Community Resources Guide

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Cancer Resources Guide
by CancerLINC

GENERAL

***American Cancer Society**
804-527-3700 for Richmond, VA & 703-938-5550 for Nova, www.cancer.org

Cancer Information Service, National Cancer Institute at the National Institute for Health
800-4CANCER, www.cancer.gov

Livestrong Foundation has free personalized cancer support and information.
855-220-7777 (general support), www.livestrong.org

LOCAL EMERGENCY and SUPPORT RESOURCES

***Cap Up (Capital Partnership Uplifting People)** for Richmond area emergency financial assistance (rent/mortgage, utilities, food, health) employment services (coaching, networking), Food Buying Club (food pantry services) and senior centers.
804-788-0050, www.capup.org

***Salvation Army** Family Services for Richmond area for financial support (utilities, food and clothing), counselling and job training.
804-225-7470, www.virginiasalvationarmy.org/richmondva/programs/family-services

***United Way** provides financial assistance and many other services.
804-771-5820 or 2-1-1, www.unitedway.org

***ACTS RVA** - Funds provided by ACTS are most often used to pay for rent, mortgage and utilities to keep families intact and stably housed. 804-644 -2401 actsrva.org

***Virginia Supportive Housing** provides rental assistance. 804-788-6825, http://www.virginiasupportivehousing.org/

***Circle of Hope Ministry at Richmond Community Church** is designed to serve comfort and encourage men, women, family and friends that are fighting cancer with practical support and spiritual care. Support may include companionship, small errands, and tasks that may support during the fight! Contact Jervetta Burns at jervettaburns@gmail.com or 804-514-8467. www.rcc-impact.com

PAYING FOR MEDICAL CARE

How do I get medical insurance if I do not have insurance?

Note: Under the Affordable Care Act, insurance companies cannot ask about or consider pre-existing conditions when deciding how much to charge you or offer you coverage.

Obtaining New Health Insurance: Marketplace Health Insurance. If you are unable to obtain employer-provided health insurance, have recently stopped working or had some other major life change, and/or do not qualify for Medicaid or Medicare, you may be able to purchase a new health insurance policy through an insurance company or broker, or through the state or federal health insurance Marketplace. Individuals who choose plans in the Marketplace may be eligible for financial assistance.
www.HealthCare.gov/get-coverage, 800-318-2596

Medicare is a federal health insurance program, which provides coverage to individuals who are entitled to Social Security retirement benefits and are 65 years of age or older, individuals who are under the age of 65, but have been receiving Social Security Disability Insurance (SSDI) for no less than 24 months, individuals entitled to Railroad Retirement benefits or Railroad Retirement disability benefits, individuals with end-stage renal disease (ESRD) and individuals with Amyotrophic Lateral Sclerosis (ALS). You may be eligible to receive both Medicare and Medicaid benefits if you are over 65 or disabled and have very limited income. Medicaid might cover what Medicare does not.
www.medicare.gov, 800-MEDICARE (800-633-4227)

Health Coverage for Low Income Households: Medicaid is a federal health insurance program with eligibility criteria and benefits that vary from state to state. Thirty-one states provide coverage for low income adults, while in other states individuals have to meet other requirements, such as having a disability, having a dependent child or being over age 65. You may be eligible to receive both Medicare and Medicaid benefits if you are over 65 or disabled and have very limited income. Medicaid might cover what Medicare does not.
www.medicaid.gov.

Keeping Health Insurance after Terminating Employment: COBRA may allow you to maintain that coverage if you experience a qualifying event, such as leaving your job.
www.dol.gov/ebsa/COBRA.html.

Veterans may be eligible to receive health care through the Veterans Administration.
www.va.gov/health.

Insurance Denials & Coverage

***CancerLINC** connects eligible cancer patients with free legal and financial services, including insurance attorneys.
804-562-0371, www.CancerLINC.org

Cancer Support Community has general insurance information online and a hotline for general cancer support, including insurance information and managing costs.
888-793-9355 (Hotline number),
https://www.cancersupportcommunity.org/managing-cost-cancer-treatment/health-insurance-cancer-patients

***Patient Advocate Foundation** provides help with insurance denials and finding insurance coverage located locally in Hampton, Virginia.
800-532-5274, www.patientadvocate.org/help.php

***Senior Connections** provides insurance counseling to seniors.
804-343-3000, www.seniorconnections-va.org

Social Services

***Virginia Department of Social Services** provides a variety of support services, based on household income and resources, including but not limited to food stamps, general relief, aid to dependent children, state and local hospitalization funds.
804-726-7000, www.dss.virginia.gov/benefit/

Social Security Administration provides benefits to (i) individuals & family members who have worked long enough & paid taxes (SSDI) & (ii) low income disabled individuals (SSI), as well as to other qualifying individuals for benefits such as a Medical Vocational Allowance and a Compassionate Allowance (just by diagnosis). The application can be completed online at https://www.ssa.gov/applyfordisability/ and approval is granted around 5 months approximately.
800-772-1213, www.ssa.gov

The Sam Fund grants $ to young adult cancer survivors between 21-39.
866-439-9365, www.thesamfund.org

