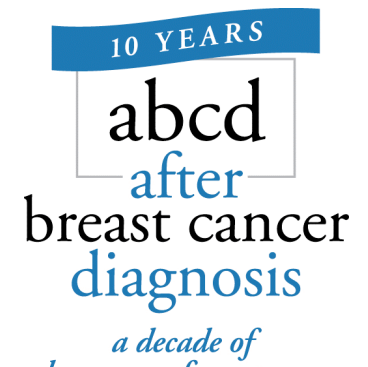


ABCD Resource List*

ABCD: After Breast Cancer Diagnosis
6737 W. Washington Street Suite 3265
West Allis, WI 53214
414-918-9222

The businesses and services listed here are a compilation of suggestions from individual mentors, participants and other volunteers at ABCD and are based on their experiences. *These resources are not exhaustive and ideas for additions are always welcome.*

ABCD, its staff and mentors may from time to time identify to participants in its program businesses and others who provide services to those diagnosed with breast cancer. Any such identification by anyone affiliated with ABCD is not a recommendation for, or endorsement of, the provider, but is only for the purpose of identifying resources available in the community which may be of assistance to those diagnosed with breast cancer. It is understood that those choosing to use any such identified services do so at their own risk, based on their own evaluation of the services provided and specifically release and hold harmless ABCD and anyone affiliated with ABCD from any liability arising out of the use identified by ABCD.



Hats, Wigs, Hairstylists and Make-Up Artists				
Hats/Scarves	Sharon's Wig Salon	13723 W Capital Drive	262.783.6900	www.sharonswigs.com
Makeup Artists	Cindi Wentlandt - Derma Cosmetics Tattoo Salon	1547 E Racine Avenue Waukesha	414.899.3744	willtattoo@aol.com This is a e-mail address Website www.mydermacosmetics.com
Permanent Cosmetics	Lynn Duncan OTR – Permanent Cosmetics 3 Locations:	375 Williamstowne Bracken House, Suite C2 <u>Delafield</u> 200 W. Silver Spring, <u>Glendale</u> 201 N. Mayfair Rd. Wheaton Franciscan Medical Center, Wauwatosa	262.470.0077 (Same Phone Number for All Locations)	www.lynnduncanpermanentcosmetics.com
Wigs/Hairstylist	Lisa Brzezinski Cosmetology Manager/Wig Consultant	Small Stones Wellness Center/Clinical Cancer Center Froedtert Hospital 9200 W. Wisconsin Ave. Milwaukee	414-805-0998	lbrzezin@fmh.edu This is her e-mail address.
Wigs/Hairstylist	Robert Laurence Hair Studios, Inc.	4060 N Oakland Avenue	414.961.7000	Kevin McElroy – works with chemo patients and has made custom wigs for cancer patients since 1998. His artistry and attention to detail make his service unique. Website is www.robertlaurence.com
Wigs/Hairstylist	Sharon's Wig Salon (Also See Her Listed Under Hats/Scarves)	13723 W Capital Drive	262.783.6900	www.sharonswigs.com

Prostheses and Clothing				
Prostheses/Clothing	Fitzgerald Pharmacy, Inc.	424 E Silver Spring Drive	414.332.8380	Sara Westling-New Contact for 2010
Prostheses/Clothing	Knueppel Healthcare Services, Inc. West Allis Store Knueppel Healthcare Services, Inc. Racine Store Knueppel Healthcare Services, Inc. Mequon Store	1444 S. 113 th St, West Allis 1143 Warwick Way, Racine 10510 N. Port Washington Road	414.258.2800 262.321.0110 262-240-1700	800.942.6422 Website www.knueppels.com

