

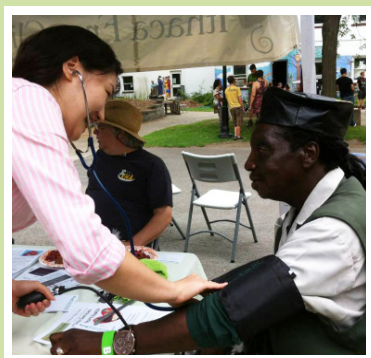
# CHRONIC CARE



# PROGRAM



## Community Resources For Your Health and Well-Being



### *In this brochure:*

<i>Ithaca Food Pantries .....</i>	<i>pg 4</i>
<i>Resources for sexual &amp; reproductive health ...</i>	<i>5</i>
<i>Nutrition &amp; overeating .....</i>	<i>5</i>
<i>Local Cancer Resources .....</i>	<i>6</i>
<i>Transportation .....</i>	<i>6</i>
<i>Health Insurance Enrollment .....</i>	<i>6</i>
<i>Addiction Services .....</i>	<i>7</i>
<i>Mental Health Services .....</i>	<i>7</i>

# What is the Chronic Care Program?

Offered at the Ithaca Free Clinic, the Chronic Care Program is an integrative program that:

- Helps patients with chronic diseases and conditions with potential long-term health consequences.
- Makes each patient a part of a "care team" with multiple providers and health professionals to help set and maintain the patient's health care plan.
- Helps patients set goals and also provides support to reach those goals.
- Works with each patient to become and stay healthy!

*to join:*

*Call 607-330-1254 or email  
[ChronicCare@IthacaHealth.org](mailto:ChronicCare@IthacaHealth.org).*





## Joining the Chronic Care Program gives you access to services offered at the Ithaca Free Clinic, which include:

- Acupuncture
- Chiropractic
- Massage therapy
- Occupational therapy
- Counseling
- Herbal medicine
- Dietitian
- Energy work
- Reiki
- Health insurance enrollment

*Patients are seen by appointment, instead of waiting at the walk-in clinic.*

## The Chronic Care Program is for anyone with:

- Diabetes
- Heart disease
- Asthma
- Chronic obstructive pulmonary disease
- Anxiety
- Depression
- Lyme disease
- Difficulties with weight loss
- Other chronic conditions

# Ithaca Food Pantries

## **Rescue Mission Friendship Center**

618 West State Street, (607) 273-6684

- *Pantry:* 3 meals a day for 5 days for each person in family. Monday, 2 to 4 p.m.  
Tuesday to Sunday, 9 to 11 a.m. & 2 to 4 p.m.
- *Meals:* Tuesday and Thursday at noon and Saturday, 4 to 5 p.m.

## **Baptized Church of Jesus Christ**

412 First Street, (607) 272-1984

Wednesday and 3rd Saturday, 10 a.m. to 12:30

## **Immaculate Conception Church Food Pantry**

113 North Geneva Street (pantry entrance on West Seneca Street), (607) 273-6121

Tuesday, 1 to 2 p.m.

## **Ithaca Kitchen Cupboard (Pantry)**

Salvation Army at 150 North Albany Street,  
(607) 273-2400

Monday to Thursday, 1:30 to 3 p.m.

Friday, 1 to 2:30 p.m.

## **Loaves and Fishes (Meals)**

St. John's Episcopal Church at 210 North Cayuga Street, (607) 272-5457

Monday, Wednesday, and Friday, at noon

Tuesday and Thursday, 5:30 to 6:30 p.m.

## **Southside Community Center**

305 South Plain Street, (607) 273-4190

- *Meals:* 4th Saturday, noon to 2 p.m.
- *Emergency food packs:* Monday to Friday, 4 to 6 p.m.

## **Our Brother's and Sister's Table (Meals)**

Salvation Army at 150 North Albany Street,  
(607) 273-2400

Saturday at noon and Sunday at 3 p.m.

## **Tompkins Community Action**

701 Spencer Road, (607) 273-8816, ext. 137

Monday, 2:30 to 4:30 p.m.

Tuesday, 10:30 a.m. to 1:30 p.m.

## **Dept. of Social Services: Food Assistance**

(607) 274-5201

Provides low-income households with monthly benefits to purchase food

## Resources for Sexual & Reproductive Health

### **Planned Parenthood's Ithaca Health Center**

620 West Seneca Street, (607) 273-1513

Offers education about sexually transmitted infections and safer sex. Also provides testing, diagnosis, and treatment of STIs.

### **The Advocacy Center**

314 East State Street, (607) 277-5000

Provides support, advocacy, and education for survivors of domestic violence, child sexual abuse, and adult sexual assault.

