



*Resource Guide*

Welcome to My Hope Bag!

Thank you for allowing us to be a part of your journey. This is not a fun time in your life, I understand. When I was faced with my own breast cancer journey, I kept telling my husband that “they” need to give women bags of hope when they find out they have breast cancer. I just wasn’t seeing it whenever I had a doctor appointment or went to a treatment.

When I completed my radiation, my family encouraged me to get this project going. It is ever-evolving, but the biggest part of our organization is getting to know YOU. In the bag are items of comfort for you, as well as resources, but it also allows us to get to know you. We want you know you are not alone through this journey.

When we meet in-person or talk via email, we will discuss any needs you may have. We want you to know we are here for you. Whether it be just to talk, or help you find a resource, or put you in touch with someone who has experienced what you are going through, we are here. If you haven’t already, please visit us at [www.myhopebag.org](http://www.myhopebag.org). There are items on our web page that may be of interest to you. We look forward to keeping in touch with you.

Most Sincerely,

Sarah Ellery  
Breast Cancer Survivor  
CEO/Founder of My Hope Bag

P.S. I’d love to hear from you!  
Feel free to email me anytime at:  
[Sarah@MyHopeBag.org](mailto:Sarah@MyHopeBag.org)



## Frequently Ask Questions

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When it comes to your cancer battle, there are areas you might not know that can help you get through this easier. Below are suggestions only, it is best to consult with your doctor first when it comes to any supplements, vitamins, THC, or medications:

### **When is the best time to get a Second Opinion and will it be covered by my insurance?**

A second opinion should be sought when you feel there might be further options for you that your doctor isn't doing or feel you want to make sure to cover all your bases. Yes, most insurances cover a second or more opinion but please confirm with the insurance before proceeding.

### **What should I do during my doctor appointments?**

When visiting your doctors, it is a good idea to have someone go with you to help with remembering the information. If you can't take someone with you, maybe have someone on speaker phone to be a part of the visit. Taking a notepad with you to write questions and answers down is very helpful.

### **What should I take with me to my Chemotherapy Infusion session?**

- Bottled Water
- Blanket - if they don't provide one or some people like their own special one.
- Headphones
- Snack or lunch - if a long session
- Entertainment (phone games, books, etc.)
- Phone charging cord
- Socks and Sweater - in case the room gets cold
- Companion - if allowed
- Hat or Beanie - to keep your head warm
- Lip balm
- Kleenex
- Ginger candy - for nausea

### **I was told Hydration is really important during treatment so as not to get dehydrated, any suggestions?**

- Coconut Water (caution: too much could cause diarrhea)
- IV fluids either in the doctor's office or remote service (recommend a few days after treatment)
- Alkaline and Electrolyte water is better on the system then normal water (suggestions: Core, Essentia, Smart Water)
- Nuun electrolyte tablets help with hydration, add per the instructions to your water
- Pedialyte popsicles

### **I have been told my chemotherapy might cause Hand and Foot Syndrome. What are the best remedies to help with the issue?**

- Keep your hands and feet clean
- Wear socks to bed if you are comfortable with this or just around the house
- After washing your hands and feet make sure to always apply some kind of lotion, cream or moisturizer. Here are some recommendations:
  - ❖ O'Keefe Skin Repair Body Lotion
  - ❖ Cerva Cream
  - ❖ Derma Vitality Hand Foot Calming Cream
- Supplement B6 or P5P (make sure to consult your doctor first for interactions with treatment)

### **Can I take Vitamins and Supplements while in treatment?**

- The recommendation is to consult an Integrative Oncologist, which should be available at your cancer center before starting any type of vitamin or supplement to make sure there isn't any interaction with treatment. They can be beneficial towards your health during treatment.

### **Can I use THC/CBD during treatment?**

- It is recommended to consult with a cannabis nurse/doctor or an integrative oncologist before using. Dosage matters and some cancer/chemotherapy treatments can have an interaction with THC/CBD.

### **Is it a good idea to have a medical alert bracelet?**

- Yes, this way in case of an emergency the paramedics now key information about your cancer and allergies. It is also a good idea to carry a current medications list and chemotherapy list in your glove compartment of your car in case of emergency or on your phone.

### **Where can I store information on my phone to ensure it will be found by medical personnel?**

- Create a contact on your phone named ICE (in case of emergency). Medical personal is familiar with the acronym and will look for an ICE contact to learn your relevant information.

### **Where can I find support groups or should I get a counselor?**

- Support groups or counseling can be very beneficial during your cancer battle. People that are going through this or have gone through this can be helpful. It may be easier to discuss your cancer issues with them since they have or are going through the same thing. Counselors are great to have one on one visits to help you express your feelings, fears, and stress. They can give you suggestions on how to handle this better.
- Ironwood Cancer Center provides support groups that anyone can attend, not just patients. Send an email to [Jessica.wells@ironwoodcrc.com](mailto:Jessica.wells@ironwoodcrc.com) for further information.
- Facebook has many options for support groups based on the type of breast cancer you have. You can find these by doing a search.
- Sign up for BezyBC.com (online or download free app). It is a valuable resource of women in all stages of breast cancer with forums focused on many different topics such as treatment and side effects, young and diagnosed, breast reconstruction, newly diagnosed, and many more.

### **I just had surgery and the doctor took out lymph nodes and now my arm isn't working right and is swelling. It looks like I might have lymphedema. Now what should I do?**

- Make sure to consult with your oncologist or surgeon and look for a lymphatic doctor (verify through your insurance for providers) You might also benefit from physical therapy.
- On the Mend Physical Therapy in the East Valley is a great place that specializes in lymphedema (confirm with your insurance if they are a covered provider).
- You might be prescribed a compression sleeve or compression glove through the specialist or a suit/pneumatic pump. (Arizona Vascular Medical Equipment is a great resource.)
- The Boutique of Hope located in the Banner MD Anderson Cancer Center in Gilbert can also fit you with a sleeve.

### **I just had a Mastectomy. What items should I have on hand to help me?**

- Apron for drains; tank top with pockets for drains, and lanyard to clip drains to while in the shower
- Compression wrap
- Pillow for the seat belt (which My Hope Bag can provide)
- Stay on top of the pain before it starts or gets out of control

- Sleep at a 45-degree angle, using a wedge, pillows, or comforter to prop yourself up, unless your doctor recommends a different position
- For concerns or questions about your current condition, don't hesitate to call your doctor. Avoid asking others questions, it is important to discuss your health issues with a doctor.
- Button-up tops
- Water bottle with straw to drink while partially reclined
- Thin maxi-pads to adhere to inside of surgical breast for post surgical drips and oozes

### **Can I still get Pedicures / Manicures during chemotherapy treatment?**

- Confirm with your doctor before proceeding due to chances of infection when your blood counts are low during treatment. Most doctors say this isn't allowed.
- Another reason some doctors don't want you to have a mani or pedi is your doctor monitors blood circulation through examining your nails.

### **Do I need to watch what I eat when going out to a restaurant?**

- Confirm with your oncologist or integrative oncologist about foods you should avoid.
- If your blood count is low, it can be risky to eat salads or fruit or grapefruit. Raw meats like hamburger / steaks; cold cuts and hotdogs, can cause bacteria and should be avoided.
- My Hope Bag can provide you with an outstanding Nutritional Guide for cancer patients.

### **Can people send me Flowers?**

- Be cautious in this area if your blood count is low while in treatment, confirm with your doctor if this is ok. There are spores in the water and flowers that carry bacteria which can cause health issues.

### **I am wondering if changing my diet will help battle the cancer; should I consult a Nutritionist?**

- Your cancer center should offer this service and it is highly recommended to at least do an initial consultation.

### **How can a Cancer Center Social Worker / Nurse Navigator help me?**

- A consultation is recommended when you first start your cancer battle, so you can find out what resources they can help you with.
- These individuals should be able to assist with FMLA and Social Security Disability paperwork.

### **How did you handle your hair when you found out it was going to fall out due to Chemotherapy?**

- Some people use the Cold cap method, talk with your oncologist about this method
- If you have long hair (you can donate to lox of love or use it to create a wig) we suggest cutting it a few weeks before starting treatment. Getting used to a short style can make the hair loss a little easier (especially through the itching and pain).
- When it starts falling out and you are ready to cut it completely off don't shave. We recommend a buzz cut.

