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Our Center

Welcome to the Cancer Care Center of York County. We take great pride in our relationships and on-going communication with every member of each patient's medical team. Patients come to us with a referral from their primary care doctor, surgeon or oncologist. Our goal is to form a team that communicates well and provides a multi-disciplinary approach for the patient. We want everyone involved – the patient, family members, and other healthcare providers, to know exactly what's going on.

Maine Medical Center's radiation oncology specialists and Spectrum Medical Group, Maine's largest group of board certified radiation oncologists, provide radiation therapy in Sanford. Sanford is one of 4 locations which include Maine Medical Center's Bramhall Campus in Portland, Maine Medical Center's Scarborough Campus and Coastal Cancer Treatment Center in Bath.

Maine Center for Cancer Medicine, Northern New England's largest group of medical oncology specialists, offers the latest in chemotherapy treatments and clinical trials in Sanford as well as their other locations in Maine- Biddeford, Scarborough and Brunswick and North Conway, New Hampshire.

Maine Medical Center, Southern Maine Medical Center and Goodall Hospital are our hospital partners who created our state-of-the-art yet home-like environment.

Cancer care specialists in southern Maine which include the Cancer Care Center of York County, Maine Medical Center, Southern Maine Medical Center, Goodall Hospital and York Hospital participate in regular tumor board and cancer care committee meetings with the goal of providing our community with coordinated effective cancer care treatment for all patients and families.

Tours

A virtual tour of the Center is available for viewing on our website at:

www.cancercareyorkcounty.org/movie

Tours of the center are available by appointment, evenings from 5pm-6pm or weekends by contacting Karen Pierce-Stewart, Executive Director at 207-459-1606.

The Cancer Care Center would like to share our sincere appreciation to Joseph Cousins, a talented Maine artist. He offered his painting "Serenity" for the cover of this patient resource book. Cousins has been maintaining an art studio in Freeport since 1985. Much of his work has received Best in Shows awards throughout Maine and New England as well as The People's Choice Award at the Brunswick Art Festival and his paintings are included in corporate and private collections around the world.



Our Team

Medical Oncology

Medical Oncologists are physicians with special training and experience in cancer treatment planning and providing chemotherapy with use of cancer-combating medications. Our medical oncologists are:

Patricia Deisler, MD
Can Ilyas, MD

Nurse Practitioner:

Kate Pinkerton, NP

Oncology Nurses provide for the clinical needs and comfort of the patient. Our nurses are certified by the Oncology Nurses Society, their professional organization. Our oncology nurses in Medical Oncology are:

Robyn Colby-Courtois, RN, OCN
Sue Laliberte, RN, OCN
Monica Nadeau, RN, OCN
Christine Boucher, RN

Additional staff:

Medical Assistants:

Alicia Lehnig, MA
Kim Stott, MA

Pharmacy:

Joyce Thompson, CPhT

Our medical oncology team is supported by: *Michelle Levesque, Receptionist*

Executive Director: *Karen-Pierce Stewart*
SMMC Cancer Registry: *Donna Michaud*
Dietician: *Faith Thibodeau, MS, RD, LD, CDE*
Patient Advocates: *Jennifer Pendarvis*
Housekeeping: *Mike Pepin, Yvonne Godin*

Radiation Oncology

Radiation Oncologists are physicians specializing in treating cancer with radiation. The radiation oncologist specifies what is to be treated and for how long. This includes the amount of radiation you will receive each day and the total number of treatment days. Our radiation oncologists are:

Philip Villiotte, MD, Medical Director
Ian Bristol, MD
Neil McGinn, MD

Dosimetrists plan and calculate the proper radiation dose for treatment using a therapy-planning computer. Our dosimetrists are:

Cindy Ashford, CMD
Lisa Lee, RT(T), CMD, BA

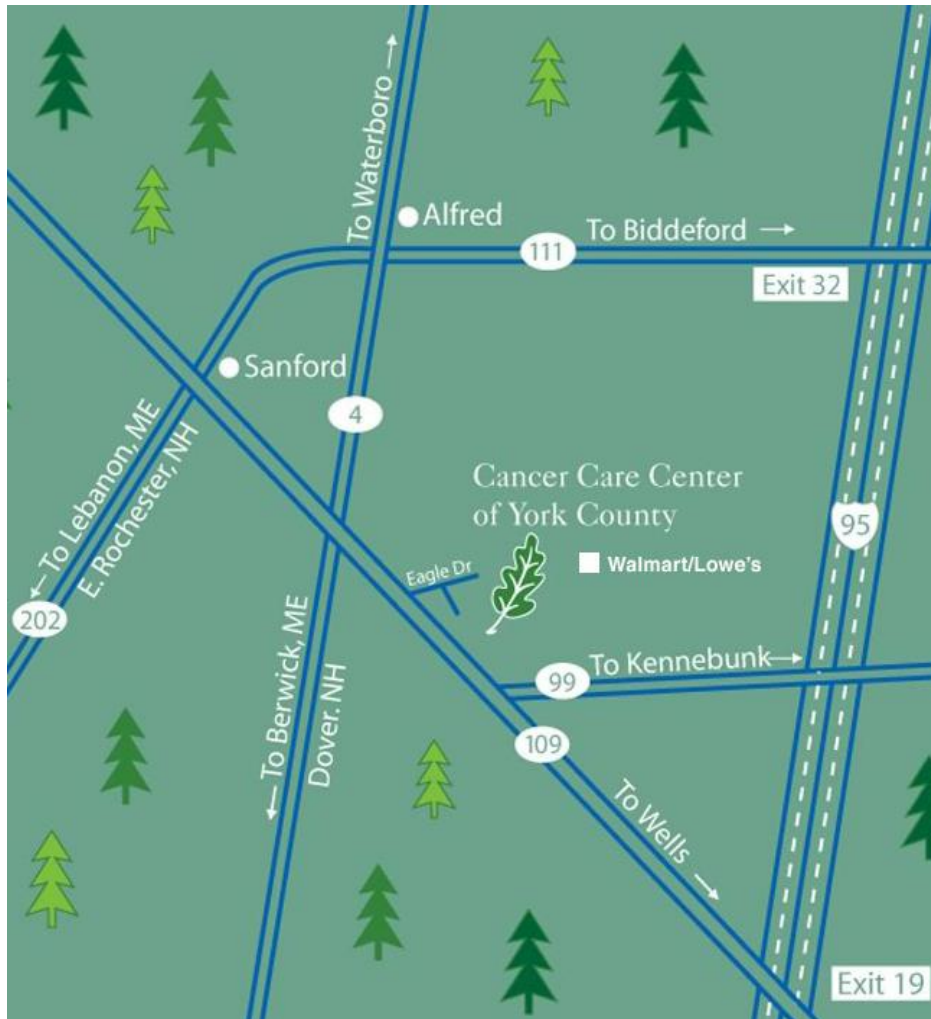
Radiation Therapists are specially trained to administer radiation therapy. The therapist positions the patients and operates the linear accelerator, which delivers the radiation. Our radiation therapists are:

Stacie Johnson, RTT, Senior Therapist
Kim Neff, RTT(T)

Oncology Nurses provide for the clinical needs and comfort of the patient. Our nurses are certified by the Oncology Nurses Society, their professional organization. Our oncology nurse in Radiation Oncology is: *Nellie Bergeron, RN, BSN, OCN*

Our radiation team is supported by:
Gina Staples, Administrative Associate

Directions



From the Berwicks

Head east on Route 4 to the intersection of routes 4 and 109. Turn right. Eagle Drive will appear on your left approximately 2 miles south on Route 109. Turn left on Eagle Drive. The main entrance to the CCCYC will be on your right.

From the Biddeford/Saco area

Head west on Route 111 to the intersection of routes 111 and 4. Turn left on Route 4 toward South Sanford. Drive approximately 6 miles to the intersection of routes 4 and 109. Turn left. Eagle Drive will appear on your left approximately 2 miles south on Route 109. Turn left on Eagle Drive. The main entrance to the CCCYC will be on your right.

From the Kennebunks

Head west on Route 99 to Route 109. Turn right. Drive approximately 1 mile to Eagle Drive (marked by a CCCYC sign). Turn right on Eagle Drive. The main entrance to the CCCYC will be on your right.

From Limerick

Drive south on Route 5. At the intersection of 5 and 202, head west on 202 toward Alfred. In Alfred, continue straight through the intersection at Route 111 onto Route 4. Take Route 4 toward South Sanford. Drive approximately 6 miles to the intersection of routes 4 and 109. Turn left. Eagle Drive will appear on your left approximately 2 miles south on Route 109. Turn left on Eagle Drive. The main entrance to the CCCYC will be on your right.

From Rochester, New Hampshire

Drive east on Route 202 approximately 16 miles to the intersection of routes 202 and 109. Turn right onto Route 109. Head south and continue past the intersection of routes 109 and 4. After this intersection, continue for approximately 2 miles. Eagle Drive will appear on your left (watch for the CCCYC sign). Turn left on Eagle Drive. The main entrance to the CCCYC will be on your right.

From Springvale and areas north

Drive south on Route 109 through the intersections of routes 202 and 109 and routes 4 and 109. Once past Route 4, continue for approximately 2 miles. Eagle Drive will appear on your left (watch for the CCCYC sign). Turn left on Eagle Drive. The main entrance to the CCCYC will be on your right.

From Wells and the Maine Turnpike

At the Wells exit (Exit 19) head north on Route 109 approximately 10 miles. Once the Sanford Airport property appears on your left, drive approximately 1 mile to Eagle Drive (marked by a CCCYC sign). Turn right on Eagle Drive. The main entrance to the CCCYC will be on your right.

From York

Drive north on Route 1 or the Maine Turnpike to the Wells Maine Turnpike exit (Exit 19). From the Wells exit head north on Route 109 approximately 10 miles. Once the Sanford Airport property appears on your left, drive approximately 1 mile to Eagle Drive (marked by a CCCYC sign). Turn right on Eagle Drive. The main entrance to the CCCYC will be on your right.