Complementary Therapies				
Acupuncture/Herbs	Helen Miller	500 Elm Grove Rd. Suite 325 Elm Grove	262-782-1616	Jensen Health and Energy Center Website www.health-energy.com
Complimentary Therapy	Orlanu Therapies – Michele Rozansky	1025 W. Glen Oaks Lane Suite 207 Mequon	262.241.7887	Physical Therapy, Occupational Therapy, Massage www.orlanutherapies.com
Psycho-Spiritual Integration Advanced Energy Healing Holotropic Breath Work	Joyce Lynn, LCSW	2717 N. Grandview Blvd Suite 201 Waukesha	262.521.0709	Website is www.wisdomoftheheart.com
Chiropractic Yoga Message Therapy	Angela Hall, DC (Owner of Solcare) Hall Chiropractic	305 W Silver Spring Drive	414.963.1411 OR 414-963-1388	www.solcarewisconsin.com
Massage Therapy	Touchstar Massage Therapy by Paula Brookmire	11050 W. Blue Mound Rd. Wauwatosa	414.527.0040	Contact Paula Brookmire
Physical Therapy	Columbia West Clinic	10950 W. Capitol Drive, Wauwatosa This is Columbia West Clinic	414-464-4460	
Massage	Elizabeth Hoffman -- Hands On, Inc.	2363 S. 102 nd. West Allis Suite 304	414-543-9936	Appt only - offers a variety of massages, has experience with breast cancer patients & survivors.
Massage Therapy	St. Joseph's Hospital-Message Department Elmbrook Hospital Pavlic Center	5000 W. Chambers St., Milwaukee 19333 W. North Avenue, Brookfield	414-447-2273 262-785-2254	
Holopathic Medicine, Herbalist Certified Nutritionist	Susan Palmieri, PhD (Doctor of Integrative Energy Medicine) (Certified Biofeedback Specialist) Great Lakes Holopathic Center	9141 W. Lisbon Avenue Milwaukee	414-526-5699	www.holopath.com

Complementary Therapies, cont.				
Nutritional and Wellness Consulting	Complete Health Services Contact Jason Siczkowycz Contact Marc Siczkowycz	333 Bishops Way, Suite 144 Brookfield	262.860-1600	Complete Health Services www.completehealthnow.com
Nutritionist	Pam Mehnert (Manager) - Outpost Natural Foods (Highland Ave. Address is Administrative Offices) 3 Store Locations:	205 W. Highland Ave. Suite 501 100 E. Capital Drive (Milwaukee East) 2826 S. Kinnickinnic Ave. (Bay View) 7000 W. State St. (Wauwatosa)	414-431-3377 414-961-2597 414-755-3202 414-778-2012	www.outpostnaturalfoods.coop
Health and Wellness Coach Spiritual Counseling	Jean Hausmann, M.A., C.M.T	2913 N. Lake Drive Milwaukee	414.217.4418	e-mail is as follows: jean@jeanhausmann.com
Yoga	Yoga Asylum – Pam Bliss/Owner	3815 N. Brookfield Road, Suite 101 Brookfield	262.781.8102	www.yogaasylum.com
Betty Volbrecht	Certified Lifeline Practitioner (3 Locations) Certified Life Coach	<u>Location 1.</u> Thrive 2331 N. Silvernail Road Pewaukee, WI 53072 <u>Location 2.</u> White Sage Spa 8653 N. Port Washington Road Fox Point, WI 53217 <u>Location 3.</u> Rolling Spirit 6169 B Industrial Court Greendale, WI 53129	<u>Phone All Locations:</u> <u>Use Her Personal Phone:</u> <u>262-227-9752</u>	<u>Website:</u> www.beamingspirit.com

Physical and Occupational Therapy				
Occupational Therapy	Froedtert Hand Center – Diane Keller Froedtert Hand Center – Gina Zader	9200 W Wisconsin Avenue	414.805.5500	Contact Diane Keller
Physical Therapy	Leslie Waltke, PT – Aurora Rehabilitation Center	945 N. 12 th St.	414.219-7193	

