

Mammograms & More

Guide to Free and Low Cost Women's Health Services

A Joint Project of



Kane County
Health
Department

Mammograms & More

Introduction

The original Mammograms & More resource guide was developed by the Kane County Health Department with funding from the Susan G. Komen Breast Cancer Foundation. This second edition has been funded by the Dominick's.

This guide can also be found on the Kane County Health Department Website: kanehealth.com. Every effort was made to provide a comprehensive listing of services. Anyone wishing to be added or updated for the Internet version of the guide is encouraged to call 630-208-3801.

Kane County Health Department Mission Statement:

The mission of the Kane County Health Department is to assess the needs, develop plans, and assure provisions of environmental and personal health services that protect, promote, and improve the health of all residents of Kane County within policies set by the Board of Health.

HELPLINE 630-205-HELP (630-205-4357)

Komen Foundation Website: www.komen.org
National Toll-Free Breast Care Helpline: **1-800-462-9273**

While every effort was made to provide a comprehensive listing of services, we no doubt missed a few. Anyone wishing to be added to the Internet version of the directory is encouraged to call the Helpline.

For convenience purposes, *Mammograms & More* has been divided into four main sections:

- Free and low cost breast health services
- Additional free and low cost women's general health services
- Provider directory
- Website directory

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Mammograms & More than Free/Low Cost Breast Health Services

For Full Contact Information, See Providers Directory under Agency Name

BREAST CANCER GENETIC RISK ASSESSMENT

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-375-2868

- On-line questionnaire to help women assess their risk of developing certain genetically influenced breast cancers
- Questionnaire can be mailed to women without access to computer
- To access questionnaire, go to www.rushcopley.com, click on "Cancer Care Center", click on "Risk Assessment"
- Cost: Free

BREAST CANCER INFORMATION RESOURCES

AMERICAN CANCER SOCIETY (Batavia) • 630-879-9009 (local office) • 1-800-ACS-2345 • www.cancer.org

FOX VALLEY HOSPICE (Geneva) 630-232-2233

- Lending Library
- Open to public during normal business hours
- Cost: Free

SUSAN G. KOMEN BREAST CANCER FOUNDATION (Phone and Internet)

- 1-800-I'M AWARE (1-800-462-9273)
- www.breastcancerinfo.com
- www.komen.org

WEBSITES (See Website Directory – Breast Cancer Sites)

BREAST CANCER SCREENING & TREATMENT SERVICES

ALSO SEE SCREENING OPPORTUNITIES UNDER "GENERAL HEALTH CARE"

TWO WOMEN, FOR WOMEN (St. Charles) 630-584-5376 or 630-377-3883

- Provides free screening mammograms and some follow-up tests for uninsured and underinsured women living in central Kane County
- Service area includes Batavia, Blackberry, Campton, Geneva, Kaneville, St. Charles, and Virgil Townships
- Women must be 40, have a doctor, have no applicable insurance which would pay for a mammogram and otherwise have difficulty paying for test
- Women must secure a service voucher by calling one of the contact phones listed below. All mammograms done by appointment only.
- Mammograms are done at Randallwood Radiology, Delnor-Community Hospital and Fox Valley Family Physicians (FVFP patients only)
- Cost: Free

VNA – ILLINOIS BREAST AND CERVICAL CANCER PREVENTION PROGRAM (Aurora) 630-892-4355 X 4832

- Provides breast cancer SCREENING, FOLLOW-UP and TREATMENT for income-qualified women
- Services include clinical office visit, clinical breast exam, instruction on breast self-exam, screening mammogram, diagnostic mammogram, ultrasound, breast biopsy, fine needle aspiration, surgical consult and treatment (when federal dollars are available).
- Program also includes Cervical cancer screening services including clinical office visit (pelvic exam) pap smear, colonoscopy with/ without biopsy, surgical consult, endocervical cutterage, and some federal treatment dollars
- Eligible women are uninsured or underinsured, age 40 or older, live in Kane or Kendall Counties and have household incomes at or below 200% of poverty (call for current requirements)
- Appointment required
- Cost: Free to income-qualified individuals

BREAST HEALTH EDUCATION

KANE COUNTY HEALTH DEPARTMENT (Aurora) 630-264-7689

- County health educator provides breast health education program for groups, clubs, organizations
- Open to the public by prior arrangement • Cost: Free

BREAST SELF-EXAM INSTRUCTION

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-4267

- Breast self-exam instruction with certified breast health educator • Open to public by appointment • Cost: Free

GREATER ELGIN FAMILY CARE CENTER (Elgin) 847-608-1344

- Breast self-exam instruction for women offered through the Women's Organization for Wellness (call for current schedule) • Open to Center clients • Cost: Free

RUSH-COPLEY Medical Center (Aurora) 630-978-6238

- Breast self-exam instruction provided by women's health educator • Open to public by appointment • Cost: Free

SHERMAN HEALTH (Elgin) 800-397-9000

- Breast self-exam instruction available in English and Spanish • Open to public by appointment • Cost: Free

CLINICAL TRIALS/RESEARCH - CANCER

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-4563

- Offering Clinical Trials to appropriate patients under the direction of Board Certified Medical Oncologists
- Call for more information about clinical trials and patient eligibility requirements. • Cost: Dependent upon insurance coverage and trial protocols.

GENETIC COUNSELING

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-762-6400

- Cancer genetic counseling services including family history and risk assessments and coordination of genetic testing services • Service offered by Board Certified Genetic Counselor • Call for appointments
- No physician order required • Self-referrals accepted • Cost: Dependent upon services desired.

HAIR & MAKE-UP ASSISTANCE FOR CHEMOTHERAPY PATIENTS

AMERICAN CANCER SOCIETY (Batavia) 630-879-9009

- "Look Good, Feel Better" program teaches people how to deal with appearance-related side-effects of cancer treatments using make-up, wigs and scarves through a partnership with the Cosmetic, Toiletry and Fragrance Association Foundation and National Cosmetology Association • Open to any woman undergoing cancer treatment • Offered by appointment only • Location of service varies • Cost: Free

LYMPHEDEMA SUPPORT GROUP

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Support group for women who suffer from an abnormal swelling of the arm following the removal of lymph nodes during breast cancer surgery • Open to all women who suffer from lymphedema
- Group meets at Delnor-Community Hospital. Call for current times and dates. • Cost: Free

PROTHESIS

AMERICAN CANCER SOCIETY (Batavia) 630-879-9009

- Provides free bras and breast prosthesis to women who have had disfiguring breast surgery
- Program conducted by appointment out of Batavia office of ACS • Cost: Free

SUPPORT GROUPS

AMERICAN CANCER SOCIETY (Batavia) – Cancer Survivors Network 1-877-333 HOPE

- Enables cancer survivors and their families to connect with others who have been touched by cancer to share their experiences and support one another • Participants can access the network by calling or on the Internet at www.acscsn.org • Cost: Free

AMERICAN CANCER SOCIETY (Batavia) – Reach to Recovery 630-879-9009

- Provides one-on-one support to women who have a concern about breast cancer • Specially trained breast cancer survivors offer information and encouragement • Open to women who have been diagnosed with breast cancer • Services provided by advanced arrangement • Cost: Free

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Breast Cancer Support Group for women with breast cancer, their family, friends and neighbors who want to learn more about the disease • Support provided through group discussion, guest speakers and special programs • Group meets monthly on hospital campus • Additional cancer support groups: Cancer Connections, Living Anew • Call for current meeting schedule • Cost: Free

PROVENA SAINT JOSEPH HOSPITAL (Elgin) – Breast Cancer Support 847-695-3200 X 5608

- Breast Cancer Support Group for women diagnosed with breast cancer • Call for meeting times • Cost: Free

PROVENA SAINT JOSEPH HOSPITAL (Elgin) – Make Today Count 847-695-3200 X 5618

- Support group for people with life-threatening illnesses, their family and friends • Open to anyone in need of support • Call for meeting times • Cost: Free

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-978-4827

- Cancer support group for all kinds of cancer • Held at Cancer Care Center Solarium at Rush-Copley
- Group meets monthly. Call for times. • Cost: Free

Y-ME SUPPORT GROUP (St. Charles) 630-513-6681

- “Bosom Buddies” support program for women with breast cancer, their families and friends • Open to any interested party • Meets 3rd Tuesday of the month at 7 p.m. at Charlestowne Convenient Care Center of Central DuPage Hospital, 2900 Foxfield Rd. at Kirk Rd., St. Charles (Conference Room, lower level) • Cost: Free

