

## Community Resource List

 For further assistance, please contact the oncology social worker at 310-517-1230.

General information	Notes	Contact information
<b>American Cancer Society®</b>	Information on cancer care, community resource referrals and support for patients, family and caregivers.	<b>800-227-2345</b> <b>Cancer.org</b>
<b>American Society of Clinical Oncology (ASCO)</b>	Founded in 1964, the American Society of Clinical Oncology is the world's leading professional organization for physicians and oncology professionals caring for people with cancer.	<b>asco.org</b>
<b>ASCO Survivorship Guidelines</b>	Doctor-approved patient information from ASCO. The Cancer.Net® survivorship section provides helpful information for cancer survivors and their friends and family.	<b>Cancer.net/survivorship</b>
<b>CancerCare®</b>	Information on cancer types, counseling, support groups, educational workshops and financial assistance.	<b>800-813-4673</b> <b>CancerCare.org</b>
<b>American Institute for Cancer Research (AICR)</b>	10 cancer prevention recommendations from the AICR.	<b>aicr.org/cancer-prevention</b>
<b>National Cancer Institute</b>	Information on the different types of cancer including diagnosis, treatment, screening, prevention and research.	<b>800-422-6237</b> <b>Cancer.gov (LiveHelp available)</b>
<b>National Comprehensive Cancer Network® (NCCN®)</b>	Provides cancer information and treatment guidelines. Sets standards for patient care, research and education.	<b>215-690-0300</b> <b>nccn.org</b>
<b>OncoLink®</b>	Information, resources and educational tools and guides on various cancer topics.	<b>oncolink.org</b>
<b>Torrance Memorial Hunt Cancer Center</b>	The Hunt Cancer Center serves as a hub for cancer care by housing physicians, clinical trials, an infusion center, nurse navigators, cancer education and genetic counseling services in one convenient location. The Torrance Memorial Physician Network – Cancer Care oncology and hematology medical group, along with community and Cedars-Sinai specialists, are located at the Hunt Cancer Center, increasing patient convenience and enhancing cross-disciplinary collaboration.	<b>310-750-3300</b> <b>TorranceMemorial.org/huntcancercenter</b>
<b>Torrance Memorial Hunt Cancer Institute</b>	The Donald and Priscilla Hunt Cancer Institute at Torrance Memorial is a fully accredited cancer program by the American College of Surgeons Commission on Cancer. Our community of cancer experts provide highly skilled care and compassionate support and services through the journey of cancer treatment and beyond. From screening through diagnosis and treatment into survivorship, we are fully dedicated to the principle of complete care for people with cancer and their loved ones.	<b>310-517-7077</b> <b>TorranceMemorial.org/huntcancerinstitute</b>
<b>Triage Cancer</b>	Provides cancer survivorship education and information.	<b>TriageCancer.org</b>

Appearance	Notes	Contact information
<b>Beauty Bus</b>	Free in-home beauty and grooming services to men and women with an illness or condition that prevents them from accessing a salon/spa.	<b>310-392-0900</b> <a href="http://BeautyBus.org">BeautyBus.org</a>
<b>Evelyn's Corner</b>	Free in-home beauty and grooming services to men and women with an illness or condition that prevents them from accessing a salon/spa.	<b>310-517-4711</b>
<b>Helen's Room</b>	Free confidential consultation and products to help improve appearance.	<b>9100 S. Sepulveda Boulevard Suite 216, Los Angeles, CA 90045 310-524-9429   <a href="http://HelensRoom.com">HelensRoom.com</a></b>
<b>Knitted Knockers</b>	Soft, comfortable, knit prosthetics for breast cancer survivors.	<b>Contact: Barbara Demorest 360-595-3278 <a href="http://KnittedKnockers.org">KnittedKnockers.org</a></b>
<b>Nordstrom Breast Prosthesis Program</b>	Special fitting for intimate apparel following a mastectomy, lumpectomy or other reconstructive breast surgery. Some insurance may cover.	<b>Lingerie Department (in-person fittings have resumed at these locations: Los Cerritos Center, Brea Mall, Irvine Spectrum Center). Appointment required. Los Cerritos Center, fitting specialist: 562-924-0940</b>
<b>Orthopaedic Rehabilitation Center</b>	Breast prosthesis.	<b>310-320-2110 <a href="http://2375.W.TorranceBoulevard">2375 W. Torrance Boulevard</a> Torrance, CA 90501</b>
<b>Tender Loving Care (tlc) (American Cancer Society)</b>	Offers affordable hair loss, mastectomy products and clothing, along with advice and support on how to use those products.	<b>800-850-9445 <a href="http://TLCDirect.org">TLCDirect.org</a></b>
Career/work	Notes	Contact information
<b>Cancer and Careers</b>	Supportive information and guidance on working through treatment, including, job search, interactive tools and educational events.	<b>646-929-8032 <a href="http://CancerAndCareers.org">CancerAndCareers.org</a></b>
<b>Job Accommodation Network (JAN)</b>	Assistance with questions about workplace accommodations or the Americans with Disabilities Act (ADA) and related legislation.	<b>800-526-7234 <a href="http://AskJan.org">AskJan.org</a> (live chat available)</b>
Caregivers/home support	Notes	Contact information
<b>Beach Cities Health District (Beach Cities residents only)</b>	Errand volunteer program offers trained volunteers who can drive clients to the grocery store or pharmacy or do the shopping for them.	<b>310-374-3426 ext. 8256 <a href="http://bchd.org">bchd.org</a></b>
<b>In-Home Supportive Services (IHSS) (Medi-Cal program)</b>	For Medi-Cal recipients only. No cost for limited caregiving hours unless recipient has a Share of Cost (SOC). You must have or are eligible for Medi-Cal in order to receive IHSS benefits.	<b>To enroll for IHSS: 888-944-4477 <a href="http://dpss.LACounty.gov/en/senior-and-disabled/ihss.html">dpss.LACounty.gov/en/senior-and-disabled/ihss.html</a></b>
<b>Private home care agencies</b>	Caregivers are licensed, bonded and insured and may cost more.	<b>Call 310-517-1230 for a list of agencies.</b>

