

TO REGISTER:

This event is **FREE** and open to the public. Space is very limited and registration is required. Breakfast and Lunch will be served.

Please call or email Rosemary McDermott to reserve your space.

(503) 577-3655

rosemary.mcdermott@usoncology.com

Presenters

Janet Bakes is a Physical Therapy assistant and currently works in the hospital and outpatient services for Legacy Health systems. She helped create a program at Legacy teaching physical care to community caregivers.

Yulia Brockdorf is a Registered Dietitian with a specialty working with clients coping with cancer and its treatments. She regularly attends seminars on nutrition and cancer and has put her knowledge to work with patients for the past five years.

Sara Goodman a Medical Social Worker who works specifically with patients and families coping with cancer, providing emotional support and focus. She brings a wealth of community resources for caregivers in the area.

Rosemary McDermott, RN, has 30-plus years experience in the oncology field through Legacy Health Systems, Cancer Care Resources and now through Northwest Cancer Specialists. She stresses symptom prevention and relief in her practice.

Attention
Family Caregivers



**NCS – Rose Quarter
Cancer Center**

**Saturday,
November 12, 2011
9:15 a.m. - 3:00 p.m.**
**Northwest Cancer Specialists
Rose Quarter Cancer Center
265 N. Broadway
Portland, OR 97227**

Being a caregiver can be scary, lonely and hard work, but it doesn't have to be. In this class exclusively for caregivers of cancer patients, we'll discuss common issues and questions, while teaching you skills to cope.

Caregiver's Common Issues:

- You worry if you are doing the right thing.
- Activities can be limited, and you and your loved one can become isolated.
- Not knowing the correct way to provide physical care makes your job even more difficult.

Caregiver's Frequent Questions; a better understanding of:

- Pain, bladder and bowel control issues.
- Skills and techniques to provide care transfers, lifting, bathing and skin care.
- Nutrition concerns.

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