WIGS

AMERICAN CANCER SOCIETY (Batavia) 630-879-9009

- Provides free wigs to women who have lost their hair due to cancer treatment • Service provided by appointment at Batavia ACS office • Cost: Free

ADDITIONAL FREE RESOURCES

GUIDE TO QUALITY BREAST CANCER CARE (Book)

By National breast Cancer Coalition, www.stopbreastcancer.org 1-800-622-2838

CURE (Magazine)

From Cancer Information Group, 3535 Worth Street, Sammons Tower, Ste. 4802, Dallas, Texas 75246
1-214-820-4754

BREAST CANCER DICTIONARY (Booklet)

By American Cancer Society, www.cancer.org 1-800-ACS-2345

BREAST CANCER TREATMENT GUIDELINES (Booklet)

By American Cancer Society, www.cancer.org 1-800-ACS-2345

FACTS ON BREAST CANCER (Booklet)

By American Cancer Society, www.cancer.org 1-800-ACS-2345

EVERY WOMAN'S GUIDE TO BREAST CANCER (Booklet)

By Y-ME, www.Y-ME.org 1-800-221-2141

WHEN THE WOMAN YOU LOVE HAS BREAST CANCER (Booklet)

By Y-ME, www.Y-ME.org 1-800-221-2141

TLC (Catalog for wigs, hats, prosthesis, bras, etc.)

By American Cancer Society, www.tlccatalog.org 1-800-850-9445

NOT FREE BUT WELL WORTH THE PRICE

DR. SUSAN LOVE'S BREAST BOOK (Addison-Wesley Publishing Co., Reading, Mass.)

By Susan M. Love, M.D. with Karen Lindsey About \$20 in paperback.
Considered "The Bible of Women with Breast Cancer"

ON-LINE MULTI-MEDIA LIBRARY

For the latest news and information about breast cancer, consult the on-line media library sponsored by the Susan G. Komen Breast Cancer Foundation at www.breastcancerinfo.com

For additional breast cancer related websites, please see the *Mammograms & More* Website Directory.

Mammograms & More than

Free/Low Cost Additional Health Services

For Full Contact Information, See Providers Directory under Agency Name

ADDICTION/SUBSTANCE ABUSE

BREAKING FREE (Aurora) 630-897-1003

- Provides clinical outpatient counseling for alcohol and drug abuse
- Open to adolescents and adults by appointment
- Cost: Sliding scale fee available for those who qualify

COMMUNITY COUNSELING CENTER OF FOX VALLEY, INC. (Aurora) 630-966-7400

- Providence House – Only residential substance abuse center in Fox Valley (24-hour, 32-bed treatment facility for males and females 18 and over providing a full continuum of care for up to 90 days)
- Hope House – 16-bed recovery home for women provides a full continuum of care following treatment at Providence House
- El Primer Paso – Provides substance abuse treatment to Hispanic youth and adults
- Eligibility varies per program
- Services provided at 400 Mercy Lane (Providence House), 479 N. Lake St. (Hope House) and 325 E. Galena Blvd. (El Primer Paso), all in Aurora
- Cost: Sliding scale fee

RENZ ADDICTION COUNSELING CENTER (Elgin and Aurora) 847-742-3545

- Provides assessment, treatment and continuing care for drug, alcohol and gambling addictions plus DUI
- Also provides prevention programs for HIV/AIDS, substance abuse and delinquency
- Eligibility varies per program
- Services provided by appointment in Elgin and Aurora offices
- Cost: Sliding scale fee

ADULT/ SENIOR SERVICES

FAMILY SERVICE ASSOCIATION (Elgin) 847-695-3680

- Provides adult/senior therapy services including client-centered, family focused, professional and confidential counseling
- Open to adults/senior living in School Districts 300 and U46.
- Services provided by appointment in Elgin and Carpentersville offices from 9 a.m. to 9 p.m. (some Saturday hours)
- Cost: Sliding scale fee

ALCOHOLICS ANONYMOUS

PROVENA MERCY MEDICAL CENTER (Aurora) 630-896-8283

- Support group for recovering alcoholics, families, friends and others interested in AA's 12-step program
- Open meeting held at McCauley Room/Provena Mercy Center every Sunday from 8 -10 a.m.
- Cost: Free

ALZHEIMER'S SUPPORT GROUP

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Support group for individuals with Alzheimers and their families
- Open to public
- Group meets at hospital
- Call for current schedule
- Cost: Free

ARTHRITIS SUPPORT GROUP

PROVENA WELLNESS CENTER (Elgin) 847-622-8289

- Arthritis Coping and Education “ACE” program explores emotional and practical strategies for coping with arthritis
- Open to public
- Group meets monthly
- Cost: Free

BLOOD PRESSURE SCREENING

PROVENA SAINT JOSEPH HOSPITAL (Elgin) 847-888-3749

- Free blood pressure screening
- Open to public
- No appointment, no doctor’s order needed
- Screenings done at Visitors Entrance Lobby, every Wednesday, Noon - 1 PM
- Cost: Free

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-978-4830

- Blood pressure screenings done on on-going basis
- Open to public at Rush-Copley’s Heart Institute
- Call for times and dates
- Cost: Free

SHERMAN HEALTH (Elgin) 800-397-9000

- Provides regular blood pressure screenings at Sherman Hospital and satellite locations in Algonquin, Bartlett and Crystal Lake
- Open to public without appointment
- No doctor’s order required
- Times/locations vary. Call for current schedule.
- Cost: Free

YWCA (Aurora) 630-896-8588

- Free monthly blood pressure screenings
- Open to public
- Screenings done at the YWCA the 2nd and 4th Wednesday of the month
- Cost: Free

BODY MASS INDEX (BMI) CALCULATOR

AMERICAN HEART ASSOCIATION (Internet)

- Use your height and weight to calculate your personal BMI
- Formula found on the AHA website www.Americanheart.org

BRAIN INJURY SUPPORT GROUP

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-851-7266

- “Brain Injury Survival Group” is a support group for brain injury patients and their families
- Call for dates, times and locations
- Cost: Free

CANCER SUPPORT

AMERICAN CANCER SOCIETY (Batavia) – Cancer Survivors Network 1-877-333 HOPE

- Enables cancer survivors and their families to connect with others who have been touched by cancer to share their experiences and support one another
- Participants can access the network by calling or on the Internet at www.acscsn.org
- Cost: Free

DELNOR-COMMUNITY HOSPITAL (Geneva) - Cancer Connections Support Group 630-208-3393

- Designed to assist participants through their journey of cancer
- Information sharing, group discussions, an physician talks.
- Open to patients, friends and family members in need of support and information.
- Meets monthly. Call for schedule.
- Cost: Free

DELNOR-COMMUNITY HOSPITAL (Geneva) - Living Anew 630-208-3999

- Skills in stress management, group support, cognitive behavioral techniques and hypnosis.
- Designed for cancer patients and their families.
- Six-week sessions held quarterly at Delnor-Community Hospital Health & Wellness Center.
- Cost: Free

LIVING WELL CANCER RESOURCE CENTER (Geneva) 630-262-111

- Education classes and support groups for those living with cancer, their family and friends
- Librarian-assisted research
- Healing choices in nutrition, and other services
- Cost: Free

PROVENA SAINT JOSEPH HOSPITAL (Elgin) – Breast Cancer Support 847-695-3200 X 5608

- Breast Cancer Support Group for women diagnosed with breast cancer
- Call for meeting times
- Cost: Free

PROVENA SAINT JOSEPH HOSPITAL (Elgin) – Make Today Count 847-695-3200 X 5618

- Support group for people with life-threatening illnesses, their family and friends
- Open to anyone in need of support
- Call for meeting times
- Cost: Free

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-978-4827

- Cancer support group for all kinds of cancer
- Held at Cancer Care Center Solarium at Rush-Copley
- Group meets 1st and 3rd Tuesdays monthly from 10 - 11 a.m.
- Cost: Free

CARDIAC WELLNESS

PROVENA MERCY MEDICAL CENTER (Aurora) 630-801-2798

- Educational program presented by a cardiac nurse covering what a heart attack is, exercising for your heart, high blood pressure management and cholesterol management
- Open to adults
- Programs held at Sister Rita Heart Center/Provena Mercy Center 1st and 3rd Wednesday of month
- Call for times
- Cost: Free