Caregivers/home support (cont.)	Notes	Contact information
<b>Personal Assistance Services Council (PASC)</b>	For IHSS recipients only. Registry that provides listings of IHSS-certified caregivers. Emergency backup program is also available.	877-565-4477 <a href="http://pascla.org">pascla.org</a>
<b>South Bay Village</b>	Volunteer-based organization that provides services to individuals at home in order to remain active and engaged in their community. Annual service fee may apply.	424-271-2304 <a href="http://sbvill.org">sbvill.org</a>
Clinical trials	Notes	Contact information
<b>National Cancer Institute Supported/sponsored clinical trials</b>	Find NCI-supported clinical trials that are sponsored or otherwise financially supported by NCI. Searchable by type of cancer and locations.	800-4-CANCER (800-422-6237)
Counseling/support	Notes	Contact information
<b>American Cancer Society (Reach To Recovery)</b>	Matches trained volunteer breast cancer survivors with those facing or living with a breast cancer diagnosis to provide one-on-one support.	800-227-2345 <a href="http://Reach.Cancer.org">Reach.Cancer.org</a>
<b>Beach Cities Health District (Beach Cities residents only)</b>	Offers free support groups for family caregivers, peer support, Conversation Companions at home, MemoryClub (for those impacted by dementia), bereavement support, etc.	310-374-3426 <a href="http://bchd.org">bchd.org</a>
<b>Bereavement Support Group (Torrance Memorial Medical Center)</b>	Groups for those who have experienced the death of a spouse, child, parent or loved one.	Bereavement Coordinator 310-703-3352
<b>CancerCare</b>	Free telephone counseling for people with cancer, caregivers and loved ones. Online supports groups are also available.	800-813-4673 <a href="http://CancerCare.org">CancerCare.org</a>
<b>Cancer Hope Network</b>	One-on-one support to cancer patients by matching them with a trained volunteer cancer survivor who had a similar experience.	877-467-3638 <a href="http://CancerHopeNetwork.org">CancerHopeNetwork.org</a>
<b>Cancer navigation (Livestrong)</b>	Free, confidential and personalized support to patients and caregivers who are affected by cancer.	855-220-7777 <a href="http://Livestrong.org/we-can-help">Livestrong.org/we-can-help</a>
<b>Cancer Support Community South Bay</b>	Free short-term counseling, wellness programs, networking groups, educational events and support groups for individuals and their families impacted by cancer. Programs for children are also available.	310-376-3550 <a href="http://CSCSouthBay.org">CSCSouthBay.org</a> Cancer Support Helpline: 888-793-9355
<b>Cancer Resource Center (Torrance Memorial Medical Center)</b>	Support groups and community classes are available for individuals and families dealing with cancer. Free, short-term individual and family counseling are also offered.	310-517-7077 <a href="http://TorranceMemorial.org">TorranceMemorial.org</a>
<b>Men's Cancer Support Group</b>	This support group is a gathering of men living with or recovering from any type of cancer. This group meets the first and third Monday of the month at 10 am via Zoom.	Rev. Jan Arthur Lee 310-891-6694 <a href="mailto:jan.lee@tmmc.com">jan.lee@tmmc.com</a>
<b>Mindpath Health</b>	Comprehensive psychological and psychiatric services for individuals, families, couples and groups. Multiple locations. Accepts insurance.	855-427-2778 <a href="http://Mindpath.com">Mindpath.com</a>
<b>Heritage Clinic</b>	Mental health services for adults 55 and over that can be provided at home or in the clinic. Accepts Medicare, Medi-Cal and a sliding fee.	562-264-6001 <a href="http://HeritageClinic.org">HeritageClinic.org</a>
<b>Imerman Angels</b>	International mentorship program for patients and caregivers impacted by (any) cancer.	866-463-7626 <a href="http://ImermanAngels.org">ImermanAngels.org</a>

