



Community Resource Guide

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We welcome your feedback. Please contact us if you have comments, or would like to recommend a cancer-related organization to be included in these materials.

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Cancer Resource Guide

by CancerLINC

GENERAL

American Cancer Society

(800) 227-2345 www.cancer.org

Area Agencies on Aging coordinate and offer services to help older adults remain in their homes, if that is their preference, aided by services such as home-delivered meals, homemaker assistance, and whatever else it may take to make independent living a viable option. By making a range of supports available, AAAs make it possible for older individuals to choose the services and living arrangements that suit them best. Find your local AAA by visiting Eldercare.acl.gov or calling 1-800-677-1116.

Cancer Information Service, National Cancer Institute at the National Institute for Health

(800) 4CANCER (800-422-6237), www.cancer.gov

Centers for Independent Living (CILs) provide independent living services for people with disabilities. CILs provide tools, resources, and supports for integrating people with disabilities fully into their communities to promote equal opportunities, self-determination, and respect. Find the CIL in your area online at <https://vacil.org/cils-in-virginia/> or calling (540) 433-6513 x711.

Livestrong Foundation has free personalized cancer support and information.

(855) 220-7777 (general support), www.livestrong.org

LOCAL EMERGENCY & SUPPORT RESOURCES

2-1-1 Virginia is a free service connecting individuals to local resources. They are available to provide information and referral 24-hours a day, seven days a week. Contact them by dialing 2-1-1 on your telephone, texting CONNECT to 247211, or search for resources on their website www.211virginia.org

ACTS RVA - Funds provided by ACTS are most often used to pay for rent, mortgage, and utilities to keep families intact and stably housed. *Individuals must be referred through one of their partner congregations.* St. Mary's Catholic Church is a partner. Contact Rebecca Oxenreider at St. Mary's at 804-740-4044, ext. 11. ACTS main number is (804) 644 -2401 (actsrva.org), but they do not deal with individuals directly.

Cap Up (Capital Partnership Uplifting People) for Richmond area emergency financial assistance (rent/mortgage, utilities, food, health), employment services

(coaching, networking), Food Buying Club (food pantry services), and senior centers. Contact them at (804) 788-0050, www.capup.org

Charles City Social Services provides financial assistance and cash payments directly to fuel vendors and utility companies on a family's behalf. Contact them at (804) 652-1708 or visit their [website at www.charlescityva.us/177/Social-Services](http://www.charlescityva.us/177/Social-Services)

FindHelp.org allows individuals to search and connect to support within their local community. Resources include financial assistance, food pantries, medical care, and other free or reduced-cost programs. You can search by zip code online at www.findhelp.org.

The Housing Resource Line is a program of the Partnership for Affordable Housing. The organization connects people to housing-related resources in the Richmond area. These resources include: Locating rental housing, rental payment assistance, utility payment assistance, emergency assistance, rehab and repair, housing discrimination, credit counseling, homebuyer education, down payment assistance, foreclosure prevention, and first-time mortgage. To be eligible, individuals must meet AMI income guidelines. Contact them at (804) 353-6503.

Resources for Independent Living is the Richmond area Center for Independent Living (CIL) assisting individuals with severe disabilities to obtain housing services, transportation, and personal care attendance. Contact them directly at (804) 353-6503, or learn more online at ril.va.org

Salvation Army Family Services - Richmond Area provides financial support (utilities, food, and clothing), counseling, and job training. Contact them at (804) 225-7470, www.virginiasalvationarmy.org/richmondva/programs/family-services

Senior Connections the Capital Area Agency on Aging provides information and resources to support older adults residing within the community. Contact them at 804-343-3000, or learn more at www.seniorconnections-va.org

United Way provides financial assistance and many other services. Contact them at (804) 771-5820 or dial 2-1-1, www.unitedway.org

Virginia Easy Access has a service finder tool that helps individuals locate resources within their community. Individuals pick the county or city to find topics in that area including housing options, in-home services, transportation programs, and more. Access the search finder tool online at <https://easyaccess.virginia.gov/service-finder> or call (888) 992-0959.

Virginia Supportive Housing provides rental assistance. Contact them at (804) 788-6825, <http://www.virginiasupportivehousing.org/>

PAYING FOR MEDICAL CARE

How to get medical insurance if you do not already have it

***Note:** Under the Affordable Care Act, insurance companies cannot ask about or consider pre-existing conditions when deciding how much to charge you or offer you coverage.*

Obtaining New Health Insurance: Marketplace Health Insurance. If you are unable to obtain employer-provided health insurance, have recently stopped working, had some other major life change, and/or do not qualify for Medicaid or Medicare, you may be able to purchase a health insurance policy through an insurance company or broker, or through the state or federal health insurance Marketplace. Individuals who choose plans in the Marketplace may be eligible for financial assistance. Contact them at (800) 318-2596, or online at:

www.HealthCare.gov/get-coverage

Medicare is a federal health insurance program, which provides coverage to individuals who are entitled to Social Security retirement benefits and are 65 years of age or older, individuals who are under the age of 65, but have been receiving Social Security Disability Insurance (SSDI) for no less than 24 months, individuals entitled to Railroad Retirement benefits or Railroad Retirement disability benefits, individuals with end-stage renal disease (ESRD), and individuals with Amyotrophic Lateral Sclerosis (ALS). You may be eligible to receive both Medicare and Medicaid benefits if you are over 65, or disabled and have very limited income. Medicaid might cover what Medicare does not.

Contact them at 800-MEDICARE (800-633-4227), or online at:

www.medicare.gov

Health Coverage for Low Income Households: Medicaid is a federal health insurance program with eligibility criteria and benefits that vary from state to state. Thirty-one states provide coverage for low income adults, while in other states individuals have to meet other requirements, such as having a disability, having a dependent child, or being over age 65. You may be eligible to receive both Medicare and Medicaid benefits if you are over 65 and/or disabled and have very limited income. Medicaid might cover what Medicare does not. Learn more at: www.medicaid.gov.

Keeping Health Insurance after Terminating Employment: COBRA may allow you to maintain health insurance coverage if you experience a qualifying event, such as leaving your job. Learn more at:

<https://www.dol.gov/agencies/ebsa/laws-and-regulations/laws/cobra>.

Medicaid/Insurance (Navigators) Contacts –

- **Carla Torres-Barrera**, Health Care Navigator, Team Coordinator, 804-200-6035, carlatb@cvtas.org
- **Norma Ryan**, FAMIS Medicaid Application Specialist (assists individuals 0 to 64 ONLY), 804 -955-9578, norma@vhcf.org

Virginia Health Agent contact – Chris Lynch, chris@vahealthagent.com

Veterans may be eligible to receive health care through the **Veterans Administration**, www.va.gov/health.

Virginia Department of Veterans Services assists veterans and their families in obtaining state, federal, and local benefits to which they are entitled that they might not otherwise receive. The Department offers assistance with claims for services and benefits. The Department acts as informed advocates in the preparation, presentations, and prosecution of all claims, and serves as a clearinghouse providing information and assistance that will enhance the veteran's quality of life. Find contact information on your local office by visiting www.dvs.virginia.gov/benefits/health-benefits

Virginia Insurance Counseling and Assistance Program (VICAP) is a free counseling program offered through Senior Connections, the Capital Area Agency on Aging, for individuals with Medicare, their families, and/or caregivers. VICAP counsels individuals on Medicare, Medicaid, Medigap, and Long Term Care insurance. Counselors work with clients to make informed decisions about Medicare Supplement Insurance, Medicare plans, and Medicare Part D Prescription Drug coverage plans. Counselors can also assist eligible clients with tracking insurance claims and resolving complaints. Counseling can be provided by telephone or in-person. Individuals in the Richmond-metro area may contact VICAP at (804) 343-3014.

