

Community Resources

Taking Care of Yourself | Kellogg Cancer Center

American Cancer Society
cancer.org

(800) ACS-2345

This organization aims to lead the fight against cancer through its programs in research, patient services, prevention, detection, treatment and advocacy. Provides free information and access to patient services such as Reach to Recovery, Road to Recovery, Look Good Feel Better.

Association of Cancer Online Resources
acor.org

(212) 226-5525

The Association of Cancer Online Resources information system currently offers access to a variety of unique Web sites and is specifically designed to be public online support groups providing information and community to patients, caregivers or anyone looking for answers about cancer and available resources.

Cancer Care, Inc.
cancercares.org

(212) 221-3300

Cancer Care Inc. assists people with any type of cancer, at any stage of illness, by offering a variety of free services, including counseling, information about treatment, referrals and educational seminars.

Cancervive
cancervive.org

(310) 203-9232

(800) 4toCURE (Toll-free)

Dedicated to serving the needs of cancer survivors by providing emotional support, education and advocacy to assist survivors as they cope with the cancer experience.

Cancer Wellness Center
215 Revere Dr., Northbrook
cancerwellness.org

(847) 509-9595

(866) 292-9355 (Toll-free)

(866) 292-9355

The Cancer Wellness Center is a not-for-profit organization that provides various services to cancer survivors and their families. Programs and services available to the cancer community include support groups, networking groups, educational programs, stress reduction programs, exercise programs, individual and group counseling. Please contact the Cancer Wellness Center for a current listing of programs with dates and times.

Gilda's Club Chicago
537 North Wells St., Chicago
gildasclubchicago.org

(312) 464-9900

Gilda's Club offers social, emotional and informational support to men, women and children diagnosed with cancer, as well as support for family members of cancer survivors. Membership is absolutely free.

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NorthShore Integrative Medicine
Park Center-2400 Chestnut Ave., Glenview
northshore.org/integrative

(847) 657-3540

NorthShore Integrative Medicine is healing-oriented and considers the whole person – body, mind and spirit – including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of both conventional and alternative therapies including:

- Integrative Medicine physician consultations
- Oriental Medicine and acupuncture
- Integrative counseling and stress relief strategies
- Integrative Bodywork, including various forms of massage
- Energy work
- Nutrition counseling
- Herbal medicine counseling
- Therapeutic yoga and meditation
- Spirituality counseling

Jennifer S. Fallick Cancer Support Center
2028 Elm Road, Homewood
cancersupportcenter.org

(708) 798-9171

The Jennifer S. Fallick Cancer Support Center is part of the Cancer Health Alliance of Metropolitan Chicago that specializes in resources and guidance for people dealing with cancer. The center provides information, up-to-date resources, educational programs, support group services, individual and group counseling to improve the health and lives of cancer survivors.

Lance Armstrong Foundation
livestrong.org

(866) 235-7205

This organization provides information and support for patients diagnosed with cancer. Online telephone support available. Advocacy for healthcare.

Legacy-Bereavement Support Group
Northbrook
Contact: Thom Dennis

(847) 475-2047

This eight-week program is for adults who have experienced the death of a parent. Please call for dates, times and location.

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Look Good Feel Better**(847) 480-3853****NorthShore's Evanston, Glenbrook, and Highland Park Hospitals****Contact: Medical Social Work Department**

This is a special support group for women actively undergoing cancer treatment that teaches beauty techniques and strategies to combat appearance-related side effects of radiation and chemotherapy. This program is offered in collaboration with the American Cancer Society, CTFA and NCA.

Lung Cancer Discussion Group**(224) 364-7597****NorthShore's Evanston Hospital****Contact: Nan Rothrock, PhD**

This discussion group is a psycho-educational group for lung cancer patients, survivors and their loved ones. Topics vary monthly.

Men's Loss Group**(847) 480-3853****NorthShore's Highland Park Hospital****Contact: Medical Social Work Department**

This monthly support group is for men who have experienced a loss of a partner. Topics will include grief reactions, changing relationships and issues of adjustment.

