

## Cancer Support Resource List

Efforts were made to include all of the cancer support services available in Dutchess County but inevitably something may have been left out. If there is a service you are looking for and it is not listed here please try calling the **United Way Help Line** by dialing **211**.

### Aesthetic Support

**Look Good.... Feel Better** -Look Good...Feel Better is a free, non-medical, brand-neutral, national public service program created to help individuals with cancer look good, improve their self-esteem, and manage their treatment and recovery with greater confidence.

**Programs are held at Vassar Brothers Medical Center Dyson Center for Cancer Care, 45 Reade Place Poughkeepsie NY**

**And**

**Cancer Center at St Francis Hospital, One Webster Ave,  
suite 206, Poughkeepsie, NY**

For information call 845-452-2932 x 10 or log on to  
[www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org).

**American Cancer Society Wig program** This is a program for those who have lost their hair due to cancer treatment. Call ACS at 845-452-2932 x 10 for further information

**Hair Loss Options** at the Cancer Center at St. Francis Hospital. Providing free hair loss options consultations, hair cuts in preparation for chemotherapy and wig fittings and sales. 845-473-8445

**LaBoutique at The Dyson Center for Cancer Care** The full service boutique is located on the 2<sup>nd</sup> floor of the cancer center at Vassar Brothers Medical Center. Sponsored by the Miles of Hope, the boutique carries a variety of mastectomy products including prostheses and bras; wigs, scarves, garments, bathing suits, cosmetics and more. Private fittings are complimentary. Call 845-483-6522 for more information.

## Clinical Trials:

For information on clinical trials in the area and in the U.S. please call:

**Vassar Brothers Medical Center** – 845-431-5628 or 845-483-6483

**Cancer Center at St. Francis Hospital** – 845-483-5770

## Complementary Therapy:

The following complementary therapies are offered at the **Cancer Center at Saint Francis Hospital** thanks to a grant from the Miles of Hope Breast Cancer Foundation. All therapists are licensed or certified according to the service provided. For information call 845-483-5997

Massage Therapy  
Reiki  
Reflexology  
Cancer Exercise Specialist

The following complementary therapies are offered at the **Dyson Center for Cancer Care at Vassar Brothers Medical Center** thanks to a grant from the Miles of Hope Breast Cancer Foundation. All therapists are licensed or certified according to the service provided. For information call 845-437-3115

Massage Therapy  
Healing Vibrations – A therapeutic music program on Monday mornings for patients going through treatment for their cancer.  
Focus on Healing through Dance and Movement – a therapeutic movement class that uses gentle ballet and yoga for restorative and rehabilitative purposes. For information, call 845-483-6331.

**Breast Cancer Options** has 2 acupuncture clinics that provide 5 free sessions for women in treatment thanks to a grant from the Miles of Hope Breast Cancer Foundation. Breast Cancer Options also holds an annual conference on complementary-integrative medicine each year. For information call 845-339-4673

## Financial/Legal Support

The following organizations can either assist you with medical bills, prescriptions or household bills. A patient navigator can also assist you in accessing financial assistance.

**Miles of Hope** – 845-264-2005

**American Cancer Society** - 845-452-2932 x 10

**Breast Cancer Options** – 845-339-4673

**Hudson River Housing** - 845-454-5176

**Mental Health America** - 845-473-2500

**Dutchess Outreach** – 845-454-3792

**Patient Advocacy Foundation** - Co-pay Relief 866-512-3861

**Emergency Assistance Housing Program** – 845-331- 2140 x205

**Partnership for Prescription Assistance** – 888-477-2669

**Health Advocacy Project** – Comprehensive legal services in civil matters provided to cancer patients and their families residing in the Hudson Valley 914-949-1305

## Genetic Counseling

If you have cancer, genetic test results can affect your treatment plan, as well as the screening for and prevention of other cancer types.

If someone in your family has had cancer, genetic testing can help to inform you about what types of cancer screening may be appropriate and when to begin these screenings.

For information call The Dyson Center for Cancer Care at 845-483-6641.

Or

The Cancer Center at Saint Francis Hospital at 845-483-5997

## House Cleaning

### Cleaning for a Reason

if you know of any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning - 1 time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. **Cleaning for a Reason** will have a participating maid service in her zip code area arrange for the service. <http://www.cleaningforareason.org> Please pass this information on to help a woman going through any type of cancer treatment. This organization serves the entire USA and currently has 547 partners to help these women.