### **I am getting hot flashes. What helps to relieve this?**

- Peppermint Essential Oil (put a drop on the back of your neck)

### **I can't relax and feel stressed. Any suggestions?**

- Yoga
- 15 minutes of Meditation
- 15 minutes of quiet in the nice warm sun



**I am starting to get mouth sores and they hurt. What can I do to relieve the pain and burn?**

- Biotene Mouthwash
- Magic mouthwash, which is a prescription from MD Anderson
- Sensodyne toothpaste

**What Resource Books are there that might help my battle go easier?**

- What to eat during cancer treatment?
- Praying through cancer (different stories, versus)
- Amazon has a large list of great reads for any cancer journey.
- *The Cancer Effect* by Claudia Bretzing
- *Help! I'm a Science Project* by Lana Gates
- *Hi, I'm Chuck* by Chuck Keels
- *Faith Life Skin* by Hannah Dekker Keels
- *100 Q&A About Breast Cancer* by Zora K. Brown

## FINANCIAL ASSISTANCE

### **21st Century Care | [21stcenturycare.org](http://21stcenturycare.org) | 888-850-1622 or 239-936-3756**

Provide financial assistance to cancer patients and individuals in need of cancer screening. Must have a social security number, be a legal resident of the United States and living or receiving treatment in the geographic areas noted on the website and a diagnosis of cancer must be within 6 months of the date of the application. There is a \$400 maximum limit per patient, per year.

## A

### **American Breast Cancer Foundation | [abcf.org](http://abcf.org) | 410-730-5105**

The American Breast Cancer Foundation provides direct financial assistance to women and men of all ages for breast cancer screening and diagnostic tests through their Community Partnership Program, and the Community Advocacy Program.

### **American Cancer Society | [cancer.org/cancer/breast-cancer.html](http://cancer.org/cancer/breast-cancer.html) | 800-227-2345**

The American Cancer Society website is a great place to spend a couple hours navigating around. ACS offers support groups, information, financial resources, and information pertaining to different types of cancer and ways to manage life with cancer. ACS offers emergency financial assistance via phone call to discuss options.

### **Arizona Assistance in Healthcare, Inc. | [goodyear.aih.org](http://goodyear.aih.org) | 623-207-3009**

The purpose of this organization is to provide assistance for cancer patients and their families during financial hardship. Primary services include financial assistance for non-medical expenses such as rent, utilities, and transportation.

### **Arizona Cash Assistance | [www.healtharizonaplus.gov](http://www.healtharizonaplus.gov) | 855-432-7587**

The Cash Assistance program will provide temporary cash grants and benefits, as well as other supportive services, to families in Arizona who need the most aid. The program will assist families with meeting basic needs for well-being and safety and it will help serve as a bridge back to self-sufficiency.

### **Arizona Department of Economic Security - Short Term Crisis Assistance (Utilities) | [azdes.gov](http://azdes.gov)**

The Division contracts with Community agencies to administer Short Term Crisis Services (STCS) and temporary assistance to low-income families experiencing an emergency need.

### **Arizona Property Tax Exemption | [azdor.gov/businesses-arizona/propertytax.com](http://azdor.gov/businesses-arizona/propertytax.com) | 602-716-2367**

Arizona offers residents the ability to file for tax exemption based on disability status.

### **Arizona State Health Consumer Assistance Services and State Department of Insurance | [insurance.az.gov](http://insurance.az.gov) | 602-364-2499**

ASHCAS helps with understanding medical bills and whether to purchase additional health insurance. Offers information on insurance laws, rights, and companies.

**B**

**Blue Hope Financial Assistance | <https://www.ccalliance.org/patient-family-support/financial-assistance-programs> | 877-422-2030**

Through Colon Cancer Alliance, costs may be covered for a screening test or they may provide a \$300 one-time financial stipend to help cover screening and treatment related expenses.

**C**

**CancerCare | [cancer.org/financial\\_assistance](https://cancer.org/financial_assistance) | 800-813-4673**

Offers limited financial assistance for cancer-related costs such as transportation and child care. Must have a diagnosis of cancer confirmed by an oncology health care provider and be in active treatment. Must meet eligibility guidelines of 250% of the Federal Poverty Limit.

**Cancer Recovery Foundation of America | [cancerrecovery.org](https://cancerrecovery.org) | 717-545-7600**

Through the Pink Diamond Fund, women diagnosed with Breast cancer, Cervical cancer, Endometrial cancer, Ovarian cancer, Uterine cancer, are helped with a myriad of non-medical expenses associated with cancer.

**Cancer Financial Assistance Coalition | [cancerfac.org](https://cancerfac.org)**

Help patients with cancer experience improved health and well-being by limiting their financial challenges. Patients can search for assistance from organization as that provide financial and practical assistance, as well as view practical tips on how to take control of their finances and find help in their community.

**CancerCare Co-Payment Assistance Foundation | [cancer.org/copayfoundation](https://cancer.org/copayfoundation) | 866-552-6729**

Provides free, professional support services to anyone affected by cancer. Assists patients with copayments for their prescribed treatments. Patients can receive same-day approval over the phone or online.

**F**

**Family Reach Financial Treatment Program | [familyreach.org](https://familyreach.org)**

Nonprofit dedicated to removing the financial barriers that often accompany a cancer diagnosis. Offers financial support services to individuals with a cancer diagnosis who are receiving active treatment or have completed treatment within 1 year. Qualified individuals will be assigned a Resource Navigator, who can determine the most appropriate services, create a customized financial road map, and serve as their primary point of contact. Services include: Financial education, planning, and financial assistance for everyday nonmedical living expenses.

**The Social Care Network | [findhelp.org](https://findhelp.org)**

Connects individuals with local nonprofits offering help and verified social services. Provides free access to individuals to search the network for such services as: food assistance; assistance with paying bills; free or reduced cost programs; and programs for the coronavirus pandemic.



## H

**HealthWell Foundation | [healthwellfoundation.org](https://healthwellfoundation.org)**

Nonprofit that provides financial assistance to adults and children to help with prescription copays, health insurance premiums, deductibles, and coinsurance; travel costs; select out-of-pocket healthcare expenses.

**Help Now Fund | [rentassistance.org](https://rentassistance.org)**

Provides one-time emergency financial assistance for rent and utility bills. Application for financial assistance is found on website. Provides up to \$500.

## J

**John F. Long Family Services | [rentassistance.us/li/az\\_john\\_f\\_long\\_family\\_services](https://rentassistance.us/li/az_john_f_long_family_services) | 602-534-2433**

The Human Services Department offers a variety of social services to low-income households, experiencing crisis.

John F. Long Family Services provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and senior services centers.

## L

**Lazarex Cancer Foundation | [lazarex.org](https://lazarex.org) | 877-866-9523**

Nonprofit that focuses on improving the outcomes of cancer care, offering hope, dignity, and life to patients with advanced-stage cancer and the medically underserved. Program provides patients and their care partners with access to clinical trial options. Assistance with costs associated with FDA clinical trial participation, including transportation, lodging, and medical expenses not covered by insurance.

## P

**Patient Advocate Foundation, Co-Pay Relief | [www.copays.org](https://www.copays.org) | 866-512-3861**

Patient Advocate Foundation's Co-Pay Relief program exists to help reduce the financial distress patients, and their families face when paying for treatment. We believe that no patient should go without life changing medications because they cannot afford them. We are here to help.

**Patient Access Network Foundation | [panfoundation.org/index.php/en/](https://panfoundation.org/index.php/en/) | 866-316-PANF (7263)**

To help underinsured people with life-threatening, chronic and rare diseases get the medications and treatment they need by paying for their out-of-pocket costs and advocating for improved access and affordability.

**Patient Advocate Foundation: Case Management Services and MedCareLines | [patientadvocate.org/connect-with-services/case-management-services-and-medcarelines](https://patientadvocate.org/connect-with-services/case-management-services-and-medcarelines) | 800-532-5274**

One-on-one assistance with a professional case manager to help qualified patients, their families, and their care partners resolve financial job-related, and healthcare access issues that may be the result of a patient's chronic, debilitating, or life-threatening diagnosis. To qualify, a patient must be receiving active treatment, have received treatment within the past 6 months, or will be receiving treatment in the next 60 days. Program provides; access to care; cost of care; cost of living expenses; safety net program support and employment-related issues.

