







# About this directory...

The Memphis Breast Cancer Consortium Pink Ribbon Resource Directory contains information about services available for patients and caregivers affected by breast cancer. It is meant to serve as a community resource guide, linking individuals to local and national organizations that can be of assistance. This directory is organized into categories that focus on Mammogram and Treatment Centers, Education, Financial Support, Transportation Support, and other Support Services.

### Resource Directory Team:

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The MBCC People Action Team

An electronic version of this directory is available at: www.mbcc.live

This directory is not intended to be inclusive of all available resources and does not contain names of specific providers. As a consortium we do not endorse any particular provider or business. For more information regarding specific services, please contact members of your health care team. For updates or questions about this resource guide, please contact Carla Baker, RN, CSN, Chief Operating Officer, MBCC Project Lead at carla.baker@commontablehealth.org or (901) 800-5110. First published September 2018, and updated annually.

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Common Table Health Alliance (CTHA) is a regional health and health care improvement collaborative that serves 1.3 million people in the Greater Memphis area. Common Table Health Alliance (CTHA) is the administrative home of the Memphis Breast Cancer Consortium (MBCC), which was first funded by the AVON Breast Cancer Crusade in 2016.

MBCC's 38-member organizations make up a cross-community representation of survivor groups, health systems, consumer advocacy groups, universities, health plans, the Shelby County Health Department and the Tennessee Department of Health. The creation of the Memphis Breast Cancer Consortium in January 2016 marked the first phase of an innovational, comprehensive, aligned, and intentional community effort to address breast health disparities. MBCC's efforts have narrowed the disparity and screening gaps through increasing access to information, enhanced training of mammogram technologists and providers, collection of patient and mammogram facility data, and outreach to underserved populations in high-incident and mortality zip codes. One of the main priorities of MBCC is to ensure that 80 percent of all women receive their recommended annual mammogram screening.

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The keys to surviving BREAST CANCER and closing the equity gap are: Early Detection, Screening, Treatment, and Support.

### Baptist Cancer Center

### **Baptist Cancer Center Locations:**

Baptist Cancer Center - Bartlett 2996 Kate Bond Road #100 Bartlett, TN 38133 (901) 379-0703

Baptist Cancer Center - DeSoto 7601 Southcrest Parkway Southaven, MS 38671 (662) 772-4000

Baptist Cancer Center - Memphis 6019 Walnut Grove Road Memphis, TN 38120 (901) 226-0340 www.baptistcancercenter.com

At Baptist, we believe in treating our patients close to home where they're comfortable and surrounded by their families and friends. Baptist Cancer Centers are located throughout the Mid-South so our patients can receive the advanced cancer care they need at a convenient location. From prevention to diagnosis, through treatment and into survivorship, our cancer care team is there fighting and educating our patients to help them beat cancer.

### Baptist Collierville Women's Center

1936 West Poplar Ave Collierville, TN 38107 **901-861-8900** https://www.baptistonline.org/locations/collierville /services

The Baptist Collierville Women's Center offers full-field digital mammography, one of the latest technologies in the detection of breast cancer. Certified by the Food and Drug Administration and accredited by the American College of Radiology, the center offers screening and diagnostic mammograms, breast ultrasounds, cyst aspirations, biopsies, wire localizations and bone densitometry tests. It is staffed by experienced, boardcertified radiologists and certified mammography technologists concerned with patient comfort and early detection.

### Baptist DeSoto Women's Center

7601 Southcrest Parkway Southaven, MS 38671 (662) 772–4000 info.desoto@bmhcc.org https://www.baptistonline.org/locations/desoto/services

Baptist Memorial Hospital - DeSoto provides a variety of radiology services and compassionate care to all cancer patients. DeSoto has many resources for patients including nurse navigators. Nurse Navigators help coordinate care, locate community resources, and offer support to patients throughout their treatment.

### **Baptist Memorial Hospital for Women**

6225 Humphreys Blvd Memphis, TN 38120 (901) 227-9000 http://www.baptistonline.org/womens/

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Baptist Memorial Hospital for Women is the only freestanding women's hospital in Memphis and one of only a handful of such hospitals in the country. Opened in 2001, Baptist Women's Hospital offers the Comprehensive Breast Center, labor and delivery, gynecological surgery, a newborn intensive care unit (NICU), and is a regional referral center for high-risk pregnancies, mammography diagnostics, and urogynecology.

The 140-bed hospital is located adjacent to the Baptist Memorial Hospital-Memphis campus. With more than 800 physicians and 330 clinical professionals on staff, Baptist Women's Hospital is well equipped to provide quality health care to women across the Mid-South.

### **Baptist Mobile Mammography Unit**

50 Humphreys Blvd, Suite 23 Memphis, TN 38120 **901-226-0830** https://www.baptistonline.org/locations/specialty-facilities/womens-health-center

With Baptist Memorial Health Care, you don't have to visit a hospital to have a mammogram. Our convenient and high-quality mobile mammography unit can travel to you so you can access the preventive breast cancer screenings you need. And for the past 28 years, Baptist's mobile mammography unit has traveled to numerous communities in the Mid-South, making breast health information and screening mammograms available to women who might not otherwise have access to these services. Women can schedule appointments in advance and get their annual mammograms with convenience. All that is needed is insurance information, identification and completed patient information forms.

### **Baptist Women's Health Center**

50 Humphreys Blvd, Suite 23 Memphis, TN 38120 901-226-0810, 901-227-PINK info.womens@bmhcc.org https://www.baptistonline.org/locations/specialtyfacilities/womens-health-center

Baptist Women's Health Center offers a full range of screening, diagnostic & pre surgical procedures along with breast care education for women, as well as other women's health services. The Baptist Women's Health Center is a full-service mammography and osteoporosis testing center dedicated to women's health. Everything from screening mammograms to diagnostic mammograms are offered, as well as lymphedema treatment, education on breast health, and a breast cancer support group. For added convenience, the center is open extended hours on Tuesday and Thursday evenings until 7 p.m. and Saturdays from 8 a.m. to 2 p.m. for screening mammograms.

The Women's Health Center is nationally recognized as an ACR-accredited center of excellence in mammograms, stereotactic biopsy, and breast ultrasound — the only center of excellence in East Memphis. Plus, our high-quality of breast care has been recognized by the National Accreditation Program for Breast Centers and the American College of Radiology, placing our facility in the top five percent in the nation for clinical excellence.

### **Christ Community Health Services**

#### **Christ Community Health Services Locations:**

#### Broad

2861 Broad Ave Memphis, TN 38112 **901-701-2520** https://www.christcommunityhealth.org/cchs-broad -ave-health-center

#### Frayser

969 Frayser Blvd Memphis, TN 38127 901-701-2540 https://www.christcommunityhealth.org/cchs-frayser -health-center

Hickory Hill 5366 Mendenhall Mall Memphis, TN 38115 901-701-2560 http://www.christcommunityhealth.org/hickory-hillhealth-center

Orange Mound 2569 Douglas Ave Memphis, TN 38115 901-701-2550 https://www.christcommunityhealth.org/cchs-orange -mound-health-center

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Raleigh 3481 Austin Peay Memphis, TN 38128 901-842-3165 https://www.christcommunityhealth.org/locations /raleigh-health-center

Third Street 3362 S. Third St Memphis, TN 38109 901-701-2510 https://www.christcommunityhealth.org/cchs-third -street-health-center

#### Women's Health Center

2400 Poplar Ave, Suite 501 Memphis, TN 38112

901-701-2580

https://www.christcommunityhealth.org/cchs-womens -health-center

Since opening the first health center in 1995, our mission has been to provide high quality healthcare to the underserved in the context of distinctively Christian service. We strategically enter Memphis communities that, over time, have become deficient in resources and services. Residents of these communities lack access to quality healthcare and often manageable health issues go untreated or undiagnosed. Through God's calling, Christ Community is standing in the gap, delivering quality healthcare and spiritual healing. Today, Christ Community is one of the largest Christian Health Centers in the nation and the largest primary healthcare provider in Shelby County. Combined, our health centers serve over 57,000 patients with over 162,000 patient visits annually. At each of our centers, our staff works with the patients and the community to actively address health issues within the areas served while also being a resource for health education and community support. Christ Community strives to maintain visibility within the communities through consistent involvement in community based civic and religious organizations.

