

Life Lines



A resource for
cancer patients
& their families


CANCER
SUPPORT TEAM

HOW TO USE THIS GUIDE

BY NAME

If you already know the name of the organization, look for it in the A-Z listing beginning on page 16. There you will find contact information and a brief description.

BY TOPIC

Don't know the name of the organization? Go to page 6. You will find organizations listed by topic, along with page numbers.

CAN'T FIND IT? GIVE US A CALL.

If you cannot find a resource that you need, please call Cancer Support Team at 914-777-2777 and we will try to help you locate that information.

Please keep in mind, there are numerous organizations in *Life Lines* that offer a wide variety of services, which lack of space does not allow us to include. For example, many hospitals provide acute care, long term care, rehab, adult day care services, transportation, doctor referrals and even more. Again, please call Cancer Support Team for more details – or call the organization directly.

Also not included are businesses like medical supply companies, and pharmacies. These are generally easy to find through your local telephone book, and, of course, you can call Cancer Support Team at 914-777-2777 for help.

NEED A MEDICAL CARE PROVIDER?

Should you need the name of a doctor, a therapist, or other medical care provider, Cancer Support Team recommends that you get a referral through your local hospital, a friend or family member, or by calling us at 914-777-2777. Many organizations listed in *Life Lines* also provide physician and other referrals as part of their services.

NEED HELP IN ANOTHER LANGUAGE?

A great number of the organizations listed in *Life Lines* offer bilingual or multilingual services. Although we have identified as many as we are aware of, there may be many more. Please contact the organization directly, or visit its Web site, to learn what language services are available.

GET HELP WITH MEDICAL TERMS

When you have a medical condition, you often hear words that aren't commonly used in everyday speech, and which may be confusing. To help you understand some of these medical terms, a glossary with pronunciations and brief definitions begins on page 56. Many cancer support Web sites include glossaries as well. We also encourage you to ask your medical care provider for an explanation when you hear a word or phrase you don't understand.

MAKE IT PERSONAL

The last few pages of *Life Lines* have space for your notes and important phone numbers such as doctors and emergency contacts.

KNOW AS MUCH AS YOU CAN

At Cancer Support Team, we believe it is important for you to know as much as you can about your illness, and the treatment options that are available to you. Therefore, we urge you to:

- Draw upon as many resources as you can to get the information that you need
- Ask your doctor or other health care providers to explain anything you want more detail on, or don't understand
- Call Cancer Support Team whenever you need extra help or have a question

HAVE A SUGGESTION?

There are, of course, many more resources than space allows. We have tried to include the ones that we have found to be most commonly used by our staff and our patients. If you know of, or use, an additional resource that you would like to see included, please contact Cancer Support Team at 914-777-2777 and let us know so that we can consider it for our Web site and the next *Life Lines* edition.

Note: Cancer Support Team has made every effort to ensure that the information included in *Life Lines* is up to date and accurate. We are not responsible for printer and/or typographical errors, or for data that changed over time. If you have been unable to contact an organization because the information is incorrect, please contact us at 914-777-2777 so that we can help you find the resource you need, as well as update our records.

TOPIC INDEX

Here is a listing, by topic, of all the organizations and resources in *Life Lines*. If an organization offers several services, it may be listed under more than one topic header.

You can locate an organization by topic, then turn to the page number shown for a detailed description and contact information. You can also find organizations listed alphabetically starting on page 16.

If you cannot find an organization or service that you need, please call Cancer Support Team at 914-777-2777. We will help you locate that organization, or recommend one that provides similar services and resources.

ADULT DAY CARE

A listing of day care programs for adults. May offer social programs, medical care, or both.

- Club Wartburg Adult Day Services (pages 23, 24)
- My Second Home (page 36)
- Our Place ElderServe (page 38)

- Rose YM-YWHA of Southern Westchester Adult Day Care Program (page 40)
- St. Joseph's Medical Center Adult Geriatric Day Program (page 41)
- Schervier Long Term Home Health Care Program (page 41)

AT HOME CARE

A listing of organizations that offer a variety of home health care options to housebound patients.

- Cancer Support Team (pages 20, 21)
- Family Service Society of Yonkers (page 27)
- Greenwich Hospital and Hospice (pages 28, 29)
- Lawrence Home Care of Westchester (page 32)
- St. Cabrini Nursing Home (page 40)
- Schervier Long Term Home Health Care Program (page 41)
- Visiting Nurse Association of Hudson Valley (pages 44, 45)
- Visiting Nurse Services in Westchester (page 45)

- Westchester Jewish Community Services (page 46)

BEREAVEMENT SERVICES

Information and support groups for adults and children mourning the loss of a loved one.

- Bereavement Center of Westchester (page 18)
- Bereavement Support Groups, Archdiocese of New York (page 18)
- Cancer Support Team (pages 20, 21)
- Catholic Widow and Widowers Club of St. Pius X (page 22)
- Center for Hope (page 22)
- Family Center, Inc. – The Den for Grieving Kids (pages 26, 27)
- Hospice and Palliative Care of Westchester (pages 29, 30)
- St. Ann's Church (page 40)
- Scarsdale/Edgemont Family Counseling Services (page 41)
- Tree House of the Bereavement Center of Westchester, The (page 18)

BEREAVEMENT SERVICES FOR CHILDREN

Information and support groups specifically for children who are mourning the loss of a loved one.

- Family Center, Inc. – The Den for Grieving Kids (pages 26, 27)
- Tree House of the Bereavement Center of Westchester, The (page 18)

CANCER SPECIFIC RESOURCES

Information and support services for specific types of cancer (such as Brain Tumors, Breast Cancer, etc.)

- Adelphi NY Statewide Breast Cancer Hotline and Support Program (page 16)
- American Brain Tumor Association (pages 16, 17)
- Blood and Marrow Transplant Information Network (page 19)
- Bone Marrow Foundation, The (page 19)
- Children's Brain Tumor Foundation (page 23)
- Colorectal Cancer Network (page 24)
- Encore – Greenwich, CT YWCA (Breast Cancer) (page 26)
- Kidney Cancer Association (page 31)
- Leukemia & Lymphoma Society Westchester/Hudson Valley Chapter (page 32)
- Lung Cancer Online (page 33)
- National Brain Tumor Foundation (page 36)
- National Ovarian Cancer Coalition (page 37)
- National Prostate Cancer Coalition (page 37)
- SHARE (Self Help for Women with Breast or Ovarian Cancer) (page 42)
- Y-Me National Breast Cancer Organization (page 47)

CAREGIVER AND FAMILY SUPPORT

Organizations that can offer help, information, and time off to family members, friends, and caregivers of cancer patients.

- Cancer Support Team (pages 20, 21)
- Caregiver Resource Service Centers (pages 21, 22)
- Club Wartburg Adult Day Services (pages 23, 24)
- Directions in Aging (page 25)
- Osborn Pavilion, The (page 38)
- Project Time Out (page 39)
- Rose YM-YWHA of Southern Westchester Adult Day Care Program (page 40)
- St. Joseph's Medical Center Adult Geriatric Day Program (page 41)
- Sarah R. Neuman Nursing Home (page 41)
- SKIP (Sick Kids Need Involved People) (page 42)
- White Plains Hospital Senior Services (page 46)

CHILDREN'S ASSISTANCE

Information, organizations, and support for children.

- Candlelighters Childhood Cancer Foundation (page 21)
- Chai Lifeline (page 22)
- CLIF – Children Living with Illness in the Family (page 23)

- Danny Fund, The (page 25)
- Double H Hole in the Woods Ranch (page 26)
- Family Center, Inc. – The Den for Grieving Kids (pages 26, 27)
- Friends of Danielle, Inc. (page 28)
- Friends of Karen (page 28)
- Hole in the Wall Gang Camp, The (page 29)
- Kids Konnected (page 32)
- Mental Health Association of Westchester (page 35)
- SKIP (Sick Kids Need Involved People) (page 42)
- Tree House of the Bereavement Center of Westchester, The (page 18)

COUNSELING

Services that provide advice and/or information given by either trained professionals or people who have been through the same experience. Counseling can offer everything from practical knowledge to emotional support.

- American Cancer Society (page 17)
- Cancer Care (page 20)
- Cancer Support Team (pages 20, 21)
- Center for Hope (page 22)
- Community Counseling Center of Larchmont/Mamaroneck (page 24)
- Directions in Aging (page 25)
- Family & Community Services, Inc. (page 27)

- Family Services of Westchester (page 27)
- Iona Pastoral Counseling Center & Family Therapy (page 31)
- Mental Health Association of Westchester (page 35)
- Northern Westchester Counseling Center of Mental Health Association of Westchester, The (page 37)
- Scarsdale/Edgemont Family Counseling Services (page 41)
- Westchester Jewish Community Services (page 46)

FINANCIAL ASSISTANCE

A listing of government, private, or non-profit organizations that can help patients and their families with their expenses. Different organizations may offer different types of financial aid (medical expenses, help with rent, etc.)

- Adria Patient Assistance Plan (page 16)
- American Cancer Society (page 17)
- Bone Marrow Foundation, The (page 19)
- Bristol-Meyers Indigent Patient Assistance Program (page 19)
- Cancer Care (page 20)
- Cancer Support Team (pages 20, 21)
- Chai Lifeline (page 22)
- Child Health Plus (page 23)
- Danny Fund, The (page 25)

- EPIC – Elderly Pharmaceutical Insurance Coverage (page 26)
- Family Health Plus (page 27)
- Friends of Danielle, Inc. (page 28)
- Friends of Karen (page 28)
- Genentech – Patient Assistance Program (page 28)
- ICI Pharmaceutical Nolvadex (tamoxifen) Patient Assistance Program (page 30)
- Leukemia & Lymphoma Society Westchester/Hudson Valley Chapter (page 32)
- Medicaid (MA/Medicaid) (page 34)
- Medicare (pages 34, 35)
- NeedyMeds (page 37)
- Pharmaceutical Research and Manufacturing Association Directory (page 38)
- Searle Pharmaceutical Company (page 42)
- Ulman Cancer Fund for Young Adults, The (page 44)

GOVERNMENT INSURANCE PLANS

A listing of government sponsored medical insurance plans.

- Child Health Plus (page 23)
- Family Health Plus (page 27)
- Medicaid (MA/Medicaid) (page 34)
- Medicare (pages 34, 35)

HELP IN OTHER LANGUAGES

Many organizations in this guide offer bilingual or multilingual services. Whenever possible Life Lines cites language assistance availability within the organization's alphabetical listing.

HOSPICE CARE

A listing of organizations that offer hospice services, or that refer patients to them.

- Calvary Hospital (page 19)
- Greenwich Hospital and Hospice (pages 28, 29)
- Hospice & Palliative Care Association of NY State (page 29)
- Hospice and Palliative Care of Westchester (page 29, 30)
- Hospice Care in Westchester and Putnam (page 30)
- Jansen Memorial Hospice (page 31)
- National Hospice and Palliative Care Organization (page 36)
- Phelps Hospice (page 38)

HOSPITALS / INPATIENT CARE/ OUTPATIENT CARE

A listing of hospitals and specialized inpatient and outpatient facilities in the New York Metropolitan area that provide services to cancer patients.