Occupational Therapy	Laurie Wollin OT –Lymphedema Clinic Manager Certified Lymphedema Therapist	2801 W. Kinnickinnic River Pkwy. Suite 160	414.649.7946	Lisa Paull OT Certified Lymphedema Therapist Sheri Metz OT Certified Lymphedema Therapist
Physical Therapy	Freedom Physical Therapy (3Locations)	6908 N. Santa Monica Blvd. 1235 Dakota Drive, Suite K, Grafton 19045 W. Capital Drive, Suite 101 Brookfield	414.352.2082 262-376-2085 262-790-9800	
Lymphedema				
Lymphedema Specialist	Leslie Waltke PT, Aurora Rehabilitation Center	945 N. 12 th Street	414-219-7193	
Lymphedema Specialist	Lymphedema Center (Health Reach Rehabilitation Center)	17280 W North Avenue	262.780.0707	Contact-Kim Ebinger PT
*Lymphedema Clinic	*Columbia/St. Mary’s Milwaukee Campus-Rehab Services	2323 N. Lake Drive	414-291-1067	Contact-Eileen Riordan OT 414-291 1066 Or Contact Molly Megan PT 414-291-1066
*Lymphedema Clinic	* Columbia/St. Mary’s Ozaukee Campus	13111 N. Port Washington Road	262-243-7444	Contact Nancy Wiener PT
Lymphedema Specialist	1. Sharon Quinn OT	5000 W Chambers Street	414.447.2315	St. Joseph’s Hosp. Lymphedema Clinic
Lymphedema Specialist	2. Kathy Walsh (Performance Center, Lymphedema Clinic)	17000 W. North Ave. Suite 2W Brookfield	262.-780-4300 262-780-4308	Main Phone Number Kathy Walsh (Voice Mail)
Lymphedema Specialist	3. Wheaton Franciscan Health Care	201 N. Mayfair Road	414.259.7275	Wheaton Franciscan Health Care, Physical Medicine Dept.
Lymphedema Specialist	4. Wheaton Performance Center of St. Francis	2025 W. Oklahoma Ave. Suite 104	414-647-7678	
Lymphedema Specialist	Freedom Physical Therapy (3 Locations) (Also Listed Under Physical and Occupational Therapy)	6908 N. Santa Monica Blvd 1235 Dakota Drive Suite K (Grafton) 19045 W. Capital Drive Suite 101 (Brookfield)	414.352.2082 262-376-2085 262-790-9800	

Lymphedema Supplies	KND Equestrian – Juanell Branyan	P.O. Box 636, Gainesville, TX	940.665.7776	Wrap rollers in variety of colors Hours to call for orders (8-4:30 CT)
Lymphedema Supplies	Knueppel Healthcare Services, Inc. (3 Locations) (Also Listed Under Prosthesis and Clothing)	1444 S. 113 th St, West Allis 1143 Warwick Way, Racine 10510 N. Port Washington Rd. Mequon	414.258.2800 262.321.0110 262-240-1700	Gloves, sleeves and stockings (ask for a fitter) 800.942.6422 Alternative Phone Number www.knueppels.com

Psychotherapy				
Psychotherapy:	Paul Glass PhD	2717 N. Grandview Blvd. Suite 303 Waukesha	262-544-6486	Stress Management & Mental Health Clinic- Waukesha Clinic
Psychotherapy:	Charlene A. Carter, PhD	Maplewood Executive Center 250 N. Sunnyslope Rd. #290 Brookfield	262-754-9460	
Psychotherapy	David E. Straseski, MSSW, LCSW, OSW-C Lead Oncology Social Worker	Aurora Advanced Health Care 1055 N. Mayfair Road Wauwatosa	414.476.8450	www.dstraseski@oncologyalliance.com
Psychotherapy	Lauri Gebhard, PhD Mind, Body Program	10855 W Potter Road, Suite 21- Wauwatosa 3840 N Oakland Avenue-Shorewood 2801 S Moreland Road-New Berlin 8320 W Blue Mound Avenue Suite 125 (Wauwatosa)	414-807-8934 OR 414.407.6664	e-mail lgwdw@aol.com www.mind-bodyprogram.com
Psychotherapy	Joyce Lynn, LCSW (Also Listed Under Complimentary Therapy)	2717 N. Grandview Blvd. Suite 201 Waukesha	262.521.0709	Clinical Psychotherapy www.wisdomoftheheart.com
Psychotherapy	Rebecca Anderson PhD	To Contact Rebecca Anderson PhD Call Her Assistant Gail	Contact Gail at 414-955-6932 For Making Appointments	rsanders@mcw.edu
Psychotherapy	Stillwaters Cancer Support Services	434 Madison St., Waukesha	262.548.9148	www.stillwaterscenter.org

