

B.E.A.T. Cancer Coalition

Breast Education, Awareness & Treatment

Resource Guide

Breast Cancer Resources

for women and their families in the
Greater Prince William, Virginia area

October 2014



B.E.A.T. cancer is a coalition of local stakeholders committed to improving breast care in the Prince William community. Our mission is to improve access to early quality breast care for all women, from screening through diagnosis, treatment and care, particularly for the underserved and uninsured. This resource guide is the result of a collaborative effort among coalition members.

The B.E.A.T. Cancer Coalition would like to thank the Potomac Health Foundation for its generous support of the coalition in the production of this guide.

This guide is intended for use by the general public as well as healthcare providers. Listings will be updated annually. Every attempt was made to ensure that information and resources in this guide were current at the time of publication.

Inclusion of an organization in this resource guide does not constitute an endorsement of that organization, nor does omission represent disapproval.

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Body Image: Wigs, Protheses, Scarves, Etc.

Lolly's Locks

12505 Park Potomac Ave.

6th Floor

Potomac, MD 20854

<https://lollyslocks.org/our-services/application/>

High-quality wigs for cancer patients who cannot otherwise afford them. To qualify, patient must be currently undergoing chemotherapy and suffering from hair loss as a result. Apply online (see link above) or request mailed copy of application. Proof of medical diagnosis required.

Beautiful Lengths (Pantene / American Cancer Society)

American Cancer Society

124 Park St. SE

Vienna, VA 22180

703/938-5550

877/227-1596 (wig bank line)

<http://pantene.com/en-us/brandexperience/about-the-program>

Free real-hair wigs. No special financial needs requirement. Appointments required. Availability varies by region.

Heavenly Hats Foundation

Heavenly Hats

1813 Coach Lane

Suamico, WI 54173

Attention: Anthony D. Leanna

920-362-2668

<http://www.heavenlyhats.com/heavenlyhats/contactcommentsquestions/default.asp>

Free brand-new hat of patient's choosing due to hair loss from chemotherapy. Many different styles and shapes. Request online.
TLC: Hair Loss & Mastectomy Products

TLC (Tender Loving Care) through American Cancer Society
1-800/850-9445
www.tlcdirect.org

Catalog of reduced-price wigs, turbans, breast forms, bras, swimwear. No giveaways but prices are below market.

All4One (Cancer Resource Foundation, Inc.)
225 Cedar Hill Street, Suite 200
Marlboro MA 01752
508/630-2242
<http://www.cancer1source.org/>

Breast Form Fund is a national program that provides up to \$300 toward a breast prosthesis every 2 years (24 Months). Eligibility based on diagnosis and financial situation. Apply online: <http://www.cancer1source.org/all4one%E2%84%A2-breast-form-fund>. The All4One Garment Fund provides up to \$100 per year toward post-mastectomy or post-lumpectomy garments. Income must be below 250% FPL. Apply online: <http://1sourceapp.org/>

Childcare

Cancer Care

275 Seventh Avenue
New York, NY 10001
800/813-HOPE (4673)

<http://www.cancercare.org/financial>

Funding available for childcare costs. Must have confirmed diagnosis, be in active treatment, meet financial guideline of 250% of FPL (Federal Poverty Limit).

Eastern Family Childcare Association

Mary Braxton, President
5293 Mansfield Court
Dale City, VA 22193
Ibraxton@comcast.net
(H) 703-897-1346
(eve) 571-288-4466

<http://www.vafcca1.net/>

Free childcare services from local, licensed home childcare providers for patients in all stages of breast health. Patients must fill out form, permission slips, copy of child's birth certificate.

Financial Assistance (incl. medications)

Patient Access Network Foundation

PO Box 221858

Charlotte, NC 28222

866-316-PANF (7263)

contact@panfoundation.org

<http://www.panfoundation.org/income-verification/53>

must treat disease directly. Maximum award level \$7,500 (funds may be applied to any out-of-pocket medical expenses).

Medicare patients only. Patient must reside and receive treatment in U.S., income must fall below 500% of FPL, and medication

CancerCare Co-Payment Assistance Foundation

275 Seventh Avenue, 22nd Floor

New York, NY 10001

866-55-COPAY (866-552-6729)

212-601-9750

<http://cancercarecopay.org/apply/>

Funding amounts vary, dependent upon demand and fundraising. Patient must have Medicare or private insurance, have income below 4x FPL, and be currently undergoing chemotherapy or other drug therapy). Uninsured patients not eligible but will be referred to affiliated organizations and/or patient assistance programs.

