



**CANCER RESOURCE CENTER**

**OF THE FINGER LAKES**

# Cancer Support Services

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Tompkins County



**612 West State Street**

**Ithaca, NY 14850**

**607-277-0960**

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**[www.crcfl.net](http://www.crcfl.net)**

**[@CancerResourceCenter](https://www.instagram.com/CancerResourceCenter)**

# The Cancer Resource Center of the Finger Lakes

*...because no one should face cancer alone*

No one is prepared to hear the words, “You have cancer.” It’s like entering a world where you don’t understand the language or even know which questions to ask.

Everyone feels lost at first.

This guide is designed to help you identify potential resources. It provides the answers to the questions we are asked about most often here at the Cancer Resource Center.



The Cancer Resource Center of the Finger Lakes is a local non-profit organization serving individuals in and around Tompkins County who have been affected by cancer. We are not affiliated with, nor do we receive funding from, the American Cancer Society.

We recognize that every person and every cancer is different, so we begin by listening. Many people come to us when they are first diagnosed. Others come because they are concerned about a loved one with cancer. We answer questions, suggest resources, and share what we’ve learned from others who have come through our doors.

Our programs include one-on-one assistance, support groups, financial advocacy, financial assistance, transportation assistance, a boutique, and wellness programs. We are happy to track down additional resources for you, just contact us with your question

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## Advice for People Newly Diagnosed with Cancer

by Bob Riter

The first few days following a cancer diagnosis are like riding on top of a speeding train. You're hanging on for dear life and can't quite see what's ahead. Although every situation is somewhat different, this is what I generally suggest:

- Focus on one step at a time. If you are having a biopsy next week, focus on that biopsy and do not let your mind wander to what might happen next.
- Take someone with you to medical appointments. They can take notes and help you remember what was said.
- Do not hesitate to ask your doctor to repeat something. Do not hesitate to get a second opinion if you think it might be helpful. Your doctor won't mind. (If your doctor does mind, you should get another doctor).
- Family members, friends, and complete strangers will give you advice. Be wary when they say, "You *should* do..." Though well-intentioned, they may not know what is best for you.
- You control who to tell about your cancer diagnosis and when to tell them.
- Remember that cancer treatments change rapidly. What you hear from people who were treated in the past is out of date.
- Understand that cancer is not a single disease. Lung cancer and breast cancer are very different diseases. There are even 14 different types of breast cancer. What you hear about cancer in other people probably does not apply to your cancer.
- Survival statistics are averages. They can be helpful if you want a general idea of the prognosis for people with your disease, but they can't predict what will happen to you as an individual.
- A new cancer diagnosis is rarely a medical emergency. You generally have several days or even weeks to explore your options. Some situations do require immediate attention, ask your doctor how long it is safe to wait before beginning treatment.
- Do not begin a radical "cancer curing" diet or major lifestyle changes before or during treatment. Just eat sensibly and nutritiously, exercise moderately, and get plenty of rest. You can make whatever lifestyle and diet changes you want after treatment is over.

- Nearly everyone undergoing cancer treatment experiences fatigue. It is probably the most common and least publicized side effect. Conserve your energy for activities that are most important to you.
- Nothing goes in a straight line. You will feel better one day; then you will feel worse; then you will feel better. Do not be discouraged by the down days.
- Being diagnosed with cancer is life-changing for many and life-disruptive for nearly everyone. It is difficult at first, but once the decisions are made and treatment begins, most people gradually regain their rhythms. Cancer isn't fun, but treatment often ends up being more manageable than people expect. It's a club that no one wants to join, but trust me, you're in good company.

*Bob Riter joined the staff of the Cancer Resource Center as Associate Director in 2000 and was the Executive Director from September of 2010 - September of 2017. Bob contributed regular articles about cancer for the Ithaca Journal. Bob's columns are available online at [www.crcfl.net](http://www.crcfl.net) or in his book, When Your Life is Touched by Cancer: Practical Advice and Insights for Patients, Professionals, and Those Who Care (©Hunter House Publishers, 2014).*

## Free Cancer Screenings

The New York State Department of Health has a **Cancer Services Program in Cortland and Tompkins Counties**. Their mission is to reach all uninsured/under-insured residents in Cortland and Tompkins Counties (who qualify) to provide free breast, cervical and colorectal cancer screenings to reduce cancer rates in our counties.

The Age-Appropriate, Risk-Based Screenings offered by the CSP are:

- Mammograms and clinical breast exams for breast cancer.
- Pap tests and pelvic exams for cervical cancer.
- Take home fecal tests (FIT or FOBT) for colorectal cancer.
- Screening colonoscopy for men and women at increased risk for colorectal cancer.

