

Connect With Support and Services

Resource Guide for Supportive Cancer Care in the Far West Suburbs



Table of contents

Your Northwestern Medicine care team	2	Grief counseling	
Infusion and Radiation Services	4	General resources	
Northwestern Medicine Specialized Services	5	Community support centers	
Marianjoy Rehabilitation Hospital		Local service organizations	
Health & Fitness Centers		Support for children	
Physical therapy and lymphedema care		Cancer organizations and resources	21
Fertility preservation		Wig resources	25
Palliative care		Wig Boutique and Beautiful You Workshops	
Osher Center for Integrative Medicine		Durable medical equipment	26
Genetic counseling		Financial resources	27
Behavioral Health	9	Help with medication and treatment costs	
The Living Room		Food assistance	29
Psychiatric Clinicians		Transportation services	31
Northwestern Medicine Supportive Services	11	Government insurance assistance	33
Living Well Cancer Resources		Support to help you stop smoking	34
Living Well programs		Resources for caregivers	35
Support groups at Living Well	13	Northwestern Medicine Cancer Care Network	37
Adolescent and Young Adult program			
Mentorship programs			
Community resources	17		
Domestic violence resources			





Your Northwestern Medicine care team

We are dedicated to listening and responding to patient concerns, promoting well-being and treating each patient with respect and compassion.

Your team at each cancer center may include:

Medical oncologists

These physicians monitor advances in care, expand clinical trials and lead your care.

Advanced practice providers

They work with physicians and your care team. They can answer questions and provide care.

Radiation oncologists

These physicians plan the course of therapy and conduct check-ups to ensure your treatment is on track.

Oncology nurse clinicians

They will assess your symptoms and communicate with physicians. They will educate you and your loved ones on your health issues and care, and help coordinate your care.

Surgical oncologists

These physicians specialize in your particular type of surgery.

Social workers

They can:

- › Help you navigate resources for transportation, lodging, work, home care and more.
- › Offer resources to help you and your loved ones cope, including ways to manage and overcome depression, anxiety and cancer-related stress.
- › Teach you how to advocate for yourself as a patient so you better understand your diagnosis and care plan.
- › Share ways to talk with children, loved ones, friends or co-workers about a cancer diagnosis and treatment.
- › Help you plan for end-of-life through advanced care planning, if needed. They can help you complete:
 - Power of Attorney for Health Care forms
 - Five Wishes
 - Practitioner Order for Life Sustaining Treatment (POLST)
- › Help you understand any Social Security benefits, disability benefits and insurance coverage.

Dietitians

Good nutrition is important before, during and after cancer treatment. Some side effects of cancer treatment can affect your eating habits.

The dietitians can:

- › Work with you to make a nutrition plan to help you manage any side effects of your treatment.
- › Teach you what foods to eat to help your body during treatment.

New patient liaisons

They will help schedule your visits and set up your care. They will check your insurance and help you understand your health plan information.

Breast cancer and surgery nurse navigators

These registered nurses can:

- › Give you information about your diagnosis, treatment and available supportive services.
- › Serve as educators, advocates and guides before, during and after treatment.





Northwestern Medicine Infusion and Radiation Services

Everything you need for cancer care is available in both of our convenient and comfortable outpatient locations.



Kishwaukee Hospital Cancer Center

10 Health Services Drive, DeKalb, Illinois 60115

Medical Oncology: 815.756.5255

Radiation Oncology: 815.756.4722



Delnor Cancer Center

304 Randall Road, Geneva, Illinois 60134

Medical Oncology: 630.232.0610

Radiation Oncology: 630.938.8210

Services offered at both locations

Oncology infusion services: Infusion centers at both locations feature primarily private infusion rooms with warm blankets, TVs and Wi-Fi.

Radiation oncology services, including:

- › 3D-conformal radiation therapy
- › Intensity modulated radiation therapy
- › Image-guided radiation therapy
- › Stereotactic body radiotherapy
- › Brachytherapy



Northwestern Medicine specialized services

At Northwestern Medicine, we offer specialized services that support your cancer treatment and well-being. Talk with your physician about referrals for specialized services.

Northwestern Medicine Marianjoy Rehabilitation Hospital

Our rehabilitation team can help you on your road to recovery. Our experts include physical therapists, occupational therapists and speech-language pathologists.

They can work with you on:

- › Strength and conditioning
- › Self-care
- › Swallowing
- › Communication
- › Manual lymph drainage and compression
- › Exercises to help you manage the symptoms of lymphedema and avoid inflammation and infections

The Northwestern Medicine Wheelchair and Positioning Program can help you understand and make decisions about wheelchair and assistive devices.

Northwestern Medicine Health & Fitness Centers

These centers use a medically integrated approach to fitness. Your customized exercise plan is designed with recommendations from your referring clinician. The Cancer Fitness Program guides movement to help you feel less tired while improving your muscle function and range of motion.

All eight-week programs include:

- › Assessments at the start and end of your pathway
- › A customized exercise plan



- › Two 60-minute supervised exercise sessions per week
- › A summary report for you that's also available to your clinician
- › Full membership access to your enrolling center
- › Waived enrollment fee after you complete the full program

Nearby centers include:

- › **Northwestern Medicine Delnor Health & Fitness Center**
296 Randall Road, Geneva
630.938.9000
nmhfc.com
- › **Northwestern Medicine Kishwaukee Health & Wellness Center**
626 Bethany Road, DeKalb
815.754.1098
nmkishhwc.com

Physical therapy and lymphedema care

Physical and occupational therapy is a key part of our multidisciplinary approach to cancer treatment. Our therapists have special training in post-surgical and post-treatment techniques to improve function, motion, scar tissue tightness, lymphedema and balance.

