



mondays
at racine
CANCER CARE FOUNDATION
mondaysatracine.org

mondays
for men

Mondays at Racine's mission is to increase a sense of control to anyone going through cancer with targeted therapies, services and education designed to improve their overall well-being.

Mondays at Racine serves women, men, and young adults, going through treatment, for any kind of cancer. All of our services are FREE of charge.

services

- Gentle Head Shaving
- Hair Care & Wig Support
- Cosmetics
- Lash Application
- Therapeutic Oncology Skincare
- Therapeutic Oncology Massage & Lymphatic Massage
- Therapeutic Manicures & Pedicures
- Reiki
- Meditation/Breathwork
- Oncology Yoga
- Nutrition Support/Counseling
- Acupuncture

our services can help...

- Decrease anxiety and increase comfort
- Enhance sleep quality
- Decrease unwanted side effects of treatment
- Reduce recovery time and shorten hospital stays
- Strengthen the immune system and enhance the ability to heal
- Increase sense of control and well-being

make an appointment...

To be eligible to receive our services please follow these simple steps:

1. Have your oncologist/medical provider sign the attached medical release.
2. Email the signed release to us at: appointments@mondaysatracine.org
3. Once we receive your signed medical release, a Mondays Navigator will call to schedule your first appointment.

888-9MONDAY (888-966-6329)

join our private facebook page

Join our private Facebook page exclusively for Mondays clients, Mondays Marvels. A private setting where you can come together to share, ask questions and support one another.

Virtual Yoga (via zoom) Wednesday's 4pm

To reserve a spot, contact Maryellen Winter at 631-806-6225 or Maryellen@mondaysatracine.org.

"The women here are so wonderful. It's not just because of the services they've provided, nor is it the wonderful food. They are encouraging, understanding and inspiring. Coming here since my cancer diagnosis has helped me to cope during this difficult time."

— Andrea Franz



MONDAYS AT RACINE CHARTER PROGRAMS

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| <p>1 Mondays at Racine Flagship Program
284 W. Main Street, Sayville, NY 11782
(631) 224-5240</p> | <p>2 Riviera Hair Restoration & Transplant – Wig Specialists
333 Jackson Ave, Syosset, NY 11791
516-364-0110</p> |
| <p>3 Salon Be Beauty Spa
9 Montauk Hwy Blue Point, NY 11715
(631) 363-9101</p> | <p>4 Katherine Jon Salon
4747 Nesconset Highway Port Jefferson Station, NY 11776
(631) 474-0747</p> |
| <p>5 MAIA Salon Spa & Wellness
725 Route 347 Smithtown, NY 11787
(631) 257-5535</p> | <p>6 Sreen Hair & Beauty Boutique
478 Main Street Islip, NY 11751
631-820-0064</p> |
| <p>7 JD Thomas & Co.
6168A Jericho Tpke Commack, NY 11725
(631) 486-4443</p> | <p>8 Ambiance Salon
1344 Broadway #5 Hewlett, NY 11557
(516) 295-4011</p> |
| <p>9 Long Island Nail Skin & Hair Institute
3709 Hempstead Turnpike Levittown, NY 11756
(516) 520-4800</p> | <p>10 Wholeness Center
7 New Lake Rd. Valley Cottage, NY 10989
845-268-7532</p> |
| <p>11 Amityville Wellness – Acupuncture & Massage
209 Broadway Amityville, NY 11701
(631) 691-0200</p> | <p>12 The Welcome Mat Yoga & Wellness
560 Main Street suite 3 Islip, NY 11751
631-446-4318</p> |
| <p>13 Gypsy Hair Lounge
1389 Rt. 25A, East Setauket, NY 11733
(631) 374-6397</p> | <p>14 Om Shanti Yoga Center
186 W Main Street, Unit 5 Sayville, NY 11782
631-317-0737</p> |
| <p>15 Salt of the Earth
426 S Country Road, STE 2 Brookhaven, NY 11719
631-655-8627</p> | <p>16 Gallery Wig Studio
184 Route 25A Miller Place, NY 11764
631-228-4343</p> |
| <p>17 Kathleens Hair Boutique
122 Deer Park Avenue Babylon, NY 11702
631-587-5302</p> | |

284 W Main Street Sayville, NY 11782

1-888-9MONDAY

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Medical Release Form

PATIENT INFORMATION

Patient's Name: _____ Patient's Phone Number: _____

Patient's Address: _____ City/State/Zip: _____

Patient's E-mail: _____ Patient's Date of Birth: _____

The above patient is seeking medical clearance to receive cancer care services at the Mondays at Racine programs.

These services are offered to help alleviate unwanted side effects of cancer treatments such as insomnia, muscle spasm, dehydration, hair loss, dry, irritated skin, nausea, anxiety and depression. Only qualified operators will administer these services as deemed appropriate.

SERVICES INCLUDE:

- Gentle Head Shaving
- Hair Care & Wig Support
- Cosmetics
- Lash Application
- Therapeutic Oncology Skincare
- Therapeutic Oncology Massage & Lymphatic Massage
- Therapeutic Manicures & Pedicures
- Reiki
- Meditation/Breathwork
- Oncology Yoga
- Nutrition Support/Counseling
- Acupuncture

Patient must be undergoing treatment for cancer to participate.

By completing the form below, you are not assuming any responsibility for our administration of Mondays at Racine services.

If you have any questions about the Mondays at Racine program, please call the program headquarters and speak with Program Director, Ms. Rosemary Berger at 631.807.9132 or email info@mondaysatracine.org.

TO BE COMPLETED BY PHYSICIAN **Please write legibly and choose one.**

- The patient may participate without restrictions.
- The patient may participate with the exception of the following services _____.

Patient Diagnosis: _____

Physician's Name: _____

Physician's Hospital Affiliation: _____

Patient must be undergoing treatment for cancer to participate. If you know of any reason why your patient should not participate, please indicate on this form.

Physician's Signature: _____ Date: _____

Address: _____ City/State/Zip: _____

Contact Number: _____ Contact Email: _____