



CANCER RESOURCE CENTER

OF THE FINGER LAKES

Cancer Support Services Cortland County



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

July 2020

Table of Contents

Support	
Free Cancer Screenings	2
Financial Assistance	
Resources for Financial Assistance	2
Assistance with Medication Costs	3
Local assistance with Insurance and Legal Issues	4
Wigs, Supplies, Equipment	
Wigs, Makeup and Mastectomy Products	4
Beds, Wheelchairs, Other Equipment	5
Specialized Services	
Home Health Care	6
Pain Control	7
End of Life Care	7
Mental Health Services	8
Genetic Counseling	8
Lymphedema	9
Special Populations	
Older Adults and Cancer	10
Transportation	
Parking Permits	10
Local and Out of Town	10

For many more resources available to all residents of the greater Finger Lakes area, please see **[Cancer Support Services for the Finger Lakes Region of NYS.](#)**

Free Cancer Screenings

The New York State Department of Health has a Cancer Services Program in Cortland and Tompkins Counties. Their mission is to reach all uninsured/under-insured residents in Cortland and Tompkins Counties (who qualify) to provide free breast, cervical and colorectal cancer screenings to reduce cancer rates in our counties. The Age-Appropriate, Risk-Based Screenings offered by the CSP are:

- Mammograms and clinical breast exams for breast cancer.
- Pap tests and pelvic exams for cervical cancer.
- Take home fecal tests (FIT or FOBT) for colorectal cancer.
- Screening colonoscopy for men and women at increased risk for colorectal cancer.

For more information about screenings and eligibility, contact the Cancer Services Program of Cortland and Tompkins County at 1-833-837-4931.

Local Resources for Financial Assistance

<p>CAPCO Cortland 32 North Main Street Cortland, NY 13045 607-753-6781 http://www.capco.org/index.php</p>	<ul style="list-style-type: none"> ● CAPCO has an Emergency Assistance program, designed to assist individuals and families when emergencies arise. These are limited funds to help with small expenses. ● For more information, call or visit their website.
<p>Catholic Charities of the Finger Lakes 33-35 Central Avenue Cortland, NY 13045 P: (607) 756-5992 Catholic Charities</p>	<ul style="list-style-type: none"> ● Catholic Charities provides quality human service programs by advocating for social justice. More information about all of their services can be found on their website.
<p>Cortland Regional Medical Center (607)756-3500 https://www.cortlandregional.org/</p>	<ul style="list-style-type: none"> ● Provides financial assistance for its patients, regardless of their ability to pay for services. ● For more information, call or visit their website.

<p>HEAP (Home Energy Assistance Program) http://otda.ny.gov/programs/heap/#overview Department of Social Services Cortland County DSS 60 Central Avenue Cortland, NY 13045 (607) 428-5400</p>	<ul style="list-style-type: none"> • The Home Energy Assistance Program (HEAP) helps low-income people pay the cost of heating their homes. • If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off. • Questions regarding the HEAP program should be directed to your HEAP Local District Contact.
<p>Alternate Certifiers Cortland County Office for the Aging 60 Central Avenue Cortland, NY 13045 Phone: (607) 753-5060</p>	<ul style="list-style-type: none"> • Provides support. Apply at www.mybenefits.ny.gov or at our office. For more information, please call.
<p>Saint Agatha Foundation (215) 277-3022 http://www.saintagathafoundation.org/</p>	<ul style="list-style-type: none"> • Provides financial support to breast cancer patients in Cortland and surrounding counties. • For more information, please call.