Specialized Services

Clinical Trials

A clinical trial is a research study designed to evaluate potential new treatment options. These studies are the result of a long and deliberate cancer research process that often takes years. Clinical trials test the safety and effectiveness of new or modified cancer drugs, new drug doses, unique approaches to surgery or radiation therapy, and varied combinations of treatments.

Patients at the Cancer Care Center of York County have access to clinical trials for new cancer drugs and investigational protocols for radiation therapies. Clinical trials are offered to qualified patients who meet the study guidelines set by the study group and are voluntary.

If you are interested, please talk to your medical team.

Genetic Counseling

A genetic counselor is a healthcare professional that has studied genetic diseases and can help a person understand their risk for genetic conditions. They often work with families to educate about a disease and the risk of passing it on. They will identify who is at risk, coordinate any genetic testing, and research options available to a person or family.

If you are interested, please talk to your medical team.

PET Scan

A mobile PET scan visits our Center regularly. Positron Emission Tomography (PET) imaging has become an essential diagnostic tool physicians use to reveal the presence and severity of cancers. PET imaging helps physicians detect cancer, evaluate the extent of disease, select the most appropriate treatments, determine if the therapy is working, and detect any recurrent tumors.

Cancer Registry

The Cancer Registry is a data system designed for the collection, management and analysis of information of people with the diagnosis of cancer. A great deal of the information you hear about cancer treatments and results had its beginnings in tumor registries. Data collected is forwarded to numerous agencies concerning cancer research including the American Cancer Society and the Maine State Cancer Registry. No names are ever released to the public. Our ultimate goal is to contribute to the education, prevention, and control of cancer. We obtain updated information about patients' health through our follow-up process by contacting your physician. It is through lifetime follow-up that we are able to determine your progress. To do this we need your help. **Please keep us updated if your physician or contact information changes.**



On-Site Support Services

Nutrition

Good nutrition is particularly vital for cancer patients. Not only is good nutrition important to maintaining body weight, it is also associated with how well the patient responds to treatment and their risk of therapy-related complications.

Thanks to a grant from the Maine Cancer Foundation, a licensed, registered dietician is available by appointment twice a month, providing nutritional assessment and counseling at no extra cost to patients being treated at the Cancer Care Center.

If you are interested, please talk to your nurse.

Cancer Support Group

Our support group meets the second and fourth Wednesday of each month from 6 to 7pm here at the Center. It is free and walk-ins are welcome. This group provides a setting for those who are dealing with cancer as well as caregivers to come and share information about their journey.

For more information, call 490-7777 or talk to your nurse.

Patient Advocates

Issues surrounding healthcare can be overwhelming. The journey through cancer and treatment is difficult for patients and families. Our patient advocates are here to provide support services to our patients, families and the community. They can provide emotional support and referral services to patients, families and groups. They provide a full range of services and programs to address your needs. They can help with transportation and housing issues, insurance issues and Maine Care applications, disability issues, and more. If you have any concerns, please don't hesitate to contact them.

For Assistance: Talk to a member of your team or call 207-459-1626.



On-Site Complementary Services

Reiki

Reiki is a form of alternative medicine that provides stress reduction and relaxation and promotes healing. At the Cancer Center, we have a Reiki-trained Therapist volunteer who offers patients, family members, and caregivers free of charge Reiki treatments.

If you are interested, talk to a member of your team.

Massage Therapy

The Cancer Center offers complimentary chair massages to patients, family members, and caregivers. Clinics are held monthly in the conference room.

All are welcome to take advantage of this service.

Resource Library

The Cancer Care Center's Patient and Family Resource Library is provided as a service to our patients, family members, staff, and community to meet the growing educational and informational needs related to cancer care. Our Library is located off the lobby, adjacent to the refreshment area. Provided are books that can be borrowed, American Cancer Society pamphlets, and online interactive services provided by Maine Medical Center.

For more information please contact Karen Pierce-Stewart at 207-459-1606.

Yarn

Here at the Cancer Center, we provide complimentary yarn and quilting materials available for patients in care.

For more information please ask a member of your team.

Scarves and Hats

Complimentary caps/hats and scarves made of wool and cotton are made available to our patients in need. They are knit by volunteers and generously donated.

You can find them in the lobby or ask a member of your team for more information.

Natural Hot/Cold Packs

We have complimentary hot/cold packs that are made by a volunteer and generously donated.

You can find them in the lobby or ask the receptionist for more information.

Healing Garden

We have a healing garden located in the front of the building that is open to patients, staff, visitors and the community.

All are welcome from dawn to dusk.



Partner Programs and Organizations

YMCA Wellness Program

Cancer Survivor Wellness Program is available at the greater Sanford YMCA.

For more information or to register for this complimentary program, please contact our Patient Advocates.

My Breast Cancer Support

The Cancer Care Center is one of five cancer treatment organizations designated for support services for breast cancer patients. They provide journals, blankets, gift cards/certificates, pashmina scarves and more. They also provide support tools to help patients find a comfortable balance between life and treatment – to lend a hand, to ease discomfort, and to help them find strength and encouragement as they embrace their new normal.

For more information please ask a member of your team or contact our Patient Advocates.

Restaurant and Hotel Discounts

The Cancer Care Center collaborates with area inns, motels and restaurants to provide a comfortable, cost-efficient way for patients and families who travel from a distance to stay close to the Center while undergoing treatment. See “Area Restaurants and Hotels” for a full list and available discounts.

Yoga

Available at the Cancer Care Center is a seven week yoga program offered by a certified yoga instructor. This class is designed for patients in active treatment, cancer survivors, and caregivers. Each week participants explore a different area to help navigate through cancer and the challenges faced every day.

For more information and to register contact Karen Pierce-Stewart at 207-459-1606.

Family Photographs

McKenney Photography in Biddeford, ME generously donates time by offering patients and families here at the Cancer Care Center a complimentary remembrance portrait.

For more information please contact Karen Pierce-Stewart at 207-459-1606.

Community Resources

Emotional Support: Groups and Counseling



Support Groups

Brain Tumor Support Group of Maine

Dispel fear by learning about brain tumors and treatment options. Learn how to get more from doctors and the health care system. Get helpful information to increase the chances of winning the battle. Meet others who have had similar experiences and see that you're not the only one. Learn where to get help. Keep your Spirits Up.

Contact Information: Nancy Fortier, LMSW at Maine Medical Center, 22 Bramhall Street
Portland, ME. 207-871-4527

Bridges – Your Bridge to Survivorship

Bridges is a support group/class offered by Maine Medical Center at their Learning Resource Center in Scarborough. It is designed for those who have been diagnosed with cancer and those whose lives have been affected by the diagnosis of cancer. This class offers a time full of questions and surprising emotions. Cancer patients, family, friends, and caregivers are all welcome to join in on Bridges cancer survivorship class that will help with moving forward as a person completes active treatment, continues therapy, or moves toward follow-up.

To Register: Call 1-866-609-5183 or register online at www.mainehealth.org/lrc

The Cancer Community Center

CCC offers a large range of free support groups led by trained facilitators. Groups are offered for certain cancers as well as caregivers and family members. Please call for full list of offerings.

Contact Information: 778 Main Street, South Portland. 207-774-2200 or 1-800-774-2200.
www.cancercommunitycenter.org

The Cancer Community Center's Buddy Program

This is a statewide one-on-one program to connect you with a trained volunteer who has "been there" in a similar cancer experience. Support is free of charge and over the phone.

Contact Information: 778 Main Street, South Portland. 207-774-2200 or 1-800-774-2200.
www.cancercommunitycenter.org

Center for Grieving Children

Though centered in Portland, CGC is now serving York County at the North Parish Congregational UCC. They provide loving support to grieving children, teens, families and the community through peer support, outreach and education.

Contact Information: 555 Forest Ave, Portland, ME. 207-775-5216. www.cgcmaine.org

American Cancer Society's I Can Cope®

A free educational program for adults facing cancer – either personally, or as a friend or family caregiver. I Can Cope classes can help dispel cancer myths by presenting straightforward information and answers to your cancer-related questions about:

- Diagnosis and treatment
- Side effects of treatment
- Self-esteem and intimacy
- Communicating concerns and feelings
- Community resources
- Financial concerns
- Pain management
- Nutrition and physical activity
- Cancer-related fatigue
- Keeping well in mind, body, and spirit

I Can Cope classes are available in some communities across the country. There is no charge for attending but for planning purposes pre-registration may be required.

Free I Can Cope self-paced classes are also available online at www.cancer.org/onlineclasses

Contact Information: Call the American Cancer Society at 800-227-2345. www.cancer.org.

American Cancer Society's Reach to RecoverySM

Through in person, by phone or online visits Reach to Recovery volunteers give support for:

- People recently diagnosed with breast cancer
- People facing a possible diagnosis of breast cancer
- Those interested in or who have undergone a lumpectomy or mastectomy
- Those considering breast reconstruction
- Those who have lymphedema
- Those who are undergoing or who have completed treatment such as chemotherapy and radiation therapy
- People facing breast cancer recurrence or metastasis (the spread of cancer to another part of the body)

Volunteers are trained to give support and up-to-date information, including literature for spouses, children, friends, and other loved ones.

Contact Information: call the American Cancer Society at 800-227-2345 or visit www.cancer.org to find a local program.

York Hospital Cancer Support Group

Cancer Support Group provides emotional support and information for those coping with diagnosis, treatment and recovery from cancer. Meetings take place the second Monday of the month from 1-2:30pm in the Ellis Conference Room at York Hospital. Please call.

Contact Information: 207-475-1167.

On-line Support

American Cancer Society Cancer Survivors Network

The Cancer Survivors Network (CSN) is a private, secure online community of cancer survivors, families and friends that have been touched by cancer in many ways. Each person that joins CSN shares their experiences, strengths, and hope through discussion boards, personal stories of survival, and communicating with others who share similar experiences.

For more information, visit www.cancer.org/csn

HOPE – Healing of Persons Exceptional

HOPE provides supportive services to individuals facing life challenges that a citizen of Maine might describe as "getting caught one-upside-the-head with a cosmic two-by-four." They maintain several groups to support people experiencing a wide range of problems.

