



# Women's Resource Guide

Breast or cervical cancer resources for  
Alaskan women, friends and family

*You Are Not Alone.*

When you are diagnosed with breast or cervical cancer, you will want to know where you can turn to get the help you need.

Your health care provider, local hospital or cancer organization will be able to help you identify resources in your community. Most doctors and hospitals have patient education materials that they will send you if you ask them for information and some have a cancer library you will be able to use.

Thousands of books and other resources discussing cancer are currently in print. Your local library or bookstore can help you find up-to-date titles about breast and cervical cancer, nutrition, exercise, clinical trials, recovery and more. You will find books that have been written by women survivors, nutritionists, physical therapists, physicians, and other medical professionals.

If you have access to the Internet, either in your home or at your local library, you will find many sources of information when you search online with the key words "breast cancer" or "cervical cancer." You can link directly to a number of breast or cervical cancer resource websites from the Alaska Breast and Cervical Health Check website.

BCHC Website: [www.hss.state.ak.us/dph/mcfh/wahu/bchc/](http://www.hss.state.ak.us/dph/mcfh/wahu/bchc/)

The resources listed throughout this guide can help you find more information. Your community resources are listed first, followed by statewide resources and national resources. There are probably more resources than we were aware of when we printed the guide, so at the end of each section there is a place for you to record your notes. Where it is possible, we have listed toll free numbers and Web site addresses to make the search easier for you.

*We wish you strength and courage, peace and hope on the journey before you.*

*Sincerely,*

*Alaska's Breast and Cervical Health Check Staff*

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*Before turning to the resources listed for your community, please take a moment to look at these resources – they apply to everyone no matter where you live.*

## Church-based services

Many churches and faith-based organizations offer help (food, clothing, cash assistance, transportation, housing) to persons who need temporary assistance. Individual churches are usually listed in yellow pages of the telephone directory.

## Child Care

### **Child Care Resource and Referral**

#### **Alaska Department of Education and Early Development**

Web site: [www.eed.state.ak.us/EarlyDev/ccresource](http://www.eed.state.ak.us/EarlyDev/ccresource)

The following resource and referral agencies help parents choose a quality, licensed child care setting for their child(ren).

## **South Central Alaska**

This area includes, but is not limited to: Anchorage, Bethel, Cordova, Dillingham, Glennallen, Homer, Houston, Kenai/Soldotna, King Cove, Kodiak, Mat-Su Valley, St. Paul, Sand Point, Seward, Unalaska, and Valdez.

### **Child Care Connection**

401 W. Intern'l Airport Rd., Suite 27  
Anchorage, AK 99518

Web site: [www.childcareconnection.org](http://www.childcareconnection.org)

E-mail: [info@childcareconnection.org](mailto:info@childcareconnection.org)

**907 563-1966**

**Toll Free: 800 278-3723**

## **Southeast Alaska**

This area includes, but is not limited to: Juneau, Ketchikan, Petersburg, Sitka, Wrangell, Craig, Haines, Skagway, Yakutat, and Metlakatla.

### **National Association for the Education of Young Children**

10002 Glacier Hwy. Suite 301  
Juneau, AK 99802

Web site: [www.naeyc.org](http://www.naeyc.org)

E-mail: [info@naeycsea.org](mailto:info@naeycsea.org)

**907 789-1235**

**Toll Free: 888 785-1235**

## Northern Alaska

This area includes, but is not limited to: Anderson, Barrow, Delta Junction, Fort Yukon, Healy, Kotzebue, Nome, Salca, Point Home, and Fort Wainwright.

### Child Care Referrals outside the Fairbanks North Star Borough

#### Play N Learn Resources and Training

907 479-2214

1918 Old Pioneer Way

Toll Free: 866 878-CARE

Fairbanks, AK 99709

Web site: [www.alaskacares.org](http://www.alaskacares.org)

E-mail: [cares@gci.net](mailto:cares@gci.net)

### Child Care Referrals within the Fairbanks North Star Borough ONLY Fairbanks and North Pole

#### Fairbanks North Star Borough

907 459-1439

520 5<sup>th</sup> Ave.

Toll Free: 866 878-CARE

Fairbanks, AK 99701

E-mail: [cereferral@co.fairbanks.ak.us](mailto:cereferral@co.fairbanks.ak.us)

## Financial Assistance

Cancer is a financial burden for many patients. Finding assistance with expenses and/or treatment will require determination and patience. Here are some possible resources to get you started.

Start at the hospital where you are receiving your care. Speak with a **financial counselor** at the hospital and describe your situation. Often, a payment schedule can be arranged. Meet with your hospital's **social worker**. Hospital social workers can help you begin the process of applying for Medicaid, public assistance, food stamps, Social Security and other benefits for which you may be eligible. Social workers also keep track of the resources that may be available in your community. If you need help paying the bills, heating your home, or feeding your family, call your local **public assistance office**.

#### American Cancer Society Alaska Chapter

Toll Free 1-800-478-9355

In Anchorage 907 263-8696

The American Cancer Society offers some financial assistance - A \$300 reimbursement, per fiscal year, to cancer patients traveling for treatment, available upon request and approval.

**Public Assistance Programs** - find more information about these programs at the Division of Public Assistance website.

Web site: [www.hss.state.ak.us/dpa/](http://www.hss.state.ak.us/dpa/)

- ☑ Heating Assistance Program (HAP) - Assistance in paying home heating bills for low-income homeowners and renters.
- ☑ Alaska Temporary Assistance Program (ATAP) - ATAP provides temporary cash assistance for needy individuals and families.
- ☑ Food Stamps - Temporary assistance for individuals and families needing help to purchase food.
- ☑ Chronic and Acute Medical Assistance, or CAMA - CAMA is a state funded program designed to help needy Alaskans get the urgent medical care they need. It is a program for people who need immediate medical treatment but who do not qualify for Medicaid benefits, have very limited income, and who have inadequate or no health insurance.

**U.S. Social Security Administration**

**1-800-772-1213**

Web site: [www.ssa.gov](http://www.ssa.gov)

You may be eligible for Supplemental Security Income (SSI) and/or Social Security benefits. While receiving SSI, you could also be eligible for food stamps and Medicaid.

## Home Health Care

Home health care agencies can be located in the yellow pages of your local telephone directory or referred through your health care provider or local hospital. Home health care includes visits to your home by home health aides, registered nurses, or medical social workers. These professionals can perform lab tests, equipment instruction, assistance with therapy and medication, and referral services. Medicaid and Medicare and private insurance are billed for services.

## Medical Insurance

Medicaid is like health insurance but it is available only to certain low income persons and families who fit into an eligibility category recognized by federal and state law. Medicaid does not pay money to you, instead, it sends payments directly to your health care providers. Please contact the Division of Public Assistance in your community for more information.

## Legal Services

**Alaska Legal Services Corporation**

**1-800-478-9431**

Provides legal services including health care and hospital law, insurance law, wills, trusts and estate law to low income Alaskans. Regional offices are located in Anchorage, Barrow, Bethel, Dillingham, Fairbanks, Juneau, Ketchikan, and Nome.

# How To Find a Breast Cancer Support Group

Practical advice from the NABCO – the National Alliance of Breast Cancer Organizations

If you cannot locate a convenient support group from the list of community resources:

- Inquire at a local major hospital's Breast Center or Departments of Social Work or Psychiatry.
- Call the National Cancer Institute's Cancer Information Service at (800) 4-CANCER for the names of FDA-certified mammography providers in your area and ask these providers for support group suggestions.
- Contact the American Cancer Society (800) ACS-2345 for local groups that ACS or others sponsor.
- For information on starting your own support group, contact the ACS or call Y-Me through their national hotline, (800) 221-2141 and Spanish language hotline (800) 986-9505.

*Please note:* Some people benefit more from individual counseling than from group support. To find a counselor familiar with breast or cervical cancer issues, consult the same sources as above, get several names, and when you call the counselors, ask about experience, credentials, and insurance coverage.



## Community Resources

**Alaska Women’s Resource Center** **276-0528**

813 D Street, Anchorage 99501

Web site: [www.awrconline.org](http://www.awrconline.org)

Offers a variety of resources to meet the needs of women and children.

**American Cancer Society, Alaska Chapter** **263-8696**

1057 West Fireweed Lane, # 204

**1-800-478-9355**

Anchorage 99503

Provides information on cancer, treatment options, support groups, wig banks and breast prostheses, educational services and local resources free of charge to all cancer patients and their families.

**Breast Cancer Focus, Inc.** **276-7601**

P.O. Box 24246, Anchorage 99524

**1-888-283-2234**

BCFI is a forum for fund raising for local breast cancer education, research, and advocacy. BCFI provides grants to non-profit organizations dedicated to breast cancer issues.

## Church-based Charities

**Abbott Loop Community Church**

2626 Abbott Road, Anchorage 99507-4203

“Give and Take” Cache, food and clothing **349-9641**

Transitional Housing **349-2005**

**Catholic Social Services** **276-5590**

Food and clothing

**Lutheran Social Services** **272-0643**

Transportation for medical appointments

Food: 1801 West 48<sup>th</sup> Ave.

**Salvation Army** **276-2515**

143 East 9th Ave., Anchorage 99501

The Salvation Army serves families and individuals whose lives have been impacted by unexpected events. Clothing, emergency food, financial assistance, housing.

**ENCORE<sup>Plus</sup> Program** **274-1572**  
 324 E. 5<sup>th</sup> Avenue Anchorage 99501 **272-3146**

In Anchorage: ENCORE<sup>Plus</sup> provides public education, outreach, financial assistance, support groups, transportation to screening appointments.