Financial Assistance for Co-Pays, Out of Pocket Expenses & Travel

***ACTS RVA** - Funds provided by ACTS are most often used to pay for rent, mortgage and utilities to keep families intact and stably housed. 804-644 -2401 actsrva.org

The Assistance Fund helps eligible patients with medical costs.
855-845-3663, www.tafcares.org

CancerCare for assistance with co-pays, transportation costs, child care costs and other costs.
866-552-6729 and 800-813-HOPE (4673)
http://www.cancercare.org/financial

Family Reach – Provides financial assistance, counseling, and education to eligible cancer patients and their families.

https://familyreach.org/financial-edu/

Good Days provides eligible patients with insurance with co-pays, transportation and diagnostic testing assistance.
877-968-7233 (information) and 972-608-7141 (general)
www.mygooddays.org

***Hawthorne Cancer Foundation and the Johns Cancer Foundation** are Richmond based non-profits that grant $ to individuals for a wide range of needs including food, shelter, transportation and living expenses but NOT medical bills.
804-483-6136, www.hawthornecancerfoundation.org

HealthWell for assistance with out of pocket health care costs for those qualifying.
800-675-8416, www.healthwellfoundation.org

NeedyMeds for an online resource of programs for paying medications & health care costs.
800-503-6897, www.needymeds.org

Partnership for Prescription Assistance is a free service helping to find free or nearly free prescriptions.
https://www.pparx.org

Patient Access Network Foundation (PAN) for out of pocket health care costs.
866-316-7263, www.panfoundation.org

***Patient Advocate Foundation** in Hampton provides assistance with copayments, case management, insurance choice, interaction with insurance agencies.
800-532-5274, www.copays.org

Patient Services, Inc. (PSI) is a premium and copayment assistance foundation for help with out of pocket health care costs.
800-366-7741, www.patientservicesinc.org

RxHope is a service that helps get discounted prescriptions.
www.rxhope.com

*__RX Partnership__ is local providing RX medical access for low income and noninsured discounted and free RX from GSK, Merck, Novartis, Abbvie and Pfizer at Cross Over Clinics.
804-377-1057, www.rxpartnership.org

Together RX Access for prescription savings card for the uninsured with no Medicare
www.togetherrxacces.com

Also see **Specific RX Companies** listed below.

Manufacturer Specific RX Programs

AstraZeneca
800-292-6363,www.astrazeneca-us.com/medicines/Affordability.html

Bristol-Myers Squibb Patient Assistance Foundation
800-736-0003, http://www.bmspaf.org/#home

Genentech Access Solutions
866-422-2377,www.genentech-access.com/hcp

Merck
800-727-5400, www.merckhelps.com

Novartis
800-277-2254, www.pharma.us.novartis.com/our-producs/patient-assistance

Pfizer
844-989-7284
www.pfizerhelpfulanswers.com/pages/misc/default.aspx
www.pfizerrxpathways.com

Mobility & Rehabilitation Equipment

Friends of Man for wheelchairs, prostheses and other medical and mobility equipment (by social worker referral)
(303)798-2342, www.friendsofman.org

***Foundation for Rehabilitation Equipment & Endowment (FREE)**
804-920-9828, www.free-foundation.org

FINANCIAL SERVICES

Debt, Bankruptcy & Budgeting Services

Also See Mortgage, Eviction & Housing Rights Above

Cancer Financial Assistance Coalition (CFAC) is a group of organizations helping cancer patients manage their financial challenges.
www.cancerfac.org

Clearpoint Credit Counseling Solutions provides counseling for credit, debt management, housing foreclosure prevention, bankruptcy, student loans and more.
800-750-2227, www.clearpoint.org

Care Connect USA assists with credit card and medical bills by contacting creditors and reduces amounts owed.
888-790-1337 for a Debt Relief Hotline, 888-734-2585 for a Bankruptcy Relief Hotline www.careconnectusa.org

Triage Cancer provides a free toolkit and reference information for navigating finances after cancer (including insurance, employment, education, family building, genetic testing, medical bills & financial resources).
www.cancerfinances.org

Upright Law is a law firm that provides a free bankruptcy conversation regarding whether bankruptcy could help.
888-615-4363, www.uprightlaw.com

Child Support

Child Support Enforcement Hotline provides support by locating parents, establishing paternity, identifying support obligations and enforcing those obligations.
202-401-9373
www.acf.hhs.gov/programs/cse

Student Loans

Student Loan Relief Hotline provides support in reducing monthly payments, consolidating loans and considering all options.
888-699-5772, www.careconnectusa.org

EMPLOYMENT ISSUES

Taking Time off Work

The Family and Medical Leave Act ("FMLA") gives eligible employees the right to up to 3 months of unpaid, job- and health benefit protected leave per year. Even if you do not qualify for FMLA, you may be eligible for medical leave under state law or the rules of your specific employer. You may check with your company's human resource representative or one of these organizations.

