

Lifeline News

THE CANCER LIFELINE NEWSLETTER

Optimizing the quality of life for people living with cancer

Support by phone found to be highly effective

TELEPHONE COUNSELING IS AS GOOD AS, and in some ways better than, face-to-face counseling, according to a literature review by two Cancer Lifeline pre-doctoral interns.

In determining whether telephone-delivered therapy was effective, the studies they reviewed show:

- Women with breast cancer who received regular, weekly telephone support reported feeling better educated, more in control and a greater sense of well-being than patients who were simply given a diagnosis and/or educational materials.
- Patients who received weekly telephone therapy support sessions were more likely to take their medications and be more willing to engage in various self-care practices.

The studies also showed nearly 50 percent of clients in face-to-face counseling discontinue therapy after the first session. In contrast, 92.5 percent of clients in telephone counseling continue beyond the first session. Of those who had both telephone and face-to-face counseling, 58 percent preferred the telephone for reasons such as cost, convenience, feeling less intimidated and allowing them to talk more candidly.

When conducting their review, interns Alison Munoff and Jennifer Galbreath learned the two types of support best done by telephone are the ones Cancer Lifeline has employed since its inception: client-centered (listening, offering empathy, letting the caller direct the conversation) and cognitive behavioral (offering practical skills training for coping with difficult situations). “The work we do on

the Lifeline closely mirrors what research shows as successful telephone therapy,” Alison noted.

This study comes at a time when calls for emotional support, referrals to other services and patient navigation services are on the rise: the Lifeline has seen a 10 percent increase in calls since July. A call to the Lifeline often leads to access to our other programs, all of which are offered at no charge.

Jennifer said the review confirmed what she already suspected. “I have always thought highly of telephone therapy for its unique way of reaching those with conditions that prevent them from coming into an office. This helped validate that belief for me.” ☺



Cancer Lifeline pre-doctoral interns answering calls to the Lifeline

Poets and quilters collaborate in “From Text to Textiles” exhibit




POEMS COMPOSED IN CANCER LIFELINE’S writing program provided the inspiration for 23 art quilts on exhibit at the Dorothy O’Brien Center.

Cancer Lifeline partnered with the Contemporary QuiltArt Association (CQA) for the show. “My hope was that the cross-pollination of the two art forms would create works with a depth and richness as they feed off each other,” explained Basha Brownstein, Cancer Lifeline’s Community Program Manager.

CQA artists chose works from current and past participants in the weekly Writing for the Moment class, designing a quilt in response to a poem. “These quilts are not intended for the bed,” Basha pointed out. “They employ a wide variety of fiber techniques—surface design, appliqué, photo transfer, painting—all done on fabric but very unusual.”

“From Text to Textiles” will be on display until January 8, 2010. Visitors are welcome to come and enjoy this beautiful and stirring exhibit Monday through Friday from 9:00 a.m. to 5:00 p.m. or by appointment. ☺

“Telephone Lines” quilt by Barbara Fox, inspired by Phyllis Knowles poem “Phone Calls”



Cancer Lifeline's

- TENTH ANNUAL -

Luncheon

Save the Date: March 25th, 2010

The date is set for Cancer Lifeline's 10th Annual Luncheon.

We are excited to announce Howard Behar, former president of Starbucks Coffee Company International and long time Cancer Lifeline supporter, will be the featured speaker.

We hope you'll join us on March 25, 2010 at noon at the Seattle Westin.

If you are interested in becoming a table captain or would like to attend, please let us know by calling 206-832-1273. 🍷



Howard Behar

Cancer Lifeline uncovers millions in existing funds for patients in need

When callers reach out to Cancer Lifeline for emotional support they are often amazed at the many ways we are able to help. Contributions to Cancer Lifeline are leveraged many times over to optimize the quality of life for people living with cancer. In just 15 months, Cancer Lifeline's

accredited financial navigators connected 412 households with \$5 million in existing resources to help keep people in treatment and not have to choose between their health and food, heat or housing. 🍷

To donate, visit www.cancerlifeline.org

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New Cancer Lifeline web site
Visit www.cancerlifeline.org to see how we've made our web site easier to navigate for information about our programs and services, and to register for classes.

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