

Cancer Patient Support Services (CaPSS) Resource Manual

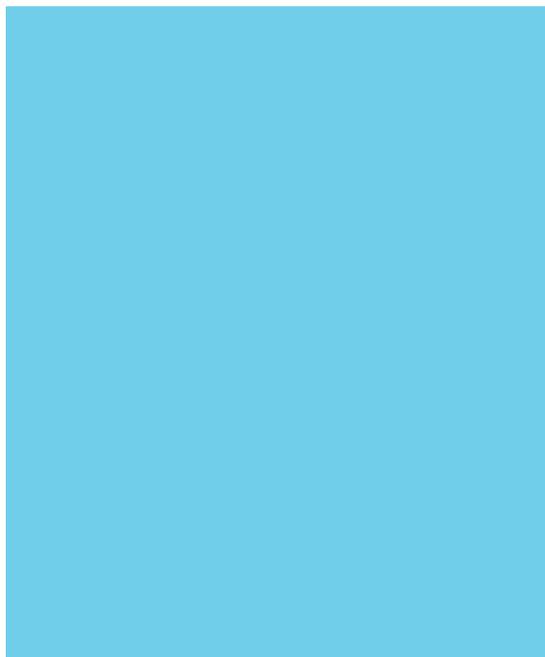


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**All information in this manual is subject to change without notice.
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Cancer Patient Support Services (CaPSS)

You're not alone on your journey. We're here to help.

Support

Cancer Patient Support Services (CaPSS) helps cancer patients and their families cope more effectively with the emotional and physical changes resulting from a cancer diagnosis. This innovative program is the first and only one of its kind in Pinellas County. CaPSS offers targeted support groups for patients and caregivers and is committed to treating the whole person - body, mind and spirit. Each group is led by qualified, licensed (or license-eligible) counselors. Spanish-speaking cancer counseling and support groups are also available. CaPSS also offers individual and family counseling to Morton Plant Mease cancer patients, their families and significant others that focuses on coping with and adjusting to living with cancer. All services are free of charge.

- All Cancer Support Group: For men and women who are coping with cancer
- Caregiver Support Group: For friends, family and loved ones who are providing caregiving and support to a patient
- Luna de Pinellas: A support group in Spanish for cancer patients, survivors, their immediate family and close friends
- Prostate Cancer Discussion Group: For males patients only
- Women's Cancer Support Group: For women of any age and any type of cancer

Education

The Community Cancer Education sessions feature cancer-related information provided by physicians and other health care professionals. All cancer patients, family members and friends in the community are welcome to attend.

Knowledge is power. The *Breast Cancer Patient Handbook* was designed to provide information on what patients need to know when they are first diagnosed. The handbook includes educational information about breast cancer, websites and community resources.

Cancer-related books and material are available to patients, families and the community at no charge in the Evelyn R. Simmers Oncology Resource Libraries located at Morton Plant Hospital in the Axelrod Pavilion on the 1st floor, and at Mease Countryside Hospital in the Shaffer Tower on the 4th floor. CaPSS offices are located on the 2nd floor of the Axelrod Pavilion at Morton Plant Hospital and the 4th floor at Mease Countryside Hospital.

Patient Navigation for Breast

After a patient is diagnosed with breast cancer at Morton Plant Hospital, the CaPSS breast cancer navigator, Agnes Jastrzebski, RN, CBHN, Breast Care Nurse Navigator, provides individualized guidance. She follows patients throughout every aspect of treatment and coordinates their care, including any necessary tests, treatment and follow-up care prescribed by the patient's team of specialists. Bilingual (English-Spanish) navigators are available. Ms. Jastrzebski can be reached at (727) 298-6800.

Events

CaPSS regularly sponsors special programs and events free of charge:

- Make-up, skin care and hairstyle workshops: American Cancer Society's "Look Good Feel Better"
- Weekend retreat for adult cancer survivors: Camp Living Springs
- A fun day at the park sponsored by Mease Hospitals Volunteer Resources: Celebration Picnic
- Annual CaPSS "Tree of Hope" event: Holiday celebration
- Morton Plant Mease physicians provide free skin cancer screenings: Melanoma Monday, first Monday in May
- Morton Plant Mease and the American Cancer Society's Relay for Life: Dunedin Relay for Life
- Annual walk/run to benefit the Florida Suncoast affiliate of Susan G. Komen: Race for the Cure®

Locations

Axelrod Pavilion at Morton Plant Hospital
400 Pinellas St., Clearwater

Mease Countryside Hospital
3231 McMullen Booth Road, Safety Harbor

Contacts

Cancer Patient Support Services (CaPSS) offers individual counseling and support services to all Morton Plant Mease cancer patients, their families and friends. Services are absolutely free. Call the CaPSS office at (727) 462-2125.

To stay up-to-date with CaPSS activities, visit the new website at BayCareCaPSS.org. For more information about Cancer Patient Support Services, call (727) 462-2125.

Cancer Resources

Cancer Agencies

American Cancer Society

Leading cancer nonprofit organization providing information, education, programs, resources and support
(800) ACS-2345 | Cancer.org

American Institute for Cancer Research

This not-for-profit health charity funds research and sponsors educational programs relating to the link between diet, nutrition and cancer prevention and treatment. Offers free educational brochures and nutrition hotline.
(800) 843-8114 | AICR.org

Bloch Cancer Hotline; R.A. Bloch Cancer Foundation

A totally free service (cash donations are never solicited) operated by volunteers who have had cancer. The goal is to match the newly diagnosed patient with an individual who has recovered from the same type of cancer.
(800) 433-0464 | BlochCancer.org

CancerCare

A national nonprofit organization providing free professional counseling, educational programs, practical help and financial assistance.
(800) 813-HOPE (4673) | CancerCare.org

CancerCare Copayment Assistance Foundation

A nonprofit organization that helps cancer patients afford copayments for chemotherapy and targeted treatment drugs, ensuring their access to care for prescribed treatments.
(866) 55-COPAY (866-552-6729) | CancerCareCopay.org

Cancer Support Community

In July 2009, The Wellness Community and Gilda's Club Worldwide joined forces to become the Cancer Support Community. The CSC is an international nonprofit dedicated to providing support, education and hope to people affected by cancer. CSC offers personalized services and education for all people affected by cancer.
(888) 793-9355 | CancerSupportCommunity.org

CenterWatch

The leading source of clinical trials information for both clinical research professionals and patients.
10 Winthrop Square, 5th floor, Boston, MA 02110
CenterWatch.com

Fertile Hope

A national LIVESTRONG initiative dedicated to providing reproductive information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility.
(888) 994-HOPE | FertileHope.org
(855) 220-7777 | Livestrong.org

Mautner Project

The Mautner Project of Whitman-Walker Health is committed to providing direct client services to LGBT people with cancer, health education and workshops to the community, and educating health care professionals about the unique health needs of the LGBT community.
(202) 745-7000 | Whitman-Walker.org

National Comprehensive Cancer Network (NCCN)

NCCN is a not-for-profit alliance of 23 of the world's leading cancer centers and is dedicated to improving the quality and effectiveness of care provided to patients with cancer. Through the leadership and expertise of clinical professionals at NCCN member institutions, NCCN develops resources that present valuable information to the numerous stakeholders in the health care delivery system.
(215) 690-0300 | NCCN.com

National Cancer Institute (NCI) at the National Institutes of Health (NIH)

The NCI coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination and other programs with respect to the cause, diagnosis, prevention and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.
(800) 4-CANCER or (301) 496-4164 | Cancer.gov

The National Lymphedema Network (NLN)

Founded in 1988 to provide education and guidance to lymphedema patients, health care professionals and the general public by disseminating information on management of primary/secondary lymphedema and related disorders, and providing education in risk reduction practices for all individuals at risk for or affected by lymphedema.
(800) 541-3259 | LymphNet.org

Brain Cancer

American Brain Tumor Association

Provides information about all types of brain tumors, including those that are malignant, nonmalignant, primary or metastatic. Also includes information on new treatments and help with many aspects of living with a brain tumor.
(800) 886-2282 | ABTA.org

Brain Tumor Alliance (formerly Miles for Hope)

Brain Tumor Alliance's Mission is to provide emotional and financial support for families affected with brain tumors while also raising awareness and funding for research and clinical trials.
(727) 781-4673 | MilesForHope.org

National Brain Tumor Society (NBTS)

NBTS is committed to finding better treatments, and ultimately a cure, for people living with a brain tumor today and anyone who will be diagnosed tomorrow.
BrainTumor.org

Cervical Cancer

The National Cervical Cancer Coalition (NCCC)

The National Cervical Cancer Coalition (NCCC) was founded in 1996 as a grassroots nonprofit organization dedicated to serving women with, or at risk for, cervical cancer and HPV disease.
(800) 685-5531 | NCCC-Online.org

National Breast and Cervical Cancer Early Detection Program

Provides breast and cervical cancer early detection testing for low-income, underserved, underinsured and uninsured women. This program was created by the Centers for Disease Control and Prevention (CDC) in 1991.
(800) CDC-INFO | (800) 232-4636
Cancer.org/Healthy/FindCancerEarly/WomensHealth/EarlyDetectionOfSpecificCancers/nbccedp

