





# Colorado Ovarian Cancer RESOURCE GUIDE

3rd Edition

*Presented by*

**CO** colorado ovarian  
**Ca** cancer alliance  
[www.colorado-ovariancancer.org](http://www.colorado-ovariancancer.org)





---

**The information and listings provided in this guide should not be construed as an endorsement or recommendation by the Colorado Ovarian Cancer Alliance. The content is for informational purposes only. Colorado Ovarian Cancer Alliance does not provide medical advice or endorse providers of medical services.**

**The information presented in this guide is not intended in any way to be a substitute for medical advice or professional counseling. Please always include your health care providers in any decisions you make regarding changes in nutrition, exercise routine, and before you include complementary, alternative or integrative care into your treatment regimen.**

**Sources are cited for information, and the descriptions of services are from the websites of those businesses or nonprofits included herein.**

---



## Oncology Rehab

“The practitioners at Oncology Rehab recognize the importance of comprehensive, rehabilitative care during and after cancer treatment. They have targeted their focus on oncology-based therapy programs; Physical Therapy and Occupational Therapy cancer rehabilitation programs designed specifically for patients with all types of cancer diagnoses, in all phases of treatment. Oncology Rehab is a national leader in oncology rehabilitation and you will find the advanced knowledge and skills required to create a unique, specific, individual treatment plan.”  
5300 DTC Parkway, Suite 200, Greenwood Village, CO 80111. 720.306.8261  
<http://oncologyrehab.net/>

## Pelvic Floor Rehabilitation



Pelvic floor issues can be a side effect of pelvic surgery. Physical therapy can be an effective treatment for bowel and bladder dysfunction. The team at n2 Physical Therapy can help. They have experience in oncology and pelvic floor rehab with offices in Denver and Louisville. Call 720.402.3801 (Denver) or 303.954.8423 (Louisville).

[www.n2physicaltherapy.com/](http://www.n2physicaltherapy.com/)

## Smooth Move Tea

“Best taken at bedtime, sip and sleep easy knowing you’ll be right as rain in the morning.”

[www.traditionalmedicinals.com/products/smooth-move/](http://www.traditionalmedicinals.com/products/smooth-move/)

# Managing Surgery and Chemotherapy

## COCA Comfort Kit



### COCA COMFORT KIT



**A free gift for newly diagnosed women in Colorado**

303.506.7014, 1.800.428.0642

[contactus@colo-ovariancancer.org](mailto:contactus@colo-ovariancancer.org)

If you are newly diagnosed with ovarian cancer and are currently in treatment in Colorado, Colorado Ovarian Cancer Alliance (COCA) will provide a free kit of items to you for use during chemo & beyond. Contact us to receive a free “Comfort Kit” for yourself or someone you love. We can also provide a small supply to your hospital or clinic.

[www.colo-ovariancancer.org/comfortkit](http://www.colo-ovariancancer.org/comfortkit)

## Tips from a Survivor

*Tips from Jeanene Smith, COCA Associate Director and 17-yr. ovarian cancer survivor*

### PRE-SURGERY / PRE-CHEMO TIPS

- Set up a phone tree of people who need to know how you are doing and/or can lend support. You can also utilize a service such as [www.MyLifeLine.org](http://www.MyLifeLine.org) (see page 20) to keep people informed of how you are doing without having to make a multitude of calls when your energy is low.
- Plan ahead! Before you have surgery or chemo, take care of things that you might not have the energy to do after chemo begins:
  - Take your children and/or pets in for check ups.
  - Get your car serviced.
  - Go to the dentist BEFORE you begin chemo. Most doctors will advise AGAINST going to the dentist while you are in chemo due to the risk of infection.
  - Get a pedicure (and manicure!) BEFORE chemo begins.
  - Stock your pantry and refrigerator with easy to prepare food and snacks.
  - Consider buying items that are a bit more bland. Your tastebuds may change during chemo.
  - Cook a few meals ahead (or ask your family and friends to help) for the freezer. There will be days you don’t feel like cooking.
  - Purchase any heavy or bulky items (pet food, paper products, etc.).
  - Make it easy on yourself and buy a big pill box to help manage any medications that you might be given to combat side effects.
- Consider purchasing (or borrowing) a comfortable reclining chair—very beneficial as you recover from surgery and go through chemo.
- Make sure caregivers have keys to your home.
- Make a checklist of bills you regularly pay and when they are due so that you don’t miss making any payments.