**Patient Advocate Foundation: Co-Pay Relief Program | [patientadvocate.org](https://patientadvocate.org) | 866-512-3861**

Program provides direct financial assistance to qualified patients for copayments, coinsurance, or deductibles associated with prescription drugs. Assistance with insurance premiums and ancillary services associated with a disease may also be available.

**Patient Services Incorporated | [patientservicesinc.org](https://patientservicesinc.org) | 800-366-7741**

Nonprofit patient assistance organization that provides financial support and guidance for qualified patients with chronic, rare diseases. Assistance with insurance premiums, copayments, infusion and nursing services, and travel costs.

## S

**Sisters Network, Inc | [sistersnetworking.org/programs.html](https://sistersnetworking.org/programs.html) | 866-781-1808**

The Breast Cancer Assistance program provided by this national African American breast cancer survivorship organization provides financial assistance for expenses including utility bills, rent, medical bills, and mortgage. Patients must provide a copy of 1 outstanding bill to be eligible.

**Social Security Administration | [ssa.gov](https://ssa.gov) | 800-772-1213**

**Sam Fund | [thesamfund.org](https://thesamfund.org) | 617-938-3484**

Provides financial assistance to young adults (ages 21-39) as they regain momentum in their lives after cancer.

## T

**The Breast Cancer Charities of America | 936-231-8460**

Through this organization's Help Now Fund, patients in active treatment for breast cancer who have not been funded in the past 12 months and who can provide documentation of past due rent and /or utility bills may qualify for on-time emergency financial assistance. The maximum amount of assistance is \$500 per approved applicant and can only be used for rent, electric, water, or gas bills.

**The Pink Fund | [pinkfund.org](https://pinkfund.org) | 877-234-7465**

Have to show reduction of income after diagnosis, helps with bills like rent, utilities, health insurance premiums, car payments, car insurance, for up to 90 days. Can't be on disability. If a survivor, need a doctor's note with return-to-work date.

### **Triple Step Toward the Cure | [triplestepowardthecure.org](http://triplestepowardthecure.org) | 424-258-0313, 510-562-1889**

Provides both general and financial support through its Community Resource Program for women diagnosed with triple negative breast cancer and their families. If diagnosed with triple negative breast cancer and would like to apply for general support and/or financial support programs, please download and fill out the Application and Physician Verification form.

### **The TuTu Project | [thetutuproject.com/cheer-friend-breast-cancer/](http://thetutuproject.com/cheer-friend-breast-cancer/) | 201-785-7974**

Non-profit raising funds to help others in need of financial support as they manage their breast cancer diagnosis.

## U

### **United Breast Cancer Foundation | [ubcf.org/programsapplication-index](http://ubcf.org/programsapplication-index) | 877-822-4287**

For patients who are currently being treated for breast cancer or are within 3 to 5 years of remission, this foundation offers an individual grant (for medical, insurance, living expenses, travel expenses), Holistic Care Individual Grant (for diet and nutritional services, as well as mind-body, therapies and treatments), and Breast Reconstruction Grant (for breast reconstructive surgery). All eligible applicants will receive assistance. To be eligible, patients must have a household income of less than 2.5 times the federal poverty level and are required to make a "Pay It Forward Contribution" either \$25 or \$50 (depending on the grant).

### **Utility Discount Program | [des.az.gov](http://des.az.gov)**

Offers assistance with telephone bills for those who qualify.

## FREE SERVICES / ITEMS

## B

### **Breast Cancer? But Doctor I Hate Pink | [butdoctorihatepink.com/2010/02/free-stuff.html](http://butdoctorihatepink.com/2010/02/free-stuff.html)**

There are many companies that generously offer free services to breast patients. The items offered range from headwear to makeup to classes to gas cards to informational booklets. She has compiled a list for you so you can get your very own freebies.

### **Breast Cancer Freebies | [breastcancerfreebies.com](http://breastcancerfreebies.com)**

Cancer is an expensive illness. Once you are diagnosed, not only are there worries regarding health, but also about how to pay for the costs associated with surgery, treatment, medications, copays and more. Thankfully, there are wonderful people and organizations whose mission it is to make the journey a little easier with FREE wigs, hats, make-up, transportation and many other wonderful things.

### **The Breasties | [thebreasties.org](http://thebreasties.org)**

To empower those affected by breast and reproductive cancers by igniting strength and positive through connections, free retreats, wellness activities, event, and an all-inclusive resourceful online community. The hope is to spread the message through whatever you are going through, you are not alone. The breasties is unlike other organizations, as it is for everyone - survivors, previvors, warriors, thrivers, carevivors, and supporters. This organization believes in the power of community, collaboration, and inclusivity, because we are stronger together.

## C

### **Cake (End-of-life Planning) | [joincake.com/blog/free-stuff-for-cancer-patients/](http://joincake.com/blog/free-stuff-for-cancer-patients/)**

End-of-life planning is actually all about honoring life. We chose "Cake" in the spirit of celebrating life milestones, and to highlight that planning is a gift to yourself and to your loved ones.

### **Cancer Care News | [cancercarenews.com/ccn-blog/breast-cancer-freebies/](http://cancercarenews.com/ccn-blog/breast-cancer-freebies/)**

At Cancer Care News, we list hundreds of national programs that offer free services and products to cancer patients and families. Most of the programs are not cancer specific but rather are designed to help everyone regardless of the specific cancer diagnosis.

### **Cha Ching Queen | [chachingqueen.com/discounts-and-free-stuff-for-cancer-patients/#lookgood](http://chachingqueen.com/discounts-and-free-stuff-for-cancer-patients/#lookgood)**

Cancer is expensive! In order to help fellow cancer patients, we searched for discounts for cancer patients, free stuff for breast cancer patients, and other resources. In this post, you'll find the best 15 freebies for breast cancer patients and survivors.

### **Check for a Lump | [www.checkforalump.org](http://www.checkforalump.org)**

The Check for a Lump! mission is to make a difference in the fight against breast cancer through education, prevention, and direct assistance with free wigs and mammograms.

### **Cleaning For A Reason | [cleaningforareason.org](http://cleaningforareason.org) | 877-337-3348**

Cleaning For a Reason is a nonprofit organization that serves all the United States and Canada. Their mission is to give the gift of free house cleaning to women undergoing treatment for any type of cancer. Their goal is to let these brave and strong women focus on their health and treatment while they focus on cleaning their homes.

## F

### **Freebie Depot | [freebie-depot.com/free-breast-cancer-awareness-stuff/](http://freebie-depot.com/free-breast-cancer-awareness-stuff/)**

Free stuff for breast cancer survivors and patients.

## H

### **Happily Ever After League | [happilyeverafterleague.org](http://happilyeverafterleague.org) | 480-275-0613**

Assistance for mothers in active cancer treatment from any type of cancer regardless of being single or married. Mom must have at least one dependent child living at home to receive support from HEAL. Once application is accepted, Mom is sent an American Express gift card to be used for any need.

### **Hope Kits, National Breast Cancer Foundation | [nationalbreastcancer.org/breast-cancer-support/hope-kit](http://nationalbreastcancer.org/breast-cancer-support/hope-kit)**

HOPE Kits are filled with thoughtful items that patients have told us are comforting and encouraging while undergoing breast cancer treatment.

## K

### **KC Ostomy Association | [kcostomy.org](http://kcostomy.org) | 913-588-8004**

Offers free or discounted ostomy supplies to uninsured patients.

## L

### **Little Pink Houses of Hope | [littlepink.org](http://littlepink.org) | 336-213-4733**

Provides free week-long vacations for breast cancer patients and their families. To apply for vacation, visit website to submit an application.

### **Look Good...Feel Better | [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org) | 800-395-5665**

Non-medical, national public service program to help women offset appearance-related changes from cancer treatment. It offers a free program that helps improve self-image, appearance, and quality-of-life in people undergoing cancer treatment.