Colon Cancer

Colon Cancer Alliance

Through patient support, education, research and advocacy, this national not-for-profit organization is committed to increasing screening rates and survivorship for those affected by colon cancer.
(877) 422-2030 | CCAlliance.org

Leukemia and Lymphoma

Leukemia & Lymphoma Society

Offering a variety of services to patients and families touched by blood cancers, including leukemia, lymphoma and myeloma. Services include peer support, education, financial assistance and an information resource center.
(800) 955-4572 | LLS.org

International Myeloma Foundation

An international organization committed to finding better treatments and a cure. They offer a patient guide, handbooks, a hotline and a quarterly newsletter.
(800) 452-2873 | Myeloma.org

Multiple Myeloma Research Foundation (MMRF)

MMRF is the world's number one private funder of multiple myeloma research, using a new medical research model and committed to finding a cure.
TheMMRF.org

Lung Cancer

Lung Cancer Alliance

This national nonprofit organization offers education and support programs, dedicated to patient support and advocacy for people living with or at risk for lung cancer.
(800) 298-2436 | LungCancerAlliance.org

Oral, Head and Neck Cancer

Support for People with Oral and Head and Neck Cancer (SPOHNC)

SPOHNC is dedicated to raising awareness and meeting the needs of oral and head and neck cancer patients through its resources and publications.
SPOHNC.org

Ovarian Cancer

CM Celma Mastry Ovarian Cancer Foundation (CMOCF)

The Celma Mastry Ovarian Cancer Foundation was started in 2003 by family and friends of Celma to help other women who were also suffering with this "silent killer." In 2015, Ovacome merged with CMOCF.
(863)-381-2034 | OvarianCancerFoundation.org

Facing our Risk of Cancer Empowered (FORCE)

The only national nonprofit organization devoted to hereditary breast and ovarian cancer support, education, advocacy, awareness and research.
Toll-free Helpline: (866) 288-RISK (7475) | FacingOurRisk.org

National Ovarian Cancer Coalition

The largest ovarian cancer organization raises awareness about ovarian cancer and promotes early detection and education. The Coalition is committed to improving the overall survival rate and quality of life for women and families living with the disease.
(888) OVARIAN (888-682-7426) | Ovarian.org

Ovarian Cancer Research Fund Alliance

Ovarian Cancer Research Fund (OCRF) and the Ovarian Cancer National Alliance (OCNA) have led the way in research, advocacy and support for patients and their families for over 22 years. In January 2016, OCRF announced it joined the National Ovarian Cancer Alliance (NOCA) together to form Ovarian Cancer Research Fund Alliance (OCRFA). Its mission is to fund scientific research that leads to more effective identification, treatment, and ultimately a cure for ovarian cancer.
(800) 873-9569 | OCRF.org | OvarianCancer.org

Ovacome

2015 merged with Celma Mastry Ovarian Cancer Foundation.

SHARE: Dedicated experienced support for women facing breast or ovarian cancer

A supportive network and community of women affected by breast or ovarian cancer.

Toll-free Helpline: (866) 891-2392 | (844) ASK-SHARE
ShareCancerSupport.org

Pancreatic Cancer

Pancreatic Cancer Action Network

This national nonprofit organization includes a nationwide network of people dedicated to working together to advance research, support patients and create hope for those affected by pancreatic cancer.

(877) 272-6226 | PanCan.org

Prostate Cancer

Prostate Cancer Foundation

Firmly committed to curing prostate cancer, the Prostate Cancer Foundation is the leading philanthropic organization funding and accelerating research globally.

(800) 757-CURE (2873) | PCF.org

Cancer Blogs and Forums

Many of the major websites for breast cancer and other cancers also host discussion boards, blogs and online support via Facebook pages and other social media. Always check the toolbars, menus and sidebars for additional links.

BreastCancer.org — Discussion Boards

Information and resources for new patients and new members. Create an account and participate in a forum or chat room on a myriad of breast cancer topics.

Community.BreastCancer.org/Forum/131

Breast Cancer Support — Online Support Group and Chat

For patients with breast cancer and help for those who need support. Learn what to expect from surgery, radiation and chemotherapy. It's an online support group using "Meeting Place" software to connect breast cancer patients.

BCSupport.org

Cancer Survivor Network (American Cancer Society) — Discussion Boards

A public forum with discussion boards for all types of cancer.

CSN.Cancer.org/Forum

Nancy's List

A nonprofit organization committed to helping cancer patients find the resources they need so that no one will ever go through cancer alone. Nancy links readers to up-to-date articles and resources. Rich with information, inspiration and a free newsletter.

NancysList.org

Complementary Therapies

Exercise for Cancer Patients/Survivors

LIVESTRONG at the YMCA

A free strength/fitness program for cancer patients and survivors based on the curriculum developed by Stanford University; six locations in Pinellas and Pasco counties - call the YMCA.

Morton Plant Mease Wellness Centers

State-of-the-art Wellness Centers that go beyond aerobics and weight lifting to encompass total wellness - body, mind and spirit. Membership required. BayCare.org/Wellness-Centers

POWER: Program of Wellness Recovery

Specially designed for Morton Plant Mease breast cancer patients, the POWER program includes a physical therapy component, if needed, followed by six weeks of twice-weekly small group training sessions, led by a personal trainer with special training in cancer treatment and rehabilitation. The program focuses on stamina, flexibility and range of motion to improve overall quality of life. Offered at the three BayCare Wellness Centers. Oncologist referral required.

Mind/Body Connection

Deep-Breathing Exercises

Yoga, qi gong and many other traditions teach breathing exercises to bring more oxygen to the body to calm and rejuvenate, as well as to sharpen one's mental focus and reduce stress. For example: DrWeil.com/drw/u/ART00521/Three-Breathing-Exercises.html

Mindfulness Meditation Class

Mindfulness Meditation is a mind/body connection program for Morton Plant Mease cancer patients and family members. It's all about moment-to-moment awareness. Through Mindfulness Meditation, you can learn how to take better care of yourself and live a healthier life. It's a technique to help people cope with stress, anxiety, pain and illness. It meets once a week for four weeks, with each session building on the previous week's practice. For more information and to register, contact John Llauget, CaPSS, at (727) 462-2141.

Guided Imagery

Guided imagery has been shown to help increase one's hope and motivation, decrease depression and fatigue and reduce the perception of pain. CaPSS counselors are available to provide guided imagery to Morton Plant Mease cancer patients and families who are interested in learning this technique. For additional information, please contact a CaPSS counselor at (727) 462-2141.

Qi-Gong

This is a training program to introduce Morton Plant Mease cancer patients to the practice of qi gong (pronounced CHEE GOONG). Qi gong is an exercise that originated in China and has been practiced for thousands of years. This exercise method stresses mind/body awareness through breathing, proper posture and slow, gentle movement. For more information and to register, contact John Llauget, CaPSS, at (727) 462-2141.

Oasis Yoga

Yoga relieves stress, calms the mind and allows the body to heal. CaPSS is proud to announce that Morton Plant Mease cancer patients/survivors can take a free yoga class weekly, Thursdays, 1-2pm, in the 2nd floor conference room (Suite 280) of Axelrod Pavilion on the Morton Plant campus. For more information, contact Debra Wolf, CaPSS, at (727) 462-2145. Other forms of yoga and exercise classes are available at the Morton Plant Mease Wellness Centers for members and non-members (fee-based). BayCare.org/Wellness-Centers.

Nutrition

Dietitians

Management of cancer treatment side effects, weight loss, altered taste and credible nutrition information are essential in the cancer battle. The American Cancer Society offers personalized nutrition counseling. Call (800) 227-2345 and ask to speak with a dietitian. Monday-Friday, 8am-5pm
Cancer.org/Healthy/EatHealthyGetActive/GetActive/app/Meet-Our-Virtual-Dietitian.aspx

Dietary Supplements

Cancer patients need to be aware that the use of dietary supplements is often based on anecdotal evidence, i.e. people's (even doctors') personal experiences or opinions rather than objective, controlled research studies. It is always safest to talk with your doctor about the type and amount of each supplement you want to try.

Eating Hints

The National Cancer Institute has created a free booklet titled *Eating Hints: Before, During and After Cancer Treatment*. This booklet has hints about common types of eating problems, along with ways to manage them. Obtain it for free online.
Cancer.gov/Publications/Patient-Education/Eating-Hints

Psychosocial-Spiritual Support

CaPSS Counselors/Social Workers

The Cancer Patient Support Services (CaPSS) team is guided by a simple mission: "Enhancing the quality of life of people touched by cancer and those who care for them." With offices at Morton Plant and Mease Countryside hospitals, CaPSS counselors provide services to cancer patients in the hospital and in outpatient settings. All services are offered at no charge.