Cancer Legal Resource Center ("CLRC") for advice regarding all cancer legal resources including medical leave.
866-843-2572, www.thedrlc.org/cancer

Department of Labor, Family Medical Leave Act for the FMLA.
866-4-USA-DOL, www.dol.gov

Staying Employed During & After Medical Treatment: Exhausting Medical Leave or Sick Time

Some cancer patients may opt to continue working during treatments, others may need flexible schedules and some need time off. Workers may be protected, depending on the size of their employer, by the (i) FMLA described above, (ii) the Americans with Disabilities Act (the "ADA") and/or (iii) the fair employment laws of certain states for employees with disabilities at very small businesses.

Equal Employment Opportunity Commission (EEOC) for the Americans with Disabilities Act.
800-669-4000, www.eeoc.gov

Job Accommodation Network is a strong non-profit for answering questions about workplace accommodations for disabilities or the ADA.
800-526-7234, www.askjan.org

Cancer Legal Resource Center ("CLRC") for advice regarding all cancer legal resources including medical leave.
866-843-2572, www.thedrlc.org/cancer

Applying for a Job with a History of Cancer

***Cap Up (Capital Partnership Uplifting People)** for employment services such as coaching and networking.
804-788-0050, www.capup.org

***Community Foundation's Connect VA** has a current listing of employment opportunities posted by nonprofit, government and other community organizations.
804-409-5645, www.connectva.org

Cancer & Careers is a strong non-profit supporting employment from free resume review, back to work advice to job search resources.
646-929-8032, www.cancerandcareers.org

***Salvation Army** Family Services for Richmond area has job training.
804-225-7470, www.virginiasalvationarmy.org/richmondva/programs/family-services

***Virginia Department of Aging & Rehabilitative Services** for consumer vocational rehabilitation for the disabled.
804-662-7000, www.vadars.org

Virginia State job listings are at www.jobs.virginia.gov.

HOUSING

Finding Local Housing

***Dial "211"** for utilities/rent/mortgage and other human and social service assistance. 211 VIRGINIA is a service of the Virginia Department of Social Services connecting people with free information on available community services. When you dial 2-1-1, a trained professional listens to your situation and suggests sources of help using one of the largest databases of health and human services in Virginia.

***Commonwealth Catholic Charities** for Homeless Services. Also have list of affordable market-rate housing.
804-648-4177, www.cccofva.org

***Home Again** provides over 160 beds and support services for homeless men, women, and children. Scattered apartments for men, women, and children for transitional housing. 804-795-5653, HomeAgainRichmond.org

***Homeless Crisis Line by Caritas** if someone is 3 days or less away from losing housing or are already experiencing homelessness. This phone line facilitates access to resources and shelter alternatives.
804-972-0813, https://www.caritasva.org/get-help/get-shelter/

***Homeward's Street Sheet** features a list of resources for people experiencing homelessness including law enforcement, shelter information, mental health resources, and more.

***Housing Choice Voucher Program** allows qualifying prospective tenants to select from a wider range of housing options, as opposed to being limited to designated housing projects. The tenant pays the landlord a percentage of their monthly income towards the rent, with the voucher subsidizing the remainder.

Toll Free: 877-VHDA-123, Local: 804-782-1986,
https://www.vhda.com/Renters/Pages/HousingChoiceVoucher.aspx

***Housing Families First** has the Hilliard House Shelter to house homeless eligible families and the Building Neighbors program to facilitate permanent housing.
804-236-5800, http://www.housingfamiliesfirst.org/

***Project: HOMES** serves elderly, disabled and low-income residents with home repair, weatherization, indoor plumbing and rehabilitation, multi-family housing, homeownership assistance, minor home repairs and accessibility improvements.
804.377.9880, ProjectHomes.org

***Senior Connections** provides support for staying at home.
804-343-3000, www.seniorconnections-va.org

***VHDA (Virginia Housing & Development Authority) Affordable Housing** offers affordable housing opportunities.

***United Way** provides financial assistance and many other services.
804-771-5820 or 2-1-1, www.unitedway.org

***Virginia Department of Aging & Rehabilitative Services Division** of Community Living.
804-662-7000, www.vadars.org

***Virginia Supportive Housing** provides rental assistance. 804-788-6825, http://www.virginiasupportivehousing.org/

Mortgage, Eviction Issues & Housing Rights

Care Connect USA gives mortgage payment assistance by providing counselors to work with mortgage companies for missed payments and helps avoid foreclosure.
888-770-7312 for a mortgage payment hotline, www.careconnectusa.org

***Hawthorne Cancer Foundation** is a Richmond based non-profit that grants $ to individuals for a wide range of needs including food, shelter, transportation and living expenses but NOT medical bills.
804-483-6136, www.hawthornecancerfoundation.org

***HOME (Housing Opportunities Made Equal of Virginia)** provides homeowner mortgage assistance.
804-354-0641, www.homeofva.org

Homeownership Preservation Foundation provides free help tailored to your unique financial circumstances.
888-995-HOPE, www.995hope.org

Housing Counseling Agency provides discounted services to help organize finances and mortgages and represents homeowners in negotiations with lenders.
800-569-4287, www.hud.gov/homeownerhelp

***Virginia Eviction Legal Hotline (VA Poverty Law)** has resources and help for tenants.
833-663-8428, www.reduceevictions.org

Utility & Home Expense Assistance

***Cap Up (Capital Partnership Uplifting People)** for Richmond area emergency financial assistance (rent/mortgage, utilities, food, health) employment services (coaching, networking), Food Buying Club (food pantry services) and senior centers.
804-788-0050, www.capup.org

***Chesterfield Colonial Heights Department of Social Services** assists with providing for financial emergencies such as funds for heating and utility bills, rent help, mortgage assistance, auto repair, prescription medicine, and more.