For more information: visit www.hopehealing.org

My Breast Cancer Support

My Breast Cancer Support Group provides support, hope and encouragement to breast cancer patients and their family members through community-based programs. They also maintain a searchable blog for sharing breast cancer stories at www.breastcancerstories.org.

For more information go online at www.mybreastcancersupport.org.

Counseling Services

Counseling Services, Inc

Accessible, Responsive, Comprehensive and Integrated community mental health services for southern Maine residents of all ages. Locations in Biddeford, Sanford, Springvale, Westbrook and Saco.

Contact Information: 207-284-5554. www.counselingservices.org

Sweetser

Sweetser is a comprehensive behavioral healthcare organization for children, adults and families. Sweetser offers services that address emotional disturbances, mental illnesses, behavioral disorders and learning disabilities through a network of educational programs, preventive services, community-support services, residential homes and outpatient services. Locations in Sanford, Saco, Portland and more.

Contact Information: 1-800-434-3000. www.sweetser.org.

Sanford Location: Lower Midtown Mall, 890 Main Street, Suite 118, Sanford, ME

Area Counselors

Barbara Peisner, LCSW: 207-699-2545

Debra Boxer, MSW: 207-883-3922

Dawn Stratton, LCPC-C, MA: 207-773-1143, www.awakeningcounseling.com

Linda Coupe, MED, Mental Health Services: 207-939-5764

Mary Ann Crawford, LCPC, and Life Coaching: 207-221-0271

Susan Haskell-Correia, Life Connections Counseling: 207-775-1670

Tom Cannon, MA, Family & Couple Counseling: 207-774-1972

Community Resources

Insurance



MaineCare (Medicaid)

MaineCare (Medicaid) is a state program that helps eligible low-income persons with their medical costs. If you are eligible for MaineCare, your prescription drugs will be covered except for a small co-payment that you pay the pharmacy for each prescription. People with both MaineCare and Medicare need to enroll in a Medicare Prescription Drug Plan to get most of their prescription drug coverage.

Eligibility: Income limits change each year. The asset limit for an individual is \$2,000; for a couple, the limit is \$3,000. MaineCare excludes up to \$8,000 of savings for an individual and \$12,000 for a household of 2 or more, and a 2nd vehicle in certain situations. If your income and assets are slightly over the limits, it is still a good idea to fill out an application.

Even if you are not eligible for full MaineCare benefits, you may be eligible for other types of MaineCare assistance:

Medicare Savings Programs

If you have Medicare you may be eligible for MaineCare to pay your Medicare Part B premium, deductibles and coinsurance.

For more information call your local Area Agency on Aging at 1-877-353-3771 or Legal Services for the Elderly at 1-800-750-5353.

Health Insurance for the Working Disabled

MaineCare has a program that allows people with disabilities to work and have MaineCare benefits. Depending on income, there may be a monthly premium of no more than \$20 per month. For more information, call your local Department of Health and Human Services office. The Eligibility Specialist at the Department of Health and Human Services will help you get any assistance for which you are eligible. You can also call your local Area Agency on Aging or Legal Services for the Elderly to find out more about MaineCare eligibility.

To apply: Call or visit your local Department of Health and Human Services Regional Office. Your local Area Agency on Aging has MaineCare applications and can help you fill one out. Sanford DHHS: 890 Main Street #208, Sanford, ME, 207-490-5400

Medicare

Medicare Eligibility and Enrollment for People 65 and Older

Any U.S. citizen who is 65 or older is eligible for Medicare. If you're already getting Social Security checks, enrollment into the program should be automatic. You'll get your Medicare card three months before your 65th birthday. The benefits kick in on the first day of the month of your 65th birthday. If you're *not* getting Social Security payments already, you have to enroll in Medicare. The Social Security Administration handles the enrollment process for Medicare. Apply three months before your 65th birthday. That way, you can be sure that your benefits will start on time.

Contact Information: 1-800-772-1213, www.ssa.gov, or apply at your local Social Security office: 110 Main St, Suite 1450, Saco, ME. 1-877-253-4715

Medicare Eligibility and Enrollment for People With Disabilities and Illnesses

Regardless of age, people with certain disabilities also get Medicare. However, they might have a waiting period before they can get Medicare benefits. You can't get Medicare until two years after you qualify for Social Security Disability. At that point, the Social Security Administration should sign you up automatically. If you are not getting Medicare coverage and feel that you should, call the Social Security Administration at 1-800-772-1213.

Medicare Enrollment Periods

Pay close attention to Medicare enrollment deadlines. In general, Medicare limits your ability to add or drop coverage after official enrollment periods.

Initial Enrollment Period. If possible, always sign up during your "initial enrollment period." This lasts seven months, starting three months before the month of your 65th birthday and ending three months after. During this time, you can sign up for any Medicare coverage you would like. Once you're in a program, you can only make changes during specific enrollment periods. The dates depend on the program.

General enrollment in Medicare Part B between Jan. 1 and March 31, with your coverage beginning in July of that year. For Medicare prescription drug coverage, most people can only enroll or make changes to their plans between Oct. 15 and Dec. 7 for 2011. If you don't sign up during your initial enrollment period for some programs -- like Medicare Part B and Medicare Prescription Drug Coverage (Part D) -- you might pay a higher monthly fee when you sign up later. There are some exceptions. If you have drug coverage now that is as good as Medicare's or better, you shouldn't be charged a late penalty if you sign up later. Likewise, if you (or your spouse) are still working when you turn 65 and have health insurance through that job, you can wait to sign up for Part B without having to pay higher premiums.

Where to get help applying for Medicare and picking the right plan?

Southern Maine Agency on Aging (see Advocacy Services for more information)

Community Resources Prescription Assistance



Federal & State Prescription Assistance

Low Cost Drugs for the Elderly and Disabled

The Low Cost Drug Benefit (DEL) is funded by an appropriation from the State general fund. The program is not federally funded. To provide this program, the state works with drug manufacturers that agree to participate in the rebate program. Coverage of drugs is limited to drugs on the DEL Preferred Drug List (PDL). This is the list of drugs for which the manufacturer has signed rebate agreements with the State.

Eligibility: You must be a Maine Resident, age 62 and older, or age 19+ and disabled, and have an income at or less than 185% FPL (income limit is 25% higher if at least 40% of yearly income is spent on prescription drugs)

Basic Benefit:

- The State pays 80% minus \$2.00 of generic drugs on the DEL Preferred Drug List
- The State pays 80% minus \$2.00 of the cost of brand-name medications on the DEL Preferred Drug List to treat the following diseases or conditions: ALS (Lou Gehrig's Disease), Anticoagulation, Arthritis, Chronic Lung Disease (including Emphysema and Asthma), Diabetes, Glaucoma, Heart Disease, High Blood Pressure, Hyperlipidemia (High Cholesterol), Incontinence, Multiple Sclerosis, Osteoporosis (Bone Density Loss), Parkinson's Disease, and Thyroid Disease

Supplemental Benefit:

The Supplemental benefit includes other drugs not covered in the Basic Benefit. The drugs must be medically necessary and supplied from participating manufacturers. Actual savings vary from drug to drug. DEL Members pay the State's negotiated MaineCare rate minus \$2.00.

Catastrophic Spending Limit:

After a Member spends \$1,000 on eligible prescription drugs, the State pays 80% of the cost of all eligible prescription drugs, regardless of any disease or condition. The drugs must be medically necessary and supplied from companies with agreements with the State. Eligible prescription drugs are only those drugs that were covered by DEL on May 31, 2001. The Catastrophic Spending Limit is tracked from August 1st to the following July 31st.

Note:

- Some drugs require 'prior approval' for coverage.
- Coverage through DEL is funding of last resort. Members with other prescription drug coverage must use those benefits first.
- Members with Medicare Part D coverage are eligible for DEL Wrap benefits only.
- The DEL PDL is posted at www.mainearepdl.org/

To Apply:

Pharmacy HelpDesk for MaineCare and DEL Members
1-866-796-2463 (TTY 1-800-423-4331)
1-800-772-1213 (TTY 1-800-325-0778)

Maine Rx Plus

Maine Rx Plus is a discount program on drugs listed in the MaineCare Preferred Drug List. You can get discounts of 15% to 60% off retail prices, the greatest discounts are for generic drugs..

Eligibility: You must be a Maine Resident with out-of-pocket expenses more than 5% of your household income or out-of-pocket medical expenses more than 15% of your household income.

To Apply: Contact the Department of Health and Human Services office nearest you where Eligibility Specialists will help you. You can also get an application and assistance at your local Area Agency on Aging.

Medicare Part-D

Medicare is a health insurance program for people age 65 and older, some people with disabilities under age 65 and people with permanent kidney failure. Medicare Part A (hospital insurance) pays for prescription drugs while you are in the hospital. Medicare Part B (medical insurance) pays for prescription drugs in very specific situations. If you have questions about Medicare Part A and Part B benefits, contact your local Area Agency on Aging or Legal Services for the Elderly.

Medicare Part-D benefit is voluntary and available to everyone with Medicare. To get Medicare Part D prescription coverage, you must choose and enroll in a Medicare Prescription Drug Plan offered in Maine. Insurance companies and other private companies work with Medicare to offer these plans.

Joining: Anyone with Medicare Part A and/or Part B can join a Medicare Prescription Drug Plan. You can join when you first get Medicare and during the annual enrollment period. You may also be eligible for enrollment at other times. During the annual enrollment period you can join a plan for the following year or keep the plan you already have. Joining a plan is voluntary but if you don't join when you are first eligible, you may pay higher monthly premiums unless you already have a drug plan that covers at least as much as a Medicare Prescription Drug Plan.

Cost: How much you will pay depends on the plan that you choose. The monthly premium is set by the company offering the plan. Plans can also charge a yearly deductible. You will also pay a part of the cost of each prescription, called the co-payment or coinsurance. Depending on your drug costs, you may reach a coverage gap and/or the catastrophic benefit.



If you have limited income and resources, you may qualify for help with the cost of the monthly premiums, annual deductibles and other out-of-pocket expenses.

If you have MaineCare (including Medicare Savings Programs) you will be automatically eligible for the extra help. You will not have a monthly premium or annual deductible, and you will not have a coverage gap.