- Beth Israel Medical Center (page 18)

- Petrie Division (page 18)
- Philips Ambulatory Care Center (page 18)
- Bronx VA Medical Center (page 19)
- Burke at Schervier Short-Term Rehabilitation Program (page 42)
- Burke Rehabilitation Hospital, Winifred Masterson (page 19)
- Cabrini Medical Center (page 19)
- Calvary Hospital (page 19)
- Community Hospital at Dobbs Ferry (page 24)
- Dickstein Cancer Treatment Center – White Plains Hospital (page 25)
- Goldstein Cancer Center – Sound Shore Medical Center (page 28)
- Greenwich Hospital and Hospice (pages 28, 29)
- Lawrence Hospital Center (page 32)
- Memorial Sloan-Kettering Cancer Center (page 35)
- Memorial Sloan-Kettering at Phelps Memorial Hospital Center (page 35)
- Montefiore Medical Center (page 35)
- Montefiore Medical Park (page 35)
- Mount Sinai Hospital, The (page 35)
- Mount Vernon Hospital Center (page 36)
- New York Presbyterian Hospital (page 37)
- Columbia University Medical Center (page 37)
- Weill Cornell Medical Center (page 37)

- New York University Cancer Institute (page 37)
- Northern Westchester Hospital Center (page 37)
- Phelps Memorial Hospital Center (page 39)
- Rosary Hill Home (page 40)
- St. Cabrini Nursing Home (page 40)
- St. John's Riverside Hospital (page 40)
- Andrus Pavilion (page 40)
- ParkCare Pavilion (page 40)
- Yonkers General Hospital (page 40)
- St. Joseph's Medical Center (page 41)
- Sarah R. Neuman Nursing Home (page 41)
- Schervier Long Term Home Health Care Program (page 41)
- Schervier Nursing Care Center (page 42)
- Sound Shore Medical Center of Westchester (page 43)
- Weiler/Einstein Hospital (page 45)
- Westchester Medical Center (page 46)
- White Plains Hospital Center (page 46)

LEGAL HELP AND ADVOCACY

A listing of organizations that offer legal support to help with financial, insurance, living wills, DNR orders, job related issues and other legal concerns.

- Aging with Dignity (page 16)
- Cancer Advocacy Project, The (page 20)
- Directions in Aging (page 25)
- Family Service Society of Yonkers (page 27)
- Insurance Information Institute (page 30)
- Patient Advocate Foundation (page 38)

NUTRITION INFORMATION AND RESOURCES

A listing of organizations that provide either meals or other nutrition to patients, or offer support and advice to patients receiving intravenous feedings.

- Club Wartburg Adult Day Services (pages 23, 24)
- Meals on Wheels/Home Delivered Meal Program (pages 33, 34)
- Oley Foundation (page 37)
- Rose YM-YWHA of Southern Westchester Adult Day Care Program (page 40)

PROSTHETIC AND WIG SUPPLIERS

A listing of suppliers who provide replacement or cover-up options to patients who have experienced loss of hair, breast or a limb due to cancer or cancer treatment.

- Adam & Eve Hair Replacement Center (page 16)
- Aesthetic Hair Replacement Center (page 16)
- Allura (page 16)
- Bitz n' Pieces (page 18)
- Chemo Savvy (pages 22, 23)
- Craftform Inc. (page 25)
- Dorothy Stein (pages 25, 26)
- Dusty Rose (page 26)
- Entre Nous (page 26)
- Especially Yours (page 26)
- Fordham Wigs of Westchester (pages 27, 28)
- Heart of Gold (page 29)
- Hip-Hat (page 29)
- Judy's Wig Works (Dickstein Cancer Treatment Center) (page 25)
- Paula Young (page 38)
- Professional Speech Aid Service (page 39)
- Tiffany Wigs (page 44)
- Underneath it All (page 44)
- Walker Surgical Associates (page 45)

REPRODUCTIVE ISSUES AND CANCER

A listing of organizations that help cancer patients deal with the fertility problems that can arise as a result of cancer or cancer treatments.

- American Society for Reproductive Medicine (page 17)

- CORD - Cryobank for Oncologic and Reproductive Donors, Inc. (page 25)
- fertileHOPE (page 27)
- Resolve, Inc. (page 39)

RESOURCES THAT COMPLEMENT MEDICAL CARE

Sources for non-medical treatment options and products for cancer patients. These may include yoga, meditation, massage, acupressure, imagery, and others.

(Note: Cancer Support Team does not recommend that any non-medical therapies completely replace the care a doctor recommends. But, we do recognize that one or more may be a valuable addition to the medical care one receives.)

- Ann's Place, The Home of I CAN (page 17)
- Chemo Comfort (page 22)
- Continuum Center for Health & Healing, The (page 24)
- Gilda's Club (page 28)
- Hospice and Palliative Care of Westchester (pages 29, 30)
- Integrative Medicine Service at Memorial Sloan-Kettering Cancer Center, The (page 31)
- Jansen Memorial Hospice (page 31)
- Look Good, Feel Better (page 33)
- St. John's Riverside Hospital (page 40)
- Stonewater Sanctuary (page 43)
- Talking Book and Braille Library (page 43)

- Wainwright House (page 45)

SOMEWHERE TO STAY

Residences where cancer patients and/or their families can stay at low or no cost during their treatment.

- Hope Lodges (a service of American Cancer Society) (page 29)
- Ronald McDonald House (page 39)

SUPPORT SERVICES AND CANCER INFORMATION

Listed here are organizations that provide a wide range of services such as information, publications, Web sites, referrals, support groups and programs, and more to cancer patients and their families.

- American Brain Tumor Association (pages 16, 17)
- American Cancer Society (page 17)
- Ann's Place, The Home of I CAN (page 17)
- Cancer 411 (page 19)
- Cancer and Careers (page 20)
- Cancer Care (page 20)
- Cancer Support Team (pages 20, 21)
- Center for Hope (page 22)
- Chai Lifeline (page 22)
- Chemo Comfort (page 22)
- Children's Brain Tumor Foundation (page 23)
- Council of Community Services (page 25)

- Encore – Greenwich, CT YWCA (Breast Cancer) (page 26)
- Family & Community Services, Inc. (page 27)
- Family Services of Westchester (page 27)
- Family Service Society of Yonkers (page 27)
- Gilda's Club (page 28)
- Greenwich Hospital and Hospice (pages 28, 29)
- Hospice & Palliative Care Association of NY State (page 29)
- Hospice and Palliative Care of Westchester (pages 29, 30)
- Jansen Memorial Hospice (page 31)
- Last Acts Partnership (page 32)
- Leukemia & Lymphoma Society–Westchester/Hudson Valley Chapter (page 32)
- Mental Health Association of Westchester (page 35)
- National Coalition for Cancer Survivorship (NCCS) (page 36)
- Northern Westchester Counseling Center of Mental Health Association of Westchester (page 37)
- Oley Foundation (page 37)
- St. Ann's Church (page 40)
- St. John's Riverside Hospital (page 40)
- SHARE (Self Help for Women with Breast or Ovarian Cancer) (page 42)
- Support Connection (page 43)

- Ulman Cancer Fund for Young Adults, The (page 44)
- United Ostomy Association, Inc. (page 44)
- Wellness Community, The (page 45)
- Westchester Jewish Community Services (page 46)
- Westchester Self-Help Clearing House (page 46)
- White Plains Hospital Senior Services (page 46)
- Y-Me National Breast Cancer Organization (page 47)

TELEPHONE SERVICES

Help and support over the telephone. May be offered by either a trained professional, or someone who has experienced a similar situation.

- Adelphi NY Statewide Breast Cancer Hotline and Support Program (page 16)
- Ask RPCI (page 18)
- Bloch Cancer Hotline (page 18)
- Cancer Hope Network (page 20)
- Can-Dial (page 21)
- L.I.N.K.S. Parent-to-Parent Telephone Support for Families of Children with Cancer (pages 32, 33)
- Oley Foundation (page 37)
- Support Connection (page 43)

- United Way of Westchester and Putnam Helpline (page 44)
- Y-Me National Breast Cancer Organization (page 47)
- You Are Not Alone (A Service of the American Red Cross) (page 47)

TRANSPORTATION

Listings of services (air and ground) that offer transportation for patients traveling to and from medical appointments. Some of these services may be low- or no-cost, or covered by medical insurance.

- Angel Flight (page 17)
- Cancer Support Team (pages 20, 21)
- Corporate Angel Network, The (pages 24, 25)
- Road to RecoverySM (A Service of American Cancer Society) (page 39)

WEB SITES

Listings of helpful Web sites offering information and support to cancer patients and their families.

- American Society for Reproductive Medicine (page 17)
- Cancer and Careers (page 20)
- Cancer Support Team (pages 20, 21)
- Cancer Survivors Online (page 21)
- Children's Brain Tumor Foundation (page 23)
- Colorectal Cancer Network (page 24)
- Hospice & Palliative Care Association of NY State (page 29)
- Kidney Cancer Association (page 31)
- Kids Cancer Network (pages 31, 32)
- Kids Konected (page 32)
- Lung Cancer Online (page 33)
- National Cancer Institute (page 36)
- National Ovarian Cancer Coalition (page 37)
- United Ostomy Association, Inc. (page 44)
- Westchestergov.com (page 45)
- Women's Cancer Network (page 46)

Cancer Support Team *Life Lines*
PROVIDER LISTING

ADAM & EVE HAIR REPLACEMENT CENTER

770 Central Avenue
Scarsdale, NY 10583
914-723-0034

- Discounts for Chemotherapy Patients

ADELPHI NY STATEWIDE BREAST CANCER HOTLINE AND SUPPORT PROGRAM

Hotline, Web site, support groups, and referrals to hospitals and social service agencies for breast cancer patients.

1 South Avenue
Garden City, NY 11539
800-877-8077 (Toll-Free)

www.adelphi.edu/nysbreastcancer

- Community Education Programs
- Hotline
- Legislative Advocacy
- Multilingual (Spanish)
- Support Groups

ADRIA PATIENT ASSISTANCE PLAN

Provides chemotherapy drugs to patients with financial need.

Adria Laboratories
P.O. Box 16529
Columbus, OH 43216
614-764-8000

AESTHETIC HAIR REPLACEMENT CENTER

Arcadian Shopping Center
2265 Highland Avenue
Ossining, NY 10562
914-762-1920

AGING WITH DIGNITY

Providers of the "Five Wishes" document, a living will that enables patients to name someone to make medical decisions on their behalf when they are unable to do so.

P.O. Box 1661
Tallahassee, FL 32302
888-5-WISHES (Toll-Free)
(888-594-7437) (Toll-Free)
850-681-2010

www.agingwithdignity.org

- Legal Assistance

ALLURA

Offers fitting and styling of full cranial prostheses, as well as help with alternative headwear, scalp care, and new hair re-growth.

23 E. Putnam Avenue
Greenwich, CT 06820
203-869-1234

AMERICAN BRAIN TUMOR ASSOCIATION

Information about brain tumors, treatment options, clinical trials, and living with a brain tumor. Also

offers a broad variety of social work resources and services.

2720 River Road, Suite 146
Des Plaines, IL 60018
800-886-2282 (Toll-Free)
847-827-9910

www.abta.org

- Clinical Trial Referral
- Services for Children with Cancer
- Services for Children with Cancer in Family
- Support Groups

AMERICAN CANCER SOCIETY

Offers information, education, and support to cancer patients and their families.