804-796-3715, https://www.cchasm.org/financial-assistance

***EnergyShare** of the energy company Dominion Resources provides bill assistance for qualified customers facing financial hardship. The program includes bill pay assistance, free weatherization and energy-saving upgrades.
888-366-8280, https://www.dominionenergy.com/company/community/energy-assistance/energyshare

***Hawthorne Cancer Foundation** is a Richmond based non-profit that grants $ to individuals for a wide range of needs including food, shelter, transportation and living expenses but NOT medical bills.
804-483-6136, www.hawthornecancerfoundation.org

National Energy Assistance Referral (NEAR) assists with energy costs and energy related home repairs.
866-674-6327, http://www.liheap.us/virginia-heap/

***Senior Connections** provides support to stay home.
804-343-3000, www.seniorconnections-va.org

***St. Mary's Catholic Church** provides food pantries, utilities support.
804-740-4044, www.stmarysrichmond.org

Virginia Department of Social Services' Energy Assistance (EA) helps eligible low-income households offset expenses associated with heating and/or cooling their home.

800-552-3431, https://www.dss.virginia.gov/benefit/ea/index.cgi

Home Care Support Services

*__Aides for Daily Living__ is a local private-pay Richmond company with a variety of care services, including personal care, rehabilitation and transportation.
800-260-7791, www.AidesForDailyLiving.com

Caregivers.com is a national electronic resource to find a caregiver for the home.

***Commonwealth Catholic Charities** is a non-profit for care coordination and independence services for the aging and disabilities.
804-285-5900, www.cccofva.org

***Instructive Visiting Nurse Association** provides charitable home health care and case management for uninsured or under-insured at a lower cost.
804-355-7100, www.ivna.org

*__Jewish Family Services__ provides home care services, companion services and care management.
804-282-5644, www.jfsrichmond.org

*__Rebuilding Together Richmond__ is a regional affiliate of the national Rebuilding Organization. The organization provides home improvements and safety and wellness enhancements for neighbors in need. Service area is Richmond, Henrico, Chesterfield, Petersburg, and Hopewell.
www.rebuildingtogetherrichmond.org

*__SeniorBridge Richmond__ is a private pay care management and home health care provider in the area.
804-282-0753, www.seniorbridge.com/richmond

*__Senior Connections__ coordinates a variety of support, some of which may be free, including insurance counseling, care coordination and support to stay home for the elderly.
804-343-3000, www.seniorconnections-va.org

*__Virginia Supportive Housing__ provides rental assistance. 804-788-6825, http://www.virginiasupportivehousing.org/

Cleaning Services

***Cleaning for a Reason** is a nonprofit that lists local cleaning services who provide their services at reduced prices or for free to eligible cancer patients.
877-337-3348, www.cleaningforareason.org

MEDICAL SERVICES

Free Clinics

Clinics offer a variety of health care services, including medical, dental, vision, mental health and pharmacy services. However, not all clinics offer all services and not all areas

of Virginia have a free or charitable clinic. Clinics are independent, nonprofit, volunteer-driven and community-based organizations. Each clinic sets its own eligibility requirements and guidelines, and all must be contacted directly for help. https://www.vafreeclinics.org/clinics-in-virginia

Caregiver Support

Livestrong Foundation has a specialized website for tools, including a special application, helpful for caregivers.
855-220-7777 (hotline), https://www.livestrong.org/we-can-help/caregivers

Richmond Community Church Cancer Ministry provides local cancer patients and caregivers with support, including help with light tasks, shopping, transportation to appointments, note-taking during appointments, small errands and other support needs. Contact Jervetta Burns at jervettaburns@gmail.com or 804-514-8467. WWW.rcc-impact.com

Clinical Trials

National Cancer Institute (NCI) sponsors most government funded cancer clinical trials. NCI has a list of active studies, as well as some privately funded studies.
800-4-CANCER (800-422-6237), www.cancer.gov/clinicaltrials

National Institutes of Health (NIH) has an even larger database of clinical trials.
www.clinicaltrials.gov

Center Watch is a publishing and information services company that keeps a list of both industry- sponsored and government funded clinical trials for cancer.
www.centerwatch.com

Private Companies (such as pharmaceutical or biotechnology companies) may list studies they sponsor on their websites or offer toll-free numbers to call.