CARDIOPULMONARY REHABILITATION EDUCATION

SHERMAN HEALTH (Elgin) 800-429-6260

- Cardiopulmonary rehabilitation lecture series provides weekly educational programs on secondary prevention of heart disease
- Call for times, dates and locations of upcoming lectures
- Cost: Free

CERVICAL CANCER SCREENING

VNA (Aurora) 630-892-4355 X 4832

- Provides cervical cancer screening program through the Illinois Breast and Cervical Cancer Prevention Program
- Cervical cancer screening services provided include clinical office visit (pelvic exam) pap smear, colonoscopy with/without biopsy, surgical consult, endocervical cutterage, and some federal treatment dollars
- Program also provides breast cancer screening services including clinical office visit, breast self-exam instruction, screening/diagnostic mammography, ultrasound, breast biopsy, fine needle aspiration, surgical consult and some federal treatment dollars
- Open to Kane and Kendall County women 40 or older by appointment
- Must income qualify at or below 200% of poverty
- Location of services varies
- Cost: Free to income-qualified women

CHOLESTEROL SCREENING

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Lipid profile including HDL, LDL, cholesterol and triglyceride tests
- Tests done at hospital
- Open to the public by appointment
- No doctor's order required, must fast 12 hours prior to test
- Cost: fee

PROVENA SAINT JOSEPH HOSPITAL (Elgin) 847-622-8289

- Low cost cholesterol and diabetes screening (Lipid profile plus glucose)
- Tests done at Wellness Center
- Open to public by appointment
- No doctor's order required, must fast 12 hours prior to Cholesterol test
- Cost: fee

COLORECTAL SCREENING

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-4375

- Provide free colorectal cancer screening kit to take home
- Kits available at Delnor Health and Wellness Center & Delnor Oncology Program
- Physician's order not required
- Cost: Free

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-375-2868

- Provides free colorectal cancer screening kits to take home
- Kit comes with risk assessment questionnaire and follow-up
- Open to public
- Call for specifics
- Cost: Free

COUNSELING, GENERAL

COMMUNITY COUNSELING CENTER OF THE FOX VALLEY (Aurora) 630-966-7428

- Candle Day Treatment Center provides day and extended-day programs in psycho-social rehabilitation
- Outpatient Adult Mental Health Services provides outpatient mental health therapy for adults
- Services for both program provided at 400 Mercy Lane, Aurora
- Call for additional info about eligibility, program times
- Cost: Sliding scale fee

FAMILY SERVICE ASSOCIATION (Elgin) 847-695-3680

- Provides adult/senior counseling services including individual, family, marital and financial counseling
- Open to public by appointment
- Cost: Sliding scale fee

HEARTLAND COUNSELING (Elburn and Sugar Grove) 630-365-0899

- Provides individual, family and group counseling for depression, grief, parenting, stress, anxiety, phobias, etc. Also offers massage therapy (rolfing)
- Open to the public by appointment
- Cost: Sliding scale fee, Blue Cross/Blue Shield

TRI CITY FAMILY SERVICES (St. Charles) 630-232-1070

- Provides personalized individual, couple or family counseling for depression, marital discord, grief, post divorce conflict, domestic violence, parenting, stress, sexual abuse, anxiety/phobias
- Open to residents of St. Charles, Geneva, Batavia, Campton, Kaneville, Blackberry and Virgil townships
- Cost: Sliding scale fee

DEPRESSION & SUICIDE (Also see “General Counseling” and “Grief Support”)

SUICIDE PREVENTION SERVICES (Batavia)

- Depression Screening (630-482-9699)
- Depression Assessment, Counseling & Referral (630-482-9699)
- 24-hour Depression Hotline (630-482-9696)
- 24-hour Suicide Hotline (1-800-784-2433)
- On-site services available to anyone over the age of 6
- Contact phone: See above for specific services
- Cost: Free

DEPRESSION – MANIC DEPRESSION SUPPORT

PROVENA MERCY MEDICAL CENTER (Aurora) 630-801-2656

- Depressive and Manic Depressive Association of Aurora (DMDA) holds general meetings weekly
- Group meets every Tuesday 6:30 - 8:30 p.m.
- Cost: Free

DEVELOPMENTAL DISABILITIES

ASSOCIATION FOR INDIVIDUAL DEVELOPMENT – AID (Aurora) 630-844-5040

- Serves individuals of all ages who are developmentally and/or physically disabled or in need of behavioral health care
- Provides 24-hour, 7-day mental health crisis intervention services for community as well as nursing care services and counseling/therapy services for individuals in formal program. Also offers Aquatic therapy, behavioral/social services and operates a 24-hour, 7-day Crisis Hotline (630-482-9393). All services by appointment except crisis intervention.
- Location of services varies
- Cost: Sliding scale fee, no one turned away because of inability to pay

DIABETES SCREENING & SUPPORT

DELNOR-COMMUNITY HOSPITAL (Geneva) - Screening 630-208-3999

- Provides diabetes screening for individuals 15 or older
- No doctor's order required, must fast 8 hours prior to test
- Tests done at hospital
- Call for more info and current screening schedule
- Cost: fee

DELNOR-COMMUNITY HOSPITAL (Geneva) - Support 603-208-3999

- Diabetes support group for patients and their families
- Open to public
- Meets at hospital
- Call for more info and current meeting schedule
- Cost: Free

PROVENA MERCY MEDICAL CENTER (Aurora) 630-801-2675

- Diabetes support group for patients and their families
- Open to public
- Meets at McCauley Room/Provena Mercy Center
- Monthly meetings held the 1st Wednesday from 6:30 p.m. – 8 p.m.
- Cost: Free

PROVENA SAINT JOSEPH HOSPITAL (Elgin) - Screening 847-622-8289 Support 847-622-2095

- **Screenings:** No doctor's orders or appointment required. Tests done at Wellness Center Tuesday mornings.
- **New Pathways Support:** Free support group and new resource for people with diabetes. New topics each month.
- Cost: Free

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-978-4830

- First-come, first-served glucose screening
- No doctor's order required
- Screening tests done at Heart Institute/Rush-Copley Medical Center Tuesday mornings from 8 a.m. – 1- a.m.
- Cost: Free

SHERMAN HEALTH (Elgin) 1-800-397-9000

- Adult support group for diabetes (English & Spanish groups)
- Open to public
- Meetings held at Sherman Health Resource Center, 1019 East Chicago St., Elgin
- English: 1st Tuesday of month, 7 – 8 p.m.
- Spanish: last Saturday of month, 10:30 a.m. - 12 noon
- Call to register
- Cost: Free

DOMESTIC VIOLENCE

COMMUNITY CRISIS CENTER (Elgin) 847-697-2380

- Emergency shelter for women and their children
- Also provides legal/medical advocacy, individual counseling, support groups and 24-hour response to victims at hospital
- May also provide emergency food and financial assistance
- Operates 24-hour **Hotline 847-697-2380, 847-697-9740 (Spanish) and 847-742-4057 (TDD)**
- Open to any woman in need who resides north of Rt. 38 in Kane County
- Cost: Free

MUTUAL GROUND (Aurora) 630-897-0080

- Emergency shelter for women and their children
- Also provides domestic violence counseling, victim advocacy and operates a **24-hour Hotline 630-897-0080**
- Open to any woman in need who resides south of Rt. 38 in Kane County or Kendall County
- Cost: Free

DRIVING SAFETY/DUI

COMMUNITY COUNSELING CENTER OF FOX VALLEY, INC. (Aurora) 630-966-7428

- "Drive Alive" program provides DUI evaluations and meets requirements of the Illinois Secretary of State and local courts
- Services provided at 400 Mercy Lane, Aurora
- Call for times/dates
- Cost: Sliding scale fee

PROVENA MERCY MEDICAL CENTER (Aurora) 630-801-5800

- "55 Alive/Safe Driver Program" helps adults 55 and over refresh driving skills
- Program offered in conjunction with AARP and taught by AARP instructors
- Offered at Provena Mercy campus
- Call for times and dates
- Registration required (For more info, call AARP at 630-879-7727)
- Cost: Fee - payable to AARP

EDUCATIONAL RESOURCES/PROGRAMS

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Ongoing educational programming offered through Community Education
- Classes held at the hospital, Health & Wellness Center and other locations
- Cost: Most classes free

DREYER MEDICAL CLINIIC (Aurora) 630-906-5010

- Sponsors "Girl Talk" seminars on health topics of interest to women.
- Cost: Free