2 Lyon Place
White Plains, NY 10601
800-ACS-2345 (Toll-Free)
(800-227-2345) (Toll-Free)
24-hour hotline

www.cancer.org

- Clinical Trial Referral
- Counseling
- Hotline
- Multilingual
- Referral Service
- Services for Children with Cancer
- Support Groups

AMERICAN SOCIETY FOR REPRODUCTIVE MEDICINE

Web site offering information (including fact sheets and booklets) on infertility and other reproductive disorders.

1209 Montgomery Highway
Birmingham, AL 35216
205-978-5000

www.asrm.org

ANGEL FLIGHT

Provides air transportation at no charge throughout the Northeast for children and adults who need lifesaving medical care.

Lawrence Municipal Airport
492 Sutton Court
North Andover, MA 01845
800-549-9980 (Toll-Free)
978-794-6868

www.angelflightne.org

ANN'S PLACE, THE HOME OF I CAN

Offers no-cost support groups for cancer survivors and their families, short-term individual counseling, and other services.

103 Newtown Road, Suite 1B
Danbury, CT 06810
203-790-6568

www.annsplace.org

- Financial Assistance
- Individual Counseling
- Library
- Referral Services
- Relaxation/Guided Imagery
- Services for Children with Cancer
- Support Groups
- Writer's Workshop
- Yoga

ASK RPCI

A Service of Roswell Park Cancer Institute

Free person-to-person contact by telephone with cancer information specialists who answer questions (symptoms, diagnosis, treatment), provide up-to-date information and free literature, and offer referrals to services. Open Monday through Thursday from 9:00 am to 8:00 pm, Friday from 9:00 am to 5:30 pm, and Saturday from 10:00 am to 2:00 pm.

877-275-7724 (Toll-Free)

- Multilingual (Spanish)

BEREAVEMENT CENTER OF WESTCHESTER

Programs designed to help both adults and children move through the pain of grief towards hope and healing.

69 Main St.
Tuckahoe, NY 10707
914-961-2818 ext 317

www.treehouse-bcw.org

- Adult Bereavement Support Groups
- Community Outreach
- Individual Bereavement Counseling
- School Outreach
- The Tree House

BEREAVEMENT SUPPORT GROUPS OF THE ARCHDIOCESE OF NEW YORK

Free support for those mourning the loss of a loved one. Meetings are held in various parishes throughout Westchester, but all are welcome.

1011 1st Avenue, 5th floor
New York, NY 10022
212-371-1000

BETH ISRAEL MEDICAL CENTER

www.wehealny.org

Petrie Division (Inpatient)

First Avenue at 16th Street
New York, NY 10003
212-420-2000

Philips Ambulatory Care Center (Outpatient)

10 Union Square East
New York, NY 10003
212-844-8288

BITZ N' PIECES

Offers an extensive variety of wigs and hairpieces. Prices include styling, sizing, and follow-up appointment.

1841 Broadway
Suite 201
New York, NY 10023
212-397-0771

www.bitzandpieces.com

By Appointment, Monday –
Saturday, 10 a.m. to 7 p.m.

- Expert Fitters and Stylists
- Private Rooms

BLOCH CANCER HOTLINE

Toll-free hotline that connects callers to a survivor of their specific type of cancer. A program of the R.A. Bloch Cancer Foundation.

4400 Main Street
Kansas City, MO 64111
800-433-0464 (Toll-Free)
816-WE-BUILD (816-932-8453)

www.blochcancer.org

BLOOD & MARROW TRANSPLANT INFORMATION

A not-for-profit organization dedicated to serving the needs of the transplant community.

2900 Skokie Valley Road, Suite B
Highland Park, IL 60035
888-597-7674 (Toll-Free)
847-433-3313

www.bmtinfonet.org

BONE MARROW FOUNDATION, THE

Organization dedicated to improving the quality of life for bone marrow and stem cell transplant patients and their families by providing financial aid, education and emotional support.

337 East 88th St., Suite 1B
New York, NY 10128
800-365-1336 (Toll-Free)
212-838-3029

www.bonemarrow.org

BRISTOL-MYERS INDIGENT PATIENT ASSISTANCE PROGRAM

Provides Cytoxan to patients with financial need.

Bristol-Myers Oncology Division
2404 West Pennsylvania St.
Evansville, IN 47721
812-429-5000.

BRONX VA MEDICAL CENTER

Hospital care and services specifically for veterans.

130 W Kingsbridge Road
Bronx, NY 10468
718-584-9000

www1.va.gov/visns/visn03/bronxinfo.asp

BURKE REHABILITATION HOSPITAL, WINIFRED MASTERSON

785 Mamaroneck Avenue
White Plains, NY 10605
914-597-2500

www.burke.org

CABRINI MEDICAL CENTER

227 East 19th Street
New York, NY 10003
212-995-6000

www.cabrininy.org

CALVARY HOSPITAL

Acute care hospital for advanced cancer patients.

1740 Eastchester Road
Bronx, NY 10461
718-518-2000

www.calvaryhospital.org

- Home Care
- Hospice
- Meals/Nutrition Assistance
- Multilingual
- Pain Management
- Pastoral Care
- Support Groups

CANCER 411

A non-profit organization dedicated to helping cancer patients and their families find the information they need.

15303 Ventura Blvd.
Sherman Oaks, CA 91403
877-CAN-CR411 (Toll Free)
(877-226-2741) (Toll Free)

www.cancer411.org

CANCER ADVOCACY PROJECT, THE

Legal help and representation provided by volunteer attorneys for cancer patients, survivors, or their families.

42 West 44th Street
New York, NY 10036
212-382-6648

CANCER AND CAREERS

A resource for working women who have cancer, offering tools for coping in the workplace, as well as information on issues such as disability, health insurance claims, legal issues, and more.

212-685-5955, ext. 15

www.cancerandcareers.org

CANCER CARE

Offers information, support groups and more to people with cancer and their families free of charge.

275 7th Avenue, 22nd floor
New York, NY 10001
800-813-HOPE (Toll-Free)
(800-813-4673) (Toll-Free)
212-712-8400

www.cancercare.org

- Bereavement Services
- Counseling
- Financial Assistance
- Information on Specific Cancers
- Legal Assistance
- Meals/Nutrition Assistance
- Multilingual (Spanish)
- Physician Referral
- Services for Children with Cancer

- Services for Children with Cancer in Family
- Support Groups

CANCER HOPE NETWORK

Free one-on-one telephone support to cancer patients and their families.

Two North Road, Suite A
Chester, NJ 07930
877-HOPENET (Toll-Free)
(877-467-3638) (Toll-Free)
908-879-4039

www.cancerhopenetwork.org

- Multilingual (Spanish)
- Support Groups

CANCER SUPPORT TEAM

*Providers of professional services for people with cancer and those who care for them. Cancer Support Team is also the only licensed home care program in Westchester offering **free** comprehensive support to help people meet the challenges of living with cancer.*

875 Mamaroneck Avenue, Suite 204
Mamaroneck, NY 10543
914-777-2777

www.cancersupportteam.com

- Bereavement Services
- Community Referrals
- Counseling
- Financial Assistance
- Home Care
- Medical Equipment
- Multilingual (Spanish)
- Nursing Assessment
- Pain and Symptom Control

- Resource Library
- Support Groups
- Transportation Assistance
- Web Site

CANCER SURVIVORS ONLINE

A Web site offering links to dozens of helpful resources, information on specific types of cancer, connections with other cancer patients, caregiver information and support and more.

www.cancersurvivors.org

CAN-DIAL

(A Service of Roswell Park Cancer Institute)

Helpful tape-recorded information on a wide variety of cancer-related topics (including prevention and treatments) as well as specific cancers. Available 24 hours a day, 7 days a week. Operator assistance is available 8:00 a.m. to 8:00 p.m., Monday through Friday, and 10:00 a.m. to 6:00 p.m., Saturday and Sunday.

800-462-1884 (Toll-Free)

CANDLELIGHTERS CHILDHOOD CANCER FOUNDATION

Provides a youth newsletter, as well as a Web site, education and support for children with cancer and their families.

3910 Warren Street
Kensington, MD 20895
800-366-2223 (Toll-Free)

- Multilingual (Spanish)

CAREGIVER RESOURCE SERVICE CENTERS

Caregiver Resource Service Centers, located throughout Westchester County, provide advice and services to assist caregivers in their role of caring for an elderly family member. There are five Caregiving Management Full Service Centers, and five Caregiver Resource Centers, which provide a designated section where extensive literature on topics of interest to caregivers can be found.

Full Service Centers

Alzheimer's Association

785 Mamaroneck Avenue
White Plains, NY 10605
914-428-1919

ElderServe

45 South Broadway, 6th Floor
Yonkers, NY 10707
914-609-0216

Northern County Senior Services

1974 Commerce Street, 3rd Floor
Yorktown Heights, NY 10598
914-245-2088

Senior Programs and Services

9 South First Avenue, 10th Floor
Mount Vernon, NY 10550
914-813-6300

Yonkers Office for the Aging

2 Park Avenue
Yonkers, NY 10701
914-377-6822

Please call to make an appointment at the center of your choice.

Caregiver Resource Centers

Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter

785 Mamaroneck Avenue
White Plains, NY 10605
914-428-1919

Field Library–Peekskill

4 Nelson Avenue
Peekskill, NY 10566
914-737-1212

New Rochelle Library

One Library Plaza
New Rochelle, NY 10801
914-632-7878

Port Chester Library

1 Haseco Avenue
Port Chester, NY 10571
914-939-6710

Somers Library

Route 139, Reis Park
Somers, NY 10589
914-232-5717

Warner Library-Tarrytown

121 N. Broadway
Tarrytown, NY 10591
914-631-7734

Please call for individual library hours.

CATHOLIC WIDOW AND WIDOWERS CLUB OF ST. PIUS X

A “fun and fellowship” group for Catholic widows and widowers. Membership fee is \$15 per year. Non-members may observe for one meeting, but must join to attend additional meetings.

Scarsdale, NY 10583
914-779-4824

CENTER FOR HOPE

A variety of support groups for adults and children with serious illnesses. Groups also available for professionals and bereaved persons.

590 Post Road
Darien, CT 06820
203-655-4693

www.centerforhope.org

- Counseling
- Multilingual (Spanish)
- Services for Children with Cancer
- Services for Children with Cancer in Family
- Support Groups

CHAI LIFELINE

An extensive network of free programs and services designed to help families cope with serious illness. Offers a summer camp program, Camp Simcha, for children with cancer and other illnesses.

151 West 50th Street
New York, NY 10001
877-CHAI-LIFE (Toll-Free)
(877-242-4543) (Toll-Free)
212-465-1300

www.chailifeline.org

- Crisis Intervention
- Financial Assistance
- Telephone Support Groups

CHEMO COMFORT

Provides cancer patients with free-of-charge kits containing products to help manage the effects of chemotherapy such as mouth sores, nausea, hair loss, and stress.

81 Bedford Street, Suite 1A
New York, NY 10014
212-675-3744

www.chemocomfort.com

CHEMO SAVVY

Low-cost wigs and headwear available through their catalog and online.

P.O. Box 375
Green Mountain Falls, CO 80819
888-599-3560 (Toll-Free)

www.chemosavvy.com

CHILD HEALTH PLUS

A health insurance plan for children under age 19 living in New York State. Eligibility depends on family income.

