

My Little Black Book of Cancer Resources

Much of my work involves helping people diagnosed with cancer find resources in our community.

Over the years, I have developed a mental list of local resources that I often recommend. Many are not well known, but each provides a valuable service:

Kevin Nickerson, **Disability Program Navigator** at Tompkins Workforce New York (272-7570 x136). If you cannot work because of illness or injury, Kevin is the person who can help you with disability insurance, Medicare, and other programs that might be of assistance and to which you are entitled.

[Corporate Angel Network](#) (866-328-1313). If you need to travel out of the area for treatment or a second opinion, you may be able to get a free flight on a corporate airplane through the Corporate Angel Network. Flights are often available from the Corning/Elmira Airport to New York City.

[Small Comforts Foundation](#) (257-6059) provides small grants (<\$250) for items that improve the quality of life for individuals with chronic illness. Televisions, shower chairs, blenders, and easy chairs some of the items that could be provided through this program.

The **Palliative Care Program** of [Hospicare and Palliative Care Services](#) (272-0212) focuses on improving the quality of life of people with serious illness by reducing pain and other symptoms caused by disease or its treatment. It is available to anyone without regard to life expectancy. People often receive palliative care while undergoing active treatment for cancer.

Healthy Living Partnership (274-4500) offers free or low-cost screening for breast, cervical, and colorectal cancer for people who would have difficulty paying for them.

The **Prescription Meds Access Program** (272-9331) helps uninsured and underinsured residents of Tompkins County identify potential sources of low cost medicine. If you are being treated for cancer, medications can be jaw-droppingly expensive. This program can connect you with assistance programs offered by many drug manufacturers.

The “**Please Try It Room**” at the [Finger Lakes Independence Center](#) (272-2433) displays and loans a wide range of assistive devices including ramps, wheelchairs, and related items.

The **TST-BOCES Cosmetology Program** (257-1551) provides free, reconditioned wigs and wig care.

FISH: Friends in Service Helping (866-255-6545) are volunteers who donate their time to drive the elderly and persons with disabilities to medical appointments.

The “**Get Covered Info Line**” (272-9331) provides information to Tompkins County residents about their health insurance options, including free and low-cost plans through New York State.

[Tompkins County Office for the Aging](#) (274-5482). When older are diagnosed with cancer, the support they need may relate as much to aging as to the cancer itself. The Office for the Aging is a terrific community resource.

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