Local Assistance with Medication Costs

<p>Catholic Charities of the Finger Lakes 33-35 Central Avenue Cortland, NY 13045 (607) 756-5992 http://www.ccocc.org/</p>	<ul style="list-style-type: none"> • Catholic Charities has a Prescription Medication Program available to people who do not have health care/prescription insurance coverage. • Only medically necessary prescription medications qualify for this one-time payment, which can pay up to a 30 day supply; a valid prescription from a physician is required. • Contact their office for assistance information and appointment.
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Local Assistance with Insurance and Legal Issues

<p>Catholic Charities of the Finger Lakes 33-35 Central Avenue Cortland, NY 13045 P: (607) 756-5992 http://www.ccocc.org/</p>	<ul style="list-style-type: none"> ● Catholic Charities can connect individuals to Certified Application Counselors from Fidelis Healthcare and Molina to offer information and assistance with health care enrollment. ● Contact their office to make an appointment.
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Local Wigs, Makeup and Mastectomy Products

<p>Confident Woman Boutique 160 Homer Ave Cortland, NY 13045 (607)756-3880 https://www.cortlandregional.org/services/cortland-medical-supply/confident-women-boutique/</p>	<ul style="list-style-type: none"> ● A service of Cortland Regional Medical Center that carries prostheses, bras, swimwear, and other post-mastectomy products. ● Accepts referrals and insurance, open by appointment only.
<p>Guthrie Med Supply Depot 402 Third Street Ithaca, NY 14850 607-273-4727 https://www.guthrie.org/location/med-supply-depot-ithaca</p>	<ul style="list-style-type: none"> ● Carries durable medical equipment, breast prostheses and mastectomy bras. ● Call ahead for an appointment.
<p>Lady Jane Mastectomy Boutique Medical Center West 5700 W. Genesee Street Camillus, NY 13031 (315) 468-9743 AND Brighton Hill Office Park 892 E. Brighton Avenue Syracuse, NY 13205 (315) 498-9086 http://www.ladyjaneboutique.com/</p>	<ul style="list-style-type: none"> ● Carries breast forms, bras, swimwear, and lingerie in several product lines. ● Certified fitter will assist in finding the best fit for you, call for an appointment.

<p>New Beginnings Mastectomy Boutique MoPro Mobility & Healthcare Products 3232 Erie Boulevard East Syracuse, NY 13214 (315) 472-0707 https://www.moprocorp.com/mastectomy-boutique.htm</p>	<ul style="list-style-type: none"> • Boutique has products designed to help women following all breast surgeries, including camisoles, enhancer forms and bras, breast forms or shells, breast prosthetics and mastectomy bras. • Boutique also carries a selection of hats and scarves and other accessories. • A certified fitter will assist you find the right product for you, call for an appointment and insurance options.
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Beds, Wheelchairs, and Other Equipment

<p>Access to Independence 26 North Main Street Cortland, NY 13045 607-753-7363 http://www.aticortland.org/contact</p>	<ul style="list-style-type: none"> • ATI offers an equipment loan closet for individuals with disabilities, including electric and manual wheelchairs, commodes, shower chairs, walkers, canes, cushions, trays, ramps, crutches, and nearly 50 other types of adaptive equipment. ATI typically allows for a three-month loan of equipment. • Call their office for information and eligibility.
<p>Cortland Homebound Services (607)-756-3485 https://www.cortland-co.org/607/Homebound-Services-Supports</p>	<ul style="list-style-type: none"> • Offers modular ramps and other home related services including home delivered meals, handyman programs, and other services.
<p>Cortland Medical Supply 160 Homer Ave Cortland, NY 13045 (607) 756-3880 https://www.guthrie.org/locations/cortland-medical-supply</p>	<ul style="list-style-type: none"> • Brings together a complete range of easy-access home medical equipment and supplies.

<p>Dryden Veterans' Memorial Home 607-844-9900</p> <p>Groton American Legion 607-898-3837</p>	<ul style="list-style-type: none"> • Both of these organizations maintain a closet with wheelchairs, beds, and other equipment that are available for loan.
<p>Wonderful Wheelchairs (basement of Cayuga Ridge) 1229 Trumansburg Road Ithaca, NY 14850 607-375-6657 or 607-272-8224 http://wonderfulwheelchairs.org/</p>	<ul style="list-style-type: none"> • A volunteer organization in Ithaca that refurbishes and sells wheelchairs, walkers, and scooters at very reasonable prices. • Hours are limited, call for more information.

