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Regional Cancer Care Associates Central Jersey

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COVID-19 Resources for Patients, from RCCA Central Jersey

**Description** (characters = 142):

For resources for cancer patients during the COVID-19 outbreak, trust RCCA Central Jersey and Princeton Radiation Oncology. Call 888-824-8312.

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# Assistance for Cancer Patients During the Coronavirus Pandemic

At Regional Cancer Care Associates Central Jersey (RCCA-CJ), community is the centerpiece of our care…and the object of our commitment to excellence. We are all part of the community, especially during the coronavirus (COVID-19) outbreak, and especially in support of cancer patients whose needs are even greater than usual.

With that in mind, here are a number of helpful resources for—and ways to help—you, your loved one and cancer patients throughout the communities we serve.

## Grocery Pickup and Drop Off for Cancer Patients

Patients in chemotherapy and/or radiation treatment are immune-compromised and at very high risk if exposed to the COVID-19 coronavirus. So we’re partnering with the community to gather and make available resources for grocery pickup and delivery for our patients.

### Grocery Delivery and Pickup Options

To pickup groceries, or to have them delivered to cancer patients sheltering at home, [please download our Grocery Delivery and Pickup Options sheet](file:///Users/meganklute/Downloads/PDFneeded.pdf). We will keep this updated with resources throughout the shutdown.

One grocery delivery option is Umbrella, an organization that builds products and services to empower older adults to live with independence and purpose. During the pandemic, Umbrella has retooled its whole operation to provide safe access to food, medicine and supplies. This service is available to all our patients during this outbreak, just mention that you are an RCCA patient. Visit [www.askumbrella.com](http://www.askumbrella.com/).

## Stay Safe at the Grocery Store

During the pandemic, grocery delivery is safer than going to the store. But sometimes you don’t have a choice. Just don’t go without taking precautions, whether shopping for yourself or someone else. These include:

* If possible, go during “off” (non-peak) hours
* Keep a six-foot distance from others
* Wear a cloth face covering
* Wash your hands (for a minimum of 20 seconds) before leaving and after returning
* While out, use hand sanitizer
* If wearing gloves, wear disposable ones, and toss them before getting into your car or before returning home.
* Try not to use your phone; if you do, clean it when you get home.

For more information on this topic, [we recommend this article in the Wall Street Journal’s Health and Wellness section](https://www.wsj.com/articles/safety-advice-if-you-must-visit-the-grocery-store-11585336520).

## Coming Soon – Free Transportation for Cancer Patients via COA

The Community Oncology Alliance (COA) is partnering with Cancer*Care* to provide free local transportation for cancer patients during the pandemic. Cancer*Care* is a trusted nonprofit organization offering free professional support services for people affected by cancer. RCCA-CJ will be participating in this program effective very soon. Check back here for details.

## Cancer and Mental Health Support

Cancer Support Community Central New Jersey (CSCCNJ) offers support to all people affected by cancer, including loved ones. During this health emergency, CSCCNJ’s program is virtual, with support being offered to you at your home. For individual and/or group support, including bereavement, call 908-658-5400, ext 4. Learn more and register by visiting <https://www.cancersupportcnj.org/virtual/>.

## Lunch ‘N Learn with the Doctor – Zoom Meetings

What is the impact of the COVID-19 outbreak on the diagnosis and treatment of cancer? It’s a big topic, which we’re breaking down into a six-part **Lunch ‘N Learn with the Doctors** series, held virtually as Zoom meetings.

The first of these one-hour lunchtime meetings, Cancer During COVID: Breast Cancer, will be held on Friday, May 1, at 12:00pm. [Download the flyer for more info](file:///Users/meganklute/Downloads/flyer.pdf). Come back to this page for information on upcoming sessions.

These Lunch ‘N Learn meetings are sponsored by the [East Brunswick Public Library](https://ilove.ebpl.org/ebpl-virtual-programs).

## Volunteer Opportunities

We encourage you to join us in our support efforts for the community and its cancer patients. Here are a number of ways you can help.

### Volunteer to Deliver Groceries, Medications and Supplies

Umbrella, the organization providing delivery services during the pandemic, also enourages and welcomes volunteers to get needed food, medicines and other supplies to cancer patients and seniors. When you sign up to volunteer, Umbrella’s app will match you with opportunities to help. Drop-off is contact-free for the safety of recipients and volunteers. To sign up, visit [AskUmbrella.com/Volunteer](http://askumbrella.com/Volunteer), or [download Umbrella’s fact sheet on the program](file:///Users/meganklute/Downloads/UmbrellaVolunteerOneSheet.pdf).

### Donate Blood

To donate blood, [find a Red Cross donation site near you schedule a donation](https://www.redcrossblood.org/give.html/find-drive). For information on blood donation, [visit the Red Cross’ Blood Services website](https://www.redcrossblood.org/).

### Donate Blood and Platelets

Blood Services at Robert Wood Johnson University Hospital (RWJUH) Somerset is open during the pandemic and needs blood platelets and O-negative blood. If you’re healthy and able to donate, call 908-685-2629 to schedule an appointment. We take special measures, including pre-screening, social distancing and other safety precautions to keep you and your family safe and healthy. (Donations by appointment only during the health emergency.)

For more information on blood donation through RWJUH, [visit their volunteer blood donation page](https://www.rwjbh.org/rwj-university-hospital-new-brunswick/patients-visitors/volunteer-blood-donation/) and/or [download their flyer](file:///Users/meganklute/Downloads/Donor%20Center%20Flyer%20April%20-%20May%202020_v4). For information specifically on platelet donation, [download this information sheet](file:///Users/meganklute/Downloads/Platelet%20Donation%20Why%20Should%20I%20Donate_WITH%20RWJUH%20LOGO.pdf).

### Donate Plasma after Recovering from COVID-19

In coordination with the US Food and Drug Administration, the Red Cross is also seeking people who have fully recovered from COVID-19 to donate plasma to help current patients with serious or immediately life-threatening viral infection. [Get more information, and sign up to help](https://www.redcrossblood.org/donate-blood/dlp/plasma-donations-from-recovered-covid-19-patients.html).

## Donate Masks

RCCA-CJ and PRO welcome your donations of cloth masks, and we encourage those who want to get involved to sew and donate masks for our patients. To make a donation of masks, call 000-000-0000 for details, or \_\_\_\_\_\_\_\_?

Our efforts to provide community support during the COVID-19 outbreak are ongoing and will continue to develop. Please visit this page periodically to see any changes, updates and new resources or services. For additional information, please call 888-824-8312.

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