



CANCER RESOURCE CENTER

OF THE FINGER LAKES

Cancer Support Services Chemung County



612 West State Street

Ithaca, NY 14850

607-277-0960

info@crcfl.net

www.crcfl.net

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

October 2021

Table of Contents

Support	
Free Cancer Screenings	2
Financial Assistance	
Resources for Financial Assistance	2
Wigs, Supplies, Equipment	
Wigs, Makeup and Mastectomy Products	3
Beds, Wheelchairs, Other Equipment	4
Specialized Services	
Nutritional Assistance	5
Home Health Care	5
Pain Control	5
End of Life Care	6
Mental Health Services	6
Genetic Counseling	6
Lymphedema	7
Special Populations	
Older Adults and Cancer	7
Transportation	
Parking Permits	8

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 Cancer Services Program (CSP) in each county. Program website: <https://www.health.ny.gov/diseases/cancer/services/>

Their mission is to provide NY residents who meet age and income requirements with free breast, cervical, and colorectal cancer screenings and diagnostic services. The age-appropriate, risk-based screenings offered by local clinicians in each county include:

- 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, call the Southern Tier Cancer Services Program at 607-778-3900, or Chemung Co. residents may call 607-873-1500

Chemung Co. website: <http://www.chemungcountyhealth.org/>

Local Resources for Financial Assistance

<p>NYSEG Assistance Programs: HEAP (Home Energy Assistance Program) HEAP and EAP Programs</p>	<ul style="list-style-type: none"> ● HEAP is a federal grant program that helps eligible households pay for energy costs, repairs, and weatherization.
<p>Project Share RG&E and NYSEG Project Share</p>	<ul style="list-style-type: none"> ● Project Share is designed to help income-eligible customers with active disconnect notices in NYSEG service areas.
<p>Samaritan Center of Catholic Charities 215 East Church Street Elmira NY 607-734-9784 https://cs-cc.org</p>	<ul style="list-style-type: none"> ● The Samaritan Center provides urgent, short-term financial assistance to families and individuals in immediate crisis. Funds are limited and determined on a case-by-case basis. Referrals for other types of assistance are provided.

Wigs, Makeup and Mastectomy Products

<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>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>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>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>Lady Jane Boutique 892 East Brighton Avenue Syracuse, NY 13205 315-498-9086 FAX 315-498-9087 email: ladyjaneboutique@gmail.com 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) 472-8088 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>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>Wonderful Wheelchairs (basement of Cayuga Ridge) 1229 Trumansburg Road Ithaca, NY 14850 607-272-8224</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.
<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>Lincare, Inc. 410 Elmira Rd</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.

Ithaca, NY 14850 607-277-4027	
----------------------------------	--

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:

Chemung County NY Connects is a collaboration between the Chemung County Department of Aging and Long Term Care Services, 425 Pennsylvania Avenue, Human Resource Center, Elmira, NY, They provide easy access to information and assistance for people who are exploring long term care options or who are already receiving a long term care service but would like more information. For more information please contact 607-737-5520. <https://www.nyconnects.ny.gov/services/ny-connects-chemung-county-sofa32175>

Home Care Service Providers:

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

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

Pain Control

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

CareFirst is a nonprofit organization based in Painted Post, NY that provides complete hospice, palliative care, and grief support services to residents of Chemung, Schuyler, and Steuben counties of

New York State. Contact them at 607-962-3100 or info@CareFirstNY.org.

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.

CareFirst provides programs of care that include pain and symptom management, emotional and spiritual support, and family counseling along with the same comprehensive care in hospitals, nursing homes, and other in-patient settings. Contact them at 607-962-3100 or info@CareFirstNY.org.

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

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. 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:

Lymphedema Management Program

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

The Myers Center for Massage and Lymphedema

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

Licensed Massage Therapists and Certified Lymphedema Therapists

Stephanie Gray Massage
409 West State Street
Ithaca, NY 14850
607-351-6840
www.stephaniegraymassage.com

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\

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.

Chemung County Office for the Aging (607-737-5520) is an excellent resource for assistance with aging-related issues such as housing, home care, health insurance, caregiver services, and more.

www.chemungcountyny.gov/departments/a -

[f departments/aging_and_long_term_care/index.php](http://www.chemungcountyny.gov/departments/aging_and_long_term_care/index.php)

<https://nyconnects.ny.gov/services/chemung-county-office-for-aging-sofabroop12281>

The Health Insurance Information, Counseling, and Assistance Program (HIICAP) of the Office of the Aging 607-737-5520 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.

**An excellent source for additional information is the
211 Chemung Helpline at 800-436-2211.**