Chronic Disease Fund

6900 N. Dallas Parkway, Suite 200

Plano, TX 75024

(877) 968-7233

info@cdfund.org

<http://www.cdfund.org/Copay-Assistance.aspx> Funding levels fluctuate. Eligibility based on income. If approved, patients are provided enough funding to cover treatment for balance of calendar year. Apply online; same-day processing.

Sentara Uninsured Discount Program

P.O. Box 1754

Chesapeake, VA 23327-1754

757/233-4600

1-877/768-3993

http://www.sentara.com/PatientVisitorInfo/HospitalBilling/Pages/uninsured_patient_discount_program.aspx

Patient must be uninsured. Amount of discount depends on family income, number of dependents and the amount of the bill. Discount ranges from 20% to 70%; does not apply to co-payments and deductibles from Medicare, Medicaid, Tricare or other health insurance companies. Charity programs for patients with income below 200% FPL also available.

Patient Advocacy Foundation

421 Butler Farm Road

Hampton, VA 23666

800/532-5274

<http://www.patientadvocate.org/help.php?p=905>

Funding levels vary, dependent upon demand and fundraising. Patient receives amount based on needs up to maximum of \$5,000, with guaranteed \$1,650 amount. Household size and zip

code matter. Patient must have income below 500% FPL. Administration of drug may or may not be covered. Must have current healthcare coverage to be eligible; breast cancer must be primary diagnosis. Chemotherapy only (no radiation). Must be currently in treatment or have been within past 60 days. Online application – provider must complete.

Virginia Drug Card

<http://www.virginiadrugcard.com/create.php>.

Patient must reside in Virginia. Card provides access to statewide PAP (Prescription Assistance Program), with discounts up to 75% at various pharmacies. Application not necessary; create and print card online.

Bristol-Myers Indigent Patient Assistance Program

2404 West Pennsylvania Street

Evansville, IN 47721

812/429-5000

800/736-0003

<http://www.bms.com/products/patient-assistance/pages/abilify-uninsured.aspx>

Free medications for uninsured patients with financial hardships; help with out-of-pocket costs for insured patients. Wide range of medications available.

ICI Pharmaceutical Novaldex Patient Assistance Program)

Astra Zenica

800/456-5678

Provides Novaldex (tamoxifen) for uninsured or underinsured breast cancer patients free of charge. Household income determines eligibility; call to hear other requirements and to have

application sent or faxed to you (the patient). Phone assistance for application also available.

Patient Advocate Foundation

421 Butler Farm Road

Hampton, VA 23666

855/824-7941

<http://www.patientadvocate.org/800/532-5274>

Patients with Medicare / private insurance eligible for one-time \$300 grant to cover expenses for transportation, lymphedema care and supplies, wigs, childcare, and medications. Call for application.

Food and Nutrition

Food & Friends

219 Riggs Road NE

Washington, DC 20011

202/269-2277

202/269-6825 (Quin Grier)

info@foodandfriends.org

<http://www.foodandfriends.org/site/pp.asp?c=ckLSI8NNIdJ2G&b=7565475>

Patient must be receiving active treatment. Provides free groceries-to-go for those who live outside the freshly-prepared meal delivery area. Bi-weekly service including fresh produce, frozen soups and entrees. Free nutrition help and recipe book available. Home-delivered meals available Monday through

Saturday. Provider can prepare the form; may take up to 48 hours to prepare meals / food. Fax or email intake form: <http://www.foodandfriends.org/atf/cf/%7B5A700EEE-9DB8-41D1-BC9B-80C08C5CF9DB%7D/LCI%20intake%20with%20CA%20&%20ROI%208-22.pdf>

Meals on Wheels / PW Area Agency on Aging

5 County Complex Court Suite 240

Woodbridge, VA 22192

703/792-6374

<http://www.pwcgov.org/government/dept/aaa/Pages/Nutrition-Services.aspx>

Patients must be 60 years of age or older. Noontime nutritious meals delivered Monday through Friday. Option available to receive a week or a month's worth of frozen meals. No set cost; donations requested (\$1.50 per meal). Also available: Ensure, Boost, Glucerna.