Insurance Denials & Coverage

CancerLINC connects eligible cancer patients with free legal and financial services, including insurance attorneys. Contact them at 804-562-0371, or at www.CancerLINC.org

Cancer Support Community has general insurance information online and a hotline for general cancer support, including insurance information and managing costs. Contact their hotline at (888) 793-9355. Learn more about them at: www.cancersupportcommunity.org/managing-cost-cancer-treatment/health-insurance-cancer-patients

Patient Advocate Foundation provides help with insurance denials and finding insurance coverage. The foundation is located locally in Hampton, Virginia and can be contacted at (800) 532-5274. Learn more at: www.patientadvocate.org

Virginia Insurance Counseling and Assistance Program (VICAP) is a free counseling program offered through Senior Connections, the Capital Area Agency

on Aging, for individuals with Medicare, their families, and/or caregivers. VICAP counsels individuals on Medicare, Medicaid, Medigap, and Long Term Care insurance. Counselors work with clients to make informed decisions about Medicare Supplement Insurance, Medicare plans, and Medicare Part D Prescription Drug coverage plans. Counselors can also assist eligible clients with tracking insurance claims and resolving complaints. Counseling can be provided by telephone or in-person. Individuals in the Richmond-metro area may contact VICAP at (804) 343-3014.

Social Services

Virginia Department of Social Services provides a variety of support services, based on household income and resources, including but not limited to food stamps, general relief, aid to dependent children, and state and local hospitalization funds. Contact them at (804) 726-7000 and learn more at:

www.dss.virginia.gov/benefit/

Social Security Administration provides benefits to: (1) individuals & family members who have worked long enough & paid taxes (SSDI) & (2) low income individuals with a disability (SSI), as well as to other qualifying individuals for benefits such as a Medical Vocational Allowance and a Compassionate Allowance (just by diagnosis). The application can be completed online at <https://www.ssa.gov/applyfordisability/> and approval is granted around 5 months approximately. You can contact them directly at (800) 772-1213 or at:

www.ssa.gov

Allsup (Free SSDI assessment) has specialized in disability services for over 36 years and has successfully helped more than 350,000 individuals receive the Social Security Disability benefits they deserve. Learn more and contact them via their website at www.allsup.com/empower/Questionnaire or call (800) 405-8339.

Financial Assistance for Copays, Out-of-Pocket Expenses, & Travel

Accessia Health Foundation is a premium and copayment assistance foundation for help with out-of-pocket health care costs. Contact them at (800) 366-7741 or online at www.accessiahealth.org

ACTS RVA - Funds provided by ACTS are most often used to pay for rent, mortgage, and utilities to keep families intact and stably housed. Individuals be referred through one of their partner congregations, such as St. Mary's Catholic Church. Contact Rebecca Oxenreider at St. Mary's at 804-740-4044, ext. 11. ACTS main number is (804) 644 -2401 and there website is: actsrva.org; however, they do not deal with individuals directly.

The Assistance Fund helps eligible patients with prescription costs. Contact them at (855) 845-3663. To learn more, visit them online at tafcares.org

CancerCare provides assistance with copays, transportation costs, child care costs, and other care-related costs. Contact them at (866) 552-6729 or (800) 813-HOPE (4673). Learn more about them at <http://www.cancercare.org/financial>

Cap Up (Capital Partnership Uplifting People) for Richmond area emergency financial assistance (rent/mortgage, utilities, food, health), employment services (coaching, networking), Food Buying Club (food pantry services), and senior centers. Contact them at (804) 788-0050, www.capup.org

Copays has infrastructure in place to provide assistance to patients with a wide range of cancers. At this time, there are few open funded resources there, but they include cancer genetic testing, cervical cancer, and multiple myelomas. Learn more at <https://copays.org/funds/>

Expect Miracles Foundation: The Sam Fund provides grants to cancer survivors ages 21-39. To qualify, individuals must have completed treatment. Funds may be used in various ways, from fertility assistance to college costs. Learn more at <https://expectmiraclesfoundation.org/samfund> or call (617) 938-3484.

Family Reach provides financial assistance, counseling, and education to eligible cancer patients and their families. Learn more about them at <https://familyreach.org/financial-edu/>

Good Days provides eligible patients assistance with insurance co-pays, transportation, and diagnostic testing assistance. For general information, contact them at (877) 968-7233 or (972) 608-7141. Learn more about them at: www.mygooddays.org

HealthWell provides assistance with out-of-pocket health care costs for those who qualify. Contact them at (800) 675-8416 and learn more about them at www.healthwellfoundation.org

Mark Cuban's Costplus drugs is a very inexpensive place for patients to get medications: www.costplusdrugs.com/medications/tadalafil-5mg-tablet/

Medicare Savings Programs help qualifying individuals pay for their Medicare premiums. In some cases, Medicare Savings Programs may also pay for Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) deductibles, coinsurance, and copayment if the individual meets certain conditions. Individuals apply through their State Medicaid Office, which in Virginia is the Department of Medical Assistance Services (DMAS). To learn more about

Medicare Savings Programs, visit www.medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs

Medicine Assistance Tool is a free service to help individuals find free, or nearly free, prescriptions. Learn more about them at medicineassistancetool.org.

NeedyMeds is an online resource of programs providing assistance with medication and health care costs. Contact them at (800) 503-6897 and learn more about them at www.needymeds.org:

- [Diagnosis-Based Assistance Programs for Cancer – All](#)

Patient Access Network Foundation (PAN) helps with out-of-pocket health care costs. Contact them at (866) 316-7263 or www.panfoundation.org

Patient Advocate Foundation in Hampton provides assistance with copayments, case management, selecting an insurance plan, and interactions with insurance agencies. Contact them at (757) 952-0118 or (866) 512-3861. Learn more at www.copays.org

RxHope is a service that helps individuals access discounted prescriptions. Learn more at www.rxhope.com

RX Partnership is a local program that helps individuals who are low income and uninsured access discounted and free prescriptions from GSK, Merck, Novartis, Abbvie, and Pfizer. Contact them at (804) 377-1057 and learn more at www.rxpartnership.org

Together RX Access provides helps those who are uninsured gain access to immediate savings on prescription products at their neighborhood pharmacies. Learn more at www.togetherrxaccess.com

Healthwell Foundation assists people with health insurance pay their copayments for a wide range of diseases. This includes some cancers, as well as chemo-related neutropenia and some lymphomas. Learn more at <https://www.healthwellfoundation.org/disease-funds/> or call (800) 675-8416.

Vital Options provides grants to cancer patients. Learn more at www.vitaloptions.org or call (800) 518-2354

*Also see the **Specific RX Companies**, listed below. Contact them directly to learn more about their ability to assist individuals with accessing their specific medications.*

Dollar For helps low- and middle-income patients to apply for financial assistance programs to reduce or eliminate medical bills from non-profit hospitals. They have online guides on checking eligibility, filling out charity care applications, following up, and appealing a denial. They also have a program

where the organization prepares and submits the application for you. Learn more at <https://dollarfor.org/> or email support@dollarfor.org.

Manufacturer Specific RX Programs

AstraZeneca

800-292-6363, www.astrazeneca-us.com/medicines/Affordability.html

Bristol-Myers Squibb Patient Assistance Foundation

800-736-0003, <http://www.bmspaf.org/#home>

Genentech Access Solutions

866-422-2377, www.genentech-access.com/hcp

Merck

800-727-5400, www.merckhelps.com

Novartis

862-778-2100, www.novartis.com

Pfizer

844-989-7284, www.pfizerxpathways.com

Mobility & Rehabilitation Equipment

Friends of Man for wheelchairs, prostheses, and other medical and mobility equipment (*by social worker referral*). Learn more on their website at www.friendsofman.org, their phone number is (303)798-2342.