Medicare Advantage Plans are health plan options that are approved by Medicare and run by private companies. Some Medicare Advantage plans have prescription drug benefits.

There are different types of Medicare Advantage plans and it is important to learn how they work and what they offer before you decide to join. You must have both Medicare Parts A & B to enroll. With a Medicare Advantage Plan you are still in the Medicare Program and get all Medicare covered services, and you must still pay the Medicare Part B monthly premium. You do not need to buy a Medigap plan (Medicare supplemental policy), you may be able to get extra benefits such as coverage for vision, hearing and dental services and you may have higher costs to use a health care provider that is not part of the plan's network. Check with your local Area Agency on Aging or Legal Services for the Elderly to see if this is an available option in your area.

For more information about Medicare Part-D, assistance or to apply, contact one of the following agencies:

- **Medicare**
1-800-MEDICARE (1-800-633-4227)
www.medicare.gov 
- **Pharmacy HelpDesk** for MaineCare and DEL Members
1-866-796-2463 (TTY 1-800-423-4331)
1-800-772-1213 (TTY 1-800-325-0778)
www.socialsecurity.gov 
- **State Health Insurance Assistance Program (SHIP)**
1-877-353-3771 (TTY/Voice 1-800-750-5353)
www.maine.gov/dhhs/oes/hiap

Medicare Savings Programs

If you have MaineCare you may be eligible for MaineCare to pay your Medicare Part B premium, deductibles and coinsurance.

For more information call your local Area Agency on Aging at 1-877-353-3771 or Legal Services for the Elderly at 1-800-750-5353 (Voice and TTY).

Hospital Prescription Assistance Programs

Goodall Hospital Rx Assistance Program

The Prescription Assistance Program provides help to those who currently do not have prescription coverage and have difficulty affording their medicines. The program is designed to assist those who do not qualify for other traditional assistance programs such as Medicare D or MaineCare, but whose financial situation qualifies them to receive support. Free or low-cost prescription drugs can be obtained directly from pharmaceutical companies if eligibility guidelines are met. Eligibility is based on household income, medical expenses, and liquid assets. Our Prescription Assistance Coordinator will help you to determine your eligibility.

To Apply: 207-490-7483

Maine Medical Center & Southern Maine Medical Center –Med Access Specialists

MedAccess specialist give out information and help complete the forms necessary to determine if you qualify for free or reduced cost prescriptions. MedAccess is available no matter how many medications a patient may require. It can help connect you with reduced-cost prescription programs available regardless of your income level. It can help determine if you qualify for free or reduced cost prescriptions based upon income qualifications. Even moderate-income Mainers, such as a family of four that makes \$60,000 a year, could qualify for no-cost prescription drugs.

Contact Information:

Maine Medical Center MedAccess office: 877-275-1787

Southern Maine Medical Center MedAccess office: 207-294-8141

Co-Payment Assistance Programs/ Private Foundations

Chronic Disease Fund

Chronic Disease Fund is a non-profit, full service financial and medication assistance organization. We exist to improve the health and quality of life of patients battling chronic disease, cancer or other life-altering conditions who cannot afford the medications they so desperately need.

Eligibility: Co-payment assistance for pharmaceutical products for patients with private insurance or Medicare Part D. The following conditions are covered: Breast cancer, Colon cancer, Multiple Myeloma, Non-small Cell lung carcinoma.

How to Apply: 1-877-968-7233 or www.cdfund.org

HealthWell Foundation

Addresses the needs of individuals with insurance who cannot afford their co-payments, coinsurance, and premiums for important medical treatments.

Eligibility: To qualify for assistance from HealthWell, patients must have some form of prescription drug insurance that covers part of the cost of their treatment. HealthWell does not consider drug discount cards to be insurance. Covers the following conditions: Acute Porphyrias, Age-Related Macular Degeneration, ANCA, Ankylosing Spondylitis, Asthma, Bone Metastases, Chemo induced Neutropenia, Chronic Gout, Cutaneous T-cell Lymphoma, Dupuytren's Disease, Head and Neck Cancer, Idiopathic Thrombocytopenic Purpura, Immunosuppressive treatment for organ transplants, Metastatic Melanoma, Non-Hodgkin's Lymphoma, Osteoporosis, Psoriasis, Rheumatoid Arthritis, Secondary Hyperparathyroidism, Systemic Lupus Erythematosus.

How to Apply: 1-800-675-8416 or www.healthwellfoundation.org

The Leukemia & Lymphoma Society's Co-Pay Assistance Program

This program helps patients meet their health insurance or Medicare Part B or D premiums or co-payment obligations.

Eligibility: Acute Myelogenous Leukemia, Chronic Lymphocytic Leukemia, Lymphoma, Multiple Myeloma, Myelodysplastic Syndrome.

How to Apply: 1-866-557-2672 or www.LLS.org/copay

National Organization for Rare Disorders (NORD)

Assists uninsured or under-insured individuals in securing life-saving or life-sustaining medications including Trisenox, Theracys, and Matulane.

Eligibility: Covers the following conditions: Advanced Renal Cell Carcinoma, Hodgkin's Lymphoma, Hepatocellular Carcinoma, Paroxysmal Nocturnal, Hemoglobinuria (PNH)

How to Apply: 1-800-999-6613 (voicemail only)

Patient Access Network Foundation

Assists patients who cannot access the treatments they need due to out-of-pocket health care costs including deductibles, co-payments, and co-insurance.

Eligibility: Offers assistance for the following specific conditions: Breast Cancer, Colorectal Cancer, Cutaneous T-Cell Lymphoma, Multiple Myeloma, Myelodysplastic, Syndrome (MDS),

Non-Hodgkin's, Lymphoma, Non-Small Cell, Lung Cancer, Pancreatic Cancer, Oncology
Cytoprotection, Anemia (Covers all patient groups including, those with Chemo Induced)
How to Apply: 1-866-316-7263 Or www.patientaccessnetwork.org

Patient Advocate Foundation (PAF), Co-Pay Relief

The Patient Advocate Foundation (PAF) Co-Pay Relief Program (CPR) provides direct financial support for pharmaceutical co-payments to insured patients, including Medicare Part D beneficiaries, who financially and medically qualify.

Eligibility: Currently assists insured patients who are financially and medically qualified and are being treated for the following: breast, lung, prostate, kidney, colon, non muscle invasive bladder and non squamous non-small cell lung cancers, hormone suppression therapy, malignant brain tumor, sarcoma, cutaneous t-cell lymphoma, multiple myeloma, myelodysplastic syndrome (and other pre-leukemia diseases), osteoporosis, pain, hepatitis C, rheumatoid arthritis, selected autoimmune disorders and CIA/CIN.

How to Apply: 1-866-512-3861 or www.copays.org

Partnership for Prescription Assistance

Partnership for Prescription Assistance offers a single point of access to more than 475 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies. Includes assistance for the uninsured.

How to Access: 1-888-477-2669 or www.pparx.org



Community Resources

Financial Assistance

American Cancer Society National Cancer Information Center

This free, 24 hours a day, 7 days a week hotline provides information on a variety of Society and community resources, including information on health insurance and financial assistance programs. **American Cancer Society:** 1-800-227-2345.

All Cancer Diagnoses

Access to referrals for financial assistance. Some local offices may provide transportation assistance, temporary housing, wigs or prescription assistance. **Brain Tumor Society-BTS Cares:** 1-800-770-8287, www.tbts.org

All Cancer Diagnoses

Limited financial grants for transportation, homecare, childcare and pain medications. Linking Arms Program can provide grant for breast cancer patients to help with oral medications and lymphedema supply costs. **Leukemia and Lymphoma Society:** 1-800-955-4572, www.LLS.org

Leukemia, Lymphoma, Hodgkin's diseases and Myeloma

Provides grants up to \$500 a year for some uncovered expenses such as prescriptions, certain medical tests and transportation. **Lymphoma Research Foundation:** 1-800-500-9976, www.lymphoma.org

Lymphomas

Provides grants up to \$250 for expenses such as travel and transportation, temporary lodging, childcare, homecare, cosmetic devices; wigs and hats, medical devices and hygiene products. **National Brain Tumor Foundation Patient Line:** 1-800-934-2873, www.braintumor.org

National Marrow Donor Program (NMDP)

For patients in need of a life saving bone marrow or cord blood cell transplant. Funds available for unrelated donor search through the NMDP as well as out of pocket expenses following an unrelated donor or cord blood transplant through the NMDP, such as: lodging, food, transportation, co-pays and insurance premiums. Grant applications only accepted through qualified NMDP affiliated transplant center personnel. **Patient Advocate Foundation Colorectal Care Line:** 1-866-657-8634, www.colorectalcareline.org

Primary Brain Tumors

Provides grants up to \$2000 a year for non medical related costs such as transportation, homecare, home adaptations and childcare. **CancerCare:** 1-800-813-HOPE (4673), www.cancercare.org

Primary or Metastatic Brain Cancer

Provides grants up to \$1000 for treatment-related expenses. **National Marrow Donor Program Office of Patient Advocacy Case Management:** 1-888- 999-6743, www.marrow.org

Community Resources

Housing and Utilities



Housing

Section 8 vouchers, Low-income housing

To apply for section 8 subsidized housing vouchers, low income housing units, or seniors & adults with disabilities apartments- please call or visit your local Housing Authority Office:

Sanford Housing Authority
114 Emery Street, PO Box 1008
Sanford, Maine 04073
207-324-2178

Saco Housing Authority
99 School Street
Gorham, ME. 04038
207-282-0032 ext 1

Biddeford Housing Authority
22 South Street,
Biddeford, ME 04005
207-282-653

Avesta Housing
307 Cumberland Ave.
Portland, Maine 04101
207-553-7777 or 1-800-339-6516

Stability through Engagement Program (STEP)

STEP is designed to provide short term rental assistance for 3-6 months to help individuals and families achieve housing stability. The focus is on rapidly re-housing people who are homeless and referred by a shelter in one of the six counties where the program is offered.

For more information on eligibility & where to apply call Maine State Housing Authority, Barbara Brann, STEP Program Administrator, 207-626-4677.