## Palliative Care

Palliative care is a type of medical care that focuses on the treatment of symptoms a person experiences when they are living with a chronic disease or illness such as cancer (CDC). It is a type of care that seeks relief from symptoms without curing the underlying disease. Its goal is to provide the best quality of life possible before and after someone becomes terminally ill. It focuses not only on the physical problems like pain, nausea, loss of appetite and fatigue but also emotional and spiritual problems as well. It is delivered by a multidisciplinary team of physicians, nurses, social workers chaplains and others. The whole person and family are included in the care. It relieves suffering and assists the family in receiving the support it needs including bereavement. It should intensify as the illness becomes progressive. In an ideal situation, palliative care should be provided throughout the continuum of cancer care from diagnosis, through treatment, survivorship and end of life (WHO)

For information on palliative care call Hospice of Dutchess County at 845-485-2273.

**Or:**

The Palliative Care Consulting Team at Vassar Brothers Medical Center at 483-6428

## Cancer Patient Navigation Directory

**A Patient Navigator/Case Coordinator/Patient Advocate or Companion** is a person who has been trained **or** has specific knowledge of cancer services in the community. Patient navigators can be healthcare professionals, community volunteers or a cancer survivor. They assist a person who has a suspicious test result or is newly diagnosed with cancer, access healthcare and overcome barriers to their health care. They are usually affiliated with a hospital, doctor's office or a community organization.

**COMPANION ADVOCATES** is a Breast Cancer Options program for breast cancer-related medical visits. Companion Advocates are Breast Cancer Survivors trained to accompany newly diagnosed patients or those facing a possible diagnosis to their medical appointments. A trained Companion Advocate is there for support, to ensure that important questions get asked and are answered, as a resource to verify exactly what was discussed at the visit, and to share their experience as survivors. **ALL INFORMATION IS STRICTLY CONFIDENTIAL NO MEDICAL ADVICE IS GIVEN AT ANY TIME.** For information call 845-339-4673

**Case Coordinators:** Professional nurses and social workers help patients deal with illness and make decisions about their care. For more information call 845-437-3115.

Margaret Gilliam White, LCSW-R, CBCN, Survivor and Community Advocate located in Poughkeepsie. 845-462-8052

**Patient Care Partners** –Patient Care Partners are housed at Hudson River Health Care (HRHCare). They assist Hudson River Health Care patients access or obtain needed healthcare services. For further information call HRHCare in Poughkeepsie 845-454-8204, Beacon 845-831-0400, Amenia, 845-373-9006 and at the Atrium at St. Francis Hospital 845-483-5700

**Outreach Coordinator and Case Manager** this person is housed at Hudson River Health Care in Eastern Dutchess. They provide medical interpretation services and patient navigation services to Dutchess County residents. For information call 845-373-9006.

**Community Outreach for Migrants** this person is also housed at HRHCare in Eastern Dutchess County. They also provide medical interpretation and patient navigation services for residents of Dutchess County. For information call 845-373-9006

**Breast Cancer Patient Care Navigator:** Diane Froman, RN, CBCN, CBPN-IC at the Cancer Center at Saint Francis Hospital 845-483-5790

**American Cancer Society (ACS) Patient Navigators** – to reach a person from ACS to assist you in accessing healthcare or information regarding you cancer call 845-452-2932 x 10 or 1-800-227 2345.

**Breast and Ovarian Cancer Counseling and Information:**

To speak directly to a Peer Counselor (a trained cancer survivor) to receive information or personalized support regarding breast or ovarian cancer, call Support Connection, Inc. at 800-532-4290. Peer Counselors offer information, ongoing emotional support, community resources and referrals, and connections to other women with similar situations

<b>Rehabilitative Services</b>
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**Occupational Therapy at Vassar Brothers** - Offers help with life skills such as grooming, dressing skills, coping and vocational skills, wellness and spiritual healing and non-drug pain management. Services are provided by certified occupational therapists. A certified hand therapist is also on-staff. Call 845-483-6331 for Poughkeepsie and (845) 838-8191 for The Vassar Brothers Medical Mall in Fishkill.