Cremation/Burial Services

A Life Tribute

Largo Chapel
716 Seminole Blvd., Largo, FL 33770
(727) 559-7793 or (800) 853-3353 | ALifeTribute.com

Abbey Affordable Cremation and Funeral Services

12514 Ulmerton Road, Largo, FL 33774
(877) 517-2340

Anderson McQueen Funeral Home

Four locations in St. Petersburg
(727) 822-2059 | AndersonMcQueen.com

Dignity — Garden Sanctuary Funeral Home and Cemetery

7950 131 St. N., Seminole, FL 33776
(727) 391-0121 | DignityMemorial.com

Suncoast Hospice | Empath health

Suncoast Hospice | Empath Health staff and community members hold memorial services throughout the year to remember friends and loved ones.
(727) HOSPICE | TheHospice.org

National Cremation Society

4945 East Bay Drive, Clearwater, FL 33764
(727) 536-0494 | NationalCremation.com

Neptune Society Cremation

2560 Tampa Road, Palm Harbor, FL 34684
(727) 789-6911 | NeptuneSociety.com

Online Support Services

Cancer Hope Network – Getting Matched

Call and talk with a Patient Services Coordinators (PSC), who will discuss your diagnosis, treatment, side effects and other cancer-related issues. The PSC will also inquire about your preferred times to communicate. The PSC will then match you with a support volunteer who will contact you within 48 hours. There is never a charge for Cancer Hope Network services.
(800) 552-4366 | CancerHopeNetwork.org

Community Services

Directions for Living

Serving children and families in mid and upper Pinellas County. Medicaid, sliding scale, insurance. Services include individual and group therapy and psychiatric services including evaluation, medication and follow up. Free. Talk with them about services available. Referrals for therapy as needed.
(727) 524-4464 | DirectionsForLiving.org

Directions for Living Locations

Behavioral health services for adults include individual and group counseling, psychiatry and medication management, substance abuse treatment and recovery-based psychosocial rehabilitation services.

Clearwater Center

Outpatient Counseling and Psychiatric Services, Adults
1437 S. Belcher Road, Clearwater, FL 33764
(727) 524-4464

Largo Center (Oakwoods Industrial Park)

Children's Specialty Center
8823 115th Ave. N., Largo, FL 33773
(727) 547-4566

Dependency Case Management (Starkey Lakes Facility)

8550 Ulmerton Road, Suite 130, Largo, FL 33771
(727) 456-0600

Diversion Services (Starkey Lakes Facility)

8550 Ulmerton Road, Suite 145, Largo, FL
(727) 524-4464

Co-Locations with Community Partners

- Clearwater Health Department
- Pinellas Park Health Department
- Catholic Charities – Pinellas HOPE
- Homeless Empowerment Program
- St. Petersburg Health Department
- Mid-County Health Department
- Clearwater Free Clinic
- Safe Harbor Shelter
- Lighthouse Group Home
- Bayside Lakeview Group Home
- St. Vincent DePaul Shelter

Suncoast Center, Inc.

Services include mental health, substance abuse, family counseling, trauma assessment and counseling/therapy services. Central Office: 2960 Roosevelt Blvd., Clearwater
Consumer access and program information: (727) 327-7656
(727) 388-1220 | SuncoastCenter.org

Family Emergency Walk-In (PEMHS)

Personal Enrichment through Mental Health Services (PEMHS) has been committed to providing care in crisis since 1981. 400 15th St. S., St. Petersburg
Crisis Line (727) 791-3131 | (727) 552-1053 | PEMHS.org

BayCare Behavioral Health – Life Management

The Life Management Center in Clearwater provides cost-effective mental health services to promote a positive well-being for people that will help decrease risk of disease, illness and injury to being more productive and contributing to their communities. Accepts Medicaid.
1106 Druid Road S., Suite 201, Clearwater | (727) 584-6266

Bereavement Survivorship Support Groups and Counseling

Suncoast Hospice | Empath health

Suncoast Hospice provides supportive counseling services for anyone experiencing the loss of a loved one or during times of serious illness. These services are available as early as the time of diagnosis, through the duration of the illness and the grieving process.

- Individual grief counseling

- Grief support groups

- Children and families

To register for a support group: (727) 523-3455

5771 Roosevelt Blvd., Clearwater, FL 33760
(727) HOSPICE | (727) 467-7423 | SuncoastHospice.org

Health and Medical Providers – Uninsured/Insured

National and State Programs

HealthCare.gov

Affordable Health Care Act insurance options including changes in PCIP.
HealthCare.gov/index.html

Medicaid

AHCA.MyFlorida.com/Medicaid

ACCESS Florida (Automated Community Connection Economic Self-Sufficiency)

One stop to “access” the entire range of Florida financial services: Medicaid, Social Security, ACHA, WIC, etc. The ACCESS automated information line is open 24 hours, seven days a week, and can be reached at (866) 762-2237.
MyFlorida.com/AccessFlorida/links.html

IN PERSON

The following ACCESS community partners will allow for use of computers regarding ACCESS benefits/online account. They will also fax required documentation to the Florida Department of Children and Families (DCF). The general public can be served at these locations:

Clearwater

A Spiritual Change: (727) 831-4398
Foundation Village Neighborhood Center: (866) 762-2237
High Point Center: (727) 533-0730
Homeless Emergency Project: (727) 442-9041

St. Petersburg

Breaking Free by Faith: (727) 687-9518
Daystar Life Center: (727) 825-0442
Leahman Family Center: (727) 825-7891
Salvation Army: (727) 894-6015

North County

F.E.A.S.T. Inc.: (727) 789-5275
Safety Harbor Center: (727) 791-8255
Union Academy Center: (727) 934-5881

Mid-County

Pinellas County Housing Authority: (727) 443-7684
Suncoast Haven of Rest: (727) 545-8282

Pinellas County Health Department

The Florida Department of Health has five locations throughout Pinellas County. They provide services and information in all areas of public health that can affect the community ranging from controlling infectious diseases to safe drinking water to disaster preparedness. Services include dental services for children up to age 18 (Medicaid up to age 21), family planning for teens and adults, immunizations for adults and children (free for children). FloridaHealth.gov

St. Petersburg Center – Pinellas County Health Dept.
205 Dr. Martin Luther King St. N., St. Petersburg, FL 33701
(727) 824-6900

Clearwater Center – Pinellas County Health Dept.
310 N. Myrtle Ave., Clearwater, FL 33755
(727) 469-5800

Pinellas Park Health Department
6350 76th Ave. N., Pinellas Park, FL 33781
(727) 547-7780

Tarpon Springs Health Department
301 South Disston Ave., Tarpon Springs, FL 34689
(727) 942-5457

Mid-County
8751 Ulmerton Road, Largo, FL 33771
(727) 524-4410

Largo Health Department – WIC only
12420 130th Ave. N., Largo, FL 33774
(727) 588-4040

Community Clinics

Bayfront Family Health Center

St. Petersburg – 701 Sixth St. S., St. Petersburg, FL 33701
(727) 893-6198

Clearwater Free Clinic (Urgent care/walk-ins)

Clearwater – 707 N. Fort Harrison Ave., Clearwater, FL 33755
(727) 447-3041

La Clinica Guadalupana (By appointment only)

Clearwater – 1000 Lakeview Road, Suite 4, Clearwater, FL 33755
(727) 461-7730

St. Petersburg Free Clinic

863 Third Ave. N., St Petersburg, FL 33701
(727) 821-1200

Turley Family Health Center (Primary care/Obstetrics/Gynecology)

Clearwater – 807 Myrtle Ave., Clearwater, FL 33755
(727) 467-2550

Willa Carson Health Center (Primary care, pediatrics, dermatology and acupuncture)

Clearwater – 1108 N. Dr. Martin Luther King Jr.
Clearwater, FL 33755
(727) 467-9411

Community Health Centers

Primary Care Services

Community Health Centers of Pinellas, Inc., a not-for-profit health care organization, has been providing affordable, quality primary health care services to the residents of Pinellas County for more than 25 years. Services include family practice, pediatrics, obstetrics and gynecology, and dental care.
(727) 824-8181 | CHCPinellas.org

Community Health Centers of Pinellas at Johnnie Ruth Clarke

Family Practice, Pediatrics, Women's Health, Pharmacy
1344 22nd St. S., St Petersburg, FL 33712
Dental: (727) 824-8177 | Medical: (727) 821-6701

Community Health Centers of Pinellas at Clearwater

Family Practice, Pediatrics, Women's Health, Pharmacy
707 Druid Road E., Clearwater, FL 33756
(727) 461-1439

Community Health Centers of Pinellas at Bayfront

Family Practice, Podiatry, Behavioral Health and Substance Abuse
700 6th St. S., St. Petersburg, FL 33701
(727) 824-8181

Community Health Centers of Pinellas at Dunedin

Family Medicine
1721 Main St., Dunedin, FL 34698
(727) 824-8181

Community Health Centers of Pinellas at Largo

Family Practice, Pediatrics
12420 130th Ave. N., Largo, FL 33774
(727) 587-7729

Community Health Centers of Pinellas at Pinellas Park

Pediatrics, Family Practice, Registered Dietician, Women's Health
7550 43rd St. N., Pinellas Park, FL 33781
(727) 844-2284

Community Health Centers at Tarpon Springs

Family Practice, Pediatrics, Women's Health
247 S. Huey Ave., Tarpon Springs, FL 34689
(727) 944-3828

PSI Patient Services, Inc.

Patient Services, Inc., evaluates an individual's financial, medical and insurance situation to determine who is eligible for premium or copayment assistance.

