counseling service for emotional support, information, and community resource referrals. Other services include a family support program, workplace consultation, movement awareness workshops, relaxation and stress reduction programs, pain management, and nutrition classes. To register for classes or to get more information, call **206-297-2500** or toll-free at **1-800-255-5505**, or visit cancerlifeline.org.

Cancer Pathways

Cancer Pathways provides education, support and community resources for adults, teens and children with cancer, and for their families and friends. Activities are held in Seattle and other areas of the state in locations like hospitals, community centers, and schools. For information, call **206-709-1400** or visit cancerpathways.org.

CENTS

Consumer Education and Training Services (CENTS) is a non-profit organization formed to help people protect their financial situation. Cancer patients and their family members can meet 1 to 3 times for an hour with a volunteer Certified Financial Planner in-person, over the phone, or electronically, to discuss how to protect your finances during cancer treatment. For more information or to request your free and confidential appointment, visit centsprogram.org or call **206-409-3459**.

Cierra Sisters

Cierra Sisters is a grassroots nonprofit organization, founded by breast cancer survivor Bridgette Hempstead in 1996. Their mission is to increase awareness and knowledge around breast cancer in African American and underserved communities. Cierra Sisters equips community members with the tools, education, and health information necessary to prevent cancer. For more information, visit cierrasisters.org or call **206-505-9194**.

Colorectal Cancer Alliance

The Colorectal Cancer Alliance is a national nonprofit organization dedicated to the prevention of colorectal cancer and the care of affected individuals. In addition, this organization is invested in research to prevent, treat, and cure colorectal cancer. This organization provides invaluable educational resources for patients, their caregivers, healthcare professionals, and survivors. In addition, Colorectal Cancer Alliance provides financial assistance for qualifying individuals. For more information, please visit www.colorectalcancer.org or call **877-422-2030**.

Harmony Hill Retreat Center

Harmony Hill is a nonprofit organization that focuses on transforming the lives of those affected by cancer and inspiring healthy living for all. Harmony Hill offers:

- Three-day, on-site residential retreats, which offer group and community support, guided imagery, yoga and meditation, expressive arts, nutrition education, healthy organic meals, comfortable lodging, and a spectacular natural setting overlooking Hood Canal and the Olympic Mountains
- Off-site workshops providing resources, inspiration, and tools for supporting those on the cancer journey
- Webinars on nutrition and other topics of interest

For more information, call **360-898-2363** or visit harmonyhill.org.

Imerman Angels

Imerman Angels provides free, personalized one-on-one cancer support for cancer fighters, survivors, previvors, and caregivers. Request or become a mentor by visiting www.imermanangels.org or calling **866-463-7626**.

Community Resources

(continued from page 12)

Knitted Knockers

Knitted Knockers are special handmade knit breast prosthesis for women who have had breast cancer and undergone mastectomy or lumpectomy. When placed in a bra they take the shape and feel of a real breast. They are adjustable, washable, and can even be worn while swimming. Volunteer knitters provide these FREE to those requesting them. Visit www.knittedknockers.org to order custom knitted knockers or visit the Cancer Education Center.

Leukemia & Lymphoma Society

The Leukemia & Lymphoma Society's Washington/Alaska Chapter was founded in 1984 to serve residents who have been touched by one of the blood cancers: leukemia, lymphoma, and myeloma. The chapter serves patients and families throughout Alaska and Washington with a wide range of free educational and support programs for patients, their families, caregivers, and healthcare professionals. For more information call **1-800-955-4572**, or visit lls.org.

Northwest Sarcoma Foundation

The Northwest Sarcoma Foundation provides education and support to anyone impacted by Sarcoma in the Northwest. Call **206-257-7215** for more information or visit www.nwsarcoma.org.

Komen Puget Sound

Founded in 1993, Komen Puget Sound has been a part of the Western Washington community for more than 20 years, raising money to fund:

- Local breast health education programs
- Breast cancer screening
- Treatment support
- Research, to better diagnose, treat and cure breast cancer

Komen Puget Sound now ranks as the fifth largest out of 120 Komen affiliates nationwide. To learn more about local breast health education, screening opportunities and treatment support, call **1-877-465-6636** or visit komenpugetsound.org.

National Cancer Institute

The National Cancer Institute is the federal government's main resource for cancer information for patients, health care professionals, and the public. Visit www.cancer.gov for more information.

Northwest Hope & Healing

Northwest Hope & Healing is a nonprofit organization that supports women in the Puget Sound area who are battling breast and gynecological cancers. The group provides financial assistance to women who need help with everyday living expenses, such as childcare, groceries, transportation, and rent. Northwest Hope & Healing also assembles and delivers special healing baskets to Providence Swedish Cancer Institute for newly diagnosed patients. To learn more, visit nwhopeandhealing.org or call **206-455-2710**.