With highly personalized treatment sessions, our therapists can help you:

- › Prevent and/or reduce cancer-related fatigue and pain
- › Increase muscle mass, strength and endurance
- › Restore balance
- › Perform everyday activities more easily
- › Manage some common side effects of chemotherapy and radiation
- › Manage weight and volume increase due to lymphedema
- › Regain shoulder range of motion after breast cancer surgery
- › Improve your quality of life and physical fitness



Our cancer therapists are certified lymphedema therapists. They offer complete decongestive therapy, a noninvasive and painless therapy that includes:

- › Applying compression bandages, or other forms of compression, to keep the fluid from re-accumulating between treatment sessions
- › Exercise with bandaging to increase tissue pressure and lymph fluid movement
- › Manual lymph drainage to reroute lymph fluid around blocked areas
- › Skin care to lower risk of infections and improve skin health
- › Help with products, such as compression garments and/or a compression pump, that you may need after therapy

You must have a prescription for therapy. To schedule an appointment, please call **630.933.1500**.

Fertility preservation

Cancer treatment can affect your ability to have children. We can move quickly with fertility preservation options to avoid delaying your treatment.

A patient navigator can discuss your options with you, your family and your cancer care team. They can also help you schedule visits more quickly, and they will serve as a resource throughout your fertility and treatment journey.

You can learn more at preservefertility.northwestern.edu. To reach our patient navigator for fertility preservation, please call **312.503.3378**.

Palliative care

Palliative care, also known as palliative medicine, focuses on improving quality of life, providing an extra layer of support and having a team focus on patient care when facing a serious illness.

Palliative care aims to improve your quality of life by relieving the symptoms associated with serious illness. You can get this type of care at any stage of a life-altering illness to help you:

- › Live with illness
- › Manage the effects of aggressive treatment
- › Find ways to handle day-to-day challenges

Palliative care can help shift the medical approach from crisis intervention to crisis prevention. For example, good symptom management may help you avoid an unwanted hospitalization.

Palliative care also aims to support you and your loved ones as you face the uncertainty that comes with serious illnesses. We work with you and your family to navigate your care.

If you have cancer, or any other serious illness, unmanaged symptoms can make it harder for your body to heal. The board-certified Northwestern Medicine Palliative Care specialists:

- › Work with your treatment team and caregivers to provide an extra layer of support to help you find relief from symptoms, pain and stress.
- › Provide care and help for a broad range of physical, emotional, spiritual and social concerns that you and your loved ones may face.

Northwestern Medicine Osher Center for Integrative Medicine

Integrative medicine focuses on science-based practices while acknowledging your body's natural healing abilities. It can expand our care options for a variety of conditions and diseases.

Services include:

- › Holistic primary care
- › Psychology services
- › Acupuncture services
- › Chiropractic services
- › Massage therapy services (you must pay out of pocket; we do not bill your insurance)
- › Integrative medicine consultations
- › Dietitian and nutrition services

To make an appointment call **312.926.DOCS** (3627)

**Northwestern Medicine Osher Center
for Integrative Medicine**

150 East Huron Street, Suite 1100, Chicago

Genetic counseling

We have board-certified and licensed genetic counselors who can help you understand your risk for developing cancer and other conditions based on your personal and family history. They can also answer your questions related to genetics and your health, and help you decide if genetic testing is right for you.

Genetic test results may affect treatment decisions for newly diagnosed cancer. Genetic counselors can offer guidance on strategies to detect cancer early, when it is most treatable, and can discuss possible options to reduce your risks.

Genetic counseling services include:

- › Genetic counseling and education
- › Risk assessment
- › Interpretation and explanation of genetic test results
- › Guidance on early detection, risk reduction, resources and genetic testing for your family

To schedule an appointment with a genetic counselor, call **630.933.6249**.

Locations

Northwestern Medicine Cancer Center Delnor
304 South Randall Road, Geneva

Northwestern Medicine Cancer Center Warrenville
4405 Weaver Parkway, Warrenville

Northwestern Medicine Central DuPage Hospital
25 Winfield Road, Suite 419, Winfield

Northwestern Medicine Kishwaukee Hospital Cancer Center
10 Health Services Drive, DeKalb



Behavioral health

Your care team can discuss symptoms related to anxiety and/or depression.
If this is not an emergency, please reach out to your local cancer center.



The Living Room at Northwestern Medicine Ben Gordon Center

12 Health Services Drive, DeKalb, Illinois 60115
815.756.4875

If you or a loved one is experiencing overwhelming life circumstances, mental health or substance use issues, join us in The Living Room. Northwestern Medicine Ben Gordon Center provides this space for people to address crises without going to an emergency department.

- › It is open to anyone 18 and older who lives in DeKalb County.
- › You do not need to be a registered client of Ben Gordon Center.

- › You do not need an appointment.
- › There is no cost for services.

Peer recovery support specialists will welcome you. These specialists have had personal experience with mental health and substance use issues. They also have training that helps them provide crisis intervention, recovery support and community resources.

The Living Room also offers:

- › Crisis intervention
- › Safety planning
- › Assistance with problem-solving
- › Referrals for emergency housing, health care and food

Hours

Monday–Thursday, 8:00 am–11:30 pm
Friday, Saturday, Sunday, 8:00 am–8:00 pm

If you are experiencing a crisis outside of The Living Room hours, please call our 24-hour crisis line at 866.242.0111.