(800) 366-7741 | PatientServicesInc.org

Financial Services and Assistance Programs/Agencies

DCF – Florida Department of Children and Families

ACCESS Florida (Automated Community Connection Economic Self-Sufficiency)

One stop to “access” the entire range of Florida financial services: Medicaid, Social Security, ACHA, WIC etc., food, medical assistance, cash. The ACCESS automated information line is open 24 hours a day, seven days a week, and can be reached at (866)762-2237 or MyFlorida.com/AccessFlorida/links.html. Apply online at the above website, or patients can also visit the below locations in person to apply for Medicaid and food stamps:

North Pinellas Service Center

Mary Grizzle Building
11351 Ulmerton Road, #130, Largo, FL 33778
(727) 588-7017

South Pinellas Service Center

Sebring Building
525 Mirror Lake Drive, #201, St. Petersburg, FL 33701
(727) 552-2535

BayCare Health System – Financial Assistance Department

BayCare will provide charity care to hospital patients who are determined, as part of an application process, unable to pay for services due to financial hardship. The application can be found online at the website listed below. Two programs are used to qualify patients for charity:

- AHCA Charity meets guidelines established by the State of Florida (see Medicaid)
- Hardship Charity meets guidelines established by BayCare and extends beyond AHCA charity limits
(855) 233-1555 | BayCare.org

Pinellas County Assistance – Health and Human Services

PinellasCounty.org/HumanServices

- Clearwater – (727) 464-8400, 2189 Cleveland St., Suite 230 Clearwater, FL 33765
- Largo – (727) 524-4410, 8751 Ulmerton Road Largo, FL 33771
- St. Petersburg – (727) 582-7781, 647 1st Ave. N., St. Petersburg, FL 33701
- Tarpon Springs – (727) 942-5457, 301 South Disston Ave. Tarpon Springs, FL 34689

Medicaid – see Florida Agency for

Health Care Administration – AHCA

(727) 552-1191 | MyFlorida.com/AccessFlorida

Pinellas Opportunity Council Programs – Emergency Services Program

Provides limited financial assistance on a one-time basis to alleviate utility, fuel oil, rent/mortgage, food, clothing and other emergency situations

- 1035 Burlington Ave. N., St. Petersburg, FL 33701:
(727) 894-5176
- 1111 18th Ave. S., St., Petersburg, FL 33705: (727) 822-4492
- 6051 78th Ave. N., Pinellas Park, FL 33781: (727) 541-0896
- 218 Lemonstreet Village, Tarpon Springs, FL:
(727) 937-9393 | POC-Inc.org

Veterans Services

Honorably discharged veterans may qualify to receive medical care from:

- Main Office: Bay Pines VA in Pinellas County:
(727) 398-6661
- James A. Haley VA in Hillsborough County: (813) 972-2000
- Clearwater Office: 2189 Cleveland St., Suite 230 Clearwater, FL 33765; (727) 464-8460
- St Petersburg Office:
647 1st Ave. N., St. Petersburg, FL 33701
(727) 582-7828 | FloridaVets.org

Vocational Rehabilitation Services

Provides vocation evaluation, employment assistance, on-the-job training, transportation and physical aids to reduce vocational impediments. Must have a disability that impacts your ability to get or keep a job.

- 11351 Ulmerton Road, Suite 123, Largo: (727) 518-3454
- 701 94th Ave. N., Suite 107, North St. Petersburg:
(727) 217-7930
- 525 Mirror Lake Drive, Suite 100, Central St. Petersburg (Sebring building): (727) 552-1589 | RehabWorks.org

Employment

CareerSource Pinellas (formerly WorkNet)

CareerSource Pinellas offers a full range of career planning services for professional and entry level candidates, including career orientation, resource centers that assist in the candidate's job search, career fairs, interviewing techniques, labor market information specific to occupations and industries in demand as well as resume building tips, salary and wage information and professional networking.

(800) 625-2257 | CareerSourcePinellas.org

WorkNet Pinellas One-Stop Centers

(727) 524-4344; TTY contact for the following offices: 711 (Florida Relay Service)

CareerSource Pinellas Center on Gulf-to-Bay

2312 Gulf to Bay Blvd.

Clearwater, FL 33765

(727) 524-4344

Monday, Tuesday, Thursday, Friday, 8am–5pm;

Wednesdays, 8am–7pm

Business Services, Universal Services (Career Resources/ Employment Resources), Veterans Services and Targeted/ Economic Services

CareerSource Pinellas Center in South Clearwater

16432 U.S. Highway 19 N.

Clearwater, FL 33764

(727) 524-4344

Monday-Friday, 8am–5pm

Universal Services/Targeted Services

CareerSource Pinellas Center in St. Petersburg

3420 8th Ave. S.

St. Petersburg, FL 33711

(727) 524-4344

Monday, Tuesday, Thursday, Friday, 8am–5pm; Wednesdays, 8am–7pm

Universal Services (Career Resources/Employment Resources)

CareerSource Pinellas Center at Tyrone

7701 22nd Ave. N.

St. Petersburg, FL 33710

(727) 524-4344

Monday–Friday, 8am–5pm

Business Services, Universal Services (Career Resources / Employment Resources), Veterans Services, Youth Services and Targeted/Economic Services

CareerSource Pinellas Center in Tarpon Springs

St. Petersburg College Campus - Bilirakis Building

682 E. Klosterman Road

Tarpon Springs, FL 34689

(727) 524-4344

Monday-Friday: 8am–5pm

Business Services, Universal Services (Career Resources/ Employment Resources), Veterans Services, Youth Services and Targeted/Economic Services

Lighthouse of Pinellas

Provides vocational counseling and job placement to visually impaired individuals

6925 112th Circle N., Suite 103, Largo, FL 33773

(727) 544-4433 | LighthouseOfPinellas.org

Pinellas County Urban League

Provides job counseling, placement services and job referrals

St. Petersburg: (727) 327-2081

UL-Pinellas.IAmEmpowered.com

Service Source (formerly Abilities)

Provides job training and placement to individuals with disabilities

2735 Whitney Road, Clearwater, FL 33760

(727) 538-7370 | ServiceSource.org

STARS – Strive of Pinellas County Inc.

Provides a 20-day employment readiness training program and provides placement services to its graduates

300 31st St. N., Suite 100, St. Petersburg, FL 33713

(727) 451-8850

Vocational Rehabilitation Services

Provides vocation evaluation, employment assistance, on-the-job training, transportation and physical aids to reduce vocational impediments. Must have a disability that impacts your ability to get or keep a job.

11351 Ulmerton Road, Suite 123, Largo: (727) 518-3454

701 94th Ave. N., Suite 107, North St. Petersburg: (727) 217-7930

525 Mirror Lake Drive, Suite 100, Central St. Petersburg (Sebring building): (727) 552-1589 | RehabWorks.org

Cancer Patients Assistance

Brenda Mehling Cancer Fund (BMCF)

The Brenda Mehling Cancer Fund (BMCF) supports patients ages 18-40 as they undergo cancer treatment. It provides services to meet daily needs that are not covered by insurance. Typical grants cover \$500 worth of medical copayments, rent and mortgage, transportation, car insurance, repairs and groceries. (800) 878-9184 | BMCF.net

CancerCare

Provides limited financial assistance to help with the costs of treatment-related transportation, child care and home care for all types of cancer

(800) 813-4673 | CancerCare.org/Financial_Assistance

Cancer Resource Foundation

Provides financial assistance for BRCA1/2 genetic testing for people who qualify

(508) 630-2242 | CancerISource.org/Genetic-Testing-Programs

Celma Mastry Ovarian Cancer Foundation

The CMOCF strives to financially assist Tampa Bay area women who are in treatment and struggling to meet the needs of their home and family.

OvarianCancerFoundation.org/Resources

The C.H.A.I.N. Fund, Inc.

The C.H.A.I.N. Fund assists cancer patients who are undergoing strenuous cancer treatments that temporarily prevent them from working. The C.H.A.I.N. Fund assists cancer patients in areas such as mortgage, rent, utilities, prescriptions, co-pays, insurance co-pays, and special food needs. They also make available, support services such as financial counseling, nutritional, emotional and wellness workshops and support groups.

(866) 611-8657 | TheCHAINFund.com

Fight Club Survivor

Fight Club Survivor organization has an online boutique for new and hand-me-down breast cancer items. You can find lightly used wigs, scarves, breast forms and mastectomy/lumpectomy bras. All items are available on a first come first served basis and inventory changes constantly. Everything is FREE (you just pay shipping).
FightClubSurvivor.org/Boutique

Florida Cancer Specialists Foundation

Florida Cancer Specialists Foundation is a nonprofit organization that helps cancer patients in need with their living expenses while undergoing treatment. It enables those fighting cancer to concentrate on recovery rather than their overdue rent, mortgage, electric or water bills.
(855) 585-5433 | Foundation.FLCancer.com

Florida Kidcare

The state of Florida offers health insurance for children from birth through age 18, even if one or both parents are working.
(888) 540-5437 | FloridaKidcare.org

Giving Hope Through Faith Foundation

A faith-based foundation providing resources and assistance to those facing the challenges of cancer. All cancer types. Provides at least \$100 in grocery, gas or discount store gift cards once a month for a year to Tampa Bay families that have a member undergoing treatment for cancer.
(813) 685-6773 | GivingHopeThroughFaith.org

Healthwell Foundation

Many cancer types; check for open and closed funds. Financial assistance to cover coinsurance, copayments, health care premiums and deductibles for certain medications and therapies.
(800) 675-8416 | HealthwellFoundation.org

Jen's Thank You Alliance

Their mission is to assist young adult cancer survivors ages 15-39 in finding financial, inspirational and educational resources needed from initial diagnosis, through continuing treatment and remission periods.
JT YA.DreamHosters.com | Email: info@jensthankeyoualliance.org