Dental

Crossover Healthcare Ministry provides a dental clinic.

https://www.crossoverministry.org/programs-services/

Fertility & Cancer

Livestrong Foundation has free personalized cancer support.
855-844-7777, https://www.livestrong.org/what-we-do/program/fertility

***Shady Grove Fertility** is a nationally recognized fertility clinic with a Richmond office.
804-379-9000**,** https://www.shadygrovefertility.com/trying-to-conceive/cancer

Medical Clinics

*__ACCESS NOW__ provides local free medical clinic specialty care and management.
804-622-8145, www.accessnowrva.org

*__Cross Over Healthcare Ministry__ has free and income based medical, mental health services and more.
804-521-8263, www.crossoverministry.org

*__Free Clinics__ lists all free and income based clinics in your area.
https://www.freeclinics.com/cit/va-richmond

__Virginia Association of Free and Charitable Clinics__ lists these clinics in Virginia.
(804) 340-3434, https://www.vafreeclinics.org/

Transplants

National Foundation for Transplants provides fundraising assistance for patients needing transplants, including bone marrow and stem cell transplants.
800-489-3863, www.transplants.org

National Bone Marrow Transplant Link
800-546-5286, www.nbmtlink.org

PEDIATRIC SERVICES

*__ASK__ is the local non-profit supporting children with cancer.
804-658-5910, www.askccf.org

__Camp Kesem__ has free summer camps that support children through their parent's cancer in locations throughout the United States.
253-736-3821, https://campkesem.org

Chai Lifeline has programs offering emotional, social, psychological, and financial assistance to families living with pediatric illness or loss.
877-CHAI-LIFE, https://www.chailifeline.org

*__Comfort Zone Camp__ has free summer camps for grieving children.
804-658-5910, www.comfortzonecamp.org.

__Connor's Heroes__ provides a local services, such as meals and yard work, and financial help, such as gas cards, to families of pediatric cancer.
804-897-1272, www.connorsheroes.org

*__Life with Cancer__ provides FREE counseling, education and support groups predominantly in Northern Virginia.
703-206-5433, https://www.lifewithcancer.org/get-help/children-teens-and-cancer/

***Ronald McDonald House** provides reduced housing for pediatrics throughout the United States.
804-355-6517,www.rmhc-richmond.org

SPANISH RESOURCES

Livestrong Foundation has personalized cancer navigation support and has a specialty in Spanish.
855-220-7777 (option 2), www.livestrong.org

Nueva Vida (Latinas with Cancer)
202-223-9100, www.nueva-vida.org

Spanish Cancer Survival Toolbox by the National Coalition for Cancer Survivorship.
877-NCCS-YES (877-622-7937) https://www.canceradvocacy.org/resources/cancer-survival-toolbox/los-primeros-pasos-para-la-supervivencia-al-cancer/

TRANSPORTATION FOR MEDICAL CARE

Richmond Area Discounted/Free Ground Transportation

***Road to Recovery with the American Cancer Society** has free or income based transportation, local and long distance. Call in advance as it may take a few days to organize.
800-227-2345 select 5, https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

***Ride Assist Services** provides transportation to seniors in Powhatan. 804-698-0438 RAServices.PVA@gmail.com

***Senior Connections** coordinates a variety of support, some of which may be free, including insurance counseling, care coordination and support to stay home.
804-343-3000, www.seniorconnections-va.org

***The Shepherd's Center of Richmond** provides free transportation to those in need for those 60 years older+.
804-355-7282, http://tscor.org/

Ground Transportation and Financial Support

***Aides for Daily Living** is a for profit home care agency in Richmond providing home care, companionship and local transportation to medical appointments.
800-260-7791, www.AidesForDailyLiving.com

Angel Wheels to Healing provides free long distance transportation to eligible patients.
www.angelwheels.org

***Lee's Friends** in the Hampton area provides free support services including transportation and basic human needs (such as food and clothing).
757-440-7501, www.leesfriends.org

The Leukemia and Lymphoma Society Susan Lang Pay-It-Forward Patient Travel Assistance Program
844-565-2269, www.lls.org/travel

***Mercy Medical Angels & National Patient Travel Center** gives charitable travel assistance by providing commercial airline tickets and supports ground transportation with gas cards, bus and train tickets.
757-318-9174, https://mercymedical.org
800-296-1217, www.patienttravel.org

***Road to Recovery with the American Cancer Society** has free or income based transportation, local and long distance. Call in advance as it may take a few days to organize.
800-227-2345 select 5, https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

***Senior Connections** coordinates a variety of support, some of which may be free, including insurance counseling, care coordination and support to stay home.
804-343-3000, www.seniorconnections-va.org

***UZURV** is a mobile app for on-demand affordable transport for cancer patients.
www.uzurv.com

Air Transportation

Air Care Alliance provides free air transportation for qualifying patients.
888-260-9707, www.aircarealliance.org

Air Charity Network is the largest unified volunteer pilot organization for qualified patients traveling nationwide.
877-621-7177, www.aircharitynetwork.org

***Angel Airlines for Cancer Patients** provides free air transportation for qualifying patients.
800-296-1217, www.angelairlinesforcancerpatients.org

Corporate Angel Network, Inc. provides free air transportation for qualifying patients.
914-328-1313, www.corpangelnetwork.org

Life Line Pilots provides free air transportation for qualifying patients in the Midwest.
800-822-7972**, www.lifelinepilots.org**