### POST-SURGERY AND DURING CHEMO TIPS

- Doctors visits:
  - Write any questions down in advance of your appointment.
  - Always take someone with you to take notes and ask questions that you might forget.
  - Don’t be afraid to question your doctor (it is your health, your life, and you are

### NIH Booklet Chemotherapy and You

“Chemotherapy and You is written for you—someone who is about to receive or is now receiving chemotherapy for cancer. Your family, friends, and others close to you may also want to read this book. This book is a guide you can refer to throughout your chemotherapy treatment. It includes facts about chemotherapy and its side effects and also highlights ways you can care for yourself before, during, and after treatment.”

[www.cancer.gov/publications/patient-education/chemotherapy-and-you.pdf](http://www.cancer.gov/publications/patient-education/chemotherapy-and-you.pdf)

### Chemotherapy.com

“Whether you’re preparing for your chemotherapy journey or managing the side effects, we have the information you need...every step of the way.”

[www.chemotherapy.com/](http://www.chemotherapy.com/)

### Chemocare.com

“Find the latest information about chemotherapy drugs including how they work, their potential side effects, and self care tips while on these therapies.”

[www.chemocare.com/](http://www.chemocare.com/)

### Make a Belly Buddy

Abdominal surgery might leave you feeling like you need a little extra support! Make a “Belly Buddy” to hold against your tummy when you are getting up and down from a chair or bed. You’ll need a thin bath-sized towel and duct tape. (1) Fold the towel in thirds lengthwise; (2) Now fold it in fourths; (3) Wrap the duct tape around the folded towel lengthwise - be generous with the tape; (4) Wrap the duct tape around the towel in the other direction. You should now have a fairly firm but slightly flexible pillow of sorts to hold against your tummy!

the customer) but remember, your doctor is your best ally.

- It’s OK to seek a second opinion.
- Keep Medical Records
  - Consider keeping a 3-ring binder to house your doctor visit notes, questions for the doctor, blood test results, CT Scan reports, and a journal where you track daily how you are feeling physically and emotionally.
- Listen to your body:
  - If you’re tired, rest.
  - If you are in pain, report it to your doctor. Do NOT try to tough it out. If you are in pain, you cannot heal.
  - If you are nauseous, ask your doctor for medications to help, and take those medications at the very first sign of nausea.
- Watch for patterns: Many women experience a pattern of side-effects as they move through each round of chemo. Keep a daily journal of how you are feeling – physically and mentally. If you can determine a pattern of when you feel side-effects, then you’ll be able to anticipate and deal with them. Here are a few tips:
  - **Constipation and Diarrhea** – talk to your doctor about incorporating a stool softener, laxative, or anti-diarrheal medicine into your daily routine. A simple stool softener or anti-diarrheal pill once a day can make all the difference.
  - **Fatigue** – Keep track of your lowest days and plan to rest as much as possible. Don’t push yourself. Your body is fighting a battle and it needs rest.
  - **Feeling good days** – You WILL have days when you feel good, typically right before your next treatment. Use these days for housecleaning, errand running, and preparing for your next round of chemotherapy.
  - **Depression** – Chemotherapy can affect brain chemistry. It’s a smart move to talk to your doctor about an anti-depressant or anti-anxiety medicine and start it sooner rather than later in your treatment cycle.
  - **Bad days** – If you notice days during your treatment cycle that are worse than others (emotionally and/or physically), ask someone to stay with you on those days to help.
- You might notice that regular eating utensils taste awful and leave a metallic taste in your mouth. Using plastic utensils helps.
- Welcome the assistance from family, friends, neighbors and professionals. You do NOT get extra points for toughing it out. People want to help but don’t know how to help. Give them an opportunity to show you that they care. Ask for help.
- Attend a support group. You’ll learn so many tips for combating side effects, managing treatment, and coping.

### ★ PALLIATIVE CARE - after surgery & during treatment

#### The Inpatient Palliative Care Program at Univ. of Colorado Health

by Univ. of Colorado Health

“Palliative care is the medical specialty focused on relief of pain, stress, and other debilitating symptoms of serious illness. The goal is to improve quality of life for you and your family.” It helps you by:

- Identifying the full spectrum of physical, spiritual, and psychological care options available to you
- Matching your goals and values to a customized care plan
- Enhancing curative care with improved symptom control and relief
- Empowering you and your family to make fully informed choices
- Supporting all involved in the process, from diagnosis through grief.





