

BREAST HEALTH RESOURCE GUIDE

SERVING THE MID-MISSOURI AFFILIATE AREA

Mid-Missouri Affiliate of Susan G. Komen for
the Cure ®

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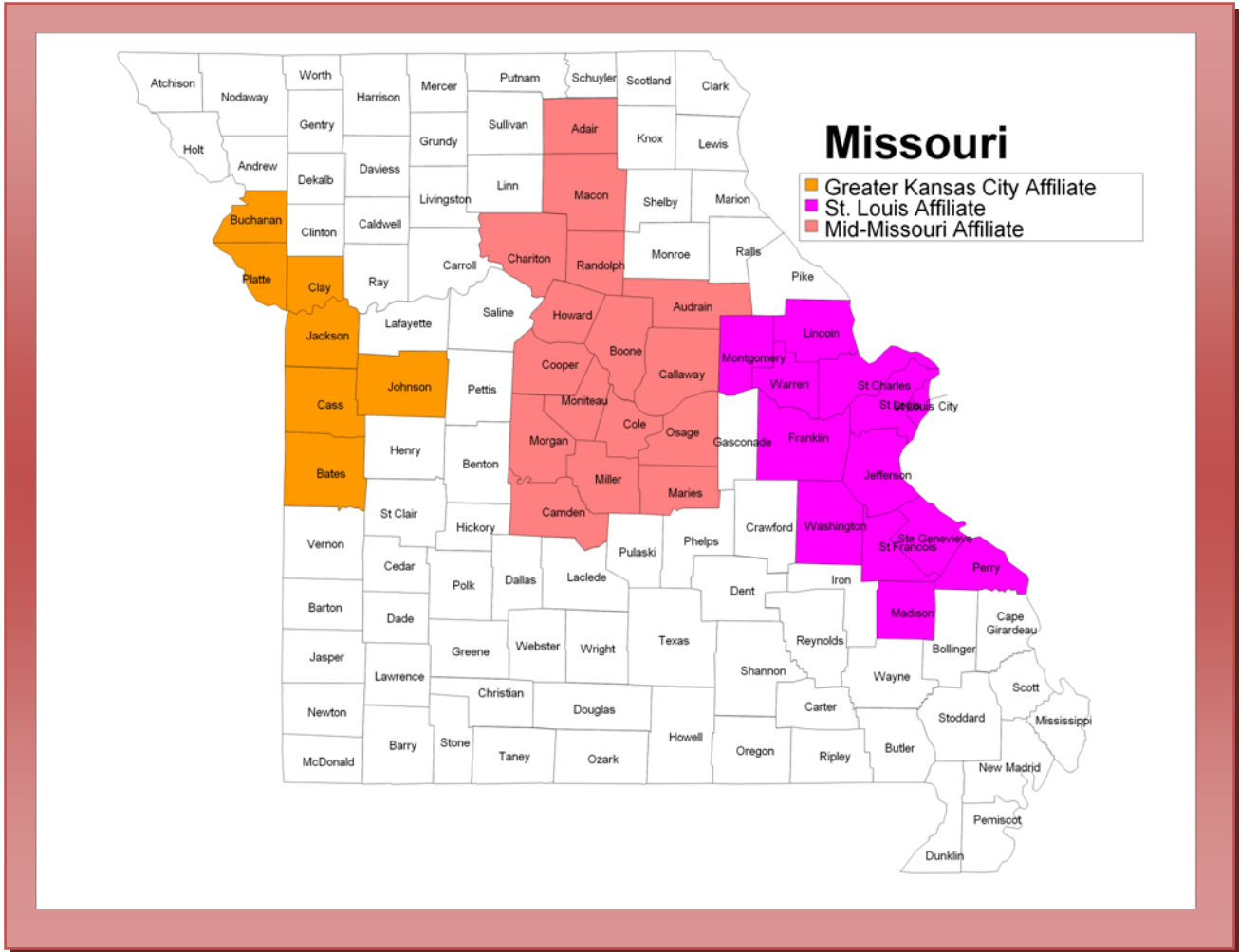
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If you find any missing or incorrect information, please contact us.
Thank you.

