

CANCER RESOURCE GUIDE



*Information and Resources for
Lung Cancer Patients and Their Families*



**AMERICAN
LUNG
ASSOCIATION®**

of Washington

Cancer Resource List

WASHINGTON STATE SERVICES

Adolescent Support Group

Description: Audrey Burr, ACSW offers help, through a support group for young people to identify coping skills and share confidentially with others in an informal and welcoming atmosphere.

Location: Holy Family Hospital • N. 5719 Lidgerwood, Spokane, WA

Time: Every Monday from 5:30 - 7 PM

Phone: 509-533-5470

Web Site•email: www.holy-family.org

Alliance for Lung Cancer Advocacy, Support and Education (ALCASE)

Description: The ALCASE offers programs designed to help improve the quality of life of people with lung cancer and their families. Programs include education about the disease, psychosocial support and advocacy about issues that concern lung cancer survivors.

Location: P.O. Box 849, Vancouver, WA 98666

Web Site•email: www.alcase.org • info@alcase.org

Phone: (360) 696-2436 • (800) 298-2436

Amelia's House Foundation

Description: Amelia's House is a non-profit foundation that provides critical housing and services to those in crisis, as well as help area hospitals find support for caregivers and their patients.

Location: P.O. Box 20428, Seattle, WA

Web Site • email: www.ameliashouse.org

Phone: 206.329.0066

Cancer Lifeline

Description: Cancer Lifeline provides emotional support, information and referral services to cancer patients, families, co-workers and friends.

Services: Telephone Counseling Service (206) 461-4542 offers a 24-hour support to patients and family members.

Location: King County Office • 6522 Fremont Ave. N, Seattle, WA

Web Site • email: www.cancerlifeline.org

Phone: (206) 297-2100

Caregivers Support Group

Description: Teaches family and friends how to care for someone with cancer.

Location: 601 S. Sherman, Seattle, WA

Time: Thursdays 11:30 AM - 1 PM • call to register

Phone: (206) 455-5930 • (206) 747-4316

Cancer Support Group

Description: Learn how to cope with the illness and share the struggle with others. An open group for cancer patients.
Location: Sacred Heart Cancer and Research Center • W. 44 Sixth Ave., Seattle, WA
Phone: (206) 482-2527 • Call for specific times and to register

Cancer Support Group

Description: Support for all people living with cancer.
Location: Valley Hospital • 12606 E. Mission, Group Room B, Occupational Medicine Wing, Spokane, WA
Time: First and third Tuesday of the month from 1 PM - 3 PM • call to register
Web Site • email: www.valleyhospital.org
Phone: (509) 325-8716

Evergreen Cancer Center/Wellness Works at Evergreen Hospital Medical Center

Description: Offers support groups with resource center and a newsletter for patients and families.
Location: 12040 NE 128th Street, Kirkland, WA
Web Site • email: www.evergreenhealthcare.org
Phone: (425) 899-2264 • call for time and exact location

General Cancer Support Group

Description: This is a general cancer support group for patients, families and friends or people with all types of cancer.
Location: Cancer Care Northwest • 601 S. Sherman, Seattle, WA
Time: First and third Wednesday of the month • call to register
Phone: (206) 455-5930 • (206) 747-4316

Hospice of Seattle

Description: Provides comprehensive care for the terminally ill and their families in their homes or select specialized nursing facilities.
Location: Main office • 425 Pontius Ave. N., Suite 300, Seattle, WA
Web Site • email: www.providence.org
Phone: (206) 320-4000
Services: Referral Line (206) 320-4849 provides information referral service regarding hospice care.

International Association for the Study of Pain (IASP)

Description: The IASP provides education about pain management research and treatment.
Location: International Office • 909 NE 43rd St. Suite 306, Seattle, WA
Web Site • email: <http://www.halcyon.com/iasp/meetings.html>
Phone: (206) 547-2157
Services: Free literature regarding pain management.

Medical Equipment

Description: Wheelchair Haven Equipment
Location: 8411 Pacific Hwy E, Tacoma, WA 98422
Phone: (253) 926-8971
Service: Sales of used medical equipment.

National Cancer Institute:

Description: This federally-funded governmental agency provides cancer information and educational materials.

Location: Washington State Outreach Office • 1124 Columbia St., Seattle, WA

Web Site•email <http://cancernet.nci.nih.gov>

Phone: (206) 667-4957

Services: Cancer Information Service (1-800-4-CANCER) a statewide information helpline, provides disease and treatment information in a variety of languages.