**Municipality of Anchorage Community Resource List**  
 Web site: [www.ci.anchorage.ak.us/health2/community\\_resources.cfm](http://www.ci.anchorage.ak.us/health2/community_resources.cfm)

**United Way of Anchorage** **263-2000**  
 701 W. 8th Ave., Suite 230 Anchorage 99503  
 Web site: [www.uway.ak.org](http://www.uway.ak.org)

## Childcare

**Day Care Assistance** **343-6700**  
**Municipality of Anchorage**  
 Provides a listing of all Anchorage licensed day care centers and homes.

## Financial Assistance

**ENCORE<sup>Plus</sup> Program** **274-1572**  
 324 E. 5<sup>th</sup> Avenue, Anchorage, 99501

**Public Assistance** **269-6599**  
 Anchorage District Office Fax 269-6450  
 400 Gambell Street, Anchorage 99501  
 Web site: [www.health.state.ak.us/dpa](http://www.health.state.ak.us/dpa)

**Public Assistance** **694-7006**  
 11723 Old Glenn Highway, Sp. B-4 Fax 694-1490  
 Eagle River 99577-7595

## Food

**Eagle River Food Pantry** **694-6142**

**FISH (Friends in Service to Humanity)** **277-0818**  
 Regular delivery days are Mondays, Wednesdays and Fridays.

**Food Bank of Alaska** **272-3663**  
 2121 Spar Avenue, Anchorage 99501

Distributes food to more than 200 non-profit agencies food programs.

# A N C H O R A G E

**Food Stamps** 269-6599

Web site: [www.hss.state.ak.us/dpa](http://www.hss.state.ak.us/dpa)

**Meals on Wheels** 349-0613

**Salvation Army Nutrition Program**

Services are available for women age 60+.

**Spenard Lions Club** 248-0832

Emergency Food

## WIC - Women Infants & Children Program

**Municipality of Anchorage** 343-4773

825 L Street, Anchorage

Fax 343-4672

Web site: [www.ci.anchorage.ak.us/healthchd/immune.cfm](http://www.ci.anchorage.ak.us/healthchd/immune.cfm)

WIC provides nutrition assessment, education, supplemental foods, breastfeeding encouragement and support to pregnant women and new mothers.

## Hospice

**Hospice of Anchorage** 561-5322

500 W. International Airport Rd. Suite C  
Anchorage 99518

Fax 561-0334

E-mail: [hospice@ak.net](mailto:hospice@ak.net)

## Hospitals

**Alaska Native Medical Center** 563-2662

4315 Diplomacy Drive, Anchorage 99501

Web site: [www.anthc.org](http://www.anthc.org)

Quyana Guest House 729-2400

Financial Assistance Counselors

Social Workers

Translators

**Alaska Regional Hospital** 276-1131

2801 DeBarr, Anchorage 99504

Web site: [www.alaskaregional.com](http://www.alaskaregional.com)

Alaska Regional Guest House 264-1745

Financial Assistance Counselors

Social Workers

The Loree Schimmack Library

The Cancer Resource Center

- Providence Health Systems** **562-2211**  
 3200 Providence Drive, Anchorage 99508  
 Web site: [www.providence.org](http://www.providence.org)
- Providence Cancer Therapy Center 261-3186
  - Providence Guest House 562-2211 ext. 3890
  - Financial Assistance Counselors 261-3161
  - Providence Clinical Trials 261-3109
  - Women's Breast Cancer Support & Help 261-3601

## Housing

**Alaska Regional Guest House** **264-1745**  
**Alaska Regional Hospital**

The Alaska Regional Guest House is located on the 7<sup>th</sup> floor of the hospital. Patients must be receiving treatment at Alaska Regional Hospital to apply for guest housing for themselves and their families.

**Association for Stranded Rural Alaskans in Anchorage** **272-0643 ext. 23**

Lutheran Social Services in Alaska can help stranded rural Alaskans and their families defer the costs of food, travel, transportation, and housing.

**Providence Guest House** **562-2211 ext 3890**  
**Providence Health Systems**

Providence House guests must be receiving treatment at a Providence facility to apply for guest housing for themselves and their families. Located on Providence Alaska Medical Center grounds, Providence House offers 28 guestrooms with twin beds, cozy TV rooms, lounges, laundry facilities and a large communal kitchen and dining room. Meal preparation and some housekeeping duties are left to guests. Room charges at Providence House are kept low to make it possible for families to be close to their loved ones.

**Quyana House** **729-2400**  
**Alaska Native Medical Center**

The Quyana House is a guest house for anyone who lives outside of Anchorage who is receiving medical treatment at the Alaska Native Medical Center located at 4315 Diplomacy Drive. The guest house is located in the hospital. There is a free laundry facility; each room has two beds, a television and a VCR. Meals are included.

**Salvation Army** **277-2593**  
 Family Emergency Services  
 4611 Gambell Street, Anchorage

Eagle Crest 276-5913  
 McKinnel Family Shelter 276-1609

## Legal Services

**Alaska Legal Services Corporation** **1-800-478-9431**

## Support Groups

**American Cancer Society, Alaska** **277-8696**  
 1057 W. Fireweed Lane #204

**CANSURMOUNT** - Support for the cancer patient and family through the use of volunteers who have had cancer.

**I CAN COPE** - An eight week two hour educational program sponsored with local hospitals to educate and support patients and families about cancer and it's implications, treatments available and resources.

**REACH TO RECOVERY** – This program links women who have had breast cancer with women who are newly diagnosed or have just undergone surgery. Women are matched by diagnosis, treatment, age and location.

**Anchorage Women’s Breast Cancer Support Group** **261-3607**  
 Providence Imaging Center

The Anchorage Women’s Breast Cancer Support Group is facilitated by members of Providence Imaging Center staff. It is a strong self-sustaining group that offers monthly meetings for breast cancer survivors.

**YWCA ENCORE<sup>plus</sup> Program** **644-9620**  
 324 E. 5<sup>th</sup> Avenue, Anchorage 99501  
 Web site: <http://www.ywcaak.org>

**Wired for Health** information about breast cancer on the internet, links to many other sites on the world wide web.

**Casting for Recovery in Alaska** - a national recognized non-profit fly fishing program which provides an opportunity for women recovering from breast cancer to experience physical, emotional, and spiritual healing.

**Alaska Range of Motion** - peer group support and floor and pool exercise for women under treatment and recovering from breast cancer.

## Transportation

- Alaska Cab** **563-5353**  
 Have wheelchair van
- Alaska Share-A-Van** **562-7665**  
 Provides residents of Anchorage and its commuting areas a money-saving alternative to driving alone.
- Ambulance** **267-4950**  
 Fire Department switchboard.
- American Cancer Society, Alaska** **277-8696**  
 ROAD TO RECOVERY - Volunteers to drive patients to and from treatment.  
 ERA AVIATION IN-KIND - Administration travel for treatment for communities serviced by ERA.
- Munilift** **562-6360**  
**Paratransit Services**  
 Door to door transportation services for persons of any age who are unable to use the People Mover because of disabilities. Advance reservations are required.
- People Mover** **343-6543**  
 Web site: [www.peplemover.org](http://www.peplemover.org)  
 Municipal bus service serving Anchorage, Chugiak and Eagle River.
- TRANSCARE** w/chair van **257-7628**
- YWCA ENCORE<sup>Plus</sup> Program** **274-1572**  
 324 E. 5<sup>th</sup> Avenue, Anchorage 99501

## U.S. Social Security Administration

- Anchorage Office** **271-4455**  
 222 W. 8<sup>th</sup>. Anchorage 99513  
 Information concerning Social Security, Medicare, Supplemental Security Income (SSI).



## Community Resources

**Cordova Chamber of Commerce**

P.O. Box 99, Cordova 99574  
E-mail: cchamber@ptialaska.net

**424-7260**  
Fax 424-7259

**Cordova Family Resource Center**

705 Second Avenue  
P.O. Box 863, Cordova 99574

**424-5674**

The Cordova Family Resource Center's specialty is domestic violence but they are also a well-known source of help in Cordova.

**Salvation Army**

Main Street, Cordova

**424-3134**

The Salvation Army seeks to assist persons in need of emergency assistance.

## Financial Assistance

Residents of Cordova and nearby communities are referred to the coastal field office in Anchorage for public assistance.

**Public Assistance**

3601 C Street, Suite 410, Anchorage 99503

**1-800-478-4372**

## Food

**WIC Women, Infants & Children Program**

Chugachmiut WIC-  
602 Thase Ave, Cordova 99574

**452-5731**  
**1-800-457-5731**  
Fax 424-3424

WIC - provides nutrition assessment, education, supplemental foods, breastfeeding encouragement and support to pregnant women and new mothers.

## Home Health Care

**Home Care of Cordova**

P.O. Box 160, Cordova 99574

**525-8000**

## Hospital

**Cordova Community Medical Center**

P.O. Box 160, Cordova 99574

**424-8000**  
Fax 424-8116

**Ilanka** **424-3622**  
 Contracts with the Alaska Area Native Health Service and Indian Health Service to provide health care services in Cordova and surrounding villages.

## Housing

We are not aware of any housing that will offer reduced fares to patients in Cordova.

## Support Groups

There are no cancer support groups in Cordova.

## Transportation

There is no local bus service in Cordova. Instead, members of the community identified the following resources.

<b>A CAB</b>	<b>424 4321</b>
<b>Cordova Air</b>	<b>424-3289</b>
<b>Millennium Cab</b>	<b>424-6464</b>
<b>Wild Hare Taxi</b>	<b>424-3939</b>
<b>Older Alaskans Senior Citizens Program</b>	<b>424-8194</b>
Meals, information and referral, transportation	



## Community Resources

**Breast Cancer Detection Center** **479-3909**  
 1905 Cowles St., Fairbanks 99701

**Chief Andrew Isaac Health Center** **451-6682**  
 1408 19th Ave., Fairbanks 99701

Contracts with the Alaska Area Native Health Service and Indian Health Service to provide health care services in Fairbanks and surrounding villages.