DREYER MEDICAL CLINIC (Aurora) 630-906-5010

- Sponsors a variety of women's healthcare educational programs throughout the year
- Open to anyone
- Programs held at various locations
- Cost: Free

FOX VALLEY HOSPICE (Geneva) 630-232-2233

- Multi-media Lending Library
- Open to public during normal business hours
- Cost: Free

PROVENA MERCY MEDICAL CENTER (Aurora) 630-801-2715

- On-going educational programming
- Cost: Free/Some with Fees

PROVENA SAINT JOSEPH HOSPITAL (Elgin) 847-931-1800

- On-going educational programming
- Cost: Free/Some with Fees

RUSH-COPLEY MEDICAL CENTER (Aurora) 877-694-7262

- On-going educational programming in oncology, women's health and heart health
- Programs held at Rush-Copley Medical Center
- Call for upcoming schedule of programs
- Cost: Free/Some with Fees

SHERMAN HEALTH (Elgin) 1-800-429-6260

- Cardiopulmonary rehabilitation lecture series provides weekly educational lectures on secondary prevention of heart disease
- Call for times, dates and locations of upcoming lectures
- Cost: Free

SHERMAN HEALTH (Elgin) 1-800-397-9000

- Sherman's Women's Health Lectures Series features programs designed for women of all ages
- Programs led by experts in women's healthcare
- Open to the public
- Lectures held at The Centre, 100 Symphony Way, Elgin
- Call for upcoming topics, dates and times
- Cost: Free

EPILEPSY SUPPORT

PROVENA SAINT JOSEPH HOSPITAL (Elgin) 847-622-8289

- "Under Control" is an Adult and Caregivers Epilepsy Support Group for adults living with seizures/epilepsy
- Explores the emotional aspects of epilepsy, new treatments, and daily challenges related to living with seizures among other topics
- Open to public
- Group meets monthly
- Cost: Free

RUSH COPLEY MEDICAL CENTER (Aurora) 630-289-5577

- Provides support for adults living with seizures/epilepsy
- Explores the emotional aspects of epilepsy, new treatments, and daily challenges related to living with seizures among other topics
- Open to public
- Group meets monthly
- Cost: Free

EXERCISE EDUCATION

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- *Yoga by Design* for Breast Cancer Recovery
- Designed to assist women with breast cancer in the healing process
- Physician's approval is required to register in this course
- Offered at Delnor-Community Hospital Health & Wellness Center
- Cost: Free

RUSH-COPLEY MEDICAL CENTER (Aurora) 877-694-7262

- "Heart Smart for Women" provides simple strategies to re-introduce physical activity into daily routines
- 12-session program
- Call for current dates and times, and to register
- Cost: Fee (reimbursed upon completion of 11 sessions)

FIBROMYALGIA SUPPORT

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Support group for women who suffer from fibromyalgia
- Open to the public
- Group meets at Delnor-Community Hospital. Call for current times and dates.
- Cost: Free

GENERAL ASSISTANCE (Financial & Medical)

- Any resident who qualifies for General Assistance through their local Township Offices is eligible for necessary (not elective/preventive) medical care, medications and (possibly) dental care
- Location of services vary
- To see if you qualify, call your local township office (listed in phone directory) and ask about General Assistance (residency applies)
- Cost: Free for qualified General Assistance recipients

GENERAL HEALTH CARE

AURORA COMMUNITY HEALTH CENTER–Aunts Martha's (Federally Qualified Health Care Center) 630-896-7900

- Preventive care including physicals and screenings for breast cancer, cervical cancer, high blood pressure, cholesterol and immunizations (Clinic patients only: acute and chronic sick care, reproductive/gynecological care, vision and hearing screenings, mental health care by referral, diagnostic imaging by referral, laboratory tests)
- Primarily serves the Aurora area
- 24-hour phone
- Cost: Services by a sliding scale (no one will be turned away for inability to pay). Also accepts Medicare, Medicaid and Public Aid.

CARPENTERSVILLE COMMUNITY HEALTH CENTER –Aunts Martha's (Federally Qualified Health Care Center) 847-851-8600

- Preventive care including physicals and screenings for breast cancer, cervical cancer, high blood pressure, cholesterol and immunizations (Clinic patients only: acute and chronic sick care, reproductive/gynecological care, vision and hearing screenings, mental health care by referral, diagnostic imaging by referral, laboratory tests)
- Primarily serves the Aurora area
- 24-hour phone
- Cost: Services by a sliding scale (no one will be turned away for inability to pay). Also accepts Medicare, Medicaid and Public Aid.

COMMUNITY HEALTH PARTNERSHIP OF ILLINOIS (Aurora) 630-859-0015

- Physician and nurse practitioner provide general health care for migrant and farm
- Must derive 51% of income from agriculture to be eligible
- Preventive and acute healthcare including physicals and screenings for breast cancer, cervical cancer, high blood pressure, diabetes, etc.
- Also does HIV and STD testing
- Dental services available by appointment
- Service is by appointment or walk-in
- Cost: Sliding scale fee

GREATER ELGIN FAMILY CARE CENTER (Federally Qualified Health Center, Elgin) 847-608-1344

- Preventive care including physicals, mammograms and pap smears (Clinic patients only: Acute and chronic sick care, diagnostic imaging, laboratory tests, prescriptions)
- Dental Health (emergent care only, for Elgin residents only)
- Mental Health (service coming)
- Open eligibility (except where indicated and restricted to Elgin)
- Cost: Services rendered on a sliding scale (though no one will be turned away for inability to pay). Also accepts Medicare, Medicaid and Public Aid.

TRI CITY HEALTH PARTNERSHIP (St. Charles) 630-377-9277

- Acute and chronic care including hypertensive follow-up, diabetes follow-up, limited diagnostic and lab services, medicines (when available)
- Must reside in Geneva, Batavia or St. Charles and have no medical insurance to be eligible
- Services provided by appointment at St. Charles clinic or referral site
- Cost: Free

VNA HEALTH CENTER (Federally Qualified Health Center, Aurora) 630-892-4355

- Comprehensive health care including breast and cervical cancer detection, immunizations, adult/child/infant wellness and sick care, medications, diagnostic imaging, laboratory services (for clinic patients only).
- Dental and Mental health care services coming
- Open eligibility to Greater Aurora area
- Cost: Services rendered on a sliding scale (though no one will be turned away for inability to pay). Also accepts Medicare, Medicaid and Public Aid.

WELL CHILD CENTER/WIC (Elgin) 847-741-7370

- Women, Infants & Children (WIC) nutrition program for northern Kane County
- Administers immunizations to infants, children and adolescents ages 2 months to 21 years old. Provides regular physical examinations and school and sports physicals.
- Screens young children for the existence of elevated lead levels

GRIEF/BEREAVEMENT SUPPORT

FOX VALLEY HOSPICE (Geneva) 630-232-2233

- Provides supportive care for individuals who have lost a loved one
- Services include various individual, children and family support groups; one-on-one counseling; social interaction opportunities
- One-on-one bereavement volunteer support for up to 16 months
- Open to anyone
- Dates/times and locations vary
- Spanish-speaking
- Cost: Free

PROVENA SAINT JOSEPH HOSPICE (Elgin) 847-695-3200 ext. 5767

- **Grief Share:** Ongoing drop-in support group designed to provide emotional support and guidance after the death of a loved one. No registration required. Held 3rd Thursday, 7 p.m., MOB2, St Luke room, 2nd floor
- **Surviving Suicide:** Group experience meets one night a week for five consecutive weeks.
- Cost: Free

VNA HOSPICE (Aurora & Elgin) 630-978-2532

- Provides supportive care for individuals who have lost a loved one for up to 13 months after the death
- Open to participants in VNA Hospice programs
- Cost: Part of VNA Hospice charges

HEARING SCREENING

AURORA COMMUNITY HEALTH CENTER–Aunts Martha’s (Federally Qualified Health Care Center) 630-896-7900

- Hearing screenings done Tuesday afternoons
- Primarily serves the Aurora area
- Cost: Services rendered on a sliding scale (no one turned away for inability to pay). Also accepts Medicare, Medicaid and Public Aid.

