



NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK FEBRUARY 2013 EMAIL CALENDAR

www.nysbcscen.org

1042 Comfort Road, Spencer, NY 14883
(607)279-1043/Fax (917)591-8108



SAVE THE DATE! NYS Breast Cancer Network Susan M. Cohen Annual Education and Advocacy Day: **March 12, 2013** at the Convention Center in Albany. Morning training program on hydrofracking and primary prevention, as well as the Network's 2013 legislative agenda. The afternoon will be spent meeting with legislators to advocate for the Network's legislative agenda. It will be an inspiring and energizing day for all participants. Please check www.nybcscen.org for updates, details, and registration.

NYSBCN 2012 Legislative Priorities

Support the Creation and Implementation of a Strong, Consumer-oriented, NYS Health Insurance Exchange

In March 2010 President Obama signed federal health reform into law. The provisions of the health reform laws go into effect on a staggered basis, with some provisions going into effect immediately, but most going into effect in 2014. Under the Patient Protection and Affordable Care Act (ACA), states are required to establish a statewide health insurance exchange or default to the federal health insurance exchange. The health insurance exchange will be one-stop competitive market place for purchase of health insurance with rules established in the ACA and will provide help for consumers navigating through the different policies. The ACA provides New York with an opportunity to establish a strong, consumer-oriented health insurance exchange with comprehensive essential health benefit requirements. The NYS Breast Cancer Network calls on the legislature to move forward to meet the deadlines set out in the ACA including establishing such an exchange and that such exchange must defend and strengthen New York's strong public health insurance and safety-net programs as well as meet the needs of all underserved populations.

Stop Hydrofracking

Hydrofracking is a method of natural gas extraction that involves injecting highly-toxic chemicals deep underground to fracture rock formations. Hydrofracking companies use products that contain 13 different known or suspected carcinogens. Two of those carcinogens, ethylene oxide and benzene are linked with breast cancer according to a report recently released by the Institute of Medicine. Moreover, 37% of chemicals in fracking fluids are endocrine disruptors which alter hormonal signaling and in doing so can place cells on the pathway to tumor formation. Exposure to endocrine-disrupting chemicals has been implicated in cancers of the breast, prostate, pituitary, testicle, and ovary. The New York State Breast Cancer Network strongly opposes hydrofracking in New York and calls on New York State to ban this dangerous process that would threaten the health of millions of New Yorkers.

ADELPHI NY STATEWIDE BREAST CANCER

Hotline & Support Program

www.adelphi.edu/nysbreastcancer ■ 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 NY Statewide Breast Cancer Hotline & Support Program * Hotline: 800.877.8077
All services are free and confidential.

Champions for Charity- Holiday Shopping Event
Visit: championsforcharity.org or call 516.627.2277 for additional information.
Please register as part of the Adelphi Breast Cancer Program.

If you do not see the group you want below, please call our hotline at 800.877.8077. We form support groups upon request and your needs.

Women with Breast Cancer- 8 weeks: Mondays, 7:00-8:30pm

Women with Breast Cancer- 8 weeks: Mondays, 10:30 am - 12 noon

Young Women with Breast Cancer- 8 weeks: Mondays, 7:00-8:30pm or Wednesdays 11 am - 12:30 pm

Women with Metastatic Breast Cancer- 2nd and 4th Mondays, 1:30 - 3:00 pm

Telephone Support Group- Tuesdays: 10:30 am - 12 noon

* Pre-registration is required.

* For information or to join a support group, call the Hotline at 800.877.8077 or Sandi Kafenbaum, LCSW, Counseling Coordinator, 516.877.4314.

* All groups are held at the Adelphi Breast Cancer Program, Adelphi University School of Social Work, Garden City, NY.

SAVE-THE-DATE

Creative Cups™ Auction & Reception: March 14, 2013

Ruth S. Harley University Center, Adelphi University, Garden City, New York

All proceeds will support the work of the Adelphi NY Statewide Breast Cancer Hotline & Support Program- 800.877.8077

Visit www.adelphi.edu/nysbreastcancer for updates on details on event.

BABYLON BREAST CANCER COALITION

www.babylonbreastcancer.org ■ 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.

BENEDICTINE HOSPITAL 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

Oncology Support Program

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

EXERCISE AND WELLNESS CLASSES:

Tai Chi

Mondays: 2/4, 2/11, 2/18, 2/25

10:00-11:00am-Reuner Cancer Support House

Qi Gong

Tuesdays: 2/5, 2/12, 2/19, 2/26

7:00-8:00pm-Benedictine Hospital, ASB Auditorium

Smartbells

Thursdays: 2/7, 2/14, 2/21, 2/28

9:30-10:45am-Benedictine Hospital, ASB Auditorium

Gentle Yoga

Wednesdays: 2/6, 2/13, 2/20, 2/27

9:30-10:45am-Benedictine Hospital, ASB Auditorium

Restorative Yoga

Fridays: 2/1, 2/15

11:00am-12:30pm---Reuner Cancer Support House

Laughter Yoga

Fridays: 2/8, 2/22

11:00am- 12:30pm, Reuner Cancer Support House

SUPPORT GROUPS AND HEALING ARTS:

Daytime Women's Support Group

1st and 3rd Thursdays: 2/7, 2/21

11:00am-12:30pm-Reuner Cancer Support House

Evening Women's Support Group

2nd Thursday: 2/14, 2/28

7:00-8:30pm-Reuner Cancer Support House

Men's Support Group

2nd Monday: 2/11

5:30-7pm-Reuner Cancer Support House

Metastatic Support Group

1st and 3rd Tuesdays: 2/5, 2/19

2:00-3:30pm-Reuner Cancer Support House

Caregiver/Family Support Group

3rd Monday: 2/18

7:00-8:30pm-Reuner Cancer Support House

Ovarian Support Group

Wednesday: 2/27

7:00-8:30 pm-Reuner Cancer Support House

Kid/Teen Connections Healing Arts Program

First Monday: 2/4

4:30-6:00pm, Reuner Cancer Support House

Hypnosis for Smoking Cessation

Wednesday: 2/6

5:30-7:00pm-Reuner Cancer Support House

\$25 per session; \$10 per reinforcement session

Music and Imagery Group Sessions

Mondays: 2/4, 2/18 By appt. ONLY!