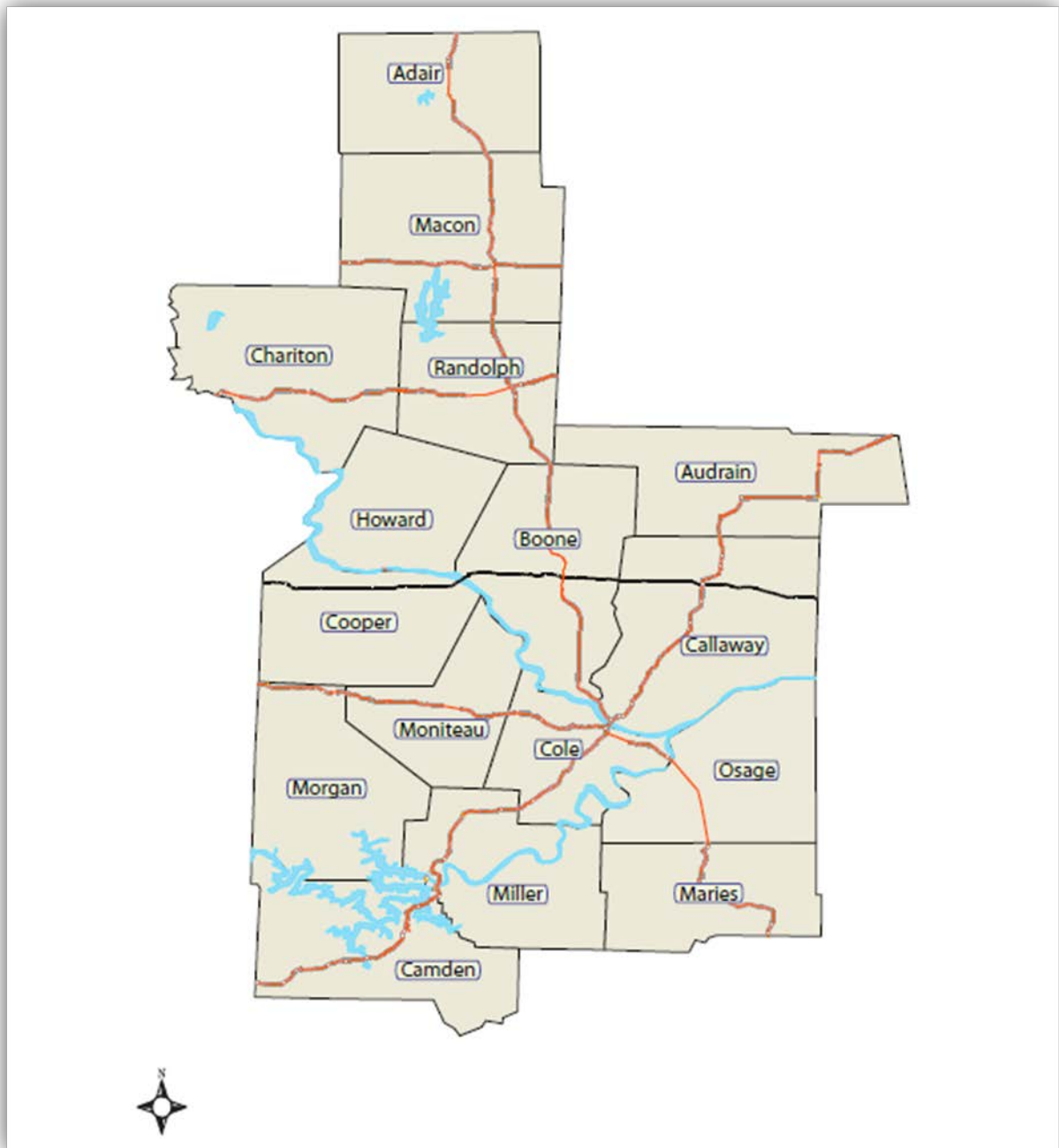
Table of Contents

Mid-Missouri Affiliate Area.....	3
Example County	5
COUNTY MAP	5
MEDICAL	5
POST-DIAGNOSIS	5
ORGANIZATIONS SERVING LOW INCOME.....	5
SOCIAL NETWORKS	5
INFORMATION SOURCES	5
Osage County	6
Resources	10
<input type="checkbox"/> Show Me Healthy Women Program	10
<input type="checkbox"/> Organizations	12
<input type="checkbox"/> STL/Kansas City Resources.....	13