### **Church Health**

1350 Concourse Avenue #142 Memphis, TN 38104 901-272-0003 https://churchhealth.org/

Church Health is committed to providing quality, affordable healthcare to uninsured working people and their families.

We are committed to patient-centered care at our medical clinic as well as through our many partnerships with healthcare providers, diagnostic centers and hospitals. Our dedicated staff cares for our patients with compassion, weaving faith and health into action, helping our patients reach their highest level of wellness. Services include primary and specialty care, dentistry eye care and counseling. Patients pay fees on a sliding scale that is based on income. The healthcare landscape in America is ever-changing and often confusing. It's hard to know exactly what health insurance covers, eligibility requirements, how to access government subsidies and even when to pay penalties. Church Health is here to help you and your family navigate the healthcare options that are available to youand even help you enroll in the plan that best fits your needs.

### **Diagnostic Imaging**

6401 Poplar Ave Memphis TN 38119 901-387-2340 http://www.diagnosticimagingpc.com/

Diagnostic Imaging, P.C. was founded in 1986 with the opening of Memphis' first free-standing outpatient imaging center. They provide outpatient imaging services including MRI, CT, Ultrasound, Nuclear Imaging, Mammography, Radiography and Fluoroscopy. When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.

Harriet Beecher Stowe

### Lifesigns

1727 Kirby Parkway, Ste. 100 Memphis, TN 38120 (901) 685-5520 lifesigns.com

We believe every person should have a preventioncentered health partner, committed to removing the barriers to becoming a healthier you. We offer comprehensive and convenient services that you may not find at a typical doctor's office, which include digital mammography and pap smear.

### Margaret West Comprehensive Breast Center

Margaret West Comprehensive Breast Center Locations:

Margaret West Comprehensive Breast Center Memphis/Shelby 7945 Wolf River Blvd, Memphis TN 38138 901-692-9600 https://westcancercenter.org/location/ margaret-west-comprehensive-breast-center/

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Midtown Memphis Campus Memphis/Shelby 1588 Union Avenue Memphis, TN 38104 901-683-0055 https://westcancercenter.org/location/midtown/

Desoto Campus North Mississippi 7668 Airways Boulevard Southaven, MS 38671 662-349-9556 https://westcancercenter.org/location/desoto/

#### West Memphis Campus

*East Arkansas* 271 Polk Avenue West Memphis, AR 72301 **870-733-1800** https://westcancercenter.org/location/west-memphis/

West Cancer Center is the region's comprehensive leader in adult cancer care and research, delivering a complete continuum of care to more than 40,000 individuals each year. At West Cancer Center, our mission to provide innovative, superior adult cancer care with a singular focus on physician-driven decisions to do what is best for patients, this community, and the future of cancer care. We remain steadfast to take care of all cancer patients with programs and services to improve all wellness-regardless of socioeconomic status.

### Memphis Health Center

360 E.H. Crump Blvd. Memphis, TN 38126 901-261-2000 https://www.memphishealthcenter.org/

Memphis Health Center prides itself on being one of the most comprehensive federally qualified community health centers in Tennessee. We offer our patients access to a diverse array of quality and affordable health services that are not typically found within a primary care setting, all under one roof!

We offer many family practice and preventive medical and dental services whether you are insured or uninsured. We welcome patients of TennCare, Medicare, Medicaid, private or discount insurance plans alike. What is important to us is your health and well-being, not your insurance coverage. We have been here since 1970 providing the quality care you need, close to home.

### Memphis MidSouth OB-GYN Alliance

6215 Humphreys Blvd, Suite 100 Memphis, TN 38120 901-747-1200 http://www.midsouthobgyn.com/

For over 50 years, Mid-South OB-GYN of Memphis, TN has had a long history of providing attentive and individualized care. We offer comprehensive care for women of all ages and believe in establishing long-term relationships that span the generations of life with our obstetricians and gynecologists. We can give you the options available for your continued well-being and help you find the best solution for your needs, at all stages of life. Mid-South OB-GYN provides comprehensive healthcare for women across the age spectrum with individualized, compassionate care, and an emphasis on patient empowerment.

### Memphis OB-GYN Association

#### **Memphis OB-GYN Association Locations:**

DeSoto 7900 Airways, Bldg C #2 Southaven, MS 38671 662-349-5554

East 6215 Humphreys Blvd, Suite 401 Memphis, TN 38120 901-767-8842

Wolfchase 6570 Stage Road, Suite 160 Bartlett, TN 38134 **901-843-1500** https://www.mogamd.com/

It is our mission to serve as a leader and premier provider of women's healthcare services for the midsouth community by continually learning, growing, and partnering with our patients, employees, and other healthcare providers. As we strive to achieve excellence on a daily basis, it is our commitment to deliver the highest level of quality and compassion to every patient.

### Memphis VA Medical Center: Women's Veterans Health Care

1030 Jefferson Ave Memphis, TN 38104 901-523-8990 https://www.memphis.va.gov/

Our goal is to honor America's veterans in all that we do by providing timely, quality care, outstanding customer service, education of tomorrow's health care providers, and improvement in health care outcomes through research.

### Methodist Diagnostic Center - Midtown

1801 Union Ave. Memphis, TN 38104 901-516-9000

https://www.methodisthealth.org/locations/ methodist-comprehensive-breast-center-midtown

The Methodist Comprehensive Breast Center offers our patients the full spectrum of breast health services, including screening and diagnostic mammograms. Staffed by board-registered radiologists and certified technologists, our state-of-the-art center provides you and your doctor with fast, reliable results on a variety of noninvasive diagnostic tests.

Services Offered:

 Diagnostic 3D- Tomosynthesis Mammography with SmartCurve Technology

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- Screening Mammography
- Stereotactic Breast Biopsy
- Breast Ultrasound Imaging
- Breast Ultrasound Biopsy
- DEXA/Bone Density
- Digital mammograms
- MRI
- CT Scan
- Bone Densitometry
- Ultrasound (Sonography)

### Methodist Diagnostic Center – North

3950 New Covington Pike, Suite 115 Memphis, TN 38128 **901-516-9000** https://www.methodisthealth.org/locations/methodistdiagnostic-center-north

### Methodist Diagnostic Center – Southaven

7400 Airways Blvd Southaven MS 38671

#### 662-996-2122

https://www.methodisthealth.org/locations/methodistdiagnostic-center-southaven

### Methodist Diagnostic Center - Germantown

1377 S. Germantown Rd. Germantown, TN 38138 662-996-2122 https://www.methodisthealth.org/locations/methodistdiagnostic-center-germantown

You just get up each day and put one foot in front of the other and go. You know, each day is different.

Nancy Reagan

### Methodist University Hospital

11265 Union Ave Memphis, TN 38104 **901-516-7000** https://www.methodisthealth.org/locations/methodistuniversity-hospital

Methodist University Hospital is the largest, most comprehensive hospital in the Methodist Healthcare system. It is a 617-bed facility located in the heart of the Memphis Medical Center.

As the major academic campus and a principal teaching hospital of the University of Tennessee Health Science Center, we bring together research, medicine, and innovation.

This partnership supports multidisciplinary collaboration among doctors and clinical team members, leading to more advanced medical care for our patients.

Our hospital expansion is a commitment to the health of our patients and our community. It extends far beyond the steel frames and concrete of our new home to the hearts and hands of our Associates and physicians. Our modernization is a promise to keep providing the most advanced, quality care to you and your loved ones: Your care, elevated.

### Methodist LeBonheur Germantown Hospital

7691 Poplar Ave Germantown, TN 38138 901-516-6000 https://www.methodisthealth.org/locations/methodistle-bonheur-germantown-hospital

Methodist Le Bonheur Germantown Hospital is a nationally recognized, 319-bed, full service hospital serving the residents of East Memphis and the surrounding areas

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Our Pavilion provides specialized care for expecting moms and babies. We are committed to providing compassionate care to improve every life we touch.

