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**Breast and Cervical Cancer Control Program (BCCCP)**

**Mecklenburg County Health Department**

**Appointment Line: 704-336-6500**

**Priority Focus:**

- Women who reside in Mecklenburg County
- Aged 50-64; can see limited number of women 40-49 years of age
- Cannot have private insurance, Medicare or Medicaid

***Note: Must be eligible for BCCCP in order to receive free/low cost screening mammogram.***

**Eligibility Criteria:**

- On the day of their appointment, a women needs to bring the following documents:
- Household income for themselves and any others working in the home
- Please bring your Identification care, Social Security Card
- Examples:
  - Current pay stub
  - Unemployment Statement with amount
  - Social Security statement wit amount
  - Pension statement with amount
  - Alimony Statement with amount
  - Child Support Statement with amount
  - Food Stamp Statement with amount
  - Letter of Support with amount
- Also, if you are self-employed, we will accept the first three months of the past tax year only. The rest of the year, starting with April, you will need your accountants' statements with amount, with bank statement with amounts, your ledger with amounts or any of documents with amounts of your current income.

**We do not accept:**

Sliding Scale cards from other healthcare agencies; Medicaid or Medicare cards; or Insurance Cards



## **Clinics and Hospitals in Mecklenburg County**

### **Ada Jenkins Center**

Call Georgia Krueger at 704-896-0471

\*Free Clinic: ID required

\*Educational materials, screenings and counseling

[www.adajenkins.org](http://www.adajenkins.org)

### **Care Ring**

Call 704-375-0172

\*Low-cost clinic: non-emergencies only; walk-ins accepted, physicians reach out

\*Provides check-ups, sick visits, physicals, chronic disease management, lab services, comprehensive pre-employment and school physicals

[www.careringnc.org](http://www.careringnc.org)

### **Carolinas Medical Center (Levine Cancer Institute)**

Locations at Pineville, University and Main (E. Morehead St.)

Call 704-355-2000

\*Provides services including mammograms, chemotherapy, radiation, rehabilitation, nutrition counseling, lymphedema therapy, genetic counseling, access to clinical trials, wellness programs, educational classes, support groups, resource center and counseling.

[www.carolinashealthcare.org/levine-cancer-institute](http://www.carolinashealthcare.org/levine-cancer-institute)

### **Charlotte Community Health Clinic**

8401 Medical Plaza Dr., Suite 300, Charlotte NC 28262

Call 704-316-6561

\*Call to inquire about becoming a new patient

\*Free mammograms, primary/children's/women's, chronic disease care, health education

[www.charlottecommunityhealthclinic.org](http://www.charlottecommunityhealthclinic.org)

### **Charlotte Radiology**

Call 704-367-2232

\*Provide mammograms, screenings and diagnostics

[www.charlotteradiology.com](http://www.charlotteradiology.com)

### **Lake Norman Community Health Clinic**

Call 704-316-6611

\*Must have financial screening before seeing a physician

\*General medical care. The clinic also has a Health Navigator on-site once a week to enroll patients for insurance under the Affordable Care Act.

[www.lnchnc.org](http://www.lnchnc.org)

### **Matthews Free Medical Clinic**

Call 704-841-8882

\*Appointment only; patient requirements listed online

\*Provides quality healthcare to low-income/uninsured patients

[www.matthewshealthclinic.org](http://www.matthewshealthclinic.org)

### **Mecklenburg County Health Department**

Call 704-336-4700

\*Variety of individual and group education on exercise, nutrition, tobacco and diabetes

[www.charmeck.org/MECKLENBURG/COUNTY/HEALTHDEPARTMENT/pages.default.aspx](http://www.charmeck.org/MECKLENBURG/COUNTY/HEALTHDEPARTMENT/pages.default.aspx)

### **Novant Health Cancer Care**

Locations in Matthews, Huntersville, Presbyterian Main (Randolph Road)

Call 704-384-4000

\*Provides diagnostic breast services, a second opinion breast cancer clinic, treatment plan discussion, genetic counseling, access to clinical research studies, rehab/exercises and wellness programs, nutritional counseling, lymphedema therapy, educational classes, support groups, individual counseling and a library.

