



CANCER RESOURCE CENTER
OF THE FINGER LAKES

Cancer Support Services
Tompkins County



**612 West State Street
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Free Cancer Screenings

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

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

For more information about screenings and eligibility, contact the Cancer Services Program of Cayuga, Cortland and Tompkins Counties Health Department at 315-253-1560 / 1-833-837-4931.

Area Resources for Financial Assistance

<p>Catholic Charities / Samaritan Center 324 West Buffalo Street Ithaca, NY 14850 607-272-5062 www.catholiccharitiestt.org</p>	<ul style="list-style-type: none"> ● The Samaritan Center provides urgent, short-term financial assistance to families and individuals in immediate crisis. ● Emergency financial assistance is offered in Tompkins County only; funds are limited and determined on a case-by-case basis. ● Referrals for other types of assistance are provided.
<p>Social Services-Home Energy Assistance Program (HEAP) 320 W State St, Ithaca, NY 14850 (607) 274-5680</p> <p>To apply: Online: myBenefits.ny.gov HEAP application or to your HEAP Local District Contact.</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.

<p>Social Services-Supplemental Nutrition Assistance Program (SNAP) 320 W State St, Ithaca, NY 14850 (607) 274-5680</p>	<ul style="list-style-type: none"> ● Nutrition Assistance/SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency. ● To get SNAP benefits, you must apply in the state in which you currently live and you must meet certain requirements, including resource and income limits
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Assistance with Insurance and Legal Issues

<p>Health Insurance Navigators Human Service Coalition 118 N. Tioga St. Suite 304 Ithaca, NY 14850 607-273-8686 www.hsctc.org/</p>	<ul style="list-style-type: none"> ● A free and confidential program to assist individuals find quality health insurance in NY, renew insurance, compare insurance plans and programs, or change insurance. ● Call to schedule an appointment with a navigator.
<p>Ithaca Free Clinic 521 West Seneca Street Ithaca, NY 14850 Clinic: 607-330-1254 http://ithacahealth.org/</p>	<ul style="list-style-type: none"> ● The Ithaca Free Clinic is a medical center where patients can receive both conventional medical care offered by physicians and nurse practitioners and alternative care from holistic professionals. ● The clinic serves the uninsured, free of charge. ● The clinic offers appointments, and also has walk in hours, call for details.

Wigs, Makeup and Mastectomy Products

<p>The Boutique Cancer Resource Center 612 West State Street Ithaca, NY 14850 607-277-0960 http://www.crcfl.net</p>	<ul style="list-style-type: none"> ● Maintains an inventory of wigs, hats, scarves, turbans, and mastectomy products. ● Staff provide personal assistance with wig fittings and selection. ● Items are free of charge to individuals with cancer.
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<p>The Confident Woman Boutique Cortland Regional Medical Center 160 Homer Avenue Cortland, NY 13045 (607) 756-3880</p>	<ul style="list-style-type: none"> ● Offers a selection of bras, camisoles, lotions, undergarments, headscarves, prostheses, and swimwear. ● Staff provide assistance with personal fittings. ● Open by appointment only.
<p>Guthrie Med Supply Depot 402 Third Street Ithaca, NY 14850 607-273-4727</p>	<ul style="list-style-type: none"> ● Carries durable medical equipment, breast prostheses and mastectomy bras. ● Call ahead for an appointment.
<p>Hendriks and Wood Studios 801 West Buffalo Street Ithaca, NY 14850 607-257-7911</p>	<ul style="list-style-type: none"> ● Erich Hendriks offers wig sales and service. Service includes reshaping, re-curling, custom coloring of human-hair wigs, and restyling.
<p>Lady Jane Boutique 892 East Brighton Avenue Syracuse, NY 13205 315-498-9086 OR 5700 West Genesee Street Camillus, NY 13031 315-468-9743 http://www.ladyjaneboutique.com</p>	<ul style="list-style-type: none"> ● A Boutique that carries post-mastectomy and post-reconstruction breast prosthesis, bras, lingerie, and swimwear. ● Certified fitters assist finding the right product and size for your needs, by appointment. ● Products can be purchased in store, online, or by catalog.
<p>New Beginnings Mastectomy Boutique MoPro Mobility & Healthcare Products 3232 Erie Boulevard East Syracuse, NY 13214 (315) 472-0707 www.moprocorp.com/mastectomy-boutique.htm</p>	<ul style="list-style-type: none"> ● Boutique has products designed to help women following all breast surgeries, including camisoles, enhancer forms and bras, breast forms or shells, breast prosthetics and mastectomy bras. ● Boutique also carries a selection of hats and scarves and other accessories. ● A certified fitter will assist you to find the right product for you. ● Call for an appointment and insurance options.

<p>Norabloom Botanicals and Beauty Lounge 132 E. State Street, Suite 201, Ithaca, NY 14850 607-592-8222 http://www.norabloom.com</p>	<ul style="list-style-type: none"> ● A beauty lounge that specializes in a "loving, chemical-free approach to women's skin health." ● Oncology esthetics is a specialty that provides skin care services to cancer patients while they are either undergoing treatment therapies or are post treatment. ● Holly Green, owner and licensed esthetician, provides free consultations to women undergoing cancer treatment.
<p>Satori Salon Village Green Plaza, 840 Hanshaw Rd. Ithaca, NY 14850 (607) 266-0130 satorisalonithaca.com</p>	<ul style="list-style-type: none"> ● Complimentary hair shampoo, blow dry, or head shaving/shorter cut. Advice on growing out hair after chemotherapy. ● Wig consultations, cleaning, styling. ● Sample make-up products and application tips.
<p>YWCA Pink Boutique 211 Lake Street Elmira, NY 607-733-5575 http://www.ywcaelmira.org</p>	<ul style="list-style-type: none"> ● A boutique that is part of their women’s breast health program; products include prostheses, bras, swimwear, and headwear for women to purchase. ● The boutique also accepts some insurance. ● Fittings require an appointment.