***Mercy Medical Angels** gives charitable travel assistance for qualifying patients by providing commercial airline tickets and supports ground transportation with

gas cards, bus and train tickets. The National Patient Travel Center and Angel Airline Samaritans are part of Mercy Medical Angels.
757-318-9174, www.mercymedical.org
800-296-1217, www.patienttravel.org
757-318-9174, www.angelairlinesamaritans.org

HOUSING FOR MEDICAL CARE

Cancer Support Community recently partnered with Airbnb to provide free housing for those traveling for medical care who meet income and geographic requirements.
888-793-9355, https://www.cancersupportcommunity.org/free-housing-patients-traveling-cancer-treatment

***Doorways** is the largest housing property for medical care in the Richmond area serving VCU and other hospitals.
804-828-6901, www.thedoorways.org

***Hope Lodge of the American Cancer Society** provides a free place to stay in many cities away from your home when getting medical care.
800-227-2345, https://www.cancer.org/treatment/support-programs-and-services/patient-lodging/hope-lodge.html

Joe's House is not an actual house but a nonprofit organization that helps cancer patients and their families find a discounted place to stay near medical hospitals when traveling away from home for medical treatment.
877-563-7468, www.joeshouse.org

***Ronald McDonald House** provides reduced housing for pediatrics throughout the United States.
804-355-6517, www.rmhc-richmond.org

MENTAL HEALTH SERVICES/SUPPORT GROUPS

Block Cancer Foundation has a National Cancer Hotline that matches cancer patients with individuals who have recovered from the same type of cancer.
800-433-0464, www.blochcancer.org

CancerCare has counselors and support groups (over the phone, online and in person).
866-552-6729 and 1800-813-HOPE (4673), www.cancercare.org

Cancer Support Community has a hotline for general cancer support, including managing costs, support groups and cancer reference materials.
888-793-9355, https://www.cancersupportcommunity.org/find-support

***Commonwealth Catholic Charities** for mental health services.
804-285-5900, www.cccofva.org

*__Health Brigade__ (formerly Fan Free Clinic) has free mental and medical income based services.
804-358-6343, www.healthbrigade.org

*__Jewish Family Services__ (JFS) provides counseling.
804-282-5644, www.jfsrichmond.org

*__Life with Cancer__ provides FREE counseling, education and support groups predominantly located in Northern Virginia.
703-206-5433, www.lifewithcancer.org

*__NAMI Central Virginia__ (National Alliance on Mental Illness Central Virginia) has programs and hotline.
804-285-1749 (hotline), www.namicentralvirginia.org

*__Richmond Behavioral Health Authority__ has mental health 24 hour crisis intervention services.
804-819-4100

*__St. Joseph's Villa__ has free/reduced mental health outpatient services for qualifying individuals.
804-837-0842, www.neverstopbelieving.org/services/mental-health-services

*__VBHDS__ (Virginia Department of Behavioral Health) provides free counseling.
804-786-3921, http://www.dbhds.virginia.gov/behavioral-health/mental-health-services

LOCAL RICHMOND SUPPORT GROUP MEETINGS

Brain Tumor Support Group
St. Mary's Hospital, Education Center, 2nd Tuesday of every month 7 p.m.
Call **before** you go Nancy Hsu at _____ for more information.

Support Group for Those Coping as a Cancer Caregiver
Bon Secours Memorial Medical Center, Cancer Resource Center
Main Hospital Entrance, Room 1110, 1st Tuesday of every month; 2–3:00 p.m.
Call **before** you go Ann Petersen MSW at (804) 764-7201

General Cancer Support Group
Bon Secours Memorial Medical Center, Cancer Resource Center
Main Hospital Entrance, Room 1110, 1st and 3rd Tuesday from 9:30–11 a.m.
Call **before** you go Ann Petersen MSW at (804) 764-7201

Cancer Support for Men
Bon Secours Memorial Regional Medical Center, Cancer Resource Center
Main Hospital Entrance, Room 1110, 2nd and 4th Tuesday of every month 3:30–5 p.m.
Call **before** you go Ann Petersen MSW at (804) 764-7201

Don't Ignore Stage 4 / Support for Those Living with Metastatic Cancer
Bon Secours Memorial Regional Medical Center, Cancer Resource Center
Main Hospital Entrance, Room 1110, 2nd and 4th Tuesday of every month 10–11 a.m.
Call **before** you go Ann Petersen MSW at (804) 764-7201

Prostate Cancer Education & Support Group
Bon Secours Cancer Inst. Reynolds Crossing, Radiation Oncology Waiting Room/Lobby
1st Wednesday of every month 6:30-7:30 p.m.
Call **before** you go (804) 266-7762.

