



St. Luke's Guide to Cancer Resources in Your Community

St. Luke's Cancer Resources Guide

1-866-STLUKES (785-8537)
www.sluhn.org

St Luke's
UNIVERSITY HEALTH NETWORK

My Health. My Hospital.



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** This list reflects the most frequently utilized resources and that it is not intended to be all inclusive. Many other programs/resources are available. Contact your Social Worker, RN or MD for additional information.*



St. Luke's Cancer Resources

Use this helpful resource guide to find the most appropriate resources to support you before, during and after your cancer treatment.*

St. Luke's HOPE Line

484-503-HOPE (4673)
www.sluhn.org/cancer

Contacting St. Luke's Cancer Center is easy and convenient. The HOPE Line is managed by knowledgeable patient navigators who are available to schedule appointments and answer any questions about St. Luke's cancer programs and services.

St. Luke's Cancer Counselors/Oncology Social Workers

484-503-HOPE (4673)

Cancer Counselors/Oncology Social Workers are available to provide guidance in accessing insurance and financial assistance and to provide short term counseling to individuals with cancer and their family members throughout the continuum – from diagnosis through survivorship.

St. Luke's Financial Counseling

Allentown: 610-770-8684
Anderson: 484-503-1103
Bethlehem: 484-526-4153

Coaldale: 570-645-8112
Quakertown: 215-538-4579
Warren: 908-859-6677

Based on your financial situation, you may qualify for a Reduction Program offered at each of our facilities. Guidelines and qualifications vary for each facility in our network. You can contact a financial counselor at the facility where you receive your services, and they will help to determine if you qualify, as well as, direct you to other resources for accessing insurance and/or financial assistance.

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St. Luke's Cancer Resources

St. Luke's Genetic Counseling

610-628-8011

St. Luke's Family Cancer Risk Evaluation Program is available to individuals concerned they may be at increased risk of developing cancer based on their family history. A certified genetic counselor is available to meet in an individual or family setting to provide education, testing, and discussion of results.

St. Luke's Nutritional Counseling

484-503-HOPE (4673)

Nutrition services are an essential component of comprehensive cancer care and patient rehabilitation. A Registered Dietitian/ Nutritionist (RDN) can provide individualized nutrition counseling and medical nutrition therapy for patients undergoing chemotherapy, radiation therapy, or surgery.

Physical Therapy at St. Luke's

484-526-5025

www.stlukespt.com

Your cancer rehabilitation requires a multidisciplinary approach designed to treat your physical impairments and improve function and quality of life. Your therapist will work with your oncology team to help you get the best outcomes and create a plan of care to meet your goals to achieve maximum functional performance. Each program concentrates on individual needs:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Post Mastectomy
- Lymphedema
- Balance Problems
- Pain or Muscle Tightness

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St. Luke's Palliative Care

484-526-3648

St. Luke's Palliative Care team focuses on improving quality of life. It is appropriate at any stage of illness and may be provided at the same time as curative treatment. Palliative care services are provided by a specially trained team of doctors, advanced practitioners, nurses and social workers who work together to assess a patient's physical, social, emotional and spiritual needs, providing care for both the patient and the family.

St. Luke's Hospice

484-526-1100 or 1-800-211-4788 (toll-free)

New Patient Intake: 484-526-2811

Hospice's interdisciplinary team of doctors, nurses, social workers, chaplains, aides and volunteers serve individuals in our community by seamlessly offering compassionate, holistic care through their journey of living. The goal of Hospice lies in the belief that each person has the right to live their best life with dignity, as pain-free as possible and meeting their goals of care. In most cases, this care is provided in the patient's own home or in a nursing facility they call home. Sometimes, short-term acute care is provided at St. Luke's Hospice House in Bethlehem.