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Hearing Screening for Adults
- Open to public, no doctor’s order required
- Tests done at hospital
- Call for more info and current screening schedule
- Cost: Free

LIONS CLUBS INTERNATIONAL (OAK BROOK) 630-571-5466

- Hearing screenings and communications aids for deaf or hard of hearing
- Open to public by appointment
- Call Lions Clubs International in Oak Brook for name of local Club participating in program
- Cost: Free

HEART AND STROKE FACTS

AMERICAN HEART ASSOCIATION (Internet)

- Free hardcopy and downloadable booklets available through AHA
- List found on the AHA website www.americanheart.org

HEART ATTACK RISK ASSESSMENT

AMERICAN HEART ASSOCIATION (Internet)

- On-line assessment tool for calculating personal heart attack risk factor
- Formula found on the AHA website www.americanheart.org

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-762-6400

- Low cost heart risk assessment
- No doctor's order required
- Open to public
- Assessment done at hospital by appointment only
- Call for an appointment
- Cost: fee charged

PROVENA MERCY MEDICAL CENTER (Aurora) 888-456-3729

- "Healthy Heart Screening Test" is a comprehensive heart health assessment profile including cholesterol test, body fat composition analysis, and health/lifestyle questionnaire
- Results discussed with a registered nurse
- Open to public
- Offered by appointment only at Provena Mercy Medical Center
- Call for appointment
- Cost: fee charged

HEART ATTACK WARNING SIGNS

AMERICAN HEART ASSOCIATION (Internet)

- On-line list of warning signs of heart attack, stroke and cardiac arrest
- List found on the AHA website www.americanheart.org

HEART HEALTHY DIET

PROVENA MERCY MEDICAL CENTER (Aurora) 630-801-5800

- Registered dietician offers practical advice on how to incorporate a low-fat, low-cholesterol diet into daily life
- Cost: Free

HEART SUPPORT

MENDED HEARTS PROGRAMS (Most hospitals) 1-888-432-7899

- Support group for heart patients, families and caregivers
- Offers visiting program, group meetings, Internet visiting program and 1-800-HELPLINE
- Call for name of local program
- Cost: Membership fees

SHERMAN HEALTH (Elgin) 1-800-397-9000

- "Shock Absorbers" Support group for patients with implanted defibrillators and their families
- Open to the public
- Meetings held at Sherman Hospital
- Cost: Free

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-978-6234

- Heart Support Group for heart patients and their families
- Call for dates, times and locations
- Cost: Free

HIP AND KNEE PAIN

PROVENA MERCY CENTER (Aurora) 630-801-5535

- "Knee and Hip" seminar presents information about joint pain and latest treatment options including medications, nutrition, exercise and surgical possibilities
- Seminars held twice a month at Provena Mercy Center and (occasionally) other locations
- Call for times and dates
- Cost: Free

PROVENA SAINT JOSEPH HOME HEALTH (Elgin) 847-888-3193

- Mended Hearts: Open to anyone who deals with heart health issues. Family members are welcome. Call for meeting information.

HIV/AIDS Additional resources listed under “General Health Care” Category

COMMUNITY HEALTH PARTNERSHIP OF ILLINOIS (Aurora) 630-859-0015

- HIV and STD testing for migrant and farm workers
- Must derive 51% of income from agriculture to qualify
- Cost: Sliding scale fee

KANE COUNTY HEALTH DEPARTMENT (Aurora and Elgin) Aurora 630-264-7852; Elgin 847-608-2126

- Counseling and referrals
- Cost: Free

OPEN DOOR CLINIC (Elgin and Aurora) Elgin 847-695-1093; Aurora 630-264-1819

- Provides a full range of HIV services including clinic, testing, AIDS/HIV case management, home services and massage therapy
- Open to any Illinois resident with HIV who is limited in caring for themselves in any way
- Services available in Elgin and Aurora
- Call for hours and locations
- Cost: Free

HOME HEALTH SERVICES

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-513-0370

- Services including skilled nursing, social work assistance, rehabilitation therapy, personal care, wound care, home infusion therapy, and home medical equipment
- Cost: All reimbursement accepted including private insurance, Medicare, Medicaid and private pay.

PROVENA SAINT JOSEPH HOME HEALTH (Elgin) 847-931-5553

- Home health services.
- Cost: All reimbursement accepted including private insurance, Medicare, Medicaid and private pay.

VISITING NURSE ASSOCIATION (VNA) OF FOX VALLEY Aurora 630-978-2532 Elgin 847-888-0505

- Home health services including home infusion (IV) therapy, wound care, psychiatric home care (including blood draws), palliative care, rehabilitation therapies, medical social services, and hospice care
- Serving Kane surrounding counties
- Services delivered in home
- On-call nurses available 24-hours/7 days through 24-hour answering services
- Cost: VNA accepts all reimbursement sources including insurance, Medicare, Medicaid and private pay. Sliding scale fees available for those in need.

HOSPICE CARE

FOX VALLEY HOSPICE (Geneva) 630-232-2233

- A Volunteer Hospice Organization
- Supportive care for patients & family members affected by a life-threatening illness
- Available services include nursing assessment and advocacy, social work support/intervention, support groups, one-on-one counseling, equipment and supplies, trained volunteers, lending library, bereavement follow-up, respite for caregivers
- Open to anyone
- Spanish-speaking
- Cost: Free

PROVENA HOSPICE (Elgin) 847-622-3467

- Professional Clinical supportive care and services to patients and families facing end of life issues.
- Hospice team includes doctors, social workers, chaplains, home health aides, homemakers, volunteers and counselors. Medications, equipment, supplies, and bereavement care are also provided.
- Serving Kane and surrounding counties.
- Services offered primarily in the patients' home: with inpatient level of care available at Provena Saint Joseph Hospital and Provena Mercy Center.
- On-call nurse available 24- hours a day.

VNA HOSPICE (Aurora) - Full Hospice & Bridge Program 630-978-2532

- Supportive care for patients including professional visiting nurses, physician services, medications (related to terminal illness), pain & symptom management, physical/occupational & speech therapy, medical equipment & supplies, home health aide/homemaker services, social workers & chaplains, short-term inpatient or respite care, bereavement services
- Serving Kane and surrounding counties
- Services offered primarily in the patients' homes. (Some beds available at Provena Mercy Medical Center and Countryside Nursing Home)
- On-call nurse available 24-hours/7 days
- Cost: VNA accepts all reimbursement sources including insurance, Medicare, Medicaid and private pay. Sliding scale fees available for those in need.

INSULIN PUMP SUPPORT GROUP

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

• Support group for women who use insulin pump to manage diabetes • Open to public • Group meets at Delnor-Community Hospital. Call for current times and dates. • Cost: Free

SHERMAN HEALTH (Elgin) 1-800-397-9000

• Support group for women who use insulin pump to manage diabetes • Open to public • Group meets at Kava Kava Coffee Shop, East Dundee • Call for schedule and to register • Cost: Free

LEGAL HELP

PRAIRIE STATE LEGAL SERVICES (Batavia) 630-232-9415 or 1-800-942-4612

• Helps low income families and individuals resolve CIVIL legal problems • Offers legal advice on a wide variety of topics (including prompt legal advice by phone), represents clients in state and federal courts, represents clients in hearings before local/state/federal/ agencies, negotiation on behalf of clients, brief services including preparation of health care powers of attorney, legal presentations and publications, coordination of Volunteer Lawyer Projects • Serving residents of 36-county area if their income is below 125% of federal poverty guidelines for their family size. There are deductions for childcare, transportation and medical expenses. Household must have limited assets. Home being lived in is not considered an asset. • Person 60 and older may be eligible for services regardless of income or assets under special funding from Area Agencies on Aging. • Special grants may expand eligibility. (Call for more info). • Serves clients by appointment only. • Cost: Free, donations accepted

LUNG DISEASE

PROVENA MERCY CENTER (Aurora) 630-801-2798

• “Better Breathers” seminar is conducted by a registered nurse and geared toward people who must live with lung disease • Open to patients and family members living with asthma, emphysema, COPD and other chronic lung diseases • Seminars held 1st Thursday each month • Call for times • Cost: Free

MENTAL HEALTH

ASSOCIATION FOR INDIVIDUAL DEVELOPMENT (AID) 630-966-1921

• Provides services to individuals of all ages with development/and or physical disabilities who are in need of behavioral health care.

CRISIS LINE OF THE FOX VALLEY 630-966-9393

• 24-hour/day professional and paraprofessional phone counselors trained to provide free, confidential counseling for any type of personal problem. Referrals to appropriate services.

