For additional resources, please refer to the National and State Breast Health Resources Guide available at

http://wpcms.komen.org/imp/komennwohio/wp-content/uploads/2012/08/National-and-State-Breast-Health-Resources.pdf



3100 W. Central Avenue, Suite 235

Toledo, Ohio 43606

Phone: 419-724- CURE (2873)

1-866-604-CURE (2873)

Fax: 419-724-2874

Website: www.komennwohio.org E-mail: info@komennwohio.org

Being listed in this publication as a resource in no way shows or implies endorsement on the part of the Northwest Ohio Affiliate of Susan G. Komen. If you know of additional resources in the community, please contact the Northwest Ohio Affiliate at 419-724—CURE (2873), 1-877-604-CURE (2873), or via e-mail at info@komennwohio.org (subject line: Resource Guide)

Mammogram Assistance

A Woman First- Region 4 Breast and Cervical Cancer Project

Fulton County Health Department 606 S. Shoop Avenue Wauseon, Ohio 419-335-3907 or 1-800-929-6626

Provides breast and cervical cancer screening, diagnostic testing and case management services at no cost to eligible women in Ohio.

Hospital Council of Northwest Ohio in collaboration with The University of Toledo Medical Center

Funded by the Northwest Ohio Affiliate of Susan G. Komen

3231 Central Park West, Unit 200 Toledo, Ohio 43616 419-842-0800

The purpose of the "YES MAMM!" is to increase awareness and utilization of breast cancer prevention, screening and treatment resources available through nine partner hospitals. Each hospital will facilitate screening events for uninsured/underinsured patients in their service areas and provide screenings as needed during the year for uninsured/underinsured individuals.

Mercy Health Partners

Mammography Assistance Program (MAP) 2600 Navarre Avenue Oregon, Ohio 43616 419-696-5839

The purpose of the "Mammogram Assistance Program (MAP)" is to provide comprehensive breast cancer education, screening mammograms and diagnostic services for low-income, underinsured men and women.

ProMedica Cancer Institute

Funded by the Northwest Ohio Affiliate of Susan G. Komen

5200 Harroun Road Sylvania, Ohio 43560 419-891-5879

The purpose of "CARES (Collaboration, Access, Reduction of barriers, Empowerment, and Screening)" is to ensure access to recommended clinical breast exams, mammogram screenings, and diagnostic testing for breast cancer prevention and early detection for low-income, underinsured men and women.

Toledo- Lucas County CareNet

Funded by the Northwest Ohio Affiliate of Susan G. Komen

3231 Central Park West, Suite 200

Toledo, Ohio

419-842-0800

The purpose of the "Keeping the Komen Promise" program is to reduce barriers to attain/maintain breast health for low income, uninsured CareNet members through education and access to breast health screenings, diagnostics and treatment.

University of Toledo

Funded by the Northwest Ohio Affiliate of Susan G. Komen

2801 W. Bancroft Street

Toledo, Ohio 43606

419-530-4171

The purpose of the "Partners for Health Equality" project is to provide culturally competent breast health education and screening mammograms to underserved men and women with an increased risk of breast cancer.

Lambies Lambograms

ProMedica Breast Care 2121 Hughes Dr Toledo, Ohio 43606 419-291-2217

This program offers mammograms and breast ultrasounds to uninsured or underinsured women in Lucas County.

Breast Health and Cancer Education

Northwest Ohio Affiliate of Susan G. Komen

3100 West Central Avenue, Suite 235

Toledo, Ohio 43606

419-724-CURE (2873)

1-877-604-CURE (2873)

www.komennwohio.org

Provides information and referrals for breast health and breast cancer in Northwest Ohio. Available for health fairs and special events. Current information about breast health and breast cancer events and resources in Northwest Ohio.

American Cancer Society

1-800-227-2345

www.cancer.org

Provides information and resources for cancer.

Updated 02/18/2015

Cancer Connection of Northwest Ohio, Inc.

151 N. Michigan, Suite 200 Toledo, Ohio 43604 419-725-1100

www.cancerconnectionofnorthwestohio.com

Provides referrals to local services, cancer resource center (educational materials, medical equipment and food bank), Hand-In-Hand program, spiritual guidance, housing, and mentoring. All of the services are free.

University of Toledo

Funded by the Northwest Ohio Affiliate of Susan G. Komen

2801 W. Bancroft Street Toledo, Ohio 43606 419-530-4171

The purpose of the "Partners for Health Equality" project is to provide culturally competent breast health education and screening mammograms to underserved men and women with an increased risk of breast cancer.