Foundation for Rehabilitation Equipment & Endowment (FREE)

Contact them at (804) 920-9828, or learn more at www.free-foundation.org

FINANCIAL SERVICES

Burial Assistance

Department of Social Services for Richmond, Virginia offers General Relief (GR) services which provide limited financial assistance to individuals and families. Someone who is eligible for assistance from Temporary Assistance for Needy Families (TANF) or Supplemental Security Income (SSI) may be eligible for GR. You can require burial assistance up to \$500 per burial. Contact them at (804) 646-7018 or call 3.1.1.; access the application online at www.rva.gov/social-services/esi-general-relief-gr

Medicaid, once applied for and received, allows you to set aside funds to pay for your or your spouse's funeral and burial expenses and not have these funds

counted. Contact them at (804) 786-7933, or complete the online application at: www.coverva.org/apply/

Lincoln Heritage Funeral Advantage and Lincoln Heritage Life Insurance Company offers Burial Insurance, also called funeral or final expense insurance. It is essentially a life insurance policy, but with a much smaller benefit amount than traditional life insurance. It's usually purchased to cover final arrangements, but can also be used to pay the deceased's debts, including medical bills, credit card bills, mortgage loans, and personal loans. For more information call them at (800) 438-7180, or visit them online at www.lhlic.com/free-quote/

Debt, Bankruptcy, & Budgeting Services

Also See Mortgage, Eviction, & Housing Rights Above

CCCS MD is a 50+ year old non-profit that provides individual financial counseling and education. They specialize in credit and debt counseling, housing counseling, including rental and foreclosure prevention, reverse mortgage counseling, bankruptcy, student loan debt, and medical debt. Contact them at (800) 642-2227, or visit them online at www.cccsmd.org

Cancer Financial Assistance Coalition (CFAC) is a group of organizations helping cancer patients manage their financial challenges. Visit them at www.cancerfac.org

Clearpoint Credit Counseling Solutions provides counseling for credit, debt management, housing foreclosure prevention, bankruptcy, student loans, and more. Contact them at (800) 750-2227, or online at www.clearpoint.org

Care Connect USA assists with credit card and medical bills by contacting creditors and reducing amounts owed. Contact the Debt Relief Hotline at 888-790-1337, or the Bankruptcy Relief Hotline at (888) 734-2585. Learn more online at www.careconnectusa.org

Triage Cancer provides a free toolkit and reference information for navigating finances after cancer (including insurance, employment, education, family building, genetic testing, medical bills & financial resources). Learn more online at <https://triagecancer.org/> or call (424) 258-4628.

Dollar For helps low- and middle-income patients to apply for financial assistance programs to reduce or eliminate medical bills from non-profit hospitals. They have online guides on checking eligibility, filling out charity care applications, following up, and appealing a denial. They also have a program where the organization prepares and submits the application for you. Learn more at <https://dollarfor.org/>

Child Support

Child Support Enforcement Hotline provides support by locating parents, establishing paternity, identifying support obligations, and enforcing those obligations. Call them at (202) 401-9373, or visit them online at www.acf.hhs.gov/ecd/office-child-support-enforcement.

Student Loans

Student Loan Relief Hotline provides support in reducing monthly payments, consolidating loans, and considering all options. Call them at (888) 699-5772, or visit them online at www.careconnectusa.org/student-loan-relief/

Tax Assistance

The **Community Tax Law Project (CTLP)** ensures the fairness and integrity of the tax system by providing free legal representation to low-income Virginia taxpayers in tax disputes, educating taxpayers about their rights and responsibilities, and advocating for issues that impact low-income taxpayers. Call them at (804) 358-5855 or visit them online at www.ctlp.org

EMPLOYMENT ISSUES

Taking Time Off Work

The Family and Medical Leave Act (FMLA) gives eligible employees the right to up to 3 months of unpaid, job- and health-benefit protected leave per year. Even if you do not qualify for FMLA, you may be eligible for medical leave under state law or the rules of your specific employer. You may check with your company's human resource representative or one of these organizations:

- **Cancer Legal Resource Center ("CLRC")** for advice regarding all cancer legal resources including medical leave. Contact them at (866) 843-2572, or learn more at www.thedrlc.org/cancer
- **Department of Labor**, Family Medical Leave Act for the FMLA. Call them at (866) 487-9243, or learn more online at www.dol.gov

Staying Employed During & After Medical Treatment: Exhausting Medical Leave or Sick Time

Some cancer patients may opt to continue working during treatments, others may need flexible schedules, and some need time off. Workers may be protected, depending on the size of their employer, by: (1) the FMLA described above, (2) the Americans with Disabilities Act (the "ADA"), and/or (3) the fair employment laws of certain states for employees with disabilities at very small businesses.

Equal Employment Opportunity Commission (EEOC) for the Americans with Disabilities Act. Contact them at (800) 669-4000, or online at www.eeoc.gov

Job Accommodation Network is a strong non-profit for answering questions about workplace accommodations for disabilities or the ADA. Contact them at (800) 526-7234, TTYL: (877) 781-9403, or online at www.askjan.org

Cancer Legal Resource Center (CLRC) for advice regarding all cancer legal resources including medical leave. Contact them at (866) 843-2572, or online at www.thedrlc.org/cancer

Applying for a Job with a History of Cancer

Cap Up (Capital Partnership Uplifting People) for employment services such as coaching and networking. Contact them at (804) 788-0050, or online at www.capup.org

Community Foundation's Connect VA has a current listing of employment opportunities posted by nonprofit, government, and other community organizations. Contact them online at www.connectva.org or email connectva@cfrichmond.org.

Cancer & Careers is a strong non-profit supporting employment from free resume review and back to work advice to job search resources. Contact them at (646) 929-8032, or visit them online at www.cancerandcareers.org

Salvation Army Family Services for Richmond provides job training services. Contact them at (804) 225-7470, or visit them online at www.cvac.salvationarmypotomac.org

Virginia Department of Aging & Rehabilitative Services provides information and access to vocational rehabilitation for individuals with disabilities. Contact them at (804) 662-7000, or learn more online at www.dars.virginia.org

Virginia State job listings are posted online at www.jobs.virginia.gov

HOUSING

Finding Local Housing

City of Richmond Office on Aging and Disability Services, Rent Relief for Immigrant Families - The City of Richmond's Office of Multicultural Affairs offers a program to provide rent and mortgage assistance to non-citizen and mixed immigration status households in Richmond. This program is designed to support those Richmonders excluded from federal assistance due to their immigration status. To assist as many households as possible, funds per household will be

limited to \$1,500, or up to two months of rent, whichever is less. This support program is intended to aid households who are having trouble paying rent due to the impact of the COVID-19 pandemic. Applicants who have not received any other cash assistance throughout the pandemic will be given priority. Contact them at (804) 646-0145.

Housing Resource Line. The Housing Resource Line is a program of the Partnership for Affordable Housing. The organization will connect people to needed housing-related resources in the Richmond area. These resources include: Locating rental housing, rental payment assistance, utility payment assistance, emergency assistance, home rehab and repair, housing discrimination, credit counseling, homebuyer education, down payment assistance, foreclosure prevention, and first-time mortgage. Must meet AMI income guidelines to qualify. Contact them at (804) 422-5061.

Dial “2-1-1” for utilities, rent, mortgage, and other human and social service assistance. 2-1-1 Virginia is a service of the Virginia Department of Social Services that connects people with free information on available community services. When you dial 2-1-1, a trained professional listens to your situation and suggests sources of help using one of the largest databases of health and human services in Virginia.

Commonwealth Catholic Charities for Homeless Services. This organization also maintains a list of affordable, market-rate housing. Contact them at (804) 648-4177, or online at www.cccofva.org

Daily Planet - Medical Respite is provided at its health center located at 180 Belt Boulevard in Richmond. This respite is provided in a 10-bed facility designed to provide convalescent care upon hospital discharge for adults who do not have appropriate living arrangements to support recuperation. It provides 24-hour staff supervision, with the ultimate goal of establishing a medical home and attaining stable housing. The discharging facility can refer the patient to the Medical Respite facility. This process generally takes 24 hours. For more information about the Medical Respite, call Andre Young, RN, at (804) 292-3030, extension 318.

Home Again provides over 160 beds and support services for homeless men, women, and children, as well as scattered apartments for men, women, and children for transitional housing. Contact them at (804) 972-0813, or at www.homeagainrichmond.org

Homeless Crisis Line by Caritas assists individuals who are 3 days (or less) away from losing housing, or are already experiencing homelessness. This phone line facilitates access to resources and shelter alternatives (804) 972-0813. Learn

more online at <https://www.caritasva.org/get-help/get-shelter/>

Homeward features a list of resources for people experiencing homelessness, including law enforcement, shelter information, mental health resources, and more. Call them at (804) 343-2045 visit them online at

<http://homewardva.org/get-involved>

Housing Choice Voucher Program allows qualifying prospective tenants to select from a wider range of housing options, as opposed to being limited to designated housing projects. The tenant pays the landlord a percentage of their monthly income towards the rent, with the voucher subsidizing the remainder.

Toll Free: 877-VHDA-123; Local: 804-782-1986

Housing Families First has the Hilliard House Shelter to house eligible homeless families and the Building Neighbors Program to facilitate permanent housing.