10:00am-11:30am---Reuner Cancer Support House

Memoir Writing Workshop

Thursdays: 2/7, 2/14, 2/22, 2/28

3:30-5:30pm---Reuner Cancer Support House

Special Event:

QiGong for Breast Health with Meg Coons, L.Ac.

Saturday Feb. 16th 10:00 to 1:00am (snow date Feb. 23)

Reuner Cancer Support House

\$20 (DVD purchase, optional - \$25)

BREAST CANCER COALITION OF ROCHESTER
www.breastcancercoalition.org ■ info@bccr.org
840 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

Bring your lunch - beverage and dessert provided!

Every Friday at Noon

Support Group for Breast Cancer Survivors I

Facilitator led- offered every 2nd and 4th Tuesday evening: 2/12 & 2/26

5:30pm - 7:00pm

Support Group for Breast Cancer Survivors II

Facilitator led- offered the 1st and 3rd Thursday of the month: 2/7 & 2/21

5:30pm - 7:00pm

Friends & Family Care Givers Support Group

Facilitator led- offered the 2nd Thursday of the month: 2/14

5:30pm - 7:00pm

Living with Metastatic Breast Cancer Support Group II

Facilitator led - offered the 2nd and 4th Thursday of every month: 2/14 & 2/28

9:30am - 11:00am

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

For those interested in mentor support
Ongoing

Gentle Yoga

Monday Evenings- 6 week session - registration required

Voices and Vision Writing Workshop

Tuesday Evenings- 5 week session - registration required

All programs are held at the Breast Cancer Coalition of Rochester and are free for breast cancer survivors. For additional information, please contact the Program Coordinator at BCCR, Jean Sobraske at (585) 473-8177.

BREAST CANCER OPTIONS

www.breastcanceroptions.org ■ hope@breastcanceroptions.org

101 Hurley Ave., Suite 10, Kingston NY 12401

845-339-HOPE (4673)

UPCOMING EVENTS

ACUPUNCTURE AND A HEALTHY DIET

Wednesday, February 20th- 6pm

St Luke's Cornwall Hospital-19 Laurel Ave., Conference Rm B

Speaker: Catherine Cusamano, LAc

"Acupuncture and a healthy diet can help balance and restore your health after cancer treatment. Acupuncture helps reduce stress better than any mood altering drug of any kind with NO side-effects or negative drug interactions. Nutritious natural food choices will help restore your immune system, regulate digestion, improve circulation and maintain a healthy-body balance."

THE BENEFITS OF AN ANTI-INFLAMMATORY DIET AND DETOXIFICATION

Thursday, February 21- 6pm

Columbia Healthcare Consortium, 325 Columbia St., 2nd floor conference rm

Speaker: Dr Karyn Dornemann

Proper nutrition and detoxification can improve your health and assist in reversing chronic diseases such as diabetes, metabolic syndrome, cardiovascular disease and inflammatory conditions.

ONGOING PROGRAMS AND SERVICES: www.breastcanceroptions.org

PEER LED SUPPORT GROUPS .

DUTCHESS COUNTY

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

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

ULSTER COUNTY

- Kingston: Young Survivor Support & Networking Group- *BCO Office* 3rd Wed., 6pm

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

COLUMBIA COUNTY

-Hudson- *Columbia Healthcare Consortium*-3rd Thursday. 6-7:30pm

GREENE COUNTY

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

ORANGE COUNTY

-Middletown: Middletown Galleria Mall Community Room. 1st Wed.-6:00-7:30pm

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

SULLIVAN COUNTY - MOVING TO MONTICELLO 2013

ACUPUNCTURE CLINICS:

5 free acupuncture sessions when deemed necessary during or after breast cancer treatment. Locations in Ulster, Dutchess, Columbia, Greene, Sullivan & Orange Counties.

BCO NEWS: Weekly cutting edge E-news updates.

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. Available February 2010

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.

HEALTHY LIFESTYLES PROGRAMS: Programs are listed on our website Events Calendar and look at how we can improve our health, deal with treatment side effects, cope with financial/legal issues and reduce our risk of recurrence.

BREAST CANCER HELP, INC.

www.breastcancerhelpinc.org ■ 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. 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.

LYMPHATIC DRAINAGE THERAPY- Call for Appointment. Lymphatic drainage therapy is applied to facilitate the removal of stagnant toxins, reduce swelling associated with lymphedema and achieve drainage of areas affected by surgery. Clients will be eligible for one hour sessions on a rotating basis. This program is designed to meet the needs of clients with mild lymphedema, clients that are experiencing a flare-up or suspect the onset of lymphedema, and clients that are interested in practicing preventive maintenance. This program is not for individuals whose lymphedema is advanced.

YOGA- Tuesday evenings at 5 pm and 6:30 pm. 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, 2 pm to 4 pm. 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.

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 - Held next door at Daphne's Divine Dance studio - Saturdays at 2pm or Wednesdays at 7pm - 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!

INDIVIDUAL/FAMILY ONE ON ONE PSYCHOTHERAPY - Call for appointment. A Licensed Master Social Worker will work with clients toward resolution of feelings of anxiety due to their cancer journey. Cancer patients are living much longer lives than in the past and therefore must deal with issues concerning their survivorship. Psychotherapy sessions may include family members/caregivers if so desired.

STRENGTH FOR LIFE EXERCISE PROGRAM - 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 NETWORK OF WESTERN NEW YORK (BCNWNY)

www.bcnwny.org ■ bcnwny@verizon.net

716/706-0660

3297 Depew, NY 14043

The Breast Cancer Network of Western New York offers Quality of Life Activities for Survivors. The following classes are offered at different times during the year. Call 716-706-0060 for further information.

ACTIVITIES

Monthly Membership Meeting- Held the second Tuesday of every month from September to July with 8 Educational programs and 3 Social events.

Educational programs start with a light snack at 6 P.M. followed by a speaker. Peer Support Group follows at 8 P.M.

Retreat- Each year we hold a one day retreat at our building. Participants are able to get a 5 minute massage, zumba, participate in an art project, group drumming, meditation and other relaxation activities.

Support Groups

A professionally led open support group meets the second Tuesday of the month at 8 P.M. following the monthly meeting, Call 716-706-0060 for more information.