800-698-KIDS (4543) (Toll-Free)

www.health.state.ny.us/nysdoh/chplus

- Dental Care
- Diagnosis and Treatment of Illness and Injury
- Durable Medical Equipment
- Emergency Ambulance Transportation to a Hospital
- Emergency Care
- Hospice
- Immunizations
- Inpatient Hospital Medical or Surgical Care
- Limited Inpatient and Outpatient Treatment for Alcoholism and Substance Abuse, and Mental Health
- Outpatient Surgery
- Physical Exams
- Prescription and Non-Prescription Drugs if Ordered
- Short-Term Therapeutic Outpatient Services (Chemotherapy, Hemodialysis)
- Speech and Hearing
- Vision Care
- Well-Child Care
- X-Ray and Lab Tests

CHILDREN’S BRAIN TUMOR FOUNDATION

Offers helpful information to parents of children undergoing treatment for brain or spinal cord tumors.

274 Madison Avenue, Suite 1301
New York, NY 10016
866-228-HOPE (4673) (Toll-Free)
212-448-9494

www.cbtf.org

- Annual Teleconference
- Free Resource Guide (English and Spanish)
- Parent-to-Parent Network
- Telephone Support Groups
- Week-Long Summer Camp for Families

CLIF – CHILDREN LIVING WITH ILLNESS IN THE FAMILY

Provides counseling for siblings or sons and daughters in families with cancer and other diseases.

344 Main Street
Mount Kisco, NY 10549
914-666-4646

- Free Childcare

CLUB WARTBURG ADULT DAY SERVICES

Service of The Wartburg Adult Care Community

Adult Day Services for older adults who live at home but have special physical, mental, and social needs. There are two “models” of Club Wartburg Adult Day Services: a medical model and a social model. Each is open 7 days a week.

Wartburg Place
Mount Vernon, NY 10552
914-699-0800

www.thewartburg.org

- Full Service Hair Salon
- Meals/Nutrition Assistance
- Medical Care – On Site
- Medication Management/Pharmacy
- Multilingual (Spanish)
- Pastoral Care
- Recreation
- Respite Care
- Social Programs
- Support Groups
- Take-Home Meals
- Transportation

COLORECTAL CANCER NETWORK

Web site created to help people with colorectal cancer (which includes cancer of the colon, rectum, anus, and appendix,) as well as their family, friends and caregivers find the information to help them make decisions regarding treatment and management of their disease.

P. O. Box 182
Kensington, MD 20895
301-879-1500

www.colorectal-cancer.net

COMMUNITY COUNSELING CENTER OF LARCHMONT/MAMARONECK

234 Stanley Ave.
Mamaroneck, NY 10543
914-698-7549

A place where youths and young adults (mostly ages 11 – 28) and their families can talk about their personal

and family concerns in a comfortable and confidential atmosphere.

- Call for an Appointment
- Open Monday through Friday, Including Evening Hours
- Sliding Scale Fees (No One is Turned Away Due to Financial Constraints)
- Staff Comprised of Psychologists, Social Workers, and Other Qualified Counselors

COMMUNITY HOSPITAL AT DOBBS FERRY

128 Ashford Ave
Dobbs Ferry, NY 10522
914-693-0700

CONTINUUM CENTER FOR HEALTH & HEALING, THE

Provides patients with opportunities to educate themselves about new options in health care, redefine health priorities to promote wellness and prevention, learn about positive lifestyle changes, and expand relationships with healthcare providers.

245 Fifth Avenue
(between 27th and 28th Streets)
2nd Floor
New York, NY 10016
646-935-2220

www.healthandhealingny.org

CORPORATE ANGEL NETWORK, THE

Provides free air transportation to cancer patients.

Westchester County Airport
One Loop Road
White Plains, NY 10604

914-328-1313
866-328-1313 (Toll-Free)

www.corpangelnetwork.org

- Available Throughout the U.S.
- Corporate Aircraft
- Doctor's Name, Address, and Telephone Number must be Provided
- One Adult may Accompany Adults and Two Adults may Accompany Children
- Patient Must be Going to or from Recognized Treatment, Checkup, or Consultation

COUNCIL OF COMMUNITY SERVICES

Offers information and referrals to residents of Rye Town, Port Chester, and Rye Brook.

P.O. Box 322
Port Chester, NY 10573
914-939-8055

CRAFTFORM INC.

Mastectomy fittings (including custom fittings) and alterations.

505 Main Street
New Rochelle, NY 10801
914-576-1232

- Medicare and Medicaid Accepted

CORD - CRYOBANK FOR ONCOLOGIC AND REPRODUCTIVE DONORS, INC.

Provides processing and storage of umbilical cord blood.

100 Crystal Run Road
Suite 102
Middletown, NY 10941-4041

877-CORDBLD (Toll-Free)
(877-267-3253) (Toll-Free)

www.nycryobank.com

DANNY FUND, THE

Provides financial, emotional and advocacy support for families of children in dealing with catastrophic injury or illness.

914-738-6140

DICKSTEIN CANCER TREATMENT CENTER – WHITE PLAINS HOSPITAL

Provides patient-focused cancer care in a highly specialized environment, utilizing an approach to treatment that involves the participation of patients, families and doctors.

2-4 Longview Avenue
White Plains, NY 10601
914-681-2799

www.wphospital.org

DIRECTIONS IN AGING

Provides a wide range of services for the elderly and their caregivers and family members.

1333A North Avenue
New Rochelle, NY 10804
914-636-7347

www.directionsinaging.com

- Counseling for Caregivers
- Homecare Monitoring
- Legal Referral
- Physician Referral
- Respite Care Resources
- Younger Adults with Physical or Mental Illness

DOROTHY STEIN

Breast prostheses and fittings, a large selection of mastectomy wear, plus undergarments and bathing

suits that can be custom-fitted to accommodate prostheses.

Southern Westchester

707 White Plains Post Road
Scarsdale, NY 10583
914-723-6111

Northern Westchester

111 East Main Street
Mt. Kisco, NY 10549
914-666-6475

- Personalized Service from Experienced Fitters
- Private Rooms
- Seamstress Service

DOUBLE H HOLE IN THE WOODS RANCH

(A Hole in the Wall Camp)

Year-round fun and emotional support provided free of charge to children ages 6-16 facing critical illnesses.

97 Hidden Valley Road
Lake Luzerne, NY 12846
518-696-5676

www.doublehranch.org

- Support Groups

DUSTY ROSE

Breast prostheses and surgical bras.

114 South Ridge Street
Rye Brook, NY 10573
914-934-0775

- Medicare (no assignments)

ENCORE – GREENWICH, CT YWCA

Offers information and informal peer support, as well as pool and floor exercises, to help women recovering from breast surgery

maintain a positive self-image.

259 E. Putnam Ave
Greenwich, CT 06830
203-869-6501

[www.ywcagreenwich.org/
supportservices.htm](http://www.ywcagreenwich.org/supportservices.htm)

Support Groups

ENTRE NOUS

Breast prostheses and fittings, plus undergarments, bathing suits, bras, turbans, and hats.

359 E. Main Street
Mount Kisco, NY 10549
914-241-0308

EPIC – ELDERLY PHARMACEUTICAL INSURANCE COVERAGE

New York State sponsored prescription plan for senior citizens who need help paying for their prescriptions.

800-332-3742

ESPECIALLY YOURS

Web site featuring wigs and hairpieces designed especially for women of color.

P.O. Box 105
South Easton, MA 02375
800-939-9447 (Toll-Free)

www.especiallyyours.com

FAMILY CENTER, INC. – THE DEN FOR GRIEVING KIDS

Peer support for grieving children and their families.

40 Arch Street
Greenwich, CT 06830
203-869-4848, ext. 311

www.familycenters.org

- Services for Children with Cancer in Family
- Support Groups

FAMILY & COMMUNITY SERVICES, INC.

Counseling, psychotherapy, crisis intervention and referral, home care programs, and after school and early childhood intervention programs in lower and mid Westchester County.

551 White Plains Road
Eastchester, NY 10709
914-961-4773

www.fcs-e.org

- Multilingual (Spanish)
- Respite Care Resources
- Support Groups

FAMILY HEALTH PLUS

Free or low-cost health insurance for New York State residents ages 19 to 64 who have limited income.

877-9FH-PLUS (Toll-Free)
(877-934-7567) (Toll-Free)

FAMILY SERVICES OF WESTCHESTER

Support groups and counseling services.

One Gateway Plaza
Port Chester, NY 10573
914-937-2320

www.fsw.org

Branch Offices:

Mount Kisco	914-666-8075
	914-241-0770
Mount Vernon	914-668-9124
Ossining	914-941-9415
Pelham	914-738-1728

Port Chester 914-937-2320

Tarrytown 914-631-2022

Yonkers 914-964-6767

Yonkers (Y-SPEC) 914-375-9154

White Plains 914-948-8004

FAMILY SERVICE SOCIETY OF YONKERS

Home care organization serving Yonkers and the surrounding region. Also provides Guardianship Services for individuals who have been deemed unable to make decisions in their own best interest concerning their personal care and/or finances.

70 Ashburton Avenue
Yonkers, NY 10701
914-963-5118

www.fssy.org

FERTILEHOPE

A national, nonprofit organization that offers reproductive information, support with physical and emotional issues, and hope to cancer patients whose medical treatments may affect their infertility.

P.O. Box 624
New York, NY 10014
888-994-HOPE (Toll-Free)
(888-994-4673) (Toll-Free)

www.fertilehope.org

FORDHAM WIGS OF WESTCHESTER

Offers a very large selection of in-stock wigs (both human hair and synthetic), turbans, head coverings, and accessories. Specializes in helping individuals undergoing chemotherapy.

271 North Avenue, Lobby
New Rochelle, NY 10801
914-576-1636

www.wigstudio.com

- Appointments Available
- Insurance Accepted (if individual is covered)
- Private Booths

FRIENDS OF DANIELLE, INC.

Provides financial support to adults and children who have experienced a catastrophic illness.

180 Pennsylvania Avenue
Mount Vernon, NY 10552
914-699-9775

FRIENDS OF KAREN

Provides emotional and financial support to families of children with life-threatening illnesses.

P.O. Box 190
118 Titicus Road
Purdys, NY 10578
914-277-4967

www.friendsofkaren.org

- Bereavement Support and Funeral Arrangements
- Case Management
- Child Care for Patient's Siblings
- Meals/Nutritional Assistance
- Multilingual (Spanish)
- Services for Children with Cancer
- Services for Children with Cancer in Family
- Support Groups
- Transportation

GENENTECH - PATIENT ASSISTANCE PROGRAM

Financial help for cancer patients.

www.genentech.com

GILDA'S CLUB

Free, non-profit support community for people living with cancer, their families and friends.

80 Maple Avenue
White Plains, NY 10601
914-644-8844

www.gildasclubwestchester.org

- Arts and Crafts Programs
- Educational Programs
- Fitness Programs
- Look Good, Feel Better Program
- Meditation
- Multilingual
- Services for Children with Cancer
- Services for Children with Cancer in Family
- Social Events
- Support Groups
- Workshops and Lectures
- Yoga

GOLDSTEIN CANCER CENTER AT SOUND SHORE MEDICAL CENTER

A fully accredited outpatient program that provides comprehensive care for people with cancer.