Contact them at (804) 236-5800, or visit them online at

www.housingfamiliesfirst.org/

Resources for Independent Living is the Richmond area Center for Independent Living (CIL) assisting individuals with severe disabilities to obtain housing services, transportation, and personal care attendance. Contact them directly at (804) 353-6503, or learn more online at ril.va.org

Richmond Redevelopment and Housing Authority RRHA provides homes for low-income families, seniors, and the disabled. Contact them at (804) 780-4200 or learn more online at www.rrha.com

VHDA (Virginia Housing & Development Authority) Affordable Housing offers affordable housing opportunities. Learn more by visiting them online at www.virginiahousing.com or call (804) 782-1986.

United Way provides financial assistance, as well as many more supportive services. Contact them at (804) 771-5820, or by dialing 2-1-1. Learn more at www.unitedway.org

U.S. Department of Housing and Urban Development offers an online search to local housing counseling services. Search for a program in your area at <https://hudgov-answers.force.com/housingcounseling/s/> or call them at (202) 708-1112.

Virginia Easy Access has a service finder tool that helps individuals locate resources within their community. Individuals pick the county or city to find topics in that area including housing options, in-home services, transportation programs, and more. Access the search finder tool online at

<https://easvaccess.virginia.gov/service-finder>.

Virginia Supportive Housing provides rental assistance. Contact them at (804) 788-6825, <http://www.virginiassupportivehousing.org/>

Mortgage, Eviction Issues, & Housing Rights

Care Connect USA provides mortgage payment assistance by providing counselors to work with mortgage companies for missed payments and helps avoid foreclosure. Contact the mortgage payment hotline at (888) 770-7312, or visit them online at www.careconnectusa.org

Commonwealth Catholic Charities (CCC) offers the Housing & Financial Counseling Program, which provides free mortgage delinquency counseling to anyone who is behind on their mortgage payments to help them with a plan to either retain their housing or transition. Limited assistance may be available, depending on the programs funding. Contact them at (804) 285-5900, or learn more online at www.cccofva.org/housing-and-financial-counseling

- **Additional CCC Assistance:**
 - Waitlist: call or email HELP Line | 804.285.5986 or hfcsupport@cccofva.org
 - Expected wait time is about 15-20 days from the date an intake is submitted.
 - Available funding
 - Available now EFSP Funding R(rent) M(mortgage) U(utility)
 - Richmond City (R/M/U)
 - Henrico County (R/M/U)
 - Petersburg (R/M/U)
 - Roanoke (U)
 - Coming Soon – July 2022, moving forward
 - Assistance available to Hanover, Chesterfield, Col Heights, Dinwiddie (R/M/U)
 - Max assistance: R/M: \$500, U: \$300
 - Education Opportunities
 - Rental Education – offered bi-monthly
 - Financial Fitness – offered Monthly
 - Budgeting, financial management, savings, creating wealth

Hawthorne Cancer Foundation is a Richmond based non-profit that provides monetary grants to individuals for a wide range of needs including food, shelter, transportation, and living expenses, but NOT medical bills. Contact them at (804) 483-6136, or online at www.hawthornecancerfoundation.org

HOME (Housing Opportunities Made Equal) of Virginia provides homeowner mortgage assistance. Contact them at (804) 354-0641, or online at www.homeofva.org

Homeownership Preservation Foundation provides free help tailored to your unique financial circumstances. Contact them at (888) 995-HOPE, or online at www.995hope.org

Housing Counseling Agency provides discounted services to help organize finances and mortgages and represents homeowners in negotiations with lenders. Contact them at (800) 569-4287, or online at www.hud.gov/homeownerhelp

U.S. Department of Housing and Urban Development offers an online search to local housing counseling services. Search for a program in your area at <https://hudgov-answers.force.com/housingcounseling/s/>

Virginia Eviction Legal Hotline (VA Poverty Law) has resources and help for tenants. Contact them at (833) 663-8428, or online at www.reduceevictions.org

Virginia Rent and Mortgage Relief Program (RMRP)

The Virginia Rent and Mortgage Relief Program (RMRP) is designed to support and ensure housing stability across the commonwealth during the coronavirus pandemic. Depending on availability of funds and household need, the RMRP may provide financial assistance for rent or mortgage payments for eligible households. This includes financial assistance for rent or mortgage payments past due beginning April 1, 2020 and onward. Financial assistance is a one-time payment with opportunity for renewal based on availability of funding and the household's need for additional assistance and continued eligibility. Apply and learn more at www.virginiamortgagerelief.com. VMRP will no longer be accepting applications Oct 1st.

UTILITY & HOME EXPENSE ASSISTANCE

Housing Resource Line is a program of the Partnership for Affordable Housing. The organization will connect people to needed housing-related resources in the Richmond area. These resources include: Locating rental housing, rental payment assistance, utility payment assistance, emergency assistance, home rehab and repair, housing discrimination, credit counseling, homebuyer education, down payment assistance, foreclosure prevention, and first-time mortgage. Individuals must meet AMI income guidelines to qualify. Contact them at (804) 422-5061.

Cap Up (Capital Partnership Uplifting People) for Richmond area emergency financial assistance (rent/mortgage, utilities, food, health), employment services

(coaching, networking), Food Buying Club (food pantry services), and senior centers. Contact them at (804) 788-0050, or online at www.capup.org

Commonwealth Catholic Charities (CCC) assists individuals in the following locations with rent (R), mortgage (M), and utility (U) payments through EFSP funding:

- Richmond City (R/M/U)
- Henrico County (R/M/U)
- Petersburg (R/M/U)
- Roanoke (U)

(Max assistance: R/M: \$500, U: \$300)

There is a waitlist, so call or email the CCC Help Line at 804.285.5986 or hfcsupport@cccva.org for assistance. (The expected wait time is about 15 – 20 days from the date an intake is submitted.)

July 2022, onward, CCC will also provide assistance to:

- Hanover County (R/M/U)
- Chesterfield (R/M/U)
- Colonial Heights (R/M/U)
- Dinwiddie (R/M/U)

(Max assistance: R/M: \$500, U: \$300)

Chesterfield Colonial Heights Department of Social Services assists with providing for financial emergencies such as funds for heating and utility bills, rent/mortgage assistance, auto repair, prescription medicine, and more. Contact them at (804) 796-3715, or online at www.cchasm.org/financial-assistance

EnergyShare, a program of the energy company Dominion Resources, provides bill assistance for qualified customers facing financial hardship. The program includes bill pay assistance, as well as free weatherization and energy-saving upgrades. Contact them at (888) 366-8280, or online at www.dominionenergy.com/virginia/billing/billing-options/energysare

Hawthorne Cancer Foundation is a Richmond based non-profit that provides monetary grants to individuals for a wide range of needs including food, shelter, transportation, and living expenses, but NOT medical bills. Contact them at (804) 483-6136, www.hawthornecancerfoundation.org

National Energy Assistance Referral (NEAR) assists with energy costs and energy related home repairs. Contact them at (866) 674-6327, or learn more at [National Energy Assistance Referral | The LIHEAP Clearinghouse \(hhs.gov\)](http://NationalEnergyAssistanceReferral|TheLIHEAPClearinghouse(hhs.gov))

Low Income Household Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives assisting with energy costs. They provide federally funded assistance in managing costs associated with home energy bills, energy crises, weatherization, and energy-related minor home repairs.

Contact Ms. Denise Surber, interim EAP Manager at VDSS, Energy Assistance Program, for assistance at (804) 726-7386, or email her at denise.t.surber@dss.virginia.gov. You can also call (800) 230-6977.

Low Income Household Water Assistance Program (LIHWAP) provides funds to assist low-income households with water and wastewater bills. For more information, email LIHWAP@acf.hhs.gov, visit them online at www.virginialihwap.com, or call (888) 373-9908.

Senior Connections the Capital Area Agency on Aging provides information and resources to support older adults with community living. Contact them at (804) 343-3000, or learn more at www.seniorconnections-va.org

St. Mary's Catholic Church provides food pantries and utility support. Contact them at (804) 740-4044, or learn more at www.stmarysrichmond.org

Virginia Department of Social Services' Energy Assistance (EA) helps eligible low-income households offset expenses associated with heating and/or cooling their home. Contact them at (800) 552-3431, or learn more at www.dss.virginia.gov/benefit/ea/index.cgi

Virginia Easy Access has a service finder tool that helps individuals locate resources within their community. Individuals pick the county or city to find topics in that area including housing options, in-home services, transportation programs, and more. Access the search finder tool online at <https://easyaccess.virginia.gov/service-finder>.