St. Luke's Home Health

484-526-1100 or 1-800-211-4788

St. Luke's Home Health cares for and teaches patients and family members the steps needed to help recover from surgery or to manage illness. Patients benefit by receiving care in the comfort of their own homes and being involved in their own care. Home Health is provided by skilled nurses, physical therapists, occupational therapists, speech therapists, medical social workers and home health aides. Counties served include Berks, Carbon, Lehigh, Montgomery, Monroe, Northampton and Upper Bucks.

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St. Luke's Cancer Resources

St. Luke's Outpatient Behavioral Health

1107 Eaton Avenue, Bethlehem, PA 18018
484-526-2400; 1-866-STLUKES (785-8537)
www.sluhn.org

This service is staffed by licensed professionals who provide individual, group, couples, and family therapy. In addition, St. Luke's Psychiatric Associates provides psychiatric evaluation and medication management for adults, adolescents and children.

St. Luke's Fitness Centers

Allentown: 484-426-2540
Bethlehem: 484-526-3177
Easton: 484-503-0100
www.slhn.org/Hospitals-Locations/Health-Fitness-Centers/About-Us

Individualized programs are designed to reflect each member's unique needs. The goal of the Health & Fitness Center staff is to help every member achieve the most out of his/her health and fitness program. Community membership is offered for a fee on a monthly or annual basis.

St. Luke's Support Groups

1-866-STLUKES (785-8537)

St. Luke's Breast Cancer Support Group meets the second Wednesday of each month from 7-9 PM in the Hope & Healing Room on the Second Floor of St. Luke's Cancer Center-Anderson Campus.

St. Luke's Prostate Support Group meets the first Tuesday of each month from 7 - 8:30pm in the Radiation Oncology Waiting Room at St. Luke's Cancer Center-Bethlehem Campus.

Other support groups are available through the Cancer Support Community of the Greater Lehigh Valley. Call 610-861-7555 or visit www.cancersupportglv.org.

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Community Cancer Resources

American Cancer Society

1-800-227-2345

www.cancer.org

The American Cancer Society (ACS) provides free, comprehensive services and programs designed to help individual access information and reduce barriers to care. The ACS web site offers information on treatment decision tools, news updates, and support resources in English, Spanish and several Asian languages. Survivors share their experiences through the Cancer Survivor Network.

ACS Programs include:

- Reach to Recovery
- Look Good Feel Better
- Hope Lodge
- Cancer Survivors Network
- I Can Cope
- Road to Recovery
- tlc Magalog (catalog of products for patients coping with cancer treatment)

CancerCare®

www.cancercare.org

CancerCare® is a national non-profit organization whose mission is to provide free professional help to people with all cancers through counseling, education, information and referral and direct financial assistance. Online patient support groups are also available. Some information is provided in Spanish.

Cancer.Net

www.cancer.net

Cancer.Net, the patient information website of the American Society of Clinical Oncology (ASCO), provides oncologist-approved information on more than 50 types of cancer and their treatments, clinical trials, coping, and side effects. Additional resources include a Find-an-Oncologist database, drug information resources, and links to patient support organizations. The site is designed to help people with cancer make informed health care decisions.

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Community Cancer Resources

Cancer Support Community of the Greater Lehigh Valley

610-861-7555

www.cancersupportglv.org

The Cancer Support Community offers free support programs to help anyone affected by cancer to connect with others, engage in healthy lifestyle activities, and restore hope for a better quality of life.

- Educational programs addressing various aspects of cancer diagnosis and treatment
- Mind/body programs such as yoga, tai chi, qigong, meditation
- Healthy cooking
- Support groups

For many other programs available please call or check the website for a calendar of events.

**Additional disease specific resources are also available. Please speak with your physician or counselor/oncology social worker for details.*

Leukemia & Lymphoma Society

1-800-955-4572

Email: infocenter@lls.org

www.lls.org

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world and provides free information and support services.