Psychiatric clinicians

This clinician is trained in psychiatric care for people with cancer, undergoing treatment and in survivorship.

Kanan Modhwadia, MD

Warrenville: 630.933.4200

Northwestern Medicine Central DuPage Hospital
25 North Winfield Road, Winfield

Northwestern Medicine Cancer Center Warrenville
4405 Weaver Parkway, Warrenville

Behavioral Health Services

Help is available 24 hours a day, 7 days a week. To learn more, or to schedule a confidential evaluation, please call 630.933.4000.

Outpatient services

27W350 High Lake Road, Winfield

Outpatient day-hospital services

964 North 5th Avenue, St. Charles
7 Blanchard Circle, Suite 100, Wheaton



Northwestern Medicine Supportive Services

Northwestern Medicine Living Well Cancer Resources

[Northwestern Medicine Living Well Cancer Resources](#) provides compassionate care that empowers, encourages, supports and offers hope to patients with cancer and their families.

[Living Well Cancer Resources](#) offers programs and services at no cost at two locations:



Living Well Geneva

442 Williamsburg Avenue, Geneva
630.933.7860



Living Well Warrenville

4525 Weaver Parkway, Warrenville
331.732.4900

Living Well programs

Programs may be in person, virtual or hybrid (a combination of in person and virtual).

Art classes

A wide variety of art classes including jewelry-making, prompted painting and guided sketch.

Counseling services

Ongoing psychosocial support including individual, family and children counseling, support groups and special presentations.

Medical discussions

Northwestern Medicine clinicians offer virtual medical updates, treatment advances and side-effect management.

Stress management

Programs are designed to promote self-care, help participants stay in the moment and learn healthy ways to cope.



Mindful movements

Movement classes include chair yoga, fitness for bone health, yoga and guided relaxation.

Nutrition classes

Online classes to help you make informed choices about nutrition and move through cancer treatment into survivorship.

Support groups

Helps patients connect with others who understand their cancer journey, learn new ways to cope and handle difficult situations.

Touch therapy

Offered just for patients, this therapy can help you relax, boost immunity, improve circulation and reduce pain.

Wig Boutique

Patients dealing with hair loss can be fitted for a wig that they choose.

Individualized exercise program

Provides an exercise pre-assessment, personalized exercise plan, and assessment after 90 days. Provides education and safety instruction from certified and qualified fitness personnel.

Support groups at Living Well

Connect with others who understand your cancer journey and learn new ways to cope and handle difficult situations.

You must register for support groups at livingwell.nm.org.

Scanxiety drop-in group

Many patients and caregivers experience anxiety around scans, blood work or upcoming appointments. This virtual drop-in group gives you an opportunity to process feelings of “scanxiety” and learn strategies to help manage feelings of stress and anxiety while waiting for tests or test results.

Caregiver Support

This support group embraces the importance of those dedicated to caring for loved ones who are living with cancer. You will have opportunities to network with other caregivers in similar situations.

Facing Cancer Together (FACT)

This group is open to any patient who is newly diagnosed, in treatment, completing treatment, or living with cancer as a chronic illness. This support group is for people with any type or stage of cancer.

Good Grief

Navigating life after loss is hard, but having the support of others who understand can help you. This group provides emotional support and connection for people who have experienced the loss of an adult loved one to cancer in the past 18 months.

Men’s Networking Group

Connect with other men affected by cancer in their lives. This drop-in group meets once a month.

Prostate Support Group

This group offers the opportunity for men with a prostate cancer diagnosis to come together to support each other through diagnosis, treatment and early survivorship.

Head and Neck

Open to anyone diagnosed with head and neck cancer and caregivers, this group provides opportunities to share personal experiences and coping strategies and receive education and information about treatment and post-treatment changes.

Caregiver Support

This support group embraces the importance of those dedicated to caring for loved ones who are living with cancer. You will have opportunities to network with other caregivers in similar situations.

Spanish-Speaking Support Group | Grupo de apoyo en español

This support group is for patients and caregivers affected by cancer whose primary language is Spanish.

Este grupo de apoyo es para pacientes y cuidadores cuyo idioma principal es el español y que han sido afectados por el cáncer.

Breast: General

This group allows you and others with a breast cancer diagnosis to come together and support each other through diagnosis, treatment and early survivorship.

Breast: Mastectomy

This support group is open to any person who has had or will have a mastectomy. It is designed to support you and others as you process the physical and emotional impact of a mastectomy.

Breast: Metastatic

Support and connect with others who understand the challenges of living with a metastatic breast cancer diagnosis.



Gynecological

If you have been diagnosed with ovarian, uterine, cervical or another gynecological cancer, this group offers an opportunity to come together and support one another through diagnosis, treatment, early survivorship and maintenance.

Young Adult Support

This monthly group provides support and education to young adults ages 18 to 40 who have a cancer diagnosis.

Brain Tumor

This group provides support and education to patients of all ages who have a diagnosis of a primary brain tumor. Caregivers are welcome to attend.



Adolescent and Young Adult cancer program

Young adults living with cancer confront unique challenges related to work, school, health insurance, relationships, sexuality and fertility, as well as emotional distress and depression. Our Adolescent and Young Adult (AYA) Cancer Program provides programs and services to address these concerns and support the needs of young adults with cancer. The resources and services we offer are aligned with nationally established guidelines, to meet the complex needs of our patients.

The AYA Cancer Program offers access to resources at Robert H. Lurie Comprehensive Cancer Center of Northwestern University, including supportive care, clinical services and clinical trials. To join the program, email nayac@northwestern.edu.