Home Care Support Services

Amramp is a for-profit organization that helping people with mobility concerns to live better lives everyday by eliminating accessibility barriers through wheelchair ramps, stair lifts, lifts, and other modifications. Call (888) 715-7598 to be connected to the Amramp location in your area.

Caregivers.com is a national electronic resource to find a caregiver for the home. Visit them online at www.caregivers.com

Commonwealth Catholic Charities is a non-profit providing care coordination and independence services for older adults and people with disabilities. Contact them at 804-285-5900, or learn more at www.cccofva.org

Instructive Visiting Nurse Association (IVNA) provides reduced cost home health care and case management for individuals who are uninsured or under-insured at a lower cost. Contact them at (804) 355-7100

Jewish Family Services provides home care services, companion services, and care management. Contact them at (804) 282-5644, or at www.jfsrichmond.org

Project: HOMES serves older adult, disabled, and low-income residents with home repair, weatherization, indoor plumbing and rehabilitation, multi-family housing, homeownership assistance, minor home repairs, and accessibility improvements, such as wheelchair ramps. Contact them at (804) 233-2827, or visit them online at www.ProjectHomes.org

Rebuilding Together Richmond is a regional affiliate of the national Rebuilding Organization. The organization provides home improvements and safety and wellness enhancements for neighbors in need. Service area is Richmond, Henrico, Chesterfield, Petersburg, and Hopewell. Learn more at www.rtrva.org or call (804) 447-3841.

Resources for Independent Living is the Richmond area Center for Independent Living (CIL) assisting individuals with severe disabilities to obtain housing services, transportation, and personal care attendance. Contact them directly at (804) 353-6503, or learn more online at ril.va.org

Senior Connections, the Capital Area Agency on Aging, coordinates a variety of support, some of which may be free, including insurance counseling, care coordination, and support to stay home for older adults. Contact them at (804) 343-3000, or learn more at www.seniorconnections-va.org

USDA – Rural Development U.S. Department of Agriculture Single Family Housing Repair Loans & Grants in Virginia Section 504 Home Repair Program provides loans to very-low-income homeowners to repair, improve, or modernize their homes, or grants to very-low-income older adult homeowners to remove health and safety hazards. Learn more at www.rd.usda.gov/programs-services/single-family-housing-repair-programs

Virginia Easy Access has a service finder tool that helps individuals locate resources within their community. Individuals pick the county or city to find topics in that area including housing options, in-home services, transportation programs, and more. Access the search finder tool online at <https://easvaccess.virginia.gov/service-finder> or call (888) 992-0959.

Virginia Supportive Housing provides rental assistance. Contact them at (804) 788-6825, <http://www.virginiassupportivehousing.org/>

Cleaning Services

Cleaning for a Reason is a non-profit that provides information on local cleaning agencies that provide services at reduced prices, or for free, to eligible cancer patients. Contact them at (877) 337-3348, or at www.cleaningforareason.org

Cellular/Internet

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household. Learn more at www.fcc.gov/acp

MEDICAL SERVICES

Free Clinics

Clinics offer a variety of health care services, including medical, dental, vision, mental health, and pharmacy services. However, not all clinics offer all services and not all areas of Virginia have a free, or charitable, clinic. Clinics are independent, nonprofit, volunteer-driven, and community-based organizations. Each clinic sets its own eligibility requirements and guidelines, and all must be contacted directly for help. Learn more about these clinics at www.vafreeclinics.org/clinics-in-virginia or call (804) 340-3434.

Caregiver Support

Livestrong Foundation has a specialized website for tools, including a special application, helpful for caregivers. Contact their hotline at (855) 220-7777, or access their information at www.livestrong.org/we-can-help/caregivers

Clinical Trials

National Cancer Institute (NCI) sponsors most government funded cancer clinical trials. NCI has a list of active studies, as well as some privately funded studies. Contact them at 800-4-CANCER (800-422-6237), or visit www.cancer.gov/clinicaltrials

National Institutes of Health (NIH) has an even larger database of clinical trials and can be found at www.clinicaltrials.gov

Center Watch is a publishing and information services company that keeps a list of both industry sponsored and government funded clinical trials for cancer. Learn more at www.centerwatch.com or call (703) 538-7600.

Private Companies (such as pharmaceutical or biotechnology companies) may list studies they sponsor on their websites, or offer toll-free numbers to call.

Dental

Crossover Healthcare Ministry provides a dental clinic. Learn more at www.crossoverministry.org/programs-services/

St. Mary's Catholic Church offers a dental clinic in partnership with VCU. Contact them at (804) 740-4044, or online at www.stmarysrichmond.org

Virginia Dental Association Foundation – Donated Dental Services (DDS) Program provides comprehensive treatment to eligible patients (not emergency services). Individuals must have a permanent disability, be 55+ years of age, or qualify as medically fragile. Learn more at <https://dentallifeline.org/virginia/> or contact Julie Ericksen, DDS Coordinator, at 804.523.2182 or by email at Ericksen@vadental.org

Applying for Medicaid

American Council on Aging offers free assistance with applying for Medicaid. www.medicaidplanningassistance.org/how-to-apply-for-medicaid/

Medicaid/Insurance (Navigators) Contacts –

- **Carla Torres-Barrera**, Health Care Navigator, Team Coordinator, (804) 200-6035, carlatb@cvas.org
- **Norma Ryan**, FAMIS Medicaid Application Specialist (assists individuals 0 to 64 ONLY), (804) 955-9578, norma@vhcf.org

Fertility & Cancer

Livestrong Foundation has free personalized cancer support. Contact them at (855) 844-7777, or online at www.livestrong.org/what-we-do/program/fertility

Shady Grove Fertility is a nationally recognized fertility clinic with a Richmond office that can be reached at (804) 256-2986. Learn more at www.shadygrovefertility.com/trying-to-conceive/cancer

Medical Clinics

ACCESS NOW provides a local, free medical clinic specialty care and management. Contact them at (804) 622-8145, or learn more at www.accessnowrva.org

Cross Over Healthcare Ministry has free and income based medical and mental health services. Contact them at (804) 521-8263, or at www.crossoverministry.org

Free Clinics lists all free and income based clinics in your area. Visit them online at www.freeclinics.com/cit/va-richmond

Virginia Association of Free and Charitable Clinics lists these clinics in Virginia. They can be contacted at (804) 340-3434, or online at www.vafreeclinics.org/

Transplants

National Foundation for Transplants provides fundraising assistance for patients needing transplants, including bone marrow and stem cell transplants. Contact them at (800) 489-3863. Learn more at www.transplants.org

National Bone Marrow Transplant Link can be contacted at (800) 546-5268, or at www.nbmtlink.org

PEDIATRIC SERVICES

ASK is a local non-profit supporting children with cancer. Contact them at (804) 658-5910, www.askccf.org

Camp Kesem has free summer camps that support children through a parent's cancer in locations throughout the United States. Contact them at (253) 736-3821, or learn more at <https://campkesem.org>

Chai Lifeline has programs offering emotional, social, psychological, and financial assistance to families living with pediatric illness or loss. (410) 205-2085, www.chailifeline.org

Comfort Zone Camp has free summer camps for grieving children. Contact them at (804) 377-3430, or learn more at www.comfortzonecamp.org

Connor's Heroes provides assistance with services such as meals and yard work, as well as financial help such as provision of gas cards, to families experiencing pediatric cancer. Contact them at (804) 897-1272, www.connorsheroes.org

Life with Cancer provides FREE counseling, education, and support groups predominantly in Northern Virginia. Contact them at (703) 206-5433, or online at www.lifewithcancer.org/get-help/children-teens-and-cancer/

Ronald McDonald House provides reduced housing for pediatrics throughout the United States. Contact their local office at (804) 355-6517, or visit them online at www.rmhc-richmond.org

SPANISH RESOURCES

Livestrong Foundation has personalized cancer navigation support in Spanish. Contact them at (855) 220-7777 (option 2), or learn more at www.livestrong.org

Nueva Vida (Latinas with Cancer) can be reached at (202) 223-9100, or online at www.nueva-vida.org

Spanish Cancer Survival Toolbox by the National Coalition for Cancer Survivorship, can be reached at (877) 622-7937, or online at www.canceradvocacy.org/resources/cancer-survival-toolbox/los-primeros-pasos-para-la-supervivencia-al-cancer/

TRANSPORTATION FOR MEDICAL CARE

Richmond Area Discounted/Free Ground Transportation

Road to Recovery with the American Cancer Society has free or income based transportation, local and long distance. Call in advance, as it may take a few days to organize. Contact them at (800) 227-2345, select 3. Learn more at www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

Ride Assist Services provides transportation to older adults in Powhatan. Contact them at (804) 698-0438, or via email at RAServices.PVA@gmail.com

Senior Connections, the Capital Area Agency on Aging coordinates a variety of support, some of which may be free, including insurance counseling, care coordination, transportation, and support to stay home. Contact them at (804) 343-3000. Learn more at www.seniorconnections-va.org

The Shepherd's Center of Richmond provides free transportation to those in need who are 60 years of age and older. Contact them at (804) 355-7282 or learn more at <http://tscor.org/>

Virginia Easy Access has a service finder tool that helps individuals locate resources within their community. Individuals pick the county or city to find topics in that area including housing options, in-home services, transportation programs, and more. Access the search finder tool online at <https://easyaccess.virginia.gov/service-finder>.