Kristy Lasch Miracle Foundation

The Kristy Lasch Miracle Foundation is an organization that provides financial assistance to women under age 30 with medical related expenses.
(412) 872.4125 | KristyLasch.org/#

My Hope Chest

Breast cancer only; financial assistance for reconstructive surgery for uninsured women age 69 or younger. Call or check website for eligibility requirements.
(727) 488-0320 | MyHopeChest.org

Nurses House

Nurses House is a nurse-managed, nonprofit organization dedicated to helping registered nurses in need.
(518) 456-7858 | NursesHouse.org

Patient Access Network Foundation (PAN)

All cancer types; must have insurance. Offers co-pay, co-insurance and medication assistance help to people with chronic or life-threatening illnesses when pharmacy costs limit access to breakthrough medical treatments or continued compliance.
(866) 316-7263 | PANFoundation.org

Patient Advocate Foundation

Patient Advocate Foundation (PAF) is a national 501(c)(3) nonprofit organization which provides professional case management services to Americans with chronic, life threatening and debilitating illnesses. Assisted by doctors and health care attorneys, PAF case managers serve as active liaisons between the patient and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis matters as they relate to their diagnosis. Patient Advocate Foundation seeks to safeguard patients through effective mediation, assuring access to care, maintenance of employment and preservation of their financial stability.
(866) 512-3861, option 1 | PatientAdvocate.org

Patient Services, Inc. (PSI)

All cancer types; evaluates an individual's financial, medical and insurance situation to determine who is eligible for premium or copayment assistance. Provides help for many illnesses and offer many types of financial assistance.
(800)366-7741 | PatientServicesInc.org

Pink Daisy Project

Their goals are simple: To help young women cope with the hardships of breast cancer treatment by providing care and comfort. They assist breast cancer patients with groceries, meals, gas and prescription costs.
PinkDaisyProject.com

The Pink Fund

Breast cancer only; assistance for household bills; only for patients who were working prior to diagnosis and lost their jobs due to the cancer diagnosis and treatment. Call or check website for eligibility requirements.
(877) 234-7465 | ThePinkFund.org

The 2nd Basemen, Inc.

Breast cancer only; assistance for medical bills: co-pays, prescriptions and tests. Assistance for family bills: Utilities, food, gas and rent/mortgage.
(720) 263-2273 | The2ndBasemen.org

Sharsheret: Your Jewish Community Facing Breast Cancer

Learn how to address your concerns and better navigate the complicated health care and financial systems with critical information and resources shared by experts at Sharsheret's "Taking Control of Your Financial Health During and After a Health Crisis." Download a free Financial Wellness Brochure and Tool Kit.
Sharsheret.org/Content/Financial-Wellness

Sisters Network Inc.

The Breast Cancer Assistance Program (BCAP) provides services to African American women facing financial challenges. The BCAP program provides financial assistance for but not limited to medical-related lodging, co-pay, office visits and prosthesis. (866) 781-1808 | SistersNetworkInc.org

Smiley Wiley

Smiley Wiley provides financial assistance to women and men with breast cancer who cannot meet their own costly health insurance deductibles. (561) 632- 8631 | SmileyWiley.org

The Sonia Plotnick Health Fund

Women who live in Tampa Bay. Covers 100 percent of preventive care for well-woman exams, pap tests, mammograms, and preventive dental exams. Check website for eligibility. (727) 482-0216 | SoniaPlotnickHealthFund.org

Team Continuum

All cancer types; accepts applications 1st-15th of the month. Call or check website for eligibility requirements. (917) 595-4169 | TeamContinuum.net

21st Century C.A.R.E.

A not-for-profit charitable foundation dedicated to cancer patients. All cancer types; no cash assistance. Services offered during active treatment: transportation, childcare, cosmetic and hygiene products, temporary housing if treatment is out of town, food, medical supplies, cancer screenings, other supplies related to cancer treatment. (239) 938-9301 | 21stCenturyCare.org | info@21stcenturycare.org

Viva Las Chicas

A local organization that offers services such as laundry, offering support, even supplying meals. Staffed by survivors who are willing to make a call to the newly diagnosed to answer questions or just to listen; some financial support for varied bills. (813) 629-0659 | VivaLasChicas.org

Drug/Co-Pay

Many pharmacies have discount programs for generic drugs. Numerous major drug companies offer lower income individuals help with getting their prescribed medication through patient assistance programs. Many pharmaceutical companies run programs aimed to assist patients who have financial difficulties but are not eligible for Medicare, Medicaid or private insurance.

Axium Healthcare Pharmacy

A preferred provider pharmacy for the Chronic Disease Foundation; assists cancer patients in obtaining funding grants for oncology medications (888) 315-3395 | AxiumHealthcare.com

BenefitsCheckup

BenefitsCheckUp is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, D.C. BenefitsCheckup.org

CancerCare Co-Pay Assistance Foundation

Provides limited financial assistance to help with the costs of treatment-related transportation, child care and home care for all types of cancer (800) 813-4673 | CancerCare.org/Financial

Cancer Supportive Survivorship Care

This website lists drug assistance programs from pharmaceutical companies. It is authored by Dr. Robert J. Ignoffo, clinical professor, UCSF, and Jean Longtin, PharmD, UCSF. Companies, drug types and phone numbers are listed. CancerSupportiveCare.com/Drug_Assistance

Florida Discount Drug Card Program

All Floridians can sign up for the Florida Discount Drug Card to save on their prescription medications. In English and Spanish. (866) 341-8894 | FloridaDiscountDrugCard.com

HealthWell Foundation

When health insurance is not enough, HealthWell fills the gap. This organization helps patients living with chronic and life-altering illnesses pay their share of prescription drug copayments, deductibles and health insurance premiums. (800) 675-8416 | HealthwellFoundation.org

Leukemia & Lymphoma Society

The Leukemia & Lymphoma Society Co-Pay Assistance Program helps you pay your insurance premiums and meet co-pay obligations. They'll also help you find additional sources of financial help. Tampa: (813) 963-6461 | (800) 955-4572 LLS.org/DiseaseInformation/GetInformationSupport/FinancialMatters/CopayAssistance

MedNet®

Created in 2000, the MedNet program is a community-based initiative to increase access to prescription drug services for uninsured and medically needy residents in Hillsborough, Pinellas and Polk counties. (727) 217-7070 | SuncoastHealthCouncil.org/Current-Programs/MedNet-Prescription-Assistance-Program

NeedyMeds

NeedyMeds is a 501(c)(3) nonprofit information resource devoted to helping people in need find assistance programs to help them afford their medications and costs related to health care. (800) 503-6897 | NeedyMeds.org

Partnership for Prescription Assistance

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free. (888) 477-2669 | PPARX.org

Patient Advocate Foundation (PAF)

Patient Advocate Foundation seeks to inform and empower patients allowing them to take control of their healthcare. PAF case managers have compiled a list of valuable resources that address several topics that help patients find assistance with

medical debt, insurance access, job retention and many other medical related issues.

(800) 532-5274 | PatientAdvocate.org

PSI Patient Services, Inc.

Patient Services evaluates an individual's financial, medical and insurance situation to determine who is eligible for premium or copayment assistance.

(800) 366-7741 | PatientServicesInc.org

RxAssist

RxAssist is a resource center with information about patient assistance programs, Medicare Part D, programs for low-cost medications and any other issues related to pharmaceutical access.

RXAssist.org | Email: info@rxassist.org

Food

Be advised that in most instances of food assistance, proof will need to be provided. Address, income and Social Security number or birth certificate is needed for each family member. A referral may also be required. Many churches/religious groups have food pantries/meals requiring no proof, however, each denomination may have other requirements. Call for days and hours or look them up online.

Food Pantries in Clearwater, Florida

FoodPantries.org/CI/FL-Clearwater

Suncoast Haven of Rest Rescue Mission

1763 9th N., St. Petersburg
(727) 545-8282 | HavenOfRest.com

Religious Community Services

700 Druid Road, Clearwater
(727) 443-4031 | RCSPinellas.org

Daystar Life Center

226 6th St. S., St. Petersburg
(727) 825-0442 | DaystarLife.com/Word

St. Vincent DePaul Soup Kitchen

1345 Park St., Clearwater
(727) 441-3790 | SVDPCCSP.org/S_Kitchens.htm

Salvation Army Food Assistance

Social Services Office
1400 4th St., St. Petersburg
(727) 821-9123
Children and seniors (age 65 or older)

St. Giles Pinellas Emergency Pantry

8271 52nd St., Pinellas Park
(727) 545-2664 | FoodPantries.org/li/St_Giles_Food_Pantry

Helping Hands

2565 Blackburn St., Clearwater
(727) 724-1290; Monday-Friday, 10am–12pm

Operation Attack

1310 22nd Ave. S., St. Petersburg
(727) 822-1187
By appointment only

Sylvan Abbey United Methodist Church

2817 Sunset Point Road, Clearwater
(727) 796-3057
SylvanAbbeyUMC.org/Ministries/Food-Pantry.html

Palm Harbor Food Pantry (F.E.A.S.T)

2255 Nebraska Ave., Palm Harbor
(727) 789-5275; Tuesday-Friday, 9am–12pm

Housing

Clearwater Housing Authority (CHA)

CHA is currently accepting applications for senior public housing only. The waiting list for the Housing Choice Voucher (HCV) program is currently closed.