Mentorship programs

These programs match patients and their loved ones with someone who has been in similar treatment for support and mentorship.

Matches are made based on diagnosis, treatment and other factors.

Woman to Woman at Northwestern Medicine

This mentor support program that pairs Northwestern Medicine patients with gynecologic cancer with trained survivor mentors who provide one-on-one emotional support and mentoring.

The Ovarian Cancer Research Alliance started and funded the Woman to Woman program and has provided support to hundreds coping with gynecologic cancer.

Mentors meet one-on-one with recently diagnosed patients to listen, discuss concerns, provide support, and sometimes, just hold a hand. Mentors are carefully matched to patients based on cancer type, age, language and culture, patient preferences, as well as other relevant factors.

To learn more about the program, please call **312.472.3180**.



Community resources

Domestic violence resources

Domestic violence is a pattern of behavior that is used to gain or keep power and control over a family member or intimate partner. An intimate partner may be a current or former spouse or significant other.

Domestic violence can happen to anyone. These organizations offer resources to help.

The National Domestic Violence Hotline

800.799.7233 (SAFE)

ndvh.org

Mutual Ground

24-Hour Domestic Violence Hotline: 630.897.0080

24-Hour Sexual Assault Hotline: 630.897.8383

Safe Passage

Crisis Line: 815.756.5228

Text Line: 815.393.1995

Children and Family Services, Department of DCFS

8 East Galena Boulevard, Suite 300, Aurora

630.801.3400

595 State Street, Elgin

847.888.7620

760 Peace Road, DeKalb

815.787.5300

800 West Roosevelt Boulevard, Suite 10, Glen Ellyn

630.790.6800

Grief counseling

Individual and group support for those who have experienced a loss due to the death of a loved one.

Northwestern Medicine Living Well Cancer Resources

Geneva: 630.933.7860

Warrenville: 331.732.4900

Fox Valley Hands of Hope Geneva

630.232.2233

Conley Outreach, Elburn

630.365.2880

Northern Illinois Hospice, Rockford

779.774.9820

General resources

Crisis Line of Fox Valley

- › 24/7 support for no cost
- › 630.966.9393
- › Text HOME to 741741 to connect with a volunteer crisis counselor

Suicide Prevention Services

- › Depression Line: 630.482.9696 or 800.273.8255
- › Online chat: spsamerica.org
- › Spanish Line: 888.628.9454

988 Suicide and Crisis Lifeline

- › 24/7 support for people in distress.
- › Confidential and available at no cost.
- › Call or text 988.

[BetterHelp](#)

- › Message a professional therapist 24/7 online.

[CancerCare](#)

- › A nonprofit that offers professional support services for no cost.
- › Available to people with cancer, caregivers, children and loved ones.
- › Trained cancer care social workers provide the programs.
- › There is no cost for services.
- › Call 800.813.4673.

[National Alliance on Mental Health \(NAMI\) Illinois](#)

- › NAMI Illinois is a nonprofit for people who live in Illinois.
- › They provide mental health support, online groups, resources and education for no cost.
- › Visit the NAMI Illinois webpage to find the NAMI-affiliated facility closest to you.



[Psychology Today](#)

The Psychology Today Therapy Directory lists clinical professionals, psychiatrists and treatment centers that provide mental health services.

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

The National Helpline is a confidential 24/7 treatment referral and information service for people with mental or substance use disorders.

- › There is no cost to use it.
- › It is available in English and Spanish.
- › Call 800.662.HELP (4357).

Veterans Crisis Line

- › This resource is available for veterans, current service members and their loved ones.
- › You do not need to be enrolled in the Veteran's Administration (VA) benefits or health care.
- › Call 988 and press 1 to contact the Veterans Crisis Line.

[Imerman Angels](#)

866.463.7626

[4th Angel](#)

866.520.3197

[Cancer Hope Network](#)

877.HOPENET (877.467.3638)

[The Leukemia & Lymphoma Society](#)

The Patti Robinson Kaufmann First Connection® Program

[American Brain Tumor Association Patient & Caregiver Mentor Support Program](#)

800.886.2282

Brain Tumor Patient & Caregiver Mentor Support Program-American Brain Tumor Association

800.886.2282

Local community support centers

These local cancer resource centers offer services at no cost. Services include education, stress management, counseling, bereavement, nutrition and wellness.

[Waterford Place](#)

1310 Waterford Drive, Aurora
331.301.5280

[Wellness House](#)

131 North County Line Road
Hinsdale
630.323.5150

[Gilda's Club Chicago](#)

537 North Wells Street, Chicago
312.464.9900

Local service organizations

Local service or volunteer organizations may offer financial help. These may include Catholic Charities, Jewish Social Services, the Lions Club, Lutheran Social Services, the Salvation Army and others.

Some of these organizations offer grants to help cover the cost of treatment and other expenses. Others may help with specific services or products, such as travel or medications.

- › [The American Cancer Society](#) (800.227.2345) and your local [UnitedWay](#) office can direct you to services in your community.
- › The Illinois Department of Human Services may offer help with food, housing, medical coverage and other services
- › The Department of Social Services in your city or county may offer food, housing and other helpful services. Sometimes they may offer direct financial help. Check your local phone directory or go to usa.gov/state-social-services for more information.
- › Community-based groups, such as local churches, synagogues, mosques and lodges may also provide help, even if the person is not a member of their organization or religion.
- › [The Healthcare Hospitality Network](#) (800.542.9730) is an association of more than 200 nonprofits that provide lodging and support services to patients, families and their loved ones who are getting medical treatment away from home.
- › [Joe's House](#) (877.563.7468) is a nonprofit that helps people in the U.S. with cancer and their families find a place to stay when traveling away from home for medical treatment.