ECKER CENTER FOR MENTAL HEALTH (Elgin and St. Charles) 847-695-0484

• Provides a full range of mental health services including 24-hour emergency psychiatric program, psychiatric services including diagnostic assessment/consultation, prescriptions for medicine when indicated, therapy services, residential services, case management services, and psychosocial rehabilitation services • Open to persons with mental illness from Northern Kane County townships of Hampshire, Rutland, Dundee, Burlington, Plato, Virgil, Campton, St. Charles and Geneva • Services provided at Elgin and St. Charles offices by appointment only • Cost: Sliding scale fee

OSTEOPOROSIS

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- “Better Bones” program offered through Community Education
- Designed by physical therapists and exercise physiologists
- Call for class dates
- Physician’s note required for the class
- Cost: Fee charged

KANE COUNTY HEALTH DEPARTMENT (Aurora) 630-264-7689

- “Building Better Bones” program offers free heel screening, osteoporosis education and group presentations
- Open to residents of Kane County
- Call for schedule of upcoming screening dates or to schedule a group presentation
- Cost: Free

YWCA (Aurora) 630-896-8588

- Holds periodic heel scan screenings
- Open to public
- Call for schedule of screening dates
- Cost: Free

OSTOMY SUPPORT

PROVENA MERCY MEDICAL CENTER 630-801-2660

- A support group for ostomy patients and their families sponsored by the United Ostomy Association
- Meetings held 2nd Tuesday of the month, 7 p.m.
- Cost: Free

PARKINSON’S SUPPORT GROUP

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Support group for patients with Parkinson’s disease and their families
- Open to public
- Group meets at hospital
- Call for more info or current meeting schedule
- Cost: Free

PHYSICIAN REFERRAL

CATHOLIC CHARITIES (Elgin and Aurora) Elgin 847-742-4525 Aurora 630-820-3220

- Links unserved/underserved clients with physicians who will accept Medicaid payments
- Open eligibility
- Cost: Charge for referral

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3993

- Personalized referral service. Matches individuals with qualified physicians
- Cost: Free

PROVENA MERCY MEDICAL CENTER (Aurora) 1-888-45MERCY

- Matches individuals with qualified physicians
- Cost: Free

PROVENA SAINT JOSEPH HOSPITAL (Elgin) 847-931-1800

- Matches individuals with qualified physicians
- Cost: Free

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-978-6200

- Matches individuals with qualified physicians
- Cost: Free

SHERMAN HOSPITAL (Elgin) 1-800-397-9000

- Matches individuals with qualified physicians
- Cost: Free

PRESCRIPTION AID

ILLINOIS SENIORCARE (Springfield) (1-800-356-6302)

- Helps low-income seniors pay for prescriptions they need
- To qualify, must be 65, an Illinois resident, and income-qualify (income at or below 200% of poverty)
- Covers most prescription drugs and many over-the-counter drugs if doctor prescribes them
- Program pays a certain amount per person in a year. After that, patient pays 20% of the cost of each prescription.
- Must apply using IL-1363 "Application for Circuit Breaker and Pharmaceutical Assistance" form. Copy available from IRS

THE MEDICINE PROGRAM (Doniphan, Mo.) 573-996-7300

- Seeks to aid qualified individuals who have exhausted all other sources with help in securing prescription medications
- Eligible individuals have NO insurance coverage for outpatient prescription drugs, have an income level which causes hardship when patient is required to purchase medication retail, and do NOT qualify for a government or third-party program which provides for prescription medication
- Applicants must fill out "Medication Application Form" to begin qualifying process
- Call for application form
- Cost: Free for income-qualified applicants

NEEDYMEDS, INC. (Internet)

- Website dedicated to providing the latest information on patient prescription assistance programs
- Lists more than 150 programs/850 drugs which manufacturers make available to income-qualified patients who cannot afford their medications. (Additional requirements for participating in program(s) are detailed on the site).
- Includes patient assistance program application forms to download as well as other resources (Medicaid links, Federal Poverty Guidelines, etc.)
- Each drug/company has a detailed graph including contact information, application guidelines, enrollment procedures, dispensing/refill procedures, and program limits
- www.NeedyMeds.com
- Cost: Free or low cost (depending on specific drug/program)

PhRMA (Washington, DC)

- Provides free medications for income-qualified applicants
- Call 202-835-3400 for free booklet describing program
- Cost: Free for income-qualified applicants

REFERRAL, GENERAL

CENTRO DE INFORMACION (Elgin) 847-695-9050

- Referral and information for Spanish speaking individuals
- Open to public
- Cost: Free referrals (services billed separately by participating agencies)

UNITED WAY Aurora 630-896-4636; Elgin 847-741-2259; St. Charles 630-377-1930

- Provides referrals to local community resources fostering mental and physical health and wellness
- Can also provide referrals for emergency services
- Open to anyone living in respective service areas
- Cost: Free referrals (services billed separately by participating agencies)

WEST TOWNES (Elburn and Sugar Grove) 630-365-2880

- Provides information and referral on mental, medical and senior services
- Conducts various screening and immunization programs
- Services provided at Elburn and Sugar Grove offices
- Cost: Free referrals (services billed separately by participating agencies)

SCREENINGS, GENERAL/PERIODIC

CENTRO DE INFORMACION (Elgin) 847-695-9050

- Provides referrals, occasional miscellaneous screenings & educational programs
- Cost: Free

RUSH-COPLEY MEDICAL CENTER (Aurora) 877-694-7262

- "Women's Escape" annual women's health conference includes a variety of free screening opportunities (heel scan for osteoporosis, cholesterol, blood pressure, breast cancer risk assessment, etc.) Held at Rush-Copley Healthplex (1900 Ogden Ave.)
- Open to public (annually in March)
- Cost: Free

SALVATION ARMY Aurora 630-897-7265; Elgin 847-741-2304; St. Charles 630-377-2769

- Provides occasional miscellaneous screenings & educational programs
- Call for schedule
- Cost: Free

SENIOR SERVICES

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3997

- “Senior Vitality” program offered for persons age 55 years and older
- Senior Services Advisor and Medicare Counselor
- Health and wellness programs
- Screenings
- Exercise classes
- Special events and social activities
- Special discounts
- Newsletter
- Emergency response service
- Cost: free

SENIOR SERVICES ASSOCIATES Elgin 847-741-0404; Aurora 630-897-4035

- Provides comprehensive social services for older adults including case management, elder abuse investigation, information & assistance, and nursing home ombudsman services
- Open to Kane County residents
- Cost: Varies. Mostly sliding scale fee. Some free services.

SHERMAN HEALTH (Elgin) 1-800-397-9000

- “Sherman Care” offers educational programming and variety of healthcare screenings for Seniors 50 and older
- Programs conducted at Sherman hospital and various satellite locations
- Open to anyone 50 or older
- Lectures and screenings offered at variety of dates and times. Call for current schedule.
- Cost: Membership fee includes program and screening discounts

SEXUAL ABUSE/SEXUAL ASSAULT

CENTRAL BAPTIST FAMILY SERVICES (Elgin) 847-741-7140

- Provides sexual abuse treatment including individual, family and group counseling for victims and offenders of all ages
- Open to public
- Services provided by appointment at Elgin office
- Cost: Sliding scale fee

COMMUNITY CRISIS CENTER (Elgin) 847-697-2380, 847-697-9740 (Spanish), or 847-742-4057 (TDD)

- Provides crisis intervention by phone and 24-hour emergency response at hospitals, short-term individual counseling, advocates to accompany victims to medical treatments/police interviews/court, weekly support groups
- Open to women victims of sexual assault who reside north of Rt. 38 in Kane County
- Offers community education opportunities including videos on sexual assault and date rape, abuse treatment, and family violence. Materials free and available for lending to general public
- Cost: Free

MUTUAL GROUND (Aurora) Office: 630-897-0084; Hotline 630-897-0080

- Provides crisis intervention by phone and 24-hour emergency response at hospitals, sexual assault counseling, support groups, and victim advocacy
- Open to women victims of sexual assault who live south of Rt. 38 in Kane or Kendall County
- Cost: Free

SMOKING CESSATION

DELNOR WELLNESS CENTER (Geneva) 630-208-3940

- “Freedom From Smoking” smoking cessation class

DREYER MEDICAL CLINIC (Aurora) 630-859-6898

- “Freedom From Smoking” smoking cessation class

PROVENA SAINT JOSEPH HOSPITAL (Elgin) 847-695-3200 ext. 5244

- “Freedom From Smoking” smoking cessation class

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-978-4830

- “Freedom From Smoking” smoking cessation class

STDs

COMMUNITY HEALTH PARTNERSHIP OF ILLINOIS (Aurora) 630-859-0015

- HIV and STD testing for migrant and farm workers
- Must derive 51% of income from agriculture to qualify
- Cost: Sliding scale fee