### Cold Cap Therapy to Reduce Hair Loss

It may be possible to reduce the loss of your hair by using a “cold cap” during chemotherapy treatment. Ask your doctor if it is okay to use one while undergoing your chemotherapy drug.

[www.rapunzelproject.org/ColdCaps.aspx](http://www.rapunzelproject.org/ColdCaps.aspx) or <https://penguincold-caps.com/>

### Have a Pantene “Beautiful Lengths” Head-Shaving Party

Have a “head-shaving” party with friends at your local salon or spa to help ease into the adjustment of hair loss during Taxol chemo treatment. If you or your friends have hair 8” or longer, you can donate it to a cancer survivor through the ACS partnership with Pantene’s “Beautiful Lengths” program.

<http://pantene.com/en-us/experience-main-section2/beautiful-lengths>

## Hair Loss with Chemo

**Paclitaxel (i.e. Taxol) is the first-line chemotherapy drug generally given for ovarian cancer that causes sudden hair loss.** Other chemotherapy drug agents may also cause hair loss or thinning. Many women choose to shave their heads before chemo begins. Others choose to cut their hair very short. And others want to hold on to what they have for as long as they can. There is no right answer. Only you know what is right for you. Based on your treatment protocol, your doctor can give you an idea of when hair loss is expected to happen. When that time arrives, wear a shower cap or tight fitting cap to bed so you don’t end up with hair all over your pillow in the morning. Take a brush or comb into the shower each day and gently comb or brush your hair as you rinse it. Also take a plastic bag into the shower with you for holding the hair that does fall out. Celebrate when treatment is over and your fuzzy hair appears! Remember – you will likely lose your eyebrows and eyelashes as well.

### Wigs, Hats, Caps, Scarves

#### Wigs at The American Cancer Society (ACS)

See ACS wig program locations on the previous page or call 303.758.2030 for more information.

ACS produces the “TLC - Tender Loving Care” catalog that features many wigs, hats and caps at reasonable prices - See below and [www.tlcdirect.org](http://www.tlcdirect.org)

In addition, ACS sponsors “Look Good, Feel Better” programs at local hospitals and clinics where you can get free makeup and wig assistance. See below and [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org)

#### Headcovers Unlimited

“We are here to empower cancer patients and individuals with hair loss by providing quality products that allow individuals to feel like themselves again.”

[www.headcovers.com/](http://www.headcovers.com/)

#### Knots for Hope

“It’s our wish that our resources on how to tie a head scarf will help women who have experienced hair loss feel confident and beautiful.”

[www.scarves.net/blog/knots-for-hope](http://www.scarves.net/blog/knots-for-hope)



### Hana’s Designs Wig Studio and Hair Salon

229 West Littleton Blvd., Littleton, CO, 80120. 303.799.4262, 866.799.4262  
[Info@HanaDesigns.com](mailto:Info@HanaDesigns.com)

Hana’s specialty with wigs grew out of her work with the oncology departments of numerous Denver area hospitals.

[www.hanadesigns.com/cancer-wigs.html](http://www.hanadesigns.com/cancer-wigs.html)

### Linda’s Boutique

2378 South Downing St., Denver, CO, 80210. 303.744.7179.

Call for Appointment & Walk In Policy  
Wigs, turbans, hats, hair secrets, bangs and hair accessories of all kinds. Call for appointment.

[www.knowcancer.com/prosthetics-wigs-and-accessories/colorado/denver/linda039s-boutique/](http://www.knowcancer.com/prosthetics-wigs-and-accessories/colorado/denver/linda039s-boutique/)

### Tender Loving Care Catalog

by American Cancer Society  
800.850.9445.

The “TLC” catalog offers a wide variety of hats, wigs, scarves, sleeping caps and accessories that help make hair loss more manageable. A full-color catalog can be ordered by phone or from their website.