For more information about screenings and eligibility, contact the Cortland County Health Department at 607-758-5523.

## Support, Educational, and Wellness Groups at CRC

*The Cancer Resource Center of the Finger Lakes has multiple support groups to benefit those affected by cancer. The types of support groups and the meeting schedule is listed below. For more information about the groups or to confirm the meeting schedules, contact the Cancer Resource Center at 607-277-0960 or visit our website at [www.crcfl.net](http://www.crcfl.net)*

|  |  |
|--|--|
| <b>Women’s Noon Group</b>  | <ul style="list-style-type: none"> <li>• Support group for women with any type of cancer diagnosis and are at any stage of treatment or recovery (breast cancer is the most common).</li> <li>• Meets every Friday at the Cancer Resource Center from 12-2 PM.</li> </ul>                            |
| <b>Men’s Breakfast Club</b>  | <ul style="list-style-type: none"> <li>• Support group for men with any type of cancer diagnosis and are at any stage of treatment or recovery.</li> <li>• Meets every Friday at the Royal Court Restaurant from 8-9 AM.</li> </ul>  |
| <b>Young Adult Group</b>   | <ul style="list-style-type: none"> <li>• Support group for young adults (between 20-40ish) with any type of cancer diagnosis. Partners are welcome to attend.</li> <li>• Meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month at the Cancer Resource Center from 5:30-7 PM.</li> </ul>  |
| <b>Pat’s Group: <i>Living with Cancer as a Chronic Disease</i></b> | <ul style="list-style-type: none"> <li>• Support group for men and women living with advanced cancer and metastatic disease. Partners are welcome to attend.</li> <li>• Meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month at the Cancer Resource Center from 12-1:30 PM.</li> </ul> |
| <b>Caregiver Group</b>   | <ul style="list-style-type: none"> <li>• Support group open to family, friends, and caregivers of a loved one with cancer.</li> <li>• Meets the 2<sup>nd</sup> Tuesday of the month at the Cancer Resource Center from 5:30-7 PM.</li> </ul>   |
| <b>Colorectal Group</b>  | <ul style="list-style-type: none"> <li>• Support group for men and women with any type of colorectal cancer.</li> <li>• Meets the 1<sup>st</sup> Tuesday of the month at the Cancer Resource Center from 5:30 – 7:00 PM.</li> </ul>  |
| <b>Prostate Group</b>  | <ul style="list-style-type: none"> <li>• Support group for men with prostate cancer.</li> <li>• Meeting schedule varies, call for details.</li> <li>• Meets at the Cancer Resource Center.</li> </ul>  |

## Support, Educational, and Wellness Groups at CRC, continued

|   |   |
|---|---|
| <p><b>CRC/CMC: Living Well With Cancer Workshop</b></p> | <ul style="list-style-type: none"> <li>• Monthly education program focusing on a cancer related topic of interest.</li> <li>• Meets the 3<sup>rd</sup> Tuesday of the month at Cancer Resource Center from 5:30-7 PM.</li> <li>• Meets the 2<sup>nd</sup> Thursday of the month at Schuyler Hospital from 5-6:30 PM.</li> </ul>   |
| <p><b>CRC/Cornell Collaboration</b></p>                 | <ul style="list-style-type: none"> <li>• A collaboration with Cornell University doctoral students involved with cancer research that connects them with clients of the Cancer Resource Center. Seminars are led by students about a topic of interest in cancer. Presentations are in lay language and open to the public.</li> <li>• Meeting schedule varies, call for details.</li> <li>• Meets at the CU Vet School.</li> </ul> |
| <p><b>Gentle Yoga</b></p>                               | <ul style="list-style-type: none"> <li>• Yoga class for men and women with any type of cancer (free for people with cancer).</li> <li>• Meets every Tuesday and Island Health and Fitness from 9:30-11 AM.</li> </ul>   |
| <p><b>Water Exercise</b></p>                            | <ul style="list-style-type: none"> <li>• Water class open to men and women with cancer.</li> <li>• Meets at Island Health and Fitness three times a year, for a small fee for the 6 week program.</li> <li>• Schedule varies, call for details.</li> </ul>  |
| <p><b>Acupuncture</b></p>                               | <ul style="list-style-type: none"> <li>• Affordable acupuncture treatment for people with cancer; a sliding scale (\$15-\$35) is offered.</li> <li>• Available at Ithaca Community Acupuncture, call 607-319-5454 for an appointment.</li> </ul>  |