I Can Cope

The purpose of "I Can Cope" is to learn how to cope with side effects of cancer, get good nutrition during treatment, and other tips in classes for patients and caregivers at cancer.org/onlineclasses.

Breast Cancer Support Groups and Services

African American Women's Cancer Support Group of Northwest Ohio

419-535-3126 (Deborah Roberts)

Fourth Tuesday of each month at 6:00 p.m. Call for location.

Baskets of Care, Inc.

P.O. Box 351868 Toledo, Ohio 43635-1868 419-283-9003

www.basketsofcare.org

Provides individuals with breast cancer essential contact information, educational materials, and comfort-care products, as well as hands-on support throughout their battles.

Breast Cancer Support Group

The Victory Center 5532 W. Central Avenue, Suite B Toledo, Ohio 43615 419-531-7600

www.thevictorycenter.org

Meetings are held on the second and fourth Tuesdays of every month from 6:00 p.m. – 7:30 p.m.

Updated 02/18/2015

Caregivers Program

ProMedica Health System 419-824-8822 or 419-824-1004

Teaches people who care for loved ones with cancer how to cope with lifestyle changes and loss to allow a more positive experience.

CHAMPS (Choosing Hope and Moving Past Sadness)

ProMedica Health System 419-824-1004 or 1-877-291-1441

Three-day summer program for children ages 6-15 who have a loved one with cancer. Program is designed to teach children different ways of coping with changes a cancer diagnosis makes in a family.

Family/Caregiver Support Group

The Victory Center 5532 W. Central Avenue, Suite B Toledo, Ohio 43615 419-531-7600

www.thevictorycenter.org

Meetings are held on the first and third Wednesdays of every month from 6:00 p.m. – 7:30 p.m.

Hospice of Northwest Ohio

Toledo Center: 800 South Detroit Avenue, Toledo, Ohio Perrysburg Center: 30000 East River Road, Perrysburg, Ohio

www.hospicenwo.org

419-661-4001

Bereavement Services and Support Groups: Grief 101, Coping with Any Loss, Mid-Life Spousal or Partner Loss, Supportive Spouses and Men in Grief.

Look Good Feel Better Program- American Cancer Society

www.lookgoodfeelbetter.org

1-800-227-2345 or 1-800-395-LOOK (5665)

The program helps women combat the appearance-related effects of radiation and chemotherapy. Program is held at Mercy St. Anne Hospital, St. Charles, St. Luke's, Flower Hospital Hickman Cancer Center, and University of Toledo Medical Center. Please call for dates offered.

Olivet Lutheran Church- Breast Cancer Support

5840 Monroe Street Sylvania, Ohio 43560 419-472-6156 (Robin Gueli)

Breast cancer support. Third Tuesday of each month at 7:00 p.m.

Reach to Recovery- American Cancer Society

1-800-227-2345

Provides information and support to anyone facing breast cancer through one-on-one contact with American Cancer Society volunteers.

The Next Step

ProMedica Health System 419-824-1004 or 1-877-291-1441

One-day program designed to offer support to children ages 7-18 with a loved one who has been diagnosed with cancer.

Touch My Hand – Breast Cancer Support Group

YWCA

1018 Jefferson Avenue
Toledo, Ohio 43604
Every other Thursday at 5:30r

Every other Thursday at 5:30pm.

Cancer Survivors Network – American Cancer Society

Created by and for cancer survivors and their families, this "virtual" community is a welcoming, safe place for people to find hope and inspiration from others who have been there.

Available online at: cancer.org.

What Next- American Cancer Society

A free online support network that helps cancer patients, survivors, and caregivers gain firsthand insight into living with cancer and connect with others facing a similar diagnosis.

For more information, visit acswhatnext.com

Bright Pink

www.brightpink.org

Online resource and peer support for young women with hereditary breast and ovarian cancer

FORCE

www.facingourrisk.org

Online resource and peer support for women and families with hereditary breast and ovarian cancer.

Financial and Medical Assistance

Contact the hospital providing treatment services and inquire about a Financial Assistance Program.

Northwest Ohio Affiliate of Susan G. Komen

3100 West Central Avenue, Suite 235 Toledo, Ohio 43606 419-724- CURE (2873) 1-877-604-CURE (2873)

www.komennwohio.org

Assist women and men with breast health concerns, breast cancer survivors and co-survivors in finding resources to meet their needs before, during and after a breast cancer diagnosis.

Area Office on Aging of Northwestern Ohio

2155 Arlington Avenue Toledo , Ohio 43609 (419)382-0624

Offers referrals to providers of home health care for seniors in Northwestern Ohio.