[www.tlcdirect.org](http://www.tlcdirect.org)

### “LOOK GOOD, FEEL BETTER” - PROGRAM BY AMERICAN CANCER SOCIETY

The American Cancer Society offers their *Look Good, Feel Better: Helping Women with Cancer* program at hospitals and clinics across Colorado. Each session provides beauty techniques and tips for wigs and makeup to help during chemo. A bag of free products is provided. Take in a “**Look Good, Feel Better**” class sponsored by the American Cancer Society to learn tips for making the most of what you’ve got. You’ll be surprised at how GREAT you can look! To find more info go to: <http://lookgoodfeelbetter.org/>

## American Cancer Society (ACS) Cancer Resource Network

### American Cancer Society Patient Navigators



The American Cancer Society (ACS) Patient Navigators are professionals dedicated to helping newly diagnosed cancer patients, their families, and caregivers to navigate their cancer experience. All of the American Cancer Society Patient Navigators are able to assist with a variety of requests including: information on your cancer diagnosis and treatment options, community resources, transportation, lodging, nutritional information, free wigs, and specific cancer-related needs. For more details please contact a local American Cancer Society Patient Navigator:

#### University of Colorado Hospital

##### Ashley Doty

ACS Patient Navigator  
University of Colorado Cancer Center  
1665 Aurora Court, Aurora, CO 80045 720.848.0316.

[Ashley.Doty@cancer.org](mailto:Ashley.Doty@cancer.org)

#### SCL Health Lutheran Medical Center

##### Ruth Ellen Tubbs

ACS Patient Navigator  
8300 W. 38th Ave., Wheat Ridge, CO 80033  
303.403.3609.

[Ruth.Tubbs@cancer.org](mailto:Ruth.Tubbs@cancer.org)

### American Cancer Society Cancer Resource Centers



#### ACS at Monfort Family Cancer Resource Center at University of Colorado Cancer Center

Located at the Anschutz Cancer Pavilion, 1665 Aurora Court in Aurora. 720.848.0316. M-F 8:30am -4pm. Available regardless of whether or not you are receiving treatment at the Univ. of Colorado Cancer Center.

#### ACS Resource Center and Denver Wig Program at Rose Medical Center

— Located at 4700 E. Hale Pkwy, Suite 450, Founders Building, in Denver. The wig program offers wigs, turbans and community resources. 303.320.7145. Mon.-Fri. 9am -5pm.

**ACS Resource Center at SCL Health Lutheran Medical Center** — Located in the Infusion Center at 3550 Lutheran Parkway, Suite 100-B in Wheat Ridge. 303.467.8986. Tues: 9am -12:30pm, Wed: 10am -2pm, Fri: 9am-11:00am.

#### ACS Resource Center at Swedish Medical Center

Located in the main lobby at 799 E. Hampden Ave., Suite 120, in Englewood. 303.788.2627. M-F 10am -2pm.

#### ACS Resource Center at Sky Ridge Medical Center

Located at 10103 Ridge Gate Parkway, Suite G01 in Lone Tree. 720.225.4203. Mon.-Fri. 10am -2pm

#### ACS Resource Center at The Medical Center of Aurora

— Primary location at 1501 S. Potomac St., in Aurora. 303.338.7150. Wig fitting by appointment only. Mon. & Thurs. 10am -noon. Secondary location at 1444 S. Potomac St. in Aurora.

#### ACS Resource Center at Memorial Hospital, Univ. of Colorado Health

— Located in the lobby at 525 N. Foote Avenue in Colorado Springs. Call 719.365.6800, or 719.365.8925 (message).

#### ACS Resource Center at Penrose Cancer Center

Located at St. Francis Health Services, 2222 N. Nevada Avenue, in Colorado Springs. 719.776.2515. Mondays, 8am-noon.

#### ACS at Dorcy Cancer Center, St. Mary Corwin Medical Center

— Located in the lobby at 2004 Lake Avenue, in Pueblo. 719.557.4944. Mon.-Fri. 8am-noon, 12:30pm-4:30pm.

#### ACS Resource Center at Durango Cancer Resource Center

— Located at Mercy Hospital Medical Plaza, Durango Cancer Center offices, 1 Mercado St, Suite 100, in Durango. 970.403.0086. Mon.-Fri. 8:30am -4pm.

#### ACS Greeley Wig Program

— Located in the Greeley ACS office, 8221 W. 20th St., Suite A. The wig program offers wigs, turbans and community resources. 970.356.9727 opt. 3. Mon.-Fri. 8:30am -5pm.