## Local Resources for Financial Assistance

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|---|---|
| <p><b>Cancer Resource Center</b><br/>         612 West State Street<br/>         Ithaca, NY 14850<br/>         607-277-0960<br/> <a href="http://www.crcfl.net">www.crcfl.net</a></p>   | <ul style="list-style-type: none"> <li>• Trained volunteers are available to assist individuals navigate their financial concerns related to a cancer diagnosis. We can help identify resources, organize paperwork, assist completing applications for benefits, and advocate on a client's behalf.</li> </ul>   |
| <p><b>Ithaca Free Clinic</b><br/>         521 West Seneca Street<br/>         Ithaca, NY 14850<br/>         Clinic: 607-330-1254<br/> <a href="http://www.ithacahealth.org">www.ithacahealth.org</a></p>  | <ul style="list-style-type: none"> <li>• The Ithaca Free Clinic is a medical center where patients can receive both conventional medical care offered by physicians and nurse practitioners and alternative care from holistic professionals.</li> <li>• The clinic serves the uninsured, free of charge.</li> <li>• The clinic offers appointments, and also has walk in hours, call for details.</li> </ul> |
| <p><b>Small Comforts Foundation</b><br/>         1 Leslie Lane<br/>         Ithaca, New York 14850<br/>         607-257-6059<br/> <a href="http://www.smallcomfortsfoundation.org">www.smallcomfortsfoundation.org</a></p>                                  | <ul style="list-style-type: none"> <li>• A non-profit foundation dedicated to funding programs to raise the morale and or quality of life for people of all ages living with chronic illness. The foundation provides items of comfort and support for people with chronic illness in Tompkins and Cortland Counties.</li> </ul>  |
| <p><b>Leukemia and Lymphoma Society</b><br/>         Western and Central NY Chapter<br/>         4043 Maple Road Suite 105<br/>         Amherst, NY 14226<br/>         716-834-2578<br/>         LLS Information Specialists:<br/>         800-955-4572</p> | <ul style="list-style-type: none"> <li>• National organization, with local chapters which offer various supports for people with blood cancers. One type of support is financial assistance towards the cost of insurance and prescription co-payments. There is also some financial assistance for travel expenses for those with a significant need.</li> </ul>   |
| <p><b>Samaritan Center of Catholic Charities</b><br/>         324 West Buffalo Street<br/>         Ithaca, NY 14850<br/>         607-272-5062<br/> <a href="http://www.catholiccharitiesst.org">www.catholiccharitiesst.org</a></p>                         | <ul style="list-style-type: none"> <li>• The Samaritan Center provides urgent, short-term financial assistance to families and individuals in immediate crisis. Emergency financial assistance is offered in Tompkins County only; funds are limited and determined on a case-by-case basis. Referrals for other types of assistance are provided.</li> </ul>   |



## Assistance with Medication Costs

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| <p><b>ProAct Prescription Discount Card</b><br/> <a href="http://www.proactrxsavings.com">www.proactrxsavings.com</a></p> <p>Cards are available online, at participating local pharmacies, or by calling 2-1-1 (in Tompkins County).</p> | <ul style="list-style-type: none"> <li>• Offers a free discount card that reduces the cost of prescription drugs. Present your card at participating pharmacies and save an average of 10-20% on brands and 20-70% on generic medication.</li> <li>• Anyone is eligible, regardless of age or income.</li> </ul>                             |
| <p><b>Partnership for Prescription Assistance</b><br/> <a href="http://www.pparx.org">www.pparx.org</a></p>   | <ul style="list-style-type: none"> <li>• Acts as a single point of access for individuals to receive information about financial assistance programs to get prescription drugs for free or at very low cost.</li> </ul>  |
| <p><b>NeedyMeds</b><br/> P.O. Box 219<br/> Gloucester, MA 01931<br/> Helpline: 800-503-6897<br/> <a href="http://www.needy meds.org">www.needy meds.org</a></p>   | <ul style="list-style-type: none"> <li>• National non-profit organization that provides information and referrals for affordable healthcare, medication, and assistance programs.</li> <li>• Offers a free discount card that reduces the cost of prescription drugs.</li> <li>• Anyone is eligible, regardless of age or income.</li> </ul> |
| <p><b>Patient Advocate Foundation</b><br/> Co-Pay Relief Program<br/> <a href="http://www.copays.org">www.copays.org</a><br/> 866-512-3861</p>  | <ul style="list-style-type: none"> <li>• The Co-Pay Relief Program provides financial assistance to financially and medically qualified patients for co-payments, deductibles, or prescription medications.</li> <li>• Program does have eligibility requirements.</li> <li>• Application available online, or by calling.</li> </ul>        |