Ovarian Cancer Research Alliance (The Rivkin Center has joined OCRA)

The Rivkin Center – who has joined forces with OCRA – was a local nonprofit dedicated to equitable health education, specifically with a focus on prevention, early detection, and survival of ovarian and breast cancer. By merging, the organization is expanding research, support, and resources for all impacted by an ovarian cancer diagnosis. For more information, please visit www.ocrahop.org or call **212-268-1002**.

Pancreatic Cancer Action Network (PanCAN)

PanCAN takes action to improve the lives of everyone impacted by pancreatic cancer by advancing scientific research, building community, sharing knowledge and advocating for patients. Contact PanCAN Patient Services for free, in-depth and personalized resources and information on pancreatic cancer: **877-272-6226** or visit www.pancan.org.

Team Survivor Northwest

Team Survivor Northwest provides fitness and health education programs for women diagnosed with any type of cancer. These programs help with physical and emotional healing and are for all ages, fitness levels and abilities. Most programs are free to members and scholarships are available. To join Team Survivor Northwest or to get more information, call **206-732-8350**, email operations@teamsurvivornw.org or visit www.TeamSurvivorNW.org.

Young Survival Coalition

Young Survival Coalition provides support for the unique issues young women face when they have been diagnosed with breast cancer. Young Survival Coalition offers resources, outreach, and education to empower young women affected by breast cancer and to provide hope. For more information, visit www.youngsurvival.org or call **877-972-1011**.

Clinical Trials



As part of your treatment at the Providence Swedish Cancer Institute, you may be eligible to participate in a clinical research trial. Providence Swedish is one of the leading clinical trial sites in Washington state with hundreds of ongoing clinical trials

involving most types of cancer. Clinical trials are research studies that test how well new medical approaches work in people. These studies test new methods of screening, prevention, diagnosis, or treatment of a disease. Clinical trials are the primary way progress is made in finding better approaches to treatment, cures, managing treatment side effects, and improving quality of life for cancer survivors.

Quick reference

Patient Education and Support Services – Cancer Education Center

www.swedish.org/services/cancer/patient-support/education-center

The Cancer Education Centers offers resources at the Swedish Ballard, Edmonds, Issaquah, and First Hill campuses. The center in First Hill offers a wide selection of educational materials and community resources, a loan library, retail, complimentary items, free wig fits, and free notary services for healthcare documents. Stop by Monday – Friday, 8:00 a.m. – 4:30 p.m. at the First Hill Providence Swedish Cancer Institute, Arnold Building, A-Floor West. For more information, please contact the Cancer Education Center at PSCI.Education@swedish.org or **206-386-3200**.

Classes and Support Groups

www.swedish.org/services/cancer/patient-support

The Providence Swedish Cancer Institute (PSCI) offers classes and support groups to assist patients and their families and caregivers making treatment decisions, managing symptoms and accessing complementary programs. Contact the Cancer Education Center to learn more at PSCI.Education@Swedish.org or **206-386-3200**.

Counseling, Social Work Services, Psychiatry

www.swedish.org/services/cancer/patient-support/counseling-services

The Providence Swedish Cancer Institute offers a variety of support services. Support groups at PSCI are led by experienced support group facilitators and are open to anyone in the community. Individual and group counseling sessions are also available at PSCI. These sessions help patients and their family members and caregivers cope with treatment, improve communication, manage depression or anxiety, and connect with community agencies and services. They also provide resources for relaxation techniques and stress management.

Locations:

Ballard.....	206-386-3228	First Hill	206-386-3228
Edmonds.....	425-673-8328	Issaquah	425-313-4224

Palliative Care & Symptom Management

www.swedish.org/services/palliative-care-and-hospice?scrf=globalsearch

Palliative care is a service which helps people define their goals for their care with a focus on improving their quality of life during or following a serious illness. This service provides support as long as people need it, focusing on each person's unique experience in order to provide relief from the symptoms and stress of living with serious illness.

Locations:

First Hill.....	206-386-2126	Edmonds & Cherry Hill	425-640-4636
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Survivorship Services

Survivorship services are available at all Swedish campuses to enhance and complement the care provided by our oncologists. The Survivorship Program, led by qualified, experienced oncologic staff, is a valuable service. This program is designed to be an additional resource to supplement the care you will continue to receive and to bridge the gap between oncology specialty care and your primary care provider. Please call **206-386-3200** for more information.