**Physical Therapy Services at Vassar Brothers** - Restoration of physical skills through exercise and treatments focusing on optimizing physical functioning in all environments. Therapy is catered to the individual needs. Services are provided by licensed and registered physical therapists. Call 845-483-6381 for Poughkeepsie or 845-838-8191 for The Vassar Brothers Medical Mall in Fishkill.

**Speech and Swallowing Therapy Services at Vassar Brothers** - Treatment of cancer, particularly head and neck cancer, can impact speech and swallowing abilities. Comprehensive evaluations and treatment of swallowing and communication disorders are conducted by licensed and certified Speech-Language Pathologists are available at The Dyson Center for Cancer Care (845) 483-6381 and at The Vassar Brothers Medical Mall in Fishkill (845) 838-8191.

## **CANCER SUPPORT GROUPS**

### **Breast Cancer Support Groups in Dutchess County**

#### **Beacon**

**Breast Cancer Options Breast Cancer Support Group** meets the 3<sup>rd</sup> Wednesday from 6:30 – 8pm at Wingate at Beacon, 10 Hastings Drive, Beacon, NY 12508 for further information call 845—339-4673.

#### **East Fishkill / Hopewell Junction**

**Breast Cancer Options Peer Facilitated Breast Cancer Support Group** meets 1<sup>st</sup> Wednesday of the month from 1-2:30pm at the East Fishkill Library, 348 Route 376, Hopewell Junction, NY 12533. For further information call 845-339-4673.

**Peer to Peer Mentoring** If you are interested in speaking with a breast cancer survivor please call Breast Cancer Options at 845-339-4673

**Support Connection's Breast Cancer Support Group** meets 2<sup>nd</sup> Tuesday at 10:15 am at the East Fishkill Library, 348 Route 376, Hopewell Junction, NY 12533. Registration is required. Open to women at all stages of breast cancer. Led by a trained peer facilitator who has experienced breast cancer and provides an opportunity for women to connect with others who may have similar experiences. For information or to register, please call 914-962-6402 or 800-532-4290.

**Support Connection's National Toll Free Phone Support Group for Women Recently Diagnosed with Breast Cancer:** This support group focuses on the specific needs of women who have been recently diagnosed and about to begin

treatment or are currently in treatment. Led by two trained peer facilitators who have experienced breast cancer, and provides an opportunity for women to connect with others who may have similar experiences. The meeting is the first Wednesday of every month at 8pm. Pre-registration is required. For information or to register please call 914-962-6402 or 800-532-4290.

**Poughkeepsie:**

**American Cancer Society (ACS) Breast Cancer Support Group** This support group is held the second Wednesday of each month at the Cancer Center at Saint Francis Hospital. For further information call 483-5970 or ACS at 845-452-2932 ext 10

**American Cancer Society (ACS) Reach to Recovery:** Provides information and support to anyone facing breast cancer through one to one contact with ACS volunteers. Volunteers are women who are breast cancer survivors. The service is free. You can access the program by calling the ACS National at 1-800-227-2345 or locally 845-452-2932 x10

<b>Other Cancer Support Groups:</b>
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**Cancer Support Group for Cancer Patients:** This support group meets weekly at Vassar Brothers Medical Center in the Dyson Center for Cancer Care 845-483-6470. Professional Social Workers and Nurses lead discussions on ways to cope with illness and treatments. Groups also meet at The Vassar Brothers Medical Mall in Fishkill (845-838-8103) and in Kingston (845-339-7700).

**Metastatic (Stage IV) Cancer Support Group:** This group meets weekly at The Dyson Center for Cancer Care (845-483-6470) and is led by professional Social workers to provide support and coping skills. The group is also available at The Vassar Brothers Medical Mall in Fishkill (845-838-8103).

**Cancer Support Group for Friends and Family of Cancer Patients:** This support group is available at the Dyson Center for Cancer Care. For more information call 845-483-6394.

**For Children Only** – This is a special event for children and teenagers ages 6-16 who have a relative or friend with cancer. The program includes information, tours, support activities and lunch. For information call 845-437-3115.

**Camp Lightheart** Breast Cancer Options Camp Lightheart is a free sleep away camp for children of breast cancer patients and survivors 8-15 years of age. It is held in August at the Omega Institute in Rhinebeck NY. For information call 845-339-4673

**Head and Neck Cancer Support Group:** This support group meets at Vassar Brothers Medical Center in the Dyson Center for Cancer Care. They meet each month in the afternoon and evening. For more information please call 845-483-6861.