Metastatic Therapy Group meets every other Tuesday from Noon-1:20 P.M. Call Chris Bylewski,

LMSW and Psychotherapist at 716-565-2092 to participate.

Young Survivors Group meets the 1st and 3rd Tuesday of the month at 7 P.M. Call Chris Bylewski , LMSW at 716-565-2092 to participate.

Annual Education Day First Saturday in November

Each fall the Breast Cancer Network of Western New York, BCNWN, sponsors a breast cancer Education Day. The program includes a keynote speaker, a panel of experts in topics of concern to survivors, a survivor story, vendors, breakfast and lunch. A registration fee is charged.

Quality of Life Activities

These activities are another form of support offered to members. New skills are learned and new friendships acquired. Classes accommodate all level of ability and offer a relaxed informal atmosphere where survivors can network and share information.

Watercolor -Jewelry Making- Healthful Cooking- Exercise- Zumba=- Tai Chi- Yoga

SERVICES

Website and Email Newsletter- www.bcnwny.org

Upcoming bcnwny programs and events

Breast cancer research updates

Topical information

News of local programs, and events related to breast cancer

Local resources

TLC Tote Program- TLC Totes are distributed to newly diagnosed individuals during the first 6 months from diagnosis date at no cost. Call 716-706-0060 for a Tote. Each Tote contains: Information on diagnosis, treatment options, and complimentary therapies

Dr. Susan Love's "Breast Book" Local breast cancer resources, Comfort items,

Lending Library- Informational resources on breast cancer, women's health, exercise, nutrition, and spiritual support are but a few of the topics covered in our extensive library. 2 computers are also available for searching the web.

Financial Assistance- We currently have 3 financial programs available: Adopt a Family which provides assistance for medical and utility bills; Metastatic Fund, which provides assistance to metastatic patients; and Lymphedema Fund which provides funds for sleeves and treatment. These programs are available to breast cancer survivors with financial need. For guidelines contact Alice Gray 716-741-3832.

Advocacy- We provide a local voice for issues affecting breast cancer survivors' We also meet with legislators and educate them on breast cancer survivor diagnosis and treatment issues. We put a face on the breast cancer story in our community.

BRENTWOOD / BAYSHORE BREAST CANCER COALITION

bbbcc@optionline.net www.bbbcc.org

PO Box 927, BRENTWOOD NY 11717

631-279-9252

The BBBCC strives for 5 basic goals:

1. To seek information of current breast cancer rates in our community. How much? Are there areas of especially high rates? What could be the possible related factors?
2. To educate ourselves and others about the nature and possible causes of breast cancer, and the need for prevention, monitoring and treatment.
3. To be a breast cancer information resource for our community.
4. To network with other breast cancer groups in order to share information and work together for our common goals.
5. To serve and strengthen our community by responding to their needs and working together to address them.

The BRENTWOOD / BAY SHORE BREAST CANCER COALITION invites you to join us for our regular meetings at the Brentwood Senior Citizens Center, located at 2nd Ave. & 2nd St. in Brentwood , on the FIRST THURSDAY OF EVERY MONTH at 7:30 PM. Please call to confirm: (631) 273-9252.

LATINO BREAST CANCER SUPPORT GROUP: meets on the LAST Thursday OF EVERY MONTH at 7 - 8 PM, at the Brentwood Senior Citizen Center , Second Ave and Second Street , Brentwood , N.Y. For information call Carmen at (631) 951-6908. Si hablar Espanol.

CANCER ACTION NY

canceractionny.org ■ canceractionny@yahoo.com

P O Box 340, Colton, NY 13625

315-262-2456

Pollutant Carcinogen Exposure Reduction Education: Donald L. Hassig, Director, Cancer Action NY, March 18, 2010. A considerable amount of knowledge regarding what causes cancer has accumulated during the past several decades. Cancer Biology has established the basic facts of the process, carcinogenesis, whereby a normal cell becomes a cancer cell. It has also come to be known that a considerable number of chemical substances are human carcinogens.

Chemical carcinogens cause cancer by damaging the DNA of chromosomes. Damage occurs at the molecular level. One molecule of carcinogen attaches to the DNA molecule causing one increment of chromosomal damage, referred to as a lesion. Increased numbers of carcinogen molecules in the body increases the amount of damage done to the DNA. This means that reducing the amount of carcinogen one is exposed to reduces cancer risk. Genes are the basic functional units of chromosomes. Proteins that control all of the body's biochemical processes are produced using the genes for building instructions. When the gene that codes for the production of the protein that controls cell division is damaged by carcinogens the cell can no longer produce a viable protein product and as a result, control of cell division is lost. (Gene damage sufficient to cause such loss of control is the result of several lesions.) The cell possessing a division control gene damaged to this extent is a potential cancer cell.

The above information provides a foundation for cancer prevention education that can significantly reduce cancer risk. Reducing exposure to carcinogens decreases cancer risk. It is reasonable to focus efforts to reduce exposure on those chemical carcinogens that are imposing a large amount of exposure.

The exhaust released by combustion of gasoline and diesel fuel contains several human carcinogens, including: benzene, formaldehyde, diesel exhaust particulates, and polycyclic aromatic hydrocarbons (PAHs). Many people are exposed to large quantities of exhaust carcinogens.

Lipid soluble persistent hydrocarbon pollutant carcinogens constitute another group of chemical carcinogens to which large numbers of people are exposed. Persistent hydrocarbon pollutant carcinogens include: dioxins, dioxin-like compounds, polybrominated diphenyl ethers (PBDEs), DDE, a breakdown product of DDT, PCBs and numerous synthetic pesticides. These chemical compounds contaminate animal fat due to their presence in the environment. In terrestrial ecosystems, these chemicals enter the food supply via air borne deposition onto the surfaces of vegetation. When herbivores consume the contaminated plants, these chemicals enter into their bodies and are stored in fat tissue. This type of contamination of plant matter is ubiquitous and involves the background levels of pollutants in the environment.

Dioxin Exposure Cancer Risk

It has been recognized for a considerable number of years that a possible association exists between the consumption of animal fat foods and certain cancers. When the contamination of animal fats with dioxins and certain other persistent hydrocarbon pollutants, which have been designated as known human carcinogens, is taken into account, it becomes clear that part of the cancer risk imposed by fat consumption can be attributed to these contaminants.