[www.presbyterian.org/cancer](http://www.presbyterian.org/cancer)

### **Shelter Health Services**

Call 704-334-0000

\*Must be resident of Salvation Army Center of Hope

\*Free clinic services to Salvation Army Center of Hope

[www.shelterhealthservices.com](http://www.shelterhealthservices.com)



### **How to apply for disability**

Disability through the Social Security Administration is for people who cannot work because they have a medical condition that is expected to last one year, or result in death.

While some programs give money to people with partial disability or short-term disability, Social Security does not.

To meet the earnings requirement for disability benefits you must meet two different earnings tests:

- 1- A “recent work” test based on your ages at the time you became disabled; and
- 2- A “duration of work” test to show that you worked long enough under Social Security.

There are two ways you can apply for disability benefits:

- 1- Apply online at [www.socialsecurity.gov](http://www.socialsecurity.gov); or
- 2- Call **1-800-772-1213** to make an appointment to file a disability claim at your local Social Security office or set up an appointment for someone to take your claim over the phone. The disability claims interview lasts about one hour. If you are deaf or hard of hearing, you may call the free TTY number at 1-800-325-0778 between the hours of 7 a.m. and 7 p.m. Monday-Friday.

To apply you will need:

- Your social security number
- Your birth or baptismal certificate
- Names, addresses and phone numbers of the doctors, caseworkers, hospitals and clinics that took care of you and dates of your visits
- Names and dosage of all the medicine you take
- Medical records from doctors, therapists, hospitals, clinics and caseworkers that you already have in your possession
- Laboratory and test results
- Summary of where you worked and the kind of work you did
- Copy of your most recent W-2 Form (wage and tax statement) or, if you are self-employed, your federal tax return from the past year.



### **How to apply for health insurance through the Affordable Care Act**

For the most up-to-date information on applying for insurance through the Affordable Care Act, please visit [www.hhs.gov/healthcare/](http://www.hhs.gov/healthcare/) or [www.healthcare.gov](http://www.healthcare.gov)

Open enrollment runs through Dec. 15, with coverage starting Jan. 1

February 15, 2015 is the **last day** to enroll for 2015 Coverage.

Most people must have health coverage (Either through private insurance or Medicaid/Medicare) or pay a fee. If you don't have coverage in 2015 you'll pay a penalty of either 2 percent of your income, or \$325 per adult (\$162.50 per child) – whichever is higher.

You're considered covered under the health care law if you have any job-based plan, any plan you bought yourself, Medicare, Medicaid, CHIP and many other kinds of coverage.

Some people will qualify for an exemption from the fee based on income or other situations.

To start a new application, visit <https://www.healthcare.gov/get-coverage/>

To receive help from a Navigator on how to start and complete your application you can call:

- Care Ring at **704-375-0172**. Their office is located at 601 E. 5<sup>th</sup> St., Suite 140, Charlotte NC 28202
- NC MedAssist at **704-536-1790**. Their office is located at 601 E. 5<sup>th</sup> St., Suite 350, Charlotte NC 28202
- Center for Prevention Services at **704-375-3784**. Their office is located at 1117 E. Morehead St., Charlotte NC 28204
- RAIN, Inc., at **704-372-7246**. Their office is located at 501 N. Tryon St., Charlotte NC 28202
- C.W. Williams Community Health Center at **704-971-1485**.
- Crisis Assistance Ministry at **704-371-3001**. Their office is located at 500-A Spratt Street, Charlotte NC 28206
- Mecklenburg County Health Department at **980-314-0950**. Their office is located at 249 Billingsley Road, Charlotte NC 28211
- Charlotte Community Health Clinic at **704-316-6561**. Their office is located at 6900 Farmindale Drive, Charlotte NC 28212
- Bethesda Health Center at **704-596-5606**. Their office is located at 133 Stetson Dr., Charlotte NC 28262
- Charlotte Marketplace Enrollment Team at **704-909-2770**. Their office is located at 301 McCullough Drive, Suite 457, Charlotte NC 28262
- Eledercare Buddy at **855-283-3965**. Their office is located at 10130 Mallard Creek Road, Suite 300, Charlotte NC 28262

-Matthews Free Medical Clinic at **704-841-8882**. Their office is located at 196 S. Trade St., Matthews NC 28105

You can also call Healthcare.gov directly at **1-800-318-2596** 24 hours a day.