Support for children

Bright Spot Network

Bright Spot Network serves families who have a parent, pregnant family member, primary caregiver or child (newborn to 6) with cancer. It offers a safe space for individual and familial healing, recovery and reconnection.

Camp Kesem

253.736.3821

Camp Kesem provides no-cost summer camps, day programs and virtual meetups for youth and adolescents who have a parent diagnosed with cancer. This gives them opportunities to connect with peers, process their experiences and have fun.

Wonders & Worries

512.329.5757

Wonders & Worries is for children and teenagers ages 2 to 18 through a parent's serious illness or injury. They offer a helpline, a podcast, resource articles, videos, parent consultations and webinars.



Pickles

559.313.6873

This group provides peer support and resources to kids affected by their parent or guardian's cancer. This support is available at no cost.

Team Pickles Group is led by youth services and mental health experts. Resources include:

- › **Family support kits:** A booklet and guide to help you talk about your cancer diagnosis with your kids.
- › **Webinars for parents:** To help parents talk about cancer with their kids.
- › **Five-week virtual youth programming:** Art- and play-based online group meetings and peer support for ages 6 to 18.



Cancer organizations and resources

General resources

American Cancer Society

800.227.2345

cancer.org

American Institute for Cancer Research

aicr.org

Cancer Care, Inc.

800.813.4673

cancercare.org

Cancer Hope Network

cancerhopenetwork.org

Chemo Angels

chemoangels.com

FORCE (Facing Our Risk of Cancer Empowered)

facingourrisk.org

Imerman Angels

312.274.5529

imermanangels.org

Look Good Feel Better

lookgoodfeelbetter.org

My Life Line

mylifeline.org

National Lymphedema Network

lymphnet.org

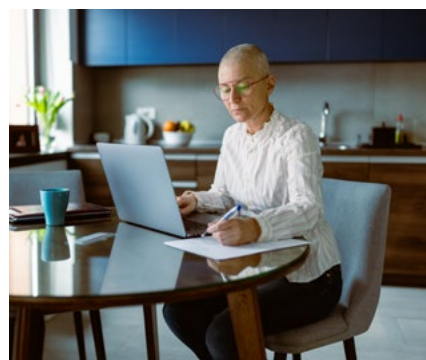
National Cancer Institute

800.4CANCER (800.422.6237)

cancer.gov

The Cancer Support Community

cancersupportcommunity.org



Triage Cancer

triagecancer.org

Cancer & Careers

cancerandcareers.org

Caring Bridge

caringbridge.org

Breast cancer resources

Breastcancer.org

breastcancer.org

Living Beyond Breast Cancer

lbbc.org

National Breast Cancer Coalition

800.633.2838

stopbreastcancer.org

SHARE

sharecancersupport.org

Sisters Network Inc.

sistersnetworkinc.org

The Susan G. Komen Breast Cancer Foundation

komen.org

Colorectal cancer resources

Colorectal Cancer Alliance

colorectalcancer.org

Lung cancer resources

GO2 for Lung Cancer

go2.org

Pancreatic cancer resources

Project Purple

projectpurple.org

Prostate cancer resources

zerocancer.org

Head and neck cancer resources

Head & Neck Cancer Alliance

headandneck.org

Support for People with

Oral and Head and Neck Cancer

spohnc.org

Brain cancer resources

American Brain Tumor Association

abta.org

Blood cancer resources

Leukemia and Lymphoma Society

lls.org

Ovarian cancer resources

National Ovarian Cancer Coalition (NOCC)

ovarian.org

Gynecological cancers

sharecancersupport.org

Young adult cancer resources

Young Survival Coalition

youngsurvival.org

Stupid Cancer

212.619.1040

stupidcancer.org

Children whose parents have cancer

Pickles

picklesgroup.org

Bright Spot Network

brightspotnetwork.org

Wonders and Worries

wondersandworries.org

Resources for cancer survivors

- › **American Cancer Society Cancer Survivors Network** is a support community for people with cancer, survivors, caregivers and loved ones. csn.cancer.org
- › **Living Beyond Breast Cancer** (855.807.6386) is a nonprofit that provides educational materials on survivorship topics for people diagnosed with breast cancer.
- › **National Coalition for Cancer Survivorship** (877.NCCS.YES [877.622.7937]) is a survivor-led advocacy group that works on behalf of cancer survivors and caregivers. Tools includes information on employment rights, self-advocacy, talking with your physician and staying hopeful.
- › **Triage Cancer** (424.258.4628) is a nonprofit that provides education and resources on the entire cancer survivorship journey. Many of their resources are also available in Spanish. There is no cost for these resources.

Classes for cancer survivors

Living Well Geneva and Warrenville locations offer classes for survivorship. Visit livingwellcrc.org to register for these classes.

Back-On-Track Surviving Survivorship

Open to patients and caregivers, this 7-week series aims to help you navigate common challenges as you transition into survivorship. We encourage you to attend every session, but it is not required.

- › Week One: Pressure to Thrive
- › Week Two: Discussion Group
- › Week Three: Managing Moods, Stress and Feeling Stuck
- › Week Four: Survivorship 101: Medical Discussion
- › Week Five: Discussion Group
- › Week Six: Fear of Recurrence
- › Week Seven: Envisioning Your Future

Being Well

Classes in the Being Well series are designed to guide patients in early survivorship make positive choices and get back on track with their nutrition.

