

EXCEPTIONAL CANCER SUPPORTIVE SERVICES



White Plains Hospital
Center for Cancer Care



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At White Plains Hospital, we care about each patient's spiritual, mental, and physical health. Therefore, at the Center for Cancer Care, we offer various services for patients and caregivers to provide support throughout their cancer journey. These services provide complementary care before, during and after medical treatments. With a broad range of programming and services offered, there is an opportunity for patients to find the tools that are right for them.



Acupuncture

Acupuncture works by stimulating nerves that release endorphins in the spinal cord and brain that relieve pain, as well as releasing serotonin that can promote a feeling of well-being. Cancer patients who are treated with acupuncture generally feel calmer, and many of them report less worry and anxiety. It can also be useful in controlling nausea and other side effects of chemotherapy. Treatment begins with an acupuncturist inserting fine, sterile needles through a person's skin at specific points on the body to various depths. Our innovative model of care improves quality of life, manages symptoms, helps individuals cope with illness and actively participate in their health and healing.

To schedule an appointment, call: 914-849-7653.

Art Therapy

A cancer diagnosis is accompanied by strong emotions that can be hard to express. Art therapy uses a range of creative arts activities to promote personal exploration, alleviate stress, and allow for choice, a sense of control and emotional resilience. This program provides an array of crafts and activities, such as beading, origami, and creating collages, free of charge to patients, caregivers, and families. Anyone can benefit from art therapy as it does not depend upon prior training, talent, or experience.

To schedule an appointment, call: 914-849-2279.

Healing Touch

Delivered by specially trained volunteers and practitioners, Healing Touch is a relaxing, nurturing energy therapy that helps patients and family members find balance with their physical, mental and spiritual comfort. Healing Touch teaches therapeutic modalities that can help to manage symptoms such as pain, anxiety, insomnia and nausea, while reducing stress, promoting relaxation and healing. Some holistic modalities include Music Therapy, Reiki and Relaxation Techniques.

To schedule an appointment, call: 914-849-2759.



Holistic Nursing

Delivered by licensed healthcare professionals with advanced education and training in complementary and Holistic Nursing, our innovative model of care improves quality of life, manages symptoms, and helps individuals cope with illness and actively participate in their health and healing. We offer evidence-based, holistic modalities such as energy healing, gentle massage, aromatherapy, meditation, guided imagery and relaxation techniques that complement conventional medical care.

To schedule an appointment, call: 914-849-2049.

Pastoral Care

Care of the spirit is an integral part of patient care at White Plains Hospital. Our Department of Pastoral Care, comprised of professionally trained and board-certified chaplains, is available to support patients and families encountering the challenges of illness, treatment options or loss.

To schedule an appointment, call: 914-849-2695.



COUNSELING

Caregiver Support

Caregiver support and counseling, as well as a range of workshops and programming, are available at the Center for Cancer Care. Caregivers have access to the Caregiver Support Room at the Hospital, and the Patient Resource Room in the cancer center, to take respite, talk to a volunteer, use a computer, or access valuable information and resources.

To schedule an appointment, call: 914-849-2720.

Financial Counseling

Our staff can help you understand what is covered by your specific health insurance benefits policy and expenses such as deductibles, co-insurance, co-payment and out-of-pocket expense limits. If you do not have insurance, we can assist you with determining your eligibility for insurance as well as governmental assistance.

To schedule an appointment, call: 914-849-1259.

Genetic Counseling

Cancer genetics professionals are trained to assess a person's risk for developing cancer based on their genetic makeup and family history. Following an in-person consultation, specific genetic tests may be ordered based on your personal and/or family history of cancer. Our genetic counselors tailor each consultation to fit your specific needs and provide valuable information on early detection and prevention.

To schedule an appointment, call: 914-849-7658.

Nutrition Counseling

Nutrition is an important part of cancer recovery. Our dedicated registered dietitian is a Board-Certified Specialist in Oncology Nutrition and is available to complete a nutritional assessment and address nutritional concerns. Workshops and educational in-services on relevant topics are ongoing throughout the year and open to the public.

To schedule an appointment, call: 914-849-7652.

Social Work/Counseling

Social work services are available to provide support to patients, families and caregivers through their journey of treatment and care. The oncology social worker focuses on the psychological, social and emotional issues that people face during and after cancer treatment. Counseling services are available to patients and family members to help alleviate anxiety and stress and to explore techniques that will lead to stronger and more effective coping.

To schedule an appointment, call: 914-849-7664.



SUPPORT GROUPS

Nutrition Workshops

Nutrition services are essential to promoting quality of life. Specialists provide safe and effective nutritional guidance from prevention, during treatment, and continuing into survivorship. Monthly classes cover a variety of topics emphasizing diet and wellness, improving overall nutrition and promoting healthy eating habits.