50 Guion Place
New Rochelle, NY 10801
914-636-3960

GREENWICH HOSPITAL AND HOSPICE

Inpatient hospital care, home and hospice care, and opportunities for those diagnosed with cancer, their families, friends, and caregivers to share experiences, take part in educational programs, and provide mutual support.

5 Perryridge Road
Greenwich, CT 06830
203-863-3000
203-863-4750 (Spanish)

www.greenhosp.org

- Counseling
- Pastoral Care
- Support Groups

HEART OF GOLD

Web site featuring an exclusive line of wigs and headwear designed specifically for women experiencing temporary hair loss. Products are available only through retailers.

www.heartofgoldwigs.com

- Visit Web site to locate a retailer

HIP-HAT

Unique "hair hat" wig alternatives for women and girls.

108 W. Adalee Street
Tampa, FL 33603
877-447-4287 (Toll-Free)

www.hip-hat.com

- Web site, phone and catalog orders

HOLE IN THE WALL GANG CAMP, THE

A non-profit free-of-charge summer camp for children with cancer and other life-threatening illnesses. Year-round programs and activities are also provided both at the camp and in communities throughout the country.

565 Ashford Center Road
Ashford, CT 06278
860-429-3444

www.holeinthewallgang.org

HOPE LODGES (A SERVICE OF THE AMERICAN CANCER SOCIETY)

Free, temporary housing facilities in a supportive and home-like atmosphere for cancer patients who are undergoing treatment, and their families. Accommodations and eligibility requirements may vary by location.

800-ACS-2345 (Toll-Free)
(800-227-2345) (Toll-Free)

HOSPICE & PALLIATIVE CARE ASSOCIATION OF NY STATE

Provides information about end-of-life care.

21 Aviation Drive, Suite 9
Albany, NY 12205
518-446-1483
800-431-8988 (Toll-Free)

www.hpcanys.org

- Hospice Referral

HOSPICE AND PALLIATIVE CARE OF WESTCHESTER

Hospice provides comprehensive support and compassionate care to the terminally ill. Medicare and most private insurance cover hospice. Also offers professionally led bereavement support groups for adults grieving the recent loss of a loved one. General day and evening groups are offered, as well as specialized groups throughout the year. Pre-registration is required. Call for days and times, and additional information.

95 S. Broadway, 4th floor
White Plains, NY 10601
914-682-1484

www.hospiceofwestchester.com

- Bereavement Services
- Bereavement Support Groups
 - Evening: Bereaved Widows and Widowers
 - Daytime: Bereaved Senior Widows and Widowers
 - Evening: Bereaved Adults Who Have Lost a Parent or Sibling
 - Evening: General Adult Bereavement
- Care for Children with Terminal Illness
- Individual Bereavement Evaluations/Counseling Available
- Non-Medical Treatment Options for Hospice Patients
 - Cranio-Sacral Therapy
 - Guided Imagery
 - Harp Music for Healing and Transition
 - Music Therapy
 - Reflexology
 - Reiki
 - Therapeutic Massage
 - Therapeutic Touch

HOSPICE CARE IN WESTCHESTER AND PUTNAM

An at-home support and care program for people with incurable diseases and their families.

100 S. Bedford Road
Mount Kisco, NY 10549
914-666-4228

www.vnahv.org

- Home Health Aides
- Intensive Nursing Care
- Meals and Nutritional Counseling
- Medical Consultation

- Medical Equipment and Supplies
- Medical Social Work
- Medications for Pain and Symptom Control
- On-Call Nurses Available 24 Hours a Day, 7 Days a Week
- Pastoral Counseling
- Physical, Occupational, Speech, and Respiratory Therapy
- Private Duty Nursing
- Respite Care
- Short Term Hospital Care
- Skilled Nursing Visits by Registered Professional Nurses
- Support Groups
- Trained Volunteers

ICI PHARMACEUTICAL NOLVADEX (TAMOXIFEN) PATIENT ASSISTANCE PROGRAM

Provides tamoxifen to patients with financial need.

Manager Professional Services
ICI Pharmaceuticals
Division of ICI Americas, Inc.
Wilmington, DE 19897
800-456-5678 (Toll-Free)

INSURANCE INFORMATION INSTITUTE

A consumer organization that can help individuals understand and find insurance coverage (including health, life, disability, home, etc.) that's right for their needs.

110 William Street
New York, NY 10036
800-331-9146 (Toll-Free)
212-346-5500

www.iii.org

INTEGRATIVE MEDICINE SERVICE AT MEMORIAL SLOAN-KETTERING CANCER CENTER

Programs and information designed to complement mainstream medical care and address the emotional, social, and spiritual needs of patients and families. The Service includes: inpatient and outpatient clinical care, research, education and training. Hospital patients can receive these services at no charge.

Main Campus
1275 York Avenue
New York, NY 10021
212-639-2225

www.mskcc.org

Bendheim Integrative Medicine Center

The Bendheim Integrative Medicine Center offers the program's entire suite of services and therapies in a spa-like setting. Open to the public regardless of hospital affiliation. There is a fee for services.

303 East 65th Street
New York, NY 10021
212-639-4700

- Acupuncture
- Classes: Fitness, Movement and Spiritual/Energy
- Individual Therapies
- Medical Massage
- Nutritional and Herbal Counseling
- Reiki

IONA PASTORAL COUNSELING CENTER & FAMILY THERAPY

Provides counseling services as well as referrals to individuals and families.

45 St. Paul's Place
New Rochelle, NY 10801

914-633-2074

914-633-2418

- Support Groups

JANSEN MEMORIAL HOSPICE

Support and care for patients at home, in hospitals, or in nursing homes during the last stages of life. A team of professionals and volunteers assists individuals and families with serious health issues to manage symptoms and promote quality of life.

69 Main Street
Tuckahoe, NY 10707
914-961-2818

- Complementary Therapies
- Meals/Nutrition Assistance
- Pain Management/Relief Services
- Palliative Care
- Pastoral Care
- Support Groups

KIDNEY CANCER ASSOCIATION

Web site offering a broad range of services, information, and physician referrals.

1234 Sherman Avenue, Suite 203
Evanston, IL 60202
800-850-9132 (Toll-Free)
847-332-1051

www.curekidneycancer.org

- Clinical Trial Referral
- Physician Referral

KIDS CANCER NETWORK

Web site with news, resources, connections, and a free newsletter to kids with cancer and their families.

P.O. Box 4545
Santa Barbara, CA 93140
www.kidscancernetwork.org

KIDS KONNECTED

California-based resource offering friendship, understanding, education, and support to children who have a parent with cancer.

27071 Cabot Road, Suite 102
Laguna Hills, CA 92653
800-899-2866 (Toll-Free)
949-582-5443

www.kidskonnected.org

- 24 Hour Hotline
- Cancer Resources
- Grief Workshops
- Monthly Communication
- Monthly Support Group Meetings
- Social Events
- Summer Camps
- Teddy Bear Outreach
- Youth Leadership

LAST ACTS PARTNERSHIP

Helps individuals facing end-of-life questions and issues to get answers and support. Also works to make changes in society regarding end-of-life issues.

Sojourn Communications
8618 Westwood Center Drive, Suite 315
Vienna, VA 22182
703-556-6800

www.lastacts.org

LAWRENCE HOME CARE OF WESTCHESTER

A certified, non-profit home health agency that provides professional

nursing, home health aides, physical, occupational and speech therapy, and medical social work.

69 Main Street
Tuckahoe, NY 10707
914-961-2818

LAWRENCE HOSPITAL CENTER

55 Palmer Avenue
Bronxville, NY 10708
914-787-1000

www.lawrencehealth.org

LEUKEMIA & LYMPHOMA SOCIETY - WESTCHESTER/HUDSON VALLEY CHAPTER

Information and programs for those with leukemia, Hodgkin's and non-Hodgkin's lymphoma and myeloma, as well as for the people and professionals who care for them.

1311 Mamaroneck Avenue, Suite 330
White Plains, NY 10605
800-955-4572 (Toll-Free)
914-949-0084

www.lls.org

- Financial Assistance
- Multilingual (Spanish)
- Patient Education Programs
- Peer Support Program
- Support Groups
- Videos and Brochures for Children with Cancer

L.I.N.K.S. PARENT-TO-PARENT TELEPHONE SUPPORT FOR FAMILIES OF CHILDREN WITH CANCER

(A program of Westchester Jewish Community Services)

Matches parents of children with cancer to other parents whose

children have had the same kind of cancer.

845 N. Broadway
White Plains, NY 10603
914-761-0600, ext. 308
914-761-5859

- Support Groups

LOOK GOOD...FEEL BETTER

A free non-medical, brand-neutral, national program created to help cancer patients offset appearance changes from cancer treatment. Provides information and kits, as well as instructional sessions.

800-395-LOOK (Toll-Free)
(800-395-5665) (Toll-Free)

www.lookgoodfeelbetter.org

- Free Self-Help Kits (Video and Tips Booklet)
- Group Programs for Women and Teens
- Multilingual (Spanish and Other Languages)
- One-on-One Individual Sessions

LUNG CANCER ONLINE

A thorough online directory to Internet information and resources for lung cancer patients and families.

www.lungcanceronline.org

MEALS ON WHEELS/HOME DELIVERED MEAL PROGRAM

Provides up to two meals per day (lunch and supper) to Westchester residents who are housebound because of illness or other reasons.

914-813-6300 (Main Number)

Local Telephone Numbers: (all 914)

Ardsley	693-8997
Chappaqua	238-3909
Dobbs Ferry	693-0787
Eastchester	337-0390
Greenburgh	693-8997
Harrison	835-2000, ext. 213
Hawthorn	592-6441
Larchmont/Mamaroneck Town	381-7804
Mamaroneck Village	777-7715
Mount Kisco	666-8931
Mount Vernon	
Armory Senior Citizens Ctr.	665-2434
Rev. Shelton Doles Comm. Ctr.	664-2439
Rose YM-YWHA of S. West. (Kosher)	664-0500
New Rochelle	576-3865
Ossining	762-8953
Peekskill	734-4250
Pelham	738-5004
Port Chester/Rye/Rye Brook	939-4975
Scarsdale	723-4342
Sleepy Hollow	366-5109
Somers	232-0807
Tarrytown	631-2717
White Plains	
Fairview-Greenburgh	682-3622
Valhalla	769-0155
Yonkers	
Congregation Sons of Israel	423-3052
Nepperhan Comm. Ctr.	965-0206
Sacred Heart Church	963-2327
Scotti Center	377-6490
Southwest Chema Comm. Ctr.	377-6464
Yonkers General Hospital	377-6822

YWCA 963-0640

Yorktown Heights 962-7447

[www.westchestergov.com/aging/
NutritionSites.htm](http://www.westchestergov.com/aging/NutritionSites.htm)

- Nutrition Education and Counseling
- Professionally Prepared Nutritious Meals
- Special Dietary Requests Addressed When Possible

MEDICAID (MA/MEDICAID)

Medical Assistance (MA/Medicaid) offers financial help for people who cannot afford to pay for all of their medical care. Most Medical Assistance in Westchester County is provided through Medicaid Managed Care.