### **How to Apply for Medicaid**

You can apply online at: <https://www.epass.nc.gov/CitizenPortal/application.do>

OR

You can apply in-person at the Mecklenburg County Department of Social Services. To do so, you will need the following:

- Certified birth certificates or other proof of citizenship/alien status for each individual applying for Medicaid/NCHC
- Identity documents for each individual applying for Medicaid/NCHC
- Social security cards, social security numbers, or proof that you have made an application for a number from the Social Security Office, for each individual applying for Medicaid or NCHC
- A copy of all pay stubs for last month
- Copies of all medical or life insurance policies
- A list of all cars, trucks, motorcycles, boats, etc. you or anyone in your household own, including the year, make, model, and vehicle identification number (VIN) for each item
- Most recent bank statements
- A list of all real property you own
- Current financial statements/award letters from other sources of income, such as social security, retirement benefits, pensions, veteran benefits, and child support.

To speed along the application process, you can print and fill out your application in advance, by visiting: <http://www.ncdhs.gov/dma/medicaid/applications.htm>

For more information, call the Mecklenburg County Department of Social Services at 704-336-3000 or visit online at <http://charmec.org/mecklenburg/county/dss/adults/Pages/AdultMedicaid.aspx>.





## Other Resources

### **Comprehensive Home Care**

Call 704-333-5214

\*Transportation services, prescription pick-up, companion services, weekend/holiday care, assistance with pets

\*Medicaid available with eligibility; accepts long-term care insurance and self-pay

[www.comprehensivenc.com](http://www.comprehensivenc.com)

Charlotte Area Fund

Call 704-372-3010

\*Assists low-income individuals and families with becoming self-sufficient. Nutrition Assistance project and Self Sufficient Project

[www.charlotteareafund.org](http://www.charlotteareafund.org)

### **Charlotte Housing Assistance**

Call 704-336-5183

\*See website for eligibility/more information

\*Provides housing assistance to those that qualify

[www.cha-nc.org/page.asp?urh=AssistedHousing](http://www.cha-nc.org/page.asp?urh=AssistedHousing)

### **Cleaning for a Reason**

Call 877-337-3348

\*Apply online; local partner cleaning services provide free house cleaning to women ages 19+ undergoing any cancer treatment

[www.cleaningforareason.org](http://www.cleaningforareason.org)

### **Department of Social Services – Mecklenburg County**

Call 704-336-3000

\*Social services include financial assistance for heating bill

[www.charmeck.org/mecklenburg/county/dss/admin/pages/default.aspx](http://www.charmeck.org/mecklenburg/county/dss/admin/pages/default.aspx)

### **Friendship Trays**

Call 704-333-9229

\*Provides meals to individuals who are elderly, handicapped or are unable to prepare/secure a meal

[www.friendshiptrays.org/index.htm](http://www.friendshiptrays.org/index.htm)

### **Go Jen Go**

\*Providing financial assistance and emotional support to individuals and families in North and South

Carolina.

<http://gojengo.org>

**Health Guidance Center**

Call 704-332-1805

\*Patient advocacy, chronic illness management, health coaching/consultation, survivorship programs, corporate and health wellness, community outreach

[www.hgccharlotte.org](http://www.hgccharlotte.org)

**Hope Cancer Ministries**

Call 704-364-1440

\*Provides transportation, meals, food pantry, handyman services/housekeeping, and financial support for critical needs

[www.hopecancer.org](http://www.hopecancer.org)

**Social Serve**

Call 704-334-8722

\*Resource database for finding affordable housing

[www.socialserve.com/index.html](http://www.socialserve.com/index.html)

**The Sunshine Fund**

Call Jenni Esibrener, Care Coordinator at 704-896-0471 extension 115

\*Only for residents of Davidson, Huntersville or Cornelius

[www.adajenkins.org/human/assistance.cfm](http://www.adajenkins.org/human/assistance.cfm)



### **American Cancer Society Programs**

For complete information about the classes and to register, go to [www.cancer.org/onlineclasses](http://www.cancer.org/onlineclasses).