Counseling/support (cont.)	Notes	Contact information
<b>Insights (Independence at Home)</b>	Free counseling at home for 55 and over (seniors and disabled adults) and their caregivers.	866-563-7380 <a href="http://IndependenceAtHome.org">IndependenceAtHome.org</a>
<b>National Suicide Prevention Lifeline</b>	24/7 free and confidential support for people in distress and prevention and crisis resources for you or your loved ones.	800-273-8255 <a href="http://SuicidePreventionLifeline.org">SuicidePreventionLifeline.org</a>
<b>SHARE Cancer Support</b>	Available helpline for patient and caregivers affected by breast or ovarian cancer. Patients have an option to speak with someone who has similar cancer experience.	Helpline: 844-275-7427 <a href="http://ShareCancerSupport.org">ShareCancerSupport.org</a>
<b>USC Telehealth</b>	Free video counseling for those in need of support. Must have high speed internet and computer with camera/iPad®/laptop.	866-740-6502 <a href="http://USCTelehealth.com">USCTelehealth.com</a>
<b>WE CAN: Women Empowered Cancer Support Group</b>	This group empowers women to face their diagnosis, recurrence or experience as a cancer survivor with resilience and support. Meetings take place on the second and fourth Tuesday of each month online via Zoom with a telephone call-in option available.	Anne Milliken, RN, BSN, OCN® Oncology nurse navigator 310-517-1115 <a href="mailto:anne.milliken@tmmc.com">anne.milliken@tmmc.com</a>
<b>Women in Treatment Support Group</b>	Join other women with a cancer diagnosis for support, guidance and resources-sharing. Second and fourth Wednesday of each month at 5 – 6:30 pm via Zoom.	Brittany Rudinica, LCSW, OSW-C Oncology social worker 310-517-1230 <a href="mailto:brittany.rudinica@tmmc.com">brittany.rudinica@tmmc.com</a>
Child care	Notes	Contact Information
<b>Child Care Alliance of Los Angeles (Crystal Stairs, Inc)</b>	Assists parents in finding and identifying quality child care. A referral specialist is available to personalize your search, provide information and referrals to financial assistance and special needs.	888-543-7247 <a href="http://ccala.net">ccala.net</a> or <a href="http://CrystalStairs.org">CrystalStairs.org</a>
<b>First 5 California</b>	For guidance and resources about child care options.	<a href="http://First5California.com">First5California.com</a>
<b>Subsidized child care</b>	To see if you qualify for free or reduced cost child care and after school care, call the California Child Care Resource & Referral Network.	800-543-7793 <a href="http://RRNetwork.org">RRNetwork.org</a>
Disability	Notes	Contact Information
<b>State Disability Insurance (SDI) (State of California)</b>	Provides benefits to workers who are unable to work due to non-work-related illness, injury or pregnancy. This is a temporary, short-term disability benefit that is payable up to one year.	800-480-3287 To apply online: <a href="http://edd.ca.gov">edd.ca.gov</a>
<b>Social Security Disability Insurance (SSDI)</b>	Payments made to the disabled individual or their eligible family members. Must be a “covered” employee (has work requirements) who is unable to work because of a severe medical condition that has lasted or is expected to last at least one year or end in death.	To apply in-person: 800-772-1213 (making an appointment is highly encouraged) To apply online: <a href="http://ssa.gov">ssa.gov</a>
<b>Supplement Security Income (SSI)</b>	A cash benefit program for low-income persons 65 and over and for blind and disabled persons of any age. SSI has no work history requirements.	To apply online: <a href="http://ssa.gov">ssa.gov</a>
Family caregivers	Notes	Contact information
<b>Caregiver Support Group (Torrance Memorial Medical Center)</b>	General Caregiver Support Group is held every Tuesday from 12:30 – 1:30 pm. Virtual support group on Zoom. Call for Zoom link.	310-517-4701 <a href="http://TorranceMemorial.org">TorranceMemorial.org</a>
<b>Cancer Support Community South Bay</b>	Free individual counseling and support group for family caregivers of people with cancer.	310-376-3550 <a href="http://CSCSouthBay.org">CSCSouthBay.org</a>
<b>Help for Cancer Caregivers</b>	Resources and support for improving the health and well-being of people who care for those with cancer.	<a href="http://HelpForCancerCaregivers.org">HelpForCancerCaregivers.org</a>
<b>Cancer Hope Network</b>	Offers one-on-one confidential support to those who are caring for a cancer patient.	877-467-3638 <a href="http://CancerHopeNetwork.org">CancerHopeNetwork.org</a>

<b>Family caregivers (cont.)</b>	<b>Notes</b>	<b>Contact information</b>
<b>LA Caregiver Resource Center (USC Family Caregiver Support Center)</b>	Provides information, resources and support to family caregivers.	800-540-4442 fscsgero.org
<b>Fertility</b>	<b>Notes</b>	<b>Contact information</b>
<b>Fertility Program (Livestrong)</b>	Information on understanding fertility risks, options and access to fertility preservation discounts.	877-236-8820 Livestrong.org/what-we-do/ program/fertility
<b>Southern California Reproductive Center</b>	Provides comprehensive care and innovative technologies to optimize the chances for success in fertility/reproduction.	877-735-1182 scrcivf.com
<b>UCLA Fertility and Reproductive Health Center</b>	Comprehensive reproductive health services including individualized planning, counseling and fertility preservation.	310-794-7274 obgyn.ucla.edu/fertility
<b>Verna's Purse (ReproTech)</b>	Financial assistance for secure, long-term reproductive tissue storage including embryo, semen, oocyte and ovarian tissue freezing.	888-831-2765 VernasPurse.org
<b>Will2Love</b>	Self-help online programs and resources, offers a complete toolkit to prevent or overcome cancer-related problems with sexuality or fertility.	832-644-0406 Will2Love.com
<b>Financial assistance</b>	<b>Notes</b>	<b>Contact information</b>
<b>CancerCare (A Helping Hand online database)</b>	Helps with treatment-related costs such as co-payments, transportation, home care and childcare. Visit the website for eligibility guidelines and covered diagnoses. A resource database is also available.	800-813-4673 CancerCare.org CancerCare.org/helpinghand
<b>Cancer Finances (Triage Cancer)</b>	Toolkit to help navigate and manage cancer finances.	CancerFinances.org
<b>Financial Assistance Program (Torrance Memorial Medical Center)</b>	Provides financial assistance to low-income, uninsured and underinsured patients on a TMMC-related bill. Eligibility and income requirements apply.	310-517-4765 TorranceMemorial.org
<b>HealthWell Foundation</b>	Financial assistance for co-pays, premiums, deductibles and out-of-pocket expenses. Must have a primary health insurance that covers part of treatment. Income requirements may apply.	800-675-8416 HealthWellFoundation.org
<b>Patient Advocate Foundation Co-Pay Relief (PAF CPR) program</b>	Offers assistance to patients with specific issues related to their insurer, employer and/or creditor regarding insurance, job retention and/or debt crisis matters relative to their diagnosis of life threatening or debilitating diseases. Provides direct financial assistance in eligible cases.	866-512-3861 Copays.org
<b>Triage Cancer</b>	Provides cancer support and education on applying for disability and financial assistance.	TriageCancer.org
<b>Genentech Oncology Co-pay Assistance Program</b>	Provides reliable, effective access and reimbursement support to assist your patients and practice.	CopayAssistanceNow.com
<b>Bristol Myers Squibb Access Support®</b>	If you have commercial insurance, they may be able to help you pay your out-of-pocket costs for prescribed Bristol Myers Squibb medicines. Some Bristol Myers Squibb medications are available free of charge. If you are struggling to make ends meet financially, do not have insurance that pays for your Bristol Myers Squibb medication, and meet other requirements, they may be able to help.	BMSAccessSupport. BMSCustomerConnect.com/patient
<b>Amgen FIRST STEP™ Program</b>	The Amgen FIRST STEP Program is here to help eligible commercially insured patients pay for their out-of-pocket prescription costs, including deductible, co-insurance, and co-payment.	AmgenFirstStep.com