## Assistance with Insurance and Legal Issues

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| <p><b>Health Insurance Navigators</b><br/> Human Service Coalition<br/> State Street #133 Suite 275<br/> Ithaca, NY 14850<br/> 607-273-8686<br/> <a href="http://www.hsctc.org">www.hsctc.org</a></p>                        | <ul style="list-style-type: none"> <li>• A free and confidential program to assist individuals find quality health insurance in NY, renew insurance, compare insurance plans and programs, or change insurance.</li> <li>• Call to schedule an appointment with a navigator.</li> </ul>  |
| <p><b>Disability Program Navigator</b><br/> Tompkins County Workforce NY<br/> Center Ithaca, Suite 241<br/> Ithaca, NY 14850<br/> 607-272-7570, ext. 136</p>   | <ul style="list-style-type: none"> <li>• The Disability Program Navigator has current information about work incentives, SSDI and SSI, and can assess the effects of earnings on other state and federal programs.</li> <li>• The DPN will also help individuals take advantage of programs and support services such as Medicaid and Medicare.</li> </ul> |
| <p><b>Health Care Bureau</b><br/> NYS Office of Attorney General<br/> Helpline: 800-428-9071</p>   | <ul style="list-style-type: none"> <li>• The Bureau protects – and advocates – for the rights of consumers regarding health care throughout the state. They safeguard consumers against illegal practices in the health care market and assist consumers with resolution of health care complaints.</li> </ul>   |
| <p><b>Health Insurance Information, Counseling and Assistance Program of Lifelong</b><br/> 119 West Court Street<br/> Ithaca, NY 14850<br/> 607-273-1511<br/> <a href="http://www.tclifelong.org">www.tclifelong.org</a></p> | <ul style="list-style-type: none"> <li>• Trained volunteers at Lifelong navigate seniors through Medicare, Medigap, Medicaid, prescription medication and claim issues.</li> <li>• Call to schedule an appointment.</li> </ul>   |
| <p><b>Cancer Legal Advocacy and Services Project</b><br/> Legal Services of Central NY<br/> Multiple Locations<br/> 315-703-6500<br/> <a href="http://www.lscny.org">www.lscny.org</a></p>                                   | <ul style="list-style-type: none"> <li>• A project of Legal Services of Central New York which provides legal assistance to individuals and their families living with cancer in Central New York. Although they cannot directly assist residents from Tompkins County, they can provide information and referral.</li> </ul>                              |

## Wigs, Make Up, and Mastectomy Products

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|---|---|
| <p><b>The Boutique</b><br/> <b>Cancer Resource Center</b><br/>         612 West State Street<br/>         Ithaca, NY 14850<br/>         607-277-0960<br/> <a href="http://www.crcfl.net">www.crcfl.net</a></p>  | <ul style="list-style-type: none"> <li>• Maintains an inventory of wigs, hats, scarves, turbans, and mastectomy products.</li> <li>• Staff provide personal assistance with wig fittings and selection.</li> <li>• Items are free of charge to individuals with cancer.</li> </ul>  |
| <p><b>Hendricks and Wood Studios</b><br/>         801 West Buffalo Street<br/>         Ithaca, NY 14850<br/>         607-257-7911</p>   | <ul style="list-style-type: none"> <li>• Erich Hendricks offers wig sales and service. Service includes reshaping, re-curling, custom coloring of human-hair wigs, and restyling.</li> </ul>  |
| <p><b>Paula Young</b><br/>         800-364-9060<br/> <a href="#">Paula Young</a></p>  | <ul style="list-style-type: none"> <li>• A company that has a selection of hairpieces and wig styles for women who want to look their best and feel confident. They offer a variety of products that can be ordered online, by phone, or by mail.</li> </ul>  |
| <p><b>Look Good....Feel Better</b><br/>         Location: Cancer Resource Center<br/>         612 West State Street<br/>         Ithaca, NY 14850<br/>         607-277-0960<br/>         For information, contact:<br/>         Cancer Resource Center – 607-277-0960</p> | <ul style="list-style-type: none"> <li>• A free program sponsored by the American Cancer Society to teach women how to restore their appearance and self-image during chemotherapy and radiation treatments.</li> <li>• Monthly session schedule can vary – call for details or to register for one of the sessions.</li> </ul>   |
| <p><b>Norabloom Botanicals and Beauty Lounge</b><br/>         132 E. State Street, Suite 201,<br/>         Ithaca, NY 14850<br/>         607-592-8222<br/> <a href="http://www.norabloom.com">www.norabloom.com</a></p>   | <ul style="list-style-type: none"> <li>• A beauty lounge that specializes in a "loving, chemical-free approach to women's skin health."</li> <li>• Oncology esthetics is a specialty that provides skin care services to cancer patients while they are either undergoing treatment therapies or are post treatment.</li> <li>• Holly Green, owner and licensed esthetician, provides free consultations to women undergoing cancer treatment.</li> </ul> |
| <p><b>Guthrie Med Supply Depot</b><br/>         402 Third Street<br/>         Ithaca, NY 14850<br/>         607-273-4727</p>  | <ul style="list-style-type: none"> <li>• Carries durable medical equipment, breast prostheses and mastectomy bras.</li> <li>• Call ahead for an appointment.</li> </ul>   |