Genetic Testing / MRI

Patient Services Inc.

P.O. Box 5930

Midlothian, VA 23112

1-800-366-7741

<https://www.patientservicesinc.org/>

Financial assistance to help pay MRI expense for young women with family history of breast or ovarian cancer or positive BRCA gene mutation test. Income limited to 200% FPL. Limit of up to \$1,500 per MRI occurrence. Patients must be undiagnosed or no

longer have breast cancer but are prescribed an MRI based on family history or BRCA testing. Apply online at:
<https://portal.patientservicesinc.org/IPT/evaltool.aspx>

Cancer Resource Foundation, Inc.

225 Cedar Hill Street, Suite 200

Marlboro MA 01752

508/630-2242

<http://www.cancer1source.org/>

Provides up to \$520 toward out-of-pocket costs for testing. Funding limited; income must be below 400% FPL. Patient must have health insurance (including federal programs). Practitioner verifies applicant meets criteria for test based on guidelines from NCCN (National Comprehensive Cancer Network) and USPSTF (U.S. Preventive Task Force). One free "softee" camisole per patient:

<http://www.cancer1source.org/all4one%E2%84%A2-softee-%C2%AE-program>

Myriad Genetic Laboratories, Inc.

320 Wakara Way

Salt Lake City, UT 84108

801/ 584-3600

800/469-7423

www.myriadpro.com (for providers)

www.myriadtests.com (for patients)

Offers no-charge testing for uninsured patients at 200% HHS poverty guidelines (MFAP program). Guidelines apply for patients over 50. Application & 1040 (or letter) required. Medicaid / Medicare or 3rd party insurance patients can get the Myriad Promise, which offers 25-month interest-free plan for payments over \$375 out of pocket. Online support community available at MySupport360 (<http://www.myriad.com/patients-families/patient-resources/mysupport360/>).

Housekeeping

Cleaning for A Reason

211 S.Stemmons, Ste. G

Lewisville, TX 75067

877/337-3348

info@cleaningforareason.org

<http://www.cleaningforareason.org/>

Partners with professional residential maid services who are insured and/or bonded; background checks performed on employees to participate in foundation. The companies have agreed to take two patients at a time and offer each patient four free cleanings, once a month for four consecutive months. Online application; requires physician's verification of treatment. Must be female, 19 or over with cancer.

Legal

DRLC (Disability Rights Legal Center); also called Cancer Legal Resource Center (CLRC)

Loyola Law School Public Interest Center

800 South Figueroa St., Suite 1120

Los Angeles, CA 90017

213/736-1334

866/999-3752

DRLC@lls.edu

<http://www.disabilityrightslegalcenter.org/contact-us-0>

Legal assistance including insurance appeals, employment rights and leave time, access to health care and government benefits, and estate planning. Information and resources on cancer-related legal issues to health care professionals, including physicians,

nurses, social workers, psychosocial care providers, physicians assistants, patient navigators, patient advocates, and community health advocates. Provide appropriate referrals where necessary.

Online intake form for cancer legal assistance available at:

<http://www.disabilityrightslegalcenter.org/clrc-intake-form>

NCLSN (National Cancer Legal Services Network)

National provider directory for free and reduced-free legal services for cancer patients.

Dickstein Shapiro LLP

1825 Eye Street NW

Washington, DC 20006

202/420-2280

www.dicksteinshapiro.com

Legal Network constantly updates provider network and offers resources page for patients at:

<http://www.nclsn.org/resources/resources-for-patients/>. Services include advance directives, employment issues, family and custody issues. Services available for caregivers as well as patients. Free online or in-person meetings, as well as phone consultations and court appearances.

Lodging (MCV / UVA Patients)

Hospital Hospitality House - MCV

612 East Marshall St.

Richmond, VA 23219

804/828-6901

info@hhhrichmond.org

<http://www.hhhrichmond.org/for-our-guests/referrals/>

Provides lodging and emotional support to cancer patients and their family members receiving services at MCV. Private guestrooms, many amenities. Shuttle services to hospitals. Rate

is \$15 (suggested donation fee; not required if financial hardship). Participating hospital must provide referral and documentation.