Psychotherapy	Laura Campbell, PhD – Suburban Counseling Services	675 N. Brookfield Road, Suite 103 Brookfield	414.550.9350 (414) Area Code Is Correct	www.suburbancounseling.com
Psychotherapy	Walter Todd Davison, MD	11501 N. Port Washington Road Mequon	414-228-8698	Psychiatrist

Support Groups & Services				
Gilda's Club Southeastern Wisconsin	4050 N. Oakland Ave.		414-.962-.8201	Social and emotional support for men, women and children living with cancer.
Infinite Boundaries	2800 Royal Ave. Suite 306 Madison, WI 53713		608-661-4178 1-888-821-1140	Breast cancer recovery retreats www.bcrecovery.org
St. Francis Hospital Cancer Care Center	Donna Revolinski, Social Worker		414-647-5503	Contact Donna Revolinski for Assistance.
St. Mary's - Ozaukee Breast Health Clinician (Demetra LeGalbo)	13111 N. Port Washington Rd. (Mequon)		262.243.7478	Meeting the 4th Wednesday of the month from 6:30 to 8:00 pm. Group meets all year long. <u>Contact Demetra before attending.</u>
Sisters Network – Milwaukee	Support and breast cancer education serving the African American community			www.sisters4cure.org
Stillwaters Cancer Support Services (Also Listed Under Psychotherapy)	434 Madison St., Waukesha		262.548.9148	Short-term counseling at no charge Support groups, workshops, retreats. www.stillwaterscenter.org
Teresa Rumelfinger (Manager) (The Aurora School Based Health Program)	950 N. 12 th Street Suite A412		414-219-7748	
Women & Men Supporting each Other	Aurora Sinai Hospital, Milwaukee		414-219-7360	Support group for those impacted by breast cancer, serving primarily African American women and men, facilitated by Oza Holmes, RN, MSN, OCN and Bonnie Andrews, ABCD Board member and mentor.

Books		
<u>A Safe Place: A Journal for Women with Breast Cancer</u>	Jennifer Pike	A combination of information and journaling opportunity.
<u>A Spiritual Journey Through Breast Cancer</u>	Judi Asti	Strength for today, hope for tomorrow.
<u>Breast Cancer: The Complete Guide</u>	Yashar Hirshaut, MD and Peter Pressman, MD	A resource with updated medical information and practical advice on breast cancer.
<u>Breast Cancer? Let Me Check My Schedule!</u>	Peggy McCarthy and Jo An Loren	Ten women share their experiences with breast cancer.
<u>Breast Cancer Husband</u>	Marc Silver	How to Help Your Wife (and Yourself) Through Diagnosis, Treatment , and Beyond
<u>Dr. Susan Love's Breast Book</u>	Susan M. Love, MD with Karent Lindsey	A resource that discusses breast health as well as breast cancer, treatment options and controversies.
<u>Fine Black Lines</u>	Lois Tschetter Hjelmstad	Reflections on facing cancer, fear and loneliness.
<u>Hope is Contagious: The Breast Cancer Survival Handbook</u>	Margit Esser Porter	A collection of quotes from women on how to cope with breast cancer.
<u>Journey: A Breast Cancer Survival Guide</u>	Allie Fair Sawyer and Norma Suzette Jones	Personal experiences and practical tips for managing physical and emotional aspects of treatment.
<u>Living in the Post-Mastectomy Body</u>	Rebecca Zuckweiler	Learning to Love and Live in Your Body Again.
<u>My Breast</u>	Joyce Wadler	Well-written narrative of a breast cancer experience from a former writer for <i>People Magazine</i> .
<u>My Mother's Breast</u>	Laurie Tarkan	Daughters face their mother's cancer
<u>Our Family Has Cancer, Too!</u>	Christine Clifford	When their mother is diagnosed with cancer, sixth grader Tim and his younger brother visit her in the hospital, learn about radiation and chemotherapy, and help with the chores at home. <i>Duluth, MN: Pfeifer-Hamilton Publishers, 1997</i>
<u>Our Mom Has Cancer</u>	Abigail and Adrienne Ackermann	Two sisters, ages 11 and 9, write a book about their perceptions of their mother's experiences with breast cancer.
<u>Thanks for the Mammogram</u>	Laura Jensen Walker	Fighting Cancer with Faith, Hope and a Healthy Dose of Laughter
<u>The Breast Cancer Survival Manual</u>	John Link, M.D.	Step by Step Guide for Women with Newly Diagnosed Breast Cancer.
<u>The Cancer Dictionary</u>	Roberta Altman and Michael J. Sarg, MD	A resource with good definitions and illustrations.