NorthShore Medical Genetics**MyGenerations****NorthShore's Evanston Hospital and Highland Park Hospital****Wendy Rubinstein, MD, PhD****northshore.org/mygenerations**

MyGenerations is an interactive program designed to document your family cancer history and determine your risk of developing cancer. The program also serves as a guide as to whether you should seek a genetics consultation and consider genetic testing. Information gathered from MyGenerations can be shared with your healthcare providers to help develop an individualized plan for early cancer detection and prevention. To access MyGenerations, go to: northshore.org/mygenerations.

National Cancer Institute**(800) 4-CANCER****cancer.gov**

The NCI, established under the National Cancer Center of 1937, is the Federal Government's principle agency for cancer research and training.

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National Coalition for Cancer Survivorship
canceradvocacy.org

(301) 650-9127
(877) 622-7937 (Toll-free)

To lead and strengthen the survivorship movement, empower survivors and advocates for policy issues that affect their quality of life.

People Living with Cancer
plwc.org

A Web site developed by ASCO (American Society of Clinical Oncology) to provide information on the diagnosis and treatment of cancer, symptom management and survivorship issues, resources and guidance for people dealing with cancer. The Center provides information, up-to-date resources, educational programs, support group services, individual and group counseling to improve the health and lives of cancer survivors.

Road to Recovery
cancer.org/treatment/supportprogramsservices/programs/road-to-recovery

(800) ACS-2345

This American Cancer Society program provides rides for cancer patients who are unable to secure their own transportation to and from treatment.

Stress Management Group
NorthShore's Evanston Hospital

(224) 364-7583

This group teaches meditation and relaxation strategies to cancer patients and caregivers. Participants will also learn how to incorporate these skills into one's lifestyle for stress management.

Wellness House
131 North County Line Rd., Hinsdale
wellnesshouse.org

(630) 323-5150

The Wellness House is part of the Cancer Health Alliance of Metropolitan Chicago that specializes in resources, educational programs, support group services, individual and group counseling to improve the health and lives of cancer survivors.

Wellness Place
1619 West Colonial Parkway, Palatine
wellnessplace.org

(847) 221-2400

The Wellness Place is part of the Cancer Health Alliance of Metropolitan Chicago that specializes in resources and guidance for people dealing with cancer. The Center provides information, up-to-date resources, educational programs, support group services, individual and group counseling to improve the health and lives of cancer survivors.

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Financial Information and Resources

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The Center for Medicare Advocacy, Inc. **medicareadvocacy.org**

(860) 456-7790

The Center for Medicare Advocacy works to increase access to comprehensive Medicare coverage and excellent healthcare for elders and people with disabilities by providing the highest quality analysis, education and advocacy.

Healthinsuranceinfo.net **http://healthinsuranceinfo.net**

A Consumer Guide for Getting and Keeping Health Insurance for each State and the District of Columbia. The guides summarize your protections, but are not a substitute for legal, accounting or other professional advice.

Medicare/Medicaid **medicare.gov**

(800) MEDICARE

This government site provides information for Medicare patients on Medicare billing, Medicaid enrollment, prescription services and long-term care.

National Family Caregivers Association **nfcacares.org**

(800) 896-3650

The National Family Caregivers Association (NFCA) supports, empowers and educates individuals who care for a chronically ill, aged or disabled loved one. NFCA reaches across the boundaries of different diagnoses, different relationships and different life stages to address the common needs and concerns of all family caregivers.

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National Partnership for Women and Families
nationalpartnership.org

(206) 986-2600

This non-profit, non-partisan organization uses public education and advocacy to promote fairness in the workplace, quality healthcare, and policies that help women and men meet the dual demands of work and family.

Patient Advocate Foundation
patientadvocate.org

(800) 532-5274

Patient Advocate Foundation is a national non-profit organization that seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability.

Social Security
socialsecurity.gov

(800) 772-1213

This Web site provides information on how to set up an appointment for disability, SSI, in addition to valuable information on government-sponsored services.

Additional Community Resource Materials

At Kellogg Cancer Center, we have a variety of resource materials to provide you with further information about our services, other cancer services and support groups. Ask your nurse to give you a copy of the following monthly materials:

- Cancer Wellness Center Newsletter
- Information about Kellogg
- Description and details of support groups