## Wigs, Make Up, and Mastectomy Products, continued

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|---|---|
| <p><b>The Confident Woman Boutique</b><br/>Cortland Regional Medical Center<br/>160 Homer Avenue<br/>Cortland, NY 13045<br/>(607) 756-3880</p>  | <ul style="list-style-type: none"> <li>• Offers a selection of bras, camisoles, lotions, undergarments, headscarves, prostheses, and swimwear.</li> <li>• Staff provide assistance with personal fittings.</li> <li>• Open by appointment only.</li> </ul>  |
| <p><b>Lady Jane Boutique</b><br/>892 East Brighton Avenue<br/>Syracuse, NY 13205<br/>315-498-9086 <b>OR</b><br/>5700 West Genesee Street<br/>Camillus, NY 13031<br/>315-468-9743<br/><a href="http://www.ladyjaneboutique.com">www.ladyjaneboutique.com</a></p> | <ul style="list-style-type: none"> <li>• A Boutique that carries post-mastectomy and post-reconstruction breast prosthesis, bras, lingerie, and swimwear.</li> <li>• Certified fitters assist finding the right product and size for your needs, by appointment.</li> <li>• Products can be purchased in store, online, or by catalog.</li> </ul>                       |
| <p><b>Hanger Orthotics</b><br/>310 Taughannock Boulevard, Suite 1A<br/>Ithaca, NY 14850<br/>607-277-6620<br/><a href="http://www.hangerclinic.com">www.hangerclinic.com</a></p>   | <ul style="list-style-type: none"> <li>• A national clinic specializing in orthotics and prosthetic products.</li> <li>• Ithaca clinic has a certified mastectomy fitter who assists each patient to find the right size and style of post mastectomy products and bras.</li> <li>• Requires a prescription from a referring physician at first appointment.</li> </ul> |
| <p><b>YWCA Pink Boutique</b><br/>211 Lake Street<br/>Elmira, NY<br/>607-733-5575<br/><a href="http://www.ywcaelmira.org">www.ywcaelmira.org</a></p>   | <ul style="list-style-type: none"> <li>• A boutique that is part of their women’s breast health program; products include prostheses, bras, swimwear, and headwear for women to purchase.</li> <li>• The boutique also accepts some insurance.</li> <li>• Fittings require an appointment.</li> </ul>   |

## Beds, Wheelchairs, and Other Equipment

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| <p><b>Finger Lakes Independence Center</b><br/>                 215 Fifth Street<br/>                 Ithaca, NY 14850<br/>                 607-272-2433<br/> <a href="http://www.fliconline.org">www.fliconline.org</a></p>  | <ul style="list-style-type: none"> <li>• The Center provides durable medical equipment (such as walkers, wheelchairs, rails, etc.) available for a short term loan.</li> <li>• The Center also has a “Try It Room” with items that can help with daily living. The room also loans assistive technology and devices for a one month period.</li> </ul> |
| <p><b>Wonderful Wheelchairs</b><br/>                 (basement of Cayuga Ridge)<br/>                 1229 Trumansburg Road<br/>                 Ithaca, NY 14850<br/>                 607-375-6657 or 607-272-8224</p>        | <ul style="list-style-type: none"> <li>• A volunteer organization in Ithaca that refurbishes and sells wheelchairs, walkers, and scooters at very reasonable prices.</li> <li>• Hours are limited, call for more information.</li> </ul>   |
| <p><b>Trumansburg American Legion</b><br/>                 607-387-4212<br/> <b>Dryden Veterans’ Memorial Home</b><br/>                 607-844-9900<br/> <b>Groton American Legion</b><br/>                 607-898-3837</p> | <ul style="list-style-type: none"> <li>• Each of these organizations maintains a closet with wheelchairs, beds, and other equipment that are available for loan.</li> </ul>  |
| <p><b>Lincare, Inc.</b><br/>                 217 Commercial Avenue, Suite 1-3<br/>                 Ithaca, NY 14850<br/>                 607-277-4027</p>   | <ul style="list-style-type: none"> <li>• Local supplier for hospital beds and various respiratory therapies, serves multiple counties.</li> <li>• Requires a referral or prescription for services.</li> </ul>   |