**Crisis Line** **452-HELP(4357)**  
 24-hour crisis line staffed by volunteers.

**Community Information** **452-4403**  
 Provides 24-hour information on agencies and services available in Fairbanks area.

**Fairbanks Public Health Center** **452-1776**  
 1025 West Barnett **1-800-478-1777**  
 Fairbanks 99701-4541 Fax 451-1611

Public health nurses provide resource referrals to appropriate agencies and/or providers and counseling in areas of health promotion.

**Salvation Army** **452-5005**  
 1602 10th Avenue. Anchorage 99701

The Salvation Army seeks to assist persons in need of emergency assistance.

**Tanana Chiefs** **459-3100**  
 122 First Ave., Fairbanks 99701  
 Serving Indian Health Service patients only.

**United Way of the Tanana Valley** **452-7211**  
 P.O. Box 74396, Fairbanks 99707-4396  
 Web site: [www.unitedwaytv.com](http://www.unitedwaytv.com)

## Equipment

**Alaska Center for Children and Adults** **456-4003**  
 1020 Barnett St., Fairbanks 99701  
 Medical equipment loan closet.

**American Cancer Society (ACS)** **474-4555**  
 Free loan of equipment such as wheelchairs, hospital beds, etc.

**Fairbanks Memorial Hospital**

**458-5421**

Home medical equipment available for use with doctor's prescription for rent or sale.

**Financial Assistance**

**Public Assistance**

**1-800-478-2850**

Fairbanks District Office

**451-2850**

675 7<sup>th</sup> Avenue, Station D, Fairbanks 99701

Fax 451-2923

**Food**

**Fairbanks Community Food Bank**

**452-7761**

PO Box 70908, Fairbanks 99707

Serves 8,000+ households each year with food boxes plus distributes surplus food to 100 other local agencies.

WIC - Women Infants & Children Program

Resource Center for Parents & Children

**456-2990 ext. 26**

1949 Gillam Way, Suite G

Fax 456-2980

Web Site: [www.rcpcfairbanks.org](http://www.rcpcfairbanks.org)

WIC - provides nutrition assessment, education, supplemental foods, breastfeeding encouragement and support to pregnant women and new mothers.

**Home Health**

Fairbanks Memorial Hospital offers home health care, refer to the hospital.

**Hospice**

**Hospice of the Tanana Valley**

**474-0311**

706 3rd Ave., Fairbanks 99701

**Hospital**

**Fairbanks Memorial Hospital**

1650 Cowles St., Fairbanks 99701

**Cancer Therapy Center**

**458-5380**

Radiation therapy and chemotherapy are now available through the Cancer Treatment Center.

- Financial Assistance Counselors** **458-5400**  
 Provides specialized social services to cancer patients.
- Home and Community Care** **458-5410**  
 Provides certified, skilled nursing care; physical, occupational, speech and IV therapy; personal care; and other health care services in the home. On-call available 24 hours a day, 7 days a week. Many services are covered by Medicare, Medicaid, VA and other private insurance policies.
- Breast Cancer Support Group** **488-6723**

## Housing

We are not aware of any housing services that will offer reduced rates to patients in Fairbanks.

## Legal Services

**Alaska Legal Services Corporation** **452-5181**  
1-800-478-5401

## Support Groups

- Fairbanks Breast Cancer Support Group** **474-9641**  
 Reach to Recovery support group for women with breast cancer and those recovering from breast surgery.
- Fairbanks AARP Chapter** **479-6970**  
 Local chapter of nationwide, nonprofit organization for seniors 50 and older.
- I Can Cope** **474-9641**  
 Educational sessions for cancer patients, their families and friends are held at Fairbanks Memorial Hospital.
- Hospice of the Tanana Valley** **474-0311**  
 Bereavement Support Group

## Transportation

**American Cancer Society (ACS)** **474-4555**  
 Provides transportation to local treatment centers for cancer patients who are unable to make other arrangements. ACS also has limited funds to assist patient with travel expenses to Anchorage or Seattle.

**Love Inc.** **452-3876**

Love Inc. volunteers offer transportation when no other means are available.

**MACS -** (bus schedule) **459-1011**

Metropolitan Area Commuter Service  
3175 Peger Rd., 99709

Local bus service for the Fairbanks and North Pole.

**North Star Council on Aging** **452-1735**

1424 Moore St., Fairbanks 99701

Fax 451-9974

Meals, information, referral, outreach, transportation, personal advocacy, notary, help with forms and taxes, and health screening, social activities, monthly legal services, medical and insurance.

**Van Tran** **459-1010**

Provides transportation for all physically and mentally disabled persons and elderly persons who live over 3/4 mile from bus route. Requests and cancellations must be made 24 hours in advance. Service areas include Fairbanks, Nordale/Chena Hot Springs Road, Badger Road, Farmers Loop Road, Ester, North Pole, Dawson Road, and Murphy Dome Road when space is available.

## U.S. Social Security Administration

**Fairbanks Office** **456-0241**

New Federal Building, 101 12<sup>th</sup> Ave., Rm 138, 99701

Information concerning Social Security, Medicare, Supplemental Security Income (SSI).



## Community Resources

### City of Homer

**Website:** <http://homer.alaska.gov>

Refer to Homer's Web site to locate community resources online.

### Community Mental Health Center

**235-7701**

3948 Ben Walters Lane, Homer 99603

This outpatient mental health center provides counseling services on a sliding scale basis, as well as accepting insurance. Works with all ages in individual, couple or family setting.

### Homer Chamber of Commerce

**235-7655**

P.O. Box 541, Homer 99603

**E-mail:** [homer@wyz.net](mailto:homer@wyz.net)

### Homer Public Health Center

**235-8857**

Provides resource and referrals; support and counsel in the areas of health promotion; adult immunizations; encouragement.

### Homer Senior Citizens

**235-7655**

3935 Svedlund, Homer 99603

### Kachemak Bay Family Planning Clinic

**235-3436**

3959 Ben Walters Lane, Homer 99603

Provides health care services for women including annual exams with cervical and breast cancer screening, free mammograms through the local hospital, STD and HIV testing and treatment, birth control and supplies, pregnancy testing and counseling. Services for men include STD and HIV testing and non-scalpel vasectomies. All services are provided at no cost or on a sliding-scale basis.

### Kenai United Way

**283-9500**

### South Peninsula Women's Services

**235-7712**

3776 Lake street, Suite 100, Homer 99603

Ten bed shelter for women and their children in situations of domestic violence or sexual assault.

## Financial Assistance

**Public Assistance, Homer District Office** 235-6123  
270 W. Pioneer, Suite C, Homer 99603

## Food

**Homer Community Food Pantry** 235-7513  
770 East End Road, Homer 99603

Mondays 1pm to 3pm, basement of Homer United Methodist Church.  
Free food for those in need: staples, as well as fresh locally-grown vegetables.

**Share the Spirit** 235-7700

Food and gift baskets for needy households during the winter holiday season. Additionally offering financial assistance throughout the year for food, housing, medication and utilities as funds allow.

## Home Health Care

**South Peninsula Hospital Home Health** 235-8558  
4300 Bartlett St., Homer 99603 Fax 235-0810

## Hospice

**Hospice of Homer** 235-6899  
P.O. Box 4174, Homer 99603 Fax 235-0253

## Hospital

**South Peninsula Hospital** 235-8101  
4300 Bartlett St., Homer 99603

Serves Anchor Point, English Bay, Fritz Creek, Homer, Nanwalek, Niniichick and Seldovia

## Housing

**Conifer Woods** 235-5920  
Ben Walters Lane, Homer 99603  
Rent is 30% of monthly income. 32 units.

**Harbor Ridge Apartments** 235-5639

## Support Groups

There are no cancer support groups in Homer.



## Community Resources

**AARP** **1-888-805-1540**

American Association of Retired Persons

**Alaska Legal Services Corporation** **586-6425**

419 6<sup>th</sup> St., Suite 322, Juneau 99801

**AWARE - Aiding Women in Abuse & Rape Emer.** **586-6623**

1525 Old Glacier Hwy, Juneau 99801

Advocacy for victims of domestic violence and sexual assault; also a well-known source of help to women in Juneau.

### Church-based Charities

**Catholic Community Services, Inc.** **463-6100**

419 6th St., CCS. Wing, Juneau 99801

### City of Juneau Web site

Web site: **www.juneau.com**

**Juneau Public Health Center** **465-3353**

3412 Glacier Highway, Juneau 99801-9501 Fax 465-3389

Provides resource/referrals to appropriate agencies and/or providers; support and counsel in areas of health promotion; gives adult immunizations recommended by client's provider and provided by the state; encouragement.

**Salvation Army** **586-2136**

439 Willoughby, Juneau 99801

The Salvation Army seeks to assist persons in need of emergency assistance.

**Southeast Alaska Cancer & Wellness Foundation** **789-8866**

Providing advocacy, information, education and resources. Assistance includes: counseling, travel aid grants, support groups, communication with other survivors, Air Lifeline information and links to Seattle resources.