Hospital Hospitality House – UVA

205 14th Street

Charlottesville, VA

434-924-5722

434-243-2828

<http://www.healthsystem.virginia.edu/pub/lodging-services/stay>

Suggested donation \$10 / night. Adults 18 and over only. Must get referral from practitioner.

Joe's House / Ronald McDonald House of Richmond

2330 Monument Ave.

Richmond, VA

804/355-6517

house@rmhc-richmond.org

<http://www.rmhc-richmond.org/guest-resources>

Referral required from healthcare practitioner or social worker. Donation of \$15 per night requested; waived for financial hardship. Families must live at least 30 miles outside of Richmond. No limit to length of stay. Private bedrooms; shared baths and living areas.

Joe's House /Ronald McDonald House of Charlottesville

300 9th Street SW

Charlottesville, VA 22903

800/443-2292

434/295-6412

house@rmhc-charlottesville.org

<http://rmhcharlottesville.org/what-we-do/stay/>

Pediatric patients 18 and under and their families. Referrals required from healthcare practitioners.

Lymphedema

Jeanne B. Tassis Lymphedema Garment Fund

The Harold Leever Regional Cancer Center

1075 Chase Parkway

Waterbury, CT 06708

203/575-5564

dparkinson@leevecancercenter.org

<http://www.leevecancercenter.org/>

Circle of Hope Lymphedema Foundation retired in 2009; however, assistance available through Leever Cancer Center for those at financial disadvantage and unable to afford cost of compression garments. Applicant will receive up to \$200 toward cost of garments. Application available online:

http://www.leevecancercenter.org/filestorage/52/Jeanne_Tassis_Garment_Fund_Application1.pdf

Cancer Care

275 Seventh Ave.

New York, NY 10001

800/813-4673

info@cancercare.org

<http://www.cancercare.org/financial>

Financial assistance up to \$300 for garments. Must be within 250% of FPL and be in active treatment. Call hotline (800/813-HOPE) for brief interview and bar-coded application will be mailed out.

Lymphedivas

7 North St., Suite 205

Pittsfield, MA 01201

866/411-DIVA (3482)

info@lymphedemas.com

<http://www.lymphedivas.com/en/seconds>

Discounts of 50% off garments that are "seconds" (e.g., pattern might be slightly off). Availability varies.

Medical Stockings Online

501 Goodlette Rd. N

Ste C – 106

Naples, FL 34102

239/213-9458

info@medicalstockingsonline.com

<http://www.medicalstockingsonline.com/faq.php#insurance>

Does not process insurance claims; however, offers garments at "reasonable and reduced" prices (lower than market) from name brands. All size sleeves and gauntlets.

Mammograms / Screening

Women with breast health concerns or symptoms, including (but not limited to) lumps, redness, and nipple discharge, should contact their healthcare provider to discuss screening and diagnostic options and procedures.

AAR (Association of Alexandria Radiologists, PC)

4001 Prince William Parkway
Suites 302 and 302B
Woodbridge, VA 22192
877/746-7094 (toll-free) (billing)
703/824-3260 (appt. scheduling)
www. <http://alexandriaradiology.com/>

AAR has offices in both Woodbridge and Alexandria. Patients MUST have prescription from provider to obtain screening services, regardless of patient's age. Same-day appointments available by scheduling by phone or online:

<http://alexandriaradiology.com/node/370>.

Cost of mammogram is \$276 if full payment is made at time of service. Financial programs available (payments made over four-month period); the cost for this service would total \$394. 3-D screening services available for additional \$40 fee.

Sentara Northern Va. Medical Center

2300 Opitz Blvd.
Woodbridge, VA 22191
703/523-1000
703/523-1560 (appointments)
<http://www.sentara.com/Northern-Virginia/medical-services/Imaging/Pages/Mammography.aspx>

Sentara Lake Ridge

12825 Minnieville Road
Lake Ridge, VA 22192
703/523-9800
<http://www.sentara.com/Northern-Virginia/locations/Sentara-Lake-Ridge/Pages/default.aspx>

Sentara is a QSA facility (Mammography Quality Standards Act), which is an FDA (Food and Drug Admin.) quality standards

guideline. Patients 40 years of age and older do not require a practitioner's prescription; however, patient must have a healthcare provider to receive the report from the screening. 3-D digital imaging available at no additional cost; this advanced imaging is recommended for patients with dense breasts or other issues as recommended by healthcare provider (also available upon patient request). Same-day appointments are often available.