Ground Transportation and Financial Support

Lee's Friends in the Hampton area provides free support services, including transportation and basic human needs (e.g., food and clothing). Contact them at (757) 440-7501, or at www.leesfriends.org

The Leukemia and Lymphoma Society's Susan Lang, Pay-It-Forward Patient Travel Assistance Program can be contacted at (877) 557-2672, or online at www.lls.org/travel

Mercy Medical Angels & National Patient Travel Center gives charitable travel assistance by providing commercial airline tickets and supports ground transportation with gas cards, bus, and train tickets. Contact them at (757) 318-9174, or toll-free at (800) 296-1217. Learn more at <https://mercymedical.org>

Road to Recovery with the American Cancer Society has free or income based transportation, for both local and long distance. Call in advance, as it may take a few days to organize. Contact them at (800) 227-2345, select 3, or visit them at www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

Senior Connections, the Capital Area Agency on Aging coordinates a variety of support, some of which may be free, including insurance counseling, care coordination, transportation, and support to stay home. Contact them at (804) 343-3000, or visit www.seniorconnections-va.org

UZURV is a mobile app for on-demand affordable transport for cancer patients. Access them online at www.uzurv.com

Air Transportation

Air Care Alliance provides free air transportation for qualifying patients. Contact them at (888) 260-9707, www.aircarealliance.org

Air Charity Network is the largest unified, volunteer pilot organization for qualified patients that travels nationwide. Contact them at (877) 621-7177, or visit them online at www.aircharitynetwork.org

Corporate Angel Network, Inc. provides free air transportation for qualifying patients. Contact them at (914) 328-1313, or learn more at www.corpangelnetwork.org

Life Line Pilots provides free air transportation for qualifying patients in the Midwest. Contact them at (800) 822-7972, or learn more at www.lifelinepilots.org

Mercy Medical Angels gives charitable travel assistance for qualifying patients by providing commercial airline tickets and supports ground transportation with gas cards, bus, and train tickets. The National Patient Travel Center and Angel Airline Samaritans are part of Mercy Medical Angels. Contact them at: (757) 318-9174, www.mercymedical.org

HOUSING FOR MEDICAL CARE

Cancer Support Community recently partnered with Airbnb to provide free housing for individuals traveling for medical care who meet income and geographic requirements. Contact them at (888) 793-9355, or learn more online at www.cancersupportcommunity.org/free-housing-patients-traveling-cancer-treatment

Doorways is the largest housing property for medical care in the Richmond area, serving VCU and other area hospitals. Contact them at (804) 828-6901, or online at www.thedoorways.org

Reinhart Guest House provides lodging for Bon Secours patients undergoing treatment and their families. Contact them at (804) 287-7300, or visit them online at www.bonsecours.com/locations/community-services/richmond/reinhart-guest-house

Hope Lodge of the American Cancer Society provides a free place to stay while receiving medical care in many cities. Contact them at (800) 227-2345, or learn more at <https://www.cancer.org/support-programs-and-services/patient-lodging/hope-lodge.html>

Joe's House is not an actual house, but a non-profit organization helping individuals with cancer and their families find a discounted place to stay near medical hospitals when traveling away from home for medical treatment. Contact them at (877) 563-7468, or visit them online at www.joeshouse.org

Ronald McDonald House provides reduced housing for pediatrics throughout the United States. Contact their local office at (804) 355-6517, or learn more at www.rmhc-richmond.org

Mental Health Services / Support Groups

Block Cancer Foundation has a National Cancer Hotline that matches cancer patients with individuals who have recovered from the same type of cancer. Contact the Hotline at (800) 433-0464, or learn more at www.blochcancer.org

Camp Kesem is a nationwide community driven by college students supporting children of parents with cancer diagnoses. Contact them at University of Richmond (804) 491-6090, richmond@campkesem.org, or at Virginia Commonwealth University (908) 605-6112, vcu.outreach@campkesem.org. Learn more about them online at www.kesem.org/programs-services/camp-kesem.

CancerCare has counselors and support groups (over the phone, online, and in-person). Contact them at (866) 552-6729 and (800) 813-HOPE (4673). Learn more online at www.cancercare.org

Cancer Support Community has a hotline for general cancer support, including managing costs, support groups, and cancer reference materials. Contact them at (888) 793-9355, or visit them online at www.cancersupportcommunity.org/find-support

Commonwealth Catholic Charities may be able to assist with providing or linking individuals to mental health services. Contact them at (804) 285-5900, or visit them online at www.cccofva.org

Full Circle Grief Center provides support for grieving children, families, adults, and communities through free support groups, at and reduced cost individual counseling services, remembrance programs, and grief education support. Contact them at (804) 912-2947, or visit them online at <https://fullcirclegc.org>

Health Brigade (formerly Fan Free Clinic) has free mental and medical income based services. Contact them at (804) 358-6343, or online at www.healthbrigade.org

Jewish Family Services (JFS) provides counseling services and can be contacted at (804) 282-5644. Learn more at www.jfsrichmond.org

Life with Cancer provides FREE counseling, education, and support groups. They are predominantly located in Northern Virginia. Contact them at (703) 206-5433, or learn more at www.lifewithcancer.org

NAMI Central Virginia (National Alliance on Mental Illness Central Virginia) has mental health programs, as well as a hotline that can be contacted at (804) 285-1749. Learn more online at www.namicva.org

Richmond Behavioral Health Authority provides mental health services, as well as 24-hour crisis intervention services. Contact them at (804) 819-4100.

St. Joseph's Villa has free/reduced mental health outpatient services for qualifying individuals. Contact them at (804) 837-0842, or visit them online at www.neverstopbelieving.org/services/mental-health-services

VBHDS (Virginia Department of Behavioral Health) provides information on free counseling services and can be contacted at (804) 786-3921, or online at www.dbhds.virginia.gov/behavioral-health/mental-health-services

LOCAL RICHMOND SUPPORT GROUP MEETINGS

Brain Tumor Support Group

St. Mary's Hospital, Education Center, 2nd Tuesday of every month at 6:30 pm
BEFORE you go, contact Nancy Hsu at (804) 852-2976, or nancy.hsu@vcuhealth.org.

Support Group for Those Coping as a Cancer Caregiver

Bon Secours Memorial Medical Center, Cancer Resource Center
 Main Hospital Entrance, Room 1110, 1st Tuesday of every month; 2 – 3:00 pm
BEFORE you go, contact Ann Petersen, MSW at [\(804\) 764-7201](tel:(804)764-7201)

General Cancer Support Group

Bon Secours Memorial Medical Center, Cancer Resource Center
 Main Hospital Entrance, Room 1110, 1st and 3rd Tuesday from 9:30 – 11 am
BEFORE you go, contact Ann Petersen, MSW at [\(804\) 764-7201](tel:(804)764-7201)

Cancer Support for Men

Bon Secours Memorial Regional Medical Center, Cancer Resource Center
 Main Hospital Entrance, Room 1110, 2nd and 4th Tuesday of every month 3:30 – 5 pm
BEFORE you go, contact Ann Petersen, MSW at [\(804\) 764-7201](tel:(804)764-7201)

Don't Ignore Stage 4 / Support for Those Living with Metastatic Cancer

Bon Secours Memorial Regional Medical Center, Cancer Resource Center
 Main Hospital Entrance, Room 1110, 2nd and 4th Tuesday of every month 10 – 11 am
BEFORE you go, contact Ann Petersen, MSW at [\(804\) 764-7201](tel:(804)764-7201)

Prostate Cancer Education & Support Group

Bon Secours Cancer Inst. Reynolds Crossing, Radiation Oncology Waiting Room/Lobby
 1st Wednesday of every month 6:30 - 7:30 pm
BEFORE you go, contact them at [\(804\) 266-7762](tel:(804)266-7762).