Juneau 24-hour helpline: 796-CARE (2273)

Southeast Alaska: 1-800-376-CARE (2273)

Web site: **www.SEACWF.com**

**Southeast Senior Services** **586-6233**

419 6th Street, Juneau 99801

Program for seniors age 60 and over and their spouses. Provides home delivered meals, transportation, and referrals, respite care, personal advocacy, health maintenance and physical fitness

**United Way of Southeast** **465-5530**  
 P.O. Box 20249, Juneau, AK 99802  
 Office: 225 Front Street #204

## Equipment

**Elks** **586-2420**  
**Lions** **789-4309**  
**SEAMS** **586-6880**  
**PRO-Care** **1 877 274-0770**

## Financial Assistance

**Public Assistance** **465-3551**  
 Juneau District Office 1-800-478-3551  
 10002 Glacier Hwy, Suite 201, Juneau 99801 Fax 465-5238  
 Adult Assistance 465-3537  
 Food Stamps 465-3557

## Food

**Home-Delivered Meals on Wheels** **586-6231**  
 895 W. 12th Ave., Juneau 99801

Provides hot meals which are delivered between 11:a.m. and 1:00 p.m.  
 Monday through Friday. Weekend and diabetic meals are also available.

**Women, Infants & Children Program (WIC)** **463-4099**  
 Southeast Regional Health Corporation (SEARHC) **1-800-330-2229**

WIC - provides nutrition assessment, education, supplemental foods,  
 breastfeeding encouragement and support to pregnant women and new  
 mothers.

## Home Health

**Cornerstone Coordination** **463-6195**  
 Organizes home services in rural, Juneau, Ketchikan

**Cornerstone Home Health** **586-6838**  
 3225 Hospital Drive #101 B, Juneau 99801  
 Medicare, Medicaid, private insurance.

## Hospice

### **Hospice and Home Care of Juneau**

3200 Hospital Drive Ste. 100, Juneau 99801

**463-3113**

Fax 463-3835

## Hospital

### **Bartlett Regional Hospital**

3260 Hospital Drive, Juneau 99801

Web site: **www.bartletthospital.org**

**796-8900**

Cancer patients in Juneau and surrounding Southeast towns are able to stay in Juneau for the majority of their cancer treatment.

Social work services department

**796-8473**

## Housing

### **Glory Hole**

247 S. Franklin Street, Juneau 99801

**586-4159**

An emergency shelter which charges \$2.00 per night or small jobs to pay for the night's lodging. Shelter available for men and women.

### **Juneau International Hostel**

614 Harris Street, Juneau 99801

**586-9559**

Provides simple overnight accommodations-dormitory sleeping, kitchen, shower, laundry room. 3 night limit-minimal charge.

### **Tlinigit Haida Regional Housing Authority**

551 Jenkins Drive, Juneau 99801

**780-6868**

Emergency housing: Must be temporarily displaced from your home due to fire, job loss, or for other reasons.

### **St. Vincent de Paul**

8617 Teal Street, Juneau 99801

**789-6706**

Provides emergency shelter to families - eligibility restrictions apply.

## Legal Services

### **Alaska Legal Services Corporation**

419 6th Street, Juneau 99801

**586-6425**

**1-800-789-6426**

## Support Groups

**Juneau Breast Cancer Support Group** **789-3826**  
**Juneau Cancer Support Group** **789-3345**  
 Southeast Alaska Cancer & Wellness Foundation

**American Cancer Society** **789-3826**  
 “Reach for Recovery”  
 Peer to peer support for women newly diagnosed with breast cancer.

**SEARHC** **463-5844**  
 Native Women’s Breast Cancer Support Group and Health Program

## Transportation

**Ambulance** **586-5323**  
 Services available to patients through the Juneau Fire Dept. Patients are billed directly.

**Care-A-Van Transportation Services** **586-4482**  
 3200 Hospital Drive, Suite 102, Juneau 99801 TDD 586-6234  
 Transportation and passenger assistance for seniors and persons unable to ride the city bus.

## U.S. Social Security Administration

**Juneau Office** **586-7070**  
 709 W. 9th Ste 231, Juneau 99802  
 Information concerning Medicare, Medicaid, Social Security, and Social Security Supplemental Income (SSI).



## Community Resources

**Ketchikan Senior Care Coordination**

345 Main Street, Ketchikan 99901

**225-8080****1-800-228-1212**

Fax 225-9777

A program of Catholic community service dedicated to helping elders maintain healthy, independent lifestyles. Case management/care coordination include: Adult Public Assistance, Project Choice for the Elderly, tax assistance, Medicare, home health care, medical equipment, Alaska Native resources, Meals on Wheels, pioneer benefits, transportation.

**Ketchikan City Website**Web site: [www.ktn.net](http://www.ktn.net)**Ketchikan Public Health Center**

3054 Fifth Avenue, Ketchikan 99901

**225-4350**

Fax 247-0978

Provides resource/referrals to appropriate agencies and/or providers; support and counsel in areas of health promotion; gives adult immunizations recommended by client's provider and provided by the state; encouragement.

**Salvation Army**

434 Tower Road, Ketchikan 99901

**225-5277**

The Salvation Army seeks to assist persons in need of emergency assistance.

## Financial Assistance

**Access to Care Program****225-4350**

Provides health care to people who are uninsured or underinsured in Ketchikan. People needing medical attention may be referred to the program in a variety of ways. All referrals will be scheduled through the Ketchikan Public Health Center.

**First City Council on Cancer (FCCC)****228-8300 ext.389**

Nonprofit organization provides help for cancer patients who live in Ketchikan and the surrounding areas. They also assist with the cost of cancer screening tests.

**Ketchikan Job Center Public Assistance**2030 Sea Level Dr., Suite 301  
Ketchikan 99901**225-2135****1-800-478-2135**

Fax 247-2135

## Food

**Ketchikan Senior Services** **225-6575**  
 Helps seniors 60 to 65 with financial needs. Under 60 with ADA needs.

**Dietician Counseling** **225-5171**  
 Ketchikan General Hospital

**Women, Infants & Children Program (WIC)** **225-4350**  
 3054 Fifth Ave., Ketchikan 99901 **1-800-854-0878**

WIC - provides nutrition assessment, education, supplemental foods, breastfeeding encouragement and support to pregnant women and new mothers.

## Home Health

**Ketchikan General Hospital** **228-8300**  
 3100 Tongass Avenue, Ketchikan 99901

- Long Term Care 225-5171
- Home Health 225-8914

## Hospice

**Hospice Support Services for Ketchikan** **225-7973**

## Hospital

**Ketchikan General Hospital** **225-5171**  
 3100 Tongass Avenue, Ketchikan 99901

Cancer patients in Ketchikan and surrounding Southeast towns are able to stay in Ketchikan for the majority of their cancer treatment.

- Chemotherapy
- Social Workers
- Home and Community Care
- Breast Cancer Support Group, I Can Cope

## Housing

**Alaska Housing Finance Corporation** **225-6030**  
 130 Bryant St. Seaview Terrace Building, Suite 102  
 Ketchikan 99901

Provides conventional low income housing and rental assistance.

**Bunk Inn** **225-6022**  
 Bunkhouse for EC Phillips & Son available to rent during off-season. The cost is \$20.00 per person in a double room with two twin beds. \$30.00 for a room with a queen or double bed. Communal kitchen and bathrooms.

**Glacier Park Apartments** **225-8672**  
 660 S. Yorktown Drive, Apt. 11, Ketchikan 99901  
 Subsidized housing, two and four bedroom units, one handicapped unit. Waiting list.

**Ketchikan Rotary House** **225-5171**  
 Joint venture between Ketchikan General Hospital and Ketchikan Rotary 2000. Provides low-cost housing for patients and families traveling to Ketchikan for medical care. Contact the hospital.

**Schoenbar Park Apartments** **225-4542**  
**2122 Apartments** **225-2039**  
 1300 Yorktown Drive, Apt. M-1, Ketchikan 99901  
 Subsidized housing, one and two bedroom units. Waiting list. Rent is based on 30% of adjusted monthly income.

## Legal Services

**Alaska Legal Services Corporation** **225-6420**  
 306 Main Street  
 #301 NBA Building, Ketchikan 99901-6483

## Support Groups

**I Can Cope**  
 Patient and family cancer education program. Doctors, nurses, social workers, and community representatives provide information about cancer diagnosis and treatment, as well as assistance in coping with the physical and emotional needs. This program is provided through Ketchikan General Hospital.

**LOOK GOOD... FEEL BETTER**  
 Free public service program teaches women with cancer beauty techniques to help restore their appearance and self image during chemotherapy and radiation treatment. Products can be shipped anywhere in SE Alaska. Refer to the American Cancer Society, Alaska under statewide resources.

**Reach to Recovery - Geri Kelly (home phone number) 247-2664**

Trained volunteers who are breast cancer survivors visit women who have been recently diagnosed with breast cancer. The volunteers serve as positive role models, talk with women about their feelings and concerns, and provide written materials about breast cancer and related subjects.

Refer to the American Cancer Society, Alaska under statewide resources.

## Transportation

**First City Council on Cancer (FCCC) 228-8300 ext. 389**

Nonprofit organization provides help (some travel) for cancer patients who live in Ketchikan and the surrounding areas.

At the time of publication, we were not aware of any air taxis or ground transportation that offer reduced rates for patients.



## Community Mental Health Services

**Evelyn Wiszinckas, PhD** **486-0311**  
**PKIMC Mental Health Services** **481-2100**  
 Providence Kodiak Island Medical Center  
 1915 E. Rezanof Dr., Kodiak 99615

## Community Resources

**A Holmes Johnson Library** **486-8686**  
 319 Lower Mill Bay Rd., Kodiak 99615

**Beta Sigma Phi** **486-2955**  
**Centers for Natural Health** **486-6707**  
 202 Center Street, Suite 207, Kodiak 99615

**Church-based Charities**  
**St. James the Fisherman** **486-5276**  
 Offers support for families facing serious illness.

**Gaynell Hatcher Health Information Library** **486-3281**  
 Providence Kodiak Island Medical Center

**Kodiak City**  
 Web site: [www.kodiak.org](http://www.kodiak.org)

**Kodiak Public Health Center** **486-3319**  
 316 Mission Road, Room 207, Kodiak 99615 Fax 486-8149  
 Provides resource/referrals to appropriate agencies and/or providers;  
 support and counsel in areas of health promotion; give adult  
 immunizations recommended by client's provider and provided by the  
 state; encouragement.