Mt. Vernon 914-813-6000

Peekskill 914-862-5000

White Plains 914-995-5840

Yonkers 914-231-2000

[www.westchestergov.com/social/MA/
MAhome.htm](http://www.westchestergov.com/social/MA/MAhome.htm)

These Medical Services are paid for by Medicaid in New York State

- Child Teen/Health Program
- Clinic Services
- Dental Care
- Domiciliary Care Facilities
- Drugs (Prescription and Non-Prescription)
- Eyeglasses
- Family Planning
- Health Insurance and Medicare Premium Payments
- Inpatient Care in Hospitals
- Laboratory and X-Ray Services
- Managed Care

■ Mental Health Services

■ Nursing Home Care

■ Outpatient Care at Hospitals

■ Personal Care/Long Term Home Health Care

■ Physician Services

■ Prenatal Care

MEDICARE

A program from the U.S. Social Security Administration that helps with medical coverage for many people who are over 65, or for younger people who are disabled. Patient may have to pay certain premiums, deductibles, or other costs.

800-772-1213 (Toll-Free)

www.hicap.state.ny.us/medicare

Some of the Services Medicare Provides Financial Help With Include:

- Arm, Leg, Back and Neck Braces
- Artificial Limbs and Eyes
- Blood Transfusions
- Breast Prostheses Following a Mastectomy
- Doctor Visits
- Emergency Care
- Eyeglasses After Cataract Surgery with an Intraocular Lens
- Home Health Care
- Hospice Care
- Hospital Stays
- Kidney Dialysis and Kidney Transplants
- Limited Chiropractic Services
- Medical Supplies such as Ostomy Bags, Surgical Dressings, Splints, and Casts
- Medical Tests

■ Outpatient Hospital Services

■ Preventive Services

■ Speech Language Pathology Services

■ The Services of Practitioners such as Clinical Psychologists, Clinical Social Workers, and Nurse Practitioners

■ Under Limited Circumstances, Heart, Lung and Liver Transplants in a Medicare Approved Facility

■ Very Limited Outpatient Drugs

■ X-Rays

MEMORIAL SLOAN KETTERING CANCER CENTER

Main Campus
1275 York Avenue
New York, NY 10021
800-525-2225 (Toll-Free)
212-639-2000

www.mskcc.org

MEMORIAL SLOAN-KETTERING AT PHELPS MEMORIAL HOSPITAL CENTER

Westchester Campus
777 North Broadway
Sleepy Hollow, NY 10591
914-366-0664 (Medical Oncology)
914-366-0702 (Radiation Oncology)

The Pain Service Program

This program, administered through Memorial Sloan-Kettering Cancer Center, offers pain control clinics specifically for cancer patients. Patients must be referred by their oncologist (cancer doctor) or primary doctor.

1275 York Avenue
New York, NY 10021
212-639-2000

www.mskcc.org/pain

Fees Based on Patient's Ability to Pay

MENTAL HEALTH ASSOCIATION OF WESTCHESTER

Support groups and counseling.

2269 Saw Mill River Road
Building 1A
Elmsford, NY 10523
914-345-5900, ext. 240

www.mhawestchester.org

- Hotlines
- Multilingual (Spanish)
- Services for Children with Cancer in Family
- Support Groups

MONTEFIORE MEDICAL CENTER

A network of Bronx-based hospitals and health care services.

718-920-4321

www.montefiore.org

MONTEFIORE MEDICAL PARK

A division of Montefiore.

1575 Blondell Avenue
1625 Poplar Street
1695/1695A Eastchester Road
Bronx, NY 10461
718-405-8339
TTY: 718-920-5027

www.montefiore.org/cons/facilities/mmp

MOUNT SINAI HOSPITAL, THE

One Gustave L. Levy Place
1190 Fifth Avenue
New York, NY 10029
212-241-6500

www.mountsinai.org

MOUNT VERNON HOSPITAL CENTER

12 N. 7th Ave
Mount Vernon, NY 10550
914-664-8000

MY SECOND HOME

(A Service of Family Services of Westchester)

Intergenerational day care offering supervision, wellness activities, personal care, nutrition and transportation services and day care for children and elderly people.

95 Radio Circle
Mt. Kisco, NY 10549
914-241-0770

www.mysecondhome.org

- Home Care
- Recreational Activities (Fitness, Crafts, Cooking, Gardening, etc.)
- Respite Care Resources
- Support Groups
- Transportation (Fee Required)

NATIONAL BRAIN TUMOR FOUNDATION

National non-profit organization dedicated to providing information and support for brain tumor patients, family members, and healthcare professionals.

22 Battery Street
San Francisco, CA 94111
800-934-CURE (Toll-Free)
(800-934-2874) (Toll-Free)
415-834-9970

www.braintumor.org

NATIONAL CANCER INSTITUTE

Government-sponsored Web site offering information about all types of

cancer, data and statistics, clinical trial info, treatment information and more.

800-4-CANCER (Toll-Free)
(800-422-6237) (Toll-Free)
800-332-8615 (TTY) (Toll-Free)

www.cancer.gov

Live online assistance:
<https://cissecure.nci.nih.gov/livehelp/welcome.asp>

- Multilingual (Spanish)

NATIONAL COALITION FOR CANCER SURVIVORSHIP (NCCS)

Provides information and support to cancer patients and their families. Helps advocate for insurance, legal, and employment rights. Offers “The Cancer Survivor Toolbox” – a free audio program that helps people with cancer cope with their illness.

1010 Wayne Avenue
Suite 770
Silver Spring, MD 20910
877-NCCS-YES (Toll-Free)
(877-622-7937) (Toll-Free)
301-650-9127

www.canceradvocacy.org

- Multilingual (Spanish)

NATIONAL HOSPICE AND PALLIATIVE CARE ORGANIZATION

Provides information and referrals for terminally ill people and their families.

1700 Diagonal Road, Suite 625
Alexandria, VA 22314
800-658-8898 (Toll-Free)
703-837-1500

www.nhpco.org

- Multilingual
- Physician Referral

NATIONAL OVARIAN CANCER COALITION

Comprehensive resource offering information, education and links to other resources for ovarian cancer patients.

Greater Hudson Valley Division
71 Greenridge Avenue
White Plains, NY 10605
914-419-9260

www.ovarian.org

NATIONAL PROSTATE CANCER COALITION

Advocacy organization dedicated to ending the devastating impact of prostate cancer on men, families, and society.

1154 15th St., NW
Washington, DC 20005
888-245-9455 (Toll-Free)
202-463-9455

www.pcccoalition.org

NEEDYMEDS

A Web site offering information on financial assistance for pharmaceuticals. Information includes a listing by drug name as well as pharmaceutical company name.

www.needymeds.com

NEW YORK PRESBYTERIAN HOSPITAL

Columbia University Medical Center
Weill Cornell Medical Center
877-NYP-WELL (Toll-Free)
(877-697-9355) (Toll-Free)
www.nypcancer.org

NEW YORK UNIVERSITY CANCER INSTITUTE

550 First Avenue
New York, NY 10016
212-263-7300

www.med.nyu.edu/nyuci

NORTHERN WESTCHESTER COUNSELING CENTER OF MENTAL HEALTH ASSOCIATION OF WESTCHESTER, THE

Offers a wide range of counseling options.

344 Main Street
Mt. Kisco, NY 10549
914-466-4646

www.mhwestchester.org

- Individual and Family Therapy
- Multilingual (Spanish)
- Services for Children with Cancer in Family

NORTHERN WESTCHESTER HOSPITAL CENTER

400 East Main Street
Mount Kisco, NY 10549
914-666-1303

OLEY FOUNDATION

Albany-based organization providing free information and support to patients and families of patients who receive tube-fed nutrition at home.

214 Hun Memorial, A-28
Albany Medical Center
Albany, NY 12208-3478
800-776-OLEY (Toll-Free)
(800-776-6539) (Toll-Free)
518-262-5528

www.oley.org

- Telephone Support

OSBORN PAVILION, THE

Provides a variety of nursing services, including respite care, to patients and their families.

101 Theall Road
Rye, NY 10580
914-925-8203

OUR PLACE ELDERSERVE

Offers recreational and therapeutic day care programs for the elderly, and people who are physically frail.

1801 Central Park Ave.
High Ridge Plaza
Yonkers, NY 10710
914-771-5353

www.elderserve.org

- Adult Day Care
- Medicaid Accepted
- Recreational and Social Programs and Therapy
 - Art
 - Arts and Crafts
 - Discussion and Reminiscence Groups
 - Educational Seminars
 - Exercise Classes
 - Horticultural
 - Intergenerational Activities
 - Music
 - Special Events and Trips
 - Therapeutic Movement and Music

PATIENT ADVOCATE FOUNDATION

Helps patients solve problems with insurance companies, employers, and creditors that may have come about because of their chronic or life-threatening illness.

700 Thimble Shoals Boulevard
Suite 200
Newport News, VA 23606
800-532-5274 (Toll-Free)

www.patientadvocate.org

- Case Management Assistance
- Multilingual

PAULA YOUNG

Women's wigs, hairpieces, and wig accessories.

21 Bristol Drive
S. Easton, MA 02375
800-343-9695 (Toll-Free)

www.paulayoung.com

- Free Catalog
- Web Site Orders

PHARMACEUTICAL RESEARCH AND MANUFACTURING ASSOCIATION DIRECTORY

Provides financial assistance for medicines.

800-PMA-INFO (800-762-4636)
(Toll-Free)

PHELPS HOSPICE

At-home hospice care for terminally ill patients and their families, with easy access to medical care.

701 North Broadway
Sleepy Hollow, NY 10591
914-366-3325

www.phelpshospital.org/hospice.html

- Children's Care
- Meals/Nutritional Assistance
- Multilingual
- Pain Management/Relief Services
- Support Groups

PHELPS MEMORIAL HOSPITAL CENTER

701 North Broadway
Sleepy Hollow, NY 10591
914-366-3000

www.phelpshospital.org

PROFESSIONAL SPEECH AID SERVICE

Electronic speech prostheses, electronic voice amplification systems (including "hands-free" models), and stoma care supplies.

20 Hartford Road, Suite 30
Salem Marketplace
Salem, CT 06420
800-454-7778 (Toll-Free)
860-859-2807

www.speechaid.com

PROJECT TIME OUT

A companion/sitting and medical transport service for limited-income seniors.

845 North Broadway, Suite 2
White Plains, NY 10603-2427
914-761-0600, ext. 340

www.wjcs.com

- Fees Based on Patient's Ability to Pay
- Multilingual (Spanish)
- Respite Care Resources
- Support Groups

RESOLVE, INC.

Education, advocacy and support for individuals experiencing infertility.

178 Columbus Avenue
Box #231391
New York, NY 10023
212-799-7400

www.resolveinc.org

ROAD TO RECOVERYSM

(A Service of A American Cancer Society)

Free transportation (provided by volunteers) to and from medical appointments.

2 Lyon Place
White Plains, NY 10601
800-227-2345 (Toll-Free)
914-949-4800

- Appointments Should be Made One Week in Advance
- Appointments are Subject to Availability of Volunteers
- Caller Must Specify County
- For Radiation and Chemotherapy Appointments Only
- Handicapped Patients Need to be Accompanied by an Assistant
- Not Available to Nursing Home (or Other Supervised Setting) Patients
- Service is within Westchester, and Occasionally NYC

RONALD MCDONALD HOUSE

A home-away-from-home for children undergoing cancer treatment and their families.

www.rmdh.org

- Sliding Scale (No more than \$15 per night)

New York City
405 East 73rd Street
New York, NY 10021
212-639-0100

Westchester County
Maria Fareri Children's Hospital
1 Kid's Corner
Valhalla, NY 10595
914-328-5654

ROSARY HILL HOME

Skilled nursing care for incurable cancer patients.