Senior Services

Description: Senior Services provides services that support the independence of senior citizens.

Location: Seattle-King County Office • 1601 Second Ave., Suite 800, Seattle, WA

Phone: (206) 448-5757

Services:

- *Senior Information Assistance* (800) 972-9990 helpline provides assistance to senior patients by contacting agencies on their behalf to initiate services and to follow up to ensure services are obtained.
- *Home Repair Program* provides minor home repairs for low income or disabled senior citizen homeowners. For information call (206) 448-5751.
- *Adult Daycare Program* provides frail or older adults with a safe and therapeutic daytime environment, and offers the participant's family and/or caregiver daytime respite from their caregiving duties. Fees are based on a sliding scale.
- *Meals on Wheels* provides nutritious home-delivered meals to senior citizens who are homebound and unable to prepare meals or shop for themselves. There is a suggested donation per meal, but no eligible person is denied meals because of inability to contribute. Food stamps are accepted as contributions. For more information call (206) 448-5740.
- *Mobile Market* delivers a variety of grocery items and nutritional supplements to homebound senior citizens residing in Seattle. For more information call (206) 448-5740.
- *Volunteer Transportation Program* provides senior citizen transportation to and from medical appointments and grocery shopping. For information call (206) 448-5740.

Stepping Forward

Description: "Survival Tools for Managing the Emotional Changes Following a Cancer Diagnosis." Two 1 1/2 hour classes to assist patients and family members recognize the impact of cancer diagnosis and gain skills to cope with the changes.

Location: Times and location vary to accommodate patient needs. Class offered twice a month.

Phone: (206) 474-5490 • call for specific locations and times

Support Group for Parents with Cancer

Description: Helps parents learn how to talk to their children about their illness.

Location: 601 South Sherman, Seattle, WA

Time: Second and fourth Tuesday of the month • call to register

Phone: (206) 455-5930 • (206) 747-4316

Swedish Cancer Institute

Description: Swedish offers a full range of support services that help patients, family members and survivors cope with the dramatic changes that cancer brings.

Location: 747 Broadway, Seattle, WA

Web Site • email: www.swedish.org

Phone: (206) 386-2323 • call for class times and specific locations

Thrivers Support Group

Description: A four session group for patients who have finished treatment and are looking forward to putting into practice the lessons learned from a cancer experience. Participants sign up for four sessions and then have a chance to sign up again as desired.

Location: Time and location vary to accomodate patient needs.

Phone: (206) 474-5490

Valley Medical Center Cancer Services

Description: Valley Medical Center helps patients cope with the physical and emotional effects of cancer, Valley offers a variety of educational courses and support programs open to cancer patient, as well as friends and family.

Location: Valley Medical Center • 400 S. 43rd St., Renton, WA 98055

Web Site • email: www.valleymed.org

Phone: 425-656-4002 • call for class times and specific locations

NATIONAL SERVICES

Cancer Hope Network

Description: The Cancer Hope Network provides individual support to cancer patients and their families by matching them with trained volunteers who have undergone and recovered from a similar cancer experience. Such matches are based on the type and stage of cancer, treatments used, side effects experienced, and other factors.

Location: Two North Road, Chester, NJ 07930

Web Site•email www.cancerhopenetwork.org • info@cancerhopenetwork.org

Phone: (877) HOPENET (467-3638)

Cancer Research Foundation of America

Description: The Cancer Research Foundation of America seeks to prevent cancer by funding research and providing educational materials on early detection and nutrition.

Location: 3910 Warner Street, Kensington, MD 20895

Web Site•email www.candlelighters.org • info@candlelighters.org

Phone: (301) 962-3520 • (800) 366-CCCF (2223)

Cancer Information and Counseling Line (CICL) (a service of the AMC Cancer Research Center)

Description: The CICL, part of the Psychosocial Program of the AMC Cancer Research Center, is a toll-free telephone service for cancer patients, their family members and friends, cancer survivors, and the general public. Professional counselors provide up-to-date medical information, emotional support through short-term counseling, and resource referrals to callers nationwide between the hours of 8:30 a.m. and 5:00 p.m. MST. Individuals may also submit questions about cancer and request resources via e-mail.