**Kodiak Senior Center/Island Cove** **486-6181**  
 302 Erskine Avenue, Kodiak 99615

## Adult Day Care

**Kodiak Women's Resources & Care Center** **486-6171**  
 P.O. Box 2122, Kodiak 99615 **Crisis Line: 486-3625**  
 Information, referral, outreach, day care.

**Salvation Army** **486-8740**  
 1855 Mission Road, Kodiak 99615  
 The Salvation Army seeks to assist persons in need of emergency  
 assistance.

**Soroptimists International of Kodiak**

Myrt Myers Women’s Cancer Awareness Fund. Offers funding for mammograms and other screening for individuals who may not be able to afford testing. Travel assistance. Doctor recommendation required. Contact Jody Spivey @ 486-8890 or 486-0602.

**Daycare**

**Small World INC.**

**486-5531**

1220 Rezanof Drive E., Kodiak 99615

Drop in day care service available.

**Financial Assistance**

**Public Assistance**

**486-3783**

Kodiak District Office

**1-888-480-3783**

307 Center Street, Kodiak 99615

Fax 486-3116

**Food**

In Kodiak, many churches and faith-based organizations offer help to persons who need temporary assistance. You can also contact the Coordinator/Interfaith Caregiver (1-907-562-2211) at Providence Health Systems in Anchorage.

**Women, Infants & Children Program (WIC)**

**486-5958**

Kodiak Area Native Association

Fax 486-3921

3449 E. Rezanof Dr., Kodiak 99516

WIC - provides nutrition assessment, education, supplemental foods, breastfeeding encouragement and support to pregnant women and new mothers.

**Home Health**

**PKIMC Home Health Care Office**

**486-9545**

Providence Kodiak Island Medical Center

1247 Bay Rd., Kodiak 99615

**Hospital**

**Providence Kodiak Island Medical Center**

**486-3281**

1915 E. Rezanof, Kodiak 99615

Fax 486-2336

## Housing

We are not aware of any housing services that will offer reduced rates to patients.

## Support Groups

### **Kodiak Cancervivors** **486-8447**

Self help group. Meetings are held on the second Monday of the month at Providence Kodiak Island Hospital Cafeteria at 7 PM.

## Transportation

We are not aware of any air carrier or ground transportation service that will offer reduced fares to patients. Community members referred the following references:

### **A & B Taxi** **486-4343**

P.O. Box 2071, Kodiak 99615

E-mail: [abtaxi@ptialaska.net](mailto:abtaxi@ptialaska.net)

### **Custom Tours/Airporter Shuttle** **486-4997**

P.O. Box 985, Kodiak 99615



## Community Resources

### **Mat-Su Info**

Web site: [www.Matsuinfo.org](http://www.Matsuinfo.org)

Mat-Su Info is an Internet-based information and referral system where you can easily identify local health, education, and social services resources. Use this online resource to link up to needed services for your family. This web site can direct you to food, medical health, shelter, transportation, counseling, and more.

### **Mat-Su Public Health Center**

**376-2437**

1830 East Parks Highway, A 134, Wasilla 99654

Fax 376-3096

Childhood immunizations, flu shots, pregnancy testing and counseling, family planning services, TB testing and follow-up, investigation of communicable diseases, treatment of sexually transmitted disease, HIV testing/counseling, EPSDT well-child screenings, professional nurse home visiting (for new babies and moms), health education, community assessment, public health information.

### **Sunshine Community Health Center**

**733-2273**

Mile 4.4 Talkeetna Spur Road, Talkeetna 99676

Fax 733-1735

### **Salvation Army of the Mat-Su Valley**

**745-7079**

209 W. Evergreen

Fax 746-7033

Old Elks Building, Palmer 99645

The Salvation Army seeks to assist persons in need of emergency assistance: baby needs, clothing, emergency food, financial aid.

### **United Way of Mat-Su**

**373-5807**

P.O. Box 872485, Wasilla 99687

Fax 376-0635

Web site: [www.unitedwaymatsu.org](http://www.unitedwaymatsu.org)

### **Valley Women's Resource Center**

**746-4080**

403 S. Alaska Street, Palmer 99645-63239

Fax 746-1177

Web site: [vwrc@alaska.com](mailto:vwrc@alaska.com)

## Financial Assistance

### **Public Assistance**

**1-800-478-7778 or 376-3903**

Mat-Su District Office

Fax 373-1136

855 W. Commercial Drive, Wasilla 99654

## Food

If you live anywhere in the Mat-Su Valley, you can access information about food at [www.matsuinfo.org](http://www.matsuinfo.org) and, depending on which community you live in and your zip code, the web site will direct you to the closest local resource.

<b>Palmer Food Bank</b> 221 S. Valley Way, Palmer 99645	<b>746-3565</b>
<b>Big Lake Baptist Church</b> Milepost 52 Parks Hwy, Wasilla 99654	<b>892-6646</b>
<b>Food Pantry of Wasilla</b> 501 Bogard Road, Wasilla 99654	<b>373-3522</b>
<b>Trapper Creek Community Food Bank</b> Milepost 1.8 E. Petersville Road, Trapper Creek 99683	<b>733-1776</b>
<b>Women Infant &amp; Children Program (WIC)</b> 403 S. Alaska Street, Palmer AK 99645	<b>746-4080</b>

WIC provides nutrition assessment, education, supplemental foods, breastfeeding encouragement and support to pregnant women and new mothers.

## Home Health

<b>Alaska Home Health Care</b> 935 Westpoint Drive, Suite 104, Wasilla 99654	<b>376-8200</b>
<b>Peninsula Home Health Care</b> 440 W. Evergreen, Suite B, Palmer 99645	<b>745-2900</b>
<b>Valley Health Service</b> 3051 E. Palmer-Wasilla Hwy, Wasilla 99654	<b>352-4800</b> Fax 352-4801

Valley Health Service offers home health care, prescribed by health care provider.

## Hospice

<b>Hospice of Mat-Su</b> 3051 E. Palmer-Wasilla Hwy, Wasilla 99654	<b>352-4800</b> Fax 352-4801
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## Hospital

<b>Valley Hospital</b> 515 E. Dahlia, Palmer 99645	<b>746-8600</b>
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## Housing

We are not aware of any housing offering reduced fares to patients.

## Legal Services

**Alaska Legal Services Corporation** **272-9431**  
1016 W. 6<sup>th</sup> Avenue, Suite 200, Anchorage 99501

## Support Groups

**Reach for Recovery** **376-8689**  
One on one counseling Breast Cancer Support Group.

## Transportation

**Mat-Su Community Transit (MASCOT)** **376-5000**  
1301 Century Circle, Suite A, Wasilla 99654  
Web site: [www.matsutransit.com](http://www.matsutransit.com)

MASCOT provides weekday service between Palmer, Wasilla, Big Lake and Eagle River between the hours of 5:30 a.m. and 7:30 p.m.

In Eagle River, you can connect with the People Mover (343-6543) to Anchorage.



## Community Resources

<b>American Cancer Society</b>	<b>772-3765</b>
<b>Central Council, Social Services</b>	<b>772-4080</b>
<b>Ministerial Association</b>	<b>772-3144</b>
<b>Petersburg Medical Center</b>	<b>772-4291</b>
<b>Petersburg Public Health Center</b>	<b>772-4611</b>
<b>Rotary Club</b>	<b>772-3833</b>
<b>Salvation Army</b>	<b>772-4586</b>
The Salvation Army seeks to assist persons in need of emergency assistance.	
<input checked="" type="checkbox"/> Salvation Army Youth & Teen Drop In Center	
<b>Sons of Norway</b>	<b>772-4575</b>

## Financial Assistance

<b>Fee agent for Division of Public Assistance</b>	<b>772-772-2613</b>
Peterburg Public Assistance clients can also call	
Division of Public Assistance, Sitka	1-800-478-8234
Division of Public Assistance, Ketchikan	1-800-478-2135
Day care Assistance Program	772-4030

## Food

<b>Women, Infants &amp; Children Program (WIC)</b>	<b>772-4611</b>
WIC - provides nutrition assessment, education, supplemental foods, breastfeeding encouragement and support to pregnant women and new mothers.	

## Home Health

<b>Center for the Community</b>	<b>1-800-223-6960</b>
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## Hospice

<b>Hospice of Petersburg</b>	<b>772-4291</b>
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## Hospital

**Providence Hospital Information Line** 1-907-261-4900  
 24 Hour Nursing Advice, Health Topics, Physician Referral

## Housing

Subsidized housing may be available through the following:

<b>Alaska Housing</b>	<b>772-3550</b>
<b>Northwind Apartments</b>	<b>772-3035</b>
<b>Mountain View Manor, Senior Housing</b>	<b>772-3445</b>
<b>Tlingit-Haida Housing</b>	<b>772-2315</b>

## Licensed Child Care Providers

These child care providers were listed in the Fall 2002 Petersburg Community Resources Directory, compiled by the Human Services Advisory Board.

<b>Petersburg Children’s Center</b>	<b>772-3419</b>
<b>Dee Dee Wegener</b>	<b>772-3234</b>
<b>Donna Cisney</b>	<b>772-4419</b>

## Support Groups

<b>Cancer Support Group</b>	<b>772-4291</b>
<b>Care Givers Support Group</b>	<b>772-4291</b>
<b>Petersburg Ministerial Association</b>	<b>772-3144</b>

## Transportation

We are not aware of any free or discounted travel fares for patients in Petersburg.