Financial assistance	Notes	Contact information
<b>Novartis Oncology Universal Co-pay Program</b>	The Novartis Oncology Universal Co-pay Program is available for almost all Novartis Oncology medicines. Eligible individuals with private insurance may pay \$25 per month and Novartis will pay the remaining co-pay, up to \$15,000 per calendar year, per product.	<a href="http://Copay.NovartisOncology.com">Copay.NovartisOncology.com</a>
<b>Leukemia &amp; Lymphoma Society (LLS)</b>	LLS's Co-Pay Assistance Program offers financial support toward the cost of co-pays for insurance and covered prescription drugs, and insurance premiums. Patients must qualify both medically and financially for this program.	<a href="http://lls.org/support-resources/financial-support/co-pay-assistance-program">lls.org/support-resources/financial-support/co-pay-assistance-program</a>
<b>Patient Access Network Foundation</b>	The PAN Foundation offers nearly 70 disease-specific assistance programs. The assistance programs help patients pay for their out-of-pocket costs, including deductibles, co-pays and coinsurance, health insurance premiums, and transportation expenses to get to treatment.	<a href="http://PANFoundation.org">PANFoundation.org</a>
<b>CancerCare Co-Payment Assistance Foundation</b>	Helps people with cancer overcome financial access and treatment barriers by assisting them with co-payments for their prescribed treatments. Offers easy-to-access, same-day approval over the phone and online.	<a href="http://CancerCare.org/copayfoundation">CancerCare.org/copayfoundation</a>
<b>NeedyMeds</b>	NeedyMeds is an online information resource of programs that provide assistance to people who are unable to afford their medications and health care costs.	<a href="http://NeedyMeds.org">NeedyMeds.org</a>
Fitness/wellness	Notes	Contact information
<b>Withee Acupuncture</b>	Acupuncture treatment for cancer-related side effects, such as nausea, vomiting, fatigue, pain, constipation, diarrhea, etc.	<b>2820 Sepulveda Boulevard, Torrance, CA 90505 310-325-8500 <a href="http://WitheeAcupuncture.com">WitheeAcupuncture.com</a></b>
<b>Beach Cities Health District (Beach Cities residents only)</b>	Free wellness workshops and social events. "MoveWell In-Home Exercise" Program also offers weekly exercise specialist visits at home.	<b>310-374-3426 <a href="http://bchd.org">bchd.org</a></b>
<b>Cancer Support Community South Bay</b>	Offers free wellness workshops, lectures and mind-body/stress reduction programs such as yoga, tai chi, meditation, reiki, Zumba, etc.	<b>310-376-3550 <a href="http://CSCSouthBay.org">CSCSouthBay.org</a></b>
<b>Rehabilitation Services (Torrance Memorial Medical Center)</b>	One-on-one rehabilitative care to improve quality of life by addressing impairments and restoring function. Physician prescription required. Medicare and most private insurances are accepted.	<b>310-517-4735 (to schedule an appointment) 310-517-4711 (lymphedema screening)</b>
<b>Wellness Classes (Torrance Memorial Medical Center)</b>	Offers services including massage, Feldenkrais Method®, yoga, tai chi, inner core fitness, balance, muscle and back strengthening, sleep techniques, Pilates, etc. Fees vary per class. Pre-registration is required.	<b>310-517-4711 <a href="http://TorranceMemorial.org/classes">TorranceMemorial.org/classes</a> Location: TMMC or Malaga Cove</b>
<b>Integrative Therapy (Torrance Memorial Medical Center)</b>	Combines healing modalities of yoga, reiki, aromatherapy (essential oils), nutrition and meditation/breath awareness for cancer patients in the hospital.	<b>Please ask your oncology nurse for a consultation with our integrative therapist.</b>
Food/nutrition	Notes	Contact information
<b>American Institute for Cancer Research (AICR)</b>	AICR dietary recommendations for cancer prevention.	<a href="http://aicr.org/cancer-prevention/healthy-eating">aicr.org/cancer-prevention/healthy-eating</a>
<b>Cancer and Nutrition Series (Torrance Memorial Medical Center)</b>	General information and recommendations on cancer nutrition. Every third Wednesday of the month from 5 – 6 pm on Zoom. Please call for Zoom link. Private consultations also available.	<b>Community Health Education 310-517-4711 <a href="http://TorranceMemorial.org">TorranceMemorial.org</a></b>