## Nutritional Assistance

**The Cayuga Center for Healthy Living** has registered dietitians available to provide information about cancer-related nutrition and needs. Contact them for a consultation at 607-252-3590.

**The Oley Foundation** provides resources and information for people dependent on tube feeding or IV nutrition. Contact them at 518-262-5079.

**The Cancer Resource Center** occasionally receives donations of Jevity, Glucerna, and Ensure. Contact our office for current availability at 607-277-0960.

**The Partnership for Prescription Assistance** is a clearinghouse for assistance with nutritional supplements. You may qualify for assistance from the manufacturer of the products. Contact the program at 888-477-2669.

## Home Health Care

### Information and Referral:

**NY Connects** is a collaboration between the Tompkins County Office for the Aging and Long Term Care Services to provide information and referral about the many long term care services available in Tompkins County. NY Connects can provide information and assistance for home meals, transportation, home care, counseling, and more. Contact the Tompkins County Office for the Aging for more information at 607-274-5482.

### Home Care Service Providers:

Several private and public agencies provide home care in Tompkins County. Services offered and rates vary, so call the provider for more information.

|  |              |
|--|--------------|
| Finger Lakes Independence Center                           | 607-272-2433 |
| CareGivers   | 607-275-0238 |
| Classen Home Health  | 607-277-1342 |
| Comfort Keepers  | 607-272-0444 |
| Visiting Nurse Service of Ithaca and Tompkins County, Inc. | 607-273-0466 |

## Pain Control

Cancer pain should be addressed quickly and aggressively. The treating physician is the first contact, but other resources are available:

**Palliative Care** is a program of **Hospicare and Palliative Care Services**, located in Tompkins and Cortland Counties. Palliative care specializes in relieving the symptoms and stress of serious illness. Symptoms may be physical, emotional, or spiritual. The goal is to improve quality of life for you and your family. Palliative care may be appropriate at any point in an illness, from diagnosis on, and it can be provided at the same time as treatment that is meant to cure you.

Working in partnership with your primary doctor, the palliative care team can provide:

- recommendations for treatment of pain and other symptoms
- clear communication between you and your family
- help in navigating the healthcare system
- opportunities for extended discussions about goals and options
- practical information about community resources
- emotional and spiritual support for you and your family

Palliative care consultations can be done in your own home, in an assisted living facility, nursing home, or hospital. Contact them for more information at 607-272-0212 or at **[www.hospicare.org](http://www.hospicare.org)**.

Ithaca office:

172 East King Road, Ithaca, NY

Cortland office:

11 Kennedy Parkway, Cortland, NY

## End of Life Care

Hospice is a philosophy of care for the dying and their families that affirms life, but does not deny death. Support and care are provided in the last phase of a person's illness so that they may live as comfortably and autonomously as possible.

Hospicare and Palliative Care Services provides hospice care wherever the patient lives: at home, in skilled nursing facilities, adult homes, or at Cayuga Medical Center. Hospicare also has a residence in Ithaca for people whose caregiver is no longer able to care for them or for people living alone without adequate care and support.

Hospice is covered by Medicare, Medicaid, and most private insurance plans. In addition, Hospicare and Palliative Care Services offers another program, Personal Attention to Health (PATH) that assists individuals in navigating the medical, emotional, spiritual and logistical challenges associated with *any* serious illness, including cancer.

Anyone can contact Hospicare for more information or to request an assessment. A doctor's referral or authorization may be required for some services. Contact them for more information at 607-272-0212 or at [www.hospicare.org](http://www.hospicare.org).

Ithaca office:  
Cortland office:

172 East King Road, Ithaca, NY  
11 Kennedy Parkway, Cortland, NY

## Mental Health Services

Depression, anxiety, and other mental health concerns are common during cancer treatment and recovery.

An **Employee Assistance Program** (EAP) is typically offered through your employer, and can provide resources available to you in your area. Contact your human resource department to see what benefits are provided.