### Methodist North Hospital

3960 New Covington Pike Memphis TN 38128 901-516-5200 https://www.methodisthealth.org/locations/methodist-north-hospital

Methodist North Hospital is a 246-bed community hospital committed to providing personalized, compassionate, and high-quality care to patients and families. Located in northeast Shelby County, we have been serving the residents of Raleigh/Bartlett, Frayser, Millington, and Tipton County for more than 40 years.

### Methodist South Hospital

1300 Wesley Dr Memphis TN 38116 901-516-3700 https://www.methodisthealth.org/locations/methodist-south-hospital

Methodist South Hospital is a 156-bed community hospital committed to providing personalized, compassionate, and high-quality care to patients and families. Located in Whitehaven, we have been serving the residents of South Memphis and the surrounding area for over 40 years.

### Methodist Olive Branch Hospital

4250 Bethel Rd. Olive Branch, MS 38654 662-932-9000 https://www.methodisthealth.org/locations/methodist-olive-branch-hospital

Methodist Olive Branch is the newest hospital in the Methodist system, designed to care for the community of north Mississippi. The five-story, 100-bed hospital opened in 2013 and features an innovative, environmentally friendly design.

### Mroz-Baier Breast Care Center and Clinic

6005 Park Ave, Suite 700 Memphis, TN 38119 901-527-3391 MrozBaier@aol.com https://www.breastcareclinic.com/

The healthcare professionals that make up the Mroz-Baier Family are eager to provide you with the very best breast care available. We realize that a referral to our office comes with much anxiety for the patient and her family, and we strive to care for patients' physical needs as well as emotional ones. It is our goal to achieve excellence in this endeavor. Our staff is comprised of two Breast Surgeons, both of whom read mammograms, perform and interpret ultrasounds, provide a full range of breast surgery, and offer testing options and counseling to patients. We also have a Psychiatric Family Nurse Practitioner to provide patient care. Registered Mammography Technologists, who in addition to performing mammograms, also assist in stereotactic and ultrasound guided biopsies. This facility is fully accredited by the American College of Radiology and by the US Food and Drug Administration. In August, 2009, Mroz-Baier Clinic received accreditation from the National Accreditation Program for Breast Center (NAPBC), which is a program administered by the American College of surgeons. This endorsement recognizes our clinic for being committed to the highest level of guality breast care.

"I think that if you live long enough, you realize that so much of what happens in life is out of your control, but how you respond to it is in your control. That's what I try to remember."

Hillary Clinton

### Park Avenue Diagnostic Center

5190 Park Avenue Memphis, TN 38119 (901) 767-0505 https://www.saintfrancishosp.com/our-locations/ourlocations-details/park-avenue-diagnostic-center

The Park Avenue Diagnostic Center is affiliated with Saint Francis Breast Center. Whether it's a screening or a diagnostic procedure, the Center offers privacy and dignity, all within the Saint Francis Hospital complex. Our Breast Center staff provides individualized service and advice...from explaining the procedure to providing information on self-examinations. The Saint Francis Breast Center offers a wide range of services, both screening and diagnostic, including: Digital Mammography, Screening Mammography, Diagnostic Mammography, Stereotactic Biopsy, Breast Ultrasound.

### **Regional One Health**

877 Jefferson Ave Memphis, TN 38103 901-545-6649; 901-545-7281 https://www.regionalonehealth.org/

Regional One Health is a healthcare system providing accessible, efficient, quality healthcare for individuals in the Mid-South. Its primary service area includes West Tennessee, East Arkansas and North Mississippi.

Regional One Health is home to the nation's most

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gifted and sought-after medical professionals. We are the Mid-South's finest teaching hospital where over half of all medical professionals in Tennessee have completed at least part of their training.

We have become a recognized leader in medical education through our affiliation with the University of Tennessee Health Science Center at Memphis. The health system provides inpatient and surgical care along with Centers of Excellence including trauma, burn, neonatal intensive care and high-risk obstetrics at Regional Medical Center. The system also provides primary care and features an outpatient care center with more than 38 areas of specialty.

### Saint Francis Hospital – Bartlett

2986 Kate Bond Rd Bartlett, TN 38133 901-820-7000 https://www.saintfrancisbartlett.com/

Opened in 2004, Saint Francis Hospital-Bartlett became the first full-service health care facility in Bartlett, Tennessee. We're committed to providing quality care that serves the needs of Bartlett and all of the North and Northeast Shelby County community. As our community grows, we continue to expand our scope of care and nurture strong relationships with community partners.

### Saint Francis Hospital – Memphis

5959 Park Ave Memphis, TN 38119 **901-765-1755** https://www.saintfrancishosp.com/

Saint Francis Hospital-Memphis is proud to have served the East Memphis community since 1974. Our 519-bed facility was the first full-service hospital in the rapidly growing area and has continued to grow since we opened our doors. Our 42-acre campus is home to the hospital, two medical office buildings, the University of Tennessee/Saint Francis Family Practice Residency Building and a four-story parking facility.

### TN Breast and Cervical Cancer Screening Program

842 Jefferson Avenue Room A432 Memphis, TN 38105 (901) 545-8710 http://www.shelbytnhealth.com/267/Tennessee-Breast-Cervical-Cancer-Program https://www.tn.gov/health/health-program-areas/ fhw/mch-cancer.html

The Breast and Cervical Screening Program provides

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breast and cervical cancer screening to eligible women and diagnostic follow up tests for those with suspicious results. Women diagnosed with breast or cervical cancer or pre-cancerous conditions for these cancers are enrolled in treatment coverage through the state's TennCare Program. All women interested in any service (screening, diagnosis, or treatment) must meet the general eligibility guidelines for the program.

The mission of the program is to reach and serve lower income uninsured or underinsured women for these basic preventive health screening exams. "Cancer screening saves lives."

### Vanderbilt-Ingram Cancer Center

1301 Medical Center Dr #1710, Nashville, TN 37232 Located in: Vanderbilt University Medical Center **901-850-1456** 

Vanderbilt-Ingram Cancer Center is a leader in the prevention, diagnosis and treatment of cancer. The center's world-renowned team of experts provides an integrated, personalized and patient-centered approach to cancer care, including treatment, research, support, education and outreach. From a wide variety of wellness programs to a leading REACH for Survivorship Clinic, patients find support from diagnosis through survivorship. Vanderbilt-Ingram is a National Cancer Institutedesignated Comprehensive Cancer Center, one of just two centers in Tennessee and 51 in the country to earn this highest distinction, and ranks in the top 10 nationwide for cancer research grant support.

Located in Nashville, Tennessee, our center lies in the "buckle" of the "cancer belt" – seven contiguous states with the highest death rates from cancer. Our job is not done until those statistics are changed.

### West Cancer Center

#### West Cancer Center Locations:

Collierville 1500 W Poplar Suite 304, Collierville, TN 38017 **901-850-1456** https://westcancercenter.org/location/Collierville/

East Campus 7945 Wolf River Boulevard Germantown, TN 38138 **901-683-0055** https://westcancercenter.org/location/east-campus/

Humphreys 100 N. Humphreys Blvd Memphis, TN 38120 **901-683-0055** http://www.methodisthealth.org/locations/west-clinichumphreys/

Midtown 1588 Union Ave Memphis, TN 38104 **901-322-0251** 

https://westcancercenter.org/location/Midtown/

Southaven 7668 Airways Blvd Southaven, MS 38671 **662-349-9556** https://westcancercenter.org/location/Desoto/

#### The West Clinic:

- Provides the best technology to serve your radiology needs
- Has developed new technologies and protocols that enhance the delivery of care
- Designed and developed dozens of the best cancer treatment options for patients

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- Pioneered evidenced-based treatment protocols to ensure that patients receive the best care available
- Is a recognized leader in research in the community setting
- Serves as the national leader in policy issues facing cancer patients and the clinics that serve them
- Is the original home to the WINGS Cancer Foundation
- Physicians, Nurse Practitioners, Nurses, and Administration are National Thought Leaders in the delivery of cancer care
- Has several "World-Class" Facilities where multiple aspects of care are delivered in one location

### **EDUCATION RESOURCES**

### **American Cancer Society**

5101 Wheelis Drive Ste 100 Memphis, TN 38117 901-278-2000 1-800-227-2345 cancer.org

This is the local Memphis branch of the American Cancer Society. The American Cancer Society is a nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

The American Cancer Society offers a variety of education and support services including:

- Community Health Advisors
- Harrah's Hope Lodge®
- Reach To Recovery®
- Road To Recovery®

We work with lawmakers to pass laws to defeat cancer and rally communities worldwide to join the fight. Learn more about how we promote beneficial policies, laws, and regulations for patients and families affected by cancer through our advocacy and public policy work – and how you can get involved.