Food/nutrition (cont.)	Notes	Contact information
<b>CalFresh (Food Stamp/SNAP)</b>	Income-based government program that gives you benefits to buy food. People who receive SSI do not qualify.	877-847-3663 To apply online: <a href="https://www.benefitscal.org">BenefitsCal.org</a>
<b>Food banks/food pantries</b>	Distributes free food to those in need. Also connects seniors and families to food programs.	211/800-339-6993 to locate local provider   <a href="https://www.lafoodbank.org">LAFoodBank.org</a>
<b>Martha's Senior Gourmet</b>	Gourmet meal delivery service tailored to seniors and their dietary requirements. Private pay.	310-935-3877 <a href="https://www.marthaseniorgourmet.com">MarthasSeniorGourmet.com</a>
<b>Meals on Wheels (MOW)</b>	Home-delivered meals for housebound individuals. Rates may apply.	888-998-6325 <a href="https://www.mowaa.org">mowaa.org</a>
<b>Medical Nutrition Therapy (Torrance Memorial Specialty Center)</b>	One-on-one consultation and personalized recommendations by a registered dietitian. Fees apply; some conditions may be covered by insurance. Requires a physician referral.	<a href="https://www.torrancememorial.org">Torrance Memorial Specialty Center</a> <u>2841 Lomita Boulevard, 3rd Floor</u> <u>Suite 335, Torrance, CA 90505</u> 310-891-6707
<b>Project Angel Food</b>	Free, home-delivered meals to people with a life-threatening illness and unable to independently access healthy food.	323-845-1800 <a href="https://www.angelfood.org">AngelFood.org</a>
<b>Project Chicken Soup</b>	Delivers free, nutritious and kosher meals to people with serious illness.	310-836-5402 <a href="https://www.projectchickensoup.org">ProjectChickenSoup.org</a>
<b>Savor Health</b>	Personalized, clinically appropriate nutrition recommendations provided by "Intelligent Nutrition Assistant" chat bot for people with cancer and other chronic medical conditions. Based on evidence-based science.	888-721-1041 <a href="https://www.savorhealth.com">SavorHealth.com</a>
Genetic counseling	Notes	Contact information
<b>Genetic Counseling (Torrance Memorial Medical Center)</b>	Consultation for hereditary risk assessment and genetic testing, if indicated. MD referral is required. Covered by most insurance.	310-517-7077 <a href="https://www.torrancememorial.org">TorranceMemorial.org</a>
Healthcare	Notes	Contact information
<b>Harbor – UCLA Medical Center</b>	Provides emergency care, adult and pediatric medicine, psychiatric care, and specialty medicine, including cancer care to Medi-Cal recipients.	310-222-2345 <a href="https://dhs.lacounty.gov/harbor-ucla-medical-center">dhs.LACounty.gov/harbor-ucla-medical-center</a>
<b>Long Beach Comprehensive Health Center</b>	Comprehensive health services, including cancer care and referrals for individuals who are underinsured or uninsured.	<u>1333 Chestnut Ave.</u> <u>Long Beach, CA 90813</u> 562-753-2300
<b>South Bay Family Health Care</b>	Free to low-cost healthcare, including adult medicine, chronic disease management, women's health, dental, prenatal and pediatric care, behavioral health, health education and pharmacy. Multiple locations.	310-802-6170 <a href="https://www.sbfhc.org">sbfhc.org</a>
<b>Torrance Health Center (Department of Public Health)</b>	Provides free STI testing and immunizations. Triage services for medical needs.	<u>711 Del Amo Boulevard, Torrance</u> <u>CA 90502</u>   310-354-2300 <a href="https://www.PublicHealth.LACounty.gov/chs/spa8">PublicHealth.LACounty.gov/chs/spa8</a>

Home safety	Notes	Contact information
<b>Adult Protective Services (Department of Social Services)</b>	Investigates reports of abuse (physical, sexual, emotional or financial), neglect, abandonment, isolation, deprivation of the elderly (65 and over) and dependent and disabled adults (18 to 64) that results in physical harm or mental suffering. Self-neglect is also reportable.	833-401-0832 <a href="http://cdss.ca.gov/adult-protective-services">cdss.ca.gov/adult-protective-services</a>
<b>Home Improvement Program (Handyworker Program) (Home Secure Program)</b>	Free home modification program for seniors and disabled residents who meet the eligibility criteria (residency and income guidelines). Services may include disability upgrades, light plumbing, yard services, paint and minor repairs.	City of Torrance: 310-618-2731 For other cities: 213-808-8803, 213-808-8919, 866-557-7368
<b>Stay Home Safe (home modification)</b>	Home safety assessments, modifications and repairs. Also provides "smart home" technology service.	626-792-0070 <a href="http://StayHomeSafe.Com">StayHomeSafe.Com</a>
<b>Tunstall (medic alert)</b>	Medical alert system to help maintain independence and safety. Also provides medication management and telehealth services.	866-435-2617 <a href="http://Tunstall.com">Tunstall.com</a>
Housing	Notes	Contact information
<b>Affordable Living for the Aging</b>	Provides seniors with assistance and resources for affordable housing and shared housing where homeowners are matched with roommates.	323-650-7988 <a href="http://ALASeniorLiving.org">ALASeniorLiving.org</a>
<b>Airbnb and Cancer Support Community (Partnership)</b>	Free housing for cancer patients and caregivers provided they meet certain geographic and income criteria.	877-793-9355 <a href="http://CancerSupportCommunity.org/airbnb">CancerSupportCommunity.org/airbnb</a>
<b>American Cancer Society Hope Lodge®</b>	Provides lodging for cancer patients who are traveling in order to receive cancer-related treatment. Based on availability at participating hotels. Free or reduced fee.	800-227-2345 <a href="http://Cancer.org">Cancer.org</a>
<b>Always Best Care</b>	Provides placement assistance, in-home care, counseling services, memory care, care management and community education.	Mark Wecker at 310-792-8666/310-346-2005 <a href="http://AlwaysBestHomeCare.com">AlwaysBestHomeCare.com</a>
<b>CarePatrol</b>	Free placement assistance for independent living, assisted living and memory care communities.	Jason Eddy at 310-528-5616/310-844-7979 <a href="http://CarePatrol.com">CarePatrol.com</a>
<b>Housing Rights Center (Project Place Listing)</b>	Generates a monthly listing of available public housing and affordable housing for low-income, disabled and senior individuals.	800-477-5977 <a href="http://hrc-la.org">hrc-la.org</a>
<b>LA County Housing Resource Center</b>	Assists residents in locating housing resources for affordable, special needs, senior, and emergency housing.	877-428-8844 <a href="http://Housing.LACounty.gov">Housing.LACounty.gov</a>
Insurance	Notes	Contact information
<b>Covered California</b>	A marketplace for health insurance that helps individuals and families find affordable plans.	800-300-1506 (call to find the nearest enrollment centers/certified enrollers)   <a href="http://CoveredCA.com">CoveredCA.com</a>
<b>Center for Health Care Rights (Medicare counseling)</b>	Meet with a state-registered Health Insurance Counseling and Advocacy Program volunteer counselor who can provide unbiased information, counseling and assistance on Medicare coverage. Free service.	<b>Torrance Memorial Medical Center – West Tower</b> (available on Thursdays from 10 am – 1 pm). Appointment is required. Call 310-517-4666.