Home Health Care

Information and Referral:

NY Connects is a collaboration between the Cortland County Office for the Aging and Long Term Care Services to provide information and referral about the many long term care services available in Cortland County. NY Connects can provide information and assistance for home meals, transportation, home care, counseling, and more. Contact the office for more information at 607-756-3485. <http://www.nyconnects.ny.gov/>

Home Care Service Providers:

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

All Metro Care (Syracuse, serves Cortland)	315-453-5537
Comfort Keepers (Ithaca, serves Cortland and Homer areas)	607-272-0444
Cortland County Area Agency on Aging (Cortland)	607-753-5060
Elder Choice (Cortland)	607-543-4274
Finger Lakes Independence Center (Ithaca)	607-272-2433
Home Care, Cortland Regional Medical Center (Cortland)	607-756-3646

Pain Control

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

Palliative Care is a program of **Hospicare and Palliative Care Services**, located in Tompkins and Cortland Counties. Palliative care specializes in relieving the symptoms and stress of serious

illness. Symptoms may be physical, emotional, or spiritual. The goal is to improve quality of life for you and your family. Palliative care may be appropriate at any point in an illness, from diagnosis on, and it can be provided at the same time as treatment that is meant to cure you.

Working in partnership with your primary doctor, the palliative care team can provide:

- recommendations for treatment of pain and other symptoms
- clear communication between you and your family
- help in navigating the healthcare system
- opportunities for extended discussions about goals and options
- practical information about community resources
- emotional and spiritual support for you and your family

Palliative care consultations can be done in your own home, in an assisted living facility, nursing home, or hospital. Contact them for more information at 607-272-0212 or at **www.hospicare.org**.

Cortland office:

11 Kennedy Parkway, Cortland, NY

Ithaca office:

172 East King Road, Ithaca, NY

End of Life Care

Hospice is a philosophy of care for the dying and their families that affirms life, but does not deny death. Support and care are provided in the last phase of a person's illness so that they may live as comfortably and autonomously as possible.

Hospicare and Palliative Care Services provides hospice care wherever the patient lives: at home, in skilled nursing facilities, adult homes, or at Cayuga Medical Center. Hospicare also has a residence in Ithaca for people whose caregiver is no longer able to care for them or for people living alone without adequate care and support.

Hospice is covered by Medicare, Medicaid, and most private insurance plans. In addition, Hospicare and Palliative Care Services offers another program, Personal Attention to Health (PATH) that assists individuals in navigating the medical, emotional, spiritual and logistical challenges associated with *any* serious illness, including cancer.

Anyone can contact Hospicare for more information or to request an assessment. A doctor's referral or authorization may be required for some services. Contact them for more information at 607-272-0212 or at **www.hospicare.org**.

Cortland office:

11 Kennedy Parkway, Cortland, NY

Ithaca office:

172 East King Road, Ithaca, NY

Mental Health Services

Depression, anxiety, and other mental health concerns are common during cancer treatment and recovery.

An **Employee Assistance Program (EAP)** is typically offered through your employer, and can provide resources available to you in your area. Contact your human resource department to see what benefits are provided.

Family Counseling Services of Cortland is a private, non-profit organization offering professional counseling and prevention services. Mental health and chemical dependency counseling programs are available for youth, adults, and families who are experiencing emotional, personal, and alcohol or drug-related problems. For more information, call (607)753-0234. <http://fcscortland.org/>

The Mental Health Association in Cortland County is a good resource for information on mental health resources in our area, including a comprehensive list of private practitioners. Visit their website for information on their programs and services at <https://www.mhacortland.com/>

Genetic Counseling

Genetic counseling for cancer involves having a trained genetic counselor help you and your family understand your inherited cancer risk. Inherited cancer risk may be passed from parent to child. The genetic counselor explains available genetic tests. He or she can also offer information about cancer screening, prevention, and treatment options and provide support.