#### **Cancer Survivor Network**

Listen to prerecorded discussion, participate in chat rooms, search books, articles and websites, and make your own webpage at [www.cancer.org](http://www.cancer.org) for patients, survivors and caregivers. The network is also available by phone at 1-877-333-HOPE (4673).

#### **I Can Cope**

A free online educational program for people facing cancer and their families and friends. The program is comprised of self-paced classes that can be taken any time, day or night. Take as few or as many classes as you like.

Topics covered include: Learning about Cancer, Understanding Cancer Treatments, Managing the Effects of Illness and Treatment, Communicating Concerns and Feelings, Relieving Cancer Pain, Nutrition During Treatment Part 1, Nutrition During Treatment Part 2, Mobilizing Resources and Support, Managing Cancer-related Fatigue, Exploring Self-Esteem and Intimacy, Nutrition and Physical Activity After Treatment, and Keeping Well in Mind, Body and Spirit.

#### **Free Medical Supplies**

Donated wigs, hats, and scarfs at our local office at 1901 Brunswick Ave., Suite 100, Charlotte NC 28207. 704-552-6147.

#### **Reach to Recovery**

This program is a peer support program of the American Cancer Society for people with a personal concern about breast cancer. A trained volunteer who is a breast cancer survivor will provide support and up to date information. To request services of a Reach to Recovery volunteer call the American Cancer Society at 1.800.227.2345.

#### **Road to Recovery**

The Road to Recovery is a program of The American Cancer Society. This program coordinates recruitment, screening and training of volunteer drivers in transportation for patients with cancer in our community. Volunteer drivers must possess a good driving record and a serviceable vehicle; may transport patients to and from scheduled treatment appointments only; may not transport patients on non treatment related errands; may not transport physically non ambulatory; may not give medical advice; should contact the nearest medical facility or call 911 in the case of an emergency. Road to Recovery is available on an as needed basis. To arrange transportation, patients may contact the America Cancer Society 1-800-227-2345.

#### **24 Hour Cancer Information**

Call the 24 hour seven day a week phone number for cancer information 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org).

#### **ACS Action Network**

Individuals, who want to ensure that fighting cancer is a national priority, contact their state and national representatives to let them know the importance of increased funding. Contact the ACS at 1-800-282-4914.



## **Support Groups**

### **Buddy Kemp Cancer Support Center**

Call 704-384-5223

\*Support groups, family and individual counseling, educational programs, resource library, lending boutique, financial resource guide

[www.novanthhealth.org/home/services/cancers/support--advocacy/buddy-kemp-cancer-support-center.aspx](http://www.novanthhealth.org/home/services/cancers/support--advocacy/buddy-kemp-cancer-support-center.aspx)

Carolina Breast Friends

Call 704-370-7773

\*Monthly support meetings for breast cancer survivors

\*Provide services including educating and comforting newly diagnosed breast cancer patients, distributing comfort bags that contain information and products that are helpful during chemotherapy, distributing inspiration jars, and a mentoring program

[www.carolinabreastfriends.org](http://www.carolinabreastfriends.org)

### **Levine Cancer Institute**

Call 980-442-1006 to register

LCI Morehead: first Tuesday of every month at 1 p.m.

### **Support Works**

Call 704-331-9500

\*Free list of support groups and cancer resource guide in Charlotte and surrounding areas. Available by phone or online

[www.supportworks.org](http://www.supportworks.org)



## **Survivor Resources and Accessories**

### **American Cancer Society – Charlotte Office**

Call 704-552-6147

\*Provides free wigs/prostheses for cancer patients

\*Items are donated; selection varies

### **Anthony's Hair Styling**

Call 704-542-8415

\*Provides turbans, ready-made and custom wigs, wig stylists, repair and service on wigs and hair pieces

### **Compression Works, Inc.**

Call 704-376-5356 or 800-376-5321

\*Provide breast prostheses, trained fitters, bras, swimwear; hats, turbans, wigs; wig stylist by appointment, other chemotherapy/radiation products, lymphedema sleeves, gloves, compression garments, pumps and bandaging supplies

### **Faith Prosthetic-Orthotic Center**

Call 704-707-0014

\*Provide breast prostheses, partial breast forms, trained fitters and bras

[www.faithpando.com](http://www.faithpando.com)