### Carin' and Sharin' Education and Support Group

901-484-9624 www.carinsharin.org

The Carin' and Sharin' Breast Cancer Education and Support Group was organized in 1989, by Gwendolyn Brown, an oncology social worker, to address some of the issues related to the rising mortality rate among socio-economically disadvantaged, inner city, African-American women in the Memphis area. Meetings focused on education and group support happen during informal meals after each session.

Leading to significant expansion of programs and services. The parent organization, Urban Health Education and Support Services (UHESS) was formed in 2002 as a non-profit organization to provide oversight and resources for the Carin' and Sharin' Breast Cancer Education and Support Group. UHESS has research alliances with Notre Dame University, University of Tennessee, Middle Tennessee State University, and the American Cancer Society.

### Living Beyond Breast Cancer

855-807-6386 https://www.lbbc.org/

We provide programs and services to help people whose lives have been impacted by breast cancer. Our goal is to provide information, community, and support that you can trust, is easy for you to access, and respectful of you and your situation. All our resources are carefully and frequently reviewed by some of the country's leading healthcare experts and informed by people living with breast cancer.

"Don't be intimidated by what you don't know. That can be your greatest strength and ensure that you do things differently from everyone else." - Sara Blakely

### **EDUCATION RESOURCES**

### National Cancer Institute

#### 800-422-6237

https://www.cancer.gov/

The National Cancer Institute (NCI) is the federal government's principal agency for cancer research and training. We are part of the National Institutes of Health (NIH), which is one of 11 agencies that comprise the Department of Health and Human Services (HHS). The NCI coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.

### Sister's Network Memphis

Annie Webster, President C/O St. Paul Baptist Church Pastor Christopher Davis 2124 East Holmes Road Memphis, TN 38116 (901) 484-0265 sistersnetworkmem@gmail.com www.sistersnetworkmemphis.org

Sisters Network<sup>®</sup> Inc. is committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community. Sisters Network<sup>®</sup> Inc. (SNI), founded in 1994, is a leading voice and only national African American breast cancer survivorship organization in the United States.

Sister's Network Memphis Chapter is an affiliated chapter of Sister's Network, Inc. The Memphis Chapter holds various annual events such as, Pink Ribbon Luncheon, Gift For Life Block Walk Fundraiser, Pink Sunday, and promoting the Stop the Silence Program, an outreach program about breast cancer in the African American community.

### STAARS Breast Cancer Support Group

901-319-9099 staarsgroup@yahoo.com staarsmemphis.com

S.T.A.A.R.S stands for Surviving Thriving African Americans Rallying Support. The mission of S.T.A.A.R.S is to educate, encourage and empower breast cancer survivors and co-survivors, and to be visible and vocal in the fight against breast cancer. Committed to our mission to be "visible and vocal" in the fight against breast cancer we enlist prayers and God's Blessings as we strive to fulfill our motto of Education, Encouragement, and Empowerment for African American women diagnosed with breast cancer. Our collective affirmation as breast cancer survivors is to: "Be Healthy, Be Hopeful, Be Happy, and Be Blessed!"

### Susan G. Komen – Memphis-MidSouth Mississippi

6645 Poplar Ave, Suite 211 Germantown, TN 38138 901-757-8686 https://komenmemphisms.org/ info@komenmemphis.org

The mission of Susan G. Komen Memphis-MidSouth is to provide funding for breast health services, breast cancer education and outreach in our 21 county service area.

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### **EDUCATION RESOURCES**

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The Memphis-MidSouth Affiliate of Susan G. Komen® is dedicated to combating breast cancer at every front. Up to 75 percent of the Affiliate's net income goes toward funding grants to local hospitals and community organizations that provide breast health education and breast cancer screening and treatment programs for medically underserved women. The remaining net income (a minimum of 25 percent) supports the national Komen Grants Program, which funds groundbreaking breast cancer research. The Komen Memphis-MidSouth Affiliate's service area covers 14 counties in Tennessee and 7 counties in Mississippi: Shelby, Fayette, Tipton, Lauderdale, Dyer, Haywood, Lake, Madison, Crockett, Hardeman, Henderson, Chester, McNairy and Hardin in Tennessee and DeSoto, Tunica, Tate, Marshall, Benton, Coahoma and Quitman in Mississippi. Cities include: Memphis, Germantown, Collierville, Dyersburg, Jackson, Millington and Munford in Tennessee and Clarksdale, Southaven, Olive Branch and Tunica in Mississippi. Thanks to the thousands of people who participant in the Susan G. Komen Memphis-MidSouth Race for the Cure® and other Affiliate events each year, dedicated corporate partners and generous donors, Komen Memphis-MidSouth is playing a vital role in fighting breast cancer in our community.

#### Komen Grants

Our efforts helped reduce death rates from breast cancer by 37 percent between 1990-2013; and have...

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...helped improve the five-year relative survival rate for early stage cancers in the U.S. from about 74 to 99 percent. And we won't stop until our promise is fulfilled.

### Tennessee Comprehensive Cancer Control Program

Rochelle Roberts, MOL | Program Director II TN Comprehensive Cancer Control Program (TCCCP)

TC2 & HPVCFTN Coalition Facilitator Division of Family Health & Wellness Andrew Johnson Building, 8th Floor 710 James Robertson Parkway Nashville, TN 37243 **615-532-6949** 

Hrs: 7:00am -3:30pm CT https://www.tn.gov/health/health-program-areas/ fhw/tccc.html

The Tennessee Comprehensive Cancer Control Program is a strategic approach to preventing or minimizing the impact of cancer in communities. It involves state and local health departments, state, local and community organizations, researchers, health care providers, decision-makers, cancer survivors and their families, and many others all coming together to find and agree upon ways to address cancer concerns in their communities. The Centers for Disease Control and Prevention (CDC) has awarded funding to the Tennessee Department of Health to implement the Tennessee Comprehensive Control Program.

"The greatest glory in living lies not in never falling, but in rising every time we fall."

Nelson Mandela

### **Cancer Care: Financial Support**

800-813-4673 https://www.cancercare.org/ info@cancercare.org

CancerCare® is the leading national organization dedicated to providing free, professional support services including counseling, support groups, educational workshops, publications and financial assistance to anyone affected by cancer. All CancerCare services are provided by oncology social workers and world-leading cancer experts.

### Cancer Care Co-Payment Assistance Foundation

#### 866-552-6729

https://www.cancercare.org/copayfoundation

CancerCare® Co-Payment Assistance Foundation (CCAF) is a nonprofit organization dedicated to helping you afford your co-payments for chemotherapy and targeted treatment drugs. We provide easy sameday approval through our proven, state-of-the-art platform. You will always know the same day whether you're approved.

Since 1944, CancerCare® has provided free, professional support services to anyone affected by cancer. CancerCare® Co-Payment Assistance Foundation provides access to all of CancerCare® services, including telephone, online and in-person counseling, support groups, resource referrals, publications, education and financial assistance with treatment-related expenses such as transportation and child care.



### Good Days

877-968-7233 https://www.mygooddays.org/

Good Days exists to improve the health and quality of life of patients with chronic disease, cancer, or other life-altering conditions. At Good Days, our mission is to ensure that no one has to choose between getting the medication they need and affording the necessities of everyday living. We have programs related to financial assistance, premium assistance, travel assistance, and process and technology.