## O

### **Ovid | [blog.ovidlife.com/free-stuff-for-cancer-patients/](http://blog.ovidlife.com/free-stuff-for-cancer-patients/)**

They educate consumers about the value of their life insurance for free. Whether you call them goodies, items, swag, or just stuff, the opportunities to receive free things are numerous when you are a cancer patient. The availability of free items might vary depending on the type of cancer you have been diagnosed with, but by and large, the most-free items seem to be for patients with breast cancer.

## P

### **Partnership for Prescription Assistance | [pparx.org](http://pparx.org) | 888-477-2669**

The Partnership for Prescription Assistance®(PPA), a nationwide effort sponsored by America's biopharmaceutical research companies, has helped more than 10 million uninsured and underinsured Americans get information about programs that provide prescription medicines for free or nearly free. PPA provides a single point of access to more than 475 patient assistance programs, including nearly 200 offered by pharmaceutical companies.

## Q

### **Q Link Wireless | [qlinkwireless.com](http://qlinkwireless.com) | 855-754-6543**

Offers a free cell phone and 250 minutes every month. Submit a copy of any dated document, which verifies your participation in one of the qualifying programs (e.g., Medicaid number, food stamps, etc.)

### R

**Reba's Vision | [rebasvision.com](http://rebasvision.com) | [cruelgirls1961@yahoo.com](mailto:cruelgirls1961@yahoo.com) | 623-734-0507**

In partnership with Banner Lakes Imaging, all of the proceeds raised are utilized to assist women without insurance in receiving a 3D mammogram. Reba also makes and presents "Baskets of Hope" to women who have been diagnosed with cancer. They receive and distribute shipments of hats for women and children to use while in treatment for cancer and so much more.

**Rx Assist | [rxassist.org](http://rxassist.org) | [info@rxassist.org](mailto:info@rxassist.org)**

Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need, all in one place.

### S

**Safelink Wireless | [safelinkwireless.com](http://safelinkwireless.com) | 800-723-3546**

Offers a free cell phone and 250 minutes every month. Submit a copy of any dated documents, which verifies your participation in one of the qualifying programs (e.g., Medicaid number, food stamps, etc.)

**Saint Peregrine Cancer Shrine | [cancershrine.com](http://cancershrine.com) | 480-844-4478**

Cancer resource center/loan closet offers free wigs, treatment supplies, medical equipment, and resources.

### T

**The Pink Daisy Project | [pinkdaisyproject.com/need-help.html](http://pinkdaisyproject.com/need-help.html) | [info@pinkdaisyproject.com](mailto:info@pinkdaisyproject.com)**

The Pink Daisy Project provides short-term assistance for women under age 45 who are within 3 months of breast cancer treatment or reconstruction due to breast cancer. To help patients offset their budget, the assistance is provided in the form of gift cards for groceries, restaurants, and gas.

**The Society of St. Vincent De Paul | [stvincentdepaul.net/program/medical-equipment-loan-closet](http://stvincentdepaul.net/program/medical-equipment-loan-closet) | 602-261-6896**

A warehouse of usefulness for uninsured individuals recovering from injury or medical procedures, this "loan closet" is filled with expensive rehabilitation equipment that are lent out, at no cost, whenever patients need it.



## HELPING HAND / APPAREL

### **2-1-1 Arizona | [cir.org](http://cir.org) | 877-211-8661**

Community Information and Referral Services serves as Arizona's key source of integrated information that brings people and services together to meet vital needs. Arizonans easily connect to available health and human services in their communities.

## A

### **A Fresh Chapter | [afreshchapter.com](http://afreshchapter.com)**

Nonprofit organization that aims to heal the emotional scars of cancer for patients and their care partners. AFC programs help individuals gain new perspectives through life-changing volunteer, personal growth and leadership experiences.

### **ABCD: After Breast Cancer Diagnosis | [abcdbreastcancersupport.org](http://abcdbreastcancersupport.org) | 800-977-4121**

ABCD provides free, personalized information and support to people affected by breast cancer: patients, families and friends. Participants are matched with a trained volunteer who has experienced breast cancer as a patient, family member or friend. Matches are made based on medical and demographic information supplied by mentors and participants. ABCD also provides support through its Helpline and Resource List. Services are available in Spanish as well.

### **Air Care Alliance | [aircarealliance.org](http://aircarealliance.org)**

Nonprofit that supports the work of volunteer-based charitable organizations whose pilots provide free air transportation for patients who required transportation to a medical facility.

### **All4One Alliance | [cancer1source.org/all-4-one-alliance](http://cancer1source.org/all-4-one-alliance) | 774-262-1989**

Patients who are receiving treatment for breast cancer are eligible for the All4One Alliance programs if they have a household income below 250% of the federal poverty level. All4One assistance programs include the Breast Form Fund, the Garment Fund, the Best Friends for Life Company Program, and the LypheDIVAs Program.

### **American Cancer Society: Road to Recovery Program | [cancer.org/treatment/support-programs-and-services/road-to-recovery.html](http://cancer.org/treatment/support-programs-and-services/road-to-recovery.html) | 800-227-2345**

Provides transportation to and from cancer-related medical appointments for individuals with cancer who do not have a ride or are unable to drive themselves. Rides are coordinated with an ACS volunteer driver.

## B

### **Barbara's Mastectomy Boutique | [barbarasmastectomyboutique.com](http://barbarasmastectomyboutique.com) | 602-234-9568**

Mastectomy clothing and other essentials, they carry the latest prosthesis, bras, swimwear, camisoles, and accessories for women who have had breast surgery. Medicare and most insurance plans accepted. Home visits provided at no charge.

### **The Bra Recyclers | [BraRecycling.com](http://BraRecycling.com) | 480-988-2283**

Textile Recycling doesn't just save Mother Earth, it saves mothers, daughters & sisters from a world of domestic violence & human trafficking. (Select SOMA retail locations also accept donated bras).

## C

### **Chrysalis Initiative | [chrysalisinitiative.org](http://chrysalisinitiative.org) | 800-929-4979**

To counteract breast cancer disparities and breast health inequities using patient Initiative applies evidence-based strategies to reshape the individual activation, provider education, and barrier intervention to reduce the impact of disparities in breast cancer outcomes. The Chrysalis and institutional knowledge, attitudes, and behaviors that impact health outcomes for Black women (and other disparate groups) with breast cancer.

### **Corporate Angel Network | [corpangelnetwork.org](http://corpangelnetwork.org) | 914-328-1313**

Help transport patients with cancer to the hospital to receive specialized treatment. The organization matches empty seats on private and corporate planes with qualified patients who require transportation, which is provided free of charge.

## D

### **Damozelle | [damozelle.com/c-breast-cancer.html](http://damozelle.com/c-breast-cancer.html) | 844-490-2625**

Cancer apparel. Damozelle is a store for the brave women out there who are facing everyday challenges.

## F

### **Face In The Mirror | [faceinthemirror.org](http://faceinthemirror.org) | 480-443-1344**

Provide cancer patients free botanical skin care products as well as wigs. Also offer patients in the hospital room and at infusion, a relaxing facial and a hand and/or foot massage.

### **Fifth Season Financial Funds for Living | [fifthseasonfinancial.com/blog/freebies-for-cancer-patients/](http://fifthseasonfinancial.com/blog/freebies-for-cancer-patients/) | 866-459-1271**

Offering support with day-to-day services such as food shopping or house cleaning, there are a remarkable number of generous offerings such as massages, trips, make-up, and more, all specifically designed to make the cancer journey a little easier financially, emotionally and spiritually.

## H

### **Headcovers Unlimited | [headcovers.com](http://headcovers.com) | 800-264-4287**

A great website where you can purchase cute, affordable head covers such as wigs, head wraps, scarves and hats. There are several styles to choose from.

**I**

**I'mpact One Breast Cancer Foundation | [impactone.pink](http://impactone.pink) | 623-738-6794**

I'mpact One connects directly with a breast cancer patient to provide needed functional items to support their physical and emotional recovery (bras, prosthesis, post-surgical items, wigs) Help for women to obtain breast cancer screening information, and education and information on breast health as well as breast cancer.

**L**

**Lotsa Helping Hands | [lotsahelpinghands.com](http://lotsahelpinghands.com)**

An online resource to schedule meals needed. Friends/family can volunteer to bring meals as needed. Set up a "portal" (it's really easy!) and pick the days/times. Then email calendar to family and friends, or even post on Facebook, and with just a couple quick clicks, people can choose the day they want to bring a meal.