Insurance (cont.)	Notes	Contact information
<p><b>Medi-Cal (and other public benefits)</b></p> <ul style="list-style-type: none"> <li>▪ <b>Breast and Cervical Cancer Treatment Program (BCCTP)</b></li> <li>▪ <b>Every Woman Counts (EWC)</b></li> <li>▪ <b>Health Insurance Premium Payment (HIPPP)</b></li> <li>▪ <b>Prostate Cancer Treatment Program (PCTP)</b></li> </ul>	<p>California's Medicaid program to help pay for medical care for low-income individuals including families, children, seniors and people with disabilities. You may qualify for Medi-Cal even if you already have a primary insurance as long as you are eligible.</p> <p><u>Breast and Cervical Cancer Treatment Program (BCCTP)</u> For individuals who are diagnosed with breast and cervical cancer and are under treatment, you can get Medi-Cal if you do not have insurance and your income is less than 200% of the Federal Poverty Level.</p> <p><u>Every Woman Counts (EWC)</u> Provides free breast and cervical cancer screening and diagnostic services.</p> <p><u>Health Insurance Premium Payment (HIPPP)</u> Voluntary program that can cover services that are unavailable from third party coverage and offered by Medi-Cal. Eligibility applies.</p> <p><u>Prostate Cancer Treatment Program (PCTP)</u> Pays for prostate cancer treatment for up to 12 months for qualified individuals. Also provides information on prostate cancer screening.</p>	<p>866-613-3777 (includes self-service to find local county office) <a href="https://www.BenefitsCal.org">BenefitsCal.org</a>   <a href="https://www.CoveredCA.com">CoveredCA.com</a> <b>Breast and Cervical Cancer:</b> 800-248-0088 <a href="https://dhcs.ca.gov/services/medi-cal/pages/bcctp.aspx">dhcs.ca.gov/services/medi-cal/pages/bcctp.aspx</a> <b>Every Woman Counts:</b> 800-511-2300 <a href="https://dhcs.ca.gov/services/cancer/ewc/pages/default.aspx">dhcs.ca.gov/services/cancer/ewc/pages/default.aspx</a> <b>Health Insurance Premium Payment:</b> <a href="https://dhcs.ca.gov/services/pages/tplrd_cau_cont.aspx">dhcs.ca.gov/services/pages/tplrd_cau_cont.aspx</a> <b>Prostate Cancer Treatment Program:</b> 800-409-8252 <a href="https://dhcs.ca.gov/services/cancer/pctp/pages/default.aspx">dhcs.ca.gov/services/cancer/pctp/pages/default.aspx</a></p>
<p><b>Medicare</b></p>	<p>A federal health insurance for people age 65 or older, people under age 65 with certain disabilities and people of all ages with ESRD (end-stage renal disease).</p>	<p>To make an appointment: 800-772-1213. To apply online: <a href="https://ssa.gov/medicare">ssa.gov/medicare</a></p>
Integrative medicine	Notes	Contact information
<p><b>Cancer Support Community South Bay</b></p>	<p>Free mindfulness, yoga, guided imagery, strength, tai chi, dance and sound-healing classes for cancer patients.</p>	<p>310-376-3550 <a href="https://www.CSCSouthBay.org">CSCSouthBay.org</a></p>
<p><b>The Dempsey Center</b></p>	<p>A non-profit organization that offers free virtual educational workshops, nutrition classes, movement and fitness classes and integrative therapy workshops that are open to the public.</p>	<p>877-336-7287 <a href="https://www.DempseyCenter.org">DempseyCenter.org</a></p>
<p><b>Integrative Medicine (Torrance Memorial Medical Center)</b></p>	<p>Information and links on mindfulness, movement classes, massage and therapeutic body work and upcoming lectures.</p>	<p><a href="https://www.TorranceMemorial.org/medical_services/integrative_medicine.aspx">TorranceMemorial.org/medical_services/integrative_medicine.aspx</a></p>
<p><b>Mindfulness and Breath Work for People Impacted by Cancer (Torrance Memorial Medical Center)</b></p>	<p>Education and guided exercises on mindfulness, self-compassion, breath work skills for cancer patients and their loved ones. Thursdays from 10 – 10:45 am.</p>	<p>Community Health Education 310-517-4711 <a href="mailto:torrancememorialhealtheducation@tmmc.com">torrancememorialhealtheducation@tmmc.com</a> <a href="https://www.TorranceMemorial.org">TorranceMemorial.org</a></p>
Legal/advocacy	Notes	Contact information
<p><b>Cancer Legal Resource Center (Disability Rights Legal Center)</b></p>	<p>Information and support for cancer patients and families on issues such as working through treatment, accessing healthcare and government benefits, taking medical leave and estate planning.</p>	<p>866-843-2572 <a href="https://www.TheDRLC.org/cancer">TheDRLC.org/cancer</a></p>
<p><b>Center for Health Care Rights</b></p>	<p>The leading Medicare advocacy and education organization in California. Provides up-to-date Medicare information.</p>	<p>Main line: 800-434-0222 or 213-383-4519 <a href="https://www.HealthCareRights.org">HealthCareRights.org</a></p>