Shelters

Preble Street Shelter

The mission of Preble Street is to provide accessible barrier-free services to empower people experiencing problems with homelessness, housing, hunger, and poverty and to advocate for solutions to those problems. Preble Street shelter in Portland, Maine provides various types of housing including; emergency, teens, transitional, permanent, and much more.

To apply for assistance call: 5 Portland Street, Portland, 207-874-1005.

York County Shelter Program

This program assists people to reach their fullest potential by providing access to various levels of housing, including emergency, transitional, and permanent housing. Shelters are in various locations through Southern York County.

To apply you must first call and complete a phone interview. 147 Shaker Hill Road, Alfred, ME, 207-324-1137.

Rent Assistance

Catholic Charities Maine

This organization provides multiple outreach programs including elderly and disabled services that can assist with rent.

For more information: 1-800-781-8550

General Assistance—Town Hall

Each town offers “general assistance” at their local town hall, offering assistance with rent, utilities, transportation and much more. To apply you must be at risk of eviction and be able to show proof of income and expenses for the last 3 months. Income guidelines and eligibility criteria differ per town.

For more information contact your local office:

Acton & Alfred: 207-636-4526

Limerick: 207-793-2166 ext. 2

Arundel: 207-698-1101 ext. 116 or 110

Sanford & Springvale: 207-324-9110

Biddeford: 207-284- 9514

Waterboro: 207-247-6166

Kennebunk: 207-985-3786 ext. 1342

York: 207-363-1008, Option 1

Lyman: 207-499-7562 ext. 12

Salvation Army Emergency Assistance

The Salvation Army offers emergency rent assistance for families who have an eviction notice and meet the eligibility criteria. Funding is limited.

For more information contact your local office:

Sanford Office: (Sanford, Springvale, Waterboro, Acton & Lyman): 207-324-3134

Old Orchard Beach Office: (OOB, Saco, Biddeford, Arundel & Dayton): 207-934-4381 ext 102

York County Community Action Corporation

YCCAC provides housing services such as referrals and rental assistance depending on agency funding.

For more information or to schedule a meeting with a program representative call YCCA of Sanford, 207-324-5762 or 1-800-965-5762.

Utilities Assistance

Energy Crisis Intervention Program (ECIP)

ECIP provides emergency financial assistance for home heating or for utility disconnects if the household's heating system requires electricity to function. Consumers must have a pre-approved current LIHEAP application, have less than 1/8 tank of fuel with no available back-up source of heat and have exhausted all payment opportunities with electric company.

For more information, contact Energy Services at 207-324-5762 Option 8, or (toll free in York County) 1-800 965-5762 Option 8.

General Assistance—Town Hall

Each town offers “general assistance” at their local town hall, offering assistance with rent, utilities, transportation and much more. To apply for utilities assistance you must have a CMP shut-off notice, or proof that you pay your own independent home heating fuel. You must be able to show proof of income and expenses for the last 3 months. Income guidelines and eligibility criteria differ per town.

For more information contact your local office:

Acton & Alfred: 207-636-4526

Arundel: 207-698-1101 ext. 116 or 110

Biddeford: 207-284- 9514

Kennebunk: 207-985-3786 ext. 1342

Lyman: 207-499-7562 ext. 12

Limerick: 207-793-2166 ext. 2

Sanford & Springvale: 207-324-9110

Waterboro: 207-247-6166

York: 207-363-1008, Option 1

Low Income Assistance Program (LIAP)

LIAP provides financial assistance for apartment/home electric bills. Eligibility determined by annual income and cost/usage for Central Maine Power customers. All Kennebunk Power and Light customers are eligible.

For more information, contact Energy Services at 207-324-5762 Option 8, or (toll free in York County) 1-800 965-5762 Option 8.

Low Income Energy Assistance Program (LIHEAP)

LIHEAP provides financial assistance for apartment or home heating fuel bills to income-eligible households. Applications are taken from August 15 - April 30 at locations throughout York County. Home visits are available for those who are unable to travel. Payments are made directly to dealers of oil, kerosene, LP gas, coal, electricity, wood, or wood pellets. Consumers may choose their dealer.

To schedule your LIHEAP appointment, contact Energy Services at 207-324-5762 Option 8, or (toll free in York County) 1-800 965-5762 Option 8.

Salvation Army Emergency Assistance

The Salvation Army offers emergency assistance for families who have CMP disconnection notices or those who have less than 1/8th of a tank of fuel for home heating purposes. Funding is limited. For more information contact your local office:

Sanford Office: (Sanford, Springvale, Waterboro, Acton & Lyman): 207-324-3134

Old Orchard Beach Office: (OOB, Saco, Biddeford, Arundel & Dayton): 207-934-4381 ext 102

Community Resources
Food Resources



State & Federal Food Assistance Programs

Meals on Wheels

Maine's five area agencies on aging deliver meals to older and disabled people who are homebound and unable to prepare well-balanced meals for themselves. The meal is packaged in a special container to make sure that when it arrives, the meal is hot and ready to eat.

Eligibility: Seniors age 60 and over, adults with disabilities that leave them homebound.

How to apply: Visit or call your local Area Agency on Aging: Southern Maine Agency on Aging, 136 US Route 1 # 1, Scarborough, ME 04074, 207-396-6500 or 1-800-400-MEAL(6325)

Supplemental Nutrition Assistance Program (SNAP), “Food Stamps”

For adults and families with low incomes and resources, SNAP helps to buy the food items they need for good health.

To apply: go online to www.maine.gov/dhhs/ofi/public-assistance/ **OR**
Contact your local DHS office, to find your nearest office call 1-800-822-1414.

Women’s Infant & Children food supplement program (WIC)

WIC provides food assistance for families with children under 5 years of age and pregnant or postpartum women.

To apply contact your local York County Community Action Office
Biddeford Office: 321 Elm Street, 270-283-2402 or 1-800-644-4202
Sanford Office, 6 Spruce Street, 207-324-5762 or 1-800-965-5762

Local Food Banks

Sanford, Springvale, Alfred & Limerick

Always Enough Soup Kitchen

Address: 77 Emery St., Sanford
Hours: Every Wednesday 5-6pm
Contact: Paul Tysver 207-324-7776

Faith Christian Center Food Pantry

Location: 143 Washington Street, Limerick
Hours: Wednesday 6-7pm
Contact: Debora Dennison 207-793-8444

Free Meals Kitchen of Springvale

Address: First Baptist Church, Springvale
Hours: Tuesday and Thursday 11-1pm
Contact: Joan Sylvester 207-324-8811

Salvation Army Food Pantry-Sanford

Address: 871 Main Street, Sanford
Hours: Mon, Tues, Thurs, Fri 9am-12, 1-3pm
Contact: Ray & Nicole Knous 207-324-3134

Sanford Food Pantry

Address: 29 River Street, Sanford
Hours: Monday 10am-12pm
Contact: Carol Cail 207-490-2397

St. Matthew's Food Pantry

Location: 19 Dora Lane, Limerick
Hours: 1st Mon 7-9 pm, 1st & 3rd Tues 10am-12pm
& 2nd Fri 10am-12pm
Contact: Vincent Kane 207-793-2244

York County Shelter Programs, Inc.

Address: 147 Shaker Hill Road, Alfred Food Pantry
Hours: Mon. – Fri. 1-4pm
Contact: Joan Sylvester 207-324-1137
Biddeford, Saco & OOB

Kittery, York & Wells

Footprints Food Pantry

Location: 37 Old Post Road, Kittery
Hours: Wednesday 10am-1pm
Contact: Barbara-Roland Fernald 207-439-4673

St. Mary's Ecumenical Food Pantry

Location: 236 Eldridge Road, Wells, ME
Hours: Thursday 1-3pm
Contact: Don 207-793-5605

York Community Food Pantry

Location: 38 Woodbridge Road, York
Hours: Thurs. 8-11:30am (Donations)
Thurs. 12:30-3pm
Contact: Tom & Pat Whalen 207-351-1928

Waterboro

St. Stephen's Episcopal Church

Location: 424 Sokokis Trail, East Waterboro
Hours: Wednesday 2-4pm
Contact: 207-247-6458

Biddeford, Saco & Old Orchard Beach

Arundel Food Pantry

Location: Rt. 111 (Arundel), Biddeford
Hours: Sundays 4-6pm
Contact: Mark or Holly Elliott 207-229-0167

Bon Appetit Community Meal Program

Location: 19 Crescent St. (2nd Congregational Church), Biddeford
Hours: Mon-Fri 3-6pm
Meals served 4:30-5:30pm
Contact: Debrah L. Gagnon 207-283-0380

Saco Community Meals Program

Location: 271 Main Street, Saco, ME 04072
Hours: Mon & Thurs Prep Work 9-11am,
Cooking & Serving 4-5pm
Contact: Jackie Fontaine 207-282-3321

Saco Food Pantry, Inc.

Location: 67 Ocean Park Rd, Saco, ME
Hours: Mon.-Fri 9-11am;
plus last Tues. of the month 5-7pm
Contact: Bob Nichols 207-590-4789

Salvation Army Food Pantry

Location: 2 Sixth St, Old Orchard Beach
Hours: Tues, Thurs & Fri 1-3pm
Contact: Danielle Fish 207-934-4381

Stone Soup Food Pantry

Location: 316 Main St Suite 102, Biddeford
Hours: Mon & Wed 8am-12pm
Contact: Kathy Duke 207-283-0055

Washington Ave U.M.C Food Pantry

Location: Corner of Washington & Fountain Ave,
Old Orchard Beach, ME 04064
Hours: Mon & Wed 9-11am
Contact: Carol Davis 207-934-5553



Community Resources

How to get to your Doctor

York County Community Action Bus Program

YCCAC provides scheduled bus transportation for shopping and medical appointments to York County residents on a weekly basis. Routes have been designed to serve the closest regional shopping and medical destinations for each town served. All service animals are under the control of the rider. Portable oxygen equipment will be accommodated.

Application: A brief application is required for all first time riders, and can be completed over the telephone. All information obtained is confidential.