Notice of Nondiscrimination and Accessibility Rights



Scan for information about Swedish's nondiscrimination policy

Providence St. Joseph Health and its Affiliates¹ (collectively "PSJH") comply with applicable Federal civil rights laws and do not discriminate against, exclude or treat differently any individuals accessing any PSJH Program or Activity on any basis prohibited by local, state or federal laws, including but not limited to on the basis of race, color, religious creed (including religious dress and grooming practices), national origin (including certain language use restrictions), ancestry, disability (mental and physical including HIV and AIDS), medical condition (including cancer and genetic characteristics), marital status, age, sex (including pregnancy, childbirth, breastfeeding and related medical conditions), gender, gender identity, gender expression and sexual orientation, genetic information (including family medical history), or military/veteran status as those terms are defined under federal and state laws and rules.

In compliance with the Americans with Disabilities Act (ADA), PSJH provides qualified interpreters and other auxiliary aids and services free of charge:

- (1) to people with disabilities to communicate effectively with us, such as: (a) Qualified sign language interpreters; and (b) Written information in other formats (large print, audio, accessible electronic formats, other formats); and
- (2) to people whose primary language is not English, such as: (a) Qualified interpreters; and (b) Information written in other languages.

If you need any of the above services, please contact the Civil Rights Coordinator below. If you need Telecommunications Relay Services, please call 1-800-833-6384 or 7-1-1.

If you believe that PSJH has failed to provide these services or discriminated in another way on the basis race, color, religious creed (including religious dress and grooming practices), national origin (including certain language use restrictions), ancestry, disability (mental and physical including HIV and AIDS), medical condition (including cancer and

genetic characteristics), marital status, age, sex (including pregnancy, childbirth, breastfeeding and related medical conditions), gender, gender identity, gender expression and sexual orientation, genetic information (including family medical history), or military/veteran status, you can file a grievance with PSJH by contacting the Civil Rights Coordinator for your location listed below:

State/Service	Civil Rights Coordinator
Washington/ Swedish	Risk Management & Patient Safety Swedish Health Services 747 Broadway Seattle, WA 98122 Email: nondiscrimination.swedish.org 206-215-2283

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the above-noted civil rights coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW.,
Room 509F, HHH Building,
Washington, DC 20201
1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at:
<http://www.hhs.gov/ocr/office/file/index.html>.

¹ For purposes of this notice, "Affiliates" is defined as any entity that is wholly owned or controlled by Providence St. Joseph Health (PSJH), Providence Health & Services, St. Joseph Health System, Western HealthConnect, Covenant Health Network, Inc., or is jointly owned or controlled by PSJH or its Affiliates and bears the Providence, Swedish Health Services, Swedish Edmonds, St. Joseph Health, Covenant Health Network, Covenant Health, Kadlec Regional Medical Center, or PacMed Clinics name.

Sharing your thoughts about *Life to the Fullest*

In order to improve the *Life to the Fullest* newsletter, we need your feedback. Our readers are the reason we produce this newsletter and we want to hear from you! Please take a few minutes to complete our online survey by scanning the QR code below. Thank you for being an integral part of this newsletter. We hope to hear from you!



If you have any comments, questions or concerns about the *Life to the Fullest* newsletter, please email us at PSCI.Education@Swedish.org or call the Cancer Education Center at **206-386-3200**.



Swedish Health Services
Arnold Medical Pavilion
1221 Madison St., A-Floor West
Seattle, WA 98104

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Español (Spanish)	ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).
繁體中文 (Chinese)	注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)。
Tiếng Việt (Vietnamese)	CHÚ Ý: Nếu bạn nói Tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ miễn phí có sẵn dành cho bạn. Gọi số 888-311-9127 (TTY: 711).
Tagalog (Tagalog – Filipino)	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 888-311-9127 (TTY: 711).
(Korean)	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-311-9127 (TTY: 711) 번으로 전화해 주십시오.
Русский (Russian)	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 888-311-9127 (телефайн: 711).
Հայերեն (Armenian)	Ուշադրություն: Եթե խոսում եք հայերեն, ապա ձեզ կարող են տրամադրվել լեզվական օգնություն անվճար ծառայություններ: Ձանգահարեք 888-311-9127 (հեռախոյալ (TTY)՝ 711)։
العربية (Arabic)	يرجى الانتباه: إذا كنتم تتكلمون اللغة العربية، فاعلموا أن خدمات المساعدة اللغوية متوفرة مجاناً لكم. اتصلوا برقم الهاتف 888-311-9127 (أو برقم الهاتف 888-311-9178 عند الاتصال بالمركز الطبي السويدي في إدموندز) (أو بخط المبرقة الكاتبة TTY لضعاف السمع والطلق على الرقم 711).
فارسی (Farsi) Persian (Farsi)	توجه: اگر به زبان فارسی صحبت می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با شماره 888-311-9127 (TTY: 711) تماس بگیرید.
日本語 (Japanese)	注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。888-311-9127 (TTY: 711)まで、お電話にてご連絡ください。
ਪੰਜਾਬੀ (Punjabi) Panjabi*	ਪਿਆਰ ਖਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਿੰ ਤੋ, ਤਾਂ ਭਰਮਾ ਧਰਿੰਦ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 888-311-9127 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।
ខ្មែរ (Cambodian) Mon-Khmer, Cambodian	សូមចាំការប្រុងប្រយ័ត្ន: ប្រសិនបើលោកអ្នកនិយាយភាសាខ្មែរ ឆោ: សេវាជំនួយផ្នែកភាសានឹងមានដល់ជូនលោកអ្នកដោយឥតគិតថ្លៃ។ សូមទូរស័ព្ទទៅលេខ 888-311-9127 (TTY: 711)។
हिंदी (Hindi)	ध्यान दें: यदि आप हिंदी बोलते हैं तो आपको लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 888-311-9127 (TTY: 711) पर कॉल करें।
Hmoob (Hmong)	LUS CEEV: Yog tias koj hais lus Hmoob, koj tuaj yeem siv cov kev pab txhais lus pub dawb. Hu rau 888-311-9127 (TTY: 711).
ภาษาไทย (Thai)	โปรดทราบ: หากคุณพูดภาษาไทย คุณสามารถใช้บริการความช่วยเหลือทางภาษาได้โดยไม่เสียค่าใช้จ่าย โทร 888-311-9127 (TTY: 711)
Deutsch (German)	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 888-311-9127 (TTY: 711).

