

Breast Cancer Resource List

Need internet access? Contact your local library v.35

REGIONAL SUPPORT AND FINANCIAL ASSISTANCE

- **Gina Quesenberry Foundation** - Gqfoundation.org financial resources for general, travel or diagnostic, i.e. paying bills, groceries, fuel, hotel, tests. Ph: 208-413-0159
- **Northwest Cancer Foundation of Hope** – nwhope@yahoo.com provides support to residents of Whitman and Latah Counties who have a cancer diagnosis
- **Light A Candle** – Lightacandle@gritman.org help with housekeeping, grocery assistance, massage therapy, gas cards, and more.
- **SJRCM Financial Assistance & Housing** – annual income guidelines < \$21858 – 100% coverage, \$21859 - \$31225, sliding scale. Applications can be found at sjrcm.org under “Patients & Visitors” “Billing & Financial Assistance” then click “Financial Assistance Application”. Inquire about short term lodging options in the valley.
- **icarehelps.org** – Clearwater County only, 208.476.5971/208.816.8531, \$500 assistance
- **Haircuts & Wigs** – Reduced or free services for haircuts, wig or fitting. Carrie Parot at Headmasters School of Hair Design 602 Main St. Lewiston, ID. Call for an appointment, 208.743.1512
- **Women’s Health Check** – ID Dept. of Health and Welfare – provides free breast and cervical cancer screenings and diagnostic testing to low-income, uninsured women.
- **Snake River Community Clinic** – assistance with medications
- **Senior Life** – located at SJRCM Cancer Center, Melissa 208.799.6658
- **Casting For Recovery** - <https://castingforrecovery.org/> Fly fishing retreat in northern Idaho for women with breast cancer, 2nd weekend in June. Applications available December to March.
- **Cancer Center Northwest** <https://www.cancercarenorthwest.com/community-partners/> Pam Fitch, Patient Navigator 509-228-1816 pamela.fitch@ccnw.net
- **Lili GC Foundation** <https://www.liligcfoundation.org/> Support LC Valley women impacted by women’s cancers. Counseling/nutrition services plans for 2024 including breast cancer patients.

STATE & NATIONAL FINANCIAL ASSISTANCE

- **Idaho Dept Health & Welfare** – Women’s Health Check <http://healthandwelfare.idaho.gov> for low-income, uninsured.
- **Susan G Komen Foundation** - <https://www.komen.org/> resources, information, & financial (you will need a letter from a medical or radiation oncologist; your social worker can help you get this).
- **Living Beyond Breast Cancer** - <https://www.lbbc.org/financial-assistance>
- **Triage Cancer** - <https://tragecancer.org/> education, resources, & assistance.
- **Cancer Financial Assistance Coalition** - <https://www.cancerfac.org/>
- **Pink Fund** - <https://pinkfund.org/get-help/>
- **Needy Meds** – www.needymeds.org Search by drug name or Healthcare Savings > search by Diagnosis
- **PAN Foundation** - <https://www.panfoundation.org/disease-funds/breast-cancer/>
<https://www.panfoundation.org/funds/transportation/> Financial assistance for out-of-pocket medication costs and transportation grants.
- **Cancer Care** - <https://www.cancercare.org/> For Financial Assistance, you must meet criteria – CA diagnosis, financial criteria, and be in active treatment. Services may include counseling, transportation, home care assistance, childcare, and some medications.
- **Paying For Senior Care** - <https://www.payingforseniorcare.com/> financial assistance for eligible seniors
- **Blue Cross Idaho Medicaid Plus** - <https://careplus.bcidaho.com/bcimp/2023-bcimp-plan-information.page> chore services, homemaker services, etc.
- **Cancer Financial Assistance Coalition (cfac)** <https://www.cancerfac.org>
- **Family Reach** – <https://familyreach.org> Financial education and emergency relief funds

SUPPORT & EXERCISE GROUPS (subject to change)

- **Valley Breast Cancer Support Group** – St. Joe's/St. Stan's Parish Hall, 1st Wednesday of the month 6:30 pm – 8:30 pm. Contact Jackie McIver 208.553.3872 or jlmcive@hotmail.com Join the Facebook site (cover photo is a butterfly) Valley Breast Cancer Support Group
- **Cancer Exercise Group** – Every Tuesday 10-11 am St. Stanislaus Parish Hall, 633 5th Ave, Lewiston. For questions or to register, call 208-799-5219 St. Classes are FREE and open to all cancer diagnoses.
- **Breast Cancer Support Group** – Pullman Regional Hospital conference room C & D, 3rd Wednesday of every month, 6pm-9pm. Contact Cathy Murphy 509.432.6238
- **Cancer Education Support Group** – Gritman Medical Center 2nd floor board room, 2nd and last Tuesday of every month, 5:30-6:30pm. Contact 208.883.6231
- **Breast Cancer Support Group** – The Habit Diner, Cottonwood, Id, 1st Wed. of the month, 9:00-11:30 am
- **Drug specific online support groups** – explore website or ask a navigator
- **Chemo Angels** - <https://www.chemoangels.com/> Volunteers provide letters, cards, uplifting messages, supportive words, and positive thoughts each month or so.
- **American Cancer Society – Cancer Survivors Network** <https://csn.cancer.org/> - online peer support

