



# NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK DECEMBER 2016 EMAIL CALENDAR

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

116 West 23rd Street, suite 500, NY, NY 10023



The New York State Breast Cancer Support and Education Network (NYSBCSEN) is the only statewide network of community-based, survivor-driven breast cancer organizations in New York. Collectively our member organizations reach over 100,000 New Yorkers each year with essential breast cancer support and education services. NYSBCSEN facilitates member organizations sharing programs and resources, inter-organization referrals for services, public policy updates, and a support and education system for those who are working each day in the fight against breast cancer.

The NYS Breast Cancer Network has launched a virtual library to provide important information to New Yorkers affected by breast cancer. This resource provides updated information about a wide range of topics including medical marijuana, the link between breast cancer and BPA, and the link between breast cancer and fracking. Please visit [www.nysbcscen.org](http://www.nysbcscen.org) to find updated information on these important topics and more. If you are interested in a specific topic and would like to request information on that topic be included in the library, please email suggestions to [info@nysbcscen.org](mailto:info@nysbcscen.org). The NYSBCSEN is grateful to the NYS Assembly for their funding of this important new resource.

## ADELPHI NY STATEWIDE BREAST CANCER

### Hotline & Support Program

[www.adelphi.edu/nysbreastcancer](http://www.adelphi.edu/nysbreastcancer) ■ [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)

Adelphi University School of Social Work

1 South Ave, PO Box 701, Garden City, NY 11530

Hotline: 800.877.8077 ■ Offices: 516.877.4320

Adelphi University School of Social Work, 1 South Ave, PO Box 701, Garden City, NY 11530 Hotline: 800.877.8077 ■ Offices: 516.877.4320. All services are free and confidential

We are happy to announce that we have a LIVE CHAT feature on our website.

You can visit our website [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu) to live chat with a survivor or a social worker.

**2016 ON-GOING BREAST CANCER SUPPORT GROUPS**-The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers on-going support groups.

#### WEEKLY GROUPS

**General**-Monday 6:00 - 7:30 p.m. -Women who have had breast cancer will have the opportunity to meet in this group.

**Caregivers of People with Breast Cancer**-Monday 6:00 - 7:30 p.m.

Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.

**Young Women 40 and Under**-Tuesday 6:00 - 7:30 p.m.

This support group will focus on the unique needs and concerns of women under 40 who are diagnosed with breast cancer.

**Newly Diagnosed**-Friday 10:00 - 11:30 a.m.

When a person first hears they are diagnosed with breast cancer they have a million questions, fears, and are looking for support.

**BI-WEEKLY GROUPS**

**Women with Metastatic Disease**-2nd and 4th Thursday of the Month -7:00 - 8:00 p.m.

Meet with other women who are surviving metastatic breast cancer.

**MONTHLY GROUP**

**Knit and Chat**-Last Wednesday of the Month-11:30 a.m. - 1:00 p.m. Spend time working on a project while chatting with other breast cancer survivors. Bring your knitting or crochet project or make a scarf to donate to someone currently undergoing treatment for breast cancer.

**A Virtual Support Group, Support Group for Men with Breast Cancer and BRCA+ Support Group is available upon request.**

-All groups will meet at the Adelphi School of Social Work in Garden City.

-A Virtual Support Group, Support Group for Men with Breast Cancer and BRCA+ Support Group is available upon request.

-For information, questions, or to join a support group, call Erin Nau, LCSW, Counseling & Education Coordinator at 516-877-4314 or enau@adelphi.edu.

-All services are free and confidential. These support groups are for ALL SURVIVORS.

-Our 2016 support groups are sponsored by the Alpern Family Foundation

**FORUM- We have rescheduled the medical forum**

Adelphi NY Statewide Breast Cancer Hotline & Support Program in collaboration with Northwell Health Cancer Institute invite you to attend our upcoming forum

**HOW TO INTERPRET YOUR MEDICAL RESULTS**

NEW DATE: Tuesday, December 13, 2016-6:00 - 8:00 p.m.

Alumni House at Adelphi University, 154 Cambridge Ave., Garden City, NY

Have you ever received test results before meeting with your doctor and wondered what everything means? Join us to learn how to be a better advocate for your health by learning how to better read your records. **SPEAKER:** Mitchell A. Adler, MD, JD, MPH, FACP

Registration: All forums are free and open to the public. Seating is limited.

Pre-registration is required. Call 516-877-4325 or e-mail [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu) or

Register online at [breast-cancer.adelphi.edu/we-can-help/forums](http://breast-cancer.adelphi.edu/we-can-help/forums). The 2016 educational forums are sponsored by The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer

**Research Opportunities**

1. Have your voice heard. Are you a current or former participant in a Breast Cancer support group? Participate in a Research Study and share your experiences in Breast Cancer Support Groups. For more information and to participate, please visit

<http://breast-cancer.adelphi.edu/information-and-resources/research-opportunities/>

1. Participate in a Research Study on Geriatric Assessment for Patients 70+: Bridging the GAP to Improve Chemotherapy Toxicities

For more information about this study please visit:

[breast-cancer.adelphi.edu/information-and-resources/research-opportunities/](http://breast-cancer.adelphi.edu/information-and-resources/research-opportunities/)

1. Feinstein Institute for Medical Research - NorthwellHealth  
Research participants needed for study of early onset breast cancer. For more information and to participate, please visit

<http://breast-cancer.adelphi.edu/information-and-resources/research-opportunities/>

1. Take the first ever national young adult cancer survey! For more information and to participate, please visit

<http://breast-cancer.adelphi.edu/information-and-resources/research-opportunities/>

**SISTERS UNITED IN HEALTH**

We Can...

