



Crossroads4Hope[®]

Taking On Your Cancer Journey. Together.

Breast Cancer Aftercare and Survivorship



Crossroads4Hope®
Taking On Your Cancer Journey. Together.



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crossroads4hope.org





No one is prepared to face cancer.

Our promise to the community is that
no one will ever face cancer alone --
the people who are diagnosed and
their loved ones.

*Our mission is fundamental to
every cancer journey and
offered at no charge.*



Our Vision

A world where the best cancer care prioritizes the needs of the whole person and their entire family, including emotional and social wellbeing and practical support people need, regardless of who they are or where they live.



At Crossroads4Hope, we focus on people, not disease.

Our oncology social workers, child life specialists, public health professionals, and oncology registered dietitians support people diagnosed with cancer, their families, and caregivers through every stage of the cancer journey—extending the circle of care, from diagnosis into survivorship and, when needed, bereavement.

Our work is fundamental to every cancer journey and always offered at **no charge** to individuals.

Our high touch human approach is amplified through our **MyGo2Support** 24/7 digital program.

Practical Support



Navigation, Resources & Referrals



Decision Support



Financial Assistance

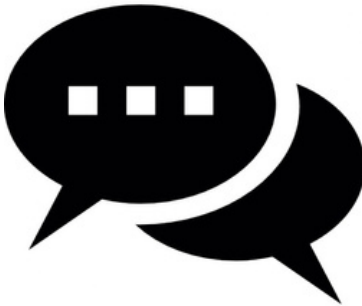
Emotional & Social Support



Support4Families



Individual & Group Support



Social Connections

Education & Wellbeing



Educational Workshops



Nutrition

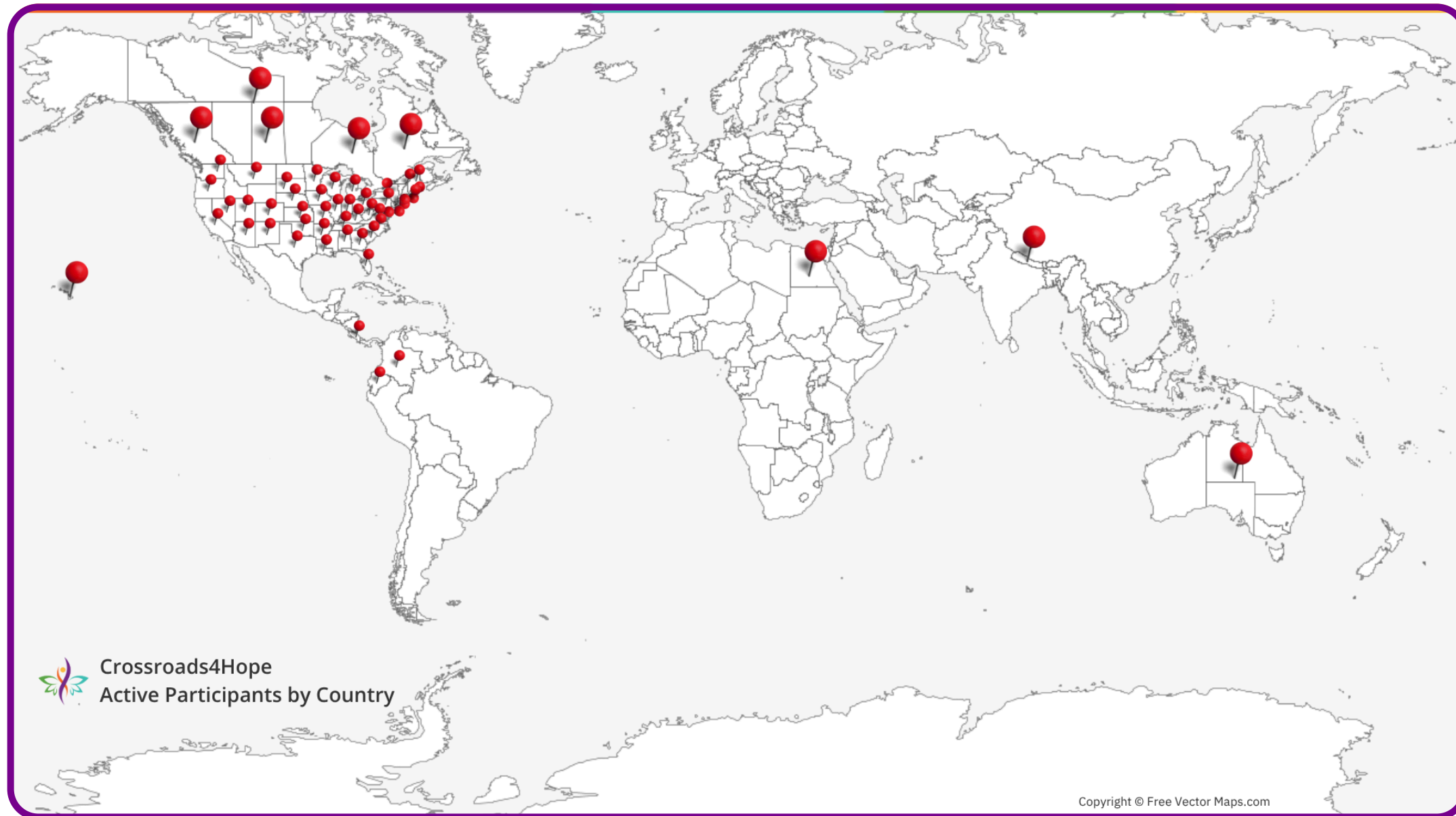


Mind & Body

No matter where someone is in their cancer journey, we can help:
Previvor | Newley Diagnosed | Active Treatment | Survivorship | Palliative Care | End-of-Life Care | Caregiver Support | Bereavement



Where We Serve



Our impact reaches people in 45 states in the U.S. and seven countries.

Nationally, we receive referrals and deliver programs virtually.

Headquartered in Bedminster, New Jersey, our programs are delivered virtually, in-person, and directly into at-risk vulnerable communities through our public health outreach.





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What Is Aftercare?

- Aftercare begins once active treatment ends (surgery, chemo, radiation).
- Focuses on healing physically, emotionally, and mentally.
- Involves regular medical follow-ups, lifestyle adjustments, and emotional support.
- “Survivorship is not the end of the story — it’s the next chapter.”



Breast Cancer

Physical Recovery & Follow-Up Care

- Continue regular checkups with your oncologist and primary care provider.
- Monitor for recurrence and manage long-term side effects (fatigue, pain, lymphedema).
- Stay up to date with mammograms and screenings.
- Keep a survivorship care plan — know your medications and test schedule.



