Cancer and Hospice/Palliative Care Resource Guide

Scarborough and surrounding communities-
This information guide was developed by Health Care Professionals whose priority it is to ensure excellence related to supportive care for Cancer and Hospice/Palliative Care patients and their families/supporters.

This resource guide represents the area of Scarborough, from Steeles Avenue to Lake Ontario, and Victoria Park Avenue to the Rouge River (and a few surrounding areas)

The Cancer and Hospice/Palliative Care Resource Guide was designed for information purposes only and does not render medical or professional advice, nor does it endorse any organization listed within the directory.

This guide is not an exhaustive directory of supports. It is current to the best of our knowledge as of publication date.

“It is not enough to help the feeble up, but to support him after.”
—William Shakespeare
# Table of Contents

Breast Health Resources                      6, 7  
Bereavement Resources                        15  
Cancer Information                           7  
Cancer Societies                             7  
Cancer Support Programs                      7, 8  
Community Services and Centres               9  
Cultural Cancer Support Organizations         9  
Financial Support                            10  
General Information Services                 10  
Hair Prosthesis Services                     10  
Homecare Resources                           10  
Homemaking                                   10
**Table of Contents - Continued**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitals in Scarborough</td>
<td>11</td>
</tr>
<tr>
<td>Medical Equipment and Supplies</td>
<td>11</td>
</tr>
<tr>
<td>Medication Coverage</td>
<td>12</td>
</tr>
<tr>
<td>Nursing Agencies</td>
<td>12</td>
</tr>
<tr>
<td>Palliative Care Resources</td>
<td>14</td>
</tr>
<tr>
<td>Physicians for Cancer Care</td>
<td>12</td>
</tr>
<tr>
<td>Red Cross</td>
<td>12</td>
</tr>
<tr>
<td>Social Services</td>
<td>13</td>
</tr>
<tr>
<td>Transportation Resources</td>
<td>13</td>
</tr>
<tr>
<td>Hospice Information</td>
<td>14</td>
</tr>
<tr>
<td>Bereavement Support</td>
<td>15</td>
</tr>
<tr>
<td>On-line Resources</td>
<td>16</td>
</tr>
</tbody>
</table>
Breast Health Resources

Breast Screening Centres

Rouge Valley Health System 416-284-3100
Centenary Site, 2867 Ellesmere Rd., Toronto
Transamerica Breast Screening and Diagnostic Centre

Clinical exam of the breasts, teaching of breast-self exam, Psychosocial and educational supports may be provided.

Ontario Breast Screening

Ontario Breast Screening Program 416-298-2626
(self-referral for women age 50 years and over)
(Rouge Valley Health System—Centenary site is OBSP certified)

Quantum Medical Imaging Services 416-756-7667
Scarborough Hospital - General Mammography Clinic 416-431-8168
Victoria Park Mammography 416-759-3462
vpmc@rogers.com

Lymphedema Resources and Services

Shoppers Home Health Care 416-431-4621
Tammy Jeffery, Certified Sleeve Fitter
pshhc499@shoppershomehealthcare.ca

Ann DiMenna, BScPT, CDT 647-500-4771
private service - info@anndimennaphysio.com

Mastectomy Services

Pink Ribbon Boutique - 377”B” Main Street North
Markham, On L3P 1Z3
Marie Randor
Mastectomy Services cont’d

Apothecary Medical Shop
842 Markham Road
Toronto, On M1H 2Y2
Jean Miszyn, RN
416-438-7000

Mastectomy Services By Helen Inc.
46 Corinne Cres., Toronto, On M1K 2Y9
Helen Hillier, Registered Practical Nurse
Very Private, homey facilities
416-750-0920

Shoppers Home Health Care
685 McCowan Road, Toronto, On
pshhc499@shoppershomehealthcare.ca
416-431-4621

The Canadian Cancer Society

Cancer Information Service
1-888-939-3333
The Canadian Cancer Society
Toronto Region - Mission Delivery
For more information about cancer, our
programs and services.
416-480-7901
http://info.cancer.ca/e/glossary/glossary.html

Cancer Support Programs

Central Peer Support Office
1-800-263-6750
Provides peer telephone support for patients or caregivers.
Group support - One to one visit with breast cancer pts.

Cancer Support Group
Evening Caregiver
St. Paul's L'Amoreaux Centre
416-493-3333
Support Group (last Tuesday of the month, 1 to 2:30 pm)
www.splc.ca

VON Caregiver Support Group
416-498-8126
Cancer Support Programs ...Continued

Look Good Feel Better 416-284-7483
Program, Scarborough www.cancer.ca

Rouge Valley Health System—Centenary Site, Chemo Clinic
Free self-image workshop for women living with cancer.
(Last Wednesday evening of each month—Need to reserve your spot)

Lyra Natural Healing 416-446-5911
Ly Raha RMT

Therapeutic Touch (VON Hospice) 416-498.8126
Home visits are available, clients please call
to make appointment.

