



# NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK JULY 2015 EMAIL CALENDAR

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

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



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.

## 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

[breast-cancer@adelphi.edu](mailto:breast-cancer@adelphi.edu) ■ [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu).

Hotline: 800.877.8077 ■ Offices: 516.877.4320 ■ All services are free and confidential

### DID YOU MISS OUR FORUM HOW TO TALK TO YOUR DOCTOR? Thursday, June 25, 2015

If you were unable to join us, for the medical forum, you can watch the video on YouTube.

[www.youtube.com/user/AUBreastCancer](http://www.youtube.com/user/AUBreastCancer)

### 2015 BREAST CANCER SUPPORT GROUPS

It's not too late to sign up for a support group!!! Breast cancer can cause many feelings to emerge, such as shock, confusion, fear, sadness, anger and uncertainty. Our support groups provide the opportunity for participants to share their feelings and experiences with the guidance of social workers and social work interns. The Adelphi NY Statewide Breast Cancer Hotline & Support is offering three support groups for women with breast cancer. Participants will have the opportunity to talk openly and confidentially about their concerns. Two groups will meet at the Adelphi School of Social Work in Garden City and the other is a Virtual Support Group.

**Virtual Support Group-** (Ongoing) Tuesdays, 12:00 - 1:00 p.m. Having difficulty getting out of the house but still need support? This group will be conducted virtually through the use of google hangouts. Any survivor is welcome to join the group. Not sure how to join a group through google hangouts? Call Erin Nau, LCSW at 516-877-4314.

**Support Group-** (Ongoing) Wednesdays, 6:00 - 7:30 p.m.

**Metastatic Support Group-** (Ongoing) Thursdays, 6:00 - 7:30 p.m.

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 2015 support groups are sponsored by the Alpern Family Foundation.

**SEPTEMBER 2015 VOLUNTEER TRAINING** (dates to be announced)

Volunteers needed for outreach, speaking events, breast health educational presentations, health fairs, fundraising and more!!!

If you are interested in attending our next training, please contact Alida Rubenstein - Volunteer/Hotline Coordinator. Phone: 516-877-4315. E-mail: arubenstein@adelphi.edu

**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. Volunteer Training - September 2015 (dates to be announced)
2. Celebration of Survivorship - October 13, 2015
3. Creative Cups 2017 - March 16, 2017

**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

As We Age: Treatment Options and Decision Making by Allison Magnuson, M.D.  
Wednesday, July 23, 2015 at 7:00pm

**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, Laura Albert 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)

**SAVE THE DATE: Complementary Medicine Conference. Saturday October 24, 2015- 9-3.**  
Columbia-Greene Community College, Hudson NY

**ORANGE COUNTY-St Luke's Cornwall Hospital: Wednesday, July 15- 6-7:30pm**

**Speaker Pathologist Lori Anderson, MD**

**UNDERSTANDING YOUR BREAST CANCER PATHOLOGY REPORT-** When your breast was biopsied, the samples were studied under the microscope by a specialized doctor called a pathologist. The pathologist sends your doctor a report that gives a diagnosis for each sample taken. Information in this report is used to help manage your care. Reliable information enables a patient to understand their options and make informed decisions about the available treatment options. Registration required.

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

**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.**

**MASSAGE 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.

**BREAST CANCER NETWORK OF WESTERN NEW YORK (BCNWN Y)**

**[www.bcnwny.org](http://www.bcnwny.org) ■ [bcnwny@live.com](mailto:bcnwny@live.com)**

**716/706-0660**

**3297 Walden Ave., 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 Meetings-** 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. Attendees 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 Christine 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 accepted.

### **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 painting classes -Jewelry Making- Healthful Cooking- Exercise- Zumba - Tai Chi- Yoga

### **SERVICES**

Website and Email Newsletter

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

Upcoming bcnwny programs and events

Breast cancer research updates

Topical information

News of local programs, and events related to breast cancer

**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.

**Financial Assistance-** We currently have 2 financial programs available: Adopt a Family which provides assistance for medical and utility bills; and Metastatic Fund, which provides assistance to metastatic patients. 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**

**[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 a501(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.

**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**-- All year round support for newly diagnosed women

**Students & Scientists Breast Cancer/Environment Research Program:** Interviewing high school students for Summer 2015

**Prevention Is the Cure**--All year round outreach programs on reducing environmental exposures that are linked with breast cancer

