

LOCAL AND NATIONAL RESOURCES



RESOURCES IN YOUR COMMUNITY

There are some great resources on the internet, but be careful! In fact, do not head to the web right away. You do not want to scare yourself by reading about a type of cancer or treatment that does not pertain to your situation. If you have questions about anything you read, consult your Nurse Navigator to help you understand.

GENERAL INFORMATION

ASCO Answers Fact Sheets

www.cancer.net/about-us/asco-answers-patient-education-materials/asco-answers-fact-sheets

Collection of oncologist-approved patient education materials for people with cancer and their caregivers.

American Cancer Society

1-800-227-2345 | www.cancer.org
Provides extensive information about cancer treatments and resources available locally and nationally.

Chemocare

www.chemocare.com
Resource for medicine therapy (such as chemotherapy and immunotherapy) and side effect information as well as additional reliable resources for cancer patients and their caregivers.

Sentara Cancer Network

www.sentara.com/cancer

Explore all services, resources, and offerings from the Sentara Cancer Network.

Livestrong Foundation

www.livestrong.org

Provides cancer support and information.

National Comprehensive Cancer Network

www.nccn.org/patients

Provides detailed information about standard treatment for each type of cancer.

ASSISTANCE IN THE HOME

Cleaning for a Reason

877-337-3348

www.cleaningforareason.org

Donated housekeeping services for those undergoing cancer treatments.

Catholic Charities

757-456-2366 | www.cceva.org

Provides in-home and respite care and companionship for seniors and their caregivers.

Meals on Wheels

1-888-998-6325

www.mealsonwheelsamerica.org

Provides meal delivery for homebound adults who are unable to prepare food.

Senior Services

757-461-9481 | www.ssseva.org

Provides a variety of home services to support seniors and their caregivers.

BEAUTY/WIGS/ PROSTHETICS

American Cancer Society

1-800-850-9445 | www.tlcdirect.org

Wigs, hats and prosthetics through TLC Catalog.

Creative Images

757-398-9101 | www.creativeimagesva.com

Provides wigs, prosthetics and image needs of the oncology community.

Silhouette Mastectomy Boutique

757-930-0139

Shop carrying mastectomy products and wigs. Locations in Newport News and Norfolk (opening late summer 2020).

The Unique Boutique

Virginia Beach: 757-525-5268

Norfolk: 757-388-0221

Williamsburg: 757-345-4439

Wigs, hats and scarves by appointment only.

CAREGIVER SUPPORT

American Cancer Society

www.cancer.org/treatment/caregivers

Provides an interactive resource guide, supportive videos, as well as information about online support groups.

Cancer Care

800-813-HOPE (4673)

www.cancercare.org

Provides education, online, and telephonic support groups for caregivers.

Cancer Hope Network

www.cancerhopenetwork.org/get-support/get-matched/with-a-cancer-survivor.html

Matches caregivers with a support volunteer.

Springboard Beyond Cancer

survivorship.cancer.gov/springboard/get-support/being-a-caregiver

Provides information on legal, financial, and insurance-related issues for caregivers.

CLINICAL TRIALS

Sentara Clinical Trials and Research

www.sentara.com/cancerresearch

Provides information about clinical trials within the Sentara Cancer Network.

Lazarex Cancer Foundation

877-866-9523 | www.lazarex.org

Works to improve patient's access to clinical trials through outreach and reimbursement programs.

National Cancer Institute

1-800-4-CANCER | www.cancer.gov/about-cancer/treatment/clinical-trials

Information about clinical trials.

ClinicalTrials.gov

www.clinicaltrials.gov

"A database of privately and publicly funded clinical studies conducted around the world." Provided by U.S. National Library of Medicine.

COMMUNICATING WITH FAMILY AND FRIENDS

Caring Bridge

www.caringbridge.org

Free, online resource for patients and caregivers to share their story with loved ones.

Lots a Helping Hands

www.lotsahelpinghands.com

Free web-based communities for organizing friends, family and colleagues during times of need. Easily coordinate activities and manage volunteers with an intuitive group calendar.

MyLifeLine

www.mylifeline.org

App and website for patients and caregivers to share their story and connect with others.

COUNSELING/MENTAL HEALTH SUPPORT

Sentara Oncology Clinical Social Workers

Oncology licensed clinical social workers available to provide counseling to patients and families throughout cancer treatment. *Please contact your Nurse Navigator for a referral.