PERSONAL CARE

Alternative Medicine

National Center for Complementary & Integrative Medicine
888-644-6226, www.nccam.nih.gov

Clothing & Home Furnishings

***Goodwill of Central VA**
804-745-6300, www.goodwillvirginia.org

Cooking

Cancer Nutrition Consortium: https://www.cancernutrition.org

Cook for Your Life: https://www.cookforyourlife.org

Eat to Beat Cancer: https://www.eattobeat.org

Exercise

***Life in Fitness-LIFT** in Richmond has free and low-cost group fitness activities with an emphasis on enjoying the outdoors for cancer survivors and thrivers, and their friends and families. LIFT is a wellness community of fitness, fun and camaraderie.
804-306-1148, email LIFTrva@gmail.com, www.facebook.com/RVALIFT

Yoga Health Foundation
www.yogahealthfoundation.org

Food Pantries

***A Place of Miracles** aids families of the **Chesterfield area** that are in need of daily meals.

804-722-9577, https://www.apomcafe.com/

***Cap Up (Capital Partnership Uplifting People)** for Richmond area emergency financial assistance (rent/mortgage, utilities, food, health) employment services

(coaching, networking), Food Buying Club (food pantry services) and senior centers.
804-788-0050, www.capup.org

***Chesterfield Colonial Heights Department of Social Services** aids individuals and families who have experienced or are experiencing an emergency situation which limits their funds for essential items such as food.

804-796-3715, https://www.cchasm.org/food-assistance

***Chesterfield Food Bank s**erves a variety of our neighbors, **the majority of whom do not qualify for government assistance**.

804-414-8885, https://www.chesterfieldfoodbank.org/

***Colonial Heights Food Pantry** is committed to alleviating hunger and developing collaborative strategies to encourage self-reliance and preserve human dignity.

804-520-7117, https://www.chfoodpantry.org/

***Commonwealth Catholic Charities** for a food pantry.
804-285-5900, www.cccofva.org

***Meals on Wheels &** FeedMore is a local foodbank and free food delivery service to low income individuals.
804-521-2500, www.feedmore.org

***St. Mary's Catholic Church** has a food pantry and gives utilities support.
804-740-4044, www.stmarysrichmond.org

Virginia Department of Social Services' Supplemental Nutrition Assistance Program (SNAP) can be used like cash to buy eligible food items from authorized retailers.

800-552-3431, https://www.dss.virginia.gov/benefit/snap.cgi

Horse Back Riding

***New Day Equine Therapy** in Ashland, Va has riding with Bruce D. Nachman.
804-307-5156, www.newdayequinetherapy.com

*Therapeutic Horse Back Riding Association of Virginia
http://travinc.org/

Smoking

Guide to Quit Smoking from the **American Cancer Society.**
https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html

www.smokefree.gov for support for quitting smoking including a 24/7 support

Wigs, Prosthetics & Resources for appearance related side effects

Amputee Coalition for financial support for prosthetic services.
888-267-5669, https://www.amputee-coalition.org/resources/financial-assistance-for-prosthetic-services

EBeauty is a non-profit that supports women with a wig exchange program and other beauty support.
www.ebeauty.com

Godiva's Secret Wigs is a for-profit wig company.
877-567-9447, www.godivassecretwigs.com

***Look Good Feel Better of the American Cancer Society**
800-227-2345 (need more detailed phone number)
*804-527-3700 (local number)

***Stepping Stones Women's Center** is a great center to go to in Richmond.
804-746-9880, www.steppingstones4women.com

LOCAL COUNTY/CITY SERVICES

***Eastern Henrico** provides for its residents emergency services for food, bills/expenses and clothing.
804-257-7730

***Goochland Cares Free Clinic and Family Services** provides for its residents medical services, financial assistance, food, medical transportation, and emergency housing.
804-556-6260, www.goochlandcares.org

***Halifax County Cancer Association** provides for its residents referrals, education, travel vouchers, medication assistance and hospital equipment loans.
434-476-2714. www.hcca.org

***Richmond City Department of Social Services** provides services for residents.
3-1-1 (customer care center), www.richmondgov.com/socialservices/index.aspx

***Gloucester & Mathews Area's The Giving Garden** provides for its residents financial support for rents, mortgages, fuel, utilities, groceries, treatments, prescriptions and any other necessary expenses.
www.thegivinggarden.org

***Gloucester & Mathews Area's The Samaritan Group** provides for its residents financial assistance for families temporarily in need.
804-693-3600, www.thesamaritangroup.org

LEGAL SERVICES

Cancer Legal Resource Center has an excellent legal handbook.
Cancer Legal Resource Center: Patient Legal Handbook (PDF)

Richmond Area

***CancerLINC** connects cancer patients with legal and financial services for FREE for qualified patients and for fee for non-qualified patients in the Richmond and surrounding areas.
804-562-0371, www.CancerLINC.org

***Central Virginia Legal Aid Services** provides discounted services to eligible persons.
804-648-1012, www.cvlas.org

Northern Virginia

Alexandria Bar Lawyer Referral Service, 703-548-1106

Arlington Bar Lawyer Referral, 703-228-3390

Fairfax Bar Association Lawyer Referral & Information Service, 703-246-3780

Legal Aid Justice Center, 703-778-3450

Legal Services of Northern Virginia, 703-778-6800, www.lsnv.org

Prince William County Bar Association Lawyer Referral Service, 703-393-2306

Fredericksburg, Tappahannock & Culpeper

Legal Aid Works
540-371-1105, www.legalaidworks.org

Charlottesville

Legal Aid Justice Center, 434-977-0553

Virginia

***Disability Issues: Office of the Attorney General, Human Rights**
804-225-2292

Virginia Sexual and Domestic Violence Action Alliance provides legal support to victims of sexual and domestic violence. 1.800.838.8238

http://www.vsdvalliance.org/resources-helpayuda/legal-help/?view=mobile

***Disability Law Center of Virginia**
800-552-3962, https://www.dlcv.org/programs

***Virginia Poverty Law Center**
804-782-9430, www.vplc.org

***Patient Advocate Foundation** provides financial support for mediation and arbitration services.
800-532-5274**,** www.patientadvocate.org/help.php