Reservations: All trips must be arranged a minimum of 48 hours in advance by calling YCCAC Transportation. Trip reservations can be made up to one month in advance of the trip date. Trips must fit into the regularly scheduled routes.

Contact: Call YCCAC at 1-800-965-5762

Fares: Please call for one-way fares for the general public (exact change required). Elderly, persons with disabilities, and children under 8 years of age pay half fare. No fare is charged for a personal care attendant. Low income individuals are asked to pay what they can afford (this needs to be arranged when the trip reservation is made).

Individuals covered by MaineCare and who are going to MaineCare eligible destinations pay no fare (This needs to be approved when trip reservation is made.) YCCAC Transportation will need to verify eligibility for MaineCare.

Individuals covered by other contracts will be told when they make their trip reservation, what fare, if any, they need to pay. (Example: Voc Rehab, Division for the Blind & Visually Impaired)

York County Community Action Volunteer Driver Program

YCCAC has about 115 volunteer drivers who transport York County residents whose needs cannot be met by the bus program due to route or schedule conflicts. Volunteers can transport residents whose needs include:

- Medical services covered by MaineCare
- Child protective and foster care
- Elderly persons at risk
- Other residents with medical needs

Do I qualify?

All York County Residents qualify if they are:

- Clients of the Department of Health and Human Services, Child Welfare, Adult Protective and Substitute Care who are referred by a case worker. (Written referrals for case managed clients must be received by YCCAC prior to arrangements being made for the trip.)
- MaineCare eligible persons, or persons with mental health needs, whose transportation need cannot be served by YCCAC's buses/vans

How do I request a trip?

Individuals need to contact YCCAC's Volunteer Driver Program at least one week in advance of a trip. Driver schedules are filled quickly; therefore, we generally cannot do "same or next day" rides. We will take a brief application (over the phone), a "Need Driver" request will be completed, and we will begin the process of matching a volunteer driver with the request.

Contact: Call YCCAC at 1-800-965-5762

Road to RecoverySM

The American Cancer Society Road to Recovery program provides free transportation to and from treatment for people who have cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need. Please call to find out if Road to Recovery is available in your community.

Contact: Call the American Cancer Society at 1-800-227-2345.

York County Community Action Sanford Transit- “My Bus”

YCCAC operates a fixed route deviation transit service between Springvale and South Sanford, five days a week, year round, available to anyone on a fare-paying basis.

Schedule: Refer to the Transit Schedule below for routes and times of service. The bus can be flagged down anywhere along the route that is safe to stop. Questions on this service can be answered by calling YCCAC Transportation at 1-800-965-5762.

Fares: Exact change is required. Tickets may be offered as "change" to a rider if they do not have exact fare. No fare is charged for a personal care attendant.

\$.25 Elderly, persons with disabilities, and children under 8, one way trip

\$.50 General Public, children over 8, one way trip

Serving Sanford/Springvale - Monday through Friday

How to read this bus schedule: Find your departure location in the left hand column (either Southbound or Northbound). Times listed across are when the bus will be there.

Southbound							
LOCATION	AM	AM	AM	AM	PM	PM	PM
Railroad Ave.	8:00	9:00	10:00	11:00	12:00	1:00	2:00
Springvale Commons	8:02	9:02	10:02	11:02	12:02	1:02	2:02
Goodall Hospital	8:10	9:10	10:10	11:10	12:10	1:10	2:10
MidTown Mall	8:15	9:15	10:15	11:15	12:15	1:15	2:15
Mardens Plaza	8:20	9:20	10:20	11:20	12:20	1:20	2:20
Center for Shopping, Shaws	8:30	9:30	10:30	11:30	12:30	1:30	2:30
Northbound							
Center for Shopping, Shaws	8:30	9:30	10:30	11:30	12:30	1:30	2:30
MidTown Mall	8:40	9:40	10:40	11:40	12:40	1:40	2:40
Goodall Hospital	8:45	9:45	10:45	11:45	12:45	1:45	2:45
Hannaford	8:50	9:50	10:50	11:50	12:50	1:50	2:50
Springvale Commons	8:56	9:56	10:56	11:56	12:56	1:56	2:56
Railroad Ave.	9:00	10:00	11:00	12:00	1:00	2:00	3:00

York County Community Action's The WAVE

The WAVE transports riders to training and job sites, and their children to day care. The blue and white vans operate for most first, second, and third shifts, 7 days a week. Trips must be arranged in advance.

Eligibility: Residents of towns in York County covered by The WAVE can call 207-459-WAVE (459-9283) between 8am and 5pm Monday through Friday for information. The current service is for an area including Sanford -Springvale and parts of Alfred and Wells.

Schedule: All trips are arranged in advance by calling 207-459-WAVE. Riders are asked for their work or training schedule, and whether they need to get their children to a childcare provider. Van trips are scheduled to provide the most convenient service possible, given operating constraints. Riders need to call with any changes in their schedule 48 hours before a trip.

Fares: Fares depend on what town a rider lives in and where they are going. One trip, 1/2 Month and Monthly passes are available, with a discount for the multi-trip option. All fares must be paid in advance of rides.

York County Community Action Friends and Family Self-Transport Program

YCCAC can reimburse mileage and tolls to persons with current MaineCare eligibility that drive themselves, or have a friend or family member drive them to eligible medical appointments. The current rate is \$.21 per mile. (Subject to change by MaineCare.)

How Do I Get Started?

1. **Call or come in:** 6 Spruce Street Sanford, ME. Phone number 1-800-965-5762
2. **Complete a brief application**, first time only - it can be done over the telephone.
3. **We will give you** mileage and verification forms, and information about how to submit them.

How Do I Schedule a Trip? Once you have completed an application on your first call or visit to our office, follow steps 4-7.

4. **Call us:** Contact the Transportation Program prior to taking any trip for which you are requesting reimbursement.
5. **Let us know** who is being transported, the name and address of the doctor or medical provider being seen, the date the trip is scheduled and the type of appointment (e.g., dental, physical therapy, etc.)
6. **Out of State Trip?** Be sure to tell us if your trip is "out of state". We'll need additional information and time before the trip to get prior authorization from DHHS.
7. **Verification:** Get verification from the clinic, doctor's office or other medical appointment for which the trip was made. Verification forms must be submitted with your voucher.
8. **Parking & Tolls:** If you pay tolls or parking fees on your trip, GET RECEIPTS and submit the originals with your voucher. They must have a date; the amount paid, and MUST be turned in with the voucher. Late receipts cannot be accepted.
9. **What Miles Are Covered?** MaineCare rules say friends or family members transporting a MaineCare eligible person will be paid for mileage only while that person is actually in the car. If they drop the person off and return later, only the mileage when the person is in the car will be covered. The driver must always take the shortest route.
10. **Who Gets Reimbursed, the Rider or the Driver?** The Friends & Family Program will issue a check to the MaineCare eligible person only (or a parent/guardian for a child). It is up to them to distribute the funds to their driver. Reimbursement takes approximately 2 weeks to process.

11. What Types of trips are covered? The following is a list of health services for which a MaineCare recipient may request reimbursement for transportation expenses. Only health care services listed here are eligible for reimbursement. (Subject to change by MaineCare)

- Adult Day Care
- Certified family and pediatric nurse practitioner services
- Chiropractor
- Day habilitation services (including clients residing in nursing homes)
- Day health services
- Dental services for children and young adults up to age 21. Adults limited to acute care, oral surgery, extractions, emergency treatment, and other dental services for members with qualifying medical conditions.
- Durable medical equipment and supply dealer
- Family Planning Clinic
- Hospital services, inpatient & outpatient
- Independent laboratory and X-ray
- Mental health services
- Nurse midwife
- Occupational therapist
- Optometrist, Optician
- Pharmacy (following medical appointment only)
- Physical therapist
- Physician: M.D. & D.O.
- Podiatrist
- Rehabilitative services
- Rural health clinic
- Speech & hearing services
- STD screening clinic

Local Taxi Services

Taxi 207-459-7422; 35 New Dam Rd, Sanford

J & M Taxi 207-490-2222; 12 Roberts St, Sanford

Front-Line Taxi 207-490-1214; 13 Stanley Rd, Springvale

Sanford-Springvale Taxi 207-490-1700; 141 Deering Neighborhood Rd, Springvale



Area Restaurants & Hotels

Restaurants

Applebee's

1364 Main Street
Sanford, ME 0473
207-324-5259

Aroma Joe's Coffee

6A Washington Street
Sanford, ME 04073
207-490-7121
603-817-3108
www.aromajoes.com

Back Street Grill

16 School Street
Sanford, ME 04073
207- 324-1011

Bonanza Steakhouse

1285 Main Street
Sanford, ME 04073
207- 324-6121

Burger King

1252 Main Street
Sanford, ME 04073
207-324-8797

Somethin' Sweet

883 Main Street Ste 1
Sanford, ME 04073
207-985-3339
somethinsweetmaine.com

Dairy Queen

1012 Main Street
Sanford, ME 0407
207-324-8167

Dominos Pizza Sanford

974 Main Street
Sanford, ME 04073
207-324-1000

Dunkin Donuts

925 Main Street
Sanford, ME 04073
207-324-8663

Edgar's Olde Mill Burgers

35 Washington Street
Sanford, ME 04073
207-324-9550

French Connection Coffee Shop

489 Main St, Unit 3
Springvale, ME 04083
207-850-1115

Golden Palace Restaurant

1364 Main Street
Sanford, ME 04073
207-490-3800

Little Daddy's Seafood Grill

6 Washington Street
Sanford, ME 04073
207-850-1094

Mel's Raspberry Patch

372 Alfred Road
Sanford, ME 04073
207-490-5998

Moe's Italian Sandwiches

6 School Street
Sanford, ME 04073
207- 490-0088

Shain's

1491 Main Street
Sanford, ME 04073
207-324-1449

Shaw's Ridge Farm Ice Cream/BBQ Barn

55-59 Shaw's Ridge Road
Sanford, ME 04073
207-324-8234
www.ShawsRidgeFarm.com

Smitty's Cinema

1364 Main Street
Sanford, ME 04073
207-490-0000 for movies
www.smittyscinema.com

Sunnyside Restaurant

489 Main Street
Springvale, ME 04083
207-324-9023

Thai House

1491 Main Street
Sanford, ME 04073
207-459-7009

Third Alarm Diner

47 Washington Street
Sanford, ME 04073
207-490-0557

Weathervane

1601 Main St
Sanford, ME 04073
207-324-0084

Hotels

Oakwood Inn Town Motel

945 Main Street
Sanford, ME 04073
207-324-2160

www.oakwood-inn.com

Discount: \$20 off single queen room, \$30
off double queen room. Valid Nov.-March.