Community Services Board (CSB)

Norfolk: 757-756-5600

Virginia Beach: 757-385-3200

Chesapeake: 757-547-9334

Portsmouth: 757-393-5357

Western Tidewater: 757-255-7133

Hampton-Newport News: 757-788-0300

Williamsburg: 757-220-3200

Provides mental health, substance abuse, and crisis services to residents.

National Suicide Prevention Lifeline

1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones.

Psychology Today

www.psychologytoday.com/us

Search a variety of psychotherapists, counselors, and psychiatrists in your area.

EQUIPMENT DONATIONS/ DONATED SUPPLIES

Access Partnership

757-502-7400 ext. 5

www.accesspartnership.org/donate/donate-resources

coordinator@accesspartners.org

If you are looking to donate supplies or need resources, call or email Access Partnership office, or call Pickup by appointment only.

The F.R.E.E. Foundation

South Hampton Roads Chapter:

757-771-6183

Williamsburg Chapter:

757-707-4741

www.free-foundation.org

A volunteer-led nonprofit that provides mobility rehabilitation equipment to help people regain their mobility and independence.

HOUSING/SHELTER RESOURCES

Regional Housing Crisis Hotline

757-587-4202

The Housing Crisis Hotline is the region's starting point for anyone who is experiencing a housing crisis and in need of shelter, case management, and related services.

Virginia Housing Authority

804-782-1986

Can assist in locating housing with rent based on income and size of family. Income limits are determined by HUD and the board of commissioners.

Virginia Beach Housing Resource Center

757-385-5167

www.vbgov.com/government/departments/housing-neighborhood-preservation/homelessness/Pages/housing-resource-center.aspx

One-stop shop of services for families and individuals experiencing homelessness or a housing crisis.

*For additional housing/shelter resources in your region, please contact your Nurse Navigator/social worker.

HOTEL/LODGING ACCOMMODATIONS

American Cancer Society Hotel Partners Program

1-888-227-6333 | 1-800-227-2345
www.cancer.org/treatment/support-programs-and-services/patient-lodging/hotel-partners.html

Provides free or discounted lodging for cancer patients traveling out of town for cancer-related medical appointments.

HEALTH INSURANCE, LEGAL RESOURCES, AND FINANCIAL PLANNING

Cancer and Careers

www.cancerandcareers.org
Provides information about balancing career with cancer diagnosis and treatment.

Cancer Legal Resource Center

866-999-3752 | www.thedrlc.org
Legal resources for patients with cancer.

CancerLINC

1-877-644-LINC | www.cancerlinc.org
Connects eligible cancer patients with free legal and financial services.

Family Reach

973-394-1411 | www.familyreach.org
Provides financial planning and education to families dealing with cancer.

Patient Advocate Foundation (PAF)

800-532-5274 | www.patientadvocate.org
Guides through challenging healthcare issues, helps with insurance denials, medication co-pay assistance, and other concerns.

Triage Cancer

424-258-4628 | trriagecancer.org
Provides educational materials surrounding common legal, financial and insurance questions related to cancer.

FERTILITY

Alliance for Fertility Preservation

925-290-8950
www.allianceforfertilitypreservation.org
Provides education and financial resources for fertility preservation services for cancer patients.

Livestrong Fertility

855-220-7777 | www.livestrong.org
Provides education and financial resources for becoming a parent after cancer treatment.



FINANCIAL ASSISTANCE

Sentara Hospitals Financial Assistance 757-233-4600

Apply for assistance with your Sentara hospital medical bills.

Sentara Medical Group Financial Assistance 757-983-9000

Apply for assistance with your Sentara provider medical bills.

Cancer Care Foundation of Tidewater
Local to Hampton Roads. Financial assistance grant available. Speak with your Nurse Navigator and/or social worker to complete an application.