- Help you get a free or low-cost mammogram  
Regardless of your health insurance or immigration status
- Answer your breast health and breast cancer questions and provide educational materials
- Provide breast health workshops at no cost. Available in English and Spanish.

#### MARK YOUR CALENDARS

1. How to Interpret Your Medical Results - December 13, 2016
2. Creative Cups 2017 - March 16, 2017 - Creative Cups Auction & Gala

Interested in Becoming a Sponsor for Creative Cups 2017?

Please visit: [creativecups.adelphi.edu/sponsorships/](http://creativecups.adelphi.edu/sponsorships/)

### BABYLON BREAST CANCER COALITION

[www.babylonbreastcancer.org](http://www.babylonbreastcancer.org) ■ [bbcest1993@aol.com](mailto:bbcest1993@aol.com)

100 Montauk Highway, Copiague NY 11726

(631)893-4110

Offers outreach, environmental awareness programs for children and adults and free direct patient services for patients undergoing treatment for breast cancer and female reproductive cancers.

#### ONGOING PROGRAMS AND SERVICES

**LEND A HELPING HAND-** Free services to Babylon Township residents and families impacted by breast cancer and all types of female reproductive cancers. Example (not limited to): transportation, housecleaning, financial aid where indicated. Please call the office for details and additional information.

**IT'S TIME FOR CHANGE** - 30 Minute power-point presentation offered free of charge to any adult group (pta, church, fraternal, etc.) discussing important lifestyle changes that can be made to limit exposure to environmental toxins.

**GIFT OF HEALTH & INSPIRATION:** A canvas gift bag of educational resources assembled for you by the Babylon Breast Cancer Coalition and distributed to breast cancer patients by the surgical release nurse at Good Samaritan Hospital.

### BREAST CANCER COALITION OF ROCHESTER

[www.breastcancercoalition.org](http://www.breastcancercoalition.org) ■ [info@bccr.org](mailto:info@bccr.org)

1048 University Ave, Rochester, New York 14607

585/473-8177

#### Ongoing Programs:

**Breast Cancer 101-**A program for those newly diagnosed with breast cancer. Ongoing

**Brown Bag Friday-**A networking group for Breast and GYN cancer survivors. Bring a lunch, dessert provided! Every Friday at Noon

#### Networking/Support Group for Breast Cancer Survivors I

Facilitator led- offered every 2nd and 4th Tuesday evening -5:30pm - 7:00pm

#### Networking/Support Group for Breast Cancer Survivors II

Facilitator led- offered every 1st and 3rd Thursday evening-5:30pm - 7:00pm

#### Common Ground: Living with Metastatic Breast or GYN Cancer Discussion Group

Facilitator led - offered the 1st and 3rd Thursday of every month. Lunch and beverages provided!  
12:00 - 1:30 pm

#### Lymphedema Awareness Networking/Support Group - open to the community

Facilitator led - often includes guest speakers. Offered every 2nd Wednesday of the month  
5:30 - 7:00 pm

#### Gentle Yoga for Breast and GYN Cancer Survivors

Monday evening, Tuesday morning, Tuesday afternoon-6 week sessions - registration required

**Voices and Vision Writing Workshop for Breast and GYN Cancer Survivors**

Tuesdays, 6:00 - 8:00 pm-5 week sessions - registration required

**Healing Arts Initiative - Tai Chi, Qi Gong, Nia Movement, Fluid Motion, Meditation**

Saturdays, 9:00 - 10:15 am-4 week sessions - registration required

**Educational Evening Seminar - open to the community every 4th Wednesday of the month**

"Fingerprints, Footprints & Decision Making: Exactly What IS Oncotyping?" presented by Alissa Huston, MD. Wednesday, April 27, 2016 at 7:00pm

**Advanced Breast Cancer Seminar - Tools For the Journey "Living with Metastatic Breast Cancer"**

Friday, April 8, 2016 - 1:00 - 5:00 pm at the Rochester Memorial Art Gallery  
Admission is free, however registration is required. Please call (585) 473-8177.

**Peer Advocates Lending Support - P.A.L.S**

For those interested in mentor support-Ongoing

All programs are held at The Breast Cancer Coalition and are free for breast and gynecologic cancer survivors. For additional information, please contact the program coordinator, Jennifer Gaylord at (585) 473-8177.

**BREAST CANCER HELP, INC.**

[www.breastcancerhelpinc.org](http://www.breastcancerhelpinc.org) ■ [breastcancerinc@optonline.net](mailto:breastcancerinc@optonline.net)

32 Park Avenue, Bay Shore, NY 11706

General information: (631) 675-9003

Spanish hotline: (631) 473-3658

All programs are provided free of charge to survivors of any type of cancer.

ONGOING PROGRAMS AT OUR LONG ISLAND CANCER HELP & WELLNESS CENTER:

MONTHLY SUPPORT GROUP - Held on the 4th Wednesday of each month, 7 pm - 8:30 pm.

**YOGA-** Tuesday evenings. Reduces stress, fatigue, insomnia, eases pain and increases feeling of well-being. All classes incorporate music and imagery to create an environment of relaxation. The course will utilize gentle moving and breathing techniques, allowing participants to achieve a sense of control over their bodies.

**CREATIVE HEALING THRU ART -** Thursdays. Healing Through Art helps put the pieces together. Discover the therapeutic benefits of art-making. Enhance your personal wellness through creative self-expression and group dialogue. Support groups are essential to the emotional foundation of cancer survivors. Both patients and survivors are encouraged to attend to share their thoughts, feelings and concerns with others. In conjunction with the support group, the center offers free chair massage.