Uninsured /self-pay patients receive discount of 30%.

Mammogram appt. request forms available online:

<https://www.formrouter.net/forms02%40SNTRA/mammoappt.html>

Sentara Mobile Mammography Van

703/523-1997 (appt. scheduling)

This mobile facility provides services to many locations within the eastern Prince William area. 3-D imaging currently not available on the van; however, it is anticipated to be implemented for the mobile screening van in the near future. Patients over 40 do not require prescription; however, patient will be required to provide physician contact information (to receive mammogram report). Registration is required for mobile mammography services; financial information will be collected and charity care is available for under- or uninsured patients.

<http://www.sentara.com/Northern-Virginia/medical-services/Imaging/Pages/Mobile-Mammography-Van.aspx>

Novant Prince William Medical Center

8700 Sudley Road

Manassas, VA 20110

703/369-8000

703/369-8073 (appt. scheduling)

www.novanthealth.org/prince-william-medical-center/services/brest-health.aspx

Online appointment requests available at:
<https://www.novanthealth.org/prince-william-medical-center/patients--visitors/registration--appointments.aspx>

Designated as a Breast Care Center of Excellence by the American College of Radiology. Same-day appointments sometimes available. Mammovan is only available for the employees of the business and companies the mobile unit is scheduled to visit.

Every Women's Life (EWL) (VDH, Va. Dept. of Health
9301 Lee Ave.
Manassas, VA 20110
703/792-7494
<http://www.vdh.state.va.us/LHD/PrinceWilliam/communityhealthservices.htm>

Every Woman's Life is Virginia's Breast and Cervical Cancer program providing free breast and cervical cancer screening for women aged 40-64 who are uninsured, underinsured, and have income under 200% of the federal poverty level. The overall goal of "Every Woman's Life" is to increase access to screening for women age 50-64, especially minority and low-income women.

Women who live in or near Prince William Health District can call 703-792-7494 for more information and eligibility requirements.

Reconstructive Surgery

My Hope Chest (MHC)
P.O. Box 3081
Seminole, FL 33775
727/642-4243
info@myhopechest.org
<http://www.myhopechest.org/patients/patient-application>

Must be uninsured and demonstrate proof of non-eligibility for Medicaid. Must be 69 years of age or under, free of medical complications, legal resident. Program must file complete application with MHC and provide financial documents; have a "consultation" with plastic surgeon to be considered for out of state surgery; must volunteer 60 hours to MHC within a year.

Critters 4 the Cure

301 High Gables Dr., Suite 307

Gaithersburg, MD 20878

attn.: Clancy

301-977-3776

info@crittersforthecure.org

<http://crittersforthecure.org/assist>

Maryland-based private organization provides two services:

- 1) Gifts of up to \$500 on one- or two-time basis to meet housing, rent, utilities, other needs (except medications)
- 2) Large network of pro bono plastic surgeons in Montgomery and Fairfax Counties. Critters4theCure will contact the pool to determine willingness to travel and availability.

Eligibility for funds based on financial necessity; send email with medical and personal information (no formal application required).

Rent / Utilities

Critters4theCure

(see above).

Go Pink, Help Now Fund (Breast Cancer Charities of America)

8505 Technology Forest Place Ste 604

The Woodlands, Texas 77381

936/231.8460_

info@igopink.org

<http://www.thebreastcancercharities.org/help-now-fund/>

One-time emergency assistance for rent and utilities. Accepts applications through 1st and 7th of month only. Provider from treatment facility must fill out application with patient. Maximum of \$500 per applicant. Must be in active breast cancer treatment, US citizen, able to provide documentation of need.

Support Systems / Online Groups

Cancer Support Community

1050 17th St NW #500

Washington, DC 20036

888/793-9355

www.mylifeline.org/signup/CSC/

Offers free website hosting for patients to keep in contact with friends and family and opportunity to update status and needs.

