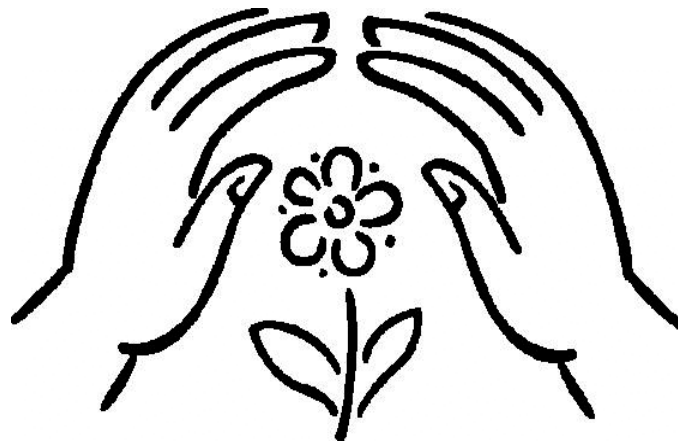


Cancer and Hospice/Palliative Care Resource Guide



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*

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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 416-431-8168
 Mammography Clinic

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 | 416-438-7000 Jean Miszyn, RN |
| 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 The Canadian Cancer Society Toronto Region - Mission Delivery For more information about cancer, our programs and services. http://info.cancer.ca/e/glossary/glossary.html | 1-888-939-3333 416-480-7901 |
|---|--|

Cancer Support Programs

| | |
|---|-----------------------------------|
| Central Peer Support Office Provides peer telephone support for patients or caregivers. Group support - One to one visit with breast cancer pts. | 1-800-263-6750 |
| Cancer Support Group St. Paul's L'Amoreaux Centre Support Group (last Tuesday of the month, 1 to 2:30 pm) www.splc.ca | Evening Caregiver 416-493-3333 |
| VON Caregiver Support Group | 416-498-8126 |

Cancer Support Programs ...Continued

Look Good Feel Better
Program, Scarborough 416-284-7483
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
Toronto, ON M5T 3A3 www.willow.org

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

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 aca@agincourtaca.info 416-321-6922 |
| Carefirst North Toronto CSC *Services available in Cantonese, Mandarin. | 416-502-2323 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) Ministry of Health | 416-327-8804 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 445 Midwest Road, Unit 39-40 Scarborough, ON | 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 MIS, MIT, MIV, MIW)

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
Eligibility: All Chinese seniors 55 years or older

416-502-2323

www.carefirstseniors.com

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

416-498-8126

www.von.ca

Hospice Palliative Care Information

End of Life Information Service

Hospice Association of Ontario

Regional Manager

End of Life Care, CE-CCAC

416-979-9779

905-430-8084 x 3571

Palliative Care Outpatient Clinic

The Scarborough Hospital

General Division

Provides supportive care to palliative care patients in the community.

416-438-2911

x 6042

www.tsh.to

Rouge Valley, Centenary Wed. Clinic

Provides pain and symptom management to palliative patients affiliated with the hospital

416-281-7483

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 416-502-2323 Ext. 261
 Support Group 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>
4. WellSpring Cancer Support Network - <http://www.wellspring.ca/> Free wellness programs for patients and caregivers. Many locations across Ontario.
5. Look Good Feel Better - <https://www.lgfb.ca/> Free workshops for women and teens. Assistance with skincare and hair.
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
goes 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

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