For more information, call: 914-849-7652.

Cancer Patient Support Group

Topics such as effective communication, self-esteem in the face of cancer, and self-empowerment through planning and coping with the holidays will be explored. Meets the second Wednesday of each month from 2 pm-3 pm. Registration requested but not required.

For information, call: 914-849-7664.

Healing Hearts Through Art

Sanando Corazones a Traves Del Arte

Specially tailored for Spanish-speaking breast cancer patients, this group provides a safe haven for patients at different stages of their journey. Therapies include journaling and open discussions designed to help patients express their thoughts through writing, drawing, or scripting.

For more information, call: 914-849-7567.

Support for People With Oral and Head and Neck Cancer (SPOHNC)

SPOHNC's National Survivors Volunteer Network provides patients, caregivers and their families with the opportunity to share diagnosis and treatment experiences with volunteers who have had oral and head and neck cancer. White Plains Hospital runs a virtual SPOHNC group on the first and third Wednesday of each month from 5 to 6:30 p.m.

For more information, call: 914-849-7586.

Leukemia & Lymphoma Society (LLS)

The LLS support group addresses issues related to blood cancer and provides an opportunity for attendees to discuss concerns, anxieties and feelings, related to illness, treatment and other related issues. The virtual meetings are designed to provide mutual support and education to members by meeting with others whose situations are similar to their own.

For more information, call: 914-849-7500.

Total Laryngectomy Support Group

The Total Laryngectomy Support Group meets once weekly in the Center for Cancer Care and acts as an extra layer of support for patients who have received voice box removal surgery. The group serves as a supportive environment to build relationships between those who are recovering from the procedure and aid in gaining confidence in using their voice prosthesis.

To schedule an appointment, call: 914-849-7586.

Young Women's Cancer Support Group

Cancer rates for women under 50 have been rising in recent years. This group addresses the special needs of this population and meets at the White Plains Hospital Center for Cancer Care.

For more information, call: 914-849-3811.



PHYSICAL THERAPY

Physical therapy services for oncology patients, focused on Lymphedema care, are coordinated through the Burke Rehabilitation Hospital Outpatient Network. Therapy is either provided at the cancer center or at a convenient Burke outpatient location close to home. Certified lymphedema therapists are available to support patients with swelling and edema that may occur after surgery, lymph node removal, and radiation.

This service requires a referral by your physician.



SPEECH PATHOLOGY

Our speech-language pathologist (SLP) treats voice, speech, language and cognitive-linguistic disorders in individuals with cancer diagnoses. Patients will be supported prior to, during and after their cancer care for any changes in speech-language or swallowing function.

To schedule an appointment, call: 914-849-7586.



CLINICAL TRIALS

The White Plains Hospital Center for Cancer Care is home to a variety of clinical trials offering patients promising new therapies for cancer prevention and treatment. Using the latest in diagnostic approaches, cutting-edge technology, and novel drugs, White Plains Hospital provides patients access to advanced research and clinical trials, close to home. All clinical trials at White Plains Hospital are held to high standards of safety and oversight. The White Plains Hospital staff includes physicians credentialed by the National Cancer Institute (NCI) to direct clinical trials. The Institutional Review Board (IRB) meets monthly to discuss clinical trials.

For more information, call: 914-849-7515.



OTHER PROGRAMS/ SERVICES

Young Women's Program for Cancer Care

Through this program, White Plains Hospital offers multidisciplinary services to assist women under the age of 50 at every stage of their illness, addressing their changing needs over the course of treatment. Once treatment begins, patients have specialized support for managing side effects, including nurses, dietitians and endocrinologists, as well as access to supportive services like acupuncture and art therapy.

For more information, call: 914-849-3811.

Wig Room

In our Wig Room we offer a limited supply of free wigs to our patients who are undergoing cancer treatment or have recently completed treatment. During the consultation we also review a list of local wig and other resources to support patients with appearance-related side effects of cancer.

To make an appointment, call: 914-849-7567.

Maple Tree Cancer Alliance

Maple Tree Cancer Alliance (MTCA) is a clinical provider of exercise oncology that partners with hospitals to improve quality of life for patients fighting a cancer diagnosis. Using exercise as relief for cancer treatment side effects has promising results when accompanied by a personalized progression program of rehabilitation for patients. Here at WPH we offer our patients the ability to use MTCA as a **free** virtual exercise program to assist them through their cancer journey.

Please discuss with your provider if Maple Tree Cancer Alliance exercise program is right for you.

Food Pharmacy

Patients at our Cancer Center and Family Health Center are screened for food insecurity, with an onsite food pantry available to those in need – the idea being that good nutrition is essential to overall health. The Food Pharmacy opened in January 2021 in partnership with Feeding Westchester—the county's nonprofit hunger relief organization—to provide non-perishable, nutritious foods to families as needed.

