



# **Self-Care and Volunteer Resources**

*For persons with cancer*

**This handout lists  
services to help cancer  
patients who need help  
with reading, who want to  
volunteer to help others,  
or who need help with  
issues related to changes  
in their looks caused by  
treatments for cancer.**

## **Appearance Concerns**

- **Look Good...Feel Better**  
**800-ACS-2345** (800-227-2345)  
**Hours: 24 hours a day, 7 days a week, including holidays**  
**[www.cancer.org](http://www.cancer.org)**  
This public service program sponsored by the Cosmetic, Toiletry and Fragrance Association Foundation in partnership with ACS and the National Cosmetology Association helps women handle appearance changes resulting from cancer treatment. The program's print and video materials are available both to patients and health professionals. Instructional sessions run by ACS are offered in a number of locations. Written materials and programs are also available in Spanish.
- **UWMC Beauty and Cancer and For Men with Cancer**  
**206-598-3604**  
**Hours: 7:30 a.m. to 4:30 p.m.**  
UWMC has a wig bank with a wide selection of wigs and a large selection of hats, scarves, and head wraps free of charge for UWMC patients, both men and women. Make-up and skin-care products are also available. Volunteers are available by appointment to help you with your selections(s). The Gift Shop in the 3<sup>rd</sup> floor main lobby, carries turbans and hats for sale.
- **American Cancer Society**  
**206-283-1152; toll-free in Washington: 800-729-1151**  
**[www.cancer.org](http://www.cancer.org)**  
Provides a resource list of stores that sell wigs for cancer patients. Also has information about head coverings. Ask Cancer Center staff for information.

## Questions?

Your questions are important. Call us if you have questions or concerns.

Social Work and Care Coordination:  
206-598-4370

## Reading Concerns

- **Lifetime Learning Center**  
**206-985-3904**  
*[www.lifetimelearningseattle.com](http://www.lifetimelearningseattle.com)*  
For anyone over the age of 55. Small fee for classes.
- **Washington State Literacy Hotline**  
**800-228-8813**  
Statewide referral for free help with reading skills for native and non-native English speakers.
- **Washington Talking Book and Braille Library**  
**800-542-0866**  
The Library for the Blind can provide books and magazines on tape and the machines to play them for people who have difficulty with reading because of their tumor or surgery.

## Volunteer Opportunities

If you are interested in working as a volunteer, there are several organizations that offer opportunities.

- **UWMC Volunteer Services Department**  
**206-598-4218**  
UWMC Volunteer Services needs volunteers for a wide variety of positions.
- **American Cancer Society**  
**206-283-1152**  
Needs cancer survivors to fill a variety of volunteer positions.
- **Cancer Lifeline**  
**206-297-2100**  
Volunteers needed for a variety of positions.
- **United Way of Seattle-King County Volunteer Department**  
**206-461-3700**  
United Way can help you find opportunities to volunteer in a community service agency.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Social Work and Care Coordination –  
Cancer Programs**

Box 356125  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4370

*A member of the Seattle Cancer Care Alliance, which includes Fred Hutchinson Cancer Research Center, Children's Hospital and Regional Medical Center, and University of Washington Medical Center.*