**LymphedIVAS | [lymphedivas.com](http://lymphedivas.com) | 866-411-3482**

Create medically correct compression apparel for women with post-breast cancer lymphedema. The founders want to inspire women cancer survivors to feel beautiful, strong and confident.

**M**

**Mercy Medical Angels | [mercymedical.org](http://mercymedical.org)**

Provides free transportation for patients in financial need and their care partners, so they can reach medical care. Assistance for ground transportation with gas cards, or with bus or train tickets, or arranges air transportation on commercial airlines or flights flown by volunteer pilots.

**N**

**National Association of Hospital Hospitality Houses, Inc | [hhnetwork.org](http://hhnetwork.org) | 800-542-9730**

Housing during treatment. The mission of HHN is to support healthcare hospitality houses to be more effective in its service to patients and families.

**P**

**Patient AirLife Services | [palservices.org](http://palservices.org) | 888-818-1231**

Nonprofit that arranges free air transportation for individuals who required medical diagnosis, treatment or follow-up and cannot afford the cost of a flight or are unable to fly commercially. It also arranges volunteer flights for family members, to ensure that patients have support when they are away from home for long periods of time.

## Resources to Help My Journey



**Pink Ribbon 360** | [pinkribbon360.com](http://pinkribbon360.com) | 480-510-7280

Pink Ribbon 360 provides specialized fitness programs to meet the emotional and physical needs of women with breast cancer. The sessions consist of gentle stretches and exercises, meditation, and self-massage techniques.

### R

**Rising Sun Air, Inc.** | [risingsunair.com](http://risingsunair.com) | 623-703-5747

Offering maintenance, repair service, and installation of air conditioning/heating systems in the Valley. All performed by qualified, honest technicians whom you can trust.

### T

**The Joy Bus** | [thejoybusdiner.com](http://thejoybusdiner.com) | 602-595-5884

A nonprofit organization whose sole purpose is to relieve the daily struggles of people with cancer by delivering a fresh and healthy meal with a friendly face. Our mission is to improve the lives of our patrons through good food and company.

**The Pink Ribbon Girls** | [pinkribbongirls.org](http://pinkribbongirls.org) | 877-269-5367

The Pink Ribbon Girls offer Simply Fight and No Age No Stage programs which provides free services for those in treatment to help with life needs, such as housekeeping, babysitting, meals and transportation. Survivors can also connect via their secure national database.

**PINK RIBBON 360**

**HOLISTIC, THERAPEUTIC EXERCISE FOR BREAST CANCER SURVIVORS**

For a free, private assessment, contact us:  
[pinkribbon360.com](http://pinkribbon360.com)

The logo for Pink Ribbon 360 is a circular emblem with a pink ribbon in the center. The text 'PINK RIBBON 360' is written around the top inner edge, and 'HEALING BODY & MIND' is written around the bottom inner edge.

**SCHEDULE SERVICE TODAY!**  
**623-703-5747**  
[www.RisingSunAir.com](http://www.RisingSunAir.com)

**FREE**  
**SYSTEM DIAGNOSTIC &**  
**10% OFF ALL REPAIRS**

\*MENTION "MY HOPE BAG" WHEN SCHEDULING SERVICE

**FREE ESTIMATES** **FINANCING AVAILABLE**

The logo for Rising Sun Air Inc. features a smiling sun character with a face, arms, and legs, holding a wrench. The text 'Rising Sun' is written in a large, stylized font, and 'Air Inc.' is written in a smaller font below it.

### **The Singletons | [www.thesingletonsaz.org](http://www.thesingletonsaz.org)**

The Singletons is a home grown, Arizona-based non-profit with a mighty vision. We are a community dedicated to providing hope and support to single parent families with cancer. Our programs consist of day-to-day needs such as: utility assistance, family style dinners, household necessities and our Focus on the Family events/ activities.

### **Tina's Treasures Boutique | [honorhealth.com](http://honorhealth.com) | 480-323- 1027**

TT's boutique has certified mastectomy fitters, a wig boutique, hats and scarves for those going through chemotherapy, as well as products for skin maintenance when going through radiation.

## U

### **Uber Health | [uberhealth.com](http://uberhealth.com)**

Nonemergency medical transportation services to patients in need. Either on demand or for a future appointment, are free to the patient and are booked directly by healthcare providers who contract for the service. All patients are contacted by text or a phone call with the trip details, both when the ride is booked and again when the drive is on the way to pick them up.

## MEDICAL ASSISTANCE

## A

### **Arizona Copper RX Card | [arizonarxcard.com](http://arizonarxcard.com) | 888-227-8315**

Arizona residents have access to a statewide Prescription Assistance Program (PAP). Create and print your FREE discount prescription drug card coupon online. This pharmacy coupon card will provide you with Rx medication savings of up to 75% at more than 68,000 pharmacies across the country including Kroger, Walgreens, Walmart, Albertsons, CVS/pharmacy, and many more.

### **Arizona Young Breast Cancer Survivor Initiative | [azbreastcancer.org](http://azbreastcancer.org)**

Cooperative agreement between the CDC and John C. Lincoln Breast Health & Research Center. Their aim is to educate and create awareness for young women with breast cancer through educational activities and outreach events.

### **Avon Foundation for Women | [avonworldwide.com](http://avonworldwide.com)**

The Avon Breast Health Outreach Program, links medically underserved women to breast education and screening services. The program provides targeted, customized approaches to help low-income, underinsured, and other marginalized populations obtain regular mammograms and clinical breast exams.

## C

### **Cancer Treatment Centers of America | [cancercenter.com](http://cancercenter.com) | 623-745-9632**

Cancer Treatment Centers of America, is a community-based centers which is strategically located throughout the Metro Phoenix area, with the main location in Goodyear, Arizona. Mayo offers advanced therapies and a multi-disciplinary approach usually associated with large academic centers – but with a personalized touch recognizing the individual needs of the patient.

### **CancerCare Co-Payment Assistance Foundation | [cancercare.org/copayfoundation](http://cancercare.org/copayfoundation) | 866-552-6729**

The CancerCare Co-Pay Assistance Foundation is a nonprofit organization that helps people being treated for cancer afford insurance co-payments for chemotherapy and targeted treatment drugs. Certain criteria must be met. Patients must be in active chemotherapy or targeted treatment when applied and at the time of approval. The types of cancer covered by the Foundation vary. For the latest information on eligibility and available funding, contact the Foundation or visit the website.

### **Clinical Trials | [clinicaltrials.gov](http://clinicaltrials.gov)**

A web-based resource that provides information on publicly and privately support clinical studies.

## D

### **Dr. Heather Paulson ND, FABNO, RYT | [drheatherpaulson.com](http://drheatherpaulson.com) | 480-939-3589**

Dr. Paulson provides natural healing support before, during, and after cancer treatment. She can help you have more energy, reduce side effects, and get back to living a full and healthy life. You will have support with diet, supplements, herbs, and an individualized treatment plan specially tailored to you and your health goals.

## H

### **Harvest Arizona | [harvesthoc.com](http://harvesthoc.com) | 480-777-2100**

Harvest Arizona wants to empower patients by being a resource for studies related to cannabis as a medicine. Medical cannabis has several potential beneficial effects. Cannabinoids can serve as appetite stimulants, antiemetics, antispasmodics, and have some analgesic effects. May also be helpful treating chronic non-cancerous pain, or vomiting and nausea, caused by chemotherapy. If you have hormone driven cancer (example: HER2 positive) consult your doctor first.

### **Health-E-Arizona Plus | [healtharizonaplus.gov](http://healtharizonaplus.gov) | 855-432-7587**

A tool to determine what services and benefits are available in the state of Arizona.

### **Healthwell Foundation | [healthwellfoundation.org](http://healthwellfoundation.org) | 800-675-8416**

An independent non-profit organization providing financial assistance to adults and children to cover the cost of prescription drug coinsurance, copayments, deductibles, health insurance premiums and other selected out-of-pocket health care costs.