Beds, Wheelchairs, and Other Equipment

<p>Finger Lakes Independence Ctr 215 Fifth Street Ithaca, NY 14850 607-272-2433 http://www.fliconline.org</p>	<ul style="list-style-type: none"> ● The Center provides durable medical equipment (such as walkers, wheelchairs, rails, etc.) available for a short term loan. ● The Center also has a “Try It Room” with items that can help with daily living. The room also loans assistive technology and devices for a one month period.
<p>Ithaca ReUse Center 214 Elmira Rd Ithaca, NY 14850 (607) 257-9699 https://ithacareuse.org/</p>	<ul style="list-style-type: none"> ● Works toward a resilient and waste-free world that values people and resources. Join us in reducing waste sent to landfills, and giving quality materials and people new chances, all while making a local impact.

<p>Access to Independence 26 North Main Street Cortland, NY 13045 607-753-7363 www.aticortland.org</p>	<ul style="list-style-type: none"> ● ATI offers an equipment loan closet for individuals with disabilities, including electric and manual wheelchairs, commodes, shower chairs, walkers, canes, cushions, trays, ramps, crutches, and nearly 50 other types of adaptive equipment. ATI typically allows for a three-month loan of equipment. ● Call their office for information and eligibility.
<p>Small Comforts Foundation 1 Leslie Ln. Ithaca, NY 14850 607-279-0981 www.smallcomfortsfoundation.org</p>	<ul style="list-style-type: none"> ● Provides new equipment, comfort needs, and help with bills. ● Apply for assistance on the website.
<p>Lincare, Inc. 410 Elmira Rd. Ithaca, NY 14850 607-277-4027</p>	<ul style="list-style-type: none"> ● Local supplier for hospital beds and various respiratory therapies, serves multiple counties. ● Requires a referral or prescription for services.
<p>Trumansburg American Legion 607-387-4212 Dryden Veterans' Memorial Home 607-844-9900 Groton American Legion 607-898-3837</p>	<ul style="list-style-type: none"> ● Each of these organizations maintains a closet with wheelchairs, beds, and other equipment that are available for loan.
<p>Wonderful Wheelchairs (basement of Cayuga Ridge) 1229 Trumansburg Road Ithaca, NY 14850 607-375-6657 or 607-272-8224 http://www.tclifelong.org/wonderful-wheelchairs/</p>	<ul style="list-style-type: none"> ● A volunteer organization in Ithaca that refurbishes and sells wheelchairs, walkers, and scooters at very reasonable prices. ● Hours are limited, call for more information.

Nutritional Assistance

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

Home Health Care

Information and Referral:

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

Home Care Service Providers:

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

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

Pain Control

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

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

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

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

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

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

End of Life Care

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

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

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

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

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

Mental Health Services

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

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

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

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

Tompkins County Office of the Aging provides objective and unbiased information regarding the array of services available for older adults and their caregivers. Their mission is to assist older adults and persons with long term care needs to live independently in their homes and communities with quality of life and dignity. Please call (607) 274-5482 or <https://www2.tompkinscountyny.gov/cofa>

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.

Local organizations 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

University of Rochester genetic counseling program:

Hereditary Cancer Screening and Risk Reduction Program
www.urmc.rochester.edu/cancer-institute/services/hereditary-cancer-risk.aspx

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:

Licensed Massage Therapists and Certified Lymphedema Therapists

Stephanie Gray Massage
201 Dey St.Suite 204
Ithaca, NY 14850
607-351-6840
www.stephaniegraymassage.com

Lymphedema Management Program

Cayuga Medical Center-Department of Physical Therapy
10 Brentwood Drive
Ithaca, NY 14850
607-274-4159 (for appointment with a lymphedema specialist)
<https://www.cayugamed.org/services-2/physical-therapy/>

The Myers Center for Massage and Lymphedema

148 Vestal Parkway East, Suite 2
Vestal, NY 13850
607-757-0517
www.themyerscenter.com

Schuyler Hospital Physical Therapy Department

220 Steuben Street
Montour Falls, NY 14865
(607) 535-8616
Michelle Creary OTR/L, CLT
Christine Stierly PT, MPT, CLT-LANA\

Cancer Support for All Ages

Children:

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

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

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.

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

Foodnet is the local “Meals on Wheels” Program. Phone 607-266-9553 <https://foodnet.org/>

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

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.

Local and Out of Town Transportation

<p>Gadabout 737 Willow Ave, Ithaca, NY 14850 607-273-1878 www.gadaboutbus.org</p>	<ul style="list-style-type: none"> ● Gadabout is a non-profit organization providing door to door transportation service for older and disabled residents of Tompkins County. ● Reservations for rides must be made in advance.
<p>Friends in Service Helping (FISH) www.fishoftc.org Call 2-1-1 or 877-211-8667 to request transportation assistance.</p>	<ul style="list-style-type: none"> ● A non-profit organization with volunteers who provide free rides to Tompkins County residents in need of medical and health related services within Tompkins. ● Ride requests should be made 4 days in advance.

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