600 Linda Avenue
Hawthorne, NY 10532
914-769-0114

www.rosaryhillhome.org

- Hospice
- Meals/Nutrition Assistance
- Multilingual (Spanish and Others)
- Pain Management/Relief Services
- Referral Service
- Support Group Referral Service

ROSE YM-YWHA SOUTHERN WESTCHESTER ADULT DAY CARE PROGRAM

Provides adult day care services to seniors age 60+. Eligibility based on functionality. Provides transportation within Mount Vernon.

30 Oakley Avenue
Mount Vernon, NY 10550
914-664-0500

- Activities
- Congregate Meals
- Handicapped Accessible
- Home Delivered Meals
- Multilingual (Spanish)
- Supplemental Nutrition Assistance Program

ST. ANN'S CHURCH

Offers a bereavement support group two times a year (fall and spring.)

854 Midland Avenue
Yonkers, NY 10704
914-965-1555

- Support Groups

ST. CABRINI NURSING HOME

Skilled nursing facility offering a variety of inpatient, outpatient, and at-home care services.

115 Broadway
Dobbs Ferry, NY 10522
914-693-6800

- Adult Day Care
- For Profit
- Hospice
- Meals/Nutritional Assistance
- Multilingual
- Pain Management/Relief Resources
- Respite Care Resources
- Short Term Rehab
- Support Groups

ST. JOHN'S RIVERSIDE HOSPITAL

Offers both inpatient and outpatient care, with a wide variety of resources for cancer patients and their families.

www.riversidehealth.org

Andrus Pavilion

967 North Broadway
Yonkers, NY 10701
914-964-4444

ParkCare Pavilion

2 Park Avenue
Yonkers, NY 10703
914-964-7300

- "Look Good...Feel Better" Program
- Meals/Nutritional Assistance
- Pain Management/Relief Resources
- Support Groups

Yonkers General Hospital

2 Park Avenue
Yonkers NY 10703
914-964-7300

ST. JOSEPH'S MEDICAL CENTER ADULT GERIATRIC DAY PROGRAM

Day care program for the elderly.

81 South Broadway
Yonkers, NY 10701
914-375-3333

ST. JOSEPH'S MEDICAL CENTER

127 South Broadway
Yonkers, NY 10701
914-378-7000

www.saintjosephs.org

SARAH R. NEUMAN NURSING HOME

A full-service nursing care facility offering a wide variety of on-and off-site medical and therapeutic programs.

Skirball Campus
845 Palmer Avenue
Mamaroneck, NY 10543
914-698-6005

www.jewishhome.org

- 300-Bed Inpatient Facility
- Adult Education
- Art and Music Therapy
- Art Lending Library
- Beauty Salon/Barbershop
- Free Parking
- Meals/Nutritional Assistance
- Occupational, Physical, and Speech Therapy
- Pain Management/Relief Services
- Pharmacy
- Respite Care

SCARSDALE/EDGEMONT FAMILY COUNSELING SERVICES

Family therapy clinical services. Outreach programs for the elderly housebound.

405 Harwood Building
Scarsdale, NY 10583
914-723-3281

- Bereavement Services
- Multilingual (Spanish)
- Support Groups

SCHERVIER LONG TERM HOME HEALTH CARE PROGRAM

Offers a wide variety of programs and services for patients in long term care. Can arrange for additional services including: adult day care, transportation to appointments, medical equipment and supplies, and in-the-home emergency response.

2975 Independence Avenue
Riverdale, NY 10463
800-321-7514 (Toll-Free)
718-884-5612

www.scherviercares.org

- Certified Home Health Aides
- Nutritional Counseling
- Occupational Therapy
- Palliative Care
- Physical Therapy
- Registered Nursing Visits
- Respiratory Therapy
- Respite Care
- Social Work Services
- Speech Therapy

SCHERVIER NURSING CARE CENTER

Offers long term skilled nursing care, palliative care, specialized Alzheimer's units.

2975 Independence Avenue
Riverdale, NY 10463
800-260-5006 (Toll-Free)
718-548-1700

www.scherviercares.org

- End-of-Life Care
- Palliative Care
- Services for Seniors

BURKE AT SCHERVIER SHORT-TERM REHABILITATION PROGRAM

Offers a step down from a hospital setting with a full range of rehabilitation services.

2975 Independence Avenue
Riverdale, NY 10463
800-260-5006 (Toll-Free)
718-548-1700

- Cardiac Care
- In-Patient Designated Units
- IV Therapy
- Occupational Therapy
- Physical Therapy
- Rehabilitation Services
- Services for Seniors
- Speech Therapy
- Stroke Care
- Wound Care

SEARLE PHARMACEUTICAL COMPANY

Provides certain medicines to enrolled physicians. Any physician can enroll. Physician is provided coupons to be

redeemed for medicines by qualified patients.

800-542-2526 (Toll-Free)

SHARE (SELF-HELP FOR WOMEN WITH BREAST OR OVARIAN CANCER)

Provides free support and programs for women with breast or ovarian cancer, and their families and friends.

1501 Broadway
Suite 704A
New York, NY 10036
866-891-2392 (Toll-Free)
212-719-0364

Breast Cancer Hotline: 212-382-2111

Ovarian Cancer Hotline: 212-719-1204

Information in Spanish:
212-719-4454

www.sharecancersupport.org

- Educational Programs
- Hotlines
- Latina Share
- Support Groups
- Wellness Programs

SKIP (SICK KIDS NEED INVOLVED PEOPLE)

Assistance for families caring for seriously ill or disabled children at home.

213 West 35th Street
11th floor
New York, NY 10001
212-268-5999, ext. 191

www.skipofny.org

- Case Management
- Children with Cancer

SOUND SHORE MEDICAL CENTER OF WESTCHESTER

16 Guion Place
New Rochelle, NY 10802
914-632-5000

STONEWATER SANCTUARY

A holistic center offering classes and workshops on many different subjects and therapies.

2055 Albany Post Road
Croton-on-Hudson, NY 10520
914-788-9844

www.stonewatersanctuary.com

- Acupuncture
- Chakra Healing
- Counseling
- Cranio-sacral Therapy
- Dance/Movement Therapy/Body Based Psychotherapy/Authentic Movement
- Dream Interpretation
- Feldenkrais Method®
- Hypnotherapy
- Integrated Energy Therapy® (IET)
- Maya Abdominal Massage
- Reflexology
- Reiki
- Renewals Facials
- Shamanic Healing
- Smoking Cessation Treatment
- Soul Journeys-Karma Release/Past Life Regression
- Vibrational Healing

SUPPORT CONNECTION

Offers information, education, peer counseling, wellness programs, support groups, and a 24-hour telephone hotline. All programs and services are free and confidential.

360 Underhill Avenue
Yorktown Heights, NY 10598
914-962-6402
800-532-4290 (Toll-Free)

www.supportconnection.org

- Multilingual (Spanish for Breast Cancer)
- Support Groups (meet in Yorktown, Putnam and surrounding communities)

TALKING BOOK AND BRAILLE LIBRARY

Lends Braille and recorded books and magazines, and the necessary equipment, to residents of the 55 upstate counties of New York State who are unable to read standard printed materials because of a physical disability. Call or visit the Web site for an application.

Cultural Education Center
Albany, NY 12230-0001
800-342-3688 (Toll-Free)
518-474-5935

www.nysl.nysed.gov/tbbl/index.html

- Cassette Players and Record Players
- Catalogs
- Free Mailing Service (includes return of items)
- Music Services
- Newsletters
- Reader Advisory Services
- Recorded and Braille Books and Magazines

TIFFANY WIGS

Suppliers and expert fitters of wigs and hair prosthetics. Specializes in wigs for medically-related hair loss. Participating provider for most insurance companies.

100 Triangle Shopping Center
Yorktown Heights, NY 10598
800-427-WIGS (Toll-Free)
(800-427-9447) (Toll-Free)
914-245-5800

www.tiffanywigs.com

ULMAN CANCER FUND FOR YOUNG ADULTS, THE

Provides financial scholarships, support programs, education, and resources free of charge to benefit young adults, their families, and friends.

PMB #505
4725 Dorsey Hall Dr. Suite A
Ellicott City, MD 21042
888-393-FUND (Toll-Free)
(888-393-3863) (Toll-Free)
410-964-0202

www.ulmanfund.org

UNDERNEATH IT ALL

Breast prostheses, surgical bras, swimwear, wigs, and headgear.

444 East 75th Street
New York, NY 10021
212-717-1976

Second Location:

160 E. 34th Street,
4th floor, New York, NY 10016
212-779-2517

- Medicare, Medicaid, Blue Cross/Blue Shield, and Aetna Accepted

UNITED OSTOMY ASSOCIATION, INC.

Provides a visit (doctor referred) by a trained ostomy volunteer to patients who have had a colostomy, cystostomy, ileostomy, or ureterostomy. Also holds monthly education meetings. Web site contains extensive information for ostomy patients.

19772 MacArthur Blvd., Suite 200
Irvine, CA 92612
800-826-0826 (Toll-Free)

www.uoa.org

Westchester NY Chapter

Richard Byrnes
718-379-6371

UNITED WAY OF WESTCHESTER AND PUTNAM HELPLINE

A free and confidential bi-lingual information and referral service that connects people in need with services that can help.

914-949-INFO
(914-949-4636)
914-949-5355 (TTY)

VISITING NURSE ASSOCIATION OF HUDSON VALLEY

Home health agency providing professional nursing for patients of all ages.

Corporate Office:
100 S. Bedford Road
Mt. Kisco, NY 10549
914-666-7616

www.vnahv.org

Branch Office:
900 Pelhamdale Avenue
Pelham, NY 10803

- Home Health Aides

- Hospice Care
- Maternal/Child Health Care
- Meals/Nutritional Assistance
- Multilingual (Spanish)
- Nursing Services
- Pain Management/Relief Services
- Physical, Occupational and Speech Therapy
- Physician Referral
- Psychiatric Home Care
- Respite Care
- Social Work
- Support Groups
- Telehealth, “Virtual Home Care Visits”

VISITING NURSE SERVICES IN WESTCHESTER

Home health agency providing professional nursing for patients of all ages.

360 Mamaroneck Avenue
White Plains, NY 10605
914-682-1480

www.vns.org

- Hospice Referral
- Meals/Nutritional Assistance
- Multilingual
- Pain Management/Relief Services
- Respite Care
- Support Groups

WAINWRIGHT HOUSE

A unique place for learning, relaxation and transformation.

260 Stuyvesant Avenue
Rye, NY 10580
914-967-6080

WALKER SURGICAL ASSOCIATES

Mastectomy prostheses, lymphedema sleeves, surgical stockings, back braces, and custom fittings.

70 East Post Road
White Plains, NY 10601
914-948-1680

WEILER/EINSTEIN HOSPITAL

A division of Montefiore.

1825 Eastchester Road
Bronx, NY 10461
718-904-2000
718-920-5027 (TTY)

www.montefiore.org/cons/facilities

WELLNESS COMMUNITY, THE

Free cancer support (including online groups) and education.