SUPPLIES - Local & Regional

- **Bra Prosthesis - Wasem's Home Medical** – 509.758.2565, 800 6th St, Clarkston, Wa. Ask to make an appointment with Dana.
- Most insurances cover breast prosthesis every 2 years, 3 bras every 6 months (MCR, Regence, Uniform, Premera); 2 bras every 6 months (MKD, Humana).
- **Owl Home Medical** – 208.743.7766, 720 16th Ave, Lewiston, Id.
- **Talk of the Town Salon** – 208.746-2852, 550 Thain Rd, Lewiston, Id. They sell wigs, but do not bill insurance. Private pay.
- **The Essential Woman** <https://essentialwomanboutique.com/> – boutique in Spokane that offers breast cancer care/supplies/wigs/bras/prosthesis. 509.363.0100 fax 509.363.6500; 507 S. Sherman, Spokane, Wa; estore@essentialwomanboutique.com
- **Audrey's Boutique** – boutique in Spokane that offers breast cancer care/supplies. 509.324.8612; 3131 N. Division St, Spokane, Wa M – F 10-5:30, Sat 10 – 4
- **Coeur d'Alene Wigs** - <https://cdawigs.com/> 208-551-2761
- **Wigs and Wishes** - <https://wigsandwishes.org/> Need letter of cancer diagnosis, photo id, and mailing address.
- **Wig exchange** [Request a Wig - EBeauty Community](#)
- **Wigs** [TLC Direct - Cancer Wigs, Breast Forms, Chemo Scarves, Cancer Hats](#)

TRANSPORTATION

- **MTM-inc.net** – 877-503-1261, transportation contract with ID Medicaid. Contracts with providers or can reimburse .30 cents/mile. **Reimbursement Trip Log** – Member Portal, enter zip code, scroll down to Mileage Reimbursement Trip Log, print
- **Interlink** – 509-751-9143, volunteers that assist with transportation for people over 60 y/o or any age with a disability.
- **Ride the Valley** – www.ridethevalley.org for routes and fares
- **Coast Transportation** – www.coacolfax.org/transportation 509.397.2935 or 509.397.4305, provides transportation in counties Latah, Nez Perce, Idaho, Lewis and Clearwater, accepts Wa. Medicaid or private pay.
- **Transportation Solutions** – 509.386.4983, provides private pay and Medicaid transportation. They have wheelchair accessible van.
- **Mercy Medical Angels** - <https://www.mercymedical.org/> Assistance with travel cost to distant medical facilities

MORE ONLINE SITES

- Susan G Komen Foundation - <https://www.komen.org/> resources, information, videos, apps, podcasts, +
- Living Beyond Breast Cancer - <https://www.lbbc.org/> resources for coping, managing, & living with breast cancer <https://www.lbbc.org/about-breast-cancer/downloads>
- CancerCARE <https://cancercare.org/> – resource navigation, online/live support groups, counseling, & more. Specific pages for Metastatic and Triple Negative Breast Cancer
- Breastcancer.org <https://www.breastcancer.org/> resources and information for and from breast cancer patients
- National Breast Cancer Foundation <https://www.nationalbreastcancer.org/> – breast cancer resources and **FREE HOPE KIT**: <https://www.nationalbreastcancer.org/breast-cancer-support/hope-kit/>
- American Cancer Society (ACS) – www.cancer.org resources and information, \$70 coupon for wigs, assistance with local hotel (only contracted hotel) https://cancer.findhelp.com/search_results/83501
- American Breast Cancer Foundation (ABCF) <https://www.abcf.org/> financial assistance & information.
- OncoLink <https://www.oncolink.org/oncopilot> - learn about cancer, diagnosis, treatment, handouts, resources & tools.
- ChemoCare <https://chemocare.com/> -information about specific medications
- Livestrong <https://www.livestrong.org/> resources, downloads, and information
- Imerman Angels - <https://imermanangels.org/> provides 1:1 support with an “angel” that has similar history, background, diagnosis, etc.
- American Society of Clinical Oncology (ASCO) - <https://www.cancer.net/cancer-types/breast-cancer> introduction to breast cancer and questions to ask
- National Comprehensive Cancer Network (NCCN) - <https://www.nccn.org/patientresources/patient-resources> patient resources and guidelines
- Knitted Knockers <https://www.knittedknockers.org/> – knitted breast prosthetics for breast cancer survivors (sometimes we have some available at the cancer center)
- TLC Direct <https://tlcdirect.org> – breast cancer supplies: wigs, hats, scarves, bras, breast forms
- This is Living With Cancer <https://www.thisislivingwithcancer.com/cancer-type/breast> includes financial resources, information, and downloadable app
- UpToDate – Breast Cancer patient information provided upon request
- MedlinePlus <https://medlineplus.gov/breastcancer.html> - National Library of Medicine site
- National Cancer Institute <https://www.cancer.gov/> -Trusted government site
- Pickles Group <https://www.picklesgroup.org/learn> Support for children/teens of cancer patients
- Wonders & Worries <https://wondersandworries.org> Support for children/teens of serious illness patients
- Caring Bridge <https://www.caringbridge.org/> - Personal health journals to connect with others.
- American Institute for Cancer Research has several educational pamphlets <https://store.aicr.org/collections/all>
- American Cancer Society has dollar friendly cook book <https://www.amazon.com/American-Cancer-Society-Healthy-Cookbook/dp/1604432373>
- Cook For Your Life <https://www.cookforyourlife.org/cancer-prevention/>
- The Cancer-Fighting Kitchen book, 2nd Ed, Rebecca Katz
- The Cancer Dietitian <https://cancerdietitian.com/>

Non-reviewed Additional Resources

Additional breast cancer resources, support groups, journaling, and well-being can be searched via “breast cancer” regarding **Books, Audible Books, Podcasts, App Store, YouTube, Facebook** (social media), etc. Always evaluate the source for trusted, accurate, and current (5 years old max) information. **Information can be overwhelming- ask your doctor, take time to breath, relax, and live.**

Counseling & Support Resources

Counseling resources are available. If you would like a list please contact a social worker, patient navigator, or contact the number on the back of your insurance card.