### **Hanger Prosthetics and Orthotics East, Inc.**

Call 704-377-7099

\*Provide breast prostheses, trained fitters, bras, swimwear, soft t-shirts, lymphedema sleeves, gloves and compression garments

[www.hanger.com](http://www.hanger.com)

### **Metrolina Regional Prosthetic Orthotic Center**

Call 704-334-1860

\*Provide breast prostheses, bras, lymphedema sleeves, compression garments, pumps, and compression wraps

[www.oandp.com/faithprosthetics](http://www.oandp.com/faithprosthetics)

### **Owens Carolina Orthotic and Prosthetic Network, Inc.**

Call 704-494-7425

\*provide breast prostheses, trained fitters, bras, swimwear, and swim prostheses. Discounts available, files insurance

[www.owenscarolina.com](http://www.owenscarolina.com)

**Parasol Hair Studio**

Call 704-521-2098

\*Provide hats, turbans, wigs and wig stylists

[www.theparasol.com](http://www.theparasol.com)

**Professional Image and Laser Center**

Call 704-841-4388

\*Provide hair replacements, hats, turbans, wigs, wig stylists, and hair/bang pieces

[www.pilc.com](http://www.pilc.com)

**Prosthetic Orthotic Care Center**

Call 704-841-4388

\*Provide breast prostheses, trained fitters, bras, swimwear, lymphedema compression sleeves and pumps

[www.p&Oocarecenter.com](http://www.p&Oocarecenter.com)

**Second to Nature**

Call 888-263-6288

\*Provide in-home fitters, breast prostheses, bras, swimwear, hats, turbans and lymphedema sleeves

**Unique Boutique**

Call 704-377-4356 or 888-374-0425

\*Provide breast prostheses, trained fitters, bras, swimwear, hats, turbans and wigs

**Buddy Kemp Cancer Center Lending Boutique**

Call 704-384-5223

Your borrowing resource for wigs, scarves, hats, turbans, bras and prosthesis.



## **Transportation Resources**

### **American Cancer Society Road To Recovery**

Volunteers assist patients who need transportation

1.800.227.2345

### **Charlotte Transit System**

Call 704-336-7433 (RIDE)

### **Mecklenburg County Transportation System**

- To apply for Medicaid funded transportation, an individual should contact his/her Medicaid worker.
- To apply for Veterans Transportation, an individual should call the Veterans Service Office (704-336-2102).
- To apply for transportation to a nutrition site, for homebound meal delivery, to a medical facility, or any other location, an individual should contact the Transportation Services Line (704-336-4547).

### **American Red Cross Transportation Services**

Assists residents who have no other means of transport to and from critical medical appointments.

Call 704-347-8270

### **Love, Inc.**

Volunteers provide transportation for medical appointments

Call 704-536-5588

### **Shepherd's Center of Charlotte**

Volunteers provide transportation for medical appointments. Zip codes covered include 28203, 28205, 28207, 28209, 28210, 28211, 28212, 28215, 28226, 28227, 28270, 28277, 28104, 28105, and 28134

Call 704-365-1995 Monday-Friday from 9 a.m.-4 p.m.

### **Yvette W. Ferris Foundation**

Provides transportation assistance

Call 980-237-9174 Monday-Friday 9 a.m.-5 p.m.



## Treatment Support

### **Belva Greenage Foundation**

Call 704-442-9914

\*Must apply online using a request form and will need referral from a licensed medical health professional

\*Provides free alternative therapies including acupuncture, exercise, massage and yoga

[www.belvascancerfoundation.org](http://www.belvascancerfoundation.org)

### **Centralina Area Agency on Aging**

Call 1-800-508-5777

Free. Locations in Mecklenbug, Stanly, Cabarrus, Lincoln, Rowan, Union, Iredell and Gaston counties

\*Healthy Living with Chronic Conditions: self-management program for any chronic condition

### **Novant Health Presbyterian Rehabilitation Center**

Call 704-384-4000

\*Treatment education and development, lymphedema management, exercise and activities, and collaboration with patients' physicians

[www.presbyterian.org/rehab](http://www.presbyterian.org/rehab)





### **Pretty In Pink Foundation Resources**

Pretty In Pink Foundation provides financial assistance and support to underinsured and uninsured North Carolinians with breast cancer.