908 Cleveland St., Clearwater
(727) 461-5777, ext. 201 | ClearwaterHousingAuth.org

Florida Housing Search

This is an online housing service that allows people to locate available/affordable housing that best fits their individual and family needs.

(877) 428-8844 | Spanish: Option 2 | FloridaHousingSearch.org

Home Share Pinellas

Home Share Pinellas matches renters (people looking for a room to rent) with home providers (people who have a room to rent). Home sharing promotes living arrangements in which people share a residence based on common needs, interests and preferences. Services rendered and costs involved will vary.
(727) 937-8417 | HomeSharePinellas.org

Pinellas County Housing Authority

Established to provide decent, safe and sanitary rental housing for eligible low-income families, the elderly and persons with special needs. Tenants generally pay no more than 30 percent of their adjusted income. The waiting list for the Housing Choice Voucher (HCV) program is currently closed. Clearwater Housing Authority (CHA) is not accepting applications at this time.

11479 Ulmerton Road, Largo
(727) 443-7684 | Pin-CHA.org

Pinellas Hope (“tent city”)

Pinellas Hope is a temporary emergency shelter for more than 250 homeless men and women, located in Clearwater. A program of Catholic Charities, the Diocese of St. Petersburg.
5726 126th Ave. N., Clearwater
(727) 556-6397 | PinellasHope.org/Shelter-Ministry

St. Petersburg Housing Authority (SPHA)

Rental assistance to low-income families in low-rent public housing developments and in private sector through rental assistance programs. Rent is based on income and family size. Housing Choice

Voucher (HCV) Section 8 wait list is closed. Public housing wait list for two bedroom units is open at Sunset Oaks Apartments (4/2013).
2001 Gandy Blvd. N., St. Petersburg
(727) 323-3171 | StPeteHA.org

Tarpon Springs Housing Authority
Pinellas County Housing Finance Authority
Public housing for low income tenants
Affordable housing for rent through HFA
500 S. Walton Ave., Tarpon Springs
(727) 464-8210 or (800) 806-5141
(727) 937-4411 | TarponSpringsHousing.com
PinellasCounty.org/Community/HFA

Legal

Bay Area Legal Services (English and Spanish)
Our lawyers, paralegals and support staff are dedicated to providing free civil legal services to qualified and low-income residents and nonprofits throughout Tampa Bay. Free interpreter services.
(813) 232-1343 | (800) 625-2257 | Spanish: Option 9 | BALS.org

Gulf Coast Legal Services (not SSD or SSI)
Gulfcoast Legal Services is a regional, nonprofit organization dedicated to providing energetic, comprehensive, direct legal advocacy, counselling and education for vulnerable and/or low income individuals.
314 S. Missouri, Suite 109, Clearwater: (727) 443-0657
641 1st St. S., St. Petersburg: (727) 821-0726
(800) 625-2257 for screening and appointment times
GulfCoastLegal.org

National Cancer Legal Services Network (NCLSN)
The NCLSN promotes increased availability of free legal services programs so that people affected by cancer may focus on medical care and their quality of life.
NCLSN.org

**Pinellas County Clerk of the Circuit Court
Legal Self Help Center**
The Pinellas County Clerk of the Circuit Court Legal Self Help Center provides affordable legal services to the citizens of Pinellas County and assists them with filing small claims.
(727) 821-0726 | PinellasClerk.org

Phone and Utilities

Assurance Wireless Lifeline Assistance
Free phone and 250 free voice minutes each month. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. You may qualify if you are on certain public assistance programs, like Medicaid or Supplemental Nutrition Assistance Program (SNAP). You can also qualify based on your household income. You must provide proof of program participation or proof of income.
(800) 395-2108 | AssuranceWireless.com

Duke Energy Customer Assistance Programs – Energy Neighbor Fund

Duke Energy's Energy Neighbor Fund is an energy assistance program. This program provides assistance to customers who are experiencing temporary financial difficulties, such as sudden illness, unexpected unemployment, or an emergency or personal crisis.
Salvation Army of St. Petersburg: (727) 821-9123 or (727) 822-4954
Religious Community Services: (727) 443-4031
Progress-Energy.com/Florida/Home/Billing-Payments/Assistance.Page

Lifeline

Lifeline is a government benefit program that provides discounts on monthly telephone service for eligible low-income consumers to help ensure they have the opportunities and security that telephone service affords, including being able to connect to jobs, family and 911 services.
FCC.gov/Guides/Lifeline-And-Link-Affordable-Telephone-Service-Income-Eligible-Consumers

Pinellas County Urban League Low Income Home Energy Assistance Program (LIHEAP)

Provides assistance to pay a portion of home energy costs. Must meet income criteria, complete application and provide identification, proof of household income and assets. Assistance is limited to once a year.
333 31st St. N., St. Petersburg: (727) 327-0977
Must have appointment, calls start at 8:15am.
IAmEmpowered.com

Pinellas County Opportunity Council - Energy Assistance Program

Provides financial assistance to low-income households with at least one member age 60 or older experiencing a heating or cooling emergency. The program allows for the payment to utility companies, the purchase of blankets, portable heaters and fans, repairs of existing heating or cooling equipment and the payment of reconnection fees. Persons seeking assistance should contact the office nearest to them for screening/set up an appointment.
Hours for all locations: Monday-Friday, 8:30am–5pm

- Admin Main Office: 3443 1st Ave. N., St. Petersburg (727) 327-8690
- Pinellas Park: Largo, Seminole, (727) 541-0896
- St. Petersburg: (727) 894-5176, utilities only (no rental funds)
- Tarpon Springs: (727) 937-9393 | POC-Inc.org

Progress Energy Customer Assistance Programs – see Duke Energy

Safelink Wireless Phone Program

Safelink Wireless® service is a program for income-eligible households. In order to participate in the service, persons must meet certain eligibility requirements set by each state where the service is to be provided.
SafelinkWireless.com/Safelink/About_Us

Salvation Army Financial Assistance – Social Services Office
Must show proof of residence, picture ID, income/expense info, eviction or shut-off notice. Service provided once per year.

- 1521 East Druid Road, Clearwater: (727) 446-4177
- 24400 U.S. 19, Clearwater: (727) 724-3913
- 209 S. Pinellas Ave., Tarpon Springs: (727) 934-4476
- 3800 9th Ave. N., St. Petersburg: (727) 323-2222
- 5321 4th St. N., St. Petersburg: (727) 521-4208
- 1446 S. Missouri Ave., Clearwater: (727) 447-1913
NeedHelpPayingBills.com/html/Pinellas_County_Salvation_Army.html

TECO (Tampa Electric)

Provides a list of organizations that may be able to help if you or someone you're caring for needs advice or financial assistance with their electric bills
TampaElectric.com/Residential/PaymentSupport/PaymentAssistance

We Help Services - St. Petersburg Free Clinic

The mission of We Help Services is to assist individuals and families who are temporarily struggling to meet basic needs. Eligibility determined by a needs assessment of individual and family. Requires ID, verification of income and expenses. Temporary assistance and emergency only for last \$50 of water bill only when greater portion paid by client. Need proof of payment.
863 3rd Ave. N., St. Petersburg
(727) 821-1200 or (727) 823-3471
StPetersburgFreeClinic.org/Our-Services/We-Help-Services

Transportation

Bay Area Medical Information – Transportation

Bay Area Medical Information (BAMI) is an up-to-date health educational resource for patients, caregivers and health care professionals.
BAMI.us

Pinellas Suncoast Transit Authority (PSTA)
Purchase an unlimited ride “PSTA GO CARD.”

PSTA Customer Service Centers

Grand Central Terminal: 3180 Central Ave., St. Petersburg
Williams Park Terminal: 340 2nd Ave. N., Downtown St. Petersburg
Park Street Terminal: 525 Park St., Downtown Clearwater
Pinellas Park Transit Center: 3801 70th Ave. N., Pinellas Park

PSTA – Special Programs

- Demand Response Transportation (DART) Services: This program allows eligible individuals to ride PSTA's regular bus routes for a reduced fare by presenting a PSTA-issued photo ID card upon boarding. Passengers wishing to take advantage of this program must fill out an application and have a doctor certify the disability.
- Transportation Disadvantaged (TD) Program: The Pinellas County Transportation Disadvantaged (TD) program

is a state-funded program that provides reduced cost transportation throughout the county to residents who qualify as “transportation disadvantaged.”

- Disabled Special Citizen Program: This program allows eligible individuals to ride PSTA's regular bus routes for a reduced fare by presenting a PSTA-issued photo ID card upon boarding. Passengers wishing to take advantage of this program must fill out an application and have a doctor certify the disability.
(727) 540-1900 | PSTA.net/BusFares.php
PSTA.net/SpecialPrograms.php

Medicaid Taxi Service

You must call 80 hours (four business days) before your scheduled medical appointment. Emergencies are exceptions.
(727) 545-2100

Medicaid Net Services

Bus passes provided for non-emergency needs
(727) 545-2100

BayCare Health System Transportation Resources (non-emergency)

Provides free transportation to and from home and the hospital or outpatient services within a designated geographical area. Most require an application or registration and at least three days reservation notice for a ride.