- › Week One: Moving Forward After a Cancer Diagnosis With Culinary Nutrition
- › Week Two: Mediterranean-Style Eating
- › Week Three: Eating Well for Survivorship – Maintaining a Healthy Weight
- › Week Four: Gut Health and the Microbiome
- › Week Five: Cooking for One or Two
- › Week Six: Culinary Completion – Hands-On Cooking

You can attend these classes virtually or in person at Living Well.

LIVESTRONG® at the YMCA

In partnership with the LIVESTRONG Foundation, the YMCA has developed a small-group cancer survivorship program for those who are living with, through or beyond cancer.

Their 12-week program includes:

- › Two 75 to 90-minute sessions per week
- › Cardiovascular conditioning, strength training, balance and flexibility exercises
- › Fitness and quality of life assessments before and after participation
- › YMCA-certified instructors helping you every step of the way

Kishwaukee YMCA

2500 West Bethany Road, Sycamore
815.756.9577





Wig resources

Living Well Wig Boutique and Beautiful You Workshops

For patients experiencing hair loss because of cancer treatments, Living Well offers both virtual and in-person wig consultations. Our wig specialists will help you choose a wig for no-charge that fits your needs and lifestyle.

They also offer Beautiful You Workshops, which are designed to help you feel beautiful inside and out as you learn how to care for your scalp and hair regrowth. You also will learn how to accessorize with scarves and hats, and how to recreate natural-looking eyebrows with an eye pencil.

Call to schedule an appointment:

- › Living Well Geneva: 630.933.7860
- › Living Well Warrenville: 331.732.4900

These wig providers can help you find a wig that fits your needs. Make an appointment, and **ask your physician for an order** for “cranial prosthesis.” When you get your wig, you must pay the wig provider for the wig. They will give you a receipt for you to submit to your insurance plan. If your insurance plan covers cranial prosthesis, they may reimburse you.

[Lulu’s Wiggin Out](#)

63 North Williams Street, Crystal Lake
815.356.9900

[La Vese Hair Restoration](#)

25 North River Lane, Geneva
630.483.9225

Wig City

15 South Batavia, Batavia
630.485.5150

Alopecia Hair Solutions

226 Trent Drive, Batavia
630.777.4082



Durable medical equipment

Durable medical equipment (DME) is special equipment that is:

- › Durable (can withstand repeated use)
- › Used for a medical reason
- › Typically only useful to someone who is sick or injured
- › Used in your home
- › Expected to last at least 3 years

Medicare coverage of DME

Medicare Part B (medical insurance) covers medically necessary DME if a Medicare-enrolled healthcare professional prescribes it.

[Learn more about Medicare coverage of DME.](#)

Community lending closets and DME donations

These organizations offer DME that you may borrow or keep. Types of equipment, their hours and the length of loan varies. Some locations will only loan to local residents. Please call ahead to check. You can also contact your local village hall or township office to ask about your local lending closet availability.

Fox Valley Hands of Hope

200 Whitfield Drive, Geneva
630.232.2233

Evangelical Lutheran Church of St. John

26555 Brickville Road, Sycamore
815.895.4477

Hanover Township Senior Center

240 South IL Route 59, Bartlett
630.483.5600

Wayne Township Senior Center

27W031 North Avenue, West Chicago
630.231.7155



Financial resources

If you or family member has been diagnosed with cancer, the cost of care may be a concern. Because medical bills can add up quickly, get financial help soon after you or a loved one is diagnosed with cancer.

Social workers, case managers and clinicians can help or refer you to support services and financial resources. Although coping with financial responsibilities may sometimes seem overwhelming, do not let bills go unpaid.

Talk with your care team to see if there are diagnosis-specific resources available to you.

- › [Northwestern Medicine Financial Assistance](#) is for people who have trouble paying their Northwestern Medicine bills and who meet other criteria. Apply online at nm.org or call 800.423.0523 or 312.926.9427 and ask for an application.
- › [Cancer Financial Assistance Coalition](#) has a database of financial resources you can search.
- › [CancerCare](#) provides some financial help for co-pays, transportation, home care and child care. It also provides a list of sources for financial

help and a database of organizations that offer financial or practical help.

- › [Cancer Family Relief Fund](#) encourages and facilitates grants to children whose parent or guardian has been diagnosed with cancer. These grants support the children's extracurricular activities.
- › [Cancer Finances](#) has an online tool to guide you through key topics that may affect your financial situation. No matter where you are in your cancer journey, this site can help you navigate finances.
- › [HealthWellFoundation](#) is a nonprofit that helps patients with a long-term, life-altering disease afford their medications when health insurance is not enough.
- › [The Leukemia & Lymphoma Society](#) provides financial help for treatment-related expenses. This support is for patients diagnosed with a blood cancer who have a significant financial need.
- › [The National Foundation for Transplants](#) offers fundraising help for patients who need transplants.

- › [The Patient Advocate Foundation](#) provides education, legal counseling and referrals for people with cancer who need help managing insurance, financial, debt crisis and job discrimination issues. For eligible patients, it also provides co-pay help and financial aid.
- › [Triage Cancer](#) is a nonprofit that provides cancer survivorship materials and resources.

Help with medication and treatment costs

- › [The Assist Fund](#) provides financial support to patients with long-term health conditions with high-cost medications.
- › [Good Days](#) covers co-pays for people who have life-changing conditions.
- › [Good Rx](#) helps with information on lower-cost medications and pharmacies.
- › [Mark Cuban Cost Plus Drug Company](#) offers hundreds of common medications often at the lowest possible prices.
- › [NeedyMeds](#) helps people find programs to help them afford medications and other healthcare costs.