PERSONAL CARE

Alternative Medicine

National Center for Complementary & Integrative Medicine

(888) 644-6226, www.nccam.nih.gov

Car Repair

Mechanics of Faith

www.mechanicsoffaith.org

(804) 277-3205

Clothing & Home Furnishings

Goodwill of Central VA

(804) 745-6300, www.goodwillvirginia.org

Cooking

- **Cancer Nutrition Consortium:** <https://www.cancernutrition.org>
- **Cook for Your Life:** <https://www.cookforyourlife.org>
- **Eat to Beat Cancer:** <https://www.eattobeat.org>

End-of-Life Care

A Peaceful Passing provides certified End-of-Life doulas who work to help people find meaning and purpose in their life, to understand the impact they have made, and the legacy they are leaving. They help plan and educate for how the final days will unfold, while supporting loved ones left behind. Doulas also guide family and friends through these last days and help ease the suffering of grief.

Contact them at (804) 502-3667, or learn more at www.apeacefulpassing.info/

Eye Glasses

New Eyes - Only social service agencies/health advocates can apply on a client's behalf. (Please note that during the pandemic, New Eyes is accepting applications from individuals who have been affected by COVID-19). New Eyes provides a basic pair of single or lined bifocal lenses at no cost to the client. Special requests, including upgrades such as tinted, progressive, or transition lenses, are beyond the scope of New Eyes' program. Learn more and/or apply at <https://new-eyes.org/application>

Exercise

Life in Fitness - LIFT in Richmond has free and low-cost group fitness activities with an emphasis on enjoying the outdoors for cancer survivors and thrivers, and their friends and families. LIFT is a wellness community of fitness, fun, and camaraderie. Contact them at (804) 306-1148, or via email at

LIFT RVA@gmail.com. Learn more on their Facebook page at

www.facebook.com/RVALIFT

Yoga Health Foundation

www.yogahealthfoundation.org

Food Pantries

A Place of Miracles aids families of the Chesterfield area that are in need of daily meals. Contact them at (804) 722-9577, or online at www.apomcafe.com/

Cap Up (Capital Partnership Uplifting People) provides emergency financial assistance (rent/mortgage, utilities, food, health), employment services (coaching, networking), Food Buying Club (food pantry services), and senior center information in the Richmond area. Contact them at (804) 788-0050, or online at www.capup.org

Chesterfield/Colonial Heights Department of Social Services aids individuals and families who have experienced, or are experiencing, an emergency situation that limits their funds for essential items, such as food. Contact them at (804) 796-3715, or learn more online at www.cchasm.org/food-assistance

Chesterfield Food Bank serves a variety of our neighbors, the majority of whom do not qualify for government assistance. Contact them at (804) 414-8885, or learn more at www.chesterfieldfoodbank.org/

Colonial Heights Food Pantry is committed to alleviating hunger and developing collaborative strategies to encourage self-reliance and preserve human dignity. Contact them at (804) 520-7117, or online at www.chfoodpantry.org/

Commonwealth Catholic Charities can assist individuals searching for a food pantry and can be contacted at (804) 285-5900, or online at www.cccofva.org. They also provide a number of local food pantries, including:

- **Dilbert Food Pantry (Richmond)**, open Tuesdays, Wednesdays, and Thursdays, 9am to 12pm. Recipients may receive food once within a 30-day period. Located at 1601 Rolling Hills Drive, Richmond, VA 23229. Contact them at (804) 285-5986.
- **St. Francis House Food Pantry (Roanoke)**, open Monday through Friday, 9am to 12pm. Recipients may receive food once within a 30-day period. Located at 836 Campbell Avenue, SW, Roanoke, VA 24016. Contact them at (540) 268-0098.

Meals on Wheels & FeedMore is a local foodbank and free food delivery service to low income individuals. Contact them at (804) 521-2500, or online at www.feedmore.org

St. Mary's Catholic Church has a food pantry and provides utilities support. Contact them at (804) 740-4044, or online at www.stmarysrichmond.org

Virginia Department of Social Services' Supplemental Nutrition Assistance Program (SNAP) can be used like cash to buy eligible food items from

authorized retailers. Contact them at (800) 552-3431, or learn more at www.dss.virginia.gov/benefit/snap.cgi

Federation of Virginia Food Banks has map of their member food banks online at <https://vafoodbanks.org/virginia-food-bank-locator/> and can assist with applying for SNAP benefits <https://vafoodbanks.org/find-assistance/apply-for-federal-state-nutrition-assistance-programs/>

Therapeutic Horse Back Riding

New Day Equine Therapy in Ashland, Virginia has riding with Bruce D. Nachman. Contact them at (804) 307-5156, or online at www.newdayequinetherapy.com

Therapeutic Horse Back Riding Association of Virginia
<http://travinc.org/>

Pet Assistance

Cancer Care's PAW (Pet Assistance and Wellness) program helps dog and cat owners affected by cancer with financial assistance, educational programs, counseling, and case management. Contact them at (800) 813-HOPE (4673), or learn more at www.cancercare.org/blog/cancercare-pet-assistance-wellness

Richmond SPCA will provide low-cost veterinarian services, as well as food and supplies, if needed. Contact them at (804) 521-1300, or visit them online at <https://richmondspca.org/who-we-are/contact-us/>

Smoking

The **Guide to Quit Smoking** from the **American Cancer Society** can be found online at www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html

Visit www.smokefree.gov for support with quitting smoking, including a text message support program

Wigs, Prosthetics & Resources for appearance related side effects

Amputee Coalition provides financial support for prosthetic services. Contact them at (888) 267-5669, or visit them online at www.amputee-coalition.org/resources/financial-assistance-for-prosthetic-services

The Areola Restoration Center provides free consultation for 3D Areola/Nipple restoration. Restoration surgery is covered by insurance in most cases. Learn more at www.areolarestorationcenter.org or call (804) 716-9804.

EBeauty is a non-profit supporting women with a wig exchange program and other beauty support. Learn more at www.ebeauty.com

Godiva's Secret Wigs is a for-profit wig company that can be contacted at (877) 567-9447, or online at www.godivassecretwigs.com

Look Good Feel Better of the American Cancer Society can be contacted at (800) 227-2345 (toll-free).

Stepping Stones Women's Center is a great center located in Mechanicsville, Virginia that provides breast prosthetics, pocketed bras, postop garments, pocketed swim and active wear, wigs, head coverings, and more. Contact them at (804) 746-9880, or online at www.steppingstones4women.com

LOCAL COUNTY / CITY SERVICES

Eastern Henrico provides for its residents emergency services for food, bills/expenses, and clothing. Contact them at (804) 257-7730

Goochland Cares Free Clinic and Family Services provides for its residents medical services, financial assistance, food, medical transportation, and emergency housing. Contact them at (804) 556-6260, or online at www.goochlandcares.org

Halifax County Cancer Association provides for its residents referrals, education, travel vouchers, medication assistance, and hospital equipment loans. Contact them at (434) 476-2714, or visit them online at www.hccahope.org

Richmond City Department of Social Services provides services for residents. Contact them by dialing 3-1-1 (customer care center), or visit them online at www.rva.gov/social-services/esi-general-relief-gr

Gloucester & Mathews Area's The Giving Garden provides for its residents financial support for rent, mortgages, fuel, utilities, groceries, treatments, prescriptions, and any other necessary expenses. Learn more online at www.thegivinggarden.org

Gloucester & Mathews Area's The Samaritan Group provides for its residents financial assistance for families temporarily in need. Contact them at (804) 693-3600, or visit them online at www.thesamaritangroup.org

LEGAL SERVICES

Richmond Area

CancerLINC connects qualified cancer patients with FREE legal and financial services and for fee services for non-qualified patients in the Richmond and

surrounding areas. Contact CancerLINC at (804) 562-0371, or online at www.CancerLINC.org

Central Virginia Legal Aid Services provides discounted services to eligible persons. Contact them at (804) 648-1012, or learn more at www.cvlas.org

George Hatcher Community Law Center in Church Hill provides pro bono legal assistance regarding family law, housing and real estate, and guardianship.