OPEN DOOR CLINIC Elgin 847-695-1093; Aurora 630-264-1819

- Provides a wide range of STD services including testing for Gonorrhea, Syphilis, Chlamydia, Herpes, HIV, Hepatitis B, Hepatitis C (Supported by Kane County Health Department)
- Provides treatment for Gonorrhea, Syphilis, Chlamydia and Venereal warts
- Clinics for testing and treatment of STDs are offered in Elgin and Aurora
- Open to anyone with a sexually transmitted disease
- Call for hours and locations
- Cost: Some fees may apply

STRESS MANAGEMENT

PROVENA MERCY MEDICAL CENTER (Aurora) 630-801-2798

- Cardiopulmonary rehab nurse teaches skills for coping with everyday stress, relaxation techniques, and prevention of chronic stress
- Meetings held on lower level/Provena Mercy Center the 4th Wednesday of month
- Call for times

PROVENA SAINT JOSEPH HOSPITAL (Elgin) 847-695-3200 ext. 5767

- Nationally certified massage therapists provide massage for relaxation or therapeutic purposes.
- Call for appointments.

STROKE SUPPORT

RUSH-COPLEY MEDICAL CENTER (Aurora) 630-978-6200 x 4624

- "Golden Horizons Stroke Club" is a support group for stroke patients and their families
- Open to public
- Group meets at Outpatient Therapy Clinic 3rd Tuesday monthly from 1:30 - 3 p.m.
- Cost: Free

SUICIDE SUPPORT

SHERMAN HEALTH (Elgin) 1-800-397-9000

- "Post-Suicide Grief Support" is open to anyone dealing with the grief experience after someone has committed suicide
- Group meets at Sherman Hospital
- Meets monthly
- Call to register
- Cost: Free

SUICIDE PREVENTION SERVICES (Batavia) 630-482-9699

- Support services and referrals for people touched by a suicide experience
- Services available to anyone over the age of 6
- Cost: Free

THYROID CANCER SUPPORT

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Thyroid Cancer Support Group for women living with thyroid cancer
- Call for info
- Cost: Free

THYROID SCREENINGS

DELNOR-COMMUNITY HOSPITAL (Geneva) 630-208-3999

- Low cost thyroid screening
- Open to public by appointment
- No doctor's order required
- No fasting
- Call for more info and appointment
- Cost: Fee

VISION SCREENINGS

AURORA COMMUNITY HEALTH CENTER–Aunt Martha’s (Federally Qualified Health Care Center)

630-896-7900

• Vision screenings done Tuesday afternoons • Primarily serves the Aurora area • Cost: Services on a sliding scale (no one turned away for inability to pay). Also accepts Medicare, Medicaid and Public Aid.

LIONS CLUBS INTERNATIONAL (Oak Brook) 630-571-5466

• Vision program includes free eye care, eye glasses, white cane, seeing eye dogs, Braille writer, large print texts • Open to public by prior arrangement • Call Lions Club International in Oak Brook for name of local chapter participating in the Vision Program • Cost: Free

Mammograms & More

Service & Info Providers

- AMERICAN CANCER SOCIETY** 630-879-9009 143 First St., Batavia, Il. 60510
- AMERICAN HEART ASSOCIATION** Chicago 1-800-677-5481
- ASSOCIATION FOR INDIVIDUAL DEVELOPMENT – AID** 630-844-5040 309 W. New Indian Trail Ct., Aurora, Il. 60506
- AUNT MARTHA'S -**
AURORA COMMUNITY HEALTH CENTER 630-896-7900 411 W. Galena Blvd., Aurora, Il. 60506
CARPENTERSVILLE COMMUNITY HEALTH CENTER (847-851-8600) 3003 Wakefield Dr., Carpentersville, Il. 60110
- BREAKING FREE** 630-897-100 120 Gale St., Aurora, Il. 60506
- CATHOLIC CHARITIES** Elgin 847-742-4525; Aurora 630-820-3220
40 DuPage Ct., Elgin, Il. 60120 1700 N. Farnsworth, Aurora, Il. 60505
- CENTRAL BAPTIST FAMILY SERVICES** 847-741-7140 1341 Wing St., Elgin, Il. 60120
- CENTRO DE INFORMACION Y PROGRESO** 847-695-9050 28 N. Grove St., Elgin, Il. 60120
- COMMUNITY COUNSELING CENTER OF THE FOX VALLEY, INC.** 630-966-7400 400 Mercy Lane, Aurora, Il. 60506
- COMMUNITY CRISIS CENTER** 847-697-2380 P.O. Box 1390, Elgin, Il. 60121
- COMMUNITY HEALTH PARTNERSHIP OF ILLINOIS** 630-859-0015 157 S. Lincoln Ave., Aurora, Il. 60505
- DELNOR-COMMUNITY HOSPITAL** 630-208-3000 300 Randall Rd., Geneva, Il. 60134
- DREYER MEDICAL CLINIC** 630-906-5151 1877 W. Downer Place, Aurora, Il. 60506
- ECKER CENTER FOR MENTAL HEALTH** Elgin 847-695-0484; St. Charles 630-377-5200
1845 Grandstand Place, Elgin, Il. 60120 309 Walnut St., St. Charles, Il. 60174
- FAMILY SERVICES ASSOCIATION** 847-695-3680 22 S. Spring St., Elgin, Il. 60120
- FOX VALLEY HOSPICE** 630-232-2233 200 Whitfield Dr., Geneva, Il. 60134
- GREATER ELGIN FAMILY CARE CENTER** 847-608-1344 370 Summit St., Elgin, Il. 60120
- HEARTLAND COUNSELING** 630-365-0899 106 W. Pierce St., Elburn, Il. 60119
- KANE COUNTY HEALTH DEPARTMENT** 630-264-7689 1330 N. Highland Ave., Aurora, IL 60506
- LIONS CLUBS INTERNATIONAL** 630-571-5466 300 W. 22nd St., Oak Brook, Il. 60521
- LIVING WELL CANCER RESOURCE CENTER** 630-262-1111 1803 W. State St., Geneva, Il. 60134
- MEDICINE PROGRAM, THE** 1-573-996-7300 P.O. Box 520, Doniphan, Mo. 63935-0520

MUTUAL GROUND 630-897-0084 P.O. Box 843 (418 Oak Ave.), Aurora, Il. 60506

NATURAL WOMAN, THE 630-232-7434 Geneva

NEEDYMEDS, INC. 215-625-9609 P.O. Box 63716, Philadelphia, Pa. 19147

OPEN DOOR CLINIC Elgin 847-695-1093; Aurora 630-264-1819
164 Division St. - Ste. 607, Elgin, Il. 60120 157 S. Lincoln St..Ste. K, Aurora, Il. 60505

PhRMA (Prescription Aid) 202-835-3400 1100 Fifteenth St. NW, Washington, DC 20002

PRAIRIE STATE LEGAL SERVICES 630-232-9415 201 Houston St., Ste. 200, Batavia, Il. 60510

PROVENA MERCY MEDICAL CENTER 630-859-2222 1325 N. Highland Ave., Aurora, Il. 60506

PROVENA SAINT JOSEPH HOSPITAL 847-695-3200 77 N. Airlite St., Elgin, Il. 60123

RENZ ADDICTION CENTER Elgin 847-742-3545; St. Charles 630-513-6886
Two American Way, Elgin, Il. 60120 230 West River Rd., St. Charles, Il. 60175

RUSH-COPLEY MEDICAL CENTER 630-978-6200 2000 Ogden Ave., Aurora, Il. 60504

SALVATION ARMY St. Charles 630-377-2769; Elgin 847-741-2304; Aurora 630-897-7265
1710 S. 7th Ave., St. Charles, Il. 60174 316 Douglas Rd., Elgin, Il. 60120 437 E. Galena, Aurora, Il. 60505

SENIOR SERVICES ASSOCIATES Aurora 630-897-4035; Elgin 847-741-0404
Aurora Twp. Senior Center Greater Elgin Senior Center
460 Garfield Ave., 2nd Fl. 101 S. Grove
Aurora, Il. 60506 Elgin, Il. 60120