Missouri Affiliate Area

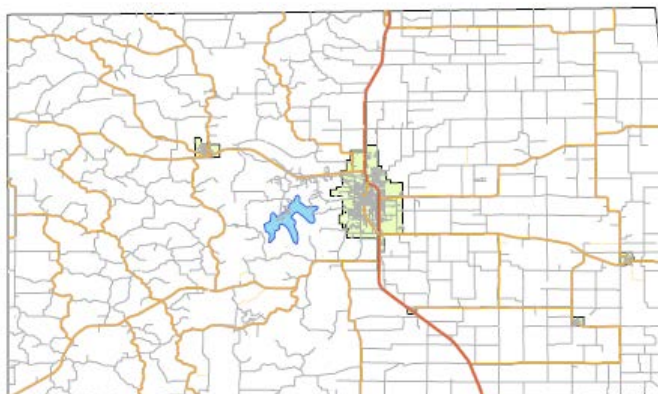


Mid-Missouri Affiliate Area



Example County

COUNTY MAP



**Map attributes will be listed beneath the map.

MEDICAL

- Hospitals (Hospitals and Clinics in area)
- Federally Qualified Health Centers (FQHC)
- Mammography Centers
- Show Me Healthy Women Program Providers (SMHW)
- Cancer Centers

POST-DIAGNOSIS

- Pharmacies
- Support Groups
- Accessories (Lymphedema garments, Wigs, Breast Prosthesis)
- Transportation (Public transportation)