- Morton Plant Hospital CareVan: (727) 461-8548
- Mease Countryside and Mease Dunedin Hospitals CareLift: (727) 734-6107
- Morton Plant North Bay HealthRide: (727) 859-4730

American Cancer Society (Road to Recovery): (800) 227-2345

Care Ride: Pinellas County: (727) 866-1193
Provides wheelchair and limited services

Medicaid Community Transportation: (727) 545-2100

Neighborly Care Network: (727) 571-4384

Pasco County Public Transportation (Medicaid accepted):

- West: (727) 834-3456
- East: (813) 929-6059
- Central: (352) 521-4300

Wheelchair Limo (private and insurance): (727) 944-3886

Wheelchair Transport Inc. (private and insurance): (727) 586-2811

Yellow Cab: (727) 799-2222

Breast Resources

Breast Cancer Health Services – Pinellas County

Comprehensive Breast Cancer Care Center of Tampa Bay
The Comprehensive Breast Cancer Center of Tampa Bay coordinates the broad spectrum of health services available at Morton Plant Hospital. The Center is committed to offering the most advanced diagnostic and treatment techniques in Tampa Bay. Their depth of knowledge allows them to incorporate the latest advances of treatment into each patient's plan of care. For more information: (727) 462-2131
BreastCareCenterTampaBay.com

Breast Services Programs for Uninsured/Low-Income Women

The Mammography Voucher Program (MVP)
The MVP is a community breast health services program provided by the Florida Department of Health in Pinellas County to serve uninsured and low-income women ages 40–49. Women ages 30–39 may be assisted if they meet additional program criteria. For program eligibility requirements and the application, call (727) 820-4117.

Florida Breast and Cervical Cancer Early Detection Program
The Early Detection Program is a federally funded program for uninsured and low-income women ages 50–64. For additional information and program criteria/eligibility, call (727) 824-6917. Must have legal status. An application can be found online: Pinellas.FloridaHealth.gov

Pinellas County Community Clinics
Florida Department of Health – Pinellas County: (727) 524-4410
Bayfront Family Health: (727) 893-6166
Clearwater Free Clinic: (727) 447-3041
La Clinica Guadalupeana: (727) 461-7730
Turley Women's Center: (727) 467-2550
Willa Carson Health Resource Center: (727) 467-9411

Breast Cancer Health Services – Hillsborough County

Project TOUCH (Together as One Unified to Champion Health care access)
A community breast health services program serving uninsured and low-income women ages 40-49. Women outside this age range may be assisted if they meet additional program criteria. For an application and program eligibility, call Project TOUCH at St. Joseph's Women's Hospital at (813) 356-7117.

Moffitt Cancer Center
(813) 745-6769

Florida Breast and Cervical Cancer Early Detection Program (for ages 50–64)
(813) 307-8015, ext. 3502

Community Clinics
Brandon Outreach Clinic: (813) 654-1388
CMA (Centro Medicas Las Americas): (813) 933-2300, ext. 0
Judeo Christian Clinic: (813) 870-0395
Meditech Medical Center: (813) 915-9000
Red Crescent Clinic: (813) 246-5009
St. Joseph's Community Care: (813) 886-8899

Manatee County
We Care Manatee Breast Program: (941) 755-3952, ext. 2
Manatee County Health Department: (941) 748-0747, ext. 1333

Pasco County
Florida Breast and Cervical Cancer Early Detection Program/
Healthy Women Today (ages 50–64): (727) 861-5661, ext. 1016

Polk County
Think Pink/We Care of Polk County (ages 40–49):
(863) 646-3436
Florida Breast and Cervical Cancer Early Detection Program
(ages 50–64): (813) 307-8015, ext. 3502

Sarasota County
Sarasota Memorial Hospital: (941) 917-7642
Sarasota County Health Department: (941) 861-2900
Florida Breast and Cervical Cancer Early Detection Program
(ages 50–64): (941) 748-0747, ext. 1333
Community Health Worker Breast Health Awareness Program:
(941) 361-6602

For additional information about medical assistance, look under Health and Medical Providers.

Breast Cancer Supplies

Wigs (premastectomy/postmastectomy/lumpectomy)

- Call your insurance company to find out if they cover wigs for chemotherapy. If your insurance does not, contact the American Cancer Society for free wigs.
- Have your oncologist write a prescription for “one wig for chemotherapy-induced alopecia.”
- Sign up for the “Look Good Feel Better” class by calling (727) 953-9038. It’s a free program that teaches beauty techniques to women in active cancer treatment. Sponsored by the American Cancer Society.
- “tlc” (tender loving care) is a catalogue of products for women with cancer, affiliated with the American Cancer Society. (800) 850-9445 or TLCDirect.org

American Cancer Society

Provides free wigs; call ahead for appointment.
Open Monday–Friday, 10am–4pm
4801 86th Ave. N., Pinellas Park, FL 33782
(727) 546-9822 or (727) 546-9823
24-hour line: (800) 227-2345

A Place for Her – BayCare HomeCare

Breast prostheses, mastectomy bras, postsurgical camisoles, breast partials, shapers and balancers, swimsuits, wigs, etc. Contact Deborah McNicol, RN, BSN, CFS. Located across from Morton Plant Hospital at 1245 South Fort Harrison Avenue, Clearwater, Florida 33756.
(727) 447-1146 or (866) 860-0146
Fax: (727) 461-3762

Lakeland Regional Cancer Center

3525 Lakeland Hills Blvd., Room 421/422, Lakeland, FL 33804
(863) 904-1854 or (866) 860-0146

Custom Hair

Clearwater Mall behind David’s Bridal
2643 Gulf-to-Bay, Suite 1530
Clearwater, FL 33761
(727) 725-1052

Good Hair Days

13986 W. Hillsborough Ave.
Corner of Tampa and Race Track roads
Tampa, FL 33635
(813) 855-4393

Ladies First Choice

A boutique specializing in post mastectomy products
2331 Belleair Road
Clearwater, FL 33764
(727) 535-4446

Wig Villa

Downtown St. Petersburg
575 Central Ave.
St. Petersburg, FL 33701
(727) 823-3100

Wigs by Abby

Largo Mall
12031 Indian Rocks Road
Largo, FL 33774
(727) 501-9447

Breast Cancer – Genetic Testing/Counseling

Who is at risk for breast cancer?

All women are at risk for breast cancer. While men also get the disease, it’s approximately 100 times more common in women than in men. A woman’s risk of breast cancer also increases as she gets older. Women with a family history of breast or ovarian cancer are also at a higher risk of developing the disease. The more blood relatives you have with breast or ovarian cancer, the stronger your family history and the greater your risk. Sometimes a very strong family history is caused by a genetic mutation. While the majority of breast cancers are not caused by inherited risk, research has shown that approximately 7 percent of breast cancer cases are hereditary.

- Talk to your family members to learn your family health history.
- Talk to your doctor about your personal risk for breast cancer.
- Ask your doctor which screening tests are right for you, if you are at a higher risk.

How is this risk inherited?

We’re all born with two copies of about 30,000 different genes, one copy of each gene from our mother and one copy from our father. Two genes in particular, BRCA1 and BRCA2, normally work to prevent breast cancer. But in some cases, we can inherit a BRCA1 or BRCA2 alteration from either parent. This alteration or mutation interferes with the normal activity of the gene, making us more susceptible to breast cancer.

How do I know if I have inherited an altered gene?

To find out if you have inherited an altered BRCA1 or BRCA2 gene, you can undergo BRACAnalysis®. By analyzing a sample of your blood or saliva, scientists can determine any mutations in the BRCA1 and BRCA2 genes. A mutated gene indicates a genetic predisposition to hereditary breast cancer. It’s important to note that the presence of a BRCA1 or BRCA2 gene mutation is NOT a breast cancer diagnosis nor does it mean that a breast cancer diagnosis is inevitable.

If I have an altered gene, what are my options?

Identifying your inherited risk can help you and your doctor make the most informed decisions about your future health care. For example, a woman who knows she carries a BRCA mutation may start breast cancer screening at an earlier age. She may also choose to take risk-reducing medications or have preventive surgery.

Counseling Resources

InformedDNA

Genetic counselors are experts in hereditary cancer who will help you find out if your cancer or the cancer in your family is hereditary. InformedDNA is a nationwide network of genetics experts available by telephone.

(800) 975-4819 | InformedDNA.com

Facing Our Risk of Cancer Empowered (FORCE)

FORCE is the only national nonprofit organization devoted to hereditary breast and ovarian cancer. Their mission includes support, education, advocacy, awareness and research specific to hereditary breast and ovarian cancer. Their programs serve anyone with a BRCA mutation or a family history of cancer. FacingOurRisk.org

National Society of Genetic Counselors (NSGC)

The National Society of Genetic Counselors advances the various roles of genetic counselors in health care by fostering education, research and public policy to ensure the availability of quality genetic services. NSGC's Find a Genetic Counselor directory has been developed to assist physicians, patients and other genetic counselors in locating genetic counseling services. NSGC.org

Genetic Testing Facilities and Costs

Testing for abnormal BRCA1, BRCA2 and PALB2 genes is usually done on a blood sample taken in your doctor's office and sent to a commercial laboratory or a research testing facility. Several laboratories perform commercial BRCA1, BRCA2 and PALB2 testing, including Myriad Genetics, Ambry Genetics and Quest Diagnostics. They report results within two to four weeks. Abnormalities in other genes have also been associated with breast cancer risk. The cost of testing ranges from approximately \$300 to \$5,000, depending on whether you are being tested for only a specific area(s) of a gene known to be abnormal or if hundreds of areas are examined within multiple genes.

