



CANCER RESOURCE CENTER
OF THE FINGER LAKES

Cancer Support Services

Tioga County



612 West State Street

Ithaca, NY 14850

607-277-0960

info@crcfl.net

www.crcfl.net

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

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For many more resources available to all residents of the greater Finger Lakes area, please see **Cancer Support Services for the Finger Lakes Region of NYS.**

Free Cancer Screenings

The New York State Department of Health has a Southern Tier Cancer Services Program of Broome, Chenango, and Tioga Counties. Call 607-873-1500. Their mission is to reach all uninsured/under-insured residents in these counties (who qualify) to provide free breast, cervical and colorectal cancer screenings to reduce cancer rates in our counties.

<http://www.gobroomecounty.com/csp>

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, please contact 607-778-3900 or 1-877-276-1019.

Local Resources for Financial Assistance

<p>Catholic Charities of Tompkins/Tioga 324 W. Buffalo Street Ithaca, NY 14850 https://www.catholiccharitiesst.org/</p>	<ul style="list-style-type: none"> ● Financial assistance is available for Tioga County residents. These funds are very limited. ● Financial assistance is determined on a case-by-case basis.
<p>Central New York Health Home Network 1500 Genesee Street Utica, NY 13502 http://www.cnyhealthhome.net/</p>	<ul style="list-style-type: none"> ● The Health Home provides a dedicated care manager to help eligible Medicaid members navigate the complex medical, behavioral and social service systems.
<p>HEAP (Home Energy Assistance Program) https://otda.ny.gov/programs/heap/ Tioga County Dept of Social Services PO Box 240, 1062 Route 38, Owego, NY 13827 Phone: (607) 687-8300 or (877) 882-8313 Open: Monday – Friday After Hours Emergency Contact Tioga County Sheriff’s Department Phone: (607) 687-1010 Days Open: Monday - Friday</p>	<ul style="list-style-type: none"> ● The Home Energy Assistance Program (HEAP) helps low-income people pay the cost of heating their homes. ● If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off. ● Questions regarding the HEAP program should be directed to your <u>HEAP Local District Contact</u>.

Assistance with Insurance and Legal Issues

<p>Tioga Opportunities, Inc. (TOI) 9 Sheldon Guile Blvd. Owego, NY 13827 866-352-3680, 607-687-4222 https://tiogaopp.org/</p>	<ul style="list-style-type: none"> • TOI offers a wide variety of services to the most vulnerable residents of Tioga County. Services are designed to empower low-income individuals and vulnerable members of our community to become financially stable.
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Beds Wheelchairs and Other Equipment

<p>Guthrie Med Supply Depot 1393 Elmira Street Sayre, PA 18840 570-888-3488 https://www.guthrie.org/med-supply-depot</p>	<ul style="list-style-type: none"> • Offers a wide range of medical equipment and supplies, including adaptive equipment designed to help individuals maintain their independence, wheelchairs and scooters, and physical therapy aides • Located just 20 minutes outside of Tioga County on the border of Pennsylvania and New York.
<p>VNA Homecare Options 888-477-4663 https://goo.gl/43nMTg</p>	<ul style="list-style-type: none"> • After becoming a member for VNA Homecare, you'll have access to the durable medical equipment you need. • Call to see if you are eligible for access to this medical equipment or visit their website for more information.

Home Health Care

Information and Referral:

Tioga County NY **Connects** (<http://www.nyconnects.ny.gov/>) is a collaboration between the **Tioga County Office for the Aging** and **Long Term Care Services** to provide information about available options whether you are paying for services yourself, through insurance, or are eligible for a government program. NY Connects serves anyone who needs information on long term services and supports, such as older adults, a child or adult with a disability, family members or caregivers, friends or neighbors, and helping professionals. For more information please contact 607-687-4120.

Home Care Service Providers:

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

Care Givers Home Care

607-275-0238

Finger Lakes Independence Center

607-272-2433

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 with **Lourdes Hospital**, located in Binghamton, NY. 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 closely with your primary physician, we provide:

- Expert treatment of pain and other symptoms
- Guidance with difficult treatment choices
- Emotional and spiritual support for you and your family
- Coordination of care
- Close communication and compassionate care
- Advance Care Planning

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 607-798-5418 or at <https://www.lourdes.com/centers-and-services/palliative-care/>.

Lourdes Hospital

169 Riverside Drive

Binghamton, NY 13905

607-798-5418

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.

The **Elwood Health Care** and **Riverview Manor Health Care Center** provides extended care services throughout various stages of a person's life.

Anyone can contact these locations 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 with the contact information below.

Elderwood Health Care

37 North Chemung Street
Waverly, NY 14892
607-565-6216
<http://www.elderwood.com/>

Riverview Manor Health Care Center

510 Fifth Avenue
Owego, NY 13827
607- 687-2594
<https://www.riverviewmanorowego.com/>

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 Health and Human Services at 1062 Route 83 in Owego, NY offers a comprehensive continuum of counseling services and support for individuals of all ages and families coping with emotional problems, mental illness, marital issues, depression, alcoholism and substance abuse. Visit their website at <https://www.tiogacountyny.com/departments/mental-hygiene/> for more information or call 607-687-4000 or 1-877-882-8313.

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

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:

Lourdes Hospital Lymphedema Management

Lourdes Hospital
169 Riverside Drive
Binghamton, NY 13905
607-798-5255
<https://www.lourdes.com/centers-and-services/breast-care/treatment-and-services/lymphedema/>

The Myers Center for Massage and Lymphedema

148 Vestal Parkway East, Suite 2
Vestal, NY 13850
607-757-0517
<http://www.themyerscenter.com/>

Additional Support for Older Adults

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 support to older adults.

The Health Insurance Information, Counseling, and Assistance Program (HIICAP) of Lifelong (607-273-1511) provides help with Medicare, Medigap, long-term care insurance, and other programs serving seniors.

Tioga Opportunities, Inc. Department of Aging (607-687-4222) is an excellent resource for assistance with aging-related issues such as housing, home care, health insurance, caregiver services, and more. The office also controls the local “Meals on Wheels” program, so check out their website for more information at <https://tiogaopp.org/>.

Transportation

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. For more information, please visit <https://local.dmv.org/new-york/branch/tioga-county-dmv-office-owego>.

Local and Out of Town Transportation:

<p>A&D Transportation Services 607-433-1726 http://www.adtransportservices.com/ Tioga County 607-386-4772</p>	<ul style="list-style-type: none">• Serves Tioga and Cortland County and provides transportation to and from medical appointments and is wheelchair accessible.
<p>Serafini Transportation 607-762-5480 http://serafinitransportation.com/</p>	<ul style="list-style-type: none">• Provides stretcher and wheelchair service, bed-to-bed transfer, medical appointments. Metro areas include: Binghamton, Johnson City, Endicott, Owego, Sayre, Whitney Point, Newark Valley.

An excellent source for additional information is the 211 Tioga County Helpline at 2-1-1 or 1-800-901-2180.