ORGANIZATIONS SERVING LOW INCOME

- Health Department

SOCIAL NETWORKS

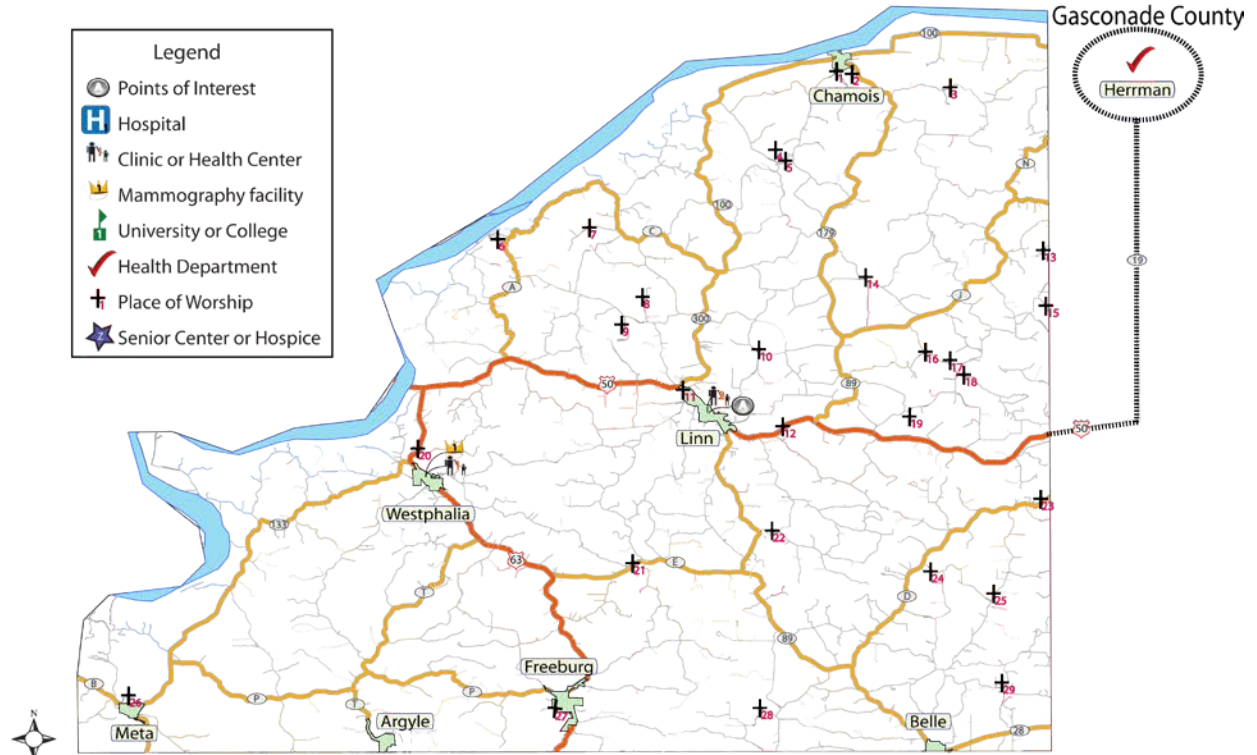
- Senior Centers
- Support Groups

INFORMATION SOURCES

- American Cancer Society
- Libraries
- CIS (hotline)

Osage County

COUNTY MAP



Osage County Extended Legend

Health Department (in adjacent county)

- 1 Gasconade-Osage Health Department

Mammography Facility

- 1 St. Mary's Westphalia Medical Clinic

Clinics or Health centers

- 1 St. Mary's Westphalia Medical Clinic
- 2 CCHCCM- Linn Clinic

Points of Interest

- A Osage County Library

Places of Worship

- 1 Saint Johannes German Lutheran Church
- 2 Saint Mary's Catholic Church
- 3 Shawnee Creek Catholic Church
- 4 Evangelical Church (historical)
- 5 Union Church (historical)
- 6 Saint Louis Catholic Church
- 7 High point Church (historical)
- 8 Zion Hope Church (historical)
- 9 Vosholl Church (historical)
- 10 Fairview Church
- 11 Saint Georges Catholic Church
- 12 Latter Day Saints Church
- 13 Southwest Church (historical)
- 14 Mint Hill Church
- 15 Salem Church
- 16 Oklahoma Church
- 17 Evangelical Church (historical)
- 18 Ryors Church
- 19 Lane Community Church
- 20 Saint Josephs Catholic Church
- 21 Church of the Sacred Heart
- 22 Mount Aerial Church (historical)
- 23 Evangel Saint Paul Church
- 24 College Hill Church
- 25 Fuersville Church (historical)
- 26 Saint Cecilia's Catholic Church
- 27 Church of the Holy Family
- 28 Pilot Knob Church
- 29 Mount Zion Church

MEDICAL

- Hospitals

St. Mary's Westphalia Medical Clinic
1875 Hwy 63
Westphalia, MO 65085
(573) 455-9838
Only open Monday, Tuesday, & Thursday.

CHCCM-Linn Clinic
1016 E. Main St
Linn, MO 65051
(573) 632-2777
www.chccmo.org

- Federally Qualified Health Centers

- For the FQHC closest to your home, go to findahealthcenter.hrsa.gov and enter your address.

CHCCM-Linn Clinic
1016 E. Main St
Linn, MO 65051
(573) 632-2777

Gasconade-Osage Health Department
300 Schiller St
Hermann, MO 65041
(573) 486-3129

- Mammography Centers
St. Mary’s Westphalia Medical Clinic
1875 Hwy 63
Westphalia, MO 65085
(573) 455-9838

- Show Me Healthy Women Program Providers (SMHW)
 - Visit www.dhss.mo.gov/BreastCervCancer/ProviderLists.html for current providers
 - For a description of the SMHW program, please see Appendix

- Cancer Centers
None

POST-DIAGNOSIS

- Pharmacies
Linn Drug Inc
304 E Main ST
Linn, MO 65034
(573) 897-4140

St. Mary’s Westphalia Pharmacy
1875 Hwy 63
Westphalia, MO 65085
(573) 455-2284

- Support Groups

Osage Center for Women's Ministries Support Group
Current Address: 3284 Hwy 50 Loose Creek, MO 65054
Mailing Address: P.O. Box 756 Linn, MO 65051
New (4/15/12): 1016 Main Street Linn, MO 65051