**I**

**Ironwood Cancer & Research Center | [ironwoodcrc.com](http://ironwoodcrc.com) | 480-821-2838**

Ironwood Cancer & Research Centers' community-based centers are strategically located throughout the Metro Phoenix area. Ironwood offers advanced therapies and a multi-disciplinary approach usually associated with large academic centers – but with a personalized touch recognizing the individual needs of the patient. Along with support groups available to cancer patients.

**M**

**Ma'am Exams | [maamexams.com](http://maamexams.com) | 480-448-2411**

Ma'am Exams provides exceptional medical care for women from adolescence and young adulthood through post-childbearing years and menopause in a beautifully designed office. Ma'am Exams offers a onestop, single copay appointment known as the Women's Wellness Check. This exam includes a mammogram, a PAP test, and a cancer watch skin check.

**Maricopa County Department of Public Health | [maricopa.gov/3849/Public-Health](http://maricopa.gov/3849/Public-Health) | 888-257-8502**

Provides breast cancer diagnostic and treatment services for women who have no other financial resources and that are not covered by the Well Women Health Check Program.

**Mayo Clinic | [mayoclinic.org](http://mayoclinic.org) | 480-515-6296**

Mayo Clinic in Phoenix, is a community-based center which is strategically located the Metro Phoenix area. Mayo offers advanced therapies and a multi-disciplinary approach usually associated with large academic centers – but with a personalized touch recognizing the individual needs of the patient.

**MD Anderson Cancer Center | [mdanderson.org](http://mdanderson.org) | 480-256-6444**

MD Anderson in Gilbert Arizona, is a community-based center which is strategically located the Metro Phoenix area. MD Anderson offers advanced therapies and a multi-disciplinary approach usually associated with large academic centers – but with a personalized touch recognizing the individual needs of the patient. Along with support groups available to cancer patients.

**Mesothelioma | [mesothelioma.net](http://mesothelioma.net) | 800-692-8608**

Dedicated to providing victims of mesothelioma and their families with reliable information and support. Find the best treatments, doctors, and learn how to get financial help.

**N**

**National Hospice and Palliative Care Organization | [nhpco.org/patients-and-caregivers](http://nhpco.org/patients-and-caregivers) | 703-837-1500**

Leading group that represents hospice and palliative care providers. Provides information on hospice and palliative care for adults and children, along with free resources, to help individuals make decisions about end-of-life care and services.

### **NeedyMeds | [needymeds.org](https://www.needymeds.org) | 800-503-6897 (English only)**

NeedyMeds is an online information resource on programs that provide assistance to people who are unable to afford their medications and health care costs. NeedyMeds has information on patient assistance programs supported by various pharmaceutical companies. These programs make drugs available for free or at low costs to patients who are uninsured or underinsured. Copay programs are also available for some drugs. Information on other assistance programs, such as discount drug cards, disease-based assistance (programs that help with costs associated with specific diseases), and free or low-cost clinics is also provided on the website.

## P

### **Pharmaceutical Research and Manufacturers of America: Medicine Assistance Tool | [medicineassistancetool.org](https://www.medicineassistancetool.org)**

Search designed to help patients, care partners, and healthcare providers learn more about the patient assistance resources that are available through the various biopharmaceutical industry programs. Resources, including medication cost and health insurance information, are available in both English and Spanish.

## R

### **ReNew Infusions | [renewinfusions.com](https://www.renewinfusions.com) | 480-372-2984**

Mental Health & Wellness, you may benefit from intravenous (IV) therapy by registered nurses and the team takes a holistic approach to care and offer many innovative therapies to optimize health and wellness, including IV therapy nutrient cocktails and vitamin injections. Located in the east valley of Phoenix.

### **RxAssist Patient Assistance Program Center | [rxassist.org](https://www.rxassist.org)**

Web-based, comprehensive directory of patient assistance programs run by pharmaceutical companies to provide free medications to individuals who cannot afford to purchase them. Also offers: RxAssist Prescription Savings Card; medication access resources for patients; and a list of programs that offer free or low-cost medications and other healthcare services.

### **Rx Hope | [rxhope.com](https://www.rxhope.com)**

RxHope is exactly what its name implies...a helping hand to people in need in obtaining critical medications that they would normally have trouble affording. RXHOPE acts as your advocate in making the patient assistance program journey easier and faster by supplying vital information and help.

## S

### **Select Physical Therapy | [selectphysicaltherapy.com](https://www.selectphysicaltherapy.com) | 800-331-8840**

Part of the Select Medical Outpatient Division, a nationally prominent, locally driven provider of outpatient physical rehabilitation. Select Physical Therapy empowers its therapists by providing industry-leading continuing education opportunities.

## Resources to Help My Journey



**Solis Mammography | [solismammo.com](http://solismammo.com) | 866-717-2551**

Solis has a revolutionary design mirrors the shape of a woman's breast, evenly distributing pressure for a decidedly more comfortable mammogram. Our mammograms have a greater accuracy, improved comfort and a superior experience.

**Stop Falls Ez | [stopfallsez.com](http://stopfallsez.com) | 480-452-8265**

Everything is energy, including our bodies. Learn how to use Tai Chi to balance your energy, prevent falls, and improve your overall health.

### T

**Together Rx Access | [trxaccess.org](http://trxaccess.org) | 800-444-4106**

With Together Rx Access®, individuals and families without prescription drug coverage can gain access to immediate savings on hundreds of brand-names and generic prescription products at their neighborhood pharmacies. This website also connects you with resources about the Health Insurance Marketplace, the Affordable Care Act, individual pharmaceutical company patient assistance programs, and other patient assistance resources.

**SmartCurve™**  
Finally, a Mammogram  
*Shaped* like a Woman

SmartCurve's revolutionary design mirrors the shape of a woman's breast, evenly distributing pressure for a decidedly more comfortable mammogram. And, it's fully integrated with 3D mammography, our state-of-the-art screening technology. Welcome to greater accuracy, improved comfort and a superior experience. Schedule your SmartCurve mammogram today.

**93%** INCREASED COMFORT for women who experienced discomfort in the past  
**54%** 3D MAMMOGRAPHY increases early detection by 54 PERCENT

**PHOENIX-AREA LOCATIONS**

2081 W. Frye Rd., Bldg. E, Ste. 110 Chandler, AZ 85224	11220 N. Tatum Blvd., Ste. 105 Phoenix, AZ 85028
18699 N. 67th Ave., Ste. 110 Glendale, AZ 85308	1661 E. Camelback Rd., Ste. 140 Phoenix, AZ 85016

**SOLIS**  
Mammography Home of the Peace of Mind Mammogram™

Online Scheduling: [SolisMammo.com](http://SolisMammo.com) | 866.717.2551

## NON-PROFITS / EDUCATION

### A

**American Lung Association | [lung.org](http://lung.org) | 800-586-4872**

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease, through research, education and advocacy. ALA's work is focused on four strategic imperatives: to defeat lung cancer; to improve the air we breathe; to reduce the burden of lung disease on individuals and their families; and to eliminate tobacco use and tobacco-related diseases.

**Arizona Breast Cancer Resource Guide | [azbreastcancer.org](http://azbreastcancer.org)**

The Arizona Breast Cancer (ABC) Resource Guide provides quality and comprehensive resources to empower, encourage, and educate patients and co-survivors through the journey of breast cancer by giving choices where and when it matters most.

### B

**Bosom Buddies of Arizona | [bosombuddies-az.org](http://bosombuddies-az.org) | 602-265- 2776**

Bosom Buddies of Arizona provides support to those diagnosed with breast cancer, and their families, through the sharing of common experiences and knowledge through personal contacts, the hotline, support groups, social media, and educational materials. They provide a 24/7 hotline, staffed by volunteers who are breast cancer survivors, to answer any questions related to breast cancer.

**Blue Hope Nation | 877-422-2030**

Online community where one can connect with thousands of other patients, survivors, friends and family members from across the world who know exactly what you're going through.

**Bone Marrow Foundation | [bonemarrow.org](http://bonemarrow.org) | 800-365-1336**

**BreastCancer.org | [cancer.net](http://cancer.net)**

Understanding diagnosis and treatment options. Many resources available as well as links to help cancer patients navigate through their many questions and concerns.

**Breast and Cervical Cancer Treatment Program | [azdhs.gov/prevention/tobacco-chronic-disease/cancer-prevention-control](http://azdhs.gov/prevention/tobacco-chronic-disease/cancer-prevention-control) | 602-542-1025**

Offered through AHCCCS for underinsured women diagnosed with breast and cervical cancer.