اردو (Urdu)	توجه: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں: 888-311-9127 (TTY: 711)۔
Українська (Ukrainian) Ukrainian*	УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 888-311-9127 (телефайн: 711).
Français (French)	ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 888-311-9127 (ATS: 711).
Diné Bizaad (Navajo)	Díí baa akó níníizin: Díí saad bee yáníití'go Diné Bizaad, saad bee áká'ánída' áwo'déé', t'áá́ jiik'eh, éí ná hóló, kóji' hódíílnih 1-888-311-9127 (TTY: 711.)
ລາວ (Lao) Laotian	ທາງເຂດ: ຖ້າ ທ່ານ ກຽດ ພາສາລາວ, ມີ ສ່ວນ ບໍ່ ຈ່າງ ການ ຊ່ວຍ ອອກ ໃຫ້ ທ່ານ ໄດ້ 888-311-9127 (TTY: 711).
ગુજરાતી (Gujarati)	ગુજરાતી: જો તમે ગુજરાતી બોલતા છો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 888-311-9127 (TTY: 711).
Cushite*	XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajjila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 888-311-9127 (TTY: 711).
አማርኛ (Amharic) Amharic*	ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያግዝዎት ተዘጋጅተዋል፡ ወደ ሚከተለው ቁጥር ይደውሉ 888-311-9127 (መስማት ለተሳናቸው: 711)
Română (Romanian) Romanian*	ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 888-311-9127 (TTY: 711).
Gagana fa'a Sāmoa (Samoan) Samoan*	MO LOU SILAFIA: Afai e te tautala i le Gagana Samoa, o loo iai auauanaga fesoasoani, e leai se totogi mo oe, Telefoni mai i le: 888-311-9127 (TTY: 711)
Ilokano (Ilocano) Ilocano*	AGATENSION: No agsasao kayo iti Ilocano, dagiti serbisio para ti tulong iti pagasao nga awan ti bayadan ket siaadda para kadakayo. Tawagan ti 888-311-9127 (TTY: 711).
Italiano (Italian)	ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 888-311-9127 (TTY: 711).
Polski (Polish)	UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 888-311-9127 (TTY: 711).
Norsk (Norwegian) Norwegian*	MERK: Hvis du snakker norsk, er gratis språkassistanstjenester tilgjengelige for deg. Ring 888-311-9127 (TTY: 711).
Deutsch (Pennsylvania Dutch)	Wann du schwetzscht, kannst du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 888-311-9127 (TTY: 711).
Somali	OGAYSII: Hadaa ku hadasho luuqada Soomaaliga, waxaa kuu diyaara caawisyo xaga luuqa daada oo kuu bilaash ah Fadan Wac taleefaankaan. 888-311-9127 (TTY: 711)
Tigrigna/Tigrinya	አትተጉትኡን: እኛ ኡኡ ስልክ ትግርኛን፣ ለጉኡን ኣስስቡኡን ኣስርኩስን፣ ናርፈኡ ናር ቻርን፣ ኣረ ኣሸላብላ ቶ ኦኡ። ስልክ: 1-888-311-9127 (ትትይ: 711)
American Sign Language	 

ATTENTION: If you need language assistance, please call 888-311-9127 (TTY: 711) to receive these services free of charge.