**REIKI -** Various times. Reiki is a holistic healing therapy whereby practitioners channel energy in a particular pattern to heal and harmonize individuals. Reiki focuses on wholeness and stimulates one's total natural healing process ~ physically, mentally and spiritually, thereby creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Reiki reduces stress, fosters deep relaxation, destroys energy blockages and detoxifies the system. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

**REFLEXOLOGY -** 1st Wednesday evening of each month. Reflexology is a gentle form of therapeutic treatment applied to the feet. Reflexology is considered to be a holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in the body, mind and spirit, and therefore promote good health.

**CREATIVE WRITING -** 4th Wednesday of each month at 6 pm. Join us for another road to healing through the written word. Creative writing classes give survivors a "voice" once again. It allows one to get negative emotions out, write them down and distance themselves enough to examine how they really feel and gain perspective on issues.

**ZUMBA GOLD** - Monday evenings - Call to reserve a spot - This program improves balance, flexibility and cardiovascular strength. Zumba Gold is a beginner's level of aerobic dance and exercise. Enjoy rhythms such as Merengue, Salsa, Cumbia, Belly Dance and Cha Cha!

**STRENGTH FOR LIFE EXERCISE PROGRAM** - Monday evenings- Call to reserve a spot. Strength for Life, a non-profit organization, will be offering free exercise classes at our Center. This is a commitment of 8 weeks. The course is given by Debbie Hughes, a Certified Exercise Instructor. All equipment, including exercise balls, tubing and mats will be provided for each participant to use and keep at the conclusion.

## **BREAST CANCER OPTIONS**

[www.breastcanceroptions.org](http://www.breastcanceroptions.org) ■ [hope@breastcanceroptions.org](mailto:hope@breastcanceroptions.org)

101 Hurley Ave., Suite 10, Kingston NY 12401

845-339-HOPE (4673)

**ONGOING PROGRAMS AND SERVICES:** [www.breastcanceroptions.org](http://www.breastcanceroptions.org)

**PEER LED SUPPORT GROUPS.** \* *Indicates groups that include massage*  
**DUTCHESS COUNTY**

\*Hopewell Junction East Fishkill: East Fishkill Library- 1st Wed. 1-2:30

-Beacon: Wingate at Beacon-3rd Wednesday, 6:30-8PM

\*Poughkeepsie: Vassar Brothers Hospital; Metastatic Group - 2nd Saturday at noon

**ULSTER COUNTY**

\*New Paltz: The Living Seed, 521 Main St.- 2nd Wed., 2:00-3:30PM

\*Kingston: 1 North Front Street, Kingston. 3rd Monday. 7Pm

**COLUMBIA COUNTY**

\*Hudson- Hudson Opera House. 4th Wednesday 5-6:30pm **NEW LOCATION AND DAY**

**GREENE COUNTY**

\*Palenville: Palenville Branch Library -1st Thursday, 6:00-7:30pm

**ORANGE COUNTY**

\*Cornwall: St. Luke's Cornwall Hospital, 19 Laurel Ave., 3rd Wed. 6-7:30pm

**BCO NEWS:** Weekly cutting edge E-news updates.

**MESSAGE FOR WOMEN WITH BREAST CANCER:** For women going through breast cancer treatment or suffering from treatment side effects. Self massage techniques are taught. Available at all of our support groups. IN HOME MASSAGE is available for women who are debilitated by cancer treatment.

**COMPANION/ADVOCATES:** Trained survivors accompany newly diagnosed patients on initial medical visits.(support/advocacy/mentoring program)

**TELEPHONE AND E-MAIL CONSULTATIONS:** A reliable resource for confidential answers to questions and for referrals for additional information or services.

**HEALTHY LIFESTYLES CALENDAR:** An informational digest focusing on topics and information relevant to health, well-being and disease prevention.

**BREAST CANCER RESOURCE GUIDE:** Online and/or pocket sized guide (mailed by request) with National and Local resources for medical, financial, legal and other help, including decision aids.

**PEER-TO-PEER MENTORING:** Call 845-339-HOPE if you are interested in speaking with a breast cancer survivor. We can provide resources and support for caregivers, families and spouses of women with breast cancer

**REFERRALS FOR FINANCIAL AND LEGAL PROBLEMS:** Call for our pocket resource guide and resource list if you are having insurance problems or cannot work because of cancer treatments.

**BRENTWOOD / BAYSHORE BREAST CANCER COALITION**

[info@bbsbcc.org](mailto:info@bbsbcc.org) [www.bbsbcc.org](http://www.bbsbcc.org)



**PO Box 927, BRENTWOOD NY 11717**  
**631 273 9252 English 631 951 6908 Espanol**

Established in 1994, we are a 501(c)(3) organization and we have endeavored to meet the needs of our community through outreach at health fairs, churches, libraries, and the post office as well as other community events. The Brentwood / Bay Shore community is a virtual microcosm of the world whose cultural and economic diversity creates many special needs.

The necessity for education concerning health and especially breast health is paramount. The community contains a large number of Hispanic and Latino people who traditionally do not seek outside information regarding health matters. Many people in our community have a cultural barrier to speaking about health issues outside of the home. Our outreach programs and Spanish language support group helps to meet these needs. We have a Spanish language hotline and conduct a Spanish language support group the last Friday of every month. For information call 631.951.6908.