**Introduction to Chemotherapy:** This is a short class lead by oncology nurses to assist patients undergoing treatment to prepare for chemotherapy and or radiation therapy. For more information please call 845-483-6408

**Laryngectomy Support Group:** This support group meets at Vassar Brothers Medical Center. They meet each month in the Speech Pathology Department from noon to 1:30 pm. For more information please call 845-483-6381.

**Living with Lymphedema:** This group assists patients coping with lymphedema Group leaders include occupational and physical therapist. For more information please call 845-483-6331

**Nutrition Counseling:** Registered Dieticians provide Counseling for cancer patients and families on maintaining good nutrition and alleviating side effects during treatment. For information please call 845-454-8500 x 72111 or 845-483-6322.

**Ostomy Support Group** This support group is held at the Dyson Center for Cancer Care at Vassar Brothers Medical Center the third Tuesday of every month. For more information call 483-5970

### **Ovarian Cancer:**

**Support Connection's National Toll Free Phone Support Group for Women with Ovarian Cancer:** This support group focuses on the needs of women who are living with ovarian cancer at any stage of diagnosis, treatment or recovery. It is led by a trained peer facilitator who has experienced cancer, and provides an opportunity for women to connect with others who may have similar experiences. The meeting is the second Wednesday of every month at 8pm. Pre-registration is required. For information or to register please call 914-962-6402 or 800-532-4290.

### **Prostate Cancer:**

**American Cancer Society - Man to Man:** This is a support group for men who have been newly diagnosed, undergoing treatment or survivors of prostate cancer. The group meets once per month at Central Hudson's auditorium the first Thursday of the month from 6:30 to 8pm. Walk-ins are welcome. Call ACS at 845-452-2932 x 10

**Side-by-Side** This support group is for wives and friends of those who have been diagnosed with prostate cancer. For further information please call 845-452-2932 x 10

## **Transportation:**

**American Cancer Society (ACS) - Road to Recovery** – Provides transportation to and from medical appointments. Transportation is provided by volunteers in the community.

To receive this service please call at least 5 days or more in advance. 1-800-227-2345.

**ACS Hope Lodge**: Provides a place to stay for those who are receiving treatment as an out patient in New York City. For further information call 1-800-277-2345

**Joseph Mastroianni Fund** This fund assists Dutchess County residents under 65 years of age in area transportation cost to obtain medical treatment. For further information please call any Dutchess County Community Action office; Poughkeepsie – 845-452-5104, Beacon – 845-831-2620, Dover – 845-877-9272, Red Hook – 845-876-1611.

**Community Resource and Service Center of Pawling** – Medical transportation is provided to residents of all ages who reside in Pawling. For information please call 845-855-3459.

**Millerton Care Car** – Medical transportation is offered by the Northeast Community Center to seniors age 60 and above and disabled individuals who are residents of Amenia, Dover, Wassaic, and the Town of North East. For further information call 518-789-4259 or 845-373-7742.

**Dial A Ride** – Offered through the Office of the Aging for those who are 60 years of age or older or disabled. Rides are provided by the Dutchess County Loop Bus System. It is available in Beekman, Castle Point, Dover East Fishkill, Fishkill, Hyde Park, Lagrange, Pleasant Valley, City and town of Poughkeepsie, Red Hook, Union Vale and Wappinger. For information call 845-7433 in Red Hook

**Friends of Seniors** – Volunteers provide transportation to persons 60 and over. Not equipped for people in wheelchairs. For information call 845-485-1277.

**Martin Luther King Cultural Center** – Provides transportation for seniors and disabled persons of all ages who reside in Beacon. For information call 845-831-9887.

**Northern Dutchess Caregivers Coalition** – Volunteer medical transportation is provided to people of all ages in Hyde Park, Rhinebeck, Red Hook and Tivoli. For information call 845-876-5683.

**Josmar Enterprises** - provides a variety of transportation and personal assistance services for a fee. Call 845-452-2099

**Dutchess County Paratransit** – is operated by Dutchess County Loop Bus and provides transportation services in a number of locations from a rider's home to his destination. Reservations are required and service availability may be limited. Call 845-4730813.

**Castle Point** – will transport veterans to medical appointments at veteran's hospitals. Call 845-831 2000 x5145

**Your Local Congregation** may have a transportation program. Call them for information.