

For more information on our cancer support services, visit karmanos.org/flintcancersupport, or contact your oncology nurse navigator.

Anna Glasstetter, BSN, RN

Surgical Oncology Nurse Navigator
Karmanos Cancer Institute at McLaren Flint
(810) 342-5687

Carrie Haneckow, BSN, RN

Oncology Nurse Navigator
Karmanos Cancer Institute at McLaren Flint
(810) 342-4848

Penny Wilkinson, RN

Breast Oncology Nurse Navigator
Karmanos Cancer Institute at McLaren Flint
(833) 949-1108

Drita Nuculovic, RN

Proton Research Nurse Navigator
McLaren Proton Therapy Center
(810) 342-5674

Nicole Cygnar R.T. (R)(T)

Proton Therapy Patient Navigator
McLaren Proton Therapy Center
(810) 342-3875

Erin Simonetti, M.Ed, ATR

Registered Art Therapist
Karmanos Cancer Institute at McLaren Flint
(810) 342-4206

**KARMANOS CANCER INSTITUTE
AT McLAREN FLINT**

4100 Beecher Road, Suite A, Flint, MI 48532
(810) 342-3800



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KARMANOS.ORG/FLINTCANCERSUPPORT

CARING FOR ALL YOUR NEEDS



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CANCER SUPPORT SERVICES AND THERAPY GROUPS

We understand the importance of addressing the nonphysical challenges that can often accompany a cancer diagnosis. At Karmanos Cancer Institute at McLaren Flint, you will have access to multiple support services, for free.

ONCOLOGY NURSE NAVIGATOR

Our oncology nurse navigators work closely with each patient to help them understand and manage their health care needs. They are a dedicated team member through your health care journey to ensure you have seamless and coordinated care.

Your oncology nurse navigator will be your first line of contact while you are exploring cancer treatment options, going throughout treatment, and beyond finishing your treatments. You may contact your oncology nurse navigator for assistance with:

- Questions and concerns regarding care.
- Resources you may need, such as insurance, payment assistance, transportation, and support groups.
- Scheduling and being referred to additional health care services.
- Tracking your appointments.
- Explaining health care information to you and your family.

DIETARY SUPPORT

A registered dietician is available to provide nutritional counseling, plan an optimal diet during treatment and help patients cope with any side effects.

FOR OUR FAMILIES

The Hospitality House at McLaren provides a convenient, comfortable and low-cost housing option for people who are traveling long distances to receive care.

G-3170 Beecher Road, Flint, MI 48532

For reservation information, please call
(810) 820-9800.
mclaren.org/hospitalityhouse

CANCER SUPPORT SERVICES

Our cancer support services are offered regularly and are open to anyone touched by cancer, including current patients and survivors, their family, friends and caregivers.

- Our monthly cancer support groups are led by a clinical psychologist and an oncology navigator. These groups offer information, emotional support, guest speakers and a caring non-judgmental space to ask questions.
- Participants do not have to have a background in art to participate in the Healing Through Art program. This art therapy program is led by a registered art therapist and offers a visual form of expression used to promote self-discovery, externalize emotions, and reduce stress. Basic art materials will be used within this group to enhance the therapeutic experience. Art supplies are also provided for participants.
- Music therapy is offered weekly through a partnership with the Flint Institute of Music. A music therapist leads the group through singing, instrument playing, music and movement, improvisation, drum circles, songwriting, lyric analysis, and more. Music therapy can help decrease anxiety, while it can help increase self-expression, relaxation coping skills, reminiscence, and family bonding.
- Spiritual support is available to patients and their families. We are able to provide chaplain representation across many faiths.
- Yoga, Tai Chi, Zumba and other wellness classes are available.
- In addition, financial counseling and assistance is available. Our team advocates on behalf of patients to define benefits with insurance providers. If you plan to pay for cancer care directly, our team can provide you resources for assistance.