

# Southcoast Cancer Care Oncology Social Workers



*At Southcoast Cancer Care, Oncology Social Workers are available to assist patients and families. Social workers are available to provide emotional support, community referrals, and help you balance responsibilities while focusing on your health. Patients and families can access social work services at any point throughout their treatment and post treatment. We look forward to assisting you. Social workers are available for in person meetings, phone, or email.*

**Fall River Cancer Center:**

**Susan Domingue, LICSW: 508-973-7810**

fax: 508-973-7399    domingues@southcoast.org

**Fairhaven Cancer Center:**

**Andrea Prigaro, LICSW: 508-973-3074**

fax: 508-973-3057    prigaroa@southcoast.org

*Per Diem Social Workers: Autumn Froias, LICSW & Diane Passantino, LICSW: 508-973-7813*

## ***Social Workers Provide Assistance with:***

- Managing stress and emotions
- Support groups
- Referral to behavioral health services
- Referral for financial resources
- Supporting caregivers
- Communicating with friends & family
- Finding transportation resources
- Balancing work and health concerns
- FMLA, disability, & job accommodations
- Preparing advanced directives
- Referral for home care needs
- Finding community resources
- Understanding health insurance benefits

## ***Tips for Healthy Wellbeing in Times of Stress***

- Make a new routine, set alarms & keep structure
- Drink plenty of water & eat healthy foods
- Connect with friends & family by phone, text, video chat
- Keep moving with gentle exercise & chair yoga
- Ask for help, talk with care team, friends, family, and lenders/landlords about your needs
- Reconnect spiritually with prayer and/or meditation
- Reduce your news intake and discover new hobbies (drawing, coloring books, crafts, reading, writing, gardening)
- Take several deep breaths and focus on what is going well & what you have control over.
- Escape, watch a comedy & laugh out loud, listen to music & dance, have a home spa day, learn something new
- Get fresh air, when possible go for a walk & reconnect with nature while practicing social distancing & hygiene

## ***Resources***

- United Way referral hotline: Dial 2-1-1
- Coastline Elderly: 508-999-6400
- Family Reach: financial planning: 973-394-1411
- Meditation apps: Headspace, Calm, Smiling Mind
- The Lifeline: suicide prevention hotline: Dial 9-8-8
- SAMHSA's National Hotline (Substance Abuse and Mental Health Administration): 1-800-662-HELP (4357)

### ***Confidentiality:***

*Social Workers provide an opportunity for you to talk freely in confidence. While communication with a social worker is confidential, please note our records are maintained as part of your multidisciplinary team.*

*Just like any other treatment provider there are limitations to confidentiality; information will be disclosed appropriately if someone is believed to be at risk of hurting themselves or others. Appropriate agencies will be notified if there are concerns pertaining to a child, elder, or disabled individual that is at risk of harm or neglect.*

*If you do wish for communication with an outside agency please sign a consent form that can be obtained from office staff at the center or the social worker.*

# Southcoast Health Cancer Care Wellness Program



Managing your wellness is an important part of your health. As part of our wellness initiative, the team at Southcoast Centers for Cancer Care created on-line videos to help you focus on your overall health and wellbeing.

On our website, you will find videos from the medical oncologist, social workers, nutritionists, and community volunteers.

The videos feature:

- Self-care guidance
- Financial resources
- Healthy cooking demonstrations
- Meditation
- Chair yoga
- Fitness tips

Registration for online support groups is also available on the Southcoast website.

[www.southcoast.org/virtual-wellness-support-services](http://www.southcoast.org/virtual-wellness-support-services)

For more information about self-care contact the social workers

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