#### ACS Grand Junction Wig Program

— Located in the Grand Junction ACS office, 2754 Compass Dr., Suite 100. The wig program offers wigs, turbans and community resources. 970.254.5580. Mon.-Fri. 8:30am -5pm.

#### ACS Lafayette Wig Program

— Located at SCL Health Good Samaritan Comprehensive Cancer Center on second floor at 340 Exempla Circle, Lafayette, CO. The wig program offers wigs, turbans and community resources. 303.673.1620. Fridays, 11am -1pm.

## KEEPING MEDICAL RECORDS

It is important that you keep your own records and notes about the progress of your care. This will be very helpful if you decide to engage in a clinical trial or change doctors. Items to include are:

- Copies of your CT & PET scans
- Ongoing CA-125 test results
- Types and duration of chemo drugs
- Any side effects experienced
- Additional opinions or referral visits
- Any supplements or complementary care utilized

It's also helpful to keep a document current with all your important medical history such as:

- Primary Care Physician contact info
- Insurance company contact info
- Current medications
- Allergic Reactions
- Chronic Illnesses
- Previous Illnesses
- Previous surgeries & accidents
- Family History
- Social History (addictions, smoking, etc.)
- Lifestyle History (exercise, diet)
- Administration (living will, health care proxy, pharmacy, etc.)



## Home Assistance Resources



### Homewatch Caregivers – After Surgery Care

303.758.5111, 800.777.9770

7100 E Belleview Ave. Suite 101, Greenwood Village, CO 80111

*Serving: Applewood, north Denver, Golden, Wheat Ridge, Littleton, Lakewood, Highlands Ranch, Longmont, Lafayette, Louisville Greeley, Loveland, Fort Morgan, Woodland Park, Castle Rock and Monument.*

“During those critical 24 hours after coming home from a procedure, surgery or treatment, there is tremendous comfort and peace of mind knowing that our trained caregivers are present. It is important that caregivers and staff are always discreet and follow guidelines to ensure privacy, but equally important, they are focused on the safety and well-being of the patient. A caring and compassionate staff want the client to have a pleasant experience, even when the day surgery, treatment or procedure leaves them uncomfortable or out of sorts; the training and skills a caregiver receives through Homewatch CareGivers University prepares them to provide safety as well as genuine companionship... Cancer treatment and recovery asks a lot of the person with the cancer diagnosis and their family, so a strong support network of care is important. Cancer care services can help with transportation to and from medical appointments, maintaining a healthy diet and lifestyle, and respite care for loved ones who may have multiple responsibilities.”

[www.homewatchcaregivers.com/types-of-care/after-surgery-care](http://www.homewatchcaregivers.com/types-of-care/after-surgery-care)

### Right at Home – Cancer Recovery Care

6855 S. Havana Street Suite 620, Centennial, CO 80112

720.875.1800

*Serving the Greater Denver Metro Area including: Aspen Park, Aurora, Black Hawk, Buffalo Creek, Castle Rock, Centennial, Cherry Creek, Commerce City, Denver, Englewood, Evergreen, Franktown, Golden, Highlands Ranch, Idledale, Indian Hills, Kittridge, Larkspur, Littleton, Lone Tree, Louviers, Morrison, Parker, Pine, Sedalia, Watkins, Wheatridge, Adams County, Arapahoe County, Denver County, Douglas County, Jefferson County, Boulder County, Broomfield County, Bennet, Westminster, Lakewood, Arvada, Thornton, Brighton and surrounding areas, Greater Colorado Springs and El Paso County, Monument, Palmer Lake, Black Forest, Gleneagle, Air Force Academy, Fort Collins, Loveland, Greeley, Windsor, Wellington, Timnath, Severance, Pierce, Ault, Eaton, Berthoud, Johnstown, Milliken, LaSalle, Platteville, Gilcrest, Nunn, Pierce.*

“In-home care is often a great way to alleviate some of the pressures of family caregiving when it comes to cancer, allowing you to focus on emotional support instead of the details of daily activities. Right at Home caregivers can help with any of the Home Care Services...”

[www.rightathome.net/care/special-care-situations/cancer-recovery/](http://www.rightathome.net/care/special-care-situations/cancer-recovery/)

### CarePathways

A list of Private Pay and Medicare / Medicaid certified Home Care Agencies in Colorado.