Contact Lyn Wittman at (573) 897-9920

- Accessories
 - Look Good Feel Better Program by American Cancer Society
Look Good Feel Better is a free program. Trainers show participants how to rejuvenate their looks and participants receive a “tool kit” of products. Wigs, turbans, and scarves are available to try on and keep. For more information and locations near you call 1-800-395-LOOK or visit www.lookgoodfeelbetter.org

None

- Transportation
 - OATS, Inc. *
Mid-MO Regional Office
Jack Heusted, Regional Director
2501 Maguire Blvd., Ste. 103
Columbia, MO 65201
(573) 449-3789
jackh@oatstransit.org
www.oatstransit.org
No fees, donations accepted
Eligibility: Age 60 or older, age 18-59 with a permanent disability, and the rural general public

Services available: personalized door-to-door services, transportation provided on a scheduled basis, priority given to elderly and disabled.
 Schedule for OATS services in Osage County below: To schedule a ride, call the contact number in your town or the regional office above.

To Jefferson City from:

Rich Fountain and Owensville	2nd Monday each month
Rich Fountain	4th Monday each month
Chamois and Hermann	1st Tuesday each month
Chamois	3rd Tuesday each month
Linn	2nd, 4th Wednesdays each month

To schedule a ride on any of these routes, call the contact number in your town:

Chamois	Ruth Gilbert	573-763-5646
	Grace Smith	573-897-2649
Linn	Helen Campbell	573-897-4989
Rich Fountain	Rosalia Rufi	573-744-5636
Freeburg/Westphalia	Billie Steuber	573-744-5848

ORGANIZATIONS SERVING LOW INCOME

- Health Department
 Gasconade-Osage Health Department
 300 Schiller St
 Hermann, MO 65041
 (573) 486-3129
 www.gasconhealth.com

SOCIAL NETWORKS

- Senior Centers
 None

- Support Groups
 Osage Center for Women's Ministries Support Group

Current Address:	Mailing Address:	New (4/15/12):
3284 Hwy 50	P.O. Box 756	1016 Main Street
Loose Creek, MO 65054	Linn, MO 65051	Linn, MO 65051

Contact Lyn Wittman at (573) 897-9920

INFORMATION SOURCES

- American Cancer Society
 1 (800) 227-2345
 www.cancer.org
 Cancer Specialist available 24 hours everyday of the year to answer questions, explain what your diagnosis means, tell you about programs that are offered by your area American Cancer Society office, and give information about other organizations who offer relevant programs (including utility and transportation assistance).
 - Jefferson City Office
 2413 Hyde Park Rd

Jefferson City, MO 65109
(573) 635-4821

- Libraries

Osage County Library
1014 Main St, Suite D
Linn, MO 65051
(573) 897-2951

- CIS (hotline)

- Contact National Cancer Institute Cancer Information Service (CIS) at 1 (800) 422-6237

RESOURCES

Possible Resources for receiving free or reduced cost are available all over the service area. Some of options available include:

SHOW ME HEALTHY WOMEN PROGRAM

Show Me Healthy Women is a program designed to help cure and eliminate breast cancer. This is done through free to low cost breast and cervical cancer screening to those living in Missouri who meet the requirements of the program. If diagnosed through this program they maybe eligible for free treatment through Medicaid.

Services available depending on age and income include:

- Free Mammograms (Only those 50 years and older without Medicare Part B)
- Free Clinical Breast Exams (CBE)
- Free Pelvic Exams
- Free Pap Tests

Certain guideline restrictions:

- Must be over 35 years old
- Limited or no health coverage
- Not eligible for Medicaid or Medicare
- Income below the 200% federal poverty level. See chart below for annual income.

Size of household	SMHW Annual	SMHW monthly	SMHW weekly
1	\$21,660	\$1,805.00	\$416.54
2	\$29,140	\$2,428.33	\$560.38
3	\$36,620	\$3,051.67	\$704.23
4	\$44,100	\$3,675.00	\$848.08
5	\$51,580	\$4,298.33	\$991.92
6	\$59,060	\$4,921.67	\$1,135.77
7	\$66,540	\$5,545.00	\$1,279.62
8	\$74,020	\$6,168.33	\$1,423.46
Each additional person, add:	\$7,480	\$623.33	\$143.85

Source: *Federal Register*, January 23, 2009
aspe.hhs.gov/poverty/09poverty.shtml

Annual is correct. Other amounts have been rounded up.