- Contact: Sandy Reynolds, 804-775-2248

Northern Virginia

Alexandria Bar Lawyer Referral Service, (703) 548-1106

Arlington Bar Lawyer Referral, (703) 228-3390

Fairfax Bar Association Lawyer Referral & Information Service, (703) 246-3780

Legal Aid Justice Center, (703) 778-3450

Legal Services of Northern Virginia, (703) 778-6800, www.lsnv.org

Prince William County Bar Association Lawyer Referral Service, (703) 393-2306

Fredericksburg, Tappahannock, & Culpeper

Legal Aid Works, (540) 371-1105, www.legalaidworks.org

Charlottesville

Legal Aid Justice Center, (434) 977-0553

Virginia

***Disability Issues: Office of the Attorney General, Human Rights**, (804) 225-2292

Virginia Sexual and Domestic Violence Action Alliance provides legal support to survivors of sexual and domestic violence. Contact them at (800) 838-8238, or learn more at www.vsdvalliance.org/resources-helpayuda/legal-help/?view=mobile

Disability Law Center of Virginia (800) 552-3962, www.dlcva.org/programs

Virginia Poverty Law Center (804) 782-9430, www.vplc.org

Patient Advocate Foundation provides financial support for mediation and arbitration services. Contact them at (800) 532-5274, or online at www.patientadvocate.org/contact/

Free Legal Answers can be accessed online at <https://virginia.freelegalanswers.org>

Virginia Lawyer Referral Service will connect you to a lawyer in your area for a \$35 fee. You receive a consultation of up to a half hour with the lawyer – no strings attached. Contact them at (804) 775-0808, or online at www.vsb.org

Access to JUSTICE provides a guide to low and medium income Virginians in need of legal services. Contact them at (804) 775-0500, or learn more at www.vsb.org/docs/probono/access-guide.pdf

Community Tax Law Project (CTLP) provides free legal help to eligible persons experiencing from tax related economic harm. Contact them at (804) 358-5855, or learn more at www.ctlp.org

Virginia Legal Aid Society (VLAS) is a nonprofit law firm established in 1977 to provide free civil legal services to eligible low-income residents in 20 counties and six cities in Central, Southside, and Western Tidewater Virginia. VLAS serves these communities by providing free information, advice, and representation in such areas as housing, healthcare, income and benefits, family issues, consumer, and education. For more information, visit them online at www.vlas.org or call the VLAS Law Line at (866) 534-5243.

DISEASE SPECIFIC RESOURCES

General Cancer Information

The National Cancer Institute, www.cancer.gov/types

Bone Marrow Disease Cancer

Aplastic Anemia & MDS International Foundation, (800) 747-2820, www.aamds.org

Brain Cancer

American Brain Tumor Association, (800) 886-2282, www.abta.org

Cullather Quality of Life Cancer Center for Brain Cancer provides supportive services emphasizing quality of life including counseling, therapies, and grief/loss support. Contact them at (804) 287-7809, or online at www.cullather.org

National Brain Tumor Society, (617) 924-9997, www.braintumor.org

Breast Cancer

Breast Cancer Options, 845-339-HOPE, www.breastcanceroptions.org

BreastCancer.org, (610) 642-6550

Here for the Girls is a Virginia non-profit providing local, in-person support groups for breast cancer patients under 51 years of age. Learn more at www.hereforthegirls.org

Susan G. Komen Foundation is a Richmond based breast cancer non-profit. Contact them at (877) 465-6636, or online at www.komencentralva.org

National Association of Breast Cancer Organization, www.nationalbreastcancer.org (972) 248-9200

The Pink Fund provides 90-day, non-medical cost of living expenses to individuals in active breast cancer treatment. This fund also distributes short-term financial aid for basic living expenses to patients who have lost all, or part of, their income during active treatment. This aid is paid directly to the patient's creditors. Contact them at (877) 234-7465, or online at www.pinkfund.org

SHARE: Self-Help for Women with Breast or Ovarian Cancer (212) 719-0364, www.sharecancersupport.org

Virginia Breast Cancer Foundation, (804) 285-1200, www.vbcf.org

Young Survival Coalition – Breast Cancer, (877) 972-1011, www.youngsurvival.org

Cervical Cancer

Family Reach Cervical Cancer Funding supports cervical cancer patients in active treatment and caregivers with up to \$1,000 towards nonmedical expenses. These funds can't be used to cover transportation-related costs. (857) 233-2764 <https://familyreach.org/gethelp/> [fund open as of May 2023]

Colorectal Cancer

Colon Cancer Alliance, (877) 422-2030 www.ccalliance.org

National Colorectal Cancer Roundtable, www.nccrt.org

Kidney Cancer

Kidney Cancer Association, (800) 850-9132, www.kidneycancer.org

Leukemia & Lymphoma

Leukemia and Lymphoma Society of Virginia may help with copay assistance, travel assistance, information specialists, and support groups. Contact them at (804) 673-5690, or online at www.lls.org/virginia

Lymphoma Foundation of America, (734) 424-2000, www.lymphomahelp.org

Lymphoma Research Foundation, (800) 500-9976, www.lymphoma.org

Lung Cancer

American Lung Association has a Richmond office. Contact them at (202) 719-2809, or learn more at www.lung.org/about-us/local-associations/virginia.html

GO2 For Lung Cancer (800) 298-2436 www.go2.org

LungCancer.org is a non-profit organization providing free professional support, including counseling, support groups, financial assistance, and workshops for lung cancer. Visit them online at www.lungcancer.org or call (844) 360-5864

Myeloma

Multiple Myeloma Research Foundation, (203) 229-0464, www.themmr.org

International Myeloma Foundation (IMF), (800) 452-2873, www.myeloma.org

Family Reach Multiple Myeloma Funding supports multiple myeloma patients and caregivers with up to \$1,000 towards nonmedical expenses on occasion. <https://familyreach.org/gethelp/> [Check funds available]

Oral, Head, & Neck Cancer

Support for People with Oral, Head, & Neck Cancer, (800) 377-0928, www.spohnc.org

Ovarian Cancer

National Ovarian Cancer Coalition, (214) 273-4200, www.ovarian.org

Pancreatic Cancer

The Pancreatic Cancer Action Network, (877) 272-6226, www.pancan.org

The National Pancreatic Cancer Foundation provides financial assistance for patients with pancreatic cancer who are in need. They also provide access to counseling and an advocacy hotline. Contact the hotline at (800) 859-6723, or learn more online at www.npcf.us/programs/financial-resources/ [Closed as of June 2023, plan to reopen in August 2023]

Hirshberg Foundation offers grants to people with pancreatic cancer for transportation and treatment costs, pain medication, home care and childcare. Call

(310) 473-5121 or visit online at <https://pancreatic.org/patients-caregivers/financial-aid/>

Project Purple is dedicated to providing financial aid for medical and everyday living expenses to patients in treatment for pancreatic cancer. Aid is paid directly to the patient's creditors. Call (203) 714-6052 or visit online at <https://www.projectpurple.org/ways-we-help/pancreatic-cancer-patient-financial-aid/>

Dawn Hill Fight Foundation Provides financial support to pancreatic cancer patients <https://www.dawnhillfightfoundation.org/application>

Prostate Cancer

Prostate Cancer Foundation, 800-757-2873, www.pcf.org

Rare Disorders

National Organization for Rare Disorders (NORD) provides assistance programs to help patients obtain medications, financial assistance with insurance premiums, co-pays, diagnostic tests, and travel assistance for clinical trials/specialist consultations. Contact them at (202) 588-5700, or online at www.rarediseases.org

Sarcomas

Sarcoma Alliance, (415) 381-7236, www.sarcomaalliance.org

Skin Cancer

Skin Cancer Foundation, (212) 725-5176, www.skincancer.org

Testicular Cancer

The Testicular Cancer Resource Center, www.thetcrc.org

Thyroid Cancer

ThyCa: Thyroid Cancer Survivors' Association, (877) 588-7904, www.thyca.org



For More Information:

Tel: (804) 562-0371

www.CancerLINC.org