Man to Man Prostate Cancer 416-932-8820
Support Group, Canadian Cancer Society
www.mantoman.ca

Scarborough Breast Cancer Support Group
(Please call for new location & times)
416-292-9555 (Gillian)
416-284-9984 (Marilyn)
416-269-7575 (Peggy) pegsim@rogers.com

Willow Breast Cancer Support 1-888-778-3100
30 St. Patrick Street, 4th Floor www.willow.org
Toronto, ON  M5T 3A3

Women’s Cancer Support Group 416-493-3333
St. Paul’s L’Amoreaux www.splc.ca
(last Tuesday of the month - 1:00—2:30 pm)
For all women living with cancer. Caregivers welcome.
Community Services and Centres

Central East Community Care Access Centre (CE-CCAC)
100 Consillium Place, Suite 801, Scarborough
Information and Referral 416-750-2444
info@ce.ccac-ont.ca

Specialized Palliative Case Management
Provide homemaking, meals on wheels, snow removal, grass cutting, transportation, professional services, etc.

Central East Hospice/Palliative Care Network www.cehpcn.ca;

Agincourt Community Services Association 416-321-6912 acsa@agincourtsasa.info
416-321-6922

Carefirst North Toronto CSC 416-502-2323
*Services available in Cantonese, Mandarin. www.carefirstseniors.com

Malvern Family Resource Centre 416-281-1376
www.mfrc.org

Scarborough Support Services 416-750-9885
www.ssse.on.ca

St. Paul's L'Amoreaux Seniors Centre 416-493-3333
www.splc.ca

TAIBU—Malvern Town Centre
—service/support for all: infants to elderly—multilingual 416—644-5955
www.TAIBU.ca

Warden Woods Community Centre 416-694-1138
www.wardenwoods.com

West Hill Community Services 416-284-5931
www.westhill-cs.on.ca

Cultural Cancer Support Organizations

Muslim Cancer Support Organization 416-208-7508

Same Path Chinese Cancer Support Group 416-490-2968

Cantonese-speaking - Breast Cancer patients
Tamil Caregiver Project-Providence Centre 416-285-3666 ext. 4152

Provides support for caregivers.
Cancer support groups also available
Financial Support
Telephone the main switchboard of your local hospital and inquire about a social worker that can assist you with information relating to financial concerns.

General Information Services
Information Scarborough 416-321-6912

Hair Prosthesis Services
Medical Image Wigs 1-866-338-9447
Provides in-home consultation

Taylor’d Hair Care 416-398-7307
Janet Taylor

Homecare Resources
Central East CCAC 416-750-2444
Scarborough office

Meals on Wheels 416-225-6041
Home delivery of meals www.mealsonwheels.ca

For more homecare resources, refer also to Community Services and Centres listed earlier in this guide.

Homemaking
Comfort Keepers 416-663-2930
www.comfortkeepers.com 1-866-363-0072

Home Instead Senior Care 416-291-4811
www.homeinstead.com

SRT Med-Staff 416-968-0833
Refer to your local community services and centres.
Also refer to nursing agencies.
Hospitals in Scarborough

Providence Healthcare  
416-285-3666  
www.providence.on.ca

Rouge Valley Health System/Centenary  
416-284-8131  
www.rougevalley.ca

Scarborough Hospital  
McCowan Campus  
Birchmount Campus  
416-438-2911  
416-495-2400  
www.tsh.to

Medical Equipment and Supplies

Assistive Devices Program (ADP)  
416-327-8804

Ministry of Health  
1-800-268-6021  
www.health.gov.on.ca

Provides funding for medical equipment and supplies.

Canadian Red Cross Society  
Scarborough  
416-438-5544  
www.redcross.ca

Shoppers Home Health Care  
416-431-4621  
416-266-4436

Therapy Supplies  
416-752-8885

Mobility Savers  
416-750-1940

Medical Tattooing

Cosmetic transformations, Peterborough  
705-931-5955  
www.cosmetictransformations.ca
Medication Coverage

Contact your local hospital pharmacy or social worker.

Nursing Agencies

Contact your CE-CCAC office for funding of nursing services (See p. 9)

Chinese Seniors Home Support Services Association 416-609-3548
www.carefirstseniors.com

SRT - Med Staff 416-968-0833
www.srtmedstaff.com

Scarborough Support Services for the Elderly 416-750-9885
www.ssse.on.ca

Saint Elizabeth Health Care 416-498-8600
www.saintelizabeth.com

Victorian Order of Nurses 647– 788-3180
www.von.ca

Visiting Homemakers Association 416-489-2500
www.vha.ca

We Care Home Health Services 416-438-4577
www.wecarehhs.com

Physicians for Cancer Care

Contact hospital main number and inquire about Oncologists on staff.