An article titled, "Serum Dioxin Concentrations and Breast Cancer Risk in the Seveso Women's Health Study", was recently published in Environmental Health Perspectives, the research journal of the National Institute of Environmental Health Sciences. Residents of the Seveso region of Italy were exposed to high levels of dioxins as the result of an explosion at a chemical factory. A statistically significant association between dioxin levels in blood serum and breast cancer incidence was reported in this study.

According to the United States Environmental Protection Agency, over 90 percent of the American public's exposure to dioxins comes from the consumption of foods containing milk fat, fish fat, tallow and other

animal fats. Particulates, upon which are adsorbed dioxins and dioxin-like compounds, deposit from the polluted atmosphere onto animal feed crops such as pasture grass and corn. Entry into the aquatic food chains occurs via contamination of surface waters. The average American's dioxin exposure thus takes place at lower levels of food contamination than that which existed in the Seveso Women's Health Study. Nevertheless, the association demonstrated by this research should be taken into account for the purpose of determining a precautionary approach in so far as breast cancer prevention is concerned. Women need to significantly lower their intake of animal fat foods as a breast cancer preventive measure.

The United States Environmental Protection Agency has upgraded the cancer risk of dioxin exposure via consumption of dairy foods, beef and freshwater fish substantially. In June of 2000, a first draft section of the Agency's dioxin reassessment, "Part III: Integrated Summary and Risk Characterization for 2,3,7,8-Tetrachlorodibenzo-p-dioxin (TCDD) and Related Compounds", set forth the research basis for this change. Dioxins' carcinogenic effects have been studied extensively in several exposed groups: workers who manufactured or applied dioxin contaminated pesticides, including pentachlorophenol, and 2,4,5-T; victims of an industrial accident in Seveso, Italy, which released kilogram amounts of dioxin; and US Air Force personnel engaged in Project Ranch Hand, the spraying of Agent Orange during the Vietnam War.

Utilizing data from the epidemiologic studies (Hamburg herbicide factory cohort) in which highest dioxin sensitivity was demonstrated, people who consume animal fat at a rate which confers an intake of 3.8 pg dioxin TEQ/kg body weight/day have an approximately 2 in 100 upper-bound excess risk of developing cancer due to the dioxin contaminant exposure. A person weighing 130 pounds and drinking 2 quarts of whole milk per day receives on average such a dose of dioxin TEQ from the contaminants present in the milk fat.

Animal studies have demonstrated that a relation exists between gestational dioxin exposure and increased breast cancer susceptibility in female offspring. A study published in 2008 reported delayed initiation of breast development in girls with higher prenatal dioxin exposure. These research results provide a plausible explanation of the breast cancer cases which have been diagnosed among girls during the 2000s.

All that is stated above is based in the sciences of cancer biology, cancer epidemiology and cancer risk assessment. For access to the research literature as well as government health agency reports that focus on these matters please see the documents described below.

New York State Comprehensive Cancer Control Plan

The New York State Comprehensive Cancer Control Plan (NYS CCCP) sets forth a number of goals designed to lead New York State forward on the path of reducing cancer burden on a science based footing. Goal Number Two of the NYS CCCP addresses reducing exposure to cancer causing chemicals and agents in the environment. During the past several years increasing attention has been given to pollutant carcinogen exposure reduction. Earlier environmental exposure reduction efforts focused on second hand cigarette smoke, radon and the ionizing radiation of sunlight.

http://www.health.state.ny.us/nysdoh/cancer/cancer_control/2003/ccp_2003_health_promo_disease_prev.htm#environmental

Agency for Toxic Substances and Disease Registry Public Health Statement on Dioxins

The Agency for Toxic Substances and Disease Registry (ATSDR) publishes a series of Toxicological Profiles. A Toxicological Profile for dioxins was published in 1998. The ATSDR website currently makes available a Public Health Statement on Dioxins, which was created as a central message of the Toxicological Profile. The Public Health Statement on Dioxins explains how dioxin exposure takes place and sets forth a science based recommendation for reducing dioxin exposure that being to reduce consumption of animal fat containing foods. However, this document lacks state of knowledge science on dioxin exposure cancer risk, much of which has been published since the period covered in the Profile.

<http://www.atsdr.cdc.gov/toxprofiles/phs104.html>

CANCER RESOURCE CENTER OF THE FINGER LAKES

www.crcfl.net ■ info@crcfl.net

612 West State St., Ithaca NY 14850

Office (607) 277-0960 Cell (607) 229-5133 Fax (607) 275-0632

For more information about any of the groups, please contact CRCFL at 277-0960 or visit our website at <http://www.crcfl.net/content/view/area-cancer-support-groups.html>.

Our Guide to Cancer Support Services in Tompkins County has been updated and is available online.

To subscribe to our monthly E-news, please visit our website.

Friday Brown Bag Lunch for Women - Noon gathering for women with any type of cancer and at any stage of treatment or recovery. Meets every Friday from Noon - 1:30. Cancer Resource Center (612 W.

State St).

Thursday Evening Group for Women. For women with any type of cancer and at any stage of treatment or recovery. Meets every Thursday from 5:30-6:30. Cancer Resource Center.

Men's Breakfast Club. Meets every Friday. 8 - 9 am. Royal Court Restaurant. Men with any type of cancer, and at any stage of treatment or recovery are welcome.

Pat's Group: Living with Cancer as a Chronic Disease. For people with more advanced cancers . There are two monthly meetings - both from Noon - 1:30 at the Cancer Resource Center. The meeting on the first Thursday of the month is for people with cancer and/or their partners. The meeting on the third Thursday is just for the people with cancer.

Tompkins Prostate Support Group. Meets the third Wednesday of each month from 5:00 - 6:30 pm at the Cancer Resource Center (612 W. State St). Men with prostate cancer and their loved ones are welcome. For more information, call Brian Wilbur (607)277-2404.

Young Adult Group. For people 20-40ish with cancer. Meets the 2nd and 4th Tuesdays of each month from 5:30 - 6:30 at the Cancer Resource Center. (Partners welcome).

Our Gentle Yoga class is also of interest to many:

Gentle Yoga meets on Tuesdays 9:30-11:00 am at Island Health & Fitness. A blend of stretching, relaxation, healing visualization, and meditation in a supportive group environment. The class is offered free of charge to those with cancer.