<u>The Feisty Woman's Breast Cancer Book</u>	Elaine Ratner	Breaking Down Taboos Associated with Breast Cancer and the Treatments.
<u>The Not-So-Scary Breast Cancer Book</u>	Carolyn Ingram and Leslie Ingram Gebhart	These sisters found many ways to get through their experiences with breast cancer, including how to handle other people's reactions, keep the rest of your life going and find the best ways to cope.
<u>The Paper Chain</u>	Claire Blake	When Mom gets cancer all the family's routines are disrupted, but with surgery, chemotherapy, radiation and rest, she eventually gets well enough to do the things with her young sons that she did before she got sick.
<u>Uplift</u>	Barbara Delinsky	Secrets from the sisterhood of breast cancer survivors.
<u>Your Breast Cancer Treatment Handbook</u>	Judy C. Kneece, RN, OCN	Can order on Amazon.com—Explains Treatment Decisions.

Miscellaneous Resources	
Y-Me (New Name Is Breast Cancer Network of Strength) (website y-me.org is still okay)	Patient hot-line: 800.221.2141, Spanish Speaking line: 800.986.9505 www.y-me.org
MAMM Magazine	To Subscribe: Toll Free 1-888-257-2530

Websites & Resources Organizations	
American Cancer Society	www.cancer.org
American Medical Association	www.ama-assn.org
Breast Cancer Action	www.bcaction.org
Breast Cancer Network of Strength (Formerly Y-Me)	www.networkofstrength.org
Cancer Care	www.cancercare.org
Dr. Susan Love	www.susanlovemd.com New www.SusanLoveMD.com
FORCE – Facing Our Risk of Cancer Empowered (<i>for individuals and families affected by hereditary breast and ovarian cancer</i>)	www.facingourrisk.org National website dianad@facingourrisk.org Email contact for Milwaukee Chapter
Froedtert/Medical College Cancer Center	www.froedtert.com/specialtyareas/cancercenter
Hambleton Project for Lesbians with Cancer	www.lgbt.org/hp
High-Dose Chemotherapy Support	www.yana.org

Inflammatory Breast Cancer	www.ibcsupport.org
Living Beyond Breast Cancer	www.lbbc.org
MAMM Magazine	www.mamm.com
Mary-Helen Mautner Project for Lesbians with Cancer	www.mautnerproject.org
Men Against Breast Cancer	www.menagainstbreastcancer.org
Mothers Supporting Daughters with Breast Cancer	www.mothersdaughters.com
NABCO: National Alliance for Breast Cancer Organizations	www.nabco.org
National Breast Cancer Coalition	www.natlbcc.org
National Lymphedema Network	www.lymphnet.org
Support, Information, Message Boards, etc.	www.webmd.com
Susan G. Komen for the Cure AND Susan G. Komen for the Cure – Southeast Wisconsin	www.komen.org 1-877-465-6636 AND www.komenmilwaukee.org 414-805-2900
Wisconsin's Pink Shawl Initiative – Dream the Cure (Support & Education for American Indians)	www.dreamthecure.org
Young Survival Coalition	www.youngsurvival.org