**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**

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

**EXERCISE AND WELLNESS CLASSES:**

**Tai Chi-** Mondays: 7/6, 7/13, 7/20, 7/27

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

**Jazzercise-** Tuesdays: 7/7, 7/14, 7/21, 7/28

5:30-6:30pm-HealthAlliance Hospital, Mary's Ave. Campus, ASB Auditorium

**Qi Gong-** Tuesdays: 7/7, 7/14, 7/21, 7/28

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

**Gentle Yoga-** Wednesdays: 7/1, 7/8, 7/15, 7/22, 7/29

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

**Smartbells-** Thursdays: 7/2, 7/9, 7/16, 7/23, 7/30

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

**SUPPORT GROUPS AND HEALING ARTS:**

**Women's Support Group**

**Daytime Women's Support Group-** 1st and 3rd Thursdays: 7/2, 7/16

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

**Weekend Women's Support Group-** 2nd and 4th Saturdays: 7/11, 7/25  
10:00-11:30am-Reuner Cancer Support House 80 Mary's Ave. Kingston NY

**Men's Support Group-** 2nd Monday: 7/13  
5:30-7pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Metastatic Support Group-** 1st Tuesday: 7/7  
2:00-3:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Caregiver/Family Support Group-** 3rd Monday: 7/20  
7:00-8:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Ovarian Support Group-** Wednesday: 7/29  
7:00-8:30 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Memoir Writing Workshop I with Abigail Thomas-** Thursdays: 7/2, 7/9, 7/16, 7/23, 7/30  
3:00-5:30pm-Reuner Cancer Support House 80 Mary's Ave. Kingston NY  
(Waiting list)

**Memoir Writing Workshop II with Ann Hutton-** Fridays: 7/10, 7/17, 7/24, 7/31  
2:00-3:30 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Arts & Crafts Sharing Circle-** Mondays: 7/6, 7/13, 7/20, 7/27  
1:30-3:00pm-Reuner Cancer Support House 80 Mary's Ave. Kingston

**Hypnosis for Smoking Cessation with Frayda Kafka-** Wednesday: 7/1  
5:30-7:00pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY  
\$25 per session; \$10 per reinforcement session

**The Butt Stops Here! With Larry McGrath-** Mondays & Wednesdays: 7/13, 7/15, 7/20, 7/22  
7pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Coping Skills: Finding Ease & Inner Balance with Valerie Linet-** Tuesday: 7/21  
2:00-3:30pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Inner Vision / True Voice with Lisa Schimski-** Thursday: 7/25  
1:00-3:00pm- Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Healthy Living with Cancer with Mary Jo Johnson-** Thursday: 7/9  
6:00pm- Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Meaning-Centered Reflection & Discussion Group with Drs. Rosanne Fox and Elise Lark-**  
Wednesdays: 7/1, 7/8:1:30-3:00pm-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)** 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 is proud to partner with Green Inside and Out Consulting, and we are excited to announce the release of a new GREEN paper, "Defining GREEN Dry Cleaning". We have been and will continue to be involved in many community events. HBCAC recently presented to the Town of Huntington Human Services Department, discussing toxins in Personal Care Products and Household Cleaning Products. HBCAC achieved another success in the Suffolk County Legislative with the passing and signing of the Toxic Free Toys bill. Additionally, we are proud to sponsor Huntington High School student, Emily Shutman, who will be participating in our Students and Scientists Environmental Research Program by studying mercury in fish at Stony Brook University.

### **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.

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

607/279-1043

[www.nysbcnsen.org](http://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](http://www.nysbcnsen.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 (212)382-2111, unless otherwise listed. A photo ID is required to enter the building.

Please note that SHARE moved: New address is:

165 West 46th Street, Suite 706, Meeting room: Suite 706, New York, NY 10036

### **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 - Aug 11, 25 6:00 - 7:30 PM

--BronxSHARE, Jacobi Medical Center, 1400 Pelham Parkway South (Corner of Eastchester Rd & Pelham Parkway South) Bronx, NY 10461

FRIDAY - Aug 28\* 1:00 - 2:00 PM

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

TUESDAYS - Aug 11, 25 3:30 - 5:00 PM

--BrooklynSHARE, Kings Bay

MONDAYS - Aug 3 7:30 - 9:00PM

--SHARE/Riverdale YM/YWHA

SUNDAYS - Aug 9, 23 5:00 - 6:30PM

--QueensSHARE, Samuel Field

THURSDAY - Aug 13 7:30 - 9:00PM

--HarlemSHARE, 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.

TUESDAY - Aug 4 4:00 - 5:30 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 - Aug 26 6:00 - 7:30 PM

#### **Support group in Japanese**

SHARE main Office

FRIDAYS - Aug 14 6:00 - 7:30PM

FRIDAYS - Aug 28 12:30 - 2:00PM

**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 - Aug 3 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 704A (bet. West 43rd & West 44th St.)