American Cancer Society

1-800-227-2345

www.cancer.org

Provides information and resources for cancer.

Nightingales Harvest

St. James Lutheran Church 4737 Sylvania Avenue Toledo, Ohio 43623 419-725-1190 or 419-779-2961

Provides food for cancer patients and their families during treatment and up to 3-months after treatment.

Toledo-Lucas County CareNet

3231 Central Park West, #200 Toledo, Ohio 43617 211 or 419-842-0800

www.toledocarenet.org

Coordinating healthcare services for Lucas County residents with household incomes up to 200% of the federal poverty guidelines and who do not have health insurance or who do not qualify for public health care programs.

YWCA of Northwest Ohio

1018 Jefferson St Toledo, Ohio 43604 (419)241-3235

Provide linkage to no-cost / low-cost mammograms and clinical breast exams for women who qualify. Also provides transportation to and from medical appointments as long as it is in support of patients' breast health treatment.

Prosthesis, Mastectomy, Wigs and Other Items

Alexia's Boutique

1941 West Sylvania Ave Toledo, Ohio 43613 (419) 472-8013

Provides wigs and turbans for men, women, and children. Privacy booths available for fittings; Cleaning and styling services; Trim / cutting free with purchase.

Apollo Cirrus Hair Center

4045 Monroe Street Toledo, Ohio 43606 (419) 473-2589

Wigs, turbans, and prosthetic devices for men, women, and children. Hospital or office evaluation, by appointment only. Provides walk-in service for oncology patients, with no appointment necessary. Will provide a discount for cancer patients referred by The American Cancer Society

Charming Wigs

531 E Manhattan Blvd Toledo, Ohio 43608 (419) 729-0891

Charming Wigs is a neighborhood boutique that has served customers in the Greater Toledo Area since 1984. Catering to a very diverse clientele, the boutique carries a wide selection of wigs, hair pieces, extensions, fashion accessories, and other hair-related products. Discounts are provided for seniors and clients with certain medical conditions, including cancer patients currently in treatment.

Man's World - Hair Port

1955 Reynolds Rd Ste 3 Toledo, Ohio 43614 (419) 381-9701

Provides wigs and hair integration systems for men, women, and children. Will make home visits, if necessary.

That Special Woman

2461 N. Reynolds Road Toledo, Ohio 43615 419-536-6206

Carry breast forms/prosthetics, post-mastectomy products, bras (32AA – 56N), wigs, prosthetic swimwear, swim forms, and breast cancer gift items. Certified fitters. Merchandise in-stock. Insurance accepted. No one is ever turned away.

The Boutique of Wigs and Hairpieces

2722 W Sylvania Ave Toledo, Ohio 43613 (419)475-8734

Complete service salon including wig repair, styling, cleaning & alterations. By appointment please.

Wig Bank- American Cancer Society

The Victory Center 5532 W. Central Avenue, Suite B Toledo, Ohio 43615 419-531-7600

Wigs are available only during open Wig Bank hours: Second Wednesday of each month from 10:00 a.m. - 12:00 p.m. and the Second Saturday of each month from 10:00 a.m. - 12:00 p.m.

Wright and Flippis

4505 Monroe Street Ste C Toledo , Ohio 43613 (419)479-3020

Providers of breast prostheses and other products for women who have had breast surgery. Also carries bras.

Renee's Survivor Shop

Renee Schick, CMF
University of Toledo Medical Center
Dana Cancer Center Administration
UTMC Survivor Shop Mgr.
Mail Stop 1197
3000 Arlington Ave.
Toledo, OH 43614
419-383-5243

renee.schick@utoledo.edu

Renee's specializes in providing quality cancer gifts and cancer items for survivors of all cancers, especially those individuals recovering from breast cancer. Renee's specializes in the fitting of breast forms, and wigs. Open Monday through Friday from 9 a.m. to 4 p.m. Private evening appointments are available upon request

Breast Cancer Genetics and Genetic Counseling Breast Cancer Genetics and Genetic

Flower Hospital

Kelly Morse, MS, LCGC
Licensed Certified Genetic Counselor
ProMedica Hickman Cancer Center
419-824-5595 – Office
419-824-1743 – Fax
Kelly.morse@promedica.org

Mercy St. Anne's Cancer Center

Deb Ross, BSN/RN, OCN
Genetics Nurse
419-407-1187 – Office
419-407-3844 – Fax
Deb ross@mercy.com

Dana Cancer Center

Oncology Genetic Services 3000 Arlington Avenue, MS 1189 Toledo, Ohio 43614 419-383-6644 – Office 419-383-3372 – Fax Colette.gaba@utoledo.edu

Other Services

Ahava Ministries

Ahava Spa and Wellness Center 34 S. St. Clair Street Toledo, Ohio 43604 1-800-699-2579

www.ahavaministries.com

Provides free relaxation and beauty treatments for cancer survivors currently in treatment.