### **Southern Tier AIDS Program**

314 West State Street, (607) 272-4098

Provides education to prevent the spread of HIV and offers support for those living with HIV. Free HIV testing on Thursdays, 9 to 11:30 a.m.

### **Ithaca Health Alliance/Free Clinic**

521 West Seneca Street, (607) 795-8161

Provides GYN/Women's Health appointments for uninsured and under-insured women. HIV Primary Care and free, confidential HIV testing on Thursdays, 8 a.m. to 1 p.m.

### **Health Department**

(607) 274-6604

Free, anonymous HIV testing and counseling. Walk-in on Tuesdays, 9 to 11:30 a.m. Appointment only on Tuesdays and Thursdays, 1 to 3 p.m.

## Nutrition & Overeating

### **Ithaca Free Clinic**

521 West Seneca Street, (607) 795-8161

Offers free nutrition consultations with registered dietitians.

### **Cayuga Center for Health Living**

(607) 252-3590

Offers individual/group counseling, classes, and clinic visits for people with chronic health challenges.

### **Overeaters Anonymous**

(607) 387-8254

## Local Cancer Resources

### **Cancer Resource Center of the Finger Lakes**

612 West Seneca Street, (607) 277-0960

[www.crcfl.net](http://www.crcfl.net)

Provides one-to-one assistance, support groups, wellness activities, and community education for people with cancer.

### **Cancer Services Program of Cortland and Tompkins Counties** (607) 758-5523

Provides free cancer screening to eligible individuals. Call to determine eligibility.

### **New York State Department of Health**

#### **Cancer Service Programs** 1-866-442-2262

Provides information about free/low-cost legal assistance for those with cancer and their families, support groups, and genetic counselors.

### **Cancer Legal Advocacy & Services Project**

(315) 703-6500

Provides legal assistance to individuals living with cancer in Central New York.

## Transportation

### **Friends in Service Helping (FISH)**

1-866-255-6524 Provides free transportation to medical appointments in Tompkins County.

### **Gadabout** (607) 273-1878

Door-to-door service for people over 60 and for disabled Tompkins County residents.

## Health Insurance Enrollment

### **Human Services Coalition**

2-1-1 or 1-877-211-8667, [www.hsctc.org](http://www.hsctc.org)

Helps individuals, families, and small businesses enroll in low-cost health coverage plans.

### **Dept. of Social Services: Medicare Programs**

(607) 274-5343 Call for information on programs and application.

### **Ithaca Free Clinic**

521 West Seneca Street, (607) 795-8161

Helps individuals enroll in state insurance programs. Walk-ins on Thursdays, 4 to 8 p.m.

## Addiction Services

### **Cayuga Addiction Recovery Services**

(607) 273-5500

Provides outpatient treatment services and residential and rehabilitation services.

### **Alcohol & Drug Council of Tompkins County**

201 Green Street, (607) 274-6288

[www.alcoholdrugcouncil.org](http://www.alcoholdrugcouncil.org)

Provides confidential individual and group counseling.

### **Office of Alcoholism & Substance**

**Abuse Services** [www.oasas.ny.gov](http://www.oasas.ny.gov)

Lists addiction services and treatment options in New York State.

### **New York State Smokers Quit Line**

1-866-697-8487, [www.nysmokefree.com](http://www.nysmokefree.com)

### **Health Department** (607) 274-6604

Free, anonymous HIV testing and counseling.

Walk-in on Tuesdays, 9 to 11:30 a.m. Appointment only on Tuesdays and Thursdays, 1 to 3 p.m.

## Mental Health Services

### **Crisis Phone Line, Suicide Prevention and Crisis Service** (607) 272-1616

A 24-hour crisis intervention service for people of all ages.

### **Mental Health Association In Tompkins County**

301 South Geneva Street, (607) 273-9250

Programs include adult advocacy, family support services, community education, and peer support programs.

### **Family & Children's Service of Ithaca**

127 West State Street, (607) 273-7494

Offers counseling services for children and their families, including student counseling and geriatric services.

### **Human Services Coalition**

2-1-1 or 1-877-211-8667, [www.hsctc.org](http://www.hsctc.org)

Connects people in need with appropriate services. Maintains directory with up-to-date information on Tompkins County services.

It is our mission to facilitate access to health care for all with a focus on the needs of the uninsured. Knowledge about health and wellness makes possible healthier lifestyle choices and better healthcare choices.

The Ithaca Health Alliance works to make health information freely available. It has three primary programs:

Ithaca Free Clinic  
Ithaca Health Fund  
Community Health Education

***Clinic - (607) 330-1254***  
***Office - (607) 330-1253***  
***IthacaHealth.org***

*521 West Seneca Street,  
Ithaca, New York*