- › [Partnership for Prescription Assistance](#) helps certain patients who do not have prescription drug coverage get the medications they need.
- › [The Patient Access Network Foundation](#) helps patients with out-of-pocket costs related to their treatment.
- › [Patient Services, Inc.](#) offers help with insurance premiums and co-pays for people with long-term diseases.
- › [RxHope.com](#) helps patients get prescription medications for lower costs or no cost.





Food assistance

Illinois Department of Human Services SNAP Program

Gives Illinois Link cards to eligible people who live in Illinois so they can buy groceries from participating stores. You can contact their outreach team at 844.600.SNAP (7627) or snap@northernilfoodbank.org.

Northern Illinois Food Bank

Works with more than 900 food pantries, mobile food truck markets and soup kitchens.

› Visit [this website](#) to find food pantries near you.

273 Dearborn Court
Geneva, Illinois 60134
630.443.6910

Senior Nutrition Program at Voluntary Action Center

This program offers meals, activities and educational programs for people 60 and older, as well as their spouses. People with disabilities may also be eligible.

DeKalb Community Center
815.758.1678

330 Grove Street, DeKalb

Taylor Street Plaza

815.748.5994
507 East Taylor Street, DeKalb

Fox Valley Community Services

815.787.6219
1406 Suydam Road, Sandwich

Meals on Wheels

- › Voluntary Action Center, Sycamore: 815.758.3932
- › Kane County Senior Services, Aurora (south Kane County): 630.897.4035
- › Kane County Senior Services, Elgin (north Kane County): 847.741.0404
- › Kendall County Senior Services: 630.553.5777

Mom's Meals

Accepts Medicare Advantage and Medicaid, and it provides medically tailored meals.

[Fox Valley Food for Health](#)

A nonprofit that prepares and delivers healthy, nutritious meals to individuals and their families, who are diagnosed or going through treatment for cancer or other health crises.

- › No cost for eight to 12 weeks
- › Serving recipients who live in the Fox Valley area (about 12 to 15 miles around their kitchen at the Kane County Fairgrounds)
- › 630.377.0789

[My Pantry Express](#)

An online food pantry with options for local pick-up or delivery.





Transportation services

[American Cancer Society Road to Recovery](#)

This program provides transportation to and from treatment for people with cancer who do not have a ride or who cannot drive themselves.

Depending on your needs and what is available in your area, we may be able to coordinate a ride with an American Cancer Society volunteer driver.

You must be traveling to a cancer-related medical appointment. You may also have to meet other eligibility requirements. For example, a caregiver may need to accompany a patient who cannot walk without help or is under age 18. Call us to find out what is available in your area and what the specific requirements are.

It can take several days to coordinate your ride, so please call 800.227.2345 well before the day of your visit.

[Ride in Kane](#)

This is a shared public paratransit service for people 65 and older, people with disabilities and those with low income who qualify for the service. You must live in Kane County to be eligible.

A rider may be riding with other people at any given time. Other stops may be scheduled during transit to a rider's destination. The trip length and time may be longer than direct travel.

Please call 630.762.2600 to set up this service.

[Kendall Area Transit](#)

People who live in Kendall County can call 877.446.4528 to set this up.

[Voluntary Action Center](#)

You can use this service to go places within DeKalb County, Genoa, Malta, and some trips out of DeKalb. Call 815.758.6641 to set this up.

TransDev

Get transportation within DeKalb County and within a 35-mile radius of Cortland, Sycamore and DeKalb. Call 815.420.5500 to set this up.

Batavia RSVP

This is for people 65 and older who live in Batavia. Call 630.406.9993 to set up this service.

Kane County Senior Services

You must be 60 or older to use these transportation services:

- › Kane County, Aurora office: 630.897.4035
- › Kane County, Elgin office: 847.741.0404
- › Kendall County, Yorkville office: 630.553.5777
- › McHenry County, Crystal Lake office: 815.356.7457
McHenry County, McHenry office: 815.344.3555





Government insurance assistance

[Triage Cancer](#) offers resources to better understand government insurance programs.

Social Security offices

For more information on these programs or to start applying for Medicare, Social Security and disability insurance, you can contact these Social Security offices.

- › 1325 North Lake Street, Aurora
877.274.5412
- › 790 Fletcher Drive, Elgin
877.405.0435

Public aid offices

For more information or to apply for cash assistance, SNAP, medical assistance and Medicaid, you can contact these Illinois Department of Human Services Family Community Resource Centers:

Monday-Friday (except state holidays),
8:30 am–5:00 pm

- › **Cook County – Kane/Kendall – Aurora**
361 West Old Indian Trail, Aurora
Phone: 630.844.7400
TTY: 866.323.0616
- › **Cook County – Northern Kane/Elgin**
700 South State Street, Elgin
Phone: 847.931.2700
TTY: 866.323.1092
- › **DuPage County**
1717 Park Street, Suite 105, Naperville
Phone: 630.328.1000
TTY: 866.322.3092
- › **DeKalb County**
1629 Afton Road, Sycamore
Phone: 815.895.8667



Support to help you stop smoking

[Illinois Tobacco Quitline](#)

Speak with a professional quit smoking coach who will help you create a plan that can work for you. Your coach can also help you get medications to quit smoking.

Call 866.QUITYES (866.784.8937).