A local organization that provides genetic counseling services to individuals in our area is:

The Ferre Institute
124 Front Street
Binghamton, NY 13905
607-724-4308
www.ferre.org

Lymphedema

Lymphedema is a type of swelling in an arm, leg, or other body part that sometimes occurs after surgery and/or radiation for cancer. Assessment and treatment are available by:

Cortland Regional Medical Center
Outpatient Therapy Services
Main Campus: 134 Homer Avenue, 3rd floor
Phone: 607-756-3606

Office Location: 1259 Fisher Avenue, 2nd floor
607-756-3500
Cortland, NY 13045
<https://www.cortlandregional.org/>

Licensed Massage Therapists and Certified Lymphedema Therapists

Stephanie Gray Massage
409 West State Street
Ithaca, NY 14850
607-351-6840

<https://www.stephaniegraymassage.com/>

Lymphedema and Breast Cancer Recovery Program

St. Joseph's Health Breast Care and Surgery
4117 Medical Center Drive
Fayetteville, NY 13066
315-744-1551

<https://www.womenshealthsjh.org/breast-care.html>

Lymphedema Management Program

Upstate Medical University
750 East Adams Street, Room N2104
Syracuse, NY 13210
315-464-6543
Upstate Bone and Joint Center
Campus: 6620 Fly Road, Suite 201
East Syracuse, NY 13057
315-464-6543

<http://www.upstate.edu/pmr/healthcare/programs/lymph.php>

The Myers Center for Massage and Lymphedema

148 Vestal Parkway East, Suite 2
Vestal, NY 13850
607-757-0517

<http://www.themyerscenter.com/>

Additional Support for Older Adults

Older Adults:

Cancer becomes more common as people get older. When an older person undergoes cancer treatment, the support s/he needs may relate as much to aging as to the cancer itself. There are local agencies that can provide support to older adults.

Cortland County Office for the Aging (607-753-5060) is an excellent resource for assistance with aging-related issues such as housing, home care, health insurance, caregiver services, and more. <https://www.cortland-co.org/434/Area-Agency-on-Aging>

Cortland County Office for the Aging Caregivers Support Group:

- Meets monthly, every 4th Thursday (Except November: meet 5th Thursday). Cortland Regional Medical Center in the Basement, Conf. Rm B, 3-4 pm
- Open to those who provide care and support for a loved one, friend or neighbor who is 60 or older.
- For more information call (607) 753-5060. Walk-ins welcome

Meals on Wheels (<https://www.cortland-co.org/607/Homebound-Services-Supports>) is available to homebound individuals ages 60 and over through Cortland's Area Agency on Aging. For more information, call 607-753-5084.

The Health Insurance Information, Counseling, and Assistance Program (HIICAP) (<https://www.cortland-co.org/939/HIICAP>) of Lifelong (607-753-5060 or <http://www.cortland-co.org/434/Area-Agency-on-Aging>) provides help with Medicare, Medigap, long-term care insurance, and other programs serving seniors.

Transportation

Parking Permits: Parking Permits for individuals with temporary or permanent disabilities are issued through your local city, town, or village clerk's office. The Department of Motor Vehicles (DMV) does NOT issue these permits.

Local and Out of Town Transportation:

<p>A&D Transportation Services 607-433-1726 http://www.adtransportservices.com/</p>	<ul style="list-style-type: none">● Serves Tioga and Cortland County and provides transportation to and from medical appointments and is wheelchair accessible.
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<p>Medicaid Transportation Services 1-844-666-6270 1-800-850-5340</p>	<ul style="list-style-type: none"> ● Provided through Family Counseling Services of Cortland to Medicaid eligible individuals who need transportation to any medical appointment.
<p>Way2Go Cortland 607-756-4198 http://www.way2gocortland.org/</p>	<ul style="list-style-type: none"> ● Provides a compilation of non-emergency ambulances, buses and public transportation programs listed on its website.

An excellent source for additional information is the 211 Cortland Helpline at 2-1-1 or 877-211-8667