**The Family and Children's Service of Ithaca** provides mental health services on a sliding scale, based on household income, in addition to serving those with private insurance, Medicare and Medicaid. They provide various types of counseling depending on your age, situation, and needs. Contact them at 607-273-7494 or at [www.fcsith.org](http://www.fcsith.org).

**The Mental Health Association in Tompkins County** is a good resource for information on mental health resources in our area, including a comprehensive list of private practitioners. Contact them for information on their programs and services at 607-273-9250 or [www.mhaedu.org](http://www.mhaedu.org).

## Genetic Counseling

Genetic counseling for cancer involves having a trained genetic counselor help you and your family understand your inherited cancer risk. Inherited cancer risk may be passed from parent to child. The genetic counselor explains available genetic tests. He or she can also offer information about cancer screening, prevention, and treatment options and provide support.

A local organization that provides genetic counseling services to individuals in our area is:

The Ferre Institute  
124 Front Street  
Binghamton, NY 13905  
607-724-4308  
[www.ferre.org](http://www.ferre.org)

## Lymphedema

Lymphedema is a type of swelling in an arm, leg, or other body part that sometimes occurs after surgery and/or radiation for cancer. Assessment and treatment are available by:

### **Lymphedema Management Program**

Cayuga Medical Center-Department of Physical Therapy  
10 Brentwood Drive  
Ithaca, NY 14850  
607-274-4159 (for appointment with a lymphedema specialist)  
[www.cayugamed.org](http://www.cayugamed.org)

### **The Myers Center for Massage and Lymphedema**

148 Vestal Parkway East, Suite 2  
Vestal, NY 13850  
607-757-0517  
[www.themyerscenter.com](http://www.themyerscenter.com)

### **Licensed Massage Therapists and Certified Lymphedema Therapists**

Stephanie Gray Massage  
409 West State Street  
Ithaca, NY 14850  
607-351-6840  
[www.stephaniegraymassage.com](http://www.stephaniegraymassage.com)

### **Schuyler Hospital Physical Therapy Department**

220 Steuben Street  
Montour Falls, NY 14865  
(607) 535-7121  
Michelle Creary OTR/L, CLT  
Christine Stierly PT, MPT, CLT-LANA\



## Cancer Support for All Ages

### **Children:**

In the local area, children with cancer are most often treated outside of Tompkins County. However, there are some local programs that can assist children and families.

**Camp Good Days ([www.campgooddays.org](http://www.campgooddays.org))** provides residential camping programs and year-round recreational and activities for children with cancer, children with a parent or sibling with cancer, and children who have lost a parent or sibling to cancer.

**T-burg Takes on Pediatric Cancer ([www.tburtakesonpediatric.com](http://www.tburtakesonpediatric.com))** is a local non-profit organization that raises funds for pediatric cancer research and supports families suffering through pediatric cancer. Funds have gone to families of the cancer patients in order to support any unexpected expenditures that come with their children's cancer diagnosis. Families in need can complete an application for grant funds.

**Cancer Resource Center of the Finger Lakes ([www.crcfl.net](http://www.crcfl.net))** provides support to parents in talking with their child about cancer and connects them with additional resources in the community. Our program, **CRC Cares About Kids**, now has the ability to help families in need pay for counseling sessions for their children. Insurance co-pays can also be covered.

### **Young Adults:**

Cancer can be especially difficult for young adults because they are just establishing themselves in their relationships and their careers.

**Cancer Resource Center of the Finger Lakes** offers a support group for young adults (see page 5 for meeting information).

**Stupid Cancer ([www.stupidcancer.org](http://www.stupidcancer.org))** is an organization whose mission is to empower, support, and improve health outcomes for the young adult cancer community. Their website provides age-appropriate resources and social networking for young adults with cancer.

**Hope for Young Adults with Cancer ([www.h4yawc.org](http://www.h4yawc.org))** is an organization that provides financial support to young adults battling cancer as well as those who have been in remission for up to 5 years after their treatment. This organization has an application process for financial assistance for the necessities of everyday life.

**The Young Survival Coalition ([www.youngsurvival.org](http://www.youngsurvival.org))** is an international organization focusing on the critical issues women ages 40 and under who are diagnosed with breast cancer.

### **Older Adults:**

Cancer becomes more common as people get older. When an older person undergoes cancer treatment, the support s/he needs may relate as much to aging as to the cancer itself. There are local agencies that can provide supports to older adults.

**Tompkins County Office for the Aging** (607-274-5482) is an excellent resource for assistance with aging-related issues such as housing, home care, health insurance, caregiver services, and more.