Imerman Angels

205 W. Randolph, 19th Floor

Chicago, Illinois 60606

877/274-5529

<http://www.imermanangels.org/#>

One-on-one cancer support (via phone or in person where available). All attempts made to match "mentor angel" with patients of similar backgrounds / needs. Support for caregivers also available.

Navigate Cancer Foundation

448 Apex Peakway #328

Apex, NC 27502-3924

866/391.1121

info@navigatecancerfoundation.org

Free navigation services from nurse who will guide patient

through process and remain supportive throughout entire process. Phone based; affiliated with LiveStrong Foundation.

Living Proof

One Brookings Dr.

St. Louis, MO 63130

<http://livingproof.gwb.wustl.edu/>

App with over 200 video stories to help give support, share coping strategies, etc. Searchable by age or by 18 hot-button issues for breast cancer patients.

Breast Cancer Helpline / Living Beyond Breast Cancer

354 West Lancaster Ave., Suite 224

Haverford, PA 19041

855/ 807-6386

888/753-LBBC (5222)

mail@lbbc.org

<http://www.lbbc.org/Learning-From-Others/Breast-Cancer-Helpline>

Support from trained volunteers (women who have been diagnosed with breast cancer). Peer and emotional support and practical information in a confidential setting. Calls answered by a woman who understands breast cancer concerns because all volunteers are survivors.

Helpline calls are answered live from 9 a.m. to 9 p.m. ET. At all other times, just leave a message; calls are returned within 24 hours and often much sooner.

Nueva Vida

206 N. Washington St.

Suite 300

Washington, DC 20015

866/986-8432

<http://www.nueva-vida.org/programs-and-services/>

Regional organization with national recognition, providing services to medically underserved Latina families. Families are taught to communicate with their health care providers and are referred to public and private agencies along with professionals who can provide service to often uninsured clients. Navigation is offered to all families for early detection, diagnosis, treatment, recovery, survivorship and end of life.

I Can Cope / American Cancer Society

800/227-2345

<http://www.cancer.org/treatment/supportprogramsservices/onlinecommunities/participateinacancereducationclass/icancopeonline/index>

Free online educational program for cancer patients, friends, and caretakers. Self-paced classes available any time, day or night. No registration required. Topics include learning about cancer, understanding treatment, managing effects, communicating concerns and feelings, handling fatigue, and nutrition.

Virginia Breast Cancer Foundation

5004 Monument Avenue

Suite 102

Henrico, VA 23230

800-345-8223

804-285-1200

princewilliam@vbcf.org

<http://www.vbcf.org/newly-diagnosed-2014/>

PW Chapter President Lydia Stewart facilitates chapter meetings on the 1st Tuesday of every month at 7 p.m. at Dunkin Donuts, 13585 Minnieville Road, Smoketown Plaza, Woodbridge. Phone support also available.

Sentara Support Group

2300 Opitz Blvd.

Woodbridge, VA 22191

888/220-2214

<http://www.sentara.com/Services/Cancer/Breast/Pages/PatientSupportandResources.aspx>

Online, highly interactive support group (must request membership:

<https://www.facebook.com/groups/111949122150164/?fref=ts>).

Classes and events also available, including yoga classes, Look Good, Feel Better, and on-site support group for breast cancer patients. List of classes and events available at

<http://www.sentara.com/Northern-Virginia/classes-events/Pages/default.aspx>

Supportive Services (Yoga, Massage, etc.)

Yoga for Cancer

2300 Opitz Blvd.

Woodbridge, VA 22191

800/SENTARA (736-8272)

Instructor: Pat Fitzsimmons. Must register. Schedule available at:

<http://sentara.force.com/ClassAndEventInfoPage?topic=a0QG0000007bREeMAM&keyword=yoga&more=&categ=&alldate=Y&week=&startdate=09242014&enddate=10242014&city=&pcode=>

Yoga for Cancer focuses primarily on breath work and body awareness. Movements can be modified to accommodate all types of limitations. Course includes lectures on the physiology behind yoga and an understanding of yoga's workings. Helpful in reducing stress, pain, fatigue, insomnia, depression and anxiety; improving both coping skills and overall quality of life.