The Brentwood / Bay Shore Breast Cancer Coalition is dedicated to maintaining breast health using a grassroots approach to raise individual and community awareness by positive actions. We focus on the causes of breast cancer, the need for prevention, monitoring, informed treatment and accessibility of health care. To that end we endeavor to serve our community with support groups and assistance to survivors and their families who are under-insured or uninsured as well as assisting those who are unable to work during treatment by providing temporary assistance and support to pay for medical bills, assist with housing costs, utilities and provide food vouchers. Our purpose is to help bring support and needed relief from the stress of dealing with a positive diagnosis.

Our regular monthly board meetings are held in English the first Thursday of every month. Please call 631.273.9252 for further information.

**CANCER ACTION NY**  
**canceractionny.org ■ canceractionny@yahoo.com**  
**P O Box 340, Colton, NY 13625**  
**315-262-2456**

Eliminating the release of chemical carcinogens to the environment is the ultimate goal of Cancer Action NY. While we work to achieve this end, cancer can be prevented by educating the public in the avoidance of exposure to carcinogenic pollutants in our air, water and food.

People need to know the names of the carcinogenic substances and agents. People need to know where these chemicals and agents exist in the environment. People need to know how to avoid exposure. People need to know how to minimize or eliminate these carcinogenic substances and agents.

**COALITION FOR WOMEN'S CANCERS**  
**[www.cwssh.org](http://www.cwssh.org) [sroden@cwssh.org](mailto:sroden@cwssh.org) 631-726-8715**  
**For Women with Breast and Gyn Cancers living on the East End of Long Island,**  
**(Towns of Southampton, East Hampton and Shelter Island)**

Ongoing Support Groups in East Hampton and Hampton Bays. Please contact Edyle O'Brien, CSW 631-631-329-0520 [edylecsw@optonline.net](mailto:edylecsw@optonline.net)

Ongoing Wellness Circles - Yoga, Massage, Acupuncture... Please contact Susie Barry Roden, 631-726-8715 [sroden@cwssh.org](mailto:sroden@cwssh.org)

Free Massages for women during treatment Please contact Susie Barry Roden, 631-726-8715 [sroden@cwssh.org](mailto:sroden@cwssh.org)

Financial and Transportation Assistance Please contact Susie Barry Roden, 631-726-8715 [sroden@cwssh.org](mailto:sroden@cwssh.org)

Peer To Peer Mentoring Please contact Susie Barry Roden, 631-726-8715 [sroden@cwssh.org](mailto:sroden@cwssh.org)  
Friday, September 9th Guest Bartender Party - Plaza Café, Southampton

Sunday, September 30 Light Parade - San Gennaro Feast of the Hamptons  
Saturday and Sunday, October 1st and 2nd - San Gennaro Feast of the Hamptons  
For more information please contact Susie Barry Roden sroden@cwshh.org

## **GREAT NECK BREAST CANCER COALITION**

[www.greatneckbcc.org](http://www.greatneckbcc.org) ■ [info@greatneckbcc.org](mailto:info@greatneckbcc.org)

PO Box 231190, Great Neck, NY 11023-0190

516/466-5267

**Lend a Helping Hand Program:** Year round, assisting newly diagnosed women with funding for transportation, childcare, home care, groceries, prostheses and wigs.

**Students & Scientists Breast Cancer/Environment Research Program:** Year round, students from summer internships present at community functions on breast cancer and the environment.

**Presentations on Breast Cancer Risk Reduction and Environmental Exposures:** Year round presentations at schools, houses of worship and community centers.  
Laura Weinberg presents on Environmental Links and Breast Cancer on December 20th at Great Neck South Middle School.

## **HEALTHALLIANCE® ONCOLOGY SUPPORT PROGRAM**

**Herbert H. and Sofia P. Reuner Cancer Support House**

**80 Mary's Avenue**

**Mailing Address: 105 Mary's Avenue, Kingston, NY 12401**

**845-339-2071**

### **EXERCISE AND WELLNESS CLASSES:**

Oncology Support Program

<http://www.hahv.org/service/cancer-support-program>

Tai Chi-Mondays: 12/5, 12/12, 12/19

10:00-11:00am-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Qi Gong**-Tuesdays: 12/6, 12/13, 12/20

7:00-8:00pm-HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

**Gentle Yoga**-Wednesdays: 12/7, 12/14, 12/21

9:30-10:45am-HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

**Smartbells**-Thursdays: 12/1, 12/8, 12/15, 12/22

9:30-10:45am-HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

### **SUPPORT GROUPS AND HEALING ARTS: Please call to register**

#### **Women's Support Group**

Daytime Women's Support Group-1st Thursday: 12/1

11:00am-12:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

#### **Younger Women's Support Group**

Women's Support Group for 55 and under-3rd Thursday: 12/15

5:30-7:00pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Men's Support Group**-2nd & 4th Thursday: 12/8, 12/22

5:30-7:00pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Caregiver/Family Support Group**-3rd Monday: 12/19

5:30-7:00pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Ovarian Support Group**-Wednesday: 12/21

7:00-8:30 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Explorations on Being Mortal:** A support and discussion group for those living with catastrophic illness including stages 3 and 4 or recurrent cancer. 1st & 3rd Wednesday: 12/7, 12/21

1:30-3:00 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY

**Coping Skills:** Finding Ease & Inner Balance with Valerie Linet-3rd Monday: 12/19

2:00-3:30pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Memoir Writing Workshop I** with Abigail Thomas-Thursdays: 12/1, 12/8, 12/15, 12/22

3:00-5:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

Memoir Writing Workshop II with Ann Hutton- Fridays: 12/2, 12/9, 12/16, 12/23

2:00-4:00 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Creative Arts Workshop** with Elizabeth Rogers -1st & 3rd Tuesdays: 12/6, 12/20

