

HOW OUR PROGRAM WORKS

The CancerConnects Complementary Therapy program is available to all cancer patients who reside in Central & Northern NY, and who are currently undergoing treatment or not more than 4 months post-treatment.

- Patient completes an application form to request funding for one of the offered therapies.
- Award vouchers are issued for a specific number of visits based on the patient's desired therapy.
- Vouchers may be redeemed with a participating provider of the patient's choosing. A list of therapists, as well as their locations and contact information, will be provided for each of the offered therapies.
- Participants are asked to complete a program evaluation form after using their vouchers.

CancerConnects is a non-profit 501(c)(3) organization which provides free programs and services to help facilitate the cancer journey for patients throughout Central & Northern New York. We empower cancer patients and survivors via connections to community resources, support and guidance.

The CancerConnects Complementary Therapy program is supported by general community donations and, in part, through a grant from the Saint Agatha Foundation.



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COMPLEMENTARY THERAPY PROGRAM



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Complementary Therapy Program

The CancerConnects Complementary Therapy Program provides free voucher awards to adult cancer patients in Central and Northern NY for a variety of specific complementary therapy treatments.

Central to complementary therapy is the concept of overall wellness, and the relationship between mind, body and spirit. Complementary therapies are used to help cancer patients manage symptoms, reduce side effects, and restore and promote a sense of control and vitality. They work in tandem with a patient's medical plan and are never intended to replace conventional treatments.

A panel of complementary therapy practitioners have agreed to provide their services at a reduced rate for cancer patients who participate in this program. The services offered through the CancerConnects program include massage therapy, Reiki, healing touch, foot reflexology, yoga therapy, virtual meditation, and acupuncture.



Massage Therapy

Massage therapy is manual soft tissue manipulation that causes movement and applies pressure to the body with the intention of increasing health and well-being. The beneficial effects of massage can include overall relaxation, an easing of stress and anxiety, greater ease of movement, a decrease in low back pain, removal of metabolic wastes and toxins from the body, a slowing down of muscle, the soothing of stiffness and sore, achy muscles, an increase in circulation, reduction of inflammation, pain and swelling, and a strengthening of the immune system.

Reiki (pronounced ray-key)

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. The word “Rei” means universal, the word “Ki” means life energy. It is a precise vibrational frequency that brings harmony, balance and well-being to mind body and spirit.

Healing Touch

Healing Touch is an energy-based approach to health and healing. The goal of Healing Touch is to restore harmony, energy and balance within the human energy system. This goal supports the client's self-healing process of becoming whole physically, emotionally, spiritually and mentally.

Foot Reflexology

Foot reflexology affects various parts of the body through the use of thumb, finger and hand pressure on specific areas of the foot. It is a natural healing art based on the scientific principle that reflexes in the foot correspond to an organ or gland in other parts of the body.

Acupuncture

Acupuncture encourages the body to promote its own natural healing and improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points.

Yoga Therapy

Therapeutic yoga sessions utilize yoga postures, breathing exercises, and meditation to improve physical & mental health, as well as to promote relaxation. Participants meet 1-on-1 with a certified yoga instructor.



For more information about our program, or to request an application to receive free Complementary Therapy vouchers, please contact CancerConnects at (315) 634-5004 or via email:

officecancerconnects@gmail.com