Red Cross

Canadian Red Cross Society, Scarborough 416-438-5544
www.redcross.ca
Social Services

Department of Social Services
Scarborough
416-397-1000
www.cfcs.gov.on.ca

Services include welfare assistance, family benefits, day care, counseling, housing, supplementary aid and special assistance information.

Transportation Resources

Agincourt Community Services Association (ACSA)
(Serves postal codes M1S, M1T, M1V, M1W)
416-321-6912
www.agincourtacsa.info

Canadian Cancer Society, Toronto Region,
Mission Delivery
416-480-7901
Ext. 4012
www.cancer.ca

Provides free rides to cancer related appointments.
To find out if you are eligible please call the office.

Canadian Red Cross Society
Scarborough
416-444-4537
www.redcross.ca

Care First Seniors and Community Services Association
416-502-2323
www.carefirstseniors.com

Eligibility: All Chinese seniors 55 years or older

Scarborough Support Services For Seniors
416-750-9885
www.ssse.on.ca

West Hill Community Services
416-284-5931
www.westhill-cs.on.ca
Hospice Palliative Care Resources
In-home visits provided by trained volunteers for Palliative clients living in Scarborough.

Hospices
VON Hospice Scarborough
In-home visits provided by trained volunteers for clients living in Scarborough with life-limiting illnesses

Hospice Palliative Care Information
End of Life Information Service
Hospice Association of Ontario
Regional Manager
End of Life Care, CE-CCAC

Palliative Care Outpatient Clinic
The Scarborough Hospital
General Division
Provides supportive care to palliative care patients in the community.

Rouge Valley, Centenary Wed. Clinic
Provides pain and symptom management to palliative patients affiliated with the hospital

Palliative Care In Hospital
Contact the main switchboard and inquire about palliative care services.
(Limited to the Scarborough Hospital - General Division)
Bereavement Support Services

The Scarborough Hospital - McCowan Campus  www.tsh.to

Offers free-of-charge bereavement support groups to help people through the grieving process. Groups for any who have experienced death of family member/friend/colleague.

McCowan Campus  416-431-8200 Ext. 6522/6117
Contact: Eric Howes  416-438-2911 Ext. 6425

Bereaved Adult Grief Support Group  416-390-9107
www.bereavedfamilies.net

Bereaved Families of Ontario  416-440-0290
www.bereavedfamilies.net

VON Hospice Scarborough  416-498-8126  www.von.ca

Offers support to Hospice Scarborough clients/families

Rouge Valley Centenary  416-284-8131 Ext. 4342
www.rougevalley.ca

Offers Grief Support based on need

CareFirst Chinese Bereavement Support Group  416-502-2323 Ext. 261
www.carefirstseniors.com
Victoria Park Rd and McNicoll
Scarborough, ON

Many Funeral Parlours also offer Grief support groups and resources
- Check with the one closest to you
Online Resources

1. Canadian Cancer Society – www.cancer.ca - information about services in your area, publications, groundbreaking research news, a comprehensive list of various cancers, and more.

2. Multilingual Cancer Information is also available at www.cancer.ca. The following links to cancer organizations outside of Canada are intended to be used for general information purposes only. Visit www.cancer.ca, click on ‘About Cancer’, and then click on ‘Info in Other Languages’.

3. American Cancer Society – Nutrition for People with Cancer. Information about why nutrition is important during cancer treatment and tips on what changes you can make for a healthy recovery. http://www.cancer.org/Treatment/SurvivorshipDuringandAfterTreatment/NutritionforPeoplewithCancer/NutritionforthePersonwithCancer/index


6. Odette Cancer Centre at Sunnybrook Hospital. Information about treatments, patient groups, and current research http://sunnybrook.ca

7. Cosmetic Transformations http://www.cosmetictransformations.com/. Kyla Gutsche, is an Oxford educated scholar and former visual arts professor. After undergoing cancer treatment and then experiencing the transformative effects of micropigmentation first-hand, Kyla began studying leading techniques around the globe. She combines these techniques with her artistic talent and has performed life-enhancing procedures in London, Vancouver, Calgary, and Peterborough. Home base is in Peterborough, Ontario

8. www.parentingwithcancer.com a website to help families discuss issues when a parent is going through cancer and/or cancer treatment. Resources and information for caregivers, partners and children.

* If you are looking for more information, there are also many blogs that you can search for support and information by using an online search engine such as Google. Social media, such as Facebook and Twitter, can also have groups that you may like to join for support and information.
Special thanks
go to all members of the
Cancer and Palliative Care Community Advisory Committee
at Rouge Valley Health System
for the development of this resource guide.

Honourable Mentions:
Canadian Cancer Society ~Scarborough
Durham Hospice
Hospice Scarborough
Membership –at- Large

Revised September 2011