Daniel's Grace

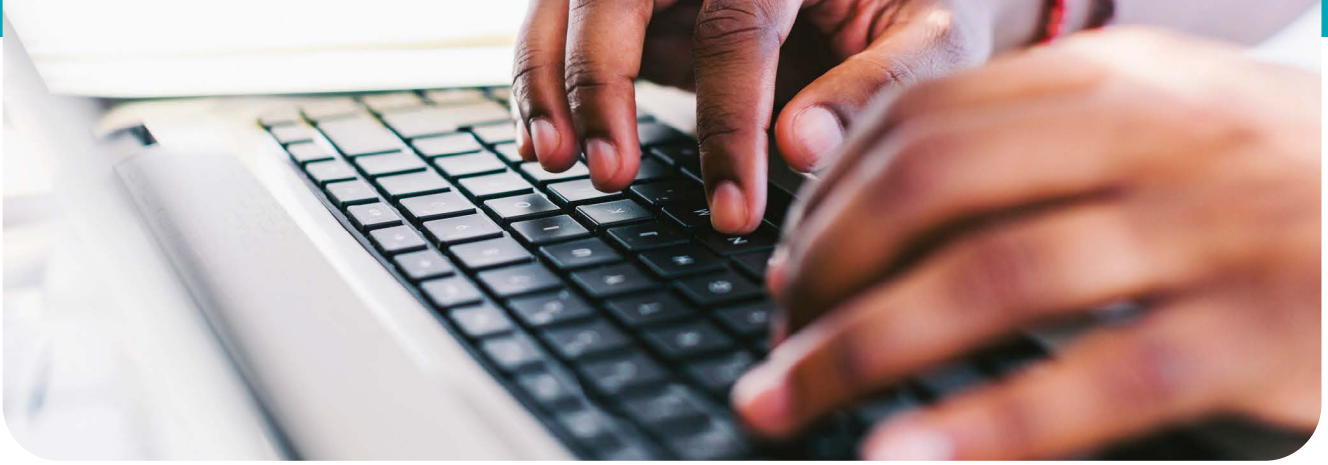
Local to Hampton Roads. Financial assistance grant available. Speak with your Nurse Navigator or social worker to complete an application.

Lee's Friends

757-440-7501 | www.leesfriends.org
Local to Hampton Roads. Financial assistance grant available. Speak with Nurse Navigator or social worker to complete an application.

PAN Foundation-Fund Finder

<https://fundfinder.panfoundation.org>
Allows patients to search and apply for co-pay assistance programs.



GOVERNMENT PROGRAMS

Medicaid

1-855-635-4370

www.commonhelp.virginia.gov

Health insurance provided by the government that is based on your income and/or assets. Apply online, call or go to your local Department of Social Services.

Medicare

1-800-772-1213 | 757-222-4524

www.ssa.gov | www.medicare.gov

Health insurance provided by the government, based on your age and/or disability. Enroll either online or by phone. If you are 60 years or older, you may speak with a Medicare Counselor at Senior Services.

HealthCare.gov

1-800-318-2596 | www.healthcare.gov

Health insurance marketplace. Check eligibility and enroll online or by phone.

Social Security Administration

1-800-772-1213 | www.ssa.gov

Apply for Social Security Disability (SSDI), Supplemental Security Income (SSI), or Retirement.

Virginia Department of Social Services

1-855-635-4370 | dss.virginia.gov

www.commonhelp.virginia.gov

Provides services including medical, food, and financial assistance. For more information or to apply for services online, call, or go to your local Department of Social Services.

Vocational Rehabilitation

804-662-7000 | www.vadars.org/drs/vr

Provides job training and support to those whose careers are impacted by a disability.

LYMPHEDEMA

Sentara Therapy Center

1-855-852-9066

Call for physical and occupational therapy.

National Lymphedema Network

www.lymphnet.org

Online resource that provides information about lymphedema and treatments.

SUPPORT FOR CHILDREN

Camp Kesem

253-736-3821 | www.campkesem.org
National camp for children impacted by a parent's cancer.

Camp Lighthouse

757-553-3330
www.sentara.com/camplighthouse
A two-day camp for children dealing with the loss of a loved one.

Cancer Care

www.cancercares.org/children
Free online support resources for parents, children and adolescents.

The Children's Treehouse Foundation

303-322-1202 | childrenstreehousefdn.org
Provides resources for children whose parents are going through cancer treatment.

SUPPORT FOR YOUNG ADULTS

Samfund

617-938-3484 | www.thesamfund.org
Support community and financial assistance for young adult cancer survivors.

Stupid Cancer

www.stupidcancer.org
Support community and scholarships for young adults dealing with a cancer diagnosis.

SUPPORT GROUPS/ PEER SUPPORT/ EMOTIONAL SUPPORT

Sentara Support Groups

www.sentara.com/cancersupport
Sentara provides a variety of support groups for patients, survivors and families.

Cancer Care

800-813-HOPE (4673)
www.cancercares.org
Provides education, online, and telephonic support groups.

Peer Mentoring

sentara.com/cancer
Free peer support community for patients and caregivers.

Lee's Friends

757-440-7501 | www.leesfriends.org
Local to Hampton Roads. Volunteers provide emotional support to patients.

Cancer Hope Network

877-467-3638
www.cancerhopenetwork.org
Provides one-on-one emotional support for cancer patients and their loved ones.