- If between the ages of 35-49 are eligible for:
 - Pelvic exam, Pap test and Clinical Breast Exam (CBE)
 - Diagnostic breast services if CBE results are suspicious for cancer.
 - Diagnostic cervical services if initial/follow-up Pap test was abnormal and was provided by a participating provider or through outside referrals with Pap test results of High Grade SIL or worse.
 - Not eligible for mammograms

- If between ages of 50-64 without Medicare Part B are eligible for:
 - Clinical Breast Exam
 - Mammogram
 - Pelvic exam
 - Pap Test
- Cervical cancer screenings for women who have had a hysterectomy:
 - Due to cervical cancer or dysphasia are eligible for Clinical Breast Exam, pelvic examination and Pap test.
 - Due to any reason other than cervical cancer or dysphasia are eligible for one Pap test and pelvic examination to determine the absence or presence of the cervix.
 - Due to conditions other than cervical cancer or dysphasia and the cervix is absent are eligible for a CBE.

There is **NO guarantee eligibility for free screening** services through Show Me Healthy Women provider. Contact the provider close to you to find out more about eligibility, making an appointment, and necessary documentation.

Providers of Show Me Healthy Women are always changing due to funds fluctuation, therefore it is a good idea to contact the provider to make an appointment and find out information prior to going in.

For providers near you:

- Alphabetical Listing: www.dhss.mo.gov/BreastCervCancer/Providerlist.xls
- Listing by county: www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html

Note: Non-U.S. citizens may receive screening but they will not be eligible for the cancer treatment through Medicaid.

For more information contact:

- National Cancer Institute Cancer Information Service (CIS) at 1-800-422-6237, press option “1”
- Bureau of Cancer and Chronic Disease Control: Show Me Healthy Women Program (SMHW)
Missouri Department of Health and Senior Services
PO Box 570, Jefferson City, MO 65102-0570 Telephone: 573-522-2845, Fax: 573-522-2899,
Email: info@dhss.mo.gov

This information has been retrieved from www.dhss.mo.gov/BreastCervCancer/Eligibility.html on October 14, 2009.

- **MedZou Clinic** is a student run medical clinic that provides free healthcare to the uninsured in Columbia. The Clinic uses a combination of medical students and faculty (doctors, nurses and social workers) to provide quality health care for those that come to the clinic.
Central Missouri Community Action (CMCA) Building, 400 Wilkes Blvd, Columbia, MO 65201
Open on Thursdays from 6:00 PM - 9:00 PM

For more information contact:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Natalie Fieleke
<i>Senior Information Specialist</i>
School of Medicine - Communication & Innovation
Phone: 573-884-7541
Fax: 573-884-4808
Email: fileken@health.missouri.edu | <ul style="list-style-type: none"> • Chris Gu
<i>Medical Student</i>
School of Medicine - Class of 2012
Email: chris.gu@mizzou.edu |
|---|---|

- **Ellis Fishcel Cancer Center** is a part of the University of Missouri Health System located in Columbia, Missouri. Each year they help thousands of people with their comprehensive cancer prevention, detection, and treatment services. Ellis Fischel works with all types of cancer. The Margaret Proctor Mulligan Breast Health and Resource Program focuses on breast health. The services provided by this program include screening and diagnostic mammograms, breast ultrasounds, lymphedema education and therapy, support groups, prosthetic and cosmetic support, a resource library and a second opinion breast cancer clinic.
 - For more information:
 - visit www.muhealth.org/default_efcc.cfm?id=74
 - or contact:
 - For general questions regarding breast health or breast cancer, please contact Erin Spears, Nurse Clinician at (573) 884-7718.
 - Referrals and new patients: (573) 882-8454.
 - Existing patients: (573) 882-8445
 - To schedule a mammogram: (573) 882-8511
- **Mobile Mammography Van Service** is a 44 foot van that has an examination room and a mammography suite. Mammograms, clinical breast exams and breast health educational materials are all available. The van travels throughout our affiliate area for an upcoming schedule visit www.muhealth.org/body_efcc.cfm?id=1432 with its home base at Ellis Fischel in Columbia, Missouri. If you are interested in bringing the cancer screening van to their community can make arrangements by calling (573) 882-8511 or 888-MAM-VAN1 (888-626-8261).