Location: 1600 Pierce Street, Denver, CO 80214

Web Site•email www.amc.org • cicl@amc.org

Phone: (800) 525-3777

Children's Hospice International

Description: Children's Hospice International provides a network of support for dying children and their families. It serves as a clearinghouse for research programs and support groups, and offers educational materials and training programs on pain management and the care of seriously ill children.

Location: 901 North Pitt Street, Suite 230, Alexandria, VA 22314

Web Site•email <http://www.chionline.org> • chiorg@aol.com

Phone: (703) 684-0330 • (800) 242-4453 • (800) 2-4-CHILD (24453)

Corporate Angel Network

Description: Corporate Angel Network provides transportation for medical needs of cancer patients nationally.

Location: National Office • Westchester County Airport, One Loop Road, White Plains, NY 10604-1215

Web Site•email www.corpangelnetwork.org • info@corpangelnetwork.org

Phone: (914) 328-1313

Services: The transportation program provides free nationwide air travel for medical treatment of cancer patients, using available seats on corporate aircraft being flown on business trips.

Food and Drug Administration

Description: The Food and Drug Administration is a federally-funded governmental agency that provides a variety of consumer information.

Location: National Office • 5600 Fishers Lane, Rockville, MD 20857

Web Site•email www.fda.gov

Phone: (800) 322-1088

Services: Free FDA Consumer Literature is available about nutrition, sodium, cosmetics, medical devices, pharmaceuticals, drugs, health fraud and radiological safety.

Gilda's Club®, Inc.

Description: Gilda's Clubs provide social and emotional support to cancer patients, their families, and friends. Lectures, workshops, networking groups, special events, and a children's program are available.

Location: 322 Eighth Avenue, Suite 1402, New York, NY 10001

Web Site•email <http://www.gildasclub.org> • info@gildasclub.org

Phone: (917) 305-1200

HOSPICELINK

Description: Hospice Link helps patients and their families find support services in their communities. They offer information about hospice and palliative care and can refer cancer patients and their families to local hospice and palliative care programs.

Location: Three Unity Square, PO Box 98, Machiasport, ME 04655-0098

Web Site•email <http://www.hospiceworld.org> • HOSPICEALL@aol.com

Phone: (207) 255-8800 • (800) 331-1620

Phone: (415) 989-9747

International Association of Laryngectomies

Description: The association provides education, support and rehabilitation for laryngectomies.

Location: National Office • C/O American Cancer Society, 1599 Clifton Rd. NE, Atlanta, GA 30329

Phone: (404) 329-7651

Services: Skills education assists people who have lost their voicebox as a result of cancer, including skills education toward total rehabilitation.

National Asian Women's Health Organization (NAWHO)

Description: NAWHO is working to improve the health status of Asian women and families through research, education, leadership, and public policy programs. They have resources for Asian women in English, Cantonese, Laotian, Vietnamese, and Korean. Publications on subjects such as reproductive rights, breast and cervical cancer, and tobacco control are available.

Location: 250 Montgomery Street, Suite 900, San Francisco, CA 94104

Web Site • email: <http://www.nawho.org> • nawho@nawho.org

National Childhood Cancer Foundation (NCCF)

Description: The NCCF supports research conducted by a network of institutions, each of which has a team of doctors, scientists, and other specialists with the special skills required for the diagnosis, treatment, supportive care, and research on the cancers of infants, children, and young adults. Advocating for children with cancer and the centers that treat them is also a focus of the NCCF. A limited selection of Spanish-language publications is available.

Location: 440 East Huntington Drive, PO Box 60012, Arcadia, CA 91066-6012

Web Site • email: <http://www.nccf.org> • nccf-info@nccf.org

Phone: (626) 447-1674 • (800) 458-6223

National Coalition for Cancer Survivorship (NCCS)

Description: NCCS is a network of groups and individuals that offer support to cancer survivors and their loved ones. It provides information and resources on cancer support, advocacy, and quality of life issues. A section of the NCCS Web site and a limited selection of publications are available in Spanish.

Location: 1010 Wayne Avenue, Suite 770, Silver Spring, MD 20910-5600

Web Site • email: <http://www.cansearch.org> • info@cansearch.org

Phone: (877) 622-7937 (1-877-NCCS-YES)

National Hospice and Palliative Care Organization (NHPCO)

Description: The NHPCO is an association of programs that provide hospice and palliative care. It is designed to increase awareness about hospice services and to champion the rights and issues of terminally-ill patients and their family members. They offer discussion groups, publications, information about how to find a hospice, and information about the financial aspects of hospice. Some Spanish-language publications are available, and staff are able to answer calls in Spanish.