## Community Resources

- Glacier Family Medicine Clinic** **224-8733**  
 11724 Seward Hwy. Suite 4  
 Box 227, Seward 99664
- Harbor Medical** **224-8901**  
 located at Seaview Plaza
- Salvation Army** **224-5010**  
 The Salvation Army seeks to assist persons in need of emergency assistance.
- Seward Chamber of Commerce** **224-8482**  
**Seward Public Health Center** **224-5567**  
 201 3rd Avenue, Suite 202 Fax 224-2385  
 P.O. Box 810, Suite 20, Seward 99664
- Seaview Community Services** **224-5257**  
 Community referral for mental health, substance abuse, domestic violence, sexual assault, and Infant Learning Program (ILP).

## Financial Assistance

- Public Assistance** **1-800-478-9032**  
 11312 Kenai Spur Hwy, Suite #2, Kenai 99611
- Seward public assistance clients are referred to the Kenai Office. In Seward, there is a fee agent only, hours and days fluctuate. Fee agent hours and days are posted at Seward Job Service located at the AVTEC 1st Lake facility. (Fee agent holds clinic at Job Service).

## Food

- Salvation Army** **224-5010**  
**Seaman's Mission** **224-8486**  
 Lion's Club **224-2029**
- Women, Infants & Children Program (WIC)** **224-9186**  
 201 3<sup>rd</sup> Ave., Seward 99664 Fax 224-9187
- WIC - provides nutrition assessment, education, supplemental foods, breastfeeding encouragement and support to pregnant women and new mothers.

## Hospital

**Providence Seward Medical Center** **224-5205**  
 4171 1st Ave., Seward 99664 Fax 224-7248

- Hospital Emergency Room 224-2846
- Home Health 224-2840

**North Star Clinic** **224-8901**  
 201 3rd Ave., Suite 201, Seward 99664

Contracts with the Alaska Area Native Health Service and Indian Health Service to provide health care services to Native Americans in Seward and outlying villages.

## Housing

There are some low-income family housing resources in Seward.

**Bayside** **224-5767**  
**Bayview Apt.** **224-3697**  
**Bear Mountain** **224-3697**  
**Glacier View (seniors)** **224-5604**  
**Kimberly Court** **224-7414**

## Medical

**Glacier Family Medicine Clinic** **224-8733**  
 11724 Seward Hwy, Suite 4 Fax 224-8734  
 Box 227, Seward 99664

**Harbor Medical** **224-8901**  
 Located at Seaview

## Support Groups

We are not aware of any breast or cervical cancer support group that are active at this time.



## Community Resources

The community of Soldotna is also served by resources in Kenai.

**Kenai Public Health Center** **283-4871**  
 215 Fidalgo Ave, Suite 203, Kenai 99611 Fax 283-7447

**Kenai Peninsula United Way** **283-9500**  
 508 South Willow St., Suite D, Kenai 99611 Fax 283-8000  
 E-mail: [kpuw@ptialaska.net](mailto:kpuw@ptialaska.net)

**Salvation Army** **283-3879**  
 201 North Forest Drive & 2nd, Kenai 99611

The Salvation Army seeks to assist persons in need of emergency assistance.

**Women’s Resource & Crisis Center** **283-9479**  
 325 South Spruce, Kenai 99611 Fax 283-5844

This agency provides emergency and transitional housing for victims of domestic violence and sexual assault, walk-in non-residential services, operated the Women’s, Infants and Children (WIC) nutritional support program for the central peninsula and manages the Child Care Assistance and Child Care Food Program.

## Financial Assistance

**Public Assistance** **283-2900**  
 11312 Kenai Spur Hwy, Suite #2, Kenai 99611 1-800-478-9032

Soldotna public assistance clients are referred to the Kenai Peninsula Job Center.

## Food

**Kenai Peninsula Food Bank** **262-3111**  
**Women, Infants & Children Program (WIC)** **1-800-770-4707**

WIC provides nutrition assessment, education, supplemental foods, breastfeeding encouragement and support to pregnant women and new mothers.

**Women’s Resource & Crisis Center** **283-4707**  
 11127 Frontage Road, Suite 204 Fax 283-4681

## Home Health

**Professional Home IV**

**262-8737**

## Hospice

**Hospice of Central Peninsula**

**262-1304**

Based in Soldotna and serving the greater Kenai area, including Sterling, Kasiliof, Nikiski, and Clam Gulch. Provides free services for terminally ill individuals and their families, including physical, emotional and spiritual support, patient advocacy and bereavement counseling. Also provides training to persons wishing to become Hospice volunteers.

## Hospital

**Central Peninsula General Hospital**

**262-8135**

250 Hospital Place, Soldotna 99669

## Housing

We are not aware of any housing that will offer reduced fares to patients.

## Support Groups

**Kenai Peninsula Cancer Support Group**

**262-8114**

## Transportation

**CARTS (Central Area Rural Transit)**

**262-8900**

**Senior Center**

**262-2322**



**AARP Alaska Information Center**

3101 Penland Pkwy, K36  
 Northway Mall, Anchorage 99508  
 Website: [www.aarp.org](http://www.aarp.org)

**272-1444**  
**1-888-805-1540**

AARP is the nation's leading organization for persons age 50 and older. It serves their needs and interests through information and education, advocacy and community service. The AARP Alaska Information Center is the state-wide information resource for AARP members, their families and the community.

**AKInfo Information & Referral**

Web site: [Akinfo@ak.org](mailto:Akinfo@ak.org)

**1-800-478-2221**

AKInfo is a free, quick, and easy way to help Alaskans find information about private health, public health and human service providers. Available by calling 1-800-478-2221, 24 hours a day or through the Internet.

**Alaska Breast Cancer Advocacy Partners**

P.O. Box 102059, Anchorage 99510  
 Web site: [www.abcap@alaska.com](http://www.abcap@alaska.com)

**Alaska Breast & Cervical Health Check Program**

3601 L Street, Suite 934  
 P.O. Box 240249, Anchorage 99524-0249  
 Website: [www.hss.state.ak.us/dph/mcfh/wahu/bchc](http://www.hss.state.ak.us/dph/mcfh/wahu/bchc)

**1-800-410-6266**  
 Fax 269-3432

The Alaska Breast & Cervical Health Check program provides breast and cervical cancer screening and treatment to low income women ages 18 – 64 who meet income guidelines, who do not have insurance, cannot meet their deductible or whose insurance does not pay for BCHC services. Screening services are located in Anchorage, Cold Bay, Eagle River, Fairbanks, Homer, Juneau, Ketchikan, King Cove, Kodiak, Palmer, Petersburg, Sandpoint, Seward, Soldotna, Talkeetna, and Wasilla.

If you were screened and diagnosed with cancer through the Alaska Breast and Cervical Health Check program, you may be eligible to have your treatment paid for by Medicaid.

**American Cancer Society (ACS), Alaska Chapter**

1057 West Fireweed Lane, # 204  
 Anchorage 99503

**1-800-478-9355**

Provides services to persons presently under treatment for cancer and their families including: transportation, home visits and hospital equipment for the home, rehabilitation training, counseling, and education. Offers support groups for cancer patients, their families and children.

# S T A T E W I D E

ACS provides monetary support for breast and cervical cancer screening and diagnostic services may be available to eligible women. ACS also offers some financial assistance - A \$300 reimbursement, per fiscal year, to cancer patients traveling for treatment, available upon request and approval.

Programs offered through the ACS vary by community. Contact ACS to learn which of the following programs are available in your community.

**CANSURMOUNT** - Support for the cancer patient and family through the use of volunteers who have had cancer.

**I CAN COPE** - An eight week two hour educational program sponsored with local hospitals to educate and support patients and families about cancer and its implications, treatments available and resources.

**REACH TO RECOVERY** - A visitation program and support for women with breast cancer.

**ROAD TO RECOVERY** - Volunteers to drive patients to and from treatment.

**ERA AVIATION IN-KIND** - Administration travel for treatment for communities serviced by ERA.

**FINANCIAL ASSISTANCE** - A \$300 reimbursement, per fiscal year, to cancer patients traveling for treatment, available upon request and approval.

**LOAN CLOSET** - Home health equipment and gift items when available at the ACS office.

**LOOK GOOD FEEL BETTER** - Free public service program teaches women with cancer beauty techniques to help restore their appearance and self image during chemotherapy and radiation.

**SUPPORT GROUPS** - Wellness group-patient support group.

**Alaska Comprehensive Health Insurance Association**

**1-888-290-0616**

Insurance for high risk individuals.

**Alaska Native Women's Wellness Project**

**729-2187**

4320 Diplomacy Drive, Anchorage 99508

Fax 729-3265

Website: [www.southcentralfoundation.org](http://www.southcentralfoundation.org)

Early detection and screening services for breast and cervical cancer.

Sponsors a support group for Native women who have had or are currently experiencing breast cancer.

**Arctic Slope Native Association**  
**Breast and Cervical Early Detection**  
 P.O. Box 69, Barrow 99723

**852-0270**  
 Fax 852-0270

Provides breast and cervical cancer screening. Nurse practitioners travel throughout the borough and all villages at least twice a year for screening clinics.

**Breast Cancer Focus, Inc.**  
 P.O. Box 242464, Anchorage 99524-2464

BCFI provides a forum for fund raising for local breast cancer education, research and advocacy.

**Denali KidCare**  
 Web site: [www.hss.state.ak.us/dma/DenaliKidCare](http://www.hss.state.ak.us/dma/DenaliKidCare)

**1-888-318-8890**  
 269-6529

Denali KidCare ensures that children and teens of both working and non-working families can have the health insurance they need at no cost to your family. Children and teens receive a full range of prevention and treatment services such as - doctor's visits, health check-ups, vision exams and eyeglasses, dental checkups, cleanings and fillings, hearing tests and hearing aids, speech therapy, physical therapy, mental health therapy, substance abuse treatment, chiropractic services, food doctor's services, hospital care, laboratory tests, prescription drugs, and medical transportation.