Pretty In Pink Foundation can help after a breast cancer diagnosis if you:

- Do not have medical insurance
- Medical insurance does not cover all services for breast cancer treatment
- Medical insurance has terminated
- Medical insurance has limited coverage
- Have completed Medicaid application and are waiting for approval and/or do not qualify
- Financial status has changed

Financial assistance may be available for the following services, for those who qualify\*:

- Surgery
- Chemotherapy Administration
- Radiation Therapy
- Office co-pays
- COBRA
- Insurance Premiums

\*Supporting documentation will be required to provide a complete financial assessment

For more information on Pretty In Pink Foundation, call 704-575-0321 or visit [www.prettyinpinkfoundation.org](http://www.prettyinpinkfoundation.org).



### **Carolina Breast Friends Resources**

The Carolina Breast Friends core service is providing monthly meetings for breast cancer survivors. These meetings are a place where survivors come together to give each other support, laughter, and to learn from medical experts and each other, and of course, have fun.

The Tuesday meetings are for all ages, and the Friday night meeting is the Young Survivor meeting.

The Tuesday meeting is on the second Tuesday of every month at 6:30 p.m.

The Friday meeting, for those 45 and younger, is on the third Friday of the month at 7 p.m.

The meeting location for all support groups is the Carolina Breast Friends Pink House, located at 1607 E. Morehead Street, Charlotte NC 28204.

Each month the meeting focuses on a different topic or activity. The Pink House also hosts other events, so be sure to visit the schedule on the website, [www.carolinabreastfriends.org](http://www.carolinabreastfriends.org), for more information.

In addition to its support groups, Carolina Breast Friends provides mastectomy pillows, wigs, scarves and hats to survivors, as well as other informational resources.

To learn more, visit [www.carolinabreastfrineds.org](http://www.carolinabreastfrineds.org) or call 704-370-7773.



## **Novant Health Resources**

### **Free Mammograms**

Novant health offers free mammograms at locations throughout the Charlotte area for women ages 40 to 64 without insurance. This program is available with the assistance of grant funding from Susan G. Komen for the Cure, Avon Foundation and the National Breast Cancer Foundation.

To qualify:

- You have no current lumps or problems with your breasts
- You have not had a mammogram in the past year
- You do not have health insurance
- You live in or near Mecklenburg County
- You are a current patient of a physician or clinic

For more information or to see if you qualify, call 704-384-5835

### **Buddy Kemp Cancer Support Center**

The Novant Health Buddy Kemp Cancer Support Center is a community cancer support program for individuals diagnosed with cancer, their families and friends.

They offer support groups, individual and family counseling services, a resource library, case management services including referrals to community agencies for transportation and financial assistance, educational programs. All services are available to anyone impacted by cancer. Drop-in visits are welcome.

Breast cancer support group:

- Bosom Buddies: Wednesdays from 10-11:30 a.m., with potluck lunch second Wednesdays
- Triple Negative: Third Tuesdays at 7 p.m.

*Caregiver connections support:* Fourth Thursdays from 2-3 p.m.

CLIMB (Children's lives include moments of bravery): a special program for children who have a parent or caregiver who has cancer. Call 704-384-5223 for dates and times.

Lending boutique: Your borrowing resource for wigs, scarves, hats, turbans, bras and prosthesis.

### **Cancer Support Groups and Programs**

*Mindfulness-based cancer recovery:* Mondays at 7 p.m. Learn to use stress reduction skills during treatment, boost immune function through meditation, calm feelings of fear and discover your capacity for healing. Call 704-384-5223 for more information.

*Drumming circle:* First Thursday of the month, 7 p.m. Drum circles have long been used to bring people together. Discover what it could do for you. Call 704-384-5223 for more information.

*Massage for cancer survivors:* Relax and recover with licensed massage therapists with special training in oncology. Call 704-384-6953 to schedule. Price is \$30 for half-hour or \$60 for a full hour.

*Strides to Strength:* An ongoing cancer wellness and fatigue management program to improve physical and emotional recovery for all survivors undergoing treatment or recovering from its effects. Call 704-384-6953 for more information.