For more information, call: 914-849-7567.

Transportation Coordination

Our Transportation Coordinator is your point of contact for everything transportation related. The transportation coordinator will review resources available to you and determine what you are eligible for. The coordinator is here to assist and make your getting to and from appointments and treatments easier and less stressful.

For more information, call: 914-849-7416.

Clinical Navigators

Navigating a cancer diagnosis can be complex and overwhelming. Clinical navigators can serve as a point of contact for patients, their families and the interdisciplinary team with the goal of enhancing care coordination, treatment compliance, and improved outcomes. Clinical navigators help facilitate appointments, testing and treatments. They can also help refer patients to a variety of support services both within the cancer program and in the community.

To contact a clinical navigator, call: 914-849-2758.

Screening Navigators

Our cancer screening navigators work with patients, their families, and their caregivers to overcome barriers and access much-needed screening exams.

For more information,

Breast cancer patients call: 914-849-7567 and

Colon cancer patients call: 914-849-7656.



COMMUNITY RESOURCES

American Cancer Society (ACS)

ACS offers all kinds of support for patients, families, and caregivers, including many online communities and resources; a 24/7 cancer helpline; "Road to Recovery" for transportation needs; and "Reach to Recovery," a breast cancer referral process that pairs newly diagnosed patients with survivors.

For more information, visit [cancer.org](https://www.cancer.org)

or call: 1-800-227-2345.

Burke Rehabilitation Hospital

Burke Rehabilitation offers dedicated rehabilitation services for adults to help them regain maximum mobility and independence.

For more information, visit burke.org or call: 914-597-2500.

Cancer Support Team

The Hospital's Cancer Support Team offers in-home services for cancer patients and their families living in southern Westchester. Their nursing support, case management and social work services are provided free of charge for all patients. They assist with pain and symptom control, counseling, community referrals, advocacy and bereavement services. Limited financial and transportation assistance is available as well.

For more information, visit cancersupportteam.org or call: 914-777-2777.

Gilda's Club Westchester

Free of charge and non-profit, Gilda's Club Westchester offers networking and support groups, lectures and workshops, and social activities in a nonresidential, yet home-like setting.

For more information, visit gildasclubwestchester.org or call: 914-644-8844.

Imerman Angels

Imerman Angels is a virtual "buddy" program matching people affected by cancer. This program provides personalized connections that enable one-on-one support among cancer fighters, survivors, previvors, and caregivers. Imerman Angels partners anyone—any age, any gender, any location and any cancer type—seeking support from someone in a similar position as themselves. This provides both patients and family members the chance to navigate the system, determine options, connect and receive support from someone who has been there before.

For more information, call: 866-463-7626.

Livestrong Program at Rye YMCA

A research-based physical activity and well-being program designed to help adult cancer survivors build muscle strength, increase flexibility and endurance, and improve functional ability.

For more information, visit ryeymca.org/programs/community-health/livestrong-at-the-ymca/ or call: 914-967-6363.

Support Connection

Support Connection provides free emotional, social and educational support to women, their families and friends affected by breast, ovarian and gynecological cancer.

The professional peer counselors on staff are cancer survivors themselves. They listen to your individual needs and provide personalized support.

For more information, visit supportconnection.org or call: 914-962-6402.

St. Vincent's Behavioral Health Center

Adjacent to White Plains Hospital, St. Vincent's provides outpatient mental health services for individuals and their families experiencing depression, phobias, bipolar disorder, schizophrenia and other mental health and physical issues. The staff offers a personalized approach designed to help clients achieve their recovery goals.

For more information, visit saintjosephs.org or call: 914-925-5480.

Westchester Jewish Community Services (WJCS)

WJCS offers Pathways to Care, a program that helps individuals and families address the challenges of serious illness. WJCS provides counseling and supportive connections when patients and their loved ones face chronic or life-limiting illness.

For more information, visit wjcs.com or call: 914-761-0600 x2143.



INTERDISCIPLINARY TEAM MEMBERS AND SUPPORTIVE SERVICES

Service	Contact
Acupuncture	914-849-7653
Art Therapy	914-849-2279
Cancer Screening Navigation	
Breast	914-849-7567
Colorectal	914-849-7656
Caregiver Support	914-849-2720
Clinical Cancer Navigation	914-849-2758
Clinical Trials	914-849-7515
Financial Counseling	914-849-1259
Genetic Counseling	914-849-7658
Healing Touch	914-849-2759
Holistic Nursing	914-849-2049
Nutrition Counseling	914-849-7652
Pastoral Care	914-849-2695
Physical Therapy	914-849-3983
Social Work/Counseling	914-849-7664
Speech Pathology	914-849-7586
Transportation Coordination	914-849-7416
Young Women's Program for Cancer Care	914-849-3811