LIVESTRONG™ Foundation

1-855-220-7777

www.livestrong.org

The LIVESTRONG™ Foundation focuses its activities on survivor resources and support, survivorship programs, national advocacy initiatives, scientific and clinical research grants. A particularly useful tool is the LIVESTRONG™ Guidebook which functions as a workbook and provides information that is needed from the time of diagnosis through cancer treatment and beyond. It is FREE through their website.

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Community Cancer Resources

The National Cancer Institute (NCI)

1-800-4-CANCER

www.cancer.gov

The National Cancer Institute (NCI) coordinates the National Cancer Program. Information is available on all types of cancer, research programs, treatment options, rehabilitation and continuing care of cancer patients and their families. Additionally, the NCI Bulletin is available online.

The National Comprehensive Cancer Network (NCCN)

www.nccn.org

The National Comprehensive Cancer Network (NCCN), an alliance of 19 of the world's leading cancer centers, is an authoritative source of information to help patients and health professionals make informed decisions about cancer care. Through the collective expertise of its member institutions, the NCCN develops, updates, and disseminates a complete library of clinical practice guidelines. Treatment guidelines are offered in English and Spanish. Information on pediatric cancer is also available.

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Additional Community Resources

Aging

Area Agencies on Aging (AAA)

www.portal.state.pa.us/portal/server.pt/community/aaas/17958

Find information for the issues and concerns affecting older people and their caregivers. Specific services at each agency vary by region, but each agency offers a wide array of programs to help older individuals and their families get the help and information they need.

County contact information:

Berks: 610-478-6500; www.berksaging.org

Bucks: 267-880-570; www.buckscounty.org

Carbon: 610-824-7830; toll-free 800-441-1315

Lehigh: 610-782-3034; www.lehighcounty.org

Monroe: 570-420-3735; toll-free: 800-498-0330; www.monroecountypa.gov

Northampton: 610-559-3245; toll free: 800-322-9269; www.northamptoncounty.org

Schuylkill: 570-622-3103; www.co.schuylkill.pa.us

Warren, NJ: 908-475-6591; www.co.warren.nj.us/humanservices/dosshome.html

Behavioral Health

Lehigh Valley Community Mental Health Centers

www.lvcmh.com

Allentown: 210 N. 6th Street, Allentown; 610-432-4356

Allentown: 530 Ridge Avenue, Allentown, PA 18102; 484-223-3112

Bethlehem: 865 E. 4th Street, Bethlehem, PA 18017; 610-691-4357

Easton: 226 Northampton Street, Easton, PA 18042; 610-330-0489

This organization provides individual, family and group therapy to children ages five and up, adolescents and adults. English and Spanish are spoken.

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Additional Community Resources

Pennsylvania and New Jersey Departments of Public Welfare Mental Health Services

- **Berks County** Mental Health/Development Disabilities: 610-478-3271; 610-478-4980
Crisis Intervention: 610-236-0530
- **Bucks County** Mental Health/Developmental Programs: 215-444-2800
Crisis Intervention: Upper Bucks, 215-536-0911; Central Bucks, 215-340-1998;
- **Carbon County** Mental Health/Developmental Programs: 610-377-0773
Crisis Intervention: 610-377-0773
- **Lehigh County** Mental Health/Developmental Programs: 610- 782-3000
Crisis Intervention: 610-782-3127
- **Monroe County** Mental Health/Developmental Programs: 570-420-1900
Crisis Intervention: 570-421-2901
- **Northampton County** Mental Health/Developmental Programs: 610-829-4840
Crisis Intervention: 610-252-9060
- **Schuylkill County** Mental Health/Developmental Programs: 570-621- 2890
- **Warren County, NJ** Mental Health/Developmental Programs: 908-454-4470
Crisis Intervention: 908-454-5141

The above programs are administered through County Mental Health and Developmental Services (MH/DS) program offices. The County MH/DS offices serve as a referral source. Most actual mental health services are delivered by local provider agencies under contract with the county MH/DS office. The County MH/DS office determines a person's eligibility for service funding, assesses the need for treatment or other services, and makes referrals to appropriate programs to fit treatment and/or other service needs.