### Medicare

800-633-4273 https://www.medicare.gov/

Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD).

The different parts of Medicare help cover specific services:

Medicare Part A (Hospital Insurance): Part A covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.

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Medicare Part B (Medical Insurance): Part B covers certain doctors' services, outpatient care, medical supplies, and preventive services.

Medicare Part C (Medicare Advantage Plans): A type of Medicare health plan offered by a private company that contracts with Medicare to provide you with all your Part A and Part B benefits. Medicare Advantage Plans include Health Maintenance Organizations, Preferred Provider Organizations, Private Fee-for-Service Plans, Special Needs Plans, and Medicare Medical Savings Account Plans. If you're enrolled in a Medicare Advantage Plan, most Medicare services are covered through the plan and aren't paid for under Original Medicare. Most Medicare Advantage Plans offer prescription drug coverage.

Medicare Part D (prescription drug coverage): Part D adds prescription drug coverage to Original Medicare, some Medicare Cost Plans, some Medicare Private-Fee-for-Service Plans, and Medicare Medical Savings Account Plans. These plans are offered by insurance companies and other private companies approved by Medicare. Medicare Advantage Plans may also offer prescription drug coverage that follows the same rules as Medicare Prescription Drug Plans.

### **NeedyMeds**

#### 800-503-6897

http://www.needymeds.org/ info@needymeds.org

NeedyMeds is a 501(c)(3) national non-profit information resource dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.

Mission Statement: NeedyMeds educates and empowers those seeking affordable healthcare.

Vision Statement: Our vision is affordable healthcare for all.

How we do it: NeedyMeds, a national non-profit, achieves its mission by providing information on healthcare programs, offering direct assistance and facilitating programs.

NeedyMeds is funded by small grants, donations, sponsorships, subscriptions to PAPTracker, and syndication of some of our database information. NeedyMeds also works with the patient assistance programs of several pharmaceutical distributors.

### Partnership for Prescription Assistance

888-477-2669 https://www.pparx.org/

Our mission is to increase awareness of patient assistance programs and boost enrollment of eligible individuals. We offer a single point of access to more than 475 public and private programs, including about 200 programs offered by biopharmaceutical companies. We've helped millions of Americans to get prescription drugs for free or at a very low cost.

The Partnership for Prescription Assistance will help you find the program that's right for you, free of charge.

### **Patient Access Network**

#### 866-316-7263

https://panfoundation.org/index.php/en/ contact@panfoundation.org

The Patient Access Network (PAN) Foundation is an independent, national 501 (c)(3) organization dedicated to helping federally and commercially insured people living with chronic, life-threatening and rare diseases with the out-of-pocket costs for their prescribed medications. Partnering with generous donors healthcare providers and pharmacies, PAN provides the underinsured population access to the healthcare treatments they need to best manage their conditions and focus on improving their quality of life. Since its founding in 2004, PAN has provided more than 605,000 underinsured patients with nearly \$2.4 billion dollars in financial assistance, through over 50 disease-specific programs.

PAN has an administrative fee of only 5%. This means that \$0.95 of every dollar PAN receives goes directly toward helping patients. For the last six years, PAN spent less than one penny of each dollar it received on fundraising.

### Patient Advocate Foundation

421 Butler Farm Road Hampton, VA 23666 **800-532-5274** http://www.patientadvocate.org/

Patient Advocate Foundation (PAF) is a national 501 (c)(3) non-profit organization which provides professional case management services to Americans with chronic, life threatening and debilitating illnesses.

PAF case managers serve as active liaisons between the patient and their insurer, employer and/or creditors to resolve insurance, job retention and/or debt crisis

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matters as they relate to their diagnosis also assisted by doctors and healthcare attorneys.

Patient Advocate Foundation seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability. Since inception in 1996, the staff has diligently worked to continually improve services available to patients as they tackle the challenges associated with a chronic, life threatening or debilitating diagnosis. It is through these efforts that our programs continue to grow allowing us to serve patients in need, as well as their caregivers and providers who stand by their side in their healthcare journey. Patient Advocate Foundation offers confidential, individualized patient support by telephone and email.

### Patient Advocate Foundation – Co-pay Relief

800-532-5274 https://www.copays.org/

The PAF Co-Pay Relief Program, one of the selfcontained divisions of PAF, provides direct financial assistance to insured patients who meet certain qualifications to help them pay for the prescriptions and/or treatments they need. This assistance helps patients afford the out-of-pocket costs for these items that their insurance companies require.

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The program offers many sophisticated online tools to ensure the application process is as streamlined as possible for patients, providers and pharmacy representatives, including 24-hour web-based portals, electronic signature, document upload and bar code fax routing capabilities.

Co-Pay Relief patient assistance is purely donor-funded and money is dispersed to qualified patients while funds are available for each disease.

### Susan G. Komen-Memphis MidSouth Mississippi

6645 Poplar Ave, Suite 211 Germantown, TN 38138 901-757-8686 info@komenmemphisms.org https://komenmemphisms.org/

The mission of Susan G. Komen Memphis-MidSouth Mississippi is to provide funding for breast health services, breast cancer education, and outreach in our service area. The Memphis-MidSouth Mississippi Affiliate of Susan G. Komen® is dedicated to combating breast cancer at every front.

The Komen Memphis-MidSouth Mississippi Affiliate's service area covers 14 counties in Tennessee: Shelby, Fayette, Tipton, Lauderdale, Dyer, Haywood, Lake, Madison, Crockett, Hardeman, Henderson, Chester,

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McNairy and Hardin in Tennessee and the entire state of Mississippi.

Komen Memphis-MidSouth Mississippi:

- Is the local source for funding breast cancer detection and support projects
- Serves 14 counties in TN and the entire state of MS
- Funds vital screening mammograms, diagnostic testing, and treatment through annual Community Grants
- Empowers Memphis-MidSouth Mississippi residents with information about the importance of early detection and being active in their breast health

# *Tennessee Breast Cancer Coalition – TBCC Emergency*

Access Fund 106 Mission Court, Suite 602 Franklin, TN 37067 615-377-8777 https://www.tbcc.org

Our mission is to be the foremost advocate and provider for Tennesseans facing breast cancer through individual assistance, education, and legislative action. The Tennessee Breast Cancer Coalition, established in 1995, is a grassroots organization dedicated to improving the quality of life for individuals undergoing treatment for breast cancer. Tennessee Breast Cancer Coalition provides individual financial assistance to breast cancer patients through our Emergency Access Fund (EAF).

In 2002 TBCC established the **Emergency Access Fund** to provide financial assistance to individuals in financial need due to inability to work and or mounting medical expenses incurred while undergoing treatment of breast cancer. This fund is designed to partner with other established community agencies to provide quick turn-around funding. This fund has provided assistance in preventing evictions, paying utilities, insurance, and medical necessities. Recipients must be residents of Tennessee and currently undergoing breast cancer treatments. For more information about qualifications and how to receive assistance from this fund please call 615-377-8777.

### Tennessee Department of Health

800-342-3145 https://www.tn.gov/tenncare/ Tenn.Care@tn.gov

TennCare is the state of Tennessee's Medicaid program that provides health care for approximately 1.3 million Tennesseans and operates with an annual budget of approximately \$10 billion. TennCare members are primarily low-income pregnant women, children and individuals who are elderly or have a disability. TennCare covers approximately 20 percent of the state's population, 50 percent of the state's births, and 50 percent of the state's children.

TennCare services are offered through managed care entities. Medical, Behavioral and Long-Term Services and Supports are covered by "at-risk" Managed Care Organizations (MCOs). All of TennCare's MCOs are ranked among the top 100 Medicaid health plans in the country.

### The Good Shepherd Pharmacy

(877) 521-6337 info@goodshephealth.com www.goodshephealth.com

A nonprofit membership pharmacy for the uninsured. A novel approach to pharmacy that saves patients a tremendous amount of money on prescriptions. For a low monthly membership fee of \$30 a month our members get all their medications either free or at wholesale cost. We exist to improve the lives of our members through affordable pharmacy services and the gospel of Jesus Christ. We refuse to accept the corrupt pricing schemes associated with prescription insurance. We are completely transparent about the true price of prescription medication saving our members hundreds of dollars per month.