MONDAY - Aug 20

**Breast and Ovarian Combined Support Groups-** 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

TUESDAYS - Aug 18 6:00 - 7:30PM

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

--SHARE Main Office

TUESDAYS - Aug 5 6:00 - 7:30PM

**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 - Aug 12 6:00 - 7:30 PM

--Queens SHARE, Samuel Field YM/YMHA

MONDAYS - Aug 10, 24 7:30 - 9:00 PM

--Staten Island SHARE, SI Hospital Nalitt Cancer Centre

WEDNESDAY - Aug 19 6:30 - 8:30PM

**Telephone Support Group for Women with Metastatic Disease** (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)  
MONDAYS - Aug 3, 10, 17, 24, 31 4:00 - 5:00 PM

**Living with Uncertainty for Women with Metastatic Disease** (evening) New Telephone Support Group. 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  
THURSDAYS - Aug 6, 13, 20, 27 6:30 - 8:00 PM

**Telephone Support Group for Young Women with Metastatic Breast Cancer (new)** 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 - Aug 5 8:00 - 9:00PM EST

**GoogleVIDEO Hangout Conference**  
TUESDAY - Aug 7 7:30 - 8:30PM

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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)**

--Beth Isreal Comp Cancer Centre  
MIERCOLES 12:30 - 2:00PM  
Agosto 19

--Mt. Sinai-St.Luke's Hosp  
MIERCOLES 12:30- 2:30PM  
Agosto 12

--NY Pres/Milstein Build  
JUEVES 10:00 - 11:30AM  
Agosto 13

--Make the Road NY (Queens) 92-10 Roosevelt Avenue, Jackson Heights, NY 11372  
VIERNES 3:30 a 5:30 de la noche  
Agosto 7

--Queens Center Mall (Queens) 9015 Queens Boulevard, Elmhurst, NY 11373  
VIERNES 6:30 a 8:30 de la noche  
Agosto 7

-- NY Presbyterian/Manhattan Cancer Services Centre  
JUEVES 1:00 - 3:00PM  
Agosto 6

--Settlement Health  
MIERCOLES 2:00 - 4:00PM  
Agosto 19

### **BRONX**

--Lincoln Medical & Mental Health Centre  
LUNES 11:00AM - 1:00PM  
Agosto 31

ST Barnabas Hospital  
VIERNES 2:00 - 4:00PM  
Agosto 21

### **BROOKLYN**

Make The Road NY  
MARTES 10:00AM - 12:00PM  
20 de enero

## **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.

**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](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.

- 1) 3rd Monday of each month at 7:00 pm, July 20: NewYork-Presbyterian/Hudson Valley Hospital, 1980 Crompond Road, Cortlandt Manor
- 2) 4th Tuesday of each month at 7:00 pm, July 28: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights

**Telephone Group for Women with Advanced Stage 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.

1st Monday of each month, at 8 pm (NY time) July 6

**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.

2nd Wednesday each month, 7:00 pm, July 8: 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, July 17: 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.

- 1) 1st Tuesday of each month at 10:00 am, July 7: Vassar Brothers Medical Center, 45 Reade Place, Poughkeepsie
- 2) 1st Wednesday of each month at 7:00 pm, July 1: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 3) 1st Thursday of each month at 10:00 am, July 2: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 4) 2nd Tuesday of each month at 10:15 am, July 14: East Fishkill Community Library, 348 Route 376, Hopewell Junction
- 5) 3rd Wednesday of each month at 7:00 pm, July 15: Putnam Hospital, 670 Stoneleigh Avenue, Carmel

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

**Yoga - A Path Toward Wellness-** Saturdays, Noon - 1:30 pm July 11, 18, 25

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.

**Knitting-** Wednesday, July 22-6:30-8:00

Support Connection Office, 40 Triangle Center Suite 100, Yorktown Heights

Engage in the joy of creating while spending time with other women who have experienced cancer. Open to beginners or experienced knitters. Bring unfinished projects, or learn a new craft. If you are a beginner, no preparation is needed; extra yarn and needles are available, and Support Connection's instructor will be happy to get you started.

## **WEST ISLIP BREAST CANCER COALITION FOR LONG ISLAND, INC**

[www.wibcc.org](http://www.wibcc.org) ■ [westislipwibcc@aol.com](mailto: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](http://www.womenatrisknyc.org) ■ [info@womenatrisknyc.org](mailto:info@womenatrisknyc.org)

New York-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 (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 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**

First Wednesday of every month- 6:30-8:00 pm EST at 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 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. 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, Medha Sutliff at [msutliff@youngsurvival.org](mailto:msutliff@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**

**1042 Comfort Road, Spencer, NY 14883**

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

**607/279 1043/Fax 917-591-8108**

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