**CAPITAL REGION ACTION AGAINST BREAST CANCER
(CRAAB!) www.craab.org ■ craab@nycap.rr.com
125 Wolf Road, Suite 124, Albany, NY 12205
518/435-1055**

Ongoing Programs:

February 9th at 10:00am: "**Density Matters**", A Mother-Daughter brunch buffet. Guest Speaker JoAnn Pushkin, Founder D.E.N.S.E. will discuss breast health and women's wellness; dense breast tissue as a risk factor; new legislation for screening options. Hilton Garden Inn, Hoosick Street, Troy. Call CRAAB at 518-435-1055 to register.

February 15th: **13th Annual Pink Zone women's basketball game at Siena College.** Reception begins at 5:00pm, with speakers and awards at 5:30pm. Tip-off time is 7:00pm. For more information, including how to become an Honorary Committee member or Sponsor for the event, please check our website: www.craab.org

Ongoing Programs:

Yoga Classes

-- Breast cancer "alivers" may find these classes an effective way to regain a sense of serenity, security and hope. Wednesdays at Noon from January 9th through March 20th (skip February 20th): The Yoga Loft, 540 Delaware Avenue, Albany

Healthy Steps -- Formerly known as The Lebed Method, Healthy Steps incorporates deep breathing techniques, gentle stretching for flexibility and range of motion, along with strengthening exercises, all performed slowly and smoothly to uplifting music. Thursdays at 6:00pm from January 17th through March 28th (skip February 14th): ACS Hope Club, One Penny Lane, Latham.

Pilates Classes -- Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing. Fridays at Noon from January 11th through March 29th (skip February 15th and 22nd): Colonie Community Center, 1653 Central Avenue, Colonie.

Resist-A-Ball -- Functional exercises to strengthen your core, improve balance and increase arm

strength and flexibility, using the stability ball and light resistance bands. Mondays at 6:30pm from January 7th through March 11th: Plaza Fitness Center, Stuyvesant Plaza, Albany.

Pink Ribbon Pilates

-- This program will help survivors regain full range of motion and muscle tone in their arms, shoulders and backs. Tuesdays at 6:00pm from January 15th through April 2nd: Eddy Memorial Geriatric Center, Simmons Room, 2256 Burdett Avenue, Troy.

Nia Joy of Movement -- Nia is a physical conditioning program that delivers cardiovascular aerobic exercise and whole-body conditioning. It integrates movements from dance, martial arts and yoga. Mondays at 5:30pm from January 7th through March 11th: The Court Club, 444 Sand Creek Road, Albany.

Zumba -- Beginning Zumba for breast cancer survivors. Saturdays at 10:00am from January 19th through March 23rd: Fit Hppens, 39 Arterial Plaza, Gloversville.

Strength & Metabolism -- This class provides the research-based benefits of resistance training, including increasing muscle mass, strength and energy. Wednesdays at 7:00pm from January 16th through March 20th: Plaza Fitness, Stuyvesant Plaza, Albany.

Weight Loss for Life -- The goal of this 4-week Healthy Lifestyle Program is to motivate participants to reach permanent weight loss and optimal health. Wednesdays at 6:30pm from January 16th through February 6th: Fit for Life Wellness Center, 17 Executive Park Drive, Clifton Park

"**PREPARE FOR SURGERY, CHEMOTHERAPY AND RADIATION, HEAL FASTER,**" developed by Peggy Huddleston, MTS. Techniques that will help you feel calmer before surgery or other treatments, have less pain, recover faster and strengthen your immune system.

MEDICAL MASSAGE IN YOUR OWN HOME,

by massage therapist, Mary Beth Halayko. Call CRAAB! to register.

ONE-ON-ONE MENTORING BY BREAST CANCER SURVIVORS FOR BREAST CANCER

SURVIVORS for help with navigating the health care system and making choices about treatment options.

GREAT NECK BREAST CANCER COALITION

www.greatneckbcc.org ■ info@greatneckbcc.org

PO Box 231190, Great Neck, NY 11023-0190

516/466-5267

Lidia's Arbonne Cosmetic Fundraiser for GNBCC

December 5th, Wednesday, 7:30 - 9:30 PM

20 Gilcrest Rd, Suite 1D, Great Neck, RSVP to lidiaepel@gmail.com.

Lend a Helping Hand Program: All year round, GNBCC assists newly diagnosed women with services.

Students & Scientists Research Internship Program: Students preparing abstracts and posters for November BCERP conference in San Francisco

HUNTINGTON BREAST CANCER ACTION COALITION

www.hbcac.org ■ friends@hbcac.org

PO Box 1446, Huntington NY 11743

631/547-1518

Huntington Breast Cancer Action Coalition (HBCAC) is a not-for-profit grassroots organization dedicated to the ultimate eradication of breast cancer through education and awareness. Our mission is to focus on prevention methods while actively helping those who are faced with a positive diagnosis

For more information: (631) 547-1518.

HBCAC's Students and Scientists Environmental Research Scholarship Program will sponsor six high school students from Huntington, Northport and South Huntington districts to intern in July to August at world renowned institutes, Stony Brook University, Fox Chase Cancer Ctr. and Brookhaven National Labs. Please visit website to keep up to date on student's research experiences <http://www.preventionisthecure.org/index.php/students-a-scientists>.

Gift of Health & Inspiration is an attractive tote bag filled with heartwarming gifts for women leaving Huntington Hospital and Memorial Sloan Kettering, Commack facility after surgery. Items like a personal journal, survivor handbook, yoga video, music cd, scented candle and lip balm are included to help uplift the spirits during a hard time.

NEWSLETTER MAGAZINE - "Take A Moment for Yourself,"

focuses on all aspects of breast cancer at local, regional and national levels. This publication is complete with informative updates on legislation, health issues, resources and keeps the public abreast of HBCAC's community work.

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) 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.