**Foodnet** (607-266-9553 or [www.foodnet.org](http://www.foodnet.org)) is the local “Meals on Wheels” Program.

**The Health Insurance Information, Counseling, and Assistance Program (HIICAP)** of Lifelong (607-273-1511 or [www.tclifelong.org](http://www.tclifelong.org)) provides help with Medicare, Medigap, long-term care insurance, and other programs serving seniors.

**Gadabout** (607-273-1878 or [www.gadaboutbus.org](http://www.gadaboutbus.org)) provides door-to-door transportation for persons who are 60 and older and/or disabled.

## **Parking Permits**

Parking Permits for individuals with temporary or permanent disabilities are issued through your local city, town, or village clerk’s office. The Department of Motor Vehicles (DMV) does NOT issue these permits.

## Transportation

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|--|---|
| <p><b>Gadabout</b><br/>737 Willow Ave, Ithaca, NY 14850<br/>607-273-1878<br/><a href="http://www.gadaboutbus.org">www.gadaboutbus.org</a></p>  | <ul style="list-style-type: none"> <li>• Gadabout is a non-profit organization providing door to door transportation service for older and disabled residents of Tompkins County.</li> <li>• Reservations for rides must be made in advance.</li> </ul>   |
| <p><b>Friends in Service Helping (FISH)</b><br/><a href="http://www.fishoftc.org">www.fishoftc.org</a><br/><br/>Call 2-1-1 or 877-211-8667 to request transportation assistance.</p>         | <ul style="list-style-type: none"> <li>• A non-profit organization with volunteers who provide free rides to Tompkins County residents in need of medical and health related services within Tompkins.</li> <li>• Ride requests should be made 4 days in advance.</li> </ul>  |
| <p><b>Road to Recovery Program</b><br/>American Cancer Society<br/>(800-227-2345)</p>  | <ul style="list-style-type: none"> <li>• Rides to cancer related medical appointments may be available, depending on the local area and volunteer availability.</li> <li>• Requests must be made well in advance.</li> </ul>  |
| <p><b>Cancer Resource Center</b><br/>612 West State Street<br/>Ithaca, NY 14850<br/>607-277-0960<br/><a href="http://www.crcfl.net">www.crcfl.net</a></p>                                    | <ul style="list-style-type: none"> <li>• CRC volunteers may be available to provide rides to appointments.</li> <li>• Advance notice is recommended.</li> </ul>   |
| <p><b>Cornell Campus to Campus Bus</b><br/>C2C Service Hotline: 607-254-8747<br/><a href="http://www.c2cbus.com">www.c2cbus.com</a></p>  | <ul style="list-style-type: none"> <li>• The Campus to Campus bus makes three round trips daily to New York City and is very convenient for appointments at the major medical centers in the city.</li> <li>• Cancer patients and a support person are eligible for free seats, if space is available.</li> <li>• To check seat availability and make a reservation contact the Cancer Resource Center (607-277-0960).</li> </ul> |
| <p><b>Angel Flight Northeast</b><br/>492 Sutton Street<br/>North Andover, MA 01845<br/>978-794-6868 or 800-549-9980<br/><a href="http://www.angelflightne.org">www.angelflightne.org</a></p> | <ul style="list-style-type: none"> <li>• A non-profit organization that provides air transportation in private aircraft by volunteer pilots so that children and adults may access life-saving medical care free of charge.</li> <li>• The Northeast service area covers 9 states: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont.</li> </ul>                    |

## Transportation, continued

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| <p><b>Wings: Flights of Hope</b><br/>P.O. Box 872<br/>Orchard Park, NY 14127<br/>866-619-4647 or 716-667-0816<br/><a href="http://www.wingsflight.org">www.wingsflight.org</a></p> | <ul style="list-style-type: none"><li>• A non-profit organization that helps people in need of free air transportation for medical and humanitarian purposes.</li><li>• Wings Flights of Hope flies out of Buffalo, NY to various locations throughout the North East section of the US.</li></ul> |
| <p><b>Angel Wheels</b><br/><a href="http://www.angelwheels.org">www.angelwheels.org</a></p>  | <ul style="list-style-type: none"><li>• A non-profit charity, dedicated to providing non-emergency, long-distance ground transportation to financially disadvantaged, ambulatory patients who are traveling for treatment.</li><li>• Assistance can only be completed online.</li></ul>            |

An excellent source for additional information is the 211 Tompkins Helpline at 2-1-1 or 877-211-8667.

*Updated March 2018*