*Yoga for cancer survivors:* Classes cater to a variety of survivor needs and skill levels. Call 704-384-6953 for more information. Price is \$10 per class or \$25 per month.

*Choices and Champions for cancer survivors:* Do you need help putting together advance care planning documents like a Health Care Power of Attorney or living will? We are offering free legal consultations for cancer survivors. Call 704-384-5223 to schedule an appointment.

*Look good, feel better:* A special program sponsored by the American Cancer Society that offers support to help women deal with the appearance-related side effects of cancer treatments.

- Buddy Kemp Cancer Support Center, 1<sup>st</sup> and 4<sup>th</sup> Mondays
- Huntersville Medical Center, Nov. 10, 10 a.m. to Noon
- Matthews Medical Center, Nov. 17, 6:30-8:30 p.m.

**Survivorship education series:** Call 704-384-4400 to register

*Starting the cancer journey:* Designed for newly diagnosed cancer survivors and caregivers, this class provides a great intro to the world of cancer. Join us to learn basic info, connect to resources and meet members of your healthcare team. Participants receive a gift package with tools to promote health and wellness.

*Strategies for surviving:* Being diagnosed with cancer is a life-changing event, and it's common to experience emotions such as anxiety, depression and fear of recurrence. Join us to learn about and practice three effective coping strategies.

*Managing side effects of treatment:* Most cancer survivors experience at least one form of side effect during treatment, if not more. The good news is there are things that can be done to manage symptoms such as chemo brain, pain, fatigue, trouble sleeping, hot flashes and more.

*Understanding financial, legal and insurance concerns:* Whether you have questions about insurance coverage, payment plans, financial applications or wills, our expert can help you sort through steps needed to make your arrangements go smoothly.

**Important numbers to know:**

Cancer patient navigators: 704-384-5373

Genetic counseling: 704-384-5221

Second opinion cancer clinics: 704-384-5373

Exercise/fatigue management, nutrition, counseling, yoga, massage: 704-384-6953

Physical, occupational and speech therapy and Lymphedema Clinic: 704-316-1900

Financial, individual and family counseling: 704-384-5223

Support groups: 704-384-5223

Cancer research: 704-384-5369

Prevention and early detection: 704-384-5376

Hospice and supportive care: 704-384-6478



### **Levine Cancer Institute Resources**

#### **Project Pink Free Mammograms**

The Levine Cancer Institute, in partnership with Charlotte Radiology, offers free mammograms at various locations throughout the Charlotte area for women ages 40 and older without insurance. This program is available with the assistance of grant funding.

To qualify, women must:

- not have current lumps or problems with their breasts
- have not had a mammogram in the past year
- not have health insurance
- live in or near Mecklenburg County
- be a current patient of a primary care physician or clinic

For more information on screening dates or to see if you qualify, call 704-442-3073

#### **For LCI patients the Survivorship Department offers the following programs:**

- Yoga
- Meditation
- Tai Chi
- Music Therapy
- Artist in Residence
- LCI Writing Community
- Massage Therapy
- Healing Touch Therapy
- Acupuncture
- Support groups
- Nutrition classes
- Support Groups
- Smoking cessation programs

\*To find out about these and other programs, please call the LCI Cancer Resource Center at 980-442-1006.



### Care Ring Resources

For more information on the following, call 704-375-0172

Care Ring has been providing healthcare to Mecklenburg County's low-income and uninsured residents for 60 years.

- **Care Ring's Low-Cost Clinic** provides comprehensive primary care services to 2,200 uninsured and underinsured patients each year. Visits cost just \$50 for patients.
- **Physicians Reach Out:** This program provides access to comprehensive healthcare, including primary care, specialty care, labs, diagnostic tests and hospital services to 3,500 low-income, uninsured people in Mecklenburg County each year. Call the clinic to find out how to qualify for this program.
- **Nurse-family partnership:** An intensive home visitation program for first-time, low-income moms. Each mother is partnered with a registered nurse through her child's 2<sup>nd</sup> birthday. This program empowers new moms to become strong, confident parents and gain the skills and tools to provide their children a stable, healthy home and work toward their educational and career goals.

Care Ring is located at 601 E. 5<sup>th</sup> Street, Suite 140, Charlotte NC 28202