1 IN 9: THE LONG ISLAND BREAST CANCER ACTION COALITION

www.1in9.org ■ info@1in9.org

P.O. Box 729, Baldwin , NY 11510

Hewlett House is located at 86 East Rockaway Road in Hewlett

1 in 9: The Long Island Breast Cancer Action Coalition & Hewlett House

516-374-3190

1 in 9 is pleased to offer a wide array of classes and support groups at our program and learning resource center, Hewlett House. Hewlett House is a community resource center for all cancer concerns, located at 86 East Rockaway Road in Hewlett, NY, 11557. Our website is www.1in9.org. All classes and support groups are a free program service conducted at Hewlett House. Please remember that you must pre-register in order to attend. Please call Hewlett House at 516-374-3190 to register and get the latest class and support group offerings with the current schedule of days and times. Some of our ongoing and regularly scheduled classes and support groups are listed below.

ONGOING PROGRAMS AND SERVICES:

Cancer Support Group- Tuesdays 11:15 am-12:15 pm

Facilitator: Jill Alper, MSW, CSW

Ongoing group. For those in need of support for all cancer-related illnesses. Group members of different ages and with different types of cancer come together each week to support one another.

Newly Diagnosed Breast Cancer Support (in treatment)-Tuesday 12:30-1:30

Facilitator: Jill Alper, MSW, CSW

For those recently diagnosed with breast cancer.

Thriving Through and Beyond Cancer-Tuesdays & Wednesdays

Facilitator: Dr. Ronald I Cohen, Psy. D.

Dr. Cohen specializes in Psychotherapeutic Oncology. Utilizing the myriad of emotions as a pathway, the group will seek to: Use critical emotional roads to transition a family break down into a break

through. Avoid denying or minimizing anger, fear, and obsession and actually incorporating discomfort to reach new opportunities. Use our misfortune into an actual stimulation to grow and regenerate new solutions as a couple or family.

Discussions- Wednesdays 1:00-2:30 pm

Facilitator: Geri Barish

An informal, ongoing chat for people whose lives have been touched by cancer.

Cancer Support Group for Bilateral Surgery- Wednesdays 5:30-6:30 pm

Facilitator: Geri Barish

For women who have had bilateral surgery, double mastectomy.

Family Support & Cancer Support- By appointment

Facilitator: Florence Brodsky, MSW, CSW

For family members of those who have had cancer or are undergoing treatment.

Bereavement Support- One on One Counseling

Facilitator: Florence Brodsky, MSW, CSW

For those who have recently suffered a loss related to cancer.

Lymphedema Support- Call for information

For men and women with lymphedema.

Adolescent Support & Mentoring- By appointment

Facilitator: Marlene Natale, NYS Certification in Guidance & Counseling.

For those adolescents whose lives have been touched by cancer-related illnesses.

What is Spiritual Direction? -By Appointment

Facilitator: Charlie Roemer

Spiritual direction has no agenda; it's not therapy and not about religious doctrine or training. We reflect on where we might see or feel the presence of the divine in our lives. It's understood that one person's answers may or may not be similar to another's, and that's OK

Yoga/Stress Reduction- Mondays 1:30-2:30 pm.

Facilitator: Charles Roemer

No need to be flexible, strong, or even ambulatory to participate. For all cancer-related illness.

Decoupage Art Class- Tuesdays 1:00-2:30 pm

Facilitator: Sharon Gross

The art of *decoupage under glass* is in reformatting paper images to create something else. A single image formatted to a specified size or a collage of cut and layered images arranged for a desired effect - the end result uninhibited artistry.

Reiki Clinic- By appointment

Facilitator: Donna Miller-Small, Master Teacher & Practitioner.

Learn about and experience this simple healing technique. For all cancer-related illness.

Crochet Class- Thursdays 11:00 am-1:00 pm

Instructor: Sharon Barrett

Learn to crochet or expand your crocheting skills. The group is designed to help cancer patients draw strength from each other and enjoy togetherness in this circle of friendship.

Four Weeks to a Healthier You- Thursdays 2:30-4:00 pm

Series on Nutrition by Donna Miller-Small, Reiki Master Teacher & Practitioner.

You will learn which foods to include and avoid, secrets of label reading, delicious simple recipes, how to shop. Gain increased confidence & self esteem from taking control of your diet.

Breast Cancer Exercise Program- Saturdays 11:00 am-12:00 pm Call Hewlett House for more information

For those breast cancer patients who are finished with treatment. Provided by personal trainers certified

in teaching exercise & wellness to breast cancer survivors.

Private & Family Counseling- Available on an as-needed basis. Call for an appointment.

ISLIP BREAST CANCER COALITION

www.islipbreast.com 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.

NEW YORK STATE BREAST CANCER NETWORK (NYSBCN)

607/279-1043

www.nysbcnsen.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.nysbcnsen.org

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

www.sharecancersupport.org

1501 Broadway, Suite 704A, NY, NY 10036-5505

(unless otherwise listed)

212/719-0364

SHARE, Self-help for Women with Breast or Ovarian Cancer. Registration is required! For more information and to register, visit our website www.sharecancersupport.org, or call (212) 719-2943, voice mail 338, unless otherwise listed. A photo ID is required to enter the building.

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 704A (bet. West 43rd & West 44th St .)

TUESDAYS - Feb 12, 26 6:00 - 7:30 PM

--BrooklynSHARE, Kings Bay YM/YWHA. 3495 Nostrand Ave (bet. U & V Aves)Rm 226. Free parking available.

MONDAY - Feb 4 7:30 - 9:00 PM

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

Multipurpose Rm.

TUESDAYS - Feb 12, 26 3:30 - 5:00 PM

--Harlem SHARE. Ralph Lauren Center for Cancer Care and Prevention, 1919 Madison Ave (enter on E 124th St)

TUESDAY - Feb 26 4:00 - 5:30 PM

--SHARE/Women at Risk . New York-Presbyterian Hospital/Columbia University Medical Center, Women At Risk Resource Library, 161 Fort Washington Ave, Herbert Irving Pavilion, Garden Fl. Conf. Rm.

FRIDAYS - Feb 8, 22 2:00 - 3:30 PM

To register, please contact Nancy Singleton at (212)342-0297

--QueensSHARE, Samuel Field YM/YWHA. 58-20 Little Neck Pkway (bet 59th & 60th Ave), Little Neck

TUESDAY - Feb 12 7:30 - 9:00 PM

Breast Cancer Post-Treatment Support and Networking. Women who are post-treatment will have an opportunity to reflect on their experiences. Women with recurrences or advanced cancer are also welcome.

--SHARE Main Office. 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St .)