Breast Cancer

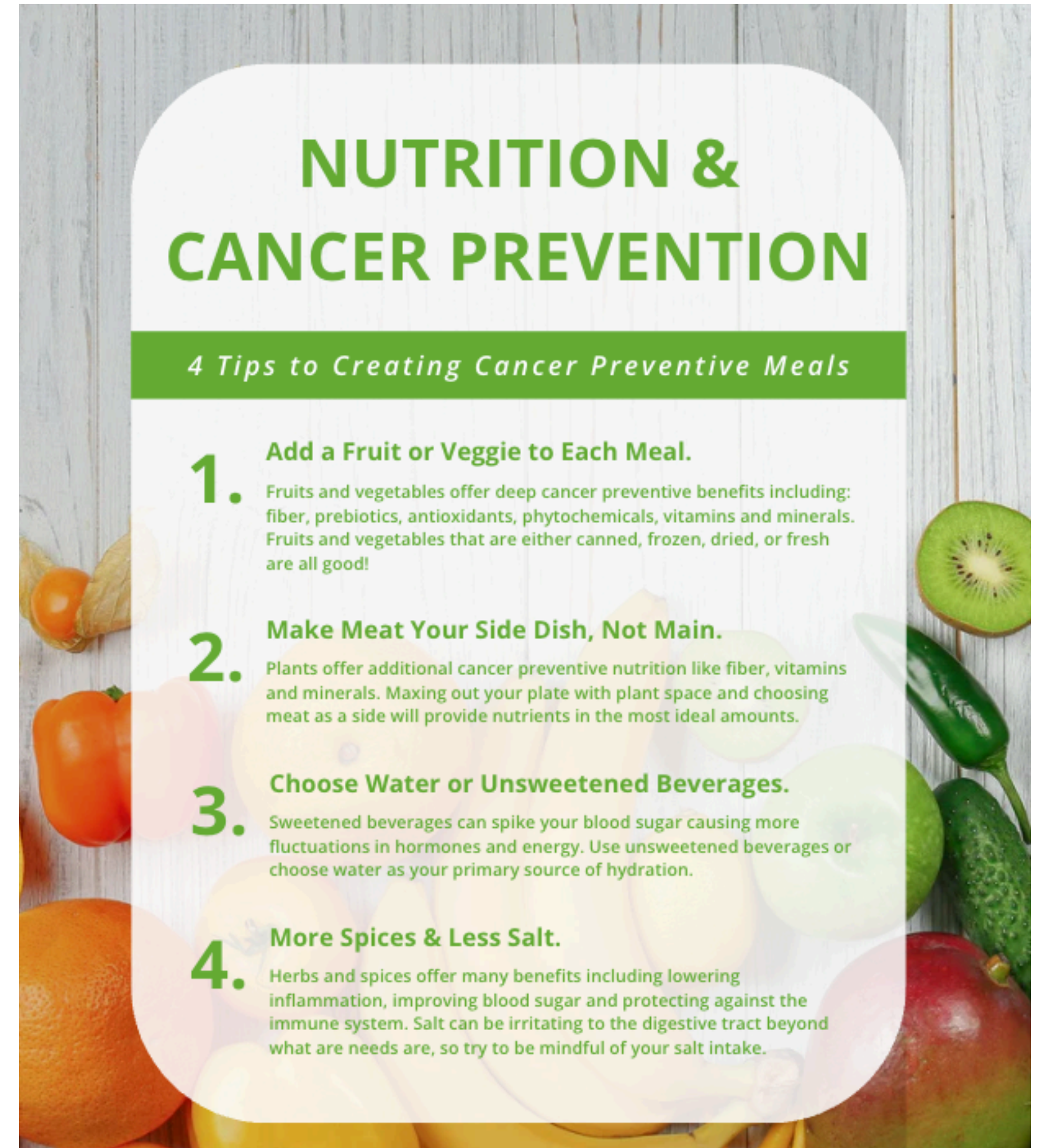
Emotional and Mental Health

- It's normal to feel anxious or uncertain after treatment.
- Support options: counseling, support groups, meditation, journaling, faith-based activities.
- Talk to loved ones — you don't have to face this alone.



Healthy Lifestyle for Survivors

- **Eat well:** colorful fruits, vegetables, lean proteins, and whole grains.
- **Stay active:** even light daily exercise improves energy and mood.
- Limit alcohol and avoid smoking.
- Prioritize sleep and stress management.
- Start small — 10–15 minutes of walking daily makes a difference.



Metastatic Breast Cancer Diet

A diet for someone with **metastatic breast cancer** should aim to:



Support overall
health



Maintain
strength



Help manage
treatment side
effects

While there's no one-size-fits-all diet, key principles can help

Key Principles



Prioritize Plant-Based Foods

Emphasize vegetables, fruits, whole grains, legumes, nuts, and seeds.

These are rich in antioxidants, fiber, and anti-inflammatory compounds.



Get Enough Protein

To maintain muscle mass, include lean sources: Poultry, fish, eggs, tofu, lentils, beans, Greek yogurt, and cottage cheese.



Healthy Fats

Focus on omega-3 fatty acids (found in salmon, walnuts, flaxseed).

Avoid trans fats and limit saturated fats.

Breast Cancer

Support from Crossroads4Hope

- Provides free-of-charge programs for anyone impacted by cancer (patients, survivors, caregivers).
- Emotional & group support with licensed oncology social workers.
- MyGo2Support: 24/7 digital platform for ongoing connection.
- Support4Families: helping families and children cope.
- Wellness, nutrition, and mind-body programs.
- Decision support and advocacy services.



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A Look Into Our Programs & Services