Legal/advocacy (cont.)	Notes	Contact information
<b>Coel Law (Estate Planning)</b>	Legal services for creating wills and trusts and probate and trust administration. Can provide services at home or in hospital.	949-682-8019   <a href="http://Coel-Law.com">Coel-Law.com</a> <a href="mailto:deborah@coel-law.com">deborah@coel-law.com</a>
<b>H.E.L.P.</b>	Information, education and counseling on elder care, law, finances and consumer protection. Telephone and walk-in services including brief legal consultations and workshops are also available.	310-533-1996 <a href="http://Help4SRS.org">Help4SRS.org</a>
<b>SmartLaw Lawyer Referral Service (Los Angeles County Bar Association)</b>	Free referral to a qualified attorney and provides general information about common legal issues.	213-243-1525 <a href="http://SmartLaw.org">SmartLaw.org</a>
<b>Legal Aid Foundation of Los Angeles</b>	Free or low-cost legal services including self-help information online.	800-399-4529 <a href="http://lafla.org">lafla.org</a>
<b>Medicare Rights Center</b>	A national organization that works to ensure access to affordable healthcare for older adults and people with disabilities through counseling and advocacy, educational programs and public policy.	800-333-4114 <a href="http://MedicareRights.org">MedicareRights.org</a>
<b>Patient Advocate Foundation (PAF)</b>	Provides arbitration, mediation and negotiation to settle issues with access to care, medical debt and job retention related to illness.	800-532-5274 <a href="http://PatientAdvocate.org">PatientAdvocate.org</a>
<b>Triage Cancer</b>	Provides education on legal rights and where to seek support for cancer patients.	<a href="http://TriageCancer.org">TriageCancer.org</a>
Population-specific	Notes	Contact information
<b>Cancer Support Community Los Angeles, Gay Men's Prostate Cancer</b>	Virtual support group in partnership with the Los Angeles LGBT Center – first and third Tuesdays, 7 – 9 pm.	310-314-2555 <a href="http://CancerSupportLA.org">CancerSupportLA.org</a>
<b>Cancer Support Community Los Angeles (LGBTQ+ people living with cancer)</b>	Virtual support group in partnership with the Los Angeles LGBT Center – Fridays, 3 – 5 pm.	310-314-2555 <a href="http://CancerSupportLA.org">CancerSupportLA.org</a>
<b>Cancer Support Community South Bay (Spanish-Speaking)</b>	Support groups and counseling services for Spanish-speaking cancer patients.	Mateo Leonardo at 310-363-5154 <a href="http://CSCSouthBay.org">CSCSouthBay.org</a>
<b>Herald Cancer Association (Chinese-Speaking)</b>	Support groups and counseling for Chinese cancer patients and their loved ones.	626-286-1306 <a href="http://CCHCLACancer.org">CCHCLACancer.org</a>
<b>SHARE cancer support (Japanese-Speaking)</b>	Virtual breast, uterine and ovarian cancer support groups in Japanese.	Helpline – 844-275-7427 <a href="http://ShareCancerSupport.org">ShareCancerSupport.org</a>
<b>Vietnamese American Cancer Foundation (VACF) (Vietnamese-Speaking)</b>	Support groups, counseling, food and financial services for Vietnamese cancer patients and their loved ones.	714-751-5805 <a href="http://vacf.org">vacf.org</a>
Smoking/cessation	Notes	Contact information
<b>American Lung Association</b>	Information, support and resources on how to stop smoking or help someone you love quit. Lung HelpLine and an online support community are available.	800-586-4872 <a href="http://Lung.org">Lung.org</a>
<b>California Smokers' Helpline</b>	Free telephone counseling and self-help materials to quit smoking.	800-300-8086 <a href="http://NoButts.org">NoButts.org</a>
Spiritual/religious	Notes	Contact information
<b>Spiritual Care/Chaplain (Torrance Memorial Medical Center)</b>	Support for individuals and families who are having spiritual/religious anxieties and suffering due to coping with illness.	Inpatient: 310-891-6694 Hospice: 310-784-3751

Substance abuse	Notes	Contact information
<b>Thelma McMillen Recovery Center (Torrance Memorial Medical Center)</b>	Intensive alcohol and drug treatment program. Accepts insurance and private pay. Morning and evening programs available. Also offers groups for Alcoholics Anonymous, Al-Anon, Nicotine Anonymous and Narcotics Anonymous.	<b>Main: 310-784-4879</b> <b>For additional substance abuse resources, contact the oncology social worker at 310-517-1230.</b>
<b>Needle exchange programs</b>	Provides access to sterile syringes to reduce risks of infections, such as HIV and Hepatitis C, from injecting substances into the body.	<b>Call 211 or 800-339-6993</b>
<b>Safe drug disposal/drop-off</b>	Safe disposal of expired and unused medications. 24/7 drop-off boxes are available in some locations.	<b>For local locations, call your city or go to National Association of Boards of Pharmacy at <a href="http://Safe.Pharmacy/drug-disposal">Safe.Pharmacy/drug-disposal</a></b>
Transportation	Notes	Contact information
<b>Access</b>	Ride-sharing service for disabled persons including curb-to-curb service in most LA County areas. Fare is based on distance. Requires in-person assessment but transportation can be provided.	<b>800-827-0829</b> <b><a href="http://AccessLA.org">AccessLA.org</a></b>
<b>American Cancer Society</b> <ul style="list-style-type: none"> <li>▪ <b>Road to Recovery</b></li> <li>▪ <b>Access vouchers</b></li> </ul>	Various transportation options for free or limited use are available. Road To Recovery coordinates volunteer drivers, based on availability. Free Access vouchers are also available but program assessment may still be required prior to services.	<b>800-227-2345</b> <b><a href="http://Cancer.org">Cancer.org</a></b>
<b>ButterFLi</b>	On-demand and scheduled assisted transportation (ambulatory, wheelchair and gurney). Private pay.	<b>855-267-2354</b> <b><a href="http://GoButterFLi.com">GoButterFLi.com</a></b>
<b>Cityride/Dial-A-Ride</b>	For seniors 65+ and disabled. Provides a book of coupons that can be used to buy a bus pass, taxi rides or to partly pay for dial-a-ride service to medical appointments. Call to confirm if your city of residence provides the service. Curb-to-curb and door-to-door services are available.	<b>323, 213, 818 or 310-808-7433</b> <b><a href="http://LADotTransit.com">LADotTransit.com</a></b>
<b>GoGoGrandparent</b>	Use Lyft or Uber without a smartphone. 24/7 operators watch rides and offer support. Text alerts keep families in the loop.	<b>855-464-6872</b> <b><a href="http://GoGoGrandparent.com">GoGoGrandparent.com</a></b>
<b>Non-emergency medical transportation service</b>	Medi-Cal and some health plans offer free, non-emergency medical transportation services. Physician's certificate may be required.	<b>Call your Medi-Cal or insurance provider for more information.</b>
<b>RideWith24™ (24 Hour Home Care and Uber/Lyft)</b>	Transportation can be arranged with Uber/Lyft. No smartphone or Uber account is required but must have a credit card ready prior to arranging the ride. A caregiver/companion can be requested for additional cost.	<b>310-375-5353</b> <b><a href="http://24HourCares.com">24HourCares.com</a></b>
<b>The WAVE</b>	Low-cost senior and disabled curb-to-curb ride-sharing service with destinations between cities of Redondo Beach and Hermosa and designated "satellite facilities" including Torrance Memorial hospital and offices.	<b>310-937-6660</b> <b>310-802-7684</b> <b><a href="http://Redondo.org/depts/recreation/transit/the_wave.asp">Redondo.org/depts/recreation/transit/the_wave.asp</a></b>
<b>Torrance Community Transit Program (Dial-a-Taxi/Dial-a-Ride)</b>	Shared rides for seniors 60+ and disabled in certain parts of the county. Costs vary. Call to apply.	<b>310-618-2536</b> <b>Transit brochure:</b> <b><a href="http://Transit.TorranceCA/home/showdocument?id=6066">Transit.TorranceCA/home/showdocument?id=6066</a></b>
<b>Taxi companies</b>	Taxi companies that provide service in South Bay area and accept Torrance Community Transit Program (TCTP).	<b>All Yellow Taxi: 310-807-8888</b> <b>Bell Cab: 800-999-9977</b> <b>South Bay Yellow/United Checker Cab: 866-400-4103</b>