### **Together Rx Access**

800-444-4106 https://www.togetherrxaccess.com/

Our card can help you save on the prescription medicines you need to stay healthy. Our website connects you with resources about access to coverage options and more. With Together Rx Access®, uninsured Americans gain access to immediate savings on prescription products right at their neighborhood pharmacies AND resources that help people take care of what's most important—their health.

### Walgreens

#### 888-782-8443

https://www.walgreens.com/topic/pharmacy/specialtypharmacy/srx-financial-assistance.jsp

Walgreens pharmacy staff have completed the Breast cancer curriculum developed by the Oncology Nursing Society (ONS). Walgreens has designed its oncology clinical programs to engage the patient and work together to help overcome medication adherence barriers. The team of pharmacy staff collaborates with patients' health care teams to bridge the clinical and communication gaps that can arise with patients.

Whenever You Find Yourself Doubting How Far You Can Go, Just Remember How Far You Have Come. Remember Everything You Have Faced, All The Battles You Have Won, And All The Fears You Have Overcome. 20

### Aging Commission of the Mid-South

2670 Union Ave Ext. #1000 Memphis, TN 38112 901-222-4000 For Assistance: (901) 222-4111 shelbycountytn.gov

The Aging Commission of the Mid-South our mission is to provide information and assistance to connect seniors, adults with disabilities, their families, and caregivers with the tools needed to maximize their independence and safety in their chosen community. We offer programs that make a difference in the lives of all older adults and adults living with disabilities.

The Aging Commission is the starting point for information on in-home services such as homemaker, home-delivered meals, and personal care assistance. The social workers in our Information and Assistance department can answer your questions and conduct a telephone screening to determine if you may be eligible for assistance from CHOICES or other programs.

### American Cancer Society-Road to Recovery

5101 Wheelis Drive Ste 100 Memphis, TN 38117 901-278-2000 1-800-227-2345 cancer.org

https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

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Due to public safety concerns related to COVID-19, your American Cancer Society is not currently setting up or coordinating patient rides to cancer-related appointments. For other ACS support, please reach out to us via Live Chat, or call our Cancer Helpline at 1-800-227-2345.

### Acadian Ambulance Service

1-800-259-3333

https://acadianambulance.com/locations/tn/

Acadian's commitment to the Mid-South expanded to Memphis in early 2019 with two key goals: to provide the best possible patient care and services and to create a workplace that our team members find rewarding and challenging. We set high standards, with a true dedication to our communities. With the new resources and services we bring to the area, we can build on our tradition of excellence to best serve patients, facilities, and community partners. Specialized services include critical care transport for the most critically sick or injured patients.

### **Emergency Mobile Health Care**

6972 Appling Farm Pkwy, Suite 110 Memphis, TN 38133 901-818-0911 http://www.emhcambulance.com/

Since 1997, EMHC has had a strong history in the greater Memphis area and surrounding regions of providing highly advanced treatment within the context of compassionate, patient-centered care. EMHC's mission is to "Care for and Share with the Community." EMHC is the Mid-South's largest locally owned ambulance provider offering ground and flight services to individuals and families in their time of need. EMHC, seeks to lead by example by excelling not just as a healthcare business, but as a company with a calling to provide superior, individualized patient care.

### **MATAplus**

1370 Levee Rd Memphis, TN 38108 901-722-7171 http://www.matatransit.com/

The Memphis Area Transit Authority (MATA) is the public transportation provider for the Memphis area.

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As the largest transit operator in the state of Tennessee, we proudly transport nearly 11 million riders a year in the City of Memphis, other parts of Shelby County, and the City of West Memphis on fixed-route bus, paratransit, and vintage rail trolleys. The system is governed by a seven-member policy board appointed by the City Mayor and approved by the Memphis City Council.

### Metro Cab Company

2240 Deadrick Avenue Memphis, TN 38114 (901) 323-3333 www.ridememphis.com

Metro Cab Company is located in Memphis, Tennessee. This organization primarily operates in the Taxicab business/industry within the Local & Suburban Tansit & Interurban Highway Transportation sector. This organization has been operating for approximately 28 years.

"Life is a moving, breathing thing. We have to be willing to constantly evolve. Perfection is constant transformation."

Nia Peeples

### **MIFA Transit**

910 Vance Ave Memphis, TN 38126 901-527-0208 http://www.mifa.org/

MIFA was founded in 1968. Today, we serve over 50,000 people annually, supporting the independence of seniors and families in crisis through high-impact programs. MIFA partners with 200 congregations in West Tennessee, and thousands of volunteers and donors help keep our high-impact programs alive.

### Shalom Shuttle

Jewish Family Services 6560 Poplar Ave Memphis, TN 38138 (901) 767-8511

Our professional driver provides transportation to members of our Jewish community who are at least 60 years old, as well as those adults of any age with special needs. Transportation is provided with door to door assistance for just \$4 one-way to locations within Shelby County. Please note we are unable to accommodate those individuals in wheel chairs. Pre-registration/reservations are required and can be made by contacting JFS.

### TennCare: Transporation

http://www.tncsa.com/index.php/history/tenncaretransportation 800-342-3145 Tenn.Care@tn.gov

When the TennCare program started in 1994, TNCSA (doing business as Community Health Agencies) was there to help TennCare members with their medical... ...transportation needs. A statewide network of transportation vendors was assembled, and over the next twelve years, hundreds of thousands of nonemergency medical trips were schedule by TNCSA. Once the medical trip was completed, we assisted the transportation vendors by working closely with several Managed Care Organizations across the state to ensure timely payment for their services.

### Tennessee Carriers

3180 Millington Road Memphis, TN 38127 901-795-7055 contact@tennesseecarriers.com http://www.tennesseecarriers.com/

Based in Memphis with satellite offices in Jackson and Nashville, Tennessee Carriers is the largest nonemergency medical transportation company in the State, serving Managed Care Organizations (MCO) and their Members — our Riders — with our extensive carrier network throughout Tennessee. We specialize in non-emergency medical transportation (NEMT), averaging 75,000 trips per month for mobilitychallenged individuals who need help getting to and from medical appointments. NEMT services are a critical element in ensuring the health of the Medicaid population, and Tennessee Carriers is proud to participate as both a Broker and Provider of transportation services.

We customize our services to meet the unique needs of our riders whether they are in wheelchairs, on

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stretchers or ambulatory – perhaps walking with the help of a cane or walker – and simply needing some form of additional assistance. With Tennessee Carriers our riders find caring support, timely response and professional and friendly customer service at all times. In fact, we consistently have the highest customer satisfaction rating in our service area.

Our rider's experience begins with our U.S.-based, state-of-the-art call center where our well-trained and helpful staff handles more than 60,000 calls per month using the latest technology guaranteed to facilitate prompt service for our riders. It continues with our well-maintained vehicles and professional drivers who focus on providing transportation that is safe, efficient and responsive. We pride ourselves on hiring only local employees.

### Yellow/Checker Cab of Memphis

581 S 2nd Street Memphis, TN 38126 (901) 577-7777

Yellow/Checker Cab traces its roots to 1856. We were the first company in Memphis to offer wheelchairaccessible taxicabs. With these vehicles, Yellow Cab and Checker Cab are able to offer wheelchair transportation at taxicab rates. Never Apologize For Being Sensitive Or Emotional. Let This Be A Sign That You've Got A Big Heart And Aren't Afraid To Let Others See It.



### **SUPPORT SERVICES**

\*\*SPECIAL NOTE: Due to public safety concerns related to COVID-19, individuals should contact support groups regarding meeting dates and times.

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Getting the right care sometimes means cancer patients must travel away from home, often to a cancer treatment facility in another city, which places even more of an emotional and financial burden during what is already a challenging time.