[www.carepathways.com/HC-state-CO.cfm](http://www.carepathways.com/HC-state-CO.cfm)

### The Home Care Association of Colorado

2851 S. Parker Rd., Ste. 1210, Aurora, CO 80014

303-848-2521 [info@homecareofcolorado.org](mailto:info@homecareofcolorado.org)

“On the Home Care Association of Colorado’s Find-An-Agency page, you can find a home care agency that’s right for you, whether you live in Denver or Durango, Craig or Lamar — or some other part of our great state. Our member providers are committed to offering the highest quality care at all levels of need. You can find anything from live-in care to specialized skilled services..... The Home Care Association of Colorado was founded in 1970. With a tradition of service to members for more than 40 years, it has established itself as a respected association representing the interests of the home care industry...”

<http://coloradocareathome.com/>

**Cleaning for a Reason**

877.337.3348, [info@cleaningforareason.org](mailto:info@cleaningforareason.org)

“Cleaning For A Reason is a nonprofit organization that serves the United States and Canada. Our mission is to give the gift of free house cleaning for women undergoing treatment for any type of cancer. Our goal is to let these brave and strong women focus on their health and treatment while we focus on, and take away the worry and work of, cleaning their homes—free of charge. We have recruited over 1,200 maid services to donate free housecleaning to women who are undergoing treatment for cancer. Since 2006, our partner maid services have volunteered their time to clean for over 20,000 women – valued at over \$5,500,000.” Services throughout Colorado; check website for areas served. Patients can apply for assistance through the website at:

<http://portal.cleaningforareason.org/patients/account/register>

**Food Assistance Resources****MealTrain.com**

“Mealtrain.com simplifies the organization of meal giving around significant life events. We strive to simplify and promote interpersonal relationships between friends, families, and neighbors through meals. A Meal Train is rooted in the idea that a meal is a symbolic gesture of one person’s willingness to help another. The meal is a vehicle that allows the giving party the opportunity to show they care, that they hope to reduce a burden, and they will be there for the receiving party in the future. This outreach is a true interpersonal connection and is one that helps foster inter-dependence, dialogue, and compassion. How to create a Meal Train: “Identify a friend who could use a little support and enter their name, email address, and where to drop off meals. Enter the dates meals would be helpful. Enter your friend’s food likes, dislikes, allergies, and the best time to drop off a meal. Invite friends, family, congregation members via email, facebook, twitter, newsletters, and more. Invited friends respond to the invitation, sign up for a date, and take a meal.”

[www.mealtrain.com/](http://www.mealtrain.com/)

**The Organic Dish**

3117 28th Street, Boulder, CO 80301 303.736.9930, 1.800.408.5905

“The Organic Dish provides healthy, organic meals - available for pick up and delivery.” With a “Good Food” account they will set up a web page just for you – with your words and your images – where your friends and family (or anybody for that matter) can make a contribution toward your ‘Good Food’ account.” Contact: [mail@theorganicdish.com](mailto:mail@theorganicdish.com)

[www.theorganicdish.com/services/good-food-accounts/](http://www.theorganicdish.com/services/good-food-accounts/)

**Door to Door Organics**

888.2.VEGGIE or 877.711.3636 [colorado@doortodoororganics.com](mailto:colorado@doortodoororganics.com)

“Door to Door Organics is an online grocery delivery service that partners with hundreds of local farmers and artisans to deliver fresh organic produce, farm-fresh milk and dairy foods, humanely raised meats and chicken, sustainable fish and seafood and more local, natural foods right to your doorstep. We source organic and local foods whenever possible.” Delivery to location in the Denver/Boulder metro area.

<https://colorado.doortodoororganics.com/how-it-works>

**Project Angel Heart**

Denver Headquarters: 4950 Washington St., Denver, CO 80216. 303.830.0202.

Colorado Springs Office: 620 S. Cascade Ave, Ste 100. Colo.Springs, CO 80903. 719.323.0084

“A current diagnosis of a life-threatening illness such as cancer... AND documented difficulty preparing or accessing healthy meals due to your illness treatment, side effects or another disability. You must also live in the metro Denver area or Colorado Springs. If you live outside of these boundaries, you can make alternate delivery arrangements such as picking up your meals at Project Angel Heart, or setting up delivery to a friend or family member who lives within the boundaries. We do not qualify based on age or income.”

[www.projectangelheart.org](http://www.projectangelheart.org)