<b>Veteran services</b>	<b>Notes</b>	<b>Contact information</b>
<b>Aid and Attendance</b>	Pension that provides benefits that reduce the cost of care for veterans and surviving spouses who require assisted living.	866-584-7191 <a href="http://VeteranAid.org">VeteranAid.org</a>
<b>Fisher House Foundation</b>	Provides military families temporary housing close to a loved one during hospitalization for an illness, disease or injury.	Long Beach VA: 562-826-5905 Greater LA VA: 310-268-4457
<b>Veterans Service Officer</b>	To screen benefits eligibility for financial entitlements.	Long Beach VA: 562-826-8000 ext. 4657 To locate: 888-777-4443
<b>Vet Assist Program</b>	Assists in enrolling for VA benefits and coordinates home care. Provides interest-free loan to pay for home care.	888-314-6075 <a href="http://VeteransHomeCare.com">VeteransHomeCare.com</a>
<b>VA Caregiver Support Line</b>	Offers tools and information on available services and benefits from the VA. Provides guidance on how to apply for benefits.	855-260-3274 <a href="http://Caregiver.va.gov">Caregiver.va.gov</a>
<b>Advance care planning</b>	<b>Notes</b>	<b>Contact information</b>
<b>Advance Healthcare Directive Workshop (Torrance Memorial Medical Center)</b>	Learn methods of communicating your wishes in writing to your family, friends and healthcare team.	310-784-4880 (pre-registration is required)
<b>Cancer Legal Resource Center (Disability Rights Legal Center)</b>	Provides guidance and tools on advance care planning, wills and trusts, conservatorships and estate planning.	866-843-2572 <a href="http://TheDRLC.org/cancer">TheDRLC.org/cancer</a>
<b>Coalition for Compassionate Care of California (CCCC)</b>	Tools and resources on advance care planning, POLST, information on end-of-life act and decision guides on life-sustaining treatments, etc.	916-489-2222 <a href="http://CoalitionCCC.org">CoalitionCCC.org</a>
<b>Compassion &amp; Choices</b>	Tools and counseling to empower people to get the care they want during a serious illness or at the end of life. Available free telephone consultation with a doctor provided by Doc2Doc program.	800-247-7421 <a href="http://CompassionandChoices.org">CompassionandChoices.org</a>
<b>Palliative Care (Torrance Memorial Medical Center)</b>	Interdisciplinary care that focuses on improving quality of life and decreasing suffering for patients (symptom/pain management) with serious, chronic or life-limiting illnesses. The team also assists with goals of care discussions involving difficult decisions.	310-784-4880
<b>Support for children</b>	<b>Notes</b>	<b>Contact information</b>
<b>Cancer Support Community South Bay</b>	Free, supportive programs for children and teens ages 5-17 whose parents have cancer. Grief and on-site school support services are also available.	310-376-3550 <a href="http://CSCSouthBay.org">CSCSouthBay.org</a>
<b>Ronald McDonald House</b>	Ronald McDonald Houses located throughout Southern California help families stay close to their children when they need treatment for serious medical conditions.	323-666-6400 <a href="http://rmhsc.org">rmhsc.org</a>
<b>Camp Ronald McDonald for Good Times®</b>	Camp Ronald McDonald for Good Times creates a positive, long-lasting impact on children with cancer and their families by providing fun-filled, medically supervised, cost-free, year-round camp programs.	310-268-8488 <a href="http://rmhsc.org/camp">rmhsc.org/camp</a>

<b>Support for children (cont.)</b>	<b>Notes</b>	<b>Contact information</b>
<b>Camp Kesem</b>	Operates free summer camps for children who have been impacted by a parent's cancer.	<b>253-736-3821</b> <b>CampKesem.org</b>
<b>Walk With Sally</b>	Matches children impacted by a loved one's cancer with an adult mentor/advocate with a similar experience.	<b>310-322-3900</b> <b>WalkWithSally.org</b>
<b>Tech stuff</b>	<b>Notes</b>	<b>Contact information</b>
<b>MyLifeLine</b> <b>CaringBridge</b> <b>Lotsa Helping Hands</b>	Websites that organize tasks related to cancer care such as managing appointments, allowing others to send encouragement, providing updates, having others sign up to help with transportation, meals, childcare or an errand.	<b>MyLifeline.org</b> <b>CaringBridge.org</b> <b>LotsaHelpingHands.com</b>
<b>Mobile apps for cancer patients</b>	CareZone, Create to Heal™, chemoWave, CaringBridge, Lotsa Helping Hands.	<b>iPhone® or Android™</b>

Other resources	Contact information
Torrance Memorial Medical Center	310-325-9110
Breast Diagnostic Center	310-517-4709
Medical Records	310-517-4721
Physician Referral	310-517-4700
Radiation Oncology	310-517-4750
Cancer Resource Center	310-517-7077
Torrance Memorial Medical Center – Home Health	310-784-3739
Torrance Memorial Medical Center – Hospice	310-784-3751
Torrance Memorial Palliative Care	310-784-4880
Polak Imaging Pavilion	310-784-6323



Torrance Memorial Medical Center does not endorse any specific agency nor does it hold any responsibility in the verification of the information provided.