It is recommended that participants dress comfortably and bring a mat and water

Gentle Yoga

2300 Opitz Blvd.

Woodbridge, VA 22191

800/SENTARA (736-8272)

<http://sentara.force.com/ClassAndEventInfoPage?topic=a0QG0000008YZ3FMAW&keyword=yoga&more=&categ=&alldate=Y&week=&startdate=09242014&enddate=10242014&city=&pcode=>

Eight week yoga protocol facilitated by Pat Fitzsimmons RN, RYT, an instructor specifically trained to work with cancer patients. Traditional yoga practices adapted to meet the physiological and psychological needs of cancer patients. Class includes: awareness practice, gentle yoga stretches which will be performed standing and on the floor, deep relaxation, imagery and breathing practices which can be performed seated in a chair or on the floor. Registration is required and attendance to all sessions is highly recommended for maximum benefit. It is recommended that participants dress comfortably and bring a mat and water.

Look Good, Feel Better

2300 Opitz Blvd.

Woodbridge, VA 22191

Call to register: 736-8272

<http://www.sentara.com/Services/Cancer/CopingWithCancer/Pages/Look-Good-Feel-Better.aspx>

Program is a community-based, free, national service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.

Volunteer beauty professionals lead small groups, usually consisting of six to 10 women, through practical, hands-on experience. Women learn about makeup techniques, skin care,

nail care and options related to hair loss, such as wigs, turbans and scarves. Each group program participant receives a free kit of cosmetics for use during and after the workshop.

Transportation

Cancer Care

275 Seventh Avenue

New York, NY 10001

800/813-HOPE (4673)

<http://www.cancercare.org/financial>

Funding available for transportation needs for breast cancer patients. Must have confirmed diagnosis, be in active treatment, and meet financial guideline of 250% FPL. Call to apply.

Angels Wheels to Healing

4620 Haygood Road, Ste. 1

Virginia Beach, VA 23455

757/333-0084

800/768-0238

<http://www.angelwheels.org/>

Non-profit charity dedicated to providing non-emergency, long-distance ground transportation to financially stressed ambulatory patients who are traveling for treatment. A typical trip supported by Angel Wheels to Healing does not exceed 300 miles (one-way); trips within a local area or community not normally handled (exceptions made on a case-by-case basis, routinely for cancer patients traveling daily for treatment).

Assistance for transportation provided using gas cards, commercial ground transportation (AMTRAK, Greyhound, Trailways, etc.), and volunteer drivers. Note that there are only 85 drivers throughout the continental U.S., so this option is

difficult.) Patient must have scheduled medical appointment, clearance by physician to travel, verifiable financial need. All services provided are free; prefer 7 days' notice but can react quicker for urgent needs. Subject to availability due to donor funding variability. Apply online:

<http://www.angelwheels.org/request-assistance>

National Patient Travel Center

4620 Haygood Rd, Ste. 1

Virginia Beach, VA 23455

800/296-1217

<http://www.patienttravel.org/>

Program provides non-emergency long-distance (70-250 miles) ground transportation for financially strapped ambulatory patients traveling for treatment. Transportation provided by commercial means (Greyhound, Amtrak, etc.) as well as the provision of gas cards. Typical trip does not exceed 250 miles (one-way).

American Cancer Society / Road to Recovery

Patient Service Center

888/227-6333

www.cancer.org

Volunteer drivers available for (free) transportation needs of cancer patients. Four business days' notice required; number of volunteer drivers varies but is generally not robust in the Prince William Health District. Contact Julie Merritt, Supervisor, at 512/997-3888.

PRTC's Wheels to Wellness Program (Potomac and Rappahannock Transportation Commission)

14700 Potomac Mills Rd.

Woodbridge, VA 22191

703/730-6664

omni@omniride.com

<http://www.prtctransit.org/special-programs/wheels-to->

[wellness.html](#)

Patient must be 80 years of age, disabled, or have income no greater than 1.9X FPL; also must not be eligible for Medicaid transportation. Must reside in zip codes serviced by PHF (Potomac Health Foundation – see map at http://potomachealthfoundation.org/?page_id=3037 . Patients receive electronic payment card used to pay for transportation services for health-related trips. Patients make their own arrangements with cab companies under contract with PRTC to take the card. Covers up to \$25 per one-way trip (cabs) and up to \$50 per one-way trip (specialized wheelchair vans). Patients pay \$3 co-pay per trip plus any amount over the above limit. Friends/family can ride along for \$1 each.