**SEARHC / Southeast Alaska BCCEDP**  
**Community Health Services**  
 222 Tongass Drive, Sitka 99835

**966-8743**  
 Fax 966-8785

Provides breast and cervical cancer screening services to eligible Native and non-Native women living in Southeast Alaska villages served by SEARHC. Screening services are available at all SEARHC affiliated clinics.

**State Insurance Commission, Alaska**

**269-7900**

**United Way**  
 701 west 8th Avenue, Suite 230, Anchorage  
 Web site: [www.uway.ak.org](http://www.uway.ak.org)

**263-3820**



**Agency for Health Care  
Research and Quality**

**1-800-358-9295**

P.O. Box 8547, Silver Springs, MD 20907

Web site: **www.ahrq.gov**

Information on high quality mammography and quick reference guide for referring providers and clinicians. Summarizes what to look for in a facility when referring women clients to mammography.

**AARP: American Association  
of Retired Persons**

**1 800 424-3410**

Website: **www.aarp.org**

**AIRLIFELINE**

**877- AIR-LIFE**

Web site: **www.airlifeline.org**

Free nationwide service that flies qualified patients to treatment centers nationwide.

**American Cancer Society (ACS) , Inc.**

**1-800-ACS-2345**

1599 Clifton Road NE, Atlanta, GA 30329

Web site: **http://www.cancer.org**

Nationwide toll-free hotline provides information on all forms of cancer, and referrals to the ACS-sponsored "Reach to Recovery" program.

**American Institute for Cancer Research**

**1-800-843-8114**

1759 R Street, NW, Washington DC 20009

Web site: **www.aicr.org**

Provides information on cancer and nutrition. Publishes a newsletter, cookbooks and diet/nutrition brochures. AICR also a hotline for nutrition-related cancer inquiries where callers will be connected with a registered dietitian.

**American Society of Plastic and  
Reconstructive Surgeons**

**1-800-635-0635**

444 E. Algonquin Rd., Arlington Heights, IL 60005

Web site: **www.plasticsurgery.org**

For referrals to a plastic surgeon for corrective or reconstructive procedures, contact the American Society of Plastic and Reconstructive Surgeons for a list of local board-certified plastic surgeons.

**Asian & Pacific Islander**

**415-954-9959**

**American Health Forum**

Web site: **www.apiahf.org**

The Asian & Pacific Islander American Health Forum is a national advocacy organization dedicated to promoting policy, program and research efforts for the improvement of health status of all Asian American and Pacific Islander Communities. The Women's Health Information Network strives to increase the public understanding of Asian and Pacific Islander women's health status including cancer. Translations include Chinese, Tagalog, Vietnamese, Korean, Hindi, Gujurati, Urdu, Farsi, Thai, and Cambodian.

**Association of Cancer Online Resources**

Web site: **www.acor.org**

Online resources for everyone affected by cancer.

**Avon's Breast Cancer Awareness Crusade**

**212-282-5522**

1345 Avenue of the Americas

Fax 212-282-6058

New York, NY 10105-0196

Web site: **www.avoncruade.com**

Avon's Breast Cancer Awareness Crusade, a national initiative of Avon Products, Inc., provides women, particularly low-income, minority, and older women, with direct access to a full range of breast cancer education and early detection services.

**Becoming, Inc.**

**1-800-980-9085**

Web site: **www.becoming.com**

Sells lingerie, workout wear, swimsuits, wigs, breast forms and accessories. Two percent of profits go to breast cancer awareness and research programs.

**Breast Cancer Answers**

Web site: **www.med.wisc.edu**

Breast Cancer Answers is a service of the University of Wisconsin Comprehensive Cancer Center (UWCCC), providing accurate and up-to-date information from reliable sources on breast cancer research, prevention, detection, diagnosis, stage and treatment.

**Breast Cancer Education Network**

Web site: **www.healthtalk.com**

Breast Cancer Education Network is an in-depth source of the latest breast cancer information featuring discussions between leading breast cancer experts and women living with breast cancer.

**Breast Cancer Resource Center of  
the Princeton YWCA**

**609-252-2003**

914 Commons Way, Princeton, NJ 08540

Web site: **www.BCRCNJ.org**

The Breast Cancer Resource center offers support and encouragement for women and men who have been diagnosed with breast cancer - making a decision about breast surgery, recuperating from its after-effects, undergoing additional treatment, living with uncertainty, dealing with survivorship issues, or facing recurrence. The Breast Cancer Resource Center is also an educational resource for information about breast health and breast cancer, including books, pamphlets, articles, videos, audios and abstracts of research data. They offer free wig and breast prostheses for those in need.

**Breast Implant Hotline  
Food and Drug Administration**

**1-800-532-4400**

Web site: **www.fda.gov/cdrh/breastimplants**

Breast implant consumer handbook.

**Cancer Care**

275 Seventh Avenue, New York, NY 10001

Web site: **www.cancercare.org**

Cancer Care is a national, nonprofit organization that helps people with cancer, their families and professional caregivers. Through one-to-one counseling, specialized support groups, educational program, telephone contact, and on-line services, Cancer Care provides support, guidance, information and referral free of charge.

**Cancer Information Service**

**1-800-422-6237**

Fred Hutchinson Cancer Research Center

Fax 206-667-7792

1100 Fairview Ave. N., MP-1700

TTY: 1-800-332-8615

Seattle, WA 98109-1024

E-mail: [cancernet@icicc.nih.gov](mailto:cancernet@icicc.nih.gov)

Web site: **www.fhcrc.org/cipr/pnwicis**

CIS interprets and explains research findings to the public in a clear and understandable manner. The Northwest Regional Cancer Information Service serves Alaska. The CPCD provides bibliographic citations, abstracts of journal articles, book chapters, technical reports, papers, materials, curricula, and descriptions of cancer prevention programs and risk reduction activities at national, state, and local levels. English, Spanish, or on TTY equipment.

**CancerNet™**

Web site: [www.cancer.gov](http://www.cancer.gov)

CancerNet™ contains material for health professionals, patients, and the public, including information from PDQ® about cancer treatment, screening, prevention, supportive care and clinical trials and CANCERLIT® a bibliographic database.

**Cancer Research Foundation of America**

**703-836-4412**

1600 Duke Street, Suite 110, Alexandria, VA 22314

Web site: [www.preventcancer.org](http://www.preventcancer.org)

Women's health ages 18-27, 28-39, 40-49, 50+ (breast cancer and cervical cancer).

**Cancersource.com**

Web site: [www.cancersource.com](http://www.cancersource.com)

Here you will find information and resources related specifically to cervical cancer.

**CancerTrials**

Web site: <http://cancerTrials.nci.nih.gov>

A new up-to-date NCI online resource for information about cancer clinical trials. It is easy to use and was designed to help users find and choose a treatment trial. It also posts news about research discoveries.

**ClinicalTrials.gov**

U.S. National Library of Medicine

8600 Rockville Pike, Bethesda, MD 20894

Web site: [Clinicaltrials.gov](http://Clinicaltrials.gov)

The U.S. National Institutes of Health, through its National Library of Medicine, has developed ClinicalTrials.gov to provide patients, family members and members of the public current information about clinical research studies.

**Corporate Angel Network, Inc.**

**913-328-1313**

Web site: [www.corpangelnetwork.org](http://www.corpangelnetwork.org)

Works with a fleet of corporate aircraft to provide cancer patients with free transportation to and from distant treatment centers. No financial requirements or limits on the number of trips patients can take.

**Enfoque en la Salud de Mujer**

Web site: [www.breasted.org/sobre.html](http://www.breasted.org/sobre.html)

**Federal Consumer Information Center**

Web site: [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov)

**Hats and Soul**

**714-991-HATS**

Web site: [www.hatandsoul.com](http://www.hatandsoul.com)

Sells hats by mail order for women undergoing chemotherapy treatment.

**Hospice Foundation of America**

**1-800-854-3402**

2001 S. Street NW, Suite 300, Washington, DC 20009

Web site: [www.hospicefoundation.org](http://www.hospicefoundation.org)

**Indian Health Services**

**Cancer Prevention and Control**

Web site: [www.ihs.gov](http://www.ihs.gov)

**KidsCope**

Web site: [www.kidscope.org](http://www.kidscope.org)

KIDSCOPE, is a non profit, tax exempt organization which has been formed to help families and children better understand the effects of cancer and chemotherapy in a parent. KidsCope looks at the problem of having a parent with cancer from a child's point of view.

**Kids Connected**

**1-800-899-2866**

27071 Cabot Road, Suite 102, Laguna Hills, CA 92653

Web site: [www.kidsconnected.org](http://www.kidsconnected.org)

24-Hour Hotline for kids who have a parent with cancer. Kids can call 24 hours a day, 7 days a week. Kids Connected never give medical advice, they just share similar experiences, answer questions, share concerns or listen. Kids Connected offers support groups in three age ranges from 13 to 17. All groups are run by kids and led by Ph.D child psychologists. A telephone hotline, monthly newsletters, camps, workshops and social events are some of the many services offered.

**Ladies First, Inc.**

**1-800-497-8285**

Web site: [www.wvi.com/~ladies1](http://www.wvi.com/~ladies1)

Post mastectomy products.

**Lands End**

**1-800-356-4444**

Web site: [www.landsend.com](http://www.landsend.com)

Offers five different styles of specially designed mastectomy swimwear. When we visited their website, we couldn't find any specially designed mastectomy swimwear. However, we called the 1-800 number and they assured us they would have some soon.