2:30-4:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston

**Creative Arts Evening Workshop** with Elizabeth Rogers- 2nd Tuesday: 12/13

5:00-7:00pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston

**Annual Holiday Celebration-** Friday: 12/2

6-8:30pm-HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

**Miso Happy Cooking Club** with Kathy Sheldon- Tuesday: 12/6, "Annual Holiday Potluck"

11:30am-1:30pm- Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Wellness & Weight Management Series** facilitated by Melissa Sakellariou, RD, CDN, NSCA-CPT

Monday: 12/5- 5:15-6:30pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Cancer & Finances** with Debbie Denise of Resource Center for Accessible Living

Tuesday: 12/13- 2:00-4:00pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**HUNTINGTON BREAST CANCER ACTION COALITION**

[www.hbcac.org](http://www.hbcac.org) ■ [friends@hbcac.org](mailto:friends@hbcac.org)

900 Walt Whitman Rd LL12, Melville NY 11747

631/547-1518

**Quarterly eNEWSLETTER** focusing on all aspects of breast cancer at local, regional and national levels. This publication is complete with informative updates on legislation regarding breast cancer and health issues, important community resources, and serves to keep the public abreast of HBCAC's activities.

Our "**LEND A HELPING HAND**" program provides support and assistance to Huntington residents undergoing treatment. Services such as medical transportation, house cleaning, emergency medical supplies and medication, and more, all free of charge to qualifying residents. The purpose is to help bring support and needed relief from the stress of dealing with a positive diagnosis.

**PREVENTION IS THE CURE (PITC)** is a collaborative educational campaign brings focus on the causes of disease rather than ways of coping with it once diagnosed. PITC seeks to INCREASE public awareness of environmental links to disease; GAIN support for the Precautionary Principle, as it applies to public policy; URGE the public to demand more funding for environmental health research and ENCOURAGE a "better safe than sorry" attitude toward personal lifestyle.

**WHAT WE ARE DOING:** HBCAC has been very busy this October! We have recently spoken at a variety of venues to spread the prevention message and are partnering with additional Long Island breast cancer community groups to better serve Long Island women. We have had the pleasure to work with the Town of Huntington Senior Center, Girl Scouts of Suffolk County, Madonna Heights, local school districts of the Huntington area, and more to deliver numerous presentations to diverse groups of people. Through partnership with the districts we will be joining in on the fun through new committees



and educational health outreaches, as well as continuing our pursuit to restore interest in Science, Technology, Engineering, Mathematics ( S.T.E.M.). HBCAC is also proud to have launched our new Health and Communication Office Internship program and finished another round of opportunities for lab internships at Stony Brook University and the Icahn School of Medicine at Mount Sinai through our Students & Scientists Environmental Research Scholarship Program. Now our students are out in the community spreading environmental health messages! These programs focus on the importance of research and communication - translation and dissemination - in the scientific world. We are happy to have created these partnerships in our community, focusing on young students - the Guardians Of The Future- and are brainstorming new goals to better our neighbors!

### **ISLIP BREAST CANCER COALITION**

[www.islipbreast.com](http://www.islipbreast.com)   [ibcc@optonline.net](mailto:ibcc@optonline.net)  
301 East Main Street, Nash Bldg., Bay Shore, NY 11706  
(631) 968-7424

**LEND A HELPING HAND-** A program that provides financial aid for services to assist breast cancer patients and their families with the demands of daily life while undergoing breast cancer treatments. Services include, but are not limited to: financial medical assistance, housecleaning, transportation, childcare, support groups, assistance obtaining wigs, prosthesis, lymphedema sleeves.

**CAN SURVIVE - CARRY ON-** An in-hospital and at home visitation program designed to provide support and resources to breast cancer patients. Volunteers meet with patients undergoing surgery at North Shore LIJ Southside Hospital and provide them with a tapestry bag filled with resource information and a variety of personal items to aid in their recuperative process.

**COMMUNITY OUTREACH AND EDUCATION** - IBCC attends numerous community meetings and events where they provide both educational and informative breast cancer information to the community.

**SUPPORT GROUP-** Meets once a month at the Bay Shore Library. The group will allow the breast cancer client to express their feelings and concerns in a compassionate atmosphere, and give them coping skills for their healing journey. For more information, please contact our office at 631-968-7424 or email: [ibcc@optonline.net](mailto:ibcc@optonline.net)

### **NEW YORK STATE BREAST CANCER NETWORK ( NYSBCN)**

607/279-1043  
[www.nysbcscen.org](http://www.nysbcscen.org)

The New York State Breast Cancer Support and Education Network (SEN) is the only statewide network of community-based breast cancer organizations in New York.

See our website for the complete list: [www.nysbcscen.org](http://www.nysbcscen.org)

Check out our new virtual library [www.nysbcscen.org](http://www.nysbcscen.org)

### **SHARE (self help for women with breast or ovarian cancer)**

[www.sharecancersupport.org](http://www.sharecancersupport.org)  
165 West 46th Street, Suite 712, Meeting room: Suite 706,  
New York, NY 10036  
212/719-0364

SHARE, Self-help for Women with Breast or Ovarian Cancer. Please visit [www.sharecancersupport.org](http://www.sharecancersupport.org), or call (844)275-7427 (toll free), unless otherwise listed. A photo ID is required to enter the building. 165 West 46th Street, Suite 712- Meeting room: Suite 706- New York, NY 10036

### **SUPPORT AND EDUCATION PROGRAMS**

**Breast cancer support - ongoing**

**Ongoing groups for women recently diagnosed with breast cancer, those still undergoing treatment, and those who have completed treatment.** Share experiences, feelings and information. Women may join at any time. Registration is required for new participants.