The American Cancer Society strives to make this difficult situation easier for cancer patients and their families through more than 25 Hope Lodges nationwide, which provide free, temporary housing for cancer patients who are undergoing treatment. But Hope Lodges are more than just a place to stay - they provide a home-like nurturing environment, so patients can get support from others going through the same experience. A cancer survivor's recovery involves much more than medical treatments; it takes hope to heal. Hope Lodge offers the warmth and security of home in a setting where the love and encouragement of others enlighten and inspire guests. At Hope Lodge, guests rally around each other, building life-affirming connections and lifetime friendships.

Hope Lodge not only provides patients with a place to stay, but it also offers a supportive and safe environment where patients can focus on wellness. Onsite security is provided 24-hours a day Sunday through Thursday. A full crew of American Cancer Society staff and volunteers help create a relaxing and informative environment, providing around the clock "awake" service. In addition, Hope Lodge guests have access to the American Cancer Society's nationally acclaimed National Cancer Information Center and Web site. These services connect cancer patients and caregivers to information on cancer, local resources, support groups, and patient service programs. In addition to a comfortable and resourceful environment, Hope Lodge also provides convenient accommodations such as private rooms and bathrooms, with space for a family member or caregiver. Lodges offer kitchen facilities and rooms for gathering to watch TV or to share encouragement. Transportation

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### A Fitting Place

Regalia Shopping Center 6150 Poplar Ave #111 Memphis, TN 38119 **901-683-0210** http://www.afittingplacememphis.com/ fitting\_place@bellsouth.net

A Fitting Place, Inc. is a Memphis-based lingerie and post-mastectomy clothing specialist. We offer a wide range of premium intimate apparel brands, mastectomy bras, swimwear and prosthesis of the highest quality to suit the lifestyle of each woman. Our goal is to make every woman feel beautiful and to give you back your confidence after your surgery.

We serve women of all ages, stages and sizes. Our wide selection offers customers many choices of lingerie, swimwear and undergarments. Our shop respects women who are going through chemotherapy, having a mastectomy, and all those who have endured their battle with cancer. We salute you! We hope you find just what you are looking for... the perfect fit!

### American Cancer Society-Harrah's Hope Lodge

718 Union Ave Memphis, TN 38103 901-524-5500 http://www.cancer.org/hopelodgememphis

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### **SUPPORT SERVICES**

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to nearby treatment is also provided through the Lodges.

### American Cancer Society-Memphis

5101 Wheelis Drive Ste 100 Memphis, TN 38117 **901-278-2000** http://www.cancer.org/ http://www.cancer.org/treatment/ supportprogramsservices/app/resource-detail.aspx; http://www.cancer.org/treatment/ supportprogramsservices/index

This is the local Memphis branch of the American Cancer Society. The American Cancer Society is nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

The American Cancer Society offers a variety of education & support services including: various styles of wigs free of charge, turbans, scarves, and hats. Assistance is based upon available supply. The Look Good Feel Better Program, is a free service which teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and radiation treatments, provided by certified/trained cosmetologists.

### **Baptist Memorial Health Care**

80 Humphreys Blvd, Suite 340 Memphis, TN 38120 https://www.baptistcancercenter.com/services/ support-groups

Support groups are an important part of recovery for cancer patients. Knowing that other people have come to terms with a similar diagnosis, meeting fellow cancer survivors, and even going through treatments with a

#### Continued from the previous section...

friend can provide the emotional support patients need for recovery. Being around other cancer survivors and fighters can be hugely helpful since they understand what you're going through without explanation. If you are interested in joining a support group or survivors network please talk to your physicians and nurses.

### Breast Cancer Education and Support Group

Baptist Memorial Health Care 80 Humphreys Blvd, Ste. 340 Memphis, TN 38120 (901) 226-0827, Lee Gray, RN (901) 226-3585, Ellen Eisen, LCSW

For any woman who has been diagnosed with breast cancer. This group meets the 3rd Wednesday of every month from Noon - 1:30 PM.

### **Breast Cancer Survivor Network**

Baptist DeSoto Hospital (662) 772-3239, Bridget Tunstall, Facilitator

Meets the 1st Wednesday of each month at Noon. Lunch is provided free of charge.

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| SUPPORT SERVICES

### Breastcancer.org

610-642-6550 http://breastcancer.org/

Breastcancer.org is a nonprofit organization dedicated to providing the most reliable, complete, and up-to-date information about breast cancer. Our mission is to help people make sense of the complex medical and personal information about breast health and breast cancer, so they can make the best decisions for their lives.. We should always have three friends in our lives one who walks ahead who we look up to and follow; one who walks beside us, who is with us every step of our journey; and then, one who we reach back for and bring along after we've cleared the way."

## Michelle Obama

### **Cancer Net**

888-651-3038 contactus@cancer.net http://www.cancer.net/

The best cancer care starts with the best cancer information. With nearly 40,000 members who are leaders in advancing cancer care, the American Society of Clinical Oncology (ASCO) is the voice of the world's cancer physicians. ASCO's patient information website -- Cancer.Net (www.cancer.net) -- brings the expertise and resources of ASCO to people living with cancer, and those who care for and care about them. Well-informed patients are their own best advocates and invaluable partners for physicians. Cancer.Net provides timely, comprehensive information to help patients and families make informed health care decisions. Cancer.Net is supported by the Conquer Cancer Foundation.

### SUPPORT SERVICES

### Cancer Support Network at FedEx

901-224-3436, Pat Cranston cancernetwork@mail.fedex.com

The Cancer Support Network at FedEx is made up of FedEx employees whose lives have been impacted by cancer as a survivor, caregiver, friend, or colleague.

We strive to give FedEx employees many resources for their battle against cancer. Managers can request a free canvas tote bag that displays the FedEx logos and allows for team members to sign messages on the outside. Each bag includes a suggestion sheet for coworkers as to what to put in the bag and team members can sign the bag before presenting to the employee. The support group also has a "buddy list" that is a great tool to suggest to current FedEx employees that are experiencing cancer or are a caregiver to someone with cancer. By sending an e-mail to cancer@fedex.com, anyone can request to be paired with a "buddy" who has been through a similar situation.



P.O. Box 26 Cordova, TN 38088 901-921-0923 www.caregiversrespite.org

Caregivers Respite is an organization devoted to the encouragement, education, and motivation of caregivers from all walks of life. The organization's goal is to help caregivers take better care of themselves as well as their loved ones. We accomplish this mission through our Caregiver's Rest Conference, monthly group meet-ups, and other services.

### Carin' and Sharin' Education and Support Group

1115 Union Ave Memphis, TN 38104 901-484-9624 http://www.carinsharin.org/

The Carin' and Sharin' Breast Cancer Education and Support Group was organized in 1989, by Gwendolyn Brown, an oncology social worker, to address some of the issues related to the rising mortality rate among socio-economically disadvantaged, inner city, African-American women in the Memphis area. Meetings focused on education and group support happen during informal meals after each session.



### Men's Health Network

Judy Seals-Togbo (901) 830-9886 judyst@menshealthnetwork.net

Men's Health Network (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness and disease prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.

### **Pink Ribbons**

716 N White Station Rd Memphis, TN 38122 901-417-6060 susanandlynn@pinkribbonsmemphis.com http://www.pinkribbonsmemphis.com/

Pink Ribbons Mastectomy and Lymphedema Boutique will strive to assist each woman who comes through our doors, regain or maintain her self-esteem and good body image that was altered during and after her breast cancer treatment. We will strive to make every woman feel complete and balanced through properly fitting and beautiful garments.

### SUPPORT SERVICES

### Richard & Annette Bloch Cancer Survivors Park

701 Perkins Exd Memphis, TN 38117 https://www.memphistn.gov/parks/parks/cancer\_ survivors\_park/

Over ten years ago, several cancer survivors embarked on a mission to bring a Cancer Survivors Park to Memphis. Through a \$1 million dollar grant from the R. A. Bloch Cancer Foundation, this mission has been completed. The Memphis Cancer Survivors Park has been carved out of 2 acres of Audubon Park and is located on the west side of the Botanic Garden, across from Theater Memphis. This is the 23rd Cancer Survivors Park that has been funded nationally. The R. A. Bloch Foundation grants funds for parks that will encourage, inspire and celebrate survivorship. All the parks share three elements which the Bloch Foundation donates: A sculpture created by Mexican Sculptor Victor Salmones that consists of eight life-size figures passing through a maze depicting the cancer journey; A "Positive Mental Attitude Walk" containing fourteen plaques - four of which are inspirational and ten containing suggestions for fighting cancer; A "Road to Recovery" that consists of seven plaques explaining what cancer is and some actions to take to overcome the disease.