Individual & Group Support



Education



Nutrition Programs



Financial Support



Mind & Body Classes



Social Connections



Resource Navigation & Referrals



Decision Making Support

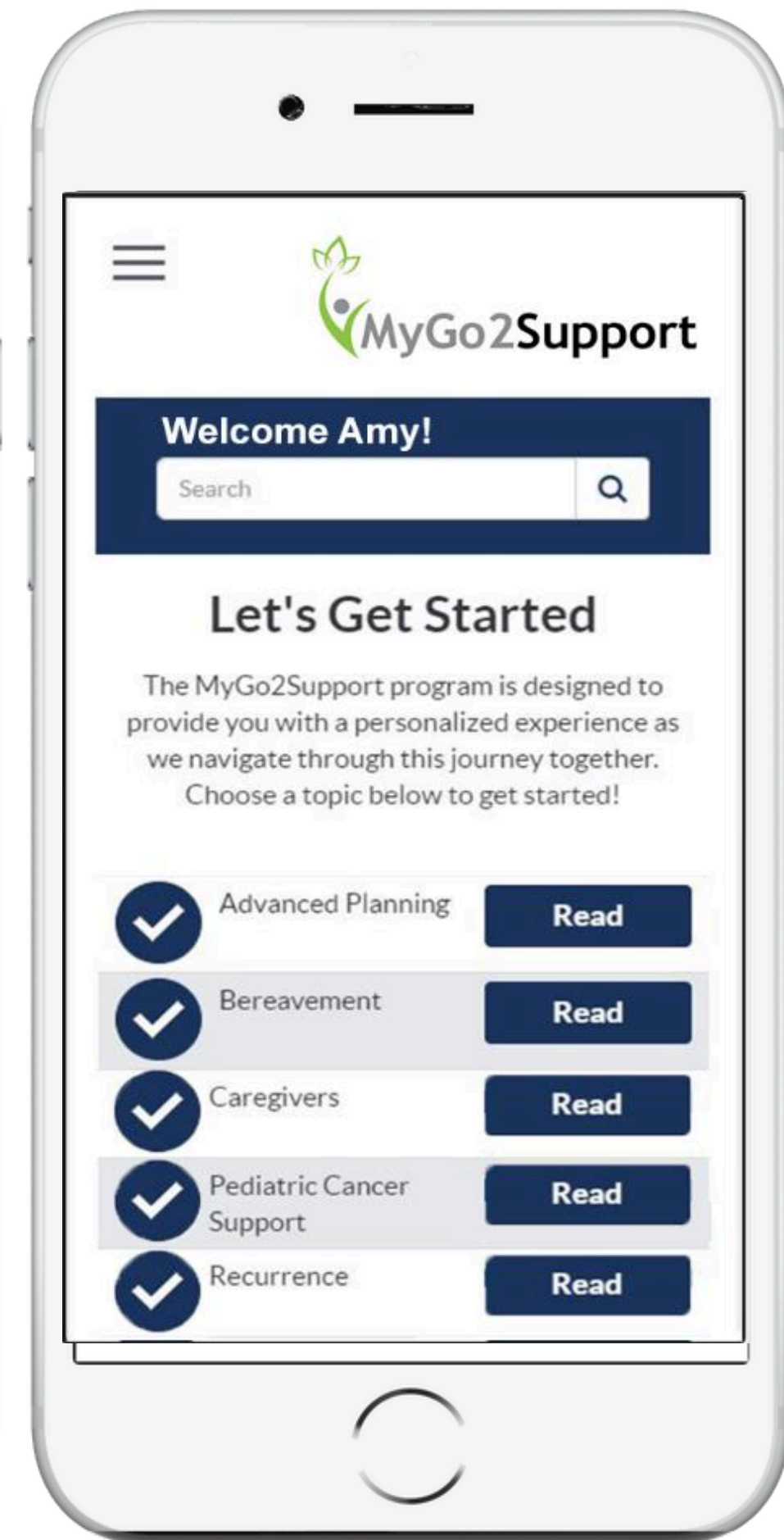
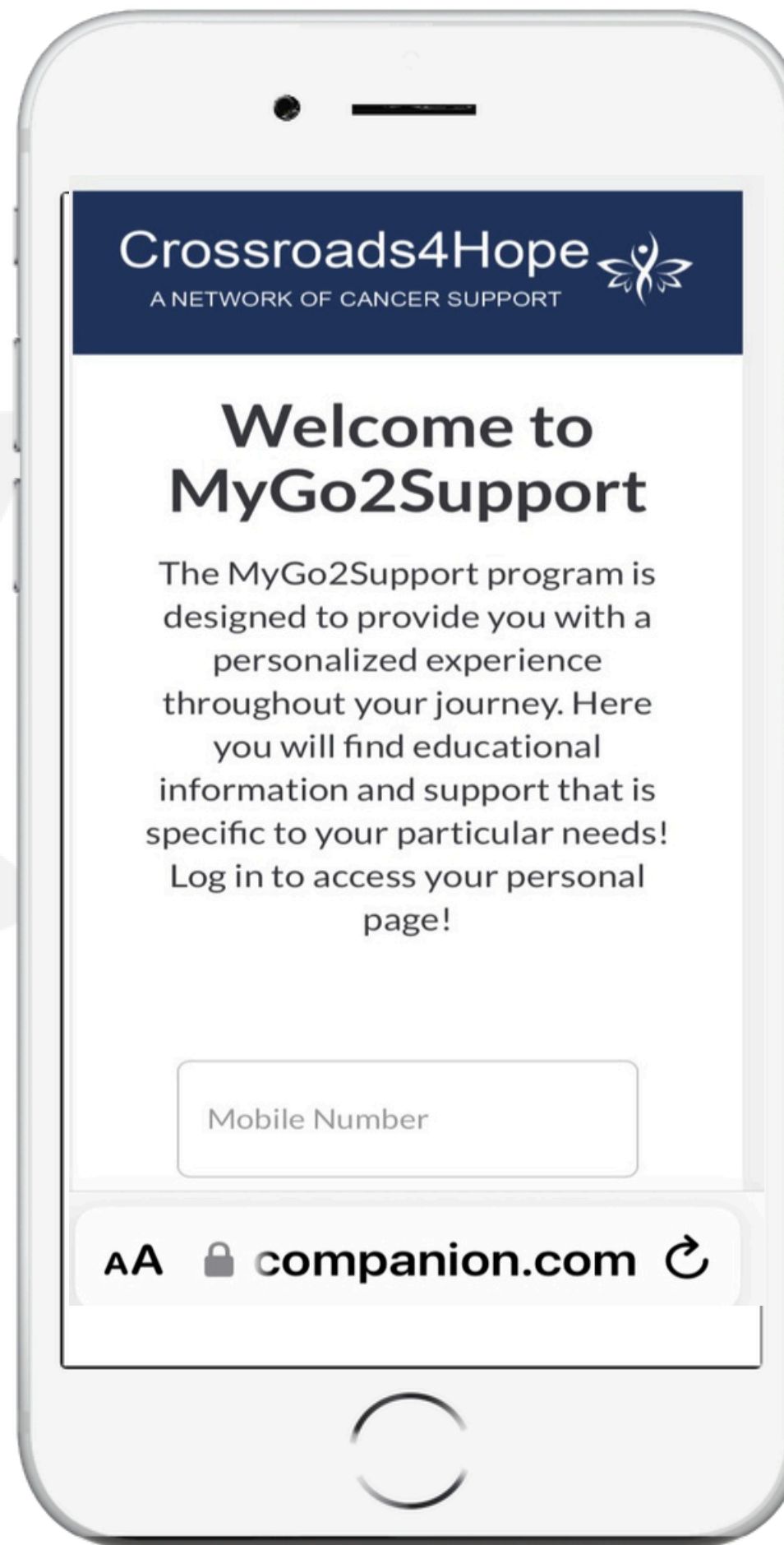