**Lesbian Community Cancer Project**

**773-561-4662**

4753 North Broadway, Suite 602, Chicago, IL 60640-4907

Web site: **[www.lccp.org](http://www.lccp.org)**

Gives support, information, education, advocacy and direct services to lesbian and non-lesbian women living with cancer and their families.

**Mautner Project**

**202-332-5536**

1707 L Street NW, Suite 500, Washington, DC 20036

Web site: **[www.mautnerproject.org](http://www.mautnerproject.org)**

The Mautner Project provides services and support, including education information and advocacy for health issues relating to lesbians with cancer and their families. Mautner Project Links will connect you with reliable and up-to-date World Wide Web sites of interest to women with cancer, their partners, and their caregivers.

**MEDLINE**

Web site: **<http://medline.cos.com>**

Compiled by the U.S. National Library of Medicine and published by Community of Science, MEDLINE is the world's most comprehensive source of life sciences and biomedical bibliographic information. Contains nearly eleven million records from more than 7,300 different publications.

**Medscape Resource Center**

Web site: **[www.medscape.com](http://www.medscape.com)**

This resource center, compiled by Medscape's editors, examines the ways in which race, ethnicity, sex, sexual orientation, religion, age, and economic class affect health and the quality of healthcare. Disease topics include breast cancer.

**Mothers Supporting Daughters**

**410-778-1982**

**With Breast Cancer**

21710 Bayshore Road, Chestertown, MD 21620-4401

Web site: **[www.mothersdaughters.org](http://www.mothersdaughters.org)**

**NABCO**

**1-888-80-NABCO**

**National Alliance of Breast Cancer Organizations**

9 East 37<sup>th</sup> Street, 10<sup>th</sup> Floor, New York, NY 10016 Fax 212-689-1213

E-mail: **[nabcoinfo@aol.com](mailto:nabcoinfo@aol.com)**

Web site: **[www.nabco.org](http://www.nabco.org)**

Information and education about breast cancer and an advocate for the needs and concerns of breast cancer patients and survivors. It is a network of more than 370 organizations that provide detection, treatment, and care to American women. Breast cancer survivors or women at risk

for breast cancer may call NABCO's toll-free number to reach an information specialist. Write or call NABCO to request their Breast Cancer Resource List.

**National Asian Women's Health Organization** **415-989-9747**  
 250 Montgomery Street, Suite 900  
 San Francisco, CA 94104  
 Web site: [www.nawho.org](http://www.nawho.org)

NAWHO seeks to raise awareness and action on the issues of cervical cancer and breast cancer in Asian American women through health education and discussion forums.

**National Association of Hospital Hospitality Houses, Inc.** **1-800-542-9730**  
 P.O. Box 18087, Ashville, NC 28814  
 Web site: [www.nahhh.org](http://www.nahhh.org)

More than 90 hospitality houses provide family-centered lodging and support services to families and their loved ones who are receiving medical treatment far from home.

**National Breast and Cervical Cancer Early Detection Program, CDC, NCCDPHP** **770-488-4751**  
 Mail Stop K-64, 4770 Buford Highway NE  
 Atlanta, GA 30341-3717  
 E-mail: [cancerinfo@cdc.gov](mailto:cancerinfo@cdc.gov)  
 Web site: [www.cdc.gov/nccdphp/dcpc](http://www.cdc.gov/nccdphp/dcpc)

The NCCEDP is a nationwide federal program that supports breast and cervical cancer screening services across the country and in five U.S. territories. Screenings are targeted toward women in priority populations, including minority, low-income, and elderly women.

**National Cancer Institute** **301-496-6667**  
 Building 31, Room 10A06 **Fax 301-496-6641**  
 31 Center Drive, MSC 2580, Bethesda, MD 20892-2580  
 E-mail: [castron@occ.nci.nih.gov](mailto:castron@occ.nci.nih.gov)  
 Web site: <http://nci.nih.gov>

National Cancer Institute is the Federal agency for research on the causes, prevention, early detection, diagnosis, and treatment of cancer. The mission of the NCI is scientific discovery about all aspects of cancer, toward the ultimate elimination of cancer.

**NCI Breast Cancer Information**  
[www.cancer.gov/cancerinfo/types/breast](http://www.cancer.gov/cancerinfo/types/breast)

- ☑ **NIC Cervical Cancer Information**  
[www.cancer.gov/cancerinfo/types/cervical](http://www.cancer.gov/cancerinfo/types/cervical)

**National Cancer Institute  
 Information Resources**

To obtain a contents list, dial 301-402-5874 from a fax machine hand set and follow the recorded instructions.

**National Cervical Cancer Coalition**  
 Web site: [www.nccc-online.org](http://www.nccc-online.org)

**National Cervical Cancer Public Education Campaign**  
 Web site: [www.cervicalcancercampaign.org](http://www.cervicalcancercampaign.org)

**National Family Caregivers Association** **1-800-896-3650**  
 10400 Connecticut Avenue #500, Kensington, MD 20895-3944  
 Web site: [www.nfcacares.org](http://www.nfcacares.org)

Offers information, education, support, public awareness and advocacy to address the common needs of family caregivers.

**National Lymphedema Network** **1-800-541-3259**  
 2211 Post St., Suite 404, San Francisco, CA 94115  
 Web site: [www.lympnet.org](http://www.lympnet.org)

Lymphedema or painful swelling of the arm can be a side-effect of surgical removal of underarm lymph nodes. Some women experience no lymphedema while others experience mild lymphedema, which is hardly noticeable, and others experience severe lymphedema, resulting in discomfort and disability. Several books on lymphedema are available.

**National Network of Libraries of Medicine** **1-800-338-7657**  
 Web site: [www.nlm.nlm.nih.gov](http://www.nlm.nlm.nih.gov)

Find a library, find training materials, a class to take, or someone to teach a class for your organizations. Search NLM Databases using PubMed, IGM, MEDLINEplus.

**National Women’s Health Information Center**  
**U.S. Department of Health and Human Services**

Web site: [www.4women.org](http://www.4women.org)

**National Women’s Health Network** **202-347-1140**  
 514 10<sup>th</sup> St. NW, Suite 400, Washington, DC 20005  
 Web site: [www.womenshealthnetwork.org](http://www.womenshealthnetwork.org)

Provides women’s health information by mail, online, and through a

volunteer-staffed information clearinghouse. African American, Native American, Latina, and Asian-American women.

**National Women’s Health Resource Center**

Web site: [www.healthywomen.org](http://www.healthywomen.org)

Comprehensive information on women’s health topics: Search for “cervical cancer”, “breast cancer”.

**Oncolink**

University of Pennsylvania

Web site: [www.oncolink.com](http://www.oncolink.com)

This reputable site maintains good current links to other Web sites. Oncolink also offers a comprehensive list of cancer support groups at: [oncolink.upenn.edu/psychosocial/support](http://oncolink.upenn.edu/psychosocial/support)

**Office of Minority Health**

Web site: [www.omhrc.gov](http://www.omhrc.gov)

The Office of Minority Health Resource Center provides minority health materials regarding African Americans, Native Americans, Latina and Asian American women.

**Planetree Health Library**

**415-600-3681**

2040 Webster Street, San Francisco, CA 94115

A non-profit, consumer-oriented resource for health information that prepares personalized pages of information, has a medical library that is open to the public and offers information on both conventional medical as well as alternative treatments.

**Ronald McDonald Houses**

**312-836-7384**

Web site: [www.rmhc.com](http://www.rmhc.com)

Accommodations for out-of-town cancer patient and family in a variety of cities. Ask your social worker at the hospital or, if you have a computer, search for Ronald McDonald Houses.

**Social Security**

**1-800-772-1213**

**Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI)**

Web site: [www.ssa.gov](http://www.ssa.gov)

Information concerning Social Security, Medicare, Supplemental Security Income (SSI). Have social security number available and be prepared to stay on hold for at least 10 minutes.

**Susan G. Komen Breast Cancer Foundation**

**1-800-462-9273**

Web site: **[www.breastcancerinfo.com](http://www.breastcancerinfo.com)**

The Foundation is a national organization with a network of volunteers working local chapters and Race for the Cure events across the country, fighting to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment. The 1-800 line is answered by trained, caring volunteers who provide timely and accurate information to callers with breast health and breast cancer concerns.

**U.S. National Health Information Center**

Web site: **[www.health.gov/nhic](http://www.health.gov/nhic)**

Search by keyword. Link to database.

**Y- ME National Breast Cancer Hotline**

**1-800-221-2141**

Web site: **[www.y-me.org](http://www.y-me.org)**

**Spanish**

**1-800-986-9505**

Spanish Web site: **[www.y-me.org/spanish/html](http://www.y-me.org/spanish/html)**

Offers breast cancer information, support and facility referrals 24 hours a day. Cancer survivor volunteers share personal experiences on everything from treatment information to emotional recovery.

**YWCA of the USA/Encore<sup>Plus</sup>**

**1-800-95EPLUS**

624 9<sup>th</sup> Street NW, 3<sup>rd</sup> floor, Washington, D.C., 20001

Web site: **[www.ywca.org](http://www.ywca.org)**

Provides support and rehabilitative exercises for women with breast cancer. Contact the national headquarters for the location of a group near you.

# *Breast & Cervical* **HEALTH CHECK**

Alaska Breast & Cervical Cancer Early Detection Program  
Department of Health & Social Services  
Division of Public Health  
Section of Maternal Child & Family Health  
3601 C Street, Suite 934  
PO Box 240249  
Anchorage, Alaska 99524-0249

**1-800-410-6266 (MAMM)**

In Anchorage call 269-8069

[www.hss.state.ak.us/dph/mcfh/wahu/bchc/](http://www.hss.state.ak.us/dph/mcfh/wahu/bchc/)

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