---SHARE Main Office. 1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)

TUESDAY - Dec 13 6:00 - 7:30 PM

--Bronx SHARE, Jacobi Medical Center

1400 Pelham Pkwy South (Corner of Eastchester Road & Pelham Parkway South) Bronx, NY 10461

FRIDAY - Dec 23 11:00AM - 12:30 PM

--Brooklyn SHARE, Kings Bay YM-YWHA. 3495 Nostrand Ave. (b/w Aves U & V) Room 226 Brooklyn, NY 11216

MONDAY- Dec 5 7:30 - 9:00PM

--Brooklyn SHARE, Restoration Plaza. 1368 Fulton St (bet. Brooklyn and New York Aves)1stFl. Multipurpose Rm.

TUESDAY- Dec 13 3:30 - 5:00 PM

--Queens SHARE- Samuel Field YM-YWHA. 58-20 Little Neck Pkwy (b/w 59th and 60th Aves.)

THURSDAY - Dec 8 7:00-8:30PM

--SHARE- Riverdale YM-YWHA. 5625 Arlington Ave Bronx, NY 10471

SUNDAYS- Dec 4, 18 5:00-6:30PM

--Harlem SHARE . Emblem Health Neighborhood Care, 215 W. 125th St., 2nd Fl. (between Adam Clayton Powell Blvd. & Frederick Douglass Blvd.). The support group will meet on the 1st & 3rd Tuesday of each month.

TUESDAYS - Dec 6 6:00-7:30 PM

- Dec 20 4:00-5:30PM

**Support Group in Japanese**---SHARE Main Office. 1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)

FRIDAY - Dec 9 6:00 - 7:30PM

**DCIS Support Group**-Often there are conflicting interpretations of the risk presented by a diagnosis of DCIS (ductal carcinoma in situ). There are different opinions about appropriate treatment. The emotional issues generated by a diagnosis of DCIS will be addressed at this peer-led support group.

--SHARE Main Office-1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)

MONDAY - Dec 5 6:00 - 7:30 PM

**Breast Reconstruction**-This program is a forum for women in all stages of reconstruction, including those who are just beginning to research which procedure is best for them.

--SHARE Main Office-1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)

TUESDAY- Dec 13 7:15-8:15PM

**Coping with Aromatase Inhibitors and Tamoxifen**-This support group is for women who are currently taking or considering taking aromatase inhibitors or tamoxifen. These medications can reduce the risk of recurrence but may cause side effects that impact quality of life.

--SHARE Main Office-1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)

TUESDAY- Dec 20 6:00- 7:30 PM

**Lymphedema Support Group**-Women with lymphedema associated with breast or ovarian cancer meet to share experiences and information.

--SHARE Main Office.1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)

THURSDAY - Dec 8 8:15-9:15PM

**Ongoing Ovarian Cancer Support.** To register, please call (212) 719-1204. Continuing support groups for women who are dealing with an ovarian cancer diagnosis and wish to share their questions, concerns, and hopes with others.

--SHARE Main Office

1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)

WEDNESDAY -Dec 21 6:00 - 7:30 PM

--Brooklyn SHARE- EmblemHealth Neighborhood Care 546 Eastern Parkway (at Nostrand Ave) Brooklyn NY, 11225

MONDAY- Dec 12 1:30-3:00PM

--Queens SHARE, Samuel Field YM/YMHA 58-20 Little Neck Pkwy (b/w 59th and 60th Aves.)

MONDAYS -Dec 5,19 7:30 - 9:00 PM

--Staten Island SHARE, SI Hospital Nalitt Cancer Center 256 C Mason Ave. 2nd Floor Library Staten Island NY, 10305  
WEDNESDAY - Dec 21 6:30 - 8:30PM

**Newly Diagnosed Ovarian Cancer Group**

--SHARE Main Office. 1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)  
WEDNESDAY- Dec 7 6:00-7:30PM

**Caregivers Group**-Meet with other caregivers to share strategies and support to help you care for your loved one without losing yourself. Anyone whose family member or friend has been diagnosed with any stage of breast or ovarian cancer is welcome.

--SHARE Main Office. 1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)  
TUESDAY - Dec 13 6:00 - 7:30 PM

**Telephone Support Group for Women with Metastatic Cancer (Daytime)** Women with metastatic breast cancer can register by calling the SHARE Breast cancer Helpline, (212)382-2111. Funding provided by Judges and Lawyers Breast Cancer Alert (JALBCA)  
Every MONDAY 4:00 - 5:00 PM

**Telephone Support Group for Metastatic Breast Cancer (Evening)** SHARE's evening support group, which used to meet in person, now meets by TELEPHONE twice each month. Join others via telephone to discuss living with metastatic disease. This group is facilitated by a woman living with metastatic breast cancer. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111  
Every THURSDAYS 6:00-7:00PM  
No Group on Dec 29

**Telephone Support Group for Young Women with Metastatic Breast Cancer.** Talk with other young women diagnosed with metastatic breast cancer about the particular challenges of coping with such issues as anxiety, treatment options, and personal relationships. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111.  
WEDNESDAY - Dec 7 8:00 - 9:00PM

**Metastatic In-Person Lunchtime Support Group**-Join others living with metastatic breast cancer (MBC) for this in-person afternoon support group. The group is facilitated by a professional therapist as well as a woman living with metastatic breast cancer. Meet others living with MBC, get and give support and information, and learn practical tools to navigate daily living. Please register by calling (212) 937-5586 or emailing [cbenjamin@sharecancersupport.org](mailto:cbenjamin@sharecancersupport.org)  
--SHARE Main Office. 1501 Broadway, Suite 706 (bet. West 43rd & West 44th St.)  
MONDAYS- Dec 5, 19 12:30-1:30PM

**Young Women's Support Group-VIDEO Conference Group**

TUESDAY - Dec 6 8:00-9:00PM  
**Telephone Support Group for Young Women with Metastatic Breast Cancer**  
WEDNESDAY- Dec 7 8:00-9:00PM

**LatinaSHARE**-LatinaSHARE ofrece grupos de apoyo y programas educativos gratis para mujeres con cáncer de seno o de ovario en la ciudad de Nueva York. Las participantes tendrán la oportunidad de recibir e intercambiar información actualizada, apoyo, fortaleza y esperanza.