SHERMAN HOSPITAL 847-742-9800 934 Center St., Elgin, Il. 60120

SUICIDE PREVENTION SERVICES 630-482-9699 528 S. Batavia Ave. (Rt. 31), Batavia, Il. 60510

SUSAN G. KOMEN BREAST CANCER FOUNDATION 1-800-462-9273 5005 LBJ Freeway, Ste. 250, Dallas, Tx. 75244

TRI CITY FAMILY SERVICES 630-232-1070 1120 Randall Court, Geneva, Il. 60134

TRI CITY HEALTH PARTNERSHIP 630-377-9277 318 Walnut St., St. Charles, Il. 60174

TWO WOMEN, FOR WOMEN 630-584-5376 or 630-377-3883 6N267 Woodland Dr., St. Charles, Il. 60175

UNITED WAY Elgin 847-741-2259; Aurora 630-896-4636; St. Charles 630-377-1930
2022 Larkin Ave. 111. W. Downer Place 440 S. 3rd St.
Elgin, Il. 60123 Aurora, Il. 60506 St. Charles, Il. 60174

VISITING NURSE ASSOCIATION OF FOX VALLEY 630-978-2532 400 N. Highland Ave., Aurora, IL 60506

VNA HEALTH CENTER 630-892-4355 49 E. Downer Place, Aurora, Il. 60505

WELL CHILD CENTER 847-741-7370 620 Wing St., Elgin, Il. 60120

WEST TOWNES Elburn 630-365-2880 525 N. Main St. #10, Elburn, Il. 60119 76 N. Main St., Sugar Grove, Il. 60554

Y-ME SUPPORT GROUP 630-513-6681 2900 Foxfield Rd. (at Kirk Rd.), St. Charles, Il. 60174
at Charlestowne Convenient Care Center of Central DuPage Hospital

YWCA 630-896-8588 201 N. River St., Aurora, Il. 60506

Mammograms & More

Helpful Websites

BREAST CANCER SITES

AMERICAN CANCER SOCIETY	www.cancer.org
BREAKING FREE	www.breakingfreeinc.org
BREAST CANCER ANSWERS PROGRAM	www.canceranswers.org
BREAST CANCER GLOSSARY	www.cancerhelp.com/Glossary.htm
BREASTCANCER.ORG	www.breastcancer.org
BREAST CANCER RESOURCE CENTER	www.healingwell.com/breastcancer
CANCER FACTS	www.cancerfacts.com
CANCER NEWS	www.cancernews.com
CANCER RISK ASSESSMENT	www.wcn.org
CDC-BREAST CANCER PROGRAM	www.cdc.gov/cancer/nbccedp
INFO BREAST CANCER	www.infobreastcancer.cyberus.ca
LIVING BEYOND BREAST CANCER	www.lbbc.org
MEDICINE PROGRAM, THE	www.themedicineprogram.com
NATIONAL ALLIANCE OF BREAST CANCER ORGANIZATIONS	www.nabco.org
NATIONAL BREAST CANCER FOUNDATION	www.nationalbreastcancer.org
NATIONAL CANCER INSTITUTE – BREAST CANCER	www.cancer.gov/cancerinfo/types/breast
NATIONAL LYMPHEDEMA NETWORK	www.lymphnet.org
NEEDYMEDS.COM	www.needymeds.com
PATIENT-CENTERED GUIDES	www.patientcenters.com
PHARMACEUTICAL RESEARCH & MANUFACTURERS OF AMERICA	www.PhRMA.org
SUSAN G. KOMEN BREAST CANCER FOUNDATION	www.komen.org
TLC CATALOG (Wigs, Hats, Bras, etc.)	www.TLCcatalog.org
WOMEN'S INFORMATION NETWORK AGAINST BREAST CANCER	www.winabc.org
Y-ME BREAST CANCER SUPPORT	www.Y-me.org

MISCELLANEOUS HEALTH WEBSITES

AIDS CLEARINGHOUSE	www.aids.org
ALCOHOLICS ANONYMOUS	www.alcoholics-anonymous.org
ALLERGY and ASTHMA FOUNDATION OF AMERICA	www.aafa.org
ALZHEIMER'S ASSOCIATION	www.alz.org
AMERICAN ACADEMY OF DERMATOLOGY	www.aad.org
AMERICAN CANCER SOCIETY	www.cancer.org
AMERICAN DENTAL ASSOCIATION	www.ada.org
AMERICAN FOUNDATION FOR SUICIDE PREVENTION	www.AFSP.org
AMERICAN GASTROENTEROLOGICAL ASSOCIATION	www.gastro.org
AMERICAN HEART ASSOCIATION	www.americanheart.org

AMERICAN LUNG ASSOCIATION	www.lungusa.org
AMERICAN MEDICAL ASSOCIATION	www.ama-assn.org
AMERICAN PSYCHIATRIC ASSOCIATION	www.psych.org
AMERICAN STROKE ASSOCIATION	www.americanheart.org
ANXIETY AND PANIC HUB	www.panicattacks.com
ARTHRITIS FOUNDATION	www.arthritis.org
ASSOCIATION FOR INDIVIDUAL DEVELOPMENT	www.the-association.org
AUNT MARTHA'S	www.auntmarthas.org
CENTERS FOR DISEASE CONTROL	www.cdc.gov
COMMUNITY COUNSELING CENTER OF FOX VALLEY	http://www.cccfv.org/
DELNOR-COMMUNITY HOSPITAL	www.delnor.com
DIRECTORY OF NATIONAL HEALTH WEBSITES	www.nlm.nih.gov/medlineplus
DREYER MEDICAL CLINIC	www.dreyermed.com
ECKER CENTER FOR MENTAL HEALTH	www.eckercenter.org
EPILEPSY FOUNDATION	www.epilepsy-chicago.org
FOX VALLEY HOSPICE	www.foxvalleyhospice.net
GREATER ELGIN FAMILY CARE CENTER	www.gefcc.org
HEARTLAND COUNSELING	www.heartland.ruralpsych.org
ILLINOIS DEPARTMENT OF PUBLIC HEALTH	www.idph.state.il.us
KANE COUNTY HEALTH DEPARTMENT	www.kanehealth.com
LIONS CLUBS	www.lionsclubs.org
LIVING WELL CANCER RESOURCE CENTER	www.livingwell.org
MEDICINE PROGRAM, THE	www.themedicineprogram.com
MENDED HEARTS, INC	www.mendedhearts.org
MUTUAL GROUND, INC	www.mutualgroundinc.org
NARCOTICS ANONYMOUS	www.na.org
NATIONAL COLORECTAL CANCER RESEARCH ALLIANCE	www.nccra.org
NATIONAL EATING DISORDERS ASSOCIATION	www.nationaleatingdisorders.org
NATIONAL FOUNDATION FOR DEPRESSIVE ILLNESS	www.depression.org
NATIONAL INSTITUTES OF HEALTH	www.NIH.gov
NATIONAL MULTIPLE SCLEROSIS SOCIETY	www.nationalmssociety.org
NATIONAL OSTEOPOROSIS FOUNDATION	www.nof.org
NEEDYMEDS.COM	www.needymeds.com
NORTH AMERICAN MENOPAUSE SOCIETY	www.menopause.org
OBSTETRICS & GYNECOLOGY	www.obgyn.net
OPEN DOOR CLINIC	www.opendoorclinic.org
PARKINSON'S DISEASE FOUNDATION	www.pdf.org
PHARMACEUTICAL RESEARCH & MANUFACTURERS OF AMERICA	www.PhRMA.org
PRAIRIE STATE LEGAL SERVICES	www.pslegal.org
PROVENA MERCY MEDICAL CENTER	www.provenamercy.com
PROVENA SAINT JOSEPH HOSPITAL	www.ProvenaSaintJoseph.com
RENZ ADDICTION COUNSELING CENTER	www.RenzCenter.org
RUSH COPLEY MEDICAL CENTER	www.rushcopley.com
SHERMAN HOSPITAL	www.shermanhealth.com
SUICIDE PREVENTION SERVICES	www.spsfv.org
TRI-CITY FAMILY SERVICES	www.TriCityFamilyServices.org
UNITED WAY OF THE AURORA AREA	www.unitedwayaa.org
UNITED WAY OF ELGIN	www.uwelgin.org
UNITED WAY OF ST. CHARLES	www.unitedwayofstcharles.org
VISITING NURSE ASSOCIATION OF FOX VALLEY	www.vnafoxvalley.com