Cancer Care Advocates/Hypnotherapy of NW Ohio

134 W. South Boundary, Suite NN Perrysburg, Ohio 43551 419-356-3563

www.toledohypnosis.net

Provides spiritual and emotional support and hypnotherapy.

Updated 02/18/2015

Five Wellness, LLC

Dee Appt- Owner and Cancer Survivor

419-215-3996

Build your health during treatment and recovery: natural therapy, stress reduction, more energy, improve immunity and improve sleep.

Healing Care Complementary Care Programs

ProMedica Cancer Institute

419-824-5516

The programs are designed to support the patient as a whole (mind, body and soul) throughout their cancer treatment and healing process.

Healthy Steps-Lebed Method

www.gohealthysteps.com

419-654-7909 (Lori Brandt, C.L.M.)

Or (419) 887-1341 brandtfamily@bex.net

Therapeutic, medically-based exercise program designed for breast cancer survivors. Benefits of the program include increased range of motion, reduction of pain, stimulation of lymphatic system, reduction and/or deterrence of lymphedema, increased energy, reduced depression, weight stabilization and promotion of self-image. Locations: The Victory Center, Mercy St. Anne Hospital and Sunforest Court.

Hospice of Northwest Ohio

Toledo Center: 800 South Detroit Avenue, Toledo, Ohio Perrysburg Center: 30000 East River Road, Perrysburg, Ohio

www.hospicenwo.org

419-661-4001

Caring for the Caregiver Workshops offering caregivers the information they need to confidently provide hands-on, physical care for their loved ones.

Janet Phleger Foundation

P.O. Box 26 Dundee, Michigan 48131 419-410-8240

www.janetphlegerfoundation.com

The foundation provides college scholarships to Lucas County graduating seniors that have had a parent and/or legal guardian that have been diagnosed with cancer.

Mercy Cancer Centers

419-407-1168

1-888-987-MERCY (6372)

www.mercyweb.org

Provides massage, comfort touch, guided imagery, partner/caregiver massage, yoga, nutrition, meditation, tai chi, journaling, healing circle and labyrinth walk.

Oncology Care Speciliasts, LLC

419-450-4940

www.oncologycarespecialistsllc.com

Offers services to those diagnosed with cancer: currently in treatment as well as those on the road to recovery and wholeness. Provide team-based health services such as message, yoga, guided imagery and meditation via One-on-One services, Support Groups, Classes, and Special Workshops.

ProMedica Cancer Institute

419-824-5516

1-877-291-1441

www.promedica.org

Salon Soto

580 Craig Drive, Suite 6 Perrysburg, Ohio 43551 419-872-5555

www.salonsoto.net

Provides two free services for cancer survivors currently in treatment: wig trim, haircut, manicure, minipedicure, express facial or makeover, or 30 minute massage.

Serenity Health and Wellness

Audrey Stone 1685 Lance Pointe Drive Maumee, Ohio 43537 419-891-2181

www.serenityhealthmaumee.com

Integrative Medicine: Bio-Sound Wave Therapy

Keys of Hope- American Cancer Society

Free or reduced rate lodging available across for cancer patients needing to travel for treatment, in partnership with Extended Stay America. Locations in Maumee or Holland, Ohio & across US. Call 1-800-227-2345 anytime, or visit <u>cancer.org</u> for more information.

[&]quot;Healing Care" programs including Nia, yoga, art expression, aromatherapy, and movement classes.

The Victory Center

Funded by the Northwest Ohio Affiliate of Susan G. Komen 5532 W. Central Avenue, Suite B Toledo, Ohio 43615 419-531-7600

www.thevictorycenter.org

The purpose of "Discovering Inner Strength: Support Services for Breast Cancer Survivors" is that breast cancer patients/survivors will experience a higher level of coping with their diagnosis through participation in **free**, safe and effective complementary therapies (i.e. massage, reflexology, reiki, healing touch, mediation, facials, counseling, yoga and Healthy Steps).

Road to Recovery- American Cancer Society

Trained volunteer drivers offer transportation to and from treatment. Please call with at least 5 business days' notice.

Call 800-227-2345 for current listing of area counties offering rides.