Location: 1700 Diagonal Road, Suite 300, Alexandria, VA 22314

Web Site • email: <http://www.nhpc.org> • info@nhpc.org

Phone: (703) 837-1500 • (800) 658-8898 (Helpline)

Patient Advocate Foundation (PAF)

Description: The PAF provides education, legal counseling, and referrals to cancer patients and survivors concerning managed care, insurance, financial issues, job discrimination, and debt crisis matters.

Location: 4435 Main Street, Suite 500, Kansas City, MO 64111

Web Site • email: <http://www.blochcancer.org> • hotline@hrblock.com

Phone: (816) WE-BUILD (932-8453) • (800) 433-0464

R. A. Bloch Cancer Foundation, Inc.

Description: The R. A. Bloch Cancer Foundation matches newly diagnosed cancer patients with trained, home-based volunteers who have been treated for the same type of cancer. They also distribute informational materials, including a multidisciplinary list of institutions that offer second opinions. Information is available in Spanish.

Location: 4435 Main Street, Suite 500, Kansas City, MO 64111

Web Site•email: <http://www.blochcancer.org> • hotline@hrblock.com

Phone: (816) WE-BUILD • (800) 433-0464

STARBRIGHT Foundation

Description: The STARBRIGHT Foundation creates projects that are designed to help seriously ill children and adolescents cope with the psychosocial and medical challenges they face. The STARBRIGHT Foundation produces materials such as interactive educational CD-ROMs and videos about medical conditions and procedures, advice on talking with a health professional, and other issues related to children and adolescents who have serious medical conditions. All materials are available to children, adolescents, and their families free of charge. Staff can respond to calls in Spanish.

Location: 11835 West Olympic Boulevard, Suite 500, Los Angeles, CA 9006

Web Site•email: <http://www.starbright.org> • ford@starbright.org

Phone: (310) 479-1212 • (800) 315-2580

Vital Options® and “The Group Room®” Cancer Radio Talk Show

Description: The mission of Vital Options is to use communications technology to reach people dealing with cancer. This organization holds a weekly syndicated call-in cancer radio talk show called “The Group Room,” which provides a forum for patients, long-term survivors, family members, physicians, and therapists to discuss cancer issues. Listeners can participate in the show during its broadcast every Sunday from 4 p.m. to 6 p.m., ET by calling either of the telephone numbers. A live Web simulcast of “The Group Room” can be heard by logging onto the Vital Options Web site.

Location: 15060 Ventura Boulevard, Suite 211, Sherman Oaks, CA 91403

Web Site•email: <http://www.vitaloptions.org> • info@vitaloptions.org

Phone: (818) 508-5657 • (800) GRP-ROOM (477-7666)

The Wellness Community

Description: The Wellness Community provides free psychological and emotional support to cancer patients and their families. They offer support groups facilitated by licensed therapists, stress reduction and cancer education workshops, nutrition guidance, exercise sessions, and social events.

Location: 35 East Seventh Street, Suite 412, Cincinnati, OH 45202

Web Site•email: <http://www.wellness-community.org> • help@wellness-community.org

Phone: (513) 421-7111 • (888) 793-WELL (9355)

The American Lung Association of Washington

www.alaw.org

Other Resource's For Cancer Care

American Cancer Society (ACS)

(206) 283-1152 • (800) 227-2345

www.cancer.com

2120.1st N., Seattle, WA 98109

Cancer Information Services (CIS)

(800) 255-4-CANCER

<http://www.fhcrc.org/>

Cancer LifeLine

Holy Family Cancer Center

(509) 482-2254 • (888) 941-3200

www.holy-family.org

5633 N. Lindgerwood, Spokane, WA 99207

Sacred Heart Cancer and Research Center

(509) 474-5490 • (800) 228-6618

www.shmc.org

101 W. 8th Ave., Spokane, WA 99204

Sources of National Cancer Institute Information

Cancer Information Service

Toll-free: 1-800-4-CANCER (1-800-422-6237)

TTY (for deaf and hard of hearing callers): 1-800-332-8615

NCI Online

Use <http://cancer.gov> to reach NCI's Web site.

CancerMail Service

To obtain a contents list, send e-mail to cancermail@cips.nci.nih.gov with the word "help" in the body of the message.

CancerFax® fax on demand service

Dial 1-800-624-2511 or 301-402-5874 and follow the voice-prompt instructions.