Wednesday - Feb 27 6:00 - 7:30 PM

--QueensSHARE, Samuel Field YM/YWHA. 58-20 Little Neck Pkway (bet 59th & 60th Ave), Little Neck

THURSDAY - Feb 14 7:30 - 9:00 PM

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 704A (bet. West 43rd & West 44th St .)

MONDAY - Feb 4 6:00 - 7:30 PM

Breast Reconstruction- This program is for women who are considering, starting, or have completed any type of reconstruction and want to share information and experiences.

SHARE Main Office. 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St .)

WEDNESDAY - Feb 6 6:00 - 7:30 PM

Coping with Aromatase Inhibitors and Tamoxifen- This support group is for women who are taking aromatase inhibitors or tamoxifen, or trying to decide whether to take them. These medications can reduce the risk of recurrence, but may cause side effects that can impact our life. First meeting will have a guest speaker, oncology nurse Beth Taubes, RN.

SHARE Main Office. 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St .)

TUESDAY - Feb 19 6:00 - 7:30 PM

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 704A (bet. West 43rd & West 44th St .)

WEDNESDAY - Feb 13 6:00 - 7:30 PM

MONDAY - Feb 25

--Queens SHARE, Samuel Field YM/YMHA

MONDAY - Feb 4 7:30 - 9:00 PM

--Staten Island SHARE, American Cancer Society, 173 Old Town Rd.

WEDNESDAY - Feb 27 3:30 - 5:00 PM

Caregivers Group-This group is for those whose loved ones have been diagnosed with any stage of breast or ovarian cancer. Caregivers will have the opportunity to share experiences and support each other as they help their loved ones deal with cancer.

SHARE Main Office. 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St .)

TUESDAY - Feb 12 6:00 - 7:30 PM

Metastatic/Recurrent Cancer Group. A daytime group in which women with metastatic breast or recurrent ovarian cancer meet and share their experiences. The group is facilitated by a psychotherapist who is also a SHARE participant and a breast cancer survivor.

SHARE Main Office. 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St .)

THURSDAYS - Feb 14, 28 12:00 - 1:30 PM

Telephone Support Group for Women with Metastatic Disease. SHARE has a telephone support program for women living with metastatic breast cancer. If you are interested in participating in this program, please call the SHARE Breast Cancer Helpline, (212) 382-2111 to register. This program is funded by JALBCA.

MONDAYS - Feb 4, 11, 18, 25 4:00 - 5:00 PM

Breast Cancer Support for Young Women: Dating and Relationships: Pasha Hogan, Author of Three Times Lucky

Participate in person or by webinar

SHARE Main Office. 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)

TUESDAY - Feb 5 6:00 - 7:30 PM

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)

--Make the Road NY (Queens)92-10 Roosevelt Avenue, Jackson Heights, NY 11372

VIERNES 5:30 a 7:00 de la noche

8 de febrero

--Queens Center Mall (Elmhurst/Queens) -15 Queens Blvd. (Calle 92 entre las avenidas 57 y 59)

Salón Comunitario- Primer Piso, Elmhurst, NY 11373

VIERNES 6:30 a 8:30 de la noche

15 de febrero

Educación/ Medicina Alternativa (Education Programs)

Deuda Médica (Medical Debt)- Esta Presentación se centrará en las medidas que se pueden tomar antes del tratamiento para evitar o reducir la cantidad de los gastos médicos y los derechos de los pacientes enfrentándose con facturas del hospital sustanciales. También se proporcionara información que ayude en la negociación con hospitales y proveedores médicos.

--St. Luke's-Roosevelt Hospital (Manhattan)1090 Amsterdam Ave, Piso 10, Salón A, NY, NY 10025

MIÉRCOLES 12:30 a 2:30 de la tarde

13 de febrero

--Settlement Health (El Barrio) 212 East 106th Street (entre la 2da y 3ra Avenida), Piso 3, Cuarto de Conferencia, New York, NY 10029

MIÉRCOLES 4:00 a 6:00 de la tarde

20 de febrero

La Terapia Hormonal (Hormonal Therapy) In és Tejada, RN, enfermera oncológica, les ayudará a entender la función de la terapia hormonal en el tratamiento del cáncer de seno.

--NY Presbyterian/Women at Risk (Manhattan) Milstein Building, 177 Fort Washington Ave, NY, NY 10032

JUEVES 10:00 a 11:30 de la mañana

14 de febrero

Para reservar favor de llamar al (212) 305-9894

Derechos Legales Para Sobrevivientes (Legal Rights for Survivors) Un abogado del Centro de Familia realizará este taller sobre los temas legales de la familia para las personas afectadas por el cáncer.

--St. Barnabas Hospital (Bronx)

Salón de Infusión Primer Piso. 4422 Third Avenue, Bronx, NY 10457

VIERNES 2:00 a 4:00 de la tarde

15 de febrero

Opciones Quirúrgicas Para Cáncer del Seno Surgical Options for Breast Cancer)

Dra. Rachel Wellner es una cirujana de seno y la directora de los servicios de seno en Continuum Cancer Care. Ella hablará sobre todas las opciones de la cirugía oncológica de cáncer de seno para mujeres afectadas.

--Beth Israel Comprehensive Cancer Ctr (Campus Oeste)

325 West 15th Street (entre la 8a y 9a Avenida), Piso 1, Cuarto de conferencia, New York, NY 10011
MIÉRCOLES 12:30 a 2:00 de la tarde
20 de febrero

SOUTH FORK BREAST CANCER COALITION

www.southforkbreast.com ■ info@southforkbreast.com

P.O. Box 1074, Southampton, NY 11969 631/726-8606

ONGOING PROGRAMS AND SERVICES:

NEWLY DIAGNOSED SUPPORT GROUP: East Hampton - Wednesdays, 4:00 PM to 6:00 PM. This support group is for women who have been newly diagnosed with breast cancer. Held in East Hampton every Monday afternoon. Located at the East Hampton Health Care Center, Pantigo Lane, East Hampton. Please call Edyle O'Brien at 631-723-0514 to join

YOGA: Tuesdays and Thursdays, 4:30 PM to 6:00 PM

Yoga class is tailored to meet the needs of women who have been diagnosed with breast cancer. Classes provide meditation, guided visualization and stretching. Whether this is your first time trying yoga or you are experienced, come as you are. Parrish Memorial Hall located on the grounds of Southampton Hospital.