BRCAvantage

Quest Diagnostics offers genetic testing for hereditary breast and ovarian cancer (HBOC).
(800) 469-7423 | QuestDiagnostics.com

Myriad Genetic Laboratories, Inc. – Financial Assistance Program

Offers testing at no charge to uninsured patients who meet specific financial and medical criteria (BRCA1/BRCA2)
(800) 469-7423
Myriad.com/Treating-Diseases/Hereditary-Breast-Cancer

Breast Cancer Online Resources

ABCD: After Breast Cancer Diagnosis

ABCD provides free, personalized information and one-on-one support to people affected by breast cancer – patients, families and friends. Teamed up with Y-ME in 2012.

(414) 977-1780 | ABCDBreastCancerSupport.org/About

(800) 977-4121 | [Helpline Mentors](http://HelplineMentors.org)

Advanced Breast Cancer Community

Information and resources for those living with metastatic breast cancer

AdvancedBreastCancerCommunity.org

AdvancedBC.org

Dedicated solely to the needs of people living with metastatic breast cancer

AdvancedBC.org

African American Breast Cancer Alliance (AABCA)

Dedicated to building and sharing awareness, connections, education, resources and support for African American/black women, men, families and communities affected by breast cancer

(612) 825-3675 | AABCAInc.org

American Breast Cancer Foundation (ABCF)

The American Breast Cancer Foundation's mission is to provide financial assistance for breast cancer screenings and diagnostic tests for uninsured and underserved individuals, regardless of age or gender.

(410) 825-9388 | ABCF.org

AVON BHOP

The mission of the Avon Foundation for Women Breast Health Outreach Program is to link medically underserved women to breast health education and screening services.

(212) 244-5368 | AvonBreastCare.org

BreastCancer.org

A nonprofit organization dedicated to providing the most reliable, complete, and up-to-date information about breast cancer

(610) 642-6550 | BreastCancer.org

Breast Cancer Alliance

The mission of the Breast Cancer Alliance is to improve survival rates and quality of life for those impacted by breast cancer through better prevention, early detection, treatment and cure.

(203) 861-0014 | BreastCancerAlliance.org

Breast Cancer: Medline Plus

Produced by the National Library of Medicine, MedlinePlus offers reliable, up-to-date health information in understandable language. NLM.NIH.gov/MedlinePlus/BreastCancer.html

Breast Cancer Trials.org

A nonprofit clinical trials matching service

(415) 476-5777 | BreastCancerTrials.org

The Breast Cancer Research Foundation (BCRF)

The mission is to achieve prevention and a cure for breast cancer in our lifetime by providing critical funding for innovative clinical and translational research at leading medical centers worldwide, as well as increasing public awareness about good breast health. BCRFCure.org

Casting for Recovery

The mission of Casting for Recovery is to enhance the quality of life of women with breast cancer through a unique program that combines breast cancer education and peer support with the therapeutic sport of fly fishing. (888) 553-3500 | CastingForRecovery.org

Dr. Susan Love Research Foundation (DSLRF)

Dr. Susan Love Research Foundation is dedicated to achieving a future without breast cancer by engaging the public and the scientific communities in innovative research on cause and prevention. (310) 828-0060 | DrSusanLoveResearch.org

Facing our Risk of Cancer Empowered (FORCE)

The only national nonprofit organization devoted to hereditary breast and ovarian cancer support, education, advocacy, awareness and research. Toll-free helpline: (866) 288-RISK (7475) | FacingOurRisk.org

Inflammatory Breast Cancer Research Foundation

Dedicated to researching the cause of Inflammatory Breast Cancer (IBC), an advanced and accelerated form of breast cancer usually not detected by mammograms or ultrasounds. IBCResearch.org

Linda Creed Breast Cancer Foundation

The mission of Linda Creed is to fight breast cancer through community-based education and referral, support, advocacy and direct service for those in need. (215) 564-3700 | LindaCreed.org

Living Beyond Breast Cancer

Assists women at all stages of diagnosis, treatment and recovery with education and support (610) 645-4567 | LBBC.org

MBCAlliance

This is a new alliance to increase knowledge, build understanding and advance research in metastatic breast cancer. MBCAlliance.org

Men Against Breast Cancer (MABC)

The first and only national nonprofit organization designed to provide targeted support services that educate and empower men to be effective caregivers when cancer strikes. (866) 547-6222 | MenAgainstBreastCancer.org/About

Metastatic Breast Cancer Network

Information and resources for those living with metastatic breast cancer. Voicemail returned within 24 hours. (888) 500-0370 | MBCNetwork.org

METAvivor

METAvivor is dedicated to the specific fight of women and men living with stage 4 metastatic breast cancer. (818) 860-1226 | Metavivor.org

Mothers Supporting Daughters with Breast Cancer

The support services provided by this organization are free and are designed to help mothers who have daughters battling breast cancer. (410) 778-1982 | MothersDaughters.org

National Breast Cancer Coalition

A grassroots advocacy organization that seeks to improve public policies surrounding breast cancer research, diagnosis and treatment. (800) 622-2838 | BreastCancerDeadline2020.org

Pink-Link

An online breast cancer support group which uses its online database to create a personal link between breast cancer patients and survivors Pink-Link.org

SHARE: Dedicated experienced support for women facing breast or ovarian cancer

A supportive network and community of women affected by breast or ovarian cancer. Toll-free helpline: (866) 891-2392 | (844) ASK-SHARE ShareCancerSupport.org

Sharsheret: Your Jewish Community Facing Breast Cancer

A national not-for-profit organization supporting young women and their families, of all Jewish backgrounds, facing breast cancer. Sharsheret.org

Sisters Network Inc.

A national African American breast cancer survivorship organization committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community. (866) 781-1808 | SistersNetworkInc.org

Susan G. Komen®

Komen works to end breast cancer in the U.S. and throughout the world through groundbreaking research, community health outreach, advocacy and programs in more than 50 countries. Komen.org

The Sister Study

An ongoing research study of the environmental and genetic risk factors for breast cancer based on more than 50,000 women whose sister had breast cancer. (877) 474-7837 | SisterStudy.org

Tigerlily Foundation; Beauty, Strength, Transformation

Educating, advocating for, empowering and supporting young women affected by breast cancer (888) 580-6253 | TigerLilyFoundation.org

Triple Negative Breast Cancer Foundation

Dedicated to the advancement of research for triple negative breast cancer

(877) 880-TNBC (8622) | TNBCFoundation.org

Vivas Las Chicas

Assists individuals and families after a breast cancer diagnosis by providing services such as laundry, support, even supplying meals

VivaLasChicas.org/index.php

Young Survival Coalition

Young people facing cancer together (YSC) is the premier global organization dedicated to the critical issues unique to young women who are diagnosed with breast cancer.

(877) 972-1011 | YoungSurvival.org

Online Resources in Spanish – Recursos en Español

American Cancer Society

Cancer.org/Healthy/InformationForHealthCareProfessionals/Cancer-Information-In-Spanish

Breastcancer.org

BreastCancer.org/ES

CancerCare

CancerCare.org/Espanol

The Susan G. Komen Breast Cancer Foundation

ww5.Komen.org/Espanol/EnEspanol.html

Breast Cancer – Reconstruction

American Cancer Society –

Breast Reconstruction After Mastectomy

Breast reconstruction is a type of surgery for women who have had a breast removed. Here you can find information to help you better understand your options if you are considering breast reconstruction.

Cancer.org/Cancer/BreastCancer/MoreInformation/BreastReconstructionAfterMastectomy/index

BreastCancer.ORG – Breast Reconstruction

This section of BreastCancer.org helps you understand your options and sort through the medical and personal issues around breast reconstruction that you should consider.

BreastCancer.org/Treatment/Surgery/Reconstruction

BreastReconstruction.org

A comprehensive resource for breast reconstruction, BreastReconstruction.org was created to help empower women to make informed choices about breast reconstruction.

BreastReconstruction.org

My Hope Chest; Funding Reconstruction for Breast Cancer Survivors

My Hope Chest is the only nonprofit organization focusing on the need of breast reconstruction for uninsured and underprivileged women.

(727) 488-0320 | MyHopeChest.org

National Cancer Institute – Breast Reconstruction After Mastectomy

Visit this page to have your questions about reconstruction answered.

(800) 4CANCER

Cancer.gov/CancerTopics/FactSheet/Therapy/Breast-Reconstruction

RealSelf

RealSelf is the website of a private company where patients considering breast reconstruction can view before-and-after photos, read reviews and find plastic surgeons.

RealSelf.com/Breast-Reconstruction/Cost

Susan G. Komen – Breast Reconstruction

The who, what, where, when and sometimes why of breast reconstruction. The pros and cons of reconstruction: timing, benefits, choices and types of reconstruction.

ww5.Komen.org

Women's Health and Cancer Rights Act (U.S. Department of Labor)

Find information on federal laws requiring insurance coverage of breast reconstruction after mastectomy.

DOL.gov/EBSA/Publications/WHCRA.html