### C

**Cancer.Net | [cancer.net](http://cancer.net) | 888-651-3038**

Oncologist-approved cancer information from the American Society of Clinical Oncology (ASCO)

**Cancer Support Community's (CSC) | [cancersupportcommunity.org](http://cancersupportcommunity.org) | 888-793-9355**

The Cancer Support Community (CSC) resources and programs are available free of charge. Whether newly diagnosed with cancer, a long-time cancer survivor, caring for someone with cancer, or a healthcare professional looking for resources, CSC's toll-free Cancer Support Helpline is staffed by licensed CSC helpline Counselors available to assist you Mon-Fri 9am - 9 pm ET.

**Cancer Support Community Arizona | [cscaz.org](http://cscaz.org) | 602-712-1006**

As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. We believe in equity for all, including in health care, and fight every day to ensure that all people are treated with dignity and respect and have the opportunity to live healthy and safe lives — physically, mentally, and emotionally.

**Caregiver Action Network | [caregiveraction.org](http://caregiveraction.org) | 202-454-3970 or 855-227-3640**

A non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

### **CaringBridge | [caringbridge.org](http://caringbridge.org) | 314-241-1600**

Nonprofit whose mission is to build bridges for care and communication providing low and support on a health journey. CaringBridge allows individuals to create a personal website where they can share news and health updates with everyone at the same time, communicating in a private, ad-free place. Patients can also do the following: Let family and friends know how they can help; post photos; and link to a personal fundraiser or a calendar.

### **Center to Advance Palliative Care | [getpalliativecare.org](http://getpalliativecare.org)**

Nonprofit dedicated to increasing the availability of quality healthcare for individuals who are facing serious illness. Web-site provides educational information on palliative care, including videos, podcasts, and webinars. Also provides a Palliative Care Provider Directory.

### **Chronic Disease Fund (Good Days Effective Compassion) | [mygooddays.org](http://mygooddays.org) | 877-968-7233**

Good Days is a non-profit advocacy organization that provides resources for life-saving and life-extending treatments to people in need of access to care.

## F

### **Foundation for Senior Living | [fsl.org](http://fsl.org) | 602-285-0505**

Services include live in care and personal care aides. Discounts are available for cancer patients.

## H

### **Help for Cancer Caregivers | [helpforcancercaregivers.org](http://helpforcancercaregivers.org)**

Provides information, education, and support for cancer care partners. It is not meant to be medical advice.

### **Hope for Young Adults with Cancer | [hope4yawc.org](http://hope4yawc.org)**

Hope for Young Adults with Cancer is a 501(c)(3) organization that is passionate about making the lives of young adults, ages 18 - 40, living with cancer a little bit easier. HFYAWC's mission is to connect with our peers in the fight to provide financial support, a social network and outlet for those battling, surviving and living with cancer.

## I

### **Imerman Angels | <http://imermanangels.org> | 866-463-7626**

Provides personalized connections that enable one-on-one support among cancer fighters, survivors and caregivers.

### **iTHRIVE | [ithriveplan.com](http://ithriveplan.com)**

Allows cancer survivors to create free online, personalized, physician-approved wellness plans. Patients complete a health and lifestyle survey, with their answers determining their ability, experience, and knowledge in 5 areas of wellness: diet, movement, environment, rejuvenation, and spirit.

### J

#### **Joe's House | [joeshouse.org](http://joeshouse.org) | 877-563-7468**

Joe's House is not an actual house, but a nonprofit organization that helps cancer patients and their families find a place to stay when traveling away from home for medical treatment.

### L

#### **Lazarex Cancer Foundation | [lazarex.org](http://lazarex.org) | 877-866-9523**

Nonprofit that focuses on improving the outcomes of cancer care, offering hope, dignity, and life to patients with advanced-stage cancer and the medically underserved. Offers assistance with costs associated with the USFDA clinical trial participation, including transportation, lodging, and medical expenses not covered by insurance.

#### **Livestrong at the YMCA | [livestrong.org/what-we-do/program/livestrong-at-the-ymca](http://livestrong.org/what-we-do/program/livestrong-at-the-ymca)**

Nonprofit that has served individuals affected by cancer, identifying those areas in which patients and survivors are not being supported, then investing in advocacy, programs, and services that address their unmet needs. Livestrong at the YMCA is a 12-week physical activity program designed to get survivor back on their feet.

#### **Living Hope Cancer Foundation | [getupandlive.org](http://getupandlive.org) | 480-773-4305**

A nonprofit charity founded by two stage 4 cancer thrivers dedicated to coaching the positive spiritual mindset on how to GET UP AND LIVE with cancer.

#### **Love Fitness and You, LLC | [lovefitnessandyou.com](http://lovefitnessandyou.com) | 480-220-6242**

Founded by a fellow breast cancer survivor. Julie helps design programs for those that are trying to continue to live a health life style prior to, during and post cancer diagnosis. Her focus is on loving yourself at every stage of your life. Through one-on-one coaching, support groups, and specialized fitness programs she will help you find strength through your journey.

### M

#### **MedLine Plus | [nlm.nih.gov/medlineplus/cancer.html](http://nlm.nih.gov/medlineplus/cancer.html)**

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH). Our mission is to present high-quality, relevant health and wellness information that is trusted, easy to understand, and free of advertising, in both English and Spanish. Anywhere, anytime, on any device—for free.

#### **Metastatic Breast Cancer Network | [mbcn.org](http://mbcn.org) | 888-500-0370**

MBCN is a national, independent, non-profit, all volunteer, patient-led advocacy organization dedicated to the unique concerns of women and men living with metastatic breast cancer, also known as Stage IV or advanced breast cancer.



### N

#### **National Center of Complementary and Integrative Health | [nccih.nih.gov](https://nccih.nih.gov)**

Provides a wealth of health information, including the following: Health Topics A-Z which provides a detailed information on complementary approaches and their use in specific conditions; know the science, a series of interactive modules, quizzes, and videos to help you better understand topics relate to health research; how to be an informed consumer; safe use of health products and practices; and how to find health practitioner.

#### **National Children's Cancer Society | [thenccs.org](https://thenccs.org) | 314-241-1600**

The National Children's Cancer Society (NCCS) provides emotional, financial and educational support to children with cancer, their families and survivors.

#### **National Coalition for Cancer Survivorship: Cancer Survival Toolbox | [canceradvocacy.org/resources/cancer-survival-toolbox](https://canceradvocacy.org/resources/cancer-survival-toolbox)**

Free audio program created by leading cancer organizations to help patients with cancer develop skills to better meet and understand the challenges of their disease.

#### **National Comprehensive Cancer Network | [nccn.org](https://nccn.org) | 215-690-0300**

Non-profit alliance of 30 leading cancer centers that are dedicated to patient care, research, and education. Provides help patients talk to their doctor about the best treatment options for their disease.

### O

#### **Ovarian Cancer Alliance of AZ | <https://ocrahope.org/partner/ovarian-cancer-alliance-arizona/> | 602-904-3756**

Ovarian Cancer Research Alliance (OCRA) is the oldest and largest ovarian cancer charity in the world.

### P

#### **Patient Advocate Foundation | [patientadvocate.org](https://patientadvocate.org) | 800-532-5274 (English only)**

Patient Advocate Foundation (PAF) provides professional case management services to help patients, caregivers or providers who face debilitating, chronic or life-threatening illnesses resolve healthcare issues. PAF case managers serve as liaisons and safeguard patients employing effective mediation to ensure access to care, maintenance of employment, and preservation of financial stability. Resources that address topics such as finding financial assistance, access to insurance, job retention and more are available on their website and as hard copy publications. PAF has a Scholarship for Survivors program and awards college scholarships to individuals under the age of 25 that are or have been diagnosed with cancer or a critical or life-threatening disease.

#### **Phoenix Desert Dragons | [arizonaabcs.com](https://arizonaabcs.com) | 480-788-5826**

Arizona's first breast cancer survivor dragon boat team. This sport has been established as playing a great role in recovery from breast cancer; the spirit of an uplifting team endeavor, coupled with the use of upper body and core muscles. Breast Cancer Survivors (BCS) dragon boat teams are flourishing across the US, Canada, and the world.