WELLNESS SUPPORT GROUP: 6:30 PM to 8:00 PM

The Wellness Support Group provide psychosocial support group for women. Join Edyle O'Brien at the Hampton Bays Library for the Wellness Program. Held every other Monday. FREE. To join this support group, please call Edyle at 723-0514

ELLEN'S WELL: Group counseling addresses and explores concerns, feeling and issues that arise from a breast cancer diagnosis. Meditation, yoga, and other stress management techniques aimed at enhancing quality of life through developing awareness of the mind-body connection are utilized. Facilitated by Ms. Edyle O'Brien, C.S.W., a surgical oncological social worker.

NEIGHBORS HELPING NEIGHBORS: The Neighbors Helping Neighbors Program was created to help relieve the day to day pressures for breast cancer patients undergoing chemotherapy or radiation therapy by helping them to manage family and home commitments during this stressful period. We offer Transportation to help any woman on the East End who has breast cancer - whether it is to go to the doctors, have chemo, go to radiation therapy and even for women who do not have breast cancer but need some assistance in getting to the hospital to have a Mammogram.

BOSOM BUDDY (en español). Addresses a critical need of Latina women who face their disease far from family and friends, in a foreign environment and sometimes in poverty. We offer a range of interventions that help Latinas throughout the continuum of breast cancer survivorship including diagnosis, treatment and recovery. Services include "Patient Navigators" who assist Latinas diagnosed with breast cancer in making appointments for clinical breast exams, pap smears and Mammograms. Patient Navigators can also accompany them to their appointments and medical follow-ups.

SUPPORT CONNECTION, INC.

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.

ONGOING 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.

Women Living With Breast Cancer: Topics related to living with breast cancer through ALL stages of diagnosis, treatment and post-treatment. Four times/locations offered:

- 1) 1st Thursday of each month at 7:00 pm, Feb. 7: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 2) 3rd Monday of each month at 7:00 pm, Feb. 11(*date changed this month due to holiday): Hudson Valley Hospital Center, 1980 Crompond Road Cortlandt Manor
- 3) 3rd Thursday of each month at 7:00 pm, Feb. 21: Putnam Hospital Center, 670 Stoneleigh Ave., Carmel
- 4) 4th Tuesday of each month at 7:00 pm, Feb. 26: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights

Telephone Group for Women with 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.

3rd Tuesday of each month, at 8 pm (NY time) Feb. 19

Young Women's Breast Cancer Support Group: Topics related to women who have or had cancer at a young age and want to be in a group where they feel comfortable with their peers.

2nd Wednesday of each month at 7:00 pm, Feb. 13: 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.

3rd Friday of each month at 12:30 pm, Feb. 15: Yorktown Jewish Center, 2966 Crompond Road,, Yorktown Heights

Breast and Ovarian Cancer Support Groups: Topics related to living with breast or ovarian cancer through all stages of diagnosis, treatment and post-treatment. Four times/locations offered:

- 1) 1st Thursday of each month at 10:00 am, Feb. 7: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 2) 2nd Monday of each month at 10:00 am, Feb. 11: Putnam Hospital, 670 Stoneleigh Avenue, Carmel
- 3) 2nd Tuesday of each month at 10:15 am, Feb. 12: at East Fishkill Community Library, Hopewell Junction, NY
- 4) 3rd Wednesday of each month at 7:00 pm, Feb. 20: Putnam Hospital, 670 Stoneleigh Avenue, Carmel

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

Yoga - A Path Toward Wellness

Saturdays, Noon - 1:30 pm, Feb. 2, 9, 16, 23

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 more tranquil mind. Experience the benefits of yoga, which include a stronger, healthier body and a calmer, more focused mind.

National Toll-Free Teleconference: Understanding Clinical Trials

Thurs., Feb. 7, 8pm (NY Time)

For women with breast, ovarian and gynecological cancers. Speakers: Dr. Yelena Novik, Asst. Professor and The Medical Director for Clinical Trials at NYU Langone Medical Center; Gwen-Harding-Peets, PhD, ovarian cancer survivor and patient advocate. Learn about the following: what are clinical trials and their phases? What is it like to participate in a clinical trial, and how do you find them? Question and answer period to follow the presentation.

www.wibcc.org ■ westislipwibcc@aol.com
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 comisolet at time of discharge and each lumpectomy patient requiring radiation therapy with a specially designed complimentary post-surgical sports bra.

WOMEN AT RISK

www.womenatrisknyc.org ■ info@womenatrisknyc.org
NewYork-Presbyterian Hospital/ Columbia University Medical Center
601 W. 168th St. #7, New York, NY 10032
212.305.9525

English Support Group for Women with Breast Cancer

Facilitated by our Patient Navigator, Nancy Singleton, WAR's bimonthly support groups provide a forum in which patients may share their concerns, hopes, fears and triumphs.

Every other Friday, 2:00 - 3:00 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 Nancy at (212) 342-0297.

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.

Jueves 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 Lola Ruz-Curry por el teléfono (212) 305-9894

YOUNG SURVIVAL COALITION

www.youngsurvival.org ■ info@youngsurvival.org
61 Broadway, Suite 2235, New York, NY 10006
646-257-3000/877-YSC-1011 (toll free)

Metastatic Support Group Call - First Tuesday - 8:00-9:30 pm EST

Join other young women with metastatic breast cancer, every 2nd Tuesday of the month from 8:00-9:30 pm (ET)/5:00-6:30 pm (PT), for our telephone networking and support calls. These calls are facilitated by Susan Glaser, MSW, Evelyn Lauder Breast Center at Memorial Sloan-Kettering Cancer Center and are open to new and previous participants.

Registration is required. For more information or to register for the call, please email your full name to ywabc@youngsurvival.org. National call-in number: (800) 804-6968; international call-in number: (647) 723-7260; access code: 4242163

**YSC New York City "Women on Wednesdays" Young Women's Support Group
First Wednesday of every month- 6:30-8:00 pm EST**

Women on Wednesdays 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 third Wednesday 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. 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. For questions or more information, email yscnewyorkcity@youngsurvival.org.
61 Broadway, Suite 2235, New York, NY

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 or call (877) YSC-1011.

NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK

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