[Nicotine Anonymous](#)

Join an in-person or online support group to help you stay tobacco-free.

[American Lung Association Freedom From Smoking® Lung Helpline](#)

Certified counselors from the American Lung Association can help you decide if you are ready to quit and the best options for you.

[Smokefree.gov](#)

This site has tools and tips to learn about ways to help you quit and how to use them. It includes smoke-free apps and social media sites.



[Centers for Disease Control and Prevention \(CDC\)](#)

Learn more about strategies for quitting and reasons to quit.

Go 1.800.QUITNOW (1.800.784.8669).

To get support over the phone through messaging support services, text QUITNOW to 333888.



Resources for caregivers

[The American Cancer Society Caregiver Resource Guide](#)

A guide for people who are caring for someone with cancer. It can help you:

- › Learn how to care for yourself as a caregiver
- › Better understand what your loved one is going through
- › Develop skills for coping and caring
- › Protect your health and well-being

[Cancer Support Community](#)

Provides an online webinar series on becoming a caregiver.

[Caregiver Action Network \(CAN\)](#)

Works to improve the quality of life for people who care for loved ones with long-term conditions, disabilities, disease, or who are older adults.

[The Caregiver's Companion](#)

Provides support and resources for caregivers.

[The Caregiver Space](#)

Provides a community of caregivers. It is a place to ask questions, share experiences and get answers.

[Caring Community](#)

An online resource for people planning for or living with a person with a serious illness and end-of-life issues.

[Colorectal Cancer Alliance](#)

A collection of caregiver resources on:

- › Organizational and practical concerns
- › Communication
- › Finances and work
- › Emotional well-being, stress and burnout

- › Physical well-being
- › Grief

[Eldercare Locator](#)

A list of resources that provide information and support for older adults and caregivers.

[The Family Caregiver Alliance](#)

Offers caregiver resources.

[CareNav](#)

A tool to help families navigate caregiving.

[HelpGuide](#)

A nonprofit that provides information on many areas, such as:

- › Family caregiving
- › Caregiver stress and burn out
- › Respite care
- › End-of-life care

[The Leukemia & Lymphoma Society Caregiver Workbook](#)

A guide for caregivers of people with leukemia and lymphoma.

[Lotsa Helping Hands](#)

Can help you coordinate meals and help for friends and family.

[The National Alliance for Caregiving](#)

A nonprofit coalition of national organizations.

[Imerman's Angels](#)

Imerman's Angels provides mentorship in caregiving by matching you with a volunteer who has been a caregiver.
866.463.7626



Northwestern Medicine Cancer Care Network

At Northwestern Medicine, we are committed to delivering comprehensive care and support for patients with cancer and for their families. Learn more about our locations and services.

Robert H. Lurie Comprehensive Cancer Center of Northwestern University

675 North St. Clair Street, 21st Floor, Suite 100
Chicago, Illinois 60611
866.587.4322

Maggie Daley Center for Women's Cancer Care In Northwestern Medicine Prentice Women's Hospital

250 East Superior Street, 4th Floor
Chicago, Illinois 60611
866.587.4322

Northwestern Medicine Cancer Center Delnor

304 Randall Road
Geneva, Illinois 60134
630.232.0610

Northwestern Medicine Cancer Center Warrenville

4405 Weaver Parkway
Warrenville, Illinois 60555
630.352.5450

Northwestern Medicine Proton Center

4455 Weaver Parkway
Warrenville, Illinois 60555
877.887.5807

Northwestern Medicine Living Well Cancer Resources Geneva

442 Williamsburg Avenue
Geneva, Illinois 60134
630.933.7860

Northwestern Medicine Living Well Cancer Resources Warrenville

4525 Weaver Parkway, Suite 103
Warrenville, Illinois 60555
331.732.4900

Northwestern Medicine Lake Forest Hospital Cancer Center

1000 North Westmoreland Road, North Entrance
Lake Forest, Illinois 60045
847.582.2134

Northwestern Medicine Cancer Center Glenview

2701 Patriot Boulevard
Glenview, Illinois 60026
847.582.2134

Northwestern Medicine Cancer Center Grayslake

1475 East Belvidere Road, Pavilion A, First Floor
Grayslake, Illinois 60030
847.582.2134

**Northwestern Medicine Kishwaukee Hospital
Cancer Center**

10 Health Services Drive
DeKalb, Illinois 60115
815.756.5255

**Northwestern Medicine Valley West Hospital
Cancer Center**

1310 North Main Street, Suite 201
Sandwich, Illinois 60548
815.786.9197

**Northwestern Medicine McHenry Hospital
Cancer Center**

4305 Medical Center Drive
McHenry, Illinois 60050
815.344.8000

**Northwestern Medicine St. George Cancer Center
Institute**

15300 West Avenue, Suite 108
Orland Park, Illinois 60462
708.226.2318

Northwestern Medicine Oak Brook Cancer Center

1001 Commerce Drive
Oak Brook, Illinois 60523
331.732.4490

TTY for all locations: 711



Northwestern Medicine Cancer Center Delnor

304 Randall Road
Geneva, Illinois 60134
630.232.0610

**Northwestern Medicine Kishwaukee Hospital
Cancer Center**

10 Health Services Drive
DeKalb, Illinois 60115
815.756.5255

**Northwestern Medicine Valley West Hospital
Cancer Center**

1310 North Main Street, Suite 201
Sandwich, Illinois 60548
815.786.9197

TTY for those who are deaf or hard of hearing: 711

nm.org



For healthcare information at your fingertips,
download the MyNM® app today.