Super 8 Motel

1892 Main Street
Sanford, ME 04073
207-324-8823

Discount: 20% off. Valid Nov.-March.

Sanford Inn

1591 Main Street
Sanford, ME 04073
207-324-4662-

Discount: \$55 plus tax. Valid Nov.-March

Mousam Valley Motel

53 Main Street
Springvale, ME 04083
207-324-2165

Ramada at Saco Plaza

352 North Street
Saco, ME 04072
207-286-9600

Holiday Inn Express & Suites

77 Farmington Road
Rochester, NH
603-994-1175

Community Resources

Getting to and around Boston



To Boston

Amtrak Downeaster

The Amtrak Downeaster has partnered with the American Cancer Society to offer a significant discounted price for medical travel. This coupon allows one patient and one companion to travel for \$10.00 one-way or \$20.00 round-trip per person. Offer Valid on all trains Monday-Friday. Travel must originate in Maine and terminate in Woburn or Boston only.

For more information or to obtain a coupon please contact the front desk or call the Cancer Care Center of York County at 207-459-1600

Concord Coach Lines

Concord Coach Lines offer direct transportation from Portland to Boston North and South Station. Fares are varying around \$20.00 one way and \$45.00 round trip per person.

For more information please contact Concord Coach Lines at 207-639-3317

In Boston

American Cancer Society Hope Lodge®

Hope Lodge offers cancer patients and their families a free, temporary place to stay when their best hope for effective treatment may be in another city. Hope Lodge provides a nurturing, home-like environment for cancer patients. Locations in New England include the AstraZeneca Hope Lodge in Boston, and Hope Lodges in Worcester, MA and Burlington, VT.

Accommodations and eligibility requirements may vary by location, and room availability is first come, first served.

For more information or to check availability, call the American Cancer Society toll free anytime, day or night, at 1-800-227-2345.

Community Resources **At Home Care, Palliative Care and Hospice**



Hospice/Palliative Care

Beacon Hospice and Palliative Care

Beacon is committed to helping patients and their families to ensure that the end of life is as painless and rewarding as possible. Beacon provides hospice services including specialized nurses, counselors, social workers, home care aids, and chaplains.

Contact Information: 46 Brickyard Court, York, ME. Office: 207-351-3020, for referrals call 1-800-840-0668. www.beaconhospice.com

Hospice of Southern Maine

Hospice of Southern Maine provides quality, compassionate care to terminally ill individuals and their families in Cumberland and York Counties. Services focus on respecting individuals' wishes and maintaining dignity while helping to control pain, manage symptoms and provide emotional and spiritual support.

Contact Information: 180 Route 1, Scarborough, ME. 207-289-3640.
www.hospiceofsouthernmaine.org

SolAmor Hospice

SolAmor Hospice is dedicated to supporting patients with terminal illnesses as well as their families. Services include physician, nurse and home health aid visits, caregiver education and support, medications and medical equipment, and bereavement support for at least 13 months.

Contact Information: 100 Foden Road West, Suite 220W, South Portland, ME. 207-761-6967.
www.solamorphospice.com

Wentworth Homecare and Hospice

Wentworth provides extensive homecare services in Strafford, Rockingham and Southern York Counties. Wentworth makes it possible to receive medical care in the comfort and familiarity of your own home. Services include nursing care, home health aids, homemakers, physical therapy, occupational therapy, speech therapy, medical social works and hospice care.

Contact Information: Homecare: 603-742-7921 or 1-888-742-7921. Hospice: 603-750-3024.

Medical - At Home Care

Home Health Visiting Nurses

Home Health Visiting Nurses deliver comprehensive care with compassion, commitment and the highest standards of excellence. Services include nursing, palliative care, rehabilitative therapy and health education. Our services are available 24 hours a day, seven days a week, throughout York and Cumberland counties and surrounding towns in Oxford, Androscoggin and Sagadahoc counties.

Contact Information: 207-775-5515 or 1-866-255-8744, www.homehealth.org

Non-Medical Home Care

Goodall Hospital Lifeline Program

Lifeline is a personal response service, ensuring prompt caring help is available at the press of a button. Enables you to live independently and confidently in your own home.

Contact Information: 207-490-7693 Mon-Fri 8am-4:30pm. www.lifelinesystems.com

Home Helpers

Regardless of age or ability, you value your independence. Whether you're a family caregiver or could benefit from assistance yourself, Home Helpers can make your life easier by providing compassionate in home care supportive services, including companion care; senior care and respite care so you or your loved one can enjoy aging in place in the comfort of home. Serves York County.

Contact Information: Located in Saco, ME. 207-710-0987

Home Instead Senior Care

Whether you'd like help for a few hours a day or 24 hours a day, a caregiver can assist you. They offer personal care services, home helper services and companionship services.

Contact Information: Kennebunk: 207-985-8550. York: 207-363-6550. www.homeinstead.com

Community Resources

Advocacy and Legal Services



Free Legal Assistance

Legal Services for the Elderly

Legal Services for the Elderly provide free, high quality legal services to Maine's socially and economically needy elderly age 60 and over. The Helpline provides information and brief services over the telephone on a broad range of legal issues. Helpline Attorneys handle matters involving public benefits, tenant's rights, debt collection, and many other areas of the law.

For more information: Call 1-800-750-5353

Maine Volunteer Lawyers Project

The Maine Volunteer Lawyers Project (VLP) coordinates the volunteer efforts of Maine attorneys and community members to help people of low income navigate the civil justice system. We provide free information, brief assistance and pro bono legal representation in civil legal matters to qualifying clients. Our volunteers give Mainers in need the tools and know-how to be equal participants in our legal system.

For more information: Call 207-774-4348.

Pine Tree Legal

PTL provides free legal services to low-income individuals and families from all over the state of Maine. The help in areas of; housing, family law, education, employment benefits, MaineCare, Medicare, SSDI, Advanced Directives, bankruptcy, foreclosure and much more.

For more information: Call 207-774-8211, telephone intake is Mon – Thur, 8:30am -12:30 pm

Other Legal Services

Maine Center for Elder Law, LLC

Maine Center for Elder Law is dedicated to helping seniors and their families by assisting in elder law, including long-term-care and Medicaid (MaineCare) "pre-planning" and Crisis MaineCare Planning and preparation of wills, trusts, powers of attorney, advance health care directives, and any needed conservatorships and guardianships.

For more information: Call 207-467-3301

Advocacy Services

AARP

Provides referrals and information on resources to support the elderly and their families.

For more information: Call 1-866-554-5380 (Portland Office) or visit www.aarp/state/me.org

Advanced Patient Advocacy

Advanced Patient Advocacy assists the uninsured and underinsured in applying for, and obtaining medical assistance through government and other third party payers.

Eligibility: If you are a patient or have been recently admitted to a hospital, and you are uninsured or underinsured, you are eligible for their services. Advanced Patient Advocacy serves at no charge; the hospital reimburses them when you are approved for medical assistance.

For more information: Call 1-877-272-6001

American Cancer Society

ACS provides patient navigators to all cancer patients from any town. Patient navigators help individuals and families find resources and solve problems that may arise from their cancer diagnosis including but not limited to housing, transportation, support groups and more.

For more information: Call 1-800-227-2345 or visit www.cancer.org/docroot/home/index.asp

Disability Rights Center of Maine Medical Center

Advocates for those individuals who are eligible for Social Security Disability but have been denied.

For more information: Call 207-626-2774 (Augusta Office)

Long-Term Care Ombudsman Program of Maine

LTC Ombudsman advocate for those living in long-term care facilities, making sure that their rights and general needs are being met by the LTC facility. LTC Ombudsman are volunteers who go through intensive training on LTC law, making the program free but very powerful. If you or anyone you love is not getting the services you would like to see from their LTC facility, or you just have questions about LTC facilities please call.

For more information: Call 1-800-499-0229 or 207-621-1079 or visit www.maineombudsman.org

Senior Advocate at Goodall Hospital

The senior advocate program at Goodall Hospital provides patients with a licensed social worker with a great deal of knowledge in issues facing seniors today. She can help with common areas such as preventing fraud, daily life needs, advanced directives and much more.

Eligibility: Any person over 60 or a person acting on their behalf who reside in the Goodall Hospital Service area.

For more information: Call the Senior Advocate at 207-490-7676

Southern Maine Agency on Aging

SMAA provides many advocacy services including support and referrals, health insurance counseling, caregiver support, and Medicare enrollment workshops.

Eligibility: Any person over 60 or person acting on behalf of those who are 60 or over, as well as adults with homebound disabilities.

For more information: Call 207-396-6500 or 1-877-353-3771. 8am-4:30pm Mon - Fri



Community Resources

Breast Prosthesis, Wigs and Beauty Products

A Special Place, Inc

A Special Place offers a wide selection of breast prosthesis, mastectomy bras, wigs, turbans, camisoles, swimsuits and other products in a comfortable private atmosphere.

Contact Information:

1189 Congress St, Portland, ME. 207-775-4048 or 888-599-6626. Open Mon – Sat 10am-4pm
745 Central Ave, Dover, NH. 603-749-4602 or 866-749-5602. Open Mon – Fri 9:30am-4pm.

American Cancer Society Wig Bank

The American Cancer Society offers free wigs to patients without insurance or with inadequate insurance to cover the cost of purchasing a wig.

Contact Information: Call the American Cancer Society at 1-800-227-2345 to learn more.

Kenne Medical Products, Inc.

Kenne provides breast prostheses and other products for women who have had breast surgery. They are a retail provider of mastectomy prostheses and apparel. A certified fitting consultation is available at no charge.