919 18th Street, NW
Suite 54
Washington, DC 20006
888-793-WELL (Toll-Free)
(888-793-9355) (Toll-Free)
202-659-9709

www.thewellnesscommunity.org

- Educational Resources
- Meals/Nutritional Assistance
- Support Groups
 - “Group Loop” – Supervised Online Support for Teens
- Online Services in Spanish

WESTCHESTERGOV.COM

A detailed Web site offering information on health related issues and services, news, activities, financial assistance, and more in Westchester County. Includes free e-mail subscriptions and alerts.

www.westchestergov.com

WESTCHESTER JEWISH COMMUNITY SERVICES

Offers a wide variety of community counseling and support services including home health and personal care. (Also, see L.I.N.K.S. – Parent-to-Parent Telephone Support for Families of Children with Cancer, and Westchester Self-Help Clearing House – Support Group Referral.)

845 North Broadway
White Plains, NY 10603
914-761-0600, ext. 312

www.wjcs.com

- Counseling for Patients and Families
- End-of-Life Care and Bereavement Center
- Home Health Care Aides
- Personal Emergency Response Systems
- Support Groups

WESTCHESTER MEDICAL CENTER

Grasslands Reservation
Valhalla, NY 10595
914-493-7000

WESTCHESTER SELF-HELP CLEARING HOUSE

Provides referrals to specific cancer support groups for cancer patients and their families.

845 North Broadway
White Plains, NY 10603
914-761-0600, ext. 308

WHITE PLAINS HOSPITAL CENTER

41 East Post Road
White Plains, NY 10601
914-681-0600
Cancer Program: 914-681-2034
www.wphospital.org

WHITE PLAINS HOSPITAL SENIOR SERVICES

Provides a variety of services and support groups for elderly patients and their loved ones, as well as respite care.

77 East Post Road
White Plains, NY 10601
914-681-1249

www.wphospital.org

- Caregiver Support Group
- Health Access
- Mall Walkers
- Nursing Home Placement
- Outpatient Services
- Respite Care Resources
- Support Group Referrals
- Telephone Reassurance
- Voice Care

WOMEN'S CANCER NETWORK

Web site offering extensive information on cancers that affect women.

www.wcn.org

Y-ME NATIONAL BREAST CANCER ORGANIZATION

Offers 24-hour hotlines staffed entirely by certified breast cancer survivors, as well as educational information and programs, and support services for breast cancer patients and their families.

212 W. Van Buren, Suite 1000
Chicago, IL 60607-3908
312-986-8338

Hotline: 800-221-2141
(English) (Toll-Free)
800-986-9505

(Español) (Toll-Free)

www.y-me.org

- Multilingual (over 150 languages)

YOU ARE NOT ALONE

(A Service of the American Red Cross)

Provides automatic daily (by computer) or weekly (person-to-person) check-up telephone calls to housebound individuals who live alone.

106 N. Broadway
White Plains, NY 10603
914-946-6500, ext. 450

RECOMMENDED READING

Reading can be an excellent source of both information and comfort for our patients, their families, and their caregivers. Here is a listing of the books in the Cancer Support Team Resource Room, which can be read in our location, or borrowed without charge.

If you would like to reserve a book, please call us a 914-777-2777 and tell us when you can pick it up.

(Your local libraries, bookstores, and Internet bookstores also carry many publications with cancer related information in which you may be interested. Bookstore chains categorize their books differently from one another, so it is best to ask at the information desk for help with your search.)

BEREAVEMENT

Attig, Thomas
How We Grieve

Bouvard, Marguerite
with Gladu, Evelyn
The Path Through Grief

Brooks, Anne M.
The Grieving Time

Caine, Lynn
Being a Widow

Colgrove, Dr. Melba, Bloomfield,
Dr. Harold & McWilliams, Peter
How to Survive the Loss of a Love

Doka, Dr. Kenneth
Living with Grief after Sudden Loss

Doka, Dr. Kenneth, Davidson,
Joyce, Ed.
*Living with Grief: Who we are,
How we grieve*

Edelman, Hope
Motherless Daughters

Fitzgeralds, Helen
The Mourning Handbook

Frigo, Victoria & Fisher, Deane,
Cook, Mary Lou
*You Can Help Someone
Who's Grieving*

Fumia, Molly
Safe Passage

Gilbert, Kei
From Grief to Memories

Goldman, Linda
*Life & Loss - A Guide to Help
Grieving Children*

Grollman, Earl
*Living When a Loved One
Has Died*

Grollman, Earl
*What Helped Me When My Loved
One Died*

Grollman, Earl A.
Talking About Death

Grollman, Earl A. Ed.
Explaining Death to Children

Hughes, Marylou
Bereavement & Support

Kastenbaum, Robert
The Psychology of Death

Kennedy, Alexander
Losing a Parent

Kraus, Pesach & Goldfischer, Morrie
Why Me?

Kreis, Bernadine & Pattie, Alice
Up From Grief

Krementz, Jill
How it Feels When a Parent Dies

Lewis, C. S.
A Grief Observed

Manning, Doug
Don't Take My Grief Away

Mellonie, Bryan & Ingpen, Robert
Lifetimes

Metrick, Sydney Barbara
Crossing the Bridge

Miles, Miska
Annie & the Old One

Miller, James E.
How Can I Help?

Murray, Gloria & Jampolsky,
Gerald G. Ed.
*Straight from the Siblings
Another Look at the Rainbow*

Nouwen, Henri J. M.
Our Greatest Gift

Nudel, Adele Rice
Starting Over

Pendleton, Edith, Ed.
Too Old to Cry Too Young to Die

Pennells, Sister Margaret &
Smith, Susan
The Forgotten Mourners

Rando, Therese
*How to Go On Living When
Someone You Love Dies*

Rando, Therese
Loss & Anticipatory Grief

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GLOSSARY

Benign

(*bih-nine*) Without cancer. Often used to describe a tumor that is non-cancerous.

Bereavement

(*burr-reeve-ment*) The time spent grieving (feeling sad about or mourning) a loss. Bereavement periods can last anywhere from days to years.

CAT Scan

(*cat skan*) A painless medical procedure that takes a large number of x-rays from different angles to create a more complete picture of the inside of the body.

Chemotherapy

(*kee-mo-ther-a-pee*) Treatment with drugs that destroy cancer cells. Chemotherapy is usually given by a needle inserted into the vein (called an IV drip). Most chemotherapy treatments take place over several months and may continue even after the patient is in remission so that any cancer cells that have scattered throughout the body are also destroyed.

Clinical trials

(*clin-ic-uhl tri-yuls*) Tests of drugs or treatments before the government approves them. The purpose of

clinical trials is to see if the drugs have the effect they are supposed to, and are safe. Clinical trials also help the drug makers find out if the drugs have side effects.

Diagnosis

(*dy-ag-no-sis*) A decision, made by doctors, often with the help of tests, of exactly what a patient's disease is, or what the symptoms indicate. Once a diagnosis is made, the doctor can then prescribe medicine or treatments.

Health Care Proxy

(*hell-th kare prock-see*) A legal document that allows one to choose someone (usually a family member or close friend) to make medical decisions on his or her behalf, if he or she is unable to do so. The proxy also allows one to provide clear instructions about one's wishes. Health Care Proxy forms can be obtained through many hospitals, hospice and home care programs. They can also be downloaded at the New York State Department of Health Web site, www.health.state.ny.us. Cancer Support Team can also provide you with a proxy.

Hospice

(*hoss-pis*) An organization that provides special treatment to people who are close to the end of their lives.

Hospice care may be offered in a patient's home, at a hospital, or at a special facility such as a nursing home. Care can include pain management (making the pain less severe), meals, counseling, comfort, help around the house, and other types of support.

Imaging

(*im-ih-jing*) Using sophisticated (usually computerized) equipment to create a picture of a part of the body in order to make a diagnosis. Some imaging techniques are mammograms, sonograms, PET Scans, and MRIs.

Infuse

(*inn-fuze*) To put a liquid into a vein. For example, chemotherapy drugs can be infused through an IV (intravenous) drip.

Leukemia

(*loo-kee-mee-ya*) Cancer that affects the blood or bone marrow. There are many different kinds of leukemia.

Lymphatic System

(*lim-fa-tic sis-tim*) A system in the body that helps people fight infection. Cancer of the lymphatic system is called lymphoma.

Malignant

(*ma-lig-nent*) Cancerous, or not benign. When a tumor is called malignant, it means that the tumor has cancerous cells.

Mammogram

(*mam-o-gram*) An image of the breast created by an x-ray.

Mastectomy

(*ma-stek-toe-me*) Surgical removal of the breast.

Medicaid

(*med-i-cade*) Also known as MA/Medicaid. A government program that helps with medical coverage for people who cannot afford to pay for their own medical care.

Medicare

(*med-i-kare*) A program from the U.S. Social Security Administration that helps with medical coverage for people who are over 65, or younger people who are disabled.

Metastasize

(*me-tas-ta-size*) When cancer cells spread from one part of the body to another.

MRI

(*Magnetic Resonance Imaging*) MRIs are medical tests that use magnetism, radio waves, and a computer to provide detailed images of what is going on inside the patient's body.

Oncologist

(*on-co-lo-gist*) A doctor who specializes in the treatment of cancer. There are different kinds of oncologists including medical oncologists, radiation oncologists, and surgical oncologists.

Oncology

(*on-ca-lo-gee*) The practice of treating cancer.

Palliative care

(pal-li-a-tiv care) Care that is focused on giving physical comfort or pain relief to the patient, rather than trying to cure the disease.

Pathologist

(path-a-lo-gist) A doctor who studies abnormal cells and tissues under a microscope in order to detect diseases.

Pathology

(path-o-lo-gee) The study of disease.

Pediatric

(peed-ee-at-trick) About children.

PET Scan

(pet skan) A diagnostic test that shows a sectional view of the body, or part of the body, created by positron-emission tomography.

Port or Portocath

(por-toe-cath) A thin, flexible tube surgically implanted under the skin that makes it easier to administer chemotherapy drugs.

Prognosis

(prog-no-sis) A prediction of a disease’s outcome. In other words, what is likely to happen to the patient.

Prosthesis

(pros-thee-sis) An artificial device created to replace a part of the body that has been removed by surgery or as the result of an accident or wound. Some examples of prosthetic devices are artificial arms, legs, and breasts.

Radiology

(raid-ee-ol-o-gee) The area of medicine that uses radiation therapy to diagnose and treat disease.

Relapse

(ree-laps) When the symptoms of a disease return.

Remission

(ree-mish-in) The period of time during which a patient with cancer, or other disease, stops showing signs or symptoms of that disease.

Side Effects

Problems that are caused by medicines or medical treatments. Some side effects can be treated to make them easier to deal with.

Sonogram

(son-e-gram) An image of a body part created by sound waves. (See Ultrasound.)

Toll-Free Telephone Numbers

In addition to 800 numbers, other toll-free numbers begin with 866, 877, and 888.

Tumor

(too-mur) A lump of body tissue that is abnormal, and can grow. Tumors can be malignant (cancerous) or benign (without cancer).

Ultrasound

(ull-tra-sow-nd) A medical test that uses the echoes of sound waves to create a “picture” of internal body parts.



Horizontal lines for writing notes and phone numbers.