**Grupos de Apoyo (Support Groups)**

**MANHATTAN**

--Beth Israel Comprehensive Cancer Center (Campus Oeste)  
325 West 15th St. (entre la 8a y 9a avenida) Piso 1 Cuarto de conferencia New York, NY 10011  
MIÉRCOLES 12:30 a 2:00 de la tarde  
14 de diciembre

--Mt. Sinai-St. Luke's Hospital (Manhattan)  
1090 Amsterdam Avenue, Piso 10, Salón A, New York, NY 10025  
MIÉRCOLES 12:30 a 2:30 de la tarde  
14 de diciembre

--NY Presbyterian Hospital/ Milstein Building  
177 Fort Washington Avenue, Piso 7, Salon 213 New York, NY 10032

JUEVES 10:00 a 11:30 de la mañana  
8 de diciembre  
Para reservar favor de llamar al (212) 305-9894  
--NY Presbyterian/Manhattan Cancer Services Center  
Avon Breast Imaging (entrada del lobby) 1130 St. Nicholas Ave. New York, NY 10032

VIERNES 1:00 a 3:00 de la tarde  
9 de diciembre  
--Settlement Health (El Barrio)  
212 East 106th St. (entra la 2da y 3ra Avenida), Piso 3, Cuarto de Conferencia New York, NY 10029  
MIERCOLES 2:00 a 4:00 de la tarde  
21 de diciembre

### **BRONX**

--Lincoln Medical & Mental Health Center.234 East 149th St., Salon de Conferencia - Primer Piso Bronx, NY 10451

LUNES 11:00 a 1:00 de la tarde  
19 de diciembre  
--St. Barnabas Hospital.Salon de Infusion #165 4422 Third Ave. Bronx NY, 10457  
VIERNES 2:00 a 4:00 de la tarde  
16 de diciembre

### **BROOKLYN**

--Make the Road NY (Brooklyn)301 Grove St. Brooklyn NY, 11237  
MARTES 10:00 a 12:00 de la tarde  
20 de diciembre

### **QUEENS**

--Make the Road NY (Queens)92-10 Roosevelt Avenue, Jackson Heights, NY 11372  
VIERNES 3:30 a 5:30 de la tarde  
9 de diciembre  
--Queens Center Mall (Queens)9015 Queens Boulevard, Elmhurst, NY 11373  
VIERNES 6:30 a 8:30 de la noche  
2 de diciembre

### **Grupos de Apoyo Telefonico**

MIERCOLES 2:00 a 3:00 de la tarde  
7 y 21 de diciembre

## **SUPPORT CONNECTION, INC.**

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

**40 Triangle Center, Suite 100, Yorktown Heights, NY 10598**

**914-962-6402; 800-532-4290**

Support Connection provides free, confidential support services and programs to people affected by breast and ovarian cancer. Services include One-on-One Peer Counseling, Support Groups, Resource Information and Referrals, Wellness Classes, Lending Library, Health and Wellness Workshops, Educational Forums, Community Outreach.

**MONTHLY SUPPORT GROUPS:** Support Groups are led by trained facilitators who are cancer survivors. Participation is free but advance registration is required. Call 914-962-6402 or 800-532-4290. For a complete month-by-month calendar visit [www.supportconnection.org](http://www.supportconnection.org)

**Women Living With Breast Cancer:** Topics related to living with breast cancer through ALL stages of diagnosis, treatment and post-treatment. Monday, Dec.19,7 pm: New York-Presbyterian/Hudson Valley Hospital, 1980 Crompond Rd Cortlandt Manor

**Telephone Group for Women with Advanced Stage, Recurrent, or Metastatic Breast Cancer:** This toll-free telephone support group enables women to participate in a support group without leaving their homes. It also makes a support group available to women regardless of where they live. After registering in advance, participants will call a special toll-free number on the evening of the group and be connected with one another and the facilitator via teleconference.

Monday, Dec. 5, 8 pm (NY time)

**Women Living with Breast or Ovarian Cancer:** Topics related to living with breast or ovarian cancer through all stages of diagnosis, treatment and post-treatment.

- (1) Wednesday, Dec. 7, 7 pm: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- (2) Thursday, Dec. 1, 10 am: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- (3) Tuesday, Dec. 13, 10:15 am: East Fishkill Community Library, 348 Route 376, Hopewell Junction
- (4) Wednesday, Dec. 28, 7 pm (rescheduled due to holiday): Putnam Hospital, 670 Stoneleigh Avenue, Carmel
- (5) Tuesday, Dec. 27, 7 pm: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- (6) Thursday, Dec. 22, 7 pm: Vassar Brothers Medical Center, 45 Reade Place, Poughkeepsie

**Young Women's Support Group:** Topics related to women who have or had breast or ovarian cancer at a young age and want to be in a group where they feel comfortable with their peers.  
Wednesday, Dec. 14, 7 pm: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights.