Contact Information: Located in Portsmouth, NH. Please call to arrange an appointment: 603-431-6006 or 1-800-447-0028

La Corseterie

La Corseterie provides breast prostheses and other products for women who have had breast surgery. They specialize in working with mastectomy clients/patients. They sell a variety of bras, prosthetics, and other accessories.

Contact Information: 193 Main St, Suite 101, Biddeford, Maine. 1-800-400-6603.
Open Tues-Fri 9:30am-5pm and Saturdays by appointment only.

Look Good...Feel Better®

Licensed cosmetologists provide free consultations, individually and in groups, to help patients cope with the appearance-related side effects of cancer treatment and skin changes. Information is available online for men and teens as well. Program is offered at the Cancer Care Center of York County, the Cancer Community Center in South Portland and also statewide.

Contact Information: To find a program, call the American Cancer Society at 1-800-227-2345.

Madeline's Hair Replacement Clinic, Inc

Designs, fits and styles hair replacements for chemotherapy clients

Contact Information: 3 Eastview Parkway, Suite 1, Saco, ME, 207-571-3277 or 1-877-571-3277.
www.madelineshairreplacement.com. Open Tues - Fri, 9am – 5pm and Saturdays by appointment only.

Maine Artificial Limb Co.

Maine Artificial Limb Co. provides breast prostheses and other products for women who have had breast surgery. Professional fitter is available by appointment.

Contact Information: Located in Portland. Please call to make an appointment:
207-773-4963 or 1-800-540-4963

American Cancer Society tlc Magalog

tlc, an acronym for Tender Loving Care, is an American Cancer Society "magalog" (magazine/catalog) that combines helpful articles and information with products for women coping with breast cancer or any cancer treatment that causes hair loss. Products include wigs, hairpieces, breast forms, prostheses, bras, hats, turbans, swimwear, and helpful accessories at the lowest possible prices.

Contact Information: To order or request a catalog visit www.tlcdirect.org or call 1-800-850-9445



Community Resources

Holiday Assistance

Salvation Army

The Salvation Army of Sanford and Old Orchard Beach offer free holiday assistance such as Thanksgiving & Christmas food baskets, winter coats and clothing, and toys for children 18 and under.

Sanford Office: (Sanford, Springvale, Waterboro, Acton & Lyman): 207-324-3134

2011 Holiday Assistance: Taking Thanksgiving and Christmas Applications on an ongoing basis October 15th- December 10th

Old Orchard Beach Office: (OOB, Saco, Biddeford, Arundel & Dayton): 207-934-4381 ext. 102

2011 Holiday assistance: Application days are Tuesday November 1st and Friday December 2nd from 9-12pm, 1-3pm, and 6-8pm.

Toys for Tots

The Toys for Tot's mission is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them into becoming responsible, productive, patriotic citizens. Applications are online only, must have children under the age of 18 to be eligible, each child received one new toy.

Online Applications: Start November 1st at

<http://springvale-me.toysfortots.org/local-coordinator-sites/lco-sites/default.asp>

Thanksgiving & Christmas Community Meals

Multiple churches and organization in York County hold holiday community dinners open for anyone to attend.

For more information on these events as they become available please stop by or call the Cancer Center at 207-459-1600



Education

American Cancer Society

The American Cancer Society provides education and information on cancer prevention, reducing cancer risk, cancer types and treatment options, support programs and resources, clinical trials, and cancer research. Trained cancer information specialists at 1-800-227-2345 can answer questions 24 hours a day, every day of the year and provide you with accurate, up-to-date information. Or, visit www.cancer.org for interactive tools and online support groups to help make educated health decisions.

Contact Information: Call 1-800-227-2345 or visit www.cancer.org.

Cancer Community Center

The Cancer Community Center supports and promotes the well being of people living with cancer, their families and their friends. It is a comfortable, friendly place where adults touched by cancer come for classes, resources and support and find community as well. Classes are free, friends and families are welcome with or without the patient and no referrals are required. All classes offered are non competitive and geared to individual needs. Call or visit website for current class calendar and more information.

Contact Information: 778 Main Street (Route One), South Portland, ME.

Office open Mon-Thur 8:30am-5:30pm and Fri 8:30am-3pm. 207-774-2200 or 1-877-774-2200.
www.CancerCommunityCenter.org

Maine Health Learning Resource Center

LRC provides tools you need to work closer with your healthcare provider and make more informed decisions about your health and wellness. An extensive variety of Health Education Classes are offered such as diabetes, healthy cooking, healthy aging, and stress management. The public is welcome to use their computers to search the internet for health related information. They also have a lending library of books and DVD's that are free to check out.

Contact Information: www.mainhealth.org/lrc or 1-866-609-5183

Locations:

Maine Medical Center Scarborough, 100 Campus Drive, Unit 106, Scarborough. 207-885-8570

Maine Medical Center East Tower, 22 Bramhall St, Portland. 207-662-0476

Maine Medical Center Family Practice Center, 272 Congress St, Portland. 207-662-7335

Maine Health Cancer Resource Center

This is an online site for everything about cancer. Reliable information and up-to-date information about classes.

Please visit: www.mainhealthcancer.org

Other Internet Sites: The following is a list of websites that have been peer review and can be considered reliable. These are generally patient friendly and written in plain English. This list is not meant to be comprehensive. Please be cautious when finding health information online.

Cancer 411: www.cancer411.com

Cancer Care: www.cancercare.org

National Cancer Institute: www.nci.nhi.gov

Cancer Resource: www.oncology.com

Women's Health: www.4women.org

CancerNet: www.cancernet.nci.nih.gov

Cancer Information Network:

www.cancernetwork.com



How you can help

Volunteers

Volunteers are needed throughout the Cancer Care Center for a variety of projects. We welcome people with various skills and interests. Many of our services and extras are provided on a volunteer basis.

For more information or if you are interested in volunteering, please contact the Executive Director, Karen Pierce-Stewart at 207-459-1606

Donations

All donations are placed into our One Day at a Time fund which is given to patients needing support in the form of gas and Wal-Mart cards. Our staff can see that some patients need a little help on something special and this fund provides the ability to fulfill those needs.



Words to Know

3-D conformal radiation therapy: Uses a computer to create a 3-D picture of a cancer tumor. This allows doctors to give the highest possible dose of radiation to the tumor, while sparing the normal tissue as much as possible

Acupuncture: A technique of inserting thin needles through the skin at specific points on the body to control pain and side effects. It is a type of complementary and alternative medicine

Alopecia: Hair loss; when some or all of your hair falls out

Anemia: A problem in which the number of red blood cells is below normal

Applicator: A large device used to place brachytherapy in the body

Brachytherapy: Treatment in which a solid radioactive substance is implanted inside your body, near or next to the cancer cells

CT Scan: A series of detailed pictures of areas inside the body, taken from different angles; the pictures are created by a computer linked to an x-ray machine

Course of treatment: All of your radiation therapy sessions

Cystitis: Inflammation in your urinary tract

Diet: Foods you eat (does not always refer to a way to lose weight)

Dilator: A device that gently stretches the tissues of the vagina

Dry heaves: A problem that occurs when your body tries to vomit even though your stomach is empty

Erectile dysfunction: Not able to have an erection of the penis adequate for sexual intercourse. Also called impotence

Esophagitis: Inflammation of the esophagus (the tube that carries food from the mouth to the stomach)

External beam radiation therapy: Treatment in which a radiation source from outside your body aims radiation at your cancer cells

Fatigue: A feeling of being weary or exhausted

Follow-up care: Check-up appointments that you have after your course of radiation therapy is over

Hyperfractionated radiation therapy: Treatment in which radiation is given in smaller doses twice a day

Imaging Tests: Tests that produce pictures of areas inside the body

Implant: Radioactive material put in your body through a sealed thin wire, catheter, or tube

Incontinence: A problem in which you cannot control the flow of urine from your bladder

Infertility: Not being able to produce children

Inflammation: Redness, swelling, pain and/or feeling heat in an area of the body

Internal radiation therapy: Treatment in which a radioactive substance is put inside your body

Intraoperative radiation: Radiation treatment aimed directly at cancer during surgery

Late side effects: Side effects that first occur 6 or more months after radiation therapy is finished

Local treatment: Radiation is aimed at only the part of your body with cancer

Lymphedema: A problem in which the excess fluid collects in tissue and causes swelling. It may occur in the arm or leg after lymph vessels or lymph nodes in the underarm or groin are removed by surgery or treated with radiation

Medical leave: Taking time off work for a while due to a medical problem

MRI (magnetic resonance imaging): A procedure in which the radio waves and a powerful magnet linked to a computer are used to create detailed pictures of areas of the body

Nausea: When you have an upset stomach or queasy feeling and feel like you are going to throw up

Pelvis: the area between your legs. Also called the groin

Permanent implants: Radioactive pellets or seeds that always stay in your body

PET(positron emission tomography) scan: A procedure in which a small amount of radioactive glucose(sugar) is injected into a vein, and a scanner is used to make detailed, computerized pictures of areas inside the body where the glucose is used. Because cancer cells often use more glucose than normal cells, the pictures can be used to find cancer cells in the body

Pruritis: severe itching

Psychostimulants: Medicines that can help decrease fatigue, give a sense of well-being, and increase appetite

Radiation necrosis: A problem in which dead tumor cells form a mass in the brain

Radiation Oncologist: A doctor who specializes in using radiation to treat cancer

Radiation therapy: High doses of radiation used to treat cancer and other diseases

Radiotherapy: Another word for radiation therapy

Simulation: A process used to plan radiation therapy so that the target area is precisely located and marked

Sitz bath: a warm-water bath taking in a sitting position that covers only the hips and buttocks

Skin breakdown: a side effect from radiation therapy in which the skin in the treatment area peels off faster than it can grow back

Treatment field: One or more places on your body where the radiation will be aimed. Also called treatment port

Urinate: Emptying your bladder of urine

Vaginal stenosis: A problem in which the vagina narrows and gets smaller

Vomiting: When you get sick and throw up your food

Xerostomia: Dry mouth