Patients and caregivers can enroll into **MyGo2Support**: a lifeline during life's most challenging moments.

Our 24/7 direct-to-mobile program, powered by GoMo Health:

- Bridges gaps between medical care and daily life.
- Reduces hidden human and financial costs of stress.
- Delivers a personalized, seamless support experience.
- Builds confidence and lowers distress.
- Easy access to resources when and where they're needed.

The program is in English and Spanish



The ***How are you doing? Survey*** identifies those diagnosed and caregivers who are struggling, especially between medical visits BEFORE they face barriers to care or an adverse event.

This weekly survey utilizes the:

- **NCCN Distress Thermometer**
- **PHQ 2 & 9**
- **Health Leads Social Needs Screener**

People that trigger an escalation, are connected immediately to our clinical team to connect live with a professional usually the same day.

*Additional screeners include Caregiver and Grief Assessments



Breast Cancer

South Jersey Breast Cancer & Survivorship Resources

Crossroads4Hope: We offer people diagnosed with cancer and their loved ones, at no charge, a network of resources, information, support, and professionals that are fundamental to helping people live through and beyond cancer with strength and hope.

Mary's Place By the Sea: Their mission is to support women with cancer through integrative services that complement their medical treatment and empower, educate, and support their healing.



Integrating These Supports into Your Aftercare Plan

- Identify what area you need most: emotional, physical, financial, or peer support.
- Join programs or survivor groups post-treatment.
- Use wellness and nutrition programs to build healthy routines.
- Seek financial aid or practical help if needed.
- Stay connected with your care team and support networks.



Breast Cancer

Celebrating Survivorship

- Every milestone — big or small — deserves to be celebrated.
- Breast cancer aftercare is about living fully and joyfully.
- “You are stronger than you think, and your story gives others courage.”



Breast Cancer

Questions & Reflections

What does healing mean to you
after treatment?

How can we better support survivors
in our community?





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