## S

**Society of Integrative Oncology | [integrativeonc.org/](http://integrativeonc.org/)**

SIO is the premier multi-disciplinary professional organization for integrative oncology. A 501(c)(3) not-for-profit organization, SIO enables communication, education, and research to occur by bringing together practitioners from multiple disciplines focused on the care of cancer patients and survivors.

**Springboard Beyond Cancer | [www.hhs.gov/blog/2017/02/02/survivors-springboard-beyond-cancer.html](http://www.hhs.gov/blog/2017/02/02/survivors-springboard-beyond-cancer.html)**

Helps empower cancer survivors and those undergoing treatment to play an active role in the management of their health. This includes dealing with their illness and treatment, their relationships, emotional and psychological stressors, and healthy lifestyle behaviors.

## T

**The National Cancer Institute | [cancer.gov](http://cancer.gov) | 800-422-6237**

Can provide accurate, up-to-date cancer-related information for patients and their care partners, and can answer questions about cancer, clinical trials, and quitting smoking. Patients can reach an Information Specialist by calling, e-mailing, or contacting Live Help. Provide information on all aspects of cancer and its treatment.

**Triple Negative Breast Cancer Foundation | [tnbcfoundation.org](http://tnbcfoundation.org) | 877-880-8622**

This organization seeks to ignite interest in the study of triple-negative (ER-/PR-/HER2-) breast cancer among researchers, physicians, educators and scientists; support professionals seeking to identify the causes and discover new and effective treatment options; and increase public awareness and support of this subtype of breast cancer.

## LEGAL COUNSELING / EMPLOYMENT COUNSELING

**Cancer Legal Resource Center | [thedrlc.org/cancer](http://thedrlc.org/cancer) | 866-843-2572**

A program of the Disability Resource Legal Center a nonprofit advocacy organization that supports the rights of individuals with disabilities, including those affected by cancer. The CLRC is the only nationally dedicate center for patients, survivors, care partners, and healthcare professionals to access free confidential cancer-related legal information and resources. Provides: phone and online assistance; outreach programs and community activities; in-person and online trainings; resource library, which includes its patient legal handbook; and attorney referrals for those requiring legal counsel.

**Legal Services Corporation | [lsc.gov](http://lsc.gov) | 202-295-1500**

Independent nonprofit established by Congress that provides civil legal aid for low-income Americans. These programs offer assistance for individuals, families, seniors, the disabled, veterans, and military families, and individuals living in rural areas who have legal matters regarding the following: health; family law; housing; and natural disasters.

### **Triage Cancer | [triagecancer.org](http://triagecancer.org) | 424-258-4628**

Nonprofit that provides free educational materials on practical and legal issues that may impact individuals with cancer and their care partners, such as health insurance, financial, disability insurance rights, employment and estate planning. Provide: in-person and online educational webinars; educational materials, including quick guides, checklists, a blog and newsletter; cancer finances, a toolkit for navigating finances after cancer; animated videos on cancer survivorship issues; and one-on-one assistance.

### **Cancer and Careers | [cancerandcareers.org](http://cancerandcareers.org) | 646-929-8032**

Empowers and educates patients with cancer to thrive in the workplace. Programs for survivors and healthcare professionals provide expert advice, support, interactive tools, and educational events to help navigate through the practical and legal challenges that follow a cancer diagnosis. Program includes: resource library of free workbooks, guides, and toolkits; help with job interviews; free resume review service; and consultants with a professional career coach.

## WEST VALLEY

### A

#### **APS | [aps.com](http://aps.com) | 602-371-7171**

Assistance is available for customers statewide facing financial hardship. If you are having difficulty paying your electric bill because of a job loss, unexpected medical expenses or other financial hardship, you may be eligible for assistance.

#### **Arizona Assistance in Health Care | [goodyear.aih.org](http://goodyear.aih.org) | 623-207-3009**

Patients currently undergoing cancer treatment in the Phoenix metro area can complete an online application and a written form requesting assistance and it will be presented monthly to the board of directors for approval. They assist cancer patients and their families with non-medical expenses when the cost of prolonged medical care creates financial hardship. Provides up to \$250/month. Must be in active treatment.

### B

#### **Banner Lakes Imaging Center | 623-832-5316**

Medical imaging including CT, DEXA, MRI breast biopsy, 3D Mammography, PET, and ultrasound. American Cancer Society resource on site offering FREE wigs, scarves, chemo caps to all cancer patients.

### C

#### **City of Peoria Dial-A-Ride | 623-773-7435**

### **Classy Sister Wigs | [classysisterwigs.com](http://classysisterwigs.com) | 602-993-8090**

Full-service wig salon with the primary focus on medical hair loss. Work with CheckForALump.com and offer an additional discount to women with breast cancer. They have a number of resources and information to pass along to everyone who goes in. They carry a large selection of head coverings for women in treatment.

### **Community Fund of Sun City West | [communityfundsuncitywest.org](http://communityfundsuncitywest.org) | 623-546-1122**

Offers financial assistance with mortgage, prescriptions, hearing aids, medical and dental bills, limited to Sun City West residents only. Call for interview.

### **Comprehensive Breast Center of AZ | [azbreastcenter.com](http://azbreastcenter.com) | 602-374-3440**

The largest breast surgeon group in Peoria, AZ. They are caring experts who face the journey with the breast cancer patient.

## D

### **Duet | [duetaz.org](http://duetaz.org) | 602-274-5022**

Can transport patients within 10-12 miles radius of Patient's home. Patient must be ambulatory. Please call 3-4 days in advance.

## F

### **Fine Fittings | [finefittings.org](http://finefittings.org) | 623-214-3324**

Provides mastectomy products (bras, prosthesis, post op garments, swim suits, etc.) Lymphedema/compression garments, wide variety of wigs.

## G

### **Glendale Community Action Program | 623-930-2460**

Offers Glendale residents assistance with utilities, rent and mortgage.

### **Glendale Dial-A-Ride | 623-930-3500**

## H

### **Honor Health Breast and Research Center | [honorhealth.com/locations/specialty-care/breast-health-and-research-center-deer-valley](http://honorhealth.com/locations/specialty-care/breast-health-and-research-center-deer-valley) | 623-780-4673**

Deer Valley Medical Center (previously John C Lincoln Deer Valley)

## L

### **Louisa Kellam Center for Women's Health | [bannerhealth.com/locations/sun-city-west/banner-del-web-medical-centers-louisa-kellam-center-for-womenshealth](http://bannerhealth.com/locations/sun-city-west/banner-del-web-medical-centers-louisa-kellam-center-for-womenshealth) | 623-524-4000**

Offers a full continuum of breast health screenings and diagnostic services.

**P**

**Peoria Community Action Program | [peoriaaz.gov](http://peoriaaz.gov) | 623-979-3911**

Offers Peoria residents assistance with utilities, rent, mortgage, deposits, and food referrals.

**Y**

**Young Survivor Coalition (YSC) | [youngsurvival.org](http://youngsurvival.org) | 877-972-1011**

International, non-profit network of breast cancer survivors and supporters dedicated to the concerns and issues that are unique to young women with breast cancer.

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This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Important Dates

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## What is Hope?

**Hope** is not just one single quality or promise.

**Hope** has to do with believing beyond today—knowing God has big plans for you.

**Hope** encourages you to follow your dreams, to believe in the part of you that envisions your wholeness.

**Hope** is trusting that what is happening will eventually make sense, or if it never does become meaningful, it will still offer an opportunity for growth.

**Hope** assures you each morning that your life is of value no matter how unsettling or disturbing your current situation is.

**Hope** encourages your heart not to give up and nudges you when it's time to move on.

**Hope** doesn't need words, or proofs or conditions.

**Hope** accepts mystery and offers the gift of solid trust in the unknown.

**Hope** doesn't pretend that you'll get all you want nor does Hope deny that there will still be struggles down the road.

**Hope** tucks promises of growth and truth inside the pockets of your struggles.

*Hope helps us to gather the courage to travel to that place deep within us where we can uncover our true Self. It is the place where our dreams dance, where our passion for life gestates, and where the person we are meant to be cries out for recognition.*

## My HOPE Bag

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