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Additional Community Resources

Caregiving

Caring Bridge

www.caringbridge.org

Caring Bridge offers free, personalized websites that help keep family and friends connected during a serious health event.

Family Caregiver Alliance (FCA)

785 Market St., Suite 750, San Francisco, CA 94103

800-445-8106

www.caregiver.org

FCA supports and sustains caregivers with national, state and local programs and resources.

The National Association for Home Care & Hospice (NAHC)

(202) 547-7424

www.nahc.org

This nonprofit organization represents the nation's home care and hospice organizations. NAHC is the largest and most respected professional association representing the interests of Americans who need home care and hospice and the caregivers that provide them with in-home health and supportive services. NAHC is committed to improving the quality of life for all Americans.

National Cancer Institute: Caregivers, Family & Friends

800-4-CANCER

www.cancer.gov/cancertopics/coping/familyfriends

This organization provides information to help caregivers cope while caring for a loved one with cancer, and also features resources that help individuals with cancer cope with the illness.

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Additional Community Resources

National Family Caregivers Association (NFCA)

800-896-3650

www.caregiveraction.org

This organization educates, supports, empowers and speaks up for the millions of Americans who care for loved ones with a chronic illness or disability or the frailties of old age.

Employment

Cancer and Careers

www.cancerandcareers.org

This organization empowers and educates people with cancer to thrive in their workplace by providing expert advice, interactive tools and educational events. Through a comprehensive website, free publications, career coaching, and a series of support groups and educational seminars for employees with cancer and their healthcare providers and co-workers, Cancer and Careers strives to eliminate fear and uncertainty for working people with cancer. Cancerandcareers.org informs more than 250,000 visitors per year, providing essential tools and information for employees with cancer.

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Additional Community Resources

Fertility

Fertile Hope

855-220-7777

www.fertilehope.org

Fertility Hope is a program of the LIVESTRONG™ Foundation. Fertile Hope does not grant direct financial contributions to individuals, but instead has partnered with key organizations to increase access to procedures and treatments intended to preserve the possibility of fertility for certain qualified cancer patients whose medical treatments present the risk of infertility and who meet the criteria set.

MyOncofertility.org

866-708-3378

www.myoncofertility.org

This educational web site provides patients, parents and partners with cancer-related advice, animations, survivor videos and resources.

Financial Assistance

Association of Community Cancer Centers (ACCC)

www.nxtbook.com/nxtbooks/accc/2014patientassistance

ACCC offers an updated, comprehensive guide listing financial resources for individuals with cancer. Find the digital version of the Patient Assistance & Reimbursement Guide online.

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Additional Community Resources

NeedyMeds

800-503-6897

www.needymeds.org

This national non-profit organization maintains a website of free information on programs that help people who can't afford medications and healthcare costs. NeedyMeds provides a free drug discount card that offers a discount of up to 80% at more than 63,000 pharmacies nationwide. Anyone can use the card regardless of income level or insurance status and no registration is required. The same card can be used by friends and family members to save on prescription drugs, over-the-counter drugs and medical supplies written on a prescription form, and pet prescription drugs purchased at a pharmacy.

The Patient Access Network Foundation (PAN)

866-316-PANF (7263)

www.panfoundation.org

PAN facilitates access to medical treatment for patients with chronic or life-threatening illness. PAN is dedicated to overcoming financial and other barriers to treatment, and works efficiently and collaboratively to help patients receive prescribed treatments and the care that best meets their needs. Since October 2004, PAN has awarded hundreds of millions of dollars in co-payment assistance to patients in need.

Patient Advocate Foundation

800-532-5274

www.patientadvocate.org

Patient Advocate Foundation's patient services provides patients with arbitration, mediation and negotiation to settle issues with access to care, medical debt, and job retention related to their illness. Programs include co-pay relief, financial assistance and insurance assistance.

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