Volunteer Prince William / B.E.A.T. Cancer Transportation

B.E.A.T. Cancer

sandra.rivers@vdh.virginia.gov

703/702-7034

<https://www.facebook.com/pwbeatcancer>

Volunteer Prince William drivers (aged 55 and over) provide transportation for breast health patients in eastern Prince William County. Advance notice requested; emergencies handled on case by case basis. Forms must be submitted via email by Sentara representative or B.E.A.T. Cancer Program Manager ONLY. In cases where volunteers not available, bus tokens and/or cab cards available to cover cost(s) of transporting patients to facilities.

Young Women

MRI Financial Assistance Program / Right Action for Women

800/366-7741

<http://rightactionforwomen.org/right-action-for-women-assistance-program/>

Founded by actress Christina Applegate in conjunction with Cancer Support Community and Patient Services, Inc. (PSI) to bring financial support to young women facing the risk of breast cancer as a result of family history or genetic predisposition. Young women with family history of breast or ovarian cancer, or who have tested positive for BRCA gene mutations are eligible to apply regardless of insurance status. Patient must have referral from approved medical care professional; income limited to 200% FPL. Assistance limit up to \$1,500 per MRI occurrence during any 6-month period. Apply online or by phone. Applications processed within 7 to 10 business days.

Bright Pink

670 N Clark St, Suite 2

Chicago, IL 60654

312)/787-4412

<http://www.brightpink.org/>

Website offers support, educational resources, risk calculators, breast health reminders, free materials (brochures, posters, etc.). Sponsored local (Washington, DC) and national events; consultations available with genetic counselors, oncologists. Peer support and resources for employment and financial issues.

Fertile Hope / LiveStrong

2201 East Sixth Street

Austin, TX 78702

Attn: Sharing Hope

877/379-0463

855/220-7777

<http://www.livestrong.org/we-can-help/fertility-services/>

Egg and embryo freezing. Services include certain medications (free of charge) prescribed by reproductive endocrinologist. Partnering endocrinologists will offer one cycle of embryo and/or egg freezing at discounted rate. Patient must be citizen or permanent resident; annual household income must be less than \$100,000 (single) or \$135,000 (married). Oncologist determines infertility risk and whether medically appropriate; must not have started treatments. Must be uninsured or have been denied insurance coverage for these treatments and procedures. Application form(s): http://www.fertilehope.org/financial-assistance/women_app_rev2012_FINAL.pdf

Brenda Mehing Cancer Fund

24152 Lyons Avenue, #157

Santa Clarita, CA 91321

Jessica Whitener, Program Mgr.

email contact form: <http://www.bmcf.net/refer.htm>

<http://www.bmcf.net/about.htm>

Provides funding for various needs for women 18-40, currently in treatment, with letter of explanation from doctor. Provides home health care services, co-payments required by many health plans for medical care, temporary housing, and other expenses for those temporarily unable to pay bills like rent, insurance, and food. Typical requests cover \$500 worth of health insurance co-payments, transportation, rent, mortgage payments, car insurance, entertainment, and groceries. Funding varies dependent upon donations. Apply online:

<http://www.bmcf.net/apply.htm>

Kristy Lasch Miracle Foundation

2801 Morlock Street

McKeesport, PA 15132

412/872.4125

kristylaschmiraclefoundation@comcast.net

<http://www.kristylasch.org/subpages/requirements.html>

Financial assistance to women under 30 living with breast cancer. Assistance for medical-related expenses only. Apply online at <http://www.kristylasch.org/documents/application.pdf> .

Young Survival Coalition (YSC)

80 Broad Street, Suite 1700

New York, NY, 10004

877/972.1011

email: <http://www.youngsurvival.org/connect-with-ysc>

Offers information, one-on-one peer support, face to face local support, events, networking, resource guidebook, conferences, and education. Provides information and support specific to younger breast cancer patients.

<http://www.youngsurvival.org/sync>

Look Good, Feel Better for Teens (American Cancer Society)

2BMe

800/359-LOOK

email <http://lookgoodfeelbetter.org/2bMe/2bMe.html>

<http://lookgoodfeelbetter.org/contact>

Medical and non-medical information for teens, including skin and hair care, fitness, esteem, and social circles / friendships.