ORGANIZATIONS

- **Missouri Cancer Associates** are located in Kirksville and Columbia, Missouri and offers comprehensive cancer care services include radiation therapy, diagnostic radiology, pharmacy services, and patient support services. For more information visit their website at www.missouricancer.com or call us at 573-875-7081 Monday through Friday, between 8:30 a.m. and 5:00 p.m. to make an appointment.
- **American Cancer Society** for the American Cancer Society office and services available in your community visit www.cancer.org or call 1-800-ACS-2345. The different offices can have a variety of services available. Some of the services include:
 - **Look Good Feel Better** is a free public program offered by the American Cancer society for individuals with cancer. Programs are held once a month at designated locations. Visit www.lookgoodfeelbetter.org to find a location near you. During the program individuals are put into small groups and lead by a trained cosmetologist through a 12 step process on how to rejuvenate your look, they also receives a “tool kit” which is product neutral that will be used in the 12 step process. Wigs, turbans, and scarves will be available at the end to try on and keep if wanted. *It’s also a great time to ask how to tie a scarf or turban in order to get the correct style (paper instructions are also in the small booklet that outlines the 12 step process). For more information call 1-800-395-LOOK or Visit www.lookgoodfeelbetter.org.

- **Reach to Recovery** is a program is designed to help both males and females cope with their breast cancer through face-to-face visits and phone conversations with Reach for Recovery volunteers. The volunteers are all survivors and have normal productive lives now; they offer to others their knowledge, understanding, and hope. For more information about the program or to find a program near you visit In My Community on the American cancer web site at www.cancer.org or call 1-800-227-2345.
- **Road to Recovery** is a program that provides transportation to and from treatment for individuals with cancer that do not have a ride or are unable to drive themselves. Call 1-800-ACS-2345 to find out if Road to Recovery is available in your community.
- **Tender Loving Care (TLC)** is a magazine/catalog that has helpful information with products for women with cancer or cancer treatment that causes hair loss including: wigs, breast prosthesis, lymphedema garments, hairpieces, breast forms, bras, hats, turbans, swimwear, and helpful accessories at the lowest possible prices. To request a copy of TLC, call 1-800-850-9445, or visit TLC online at www.tlcdirect.org.
- **I Can Cope** is a free educational program for individuals facing cancer –themselves or through a friend or family member. I Can Cope classes help disprove common cancer myths and give straightforward information. For more information about I Can Cope classes in your area, call 1-800-227-2345, or visit our web site, www.cancer.org. Classes are also available online visit www.cancer.org/onlineclasses to take the course online.
- **National Cancer Institution (NCI)** is primarily a research institution with information for the public, health professionals and patients both on cancer in general and the research/clinical trials that NCI has performed. For more information about cancer call 1-800-4-CANCER or visit www.cancer.gov
- **Breast Cancer National Network of Strength** is a Some of the services offered to women include:
 - **YourShoes a 24/7** breast cancer support center staffed by breast cancer survivors who know first-hand what it is like to walk in the shoes of someone who is facing the disease. To contact a breast cancer survivor at the support center call 1-800-221-2141 or go to www.networkofstrength.org/programs/yourshoes.php and email now.
 - **Breast Cancer Survivor Match Program** gives you the opportunity to be paired with a peer counselor who had the same diagnosis, is the same age or has experienced similar challenges as you. For more information www.networkofstrength.org/programs/match.php
 - **Partner Match Program** provides support and education for people while they are supporting a wife, partner or other loved one through the disease. For more information go to www.networkofstrength.org/programs/partnermatch.php

STL/ KANSAS CITY RESOURCES

- **Wigs**
 - Cancer Action at (913) 642-8885 direct the donation or three locations in the greater Kansas City area