



## Education & Resources

**Mealtrain.com** is a free, online interactive meal calendar that simplifies the organization of giving and receiving meals. By allowing the giving party to take into account the recipients preferred meal times, food preferences, and available days, the site helps ensure that the recipient get the meals they enjoy on the days that are the most helpful. **MealTrain.com** helps eliminate confusion related to meal giving. ► [www.mealtrain.com](http://www.mealtrain.com)

**Caringbridge** provides free, personal and private websites that connect people experiencing a significant health challenge such as cancer to family and friends, making each health journey easier. ► [www.caringbridge.org](http://www.caringbridge.org)

**Petersburg Public Library Cancer Resource Nook** is designed to be a restful, healing focal point for information. Whether it's you, your spouse, partner, parent, sibling or friend that is living with cancer, the information provided here is meant to help decrease stress and increase hope during a challenging life transition. ► **Call (907) 772-1111**

Each leaf on the **Tree of Life Quilt** carries a name of a loved one that has been touched by cancer. This tree quilt illustrates our support of those currently battling cancer, celebrates those that have survived and remembers those we have lost to cancer.

## Travel Assistance

**Beat the Odds** provides financial support to these groups\* to locally and regionally assist those affected by cancer.

**First City Council on Cancer\*** is a Ketchikan-based, all-volunteer organization that provides financial assistance to residents in the southern southeast part of Alaska with Cancer. A simple application and attached receipts of expenses incurred by resident with cancer can be mailed to First City Council on Cancer, PO Box 8832 Ketchikan, Alaska 99901.

► **Call (907) 228-8140**

**Wrangell Medical Center Cancer Care\*** is here to help you by providing limited financial grants to residents of Southeast Alaska to help cover expenses related to treatment outside of your community of residence. Print out the Travel Assistance Application and mail it to: Wrangell Medical Center Cancer Care, PO Box 1081, Wrangell, AK 99929 or fax to Cancer Care at: 907-874-7167.

► [www.wrangellmedicalcenter.org](http://www.wrangellmedicalcenter.org) or call **(907) 874-7000**

**Cancer Connection\*** is a Juneau based charitable organization which provides travel expense reimbursement for Southeast Alaska residents traveling for cancer treatment. ► [www.cancerconnectionak.org](http://www.cancerconnectionak.org) or call **866-376-2273**

**Seattle Apartment Rental** - If you have been diagnosed with cancer and need a place to stay in Seattle for treatment or testing Southeast Alaska Cancer Connection has an apartment available. They have a one bedroom apartment four blocks from Virginia Mason and Swedish Hospital of Seattle. The fully furnished apartment has 24 hour security, a fitness room, is pet friendly, and has daily grocery delivery service. The apartment is available on a first come first serve basis. ► **Call Cancer Connection (866) 376-2273** or [www.cancerconnectionak.org](http://www.cancerconnectionak.org) for more information.

**Angel Flight West** is a nonprofit, volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions such as cancer. Angel Flight West has a partnership with Alaska Airlines to provide transportation for residents of the state of Alaska to seek medical treatment within the state or to the Lower 48. You may travel with a companion, as it can be comforting to have a friend or a loved one with you to offer encouragement and support. Requests must be made by a referring medical agency, doctor's office, or hospital social worker.

► [www.angelflightwest.org](http://www.angelflightwest.org) or call **888-426-2643**



# Opening Doors

Resources in Petersburg Alaska  
for people with cancer.

Petersburg Medical Center Foundation's  
**Beat the Odds, A Race Against Cancer Committee**  
[www.beattheoddsdg.org](http://www.beattheoddsdg.org)



## Our History

Beat the Odds was founded by Annabelle Baker in 1990. Artist, futures trader, athlete, triple marathoner, dive master, kayaker, fisherman and hunter, Annabelle was an ardent community activist in Petersburg where she worked enthusiastically in the field of Cancer Research fund-raising.

Beat the Odds is part of the Petersburg Medical Center Foundation. The Foundation was first founded in 1990 and renamed in February 2000 to the Petersburg Medical Center Foundation. The Foundation is a non-profit 501(c)(3) organization that was established to maintain and support assistance to Petersburg Medical Center. Beat the Odds is part of the Foundation. Our funds are utilized locally and regionally to bring awareness, education and support to those affected by cancer.

Our all-volunteer committee meets monthly, provides connections to resources, coordinates our events and brings everyone from individuals to businesses together to help make a difference to Beat the Odds!

Tax-free donations can be made to:

**Beat the Odds A Race Against Cancer Committee**  
**PO Box 1477**  
**Petersburg, AK 99833**

Please make checks out to Petersburg Medical Center Foundation with a note in the memo that the donation is for "Beat the Odds."

## Support & Services

**Petersburg Cancer Support Group** is a free, unstructured anonymous gathering of people impacted by cancer. Discussions range widely and may include recovery strategies such as nutrition and exercise, dealing with fear, loss and grief, celebration of good test results, or advice about doctors and hospitals. The group meets the first and third Friday of each month at noon in the public library conference room. Contact the group facilitator, ▶ **Lea Stanton Gregor at True North Counseling and Consultation LLC (907) 650-7292 or visit us online at [www.foundtruenorth.com](http://www.foundtruenorth.com) for more information.**

When families are dealing with cancer and cancer treatment, everyday tasks can become overwhelming. Beat the Odds worked with **Chore Services**: someone to help with housework, meals and other needs. To find out how to get help with chores, contact your chemotherapy or home health nurse at Petersburg Medical Center or Cornerstone Home Health. ▶ **Call (907) 772-4291 or (907) 772-2121**

Sometimes those with cancer need special equipment or supplies. Petersburg Rexall Drug can help locate items for purchase or **Equipment Rental**. To find out how to get help with equipment services, contact your chemotherapy or home health nurse at Petersburg Medical Center or Petersburg Rexall Drug. ▶ **Call (907) 772-4291 or (907) 772-3265.**

**No Excuses!** Pick up an "Udd" and help us make a difference. ▶ **Call (907) 772-4291**

**True North Counseling & Consultation, LLC** provides individual and family counseling, crisis intervention, and support groups. We are licensed and experienced professionals. ▶ **Lea Stanton Gregor at True North Counseling and Consultation LLC or call (907) 650-7292 or visit us online at [www.foundtruenorth.com](http://www.foundtruenorth.com) for more information.**

**Petersburg Mental Health Services (PMHS)** provides care seven days a week by licensed professionals on a sliding scale. Medicaid and Medicare accepted. We provide integrated care with your physician to promote whole body wellness. We provide biofeedback and neurofeedback for stress management and for assisting in managing side effects of some cancer treatments. Trauma specific treatment is available if past or current trauma is impacting your health or your ability to cope with your cancer diagnosis. Please ask your physician or nurse to refer you, or contact the director, ▶ **Susan Ohmer, LCSW (907) 772-3332.**

## Beat the Odds A Race Against Cancer Committee



## Our Mission

To bring awareness, education and support to those affected by cancer.

For more information or to make a donation contact: Michele Parker, Chair  
at (907) 518-1023  
Beat the Odds A Race Against Cancer  
PO Box 1477  
Petersburg, AK 99833

Check out our website:  
**[www.beattheoddsdg.org](http://www.beattheoddsdg.org)**  
Also check us out on Facebook at:  
Petersburg Beat the Odds A Race  
Against Cancer

Annual Events:  
Circle of Life Walk/Run Fundraiser (April)  
Beat the Odds Walk/Run Fundraiser (October)