**Advanced Stage Cancer Support Group:** For women with recurrent, advanced stage or metastatic breast, ovarian or gynecological cancer.  
Friday, Dec. 16, 12:30 pm: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights.

OTHER PROGRAMS IN DECEMBER: Pre-registration required. Call Support Connection: 914-962-6402 or 800-532-4290.

**Yoga - A Path Toward Wellness-** Saturdays, Noon - 1:30 pm Dec. 3, 10, 17, 31  
Club Fit, 600 Bank Road, Jefferson Valley. Please obtain your doctor's approval before participating in any Wellness Class. This class is appropriate for beginners or more advanced students. Emphasis is placed on movement with breath awareness as a way to achieve a stronger, healthier body and a calmer, more tranquil mind.

**Canasta, Coffee and Camaraderie-**Thursday, Dec. 15, 10 am: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights  
All are welcome, beginners as well as experienced players Join us for a morning of card-playing, companionship and coffee, and enjoy spending time with others who are also living with cancer.

**Marge's Knitting Circle-** Thursday, Dec. 22, 2-3:30 pm,  
Support Connection office, Yorktown Heights, NY  
Join our knitting circle whether you are experienced or a beginner at knitting or crocheting. Our moderator will be happy to help you learn or find a new project. Come and enjoy the camaraderie of a shared interest

**WEST ISLIP BREAST CANCER COALITION FOR LONG ISLAND, INC**  
[www.wibcc.org](http://www.wibcc.org) ■ [info@wibcc.org](mailto:info@wibcc.org)  
735 Montauk Highway, West Islip, NY 11795  
631-669-7770

Office hours: Monday, Wednesday, Friday 9:30 A.M. to 2:30 P.M.

**"Lend a Helping Hand"** is a WIBCC community Outreach program supporting women and men on Long Island who have been overwhelmed with a diagnosis of breast cancer and/or gynecological cancers  
. Qualifications include: Agree to sign a consent form; You must have Referring Dr's Signature and Doctor's stamp with name, address and phone in designated space on form, You are a resident of Long Island.

According to your needs, a budget will be prepared by us for your post-surgical requirements. These include but not limited to: House cleaning, Prepared meals delivered to your home, Post-mastectomy personal care apparel, Transportation for oncology and radiation appointments.

**"Woman's Program"** An initiative was established with the cooperation of Good Samaritan Hospital Breast Health Center and Breast Boutique. WIBCC provides each mastectomy patient a complimentary post-surgical comisole at time of discharge and each lumpectomy patient requiring radiation therapy with a specially designed complimentary post-surgical sports bra.



## **WOMEN AT RISK RESOURCE LIBRARY**

**NewYork-Presbyterian Hospital/ Columbia University Medical Center  
161 Ft Washington Ave., New York, NY 10032- Room 1035  
212.305.9894**

### **English Support Group for Women with Breast Cancer**

Facilitated by our Social Worker, Geri Lipschitz, WAR's monthly support groups provide a forum in which patients may share their concerns, hopes, fears and triumphs.

Every second Thursday, 2:30 - 3:30 PM. New participants may start at any time.

Women At Risk Resource Library- Room 1035, 10th Floor

Herbert Irving Pavilion, 161 Fort Washington Avenue, New York, NY

For more information or to attend, please call (212) 305-2527 or email: [lipschi@nyp.org](mailto:lipschi@nyp.org)

### **Grupo de Apoyo para las Mujeres Latinas con Cancer del Seno**

Mujeres A Riesgo, SHARE, y Servicio de Trabajadoras Sociales facilitan un grupo de apoyo para las mujeres Latinas con cáncer del seno.

Segundo y Cuarto jueves de cada mes de 10:00 a 11:30 AM

Edificio de Hospital Milstein, 177 de la Ave. Ft. Washington-Piso 7, Sala 213

Para más información puedes comunicarte con Jenny L. Saldaña por el teléfono (212) 305-9894 or [jes9143@nyp.org](mailto:jes9143@nyp.org)

## **YOUNG SURVIVAL COALITION NATIONAL OFFICE**

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

**80 Broad Street, Suite 1700 New York, NY 10004**

**phone: 877.972.1011**

**YSC New York City Face 2 Face Network for Young Women Support Group--** SecondMonday of every month- 6:30-8:00 pm ESTat YSC's offices: 80 Broad St, Suite 1700 New York, NY

YSC's NYC F2F Network is a support/networking group for young women diagnosed with breast cancer, facilitated by Gabriela Hohn, Ph.D., a Licensed Clinical Psychologist in private practice and a young breast cancer survivor. Join us on the second Monday of each month as we address concerns specific to young survivors. Gain support from peers while sharing ways to cope with the emotional challenges of treatment and beyond. Whether you are newly diagnosed, in the middle of treatment or are several years out, you are welcome to attend just one group or participate regularly. F2F members meet regularly for social and wellness activities as well. If you are a young woman affected by breast cancer, YSC NYC wants you to know that you are not alone. We're here to help. To join the NYC F2F on

meetup.com: <http://www.meetup.com/New-York-Young-Survival-Coalition-Face-2-Face-Networking/>

For questions or more information, contact YSC Northeast Regional Field Manager, Grace Foxton at [gfoxton@youngsurvival.org](mailto:gfoxton@youngsurvival.org)

### **SurvivorLink Program for Young Women Affected by Breast Cancer**

YSC's SurvivorLink program can match you with another young woman who has been through a similar experience. Trained volunteer peer contacts that are living with breast cancer are available for you to speak with via phone or email. To request a SurvivorLink match, please email [resourcelink@youngsurvival.org](mailto:resourcelink@youngsurvival.org) or call (877) YSC-1011.

## **NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK**

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