***Free Legal Answers**
https://virginia.freelegalanswers.org

***Virginia Lawyer Referral Service** will connect you to a lawyer in your area for $35. You receive a consultation of up to a half hour with him or her – no strings attached.
800-552-7977, https://www.vsb.org/vlrs/

***Access to JUSTICE** provides a guide to low and medium income Virginia obtain legal services.
804-775-0500, https://www.vsb.org/docs/probono/access-guide.pdf

***Community Tax Law Project (CTLP)** provides free legal help to eligible persons suffering from tax related economic harm.
(804) 358-5855, www.ctlp.org

DISEASE SPECIFIC RESOURCES

National Cancer Institute: https://www.cancer.gov/types

Bone Marrow Disease Cancer

Aplastic Anemia & MDS International Foundation, 800-747-2820, www.aamds.org

Brain Cancer

American Brain Tumor Association, 800-886-2282, www.abta.org

***Cullather Quality of Life Cancer Center** for Brain Cancer provides supportive services emphasizing quality of life including counseling, therapies and grief/loss support. 804-287-7809, www.cullather.org

National Brain Tumor Society, 617-924-9997, www.braintumor.org

Breast Cancer

Breast Cancer Options, 845-339-HOPE, www.breastcanceroptions.org

BreastCancer.org

*__Here for the Girls__ is a Virginia nonprofit providing local in person support groups and a phone hotline for young breast cancer patients under 51 years of age. www.hereforthegirls.org

__*Susan G. Komen Foundation__ is a strong Richmond based breast cancer non-profit.
804-320-1772, www.komencentralva.org

__National Association of Breast Cancer Organization,__
www.nationalbreastcancer.org

__The Pink Fund__ provides 90 day non-medical cost of living expenses to breast cancer patients in active treatment for breast cancer. This fund also distributes short-term financial aid for basic living expenses to patients who have lost all or part of their income during active treatment, paid directly to the patient's creditors.
877-234-7465, www.pinkfund.org

__SHARE:__ Self-Help for Women with Breast or Ovarian Cancer
212-719-0364, www.sharecancersupport.org

__*Virginia Breast Cancer Foundation,__ 804-285-1200, www.vbcf.org

__Young Survival Coalition – Breast Cancer__, 877-972-1011, www.youngsurvival.org

Colorectal Cancer

__Colon Cancer Alliance,__ www.ccalliance.org

__National Colorectal Cancer Roundtable,__ www.nccrt.org

Kidney Cancer

__Kidney Cancer Association,__ 800-850-9132, www.kidneycancer.org

Leukemia & Lymphoma

__*Leukemia and Lymphoma Society of Virginia__ for copay assistance, travel assistance, information specialists and support groups. 804-673-5690, www.lls.org/virginia

__Lymphoma Foundation of America,__ 800-385-1060, www.lymphomahelp.org

__Lymphoma Research Foundation,__ 800-500-9976, www.lymphoma.org

Lung Cancer

__American Lung Association__ with a Richmond office.
202-719-2809, www.lung.org/about-us/local-associations/virginia.html

LungCancer.org is a nonprofit organization providing *free*, professional support, including counseling, support groups, financial assistance and workshops for lung cancer.

Lung Cancer Alliance, www.lungcanceralliance.org

Myeloma

Multiple Myeloma Research Foundation, 203-229-0464, www.themmrf.org

International Myeloma Foundation (IMF), www.myeloma.org

Oral, Head & Neck Cancer

Support for People with Oral & Head & Neck Cancer
800-377-0928, www.spohnc.org

Ovarian Cancer

National Ovarian Cancer Coalition, 214-273-4200, www.ovarian.org

Ovarian Cancer Patient Charity Project gives financial grants to women with breast or gynecological cancer.
540-357-1054, www.ovariancancerpatientcharityproject.yolasite.com

Pancreatic Cancer

The Pancreatic Cancer Action Network, 877-272-6226, www.pancan.org

Prostate Cancer

Prostrate Cancer Foundation, 800-757-2873, www.pcf.org

Rare Disorders

National Organization for Rare Disorders (NORD) provides assistance programs to help patients obtain medications, financial assistance with insurance premiums, co-pays, diagnostic tests and travel assistance for clinical trials/specialist consultations.
202-588-5700, www.rarediseases.org

Sarcomas

Sarcoma Alliance, 415-381-7236. www.sarcomaalliance.org

Skin Cancer

Skin Cancer Foundation, 212-725-5176, www.skincancer.org

Testicular Cancer

The Testicular Cancer Resource Center, www.thetcrc.org

Thyroid Cancer

ThyCa: Thyroid Cancer Survivors' Association, 877-588-7904, www.thyca.org

For More Information:

Tel: (804) 562-0371
www.CancerLINC.org

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