### Sassy Sparrows Breast Cancer Survivor Group

Baptist Cancer Center 504 Azalea Drive Southaven, MS (662) 513-9609

For survivors and those who have lost loved ones to Breast Cancer. Meets the 3rd Saturday, monthly, at 11:30am.

### **SUPPORT SERVICES**

### Seeds 2 Life

1020 Semmes Street Memphis, TN 38111 901-219-0568 http://seeds2life.org/

Seeds 2 Life, Inc. is a non-profit, 501(c)(3) organization dedicated to improving the health conditions for women and girls though innovative self-breast exams, breast cancer education, and support services. Our goal is to support mastectomy patients with the Necessities Bag which gives information and supplies to aid recovery. We also provide a resource for surgeons and nurses to improve communication with patients about the challenges of major surgery. The Necessities Bag<sup>™</sup> is a reusable tote filled with bandages and essentials for wound care, hygiene and personal comfort. The Necessities Woman to Woman Guide to Prepare for Mastectomy<sup>©</sup> offers practical information for women as well as their concerned caregivers to navigate pre-surgical turmoil, and anticipate the challenges of homecoming. Necessities Bags are lovingly assembled by volunteers, and are distributed only by medical professionals.

### Sisters Network Memphis

Annie Webster, President C/O St. Paul Baptist Church Pastor Christopher Davis 2124 East Holmes Road Memphis, TN 38116 (901) 484-0265 sistersnetworkmem@gmail.com www.sistersnetworkmemphis.org

Sister's Network Memphis Chapter is an affiliated chapter of Sister's Network®, Inc. (SNI), which is committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community. Sisters Network® Inc., founded in 1994, is a leading voice, and the only

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national African Americanbreast cancer survivorship organization in the United States.

The group meets the second Saturday of every month at 11 am.

### STAARS Breast Cancer Support Group

901-319-9099 staarsgroup@yahoo.com www.staarsmemphis.com

S.T.A.A.R.S stands for Surviving Thriving African Americans Rallying Support. The mission of S.T.A.A.R.S is to educate, encourage and empower breast cancer survivors and co-survivors and to be visible and vocal in the fight against breast cancer. We are committed to our mission to be "visible and vocal" in the fight against breast cancer.

The STAARS group meets the first Saturday of every month from 11 am to 12:30 pm at Delta Medical Center, 3000 Getwell Road, in the Professional Office Building.

> Start where you are. Use what you have. Do what you can.

> > Arthur Ashe

Continued in next section...



### Support Services at Baptist-Desoto

7601 Southcrest Parkway, Southaven MS 38671 662-772-4000 info.desoto@bmhcc.org http://www.baptistcancercenter.com/bcc/ locations/desoto/

The Baptist Cancer Center that is part of Baptist Memorial Hospital - DeSoto provides a variety of radiology services and compassionate care to all cancer patients. BCC DeSoto has many resources for patients including nurse navigators. Nurse Navigators help coordinate care, locate community resources and offer support to patients throughout their treatment.

### The Pink House

P.O. Box 249 Arlington, TN 38002 **901-430-6391** https://thepinkhouse.org/

The Pink House is a nonprofit organization that will effectively change the lives of individuals and their entire families who are battling cancer. This will be achieved by providing a variety of resources needed, Preparing people for their transition in life, and Pushing individuals towards a prosperous and healthy lifestyle. The Pink House meets every first Saturday of each month. We use this time to allow presentations to be made from business and health professionals, to discuss upcoming Pink House events and plans and to provide support to individuals in need. Our meetings are open to the public.

### SUPPORT SERVICES

### **Rainbow of Hope**

St. Luke's United Methodist Church 480 S. Highland Memphis, TN 38111 **901-550-8532,** Jacquelyn

Rainbow of Hope support group teaches, supports, and encourages men and women with faith and inspiration. The support group meets the 4th Saturday of each month at 11:00 am.

### Wings Supportive Services

7945 Wolf River Boulevard Germantown, TN 38138 901.683.0055 ext. 65222, Wendy Brown www.westcancercenter.org/philanthropy/give/ wings-supportive-services/

The WINGS Supportive Care Division provides a comprehensive platform to address the holistic needs of our patients – whether it is spiritual support, nutritional and wellness services, or access to screening services for the underserved in our community. Together with our dedicated WINGS volunteers and generous benefactors, the WINGS Supportive Care Division provides our patients the support and resources they need for their cancer journey and beyond, at no additional cost to the patient. Patients have access to comprehensive and individualized wellness and support resources from diagnosis all the way through survivorship.

The WINGS Supportive Services provides Care Support, Genetic Counseling, Form Fitting and Wigs, Support Groups, Spiritual Services, Nutrition, Psychology, and a Lymphedema Program. Join us as we make Memphis the destination for adult cancer care and research.

This support group meets the 1st Tuesday of each month from 6:00pm – 7:30pm. This group is open to all women touched by cancer.



Memphis Breast Cancer Consortium

Members

American Cancer Society Amerigroup Tennessee **AVON Breast Cancer Crusade** Baptist Cancer Center **Baptist Memorial Health Care** BlueCross BlueShield of Tennessee Carin' and Sharin' **Christ Community Health Services** Church Health Cigna Healthcare of TN-Memphis **City of Memphis** Common Table Health Alliance Genentech, Inc. Memphis Health Center Memphis Obstetrics and Gynecological Association Memphis-Riverbluff **Black Nurses Association** Men's Health Network

Methodist Le Bonheur Healthcare Patient Advocate Foundation

N TABLE IS THE ADMINISTRATIVE HOME OF

Regional One Health Seeds 2 Life, Inc. Shelby County Health Department Shelby County Tennessee Alumnae

Chapter of Delta Sigma Theta Sorority, Inc.

Shelby County Tennessee Chapter of the Links, Incorporated

Sisters Network

STAARS

Susan G. Komen Memphis -MidSouth Mississippi

Tennessee Cancer Coalition

Tennessee Department of Health

### The Pink House

The University of Tennessee Health Science Center

### United Healthcare

University of Memphis School of Public Health

### Vanderbilt Ingram Cancer Center

West Cancer Center



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Notes	

# IT'S THE EVERYDAY THAT CHANGES EVERYTHING

We believe in more than the big breakthroughs. And more than the next big thing.

We believe in the day-in day-out work of making science happen. And the millions of little victories — and failures — in between the breakthroughs. Because to us, it's the daily effort of everyday people that changes the future. So we don't stop. We keep working. Every day.



### 1 IN 8 WOMEN ARE AFFECTED WITH BREAST CANCER. TAKE CONTROL OF YOUR HEALTH AND COMMIT TO DO THE FOLLOWING:



I WILL DO MONTHLY BREAST SELF-EXAMS SO I KNOW WHAT MY "NORMAL" FEELS LIKE. I WILL SCHEDULE MY MAMMOGRAM TODAY.



I WILL TALK WITH MY MEDICAL PROVIDER ABOUT A REGULAR MAMMOGRAM SCHEDULE APPROPRIATE FOR MY AGE AND HEALTH HISTORY. I WILL FIND OUT ABOUT MY FAMILY'S MEDICAL HISTORY.



I WILL GET A CLINICAL EXAM OF MY BREASTS WITH A DOCTOR OR OTHER PROVIDER EVERY YEAR. I WILL ENCOURAGE MY FRIENDS AND FAMILY TO GET THEIR MAMMOGRAMS.



I WILL MAINTAIN MY IDEAL WEIGHT. I WILL LIMIT ALCOHOL AND NICOTINE CONSUMPTION. I WILL GET ACTIVE – 30 MINUTES OF EXERCISE DAILY.