



# NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK MAY 2013 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

**Adelphi NY Statewide Breast Cancer Hotline & Support Program \* Hotline: 800.877.8077**  
All services are free and confidential.

### Spring 2013 Group Schedule

#### **Women with Breast Cancer (newly diagnosed and post-treatment)**

8 weeks: Wednesdays, 10:30am-12 noon

#### **Young Women with Breast Cancer**

Ongoing, weekly: Mondays, 7-8:30 pm

#### **Women with Metastatic Breast Cancer**

Ongoing, twice/month: Mondays, 1:30-3:00pm

#### **Men with Breast Cancer**

Ongoing, twice/month: Mondays, 7-8:30 pm

#### **BRCA +**

8 weeks: Monday's, 7-8:30pm

**New:**

## **Spouses**

8 Weeks, Mondays, 7-8:30 pm

\* Pre-registration is required.

\* For more information or to register, call the Hotline at 800.877.8077 or Sandi Kafebaum, LCSW, Counseling Coordinator, 516.877.4314.

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

Our 2013 support groups are sponsored by the Nassau County Women's Bar Association and the Alpern Family Foundation.

## **Educational Forum: Understanding Metastatic Breast Cancer**

PLEASE JOIN US. Wednesday, May 22, 2013 - 7:00pm. Alumni House, 154 Cambridge Ave, Garden City, NY

Participants will hear from a physician, social worker, movement therapist and a woman with Stage IV breast cancer.

The panel will provide up-to-date medical information, support and resources to help manage and live well with metastatic breast cancer.

Nina D'Abreo, MD, is an attending physician at Winthrop-University Hospital where she is an active member of Winthrop's Breast Program, the only Nassau County program accredited by the National Accreditation Program for Breast Centers (NAPBC). Dr. D'Abreo serves on the Breast Cancer Advisory Committee, which is dedicated to improving all aspects of breast health and is responsible for developing the breast clinical trials program. She currently serves as the principal investigator of several cooperative group-sponsored breast cancer clinical trials at Winthrop designed for breast cancer prevention, early stage and metastatic breast cancer and is also initiating local outcomes-based research. Dr. D'Abreo is Assistant Professor of Medicine, SUNY at Stony Brook. She has a particular interest in HER2-positive breast cancer and breast cancer survivorship.

Sandi Kafebaum, LCSW, has been the Counseling Group Coordinator at the Adelphi NY Statewide Breast Cancer Hotline & Support Program for over 20 years. She develops and facilitates support groups for women, men, couples and family members, consults with health care professionals in setting up group programs, speaks to community groups about breast cancer issues, and works extensively with social work interns.

Sharon Epstein, MS, ADTR, CLM is a registered dance/movement therapist, trained in The Lebed Method and Moving For Life. She has integrated creative art therapies into her work in hospitals, nursing homes and schools, teaching people of all ages and abilities. She connects body, mind and spirit techniques to create balance and steadiness to bring about relaxation and serenity.

Pre-registration is required.

Please call 516.877.4325 or email: [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu).

## **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.

**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: 5/6, 5/13, 5/20 10:00-11:00am-Reuner Cancer Support House

**Qi Gong**

Tuesdays: 5/7, 5/14, 5/21, 5/28 7:00-8:00pm--- ASB Auditorium

**Smartbells**

Thursdays: 5/2, 5/9, 5/16, 5/23, 5/30 9:30-10:45am- ASB Auditorium

**Gentle Yoga**

Wednesdays: 5/1, 5/8, 5/15, 5/22, 5/29 9:30-10:45am-ASB Auditorium

**Restorative Yoga**

1st and 3rd Fridays: 5/3, 5/17 11:00am-12:30pm---Reuner Cancer Support House

**Mindfulness Meditation**

Mondays: 5/6, 5/13, 5/20 3-4pm --- Reuner Cancer Support House

**SUPPORT GROUPS:**

**Daytime Women's Support Group**

1st and 3rd Thursdays: 5/2, 5/16 11:00am-12:30pm-Reuner Cancer Support House

**Evening Women's Support Group**

2nd and 4th Thursday: 5/9, 5/23 7:00-8:30pm-Reuner Cancer Support House

**Men's Support Group**

2nd Monday: 5/13 5:30-7pm-Reuner Cancer Support House

**Metastatic Support Group**

1st and 3rd Tuesdays: 5/7, 5/21 2:00-3:30pm-Reuner Cancer Support House

**Caregiver/Family Support Group**

3rd Monday: 5/20 7:00-8:00pm-Reuner Cancer Support House

**Ovarian Support Group**

Last Wednesday: 5/29 7:00-8:30 pm-Reuner Cancer Support House

**HEALING ARTS PROGRAMS:**

**Hypnosis for Smoking Cessation**

Saturday: 5/11 2pm-3:30pm--- Reuner Cancer Support House  
\$25 per session; \$10 per reinforcement session

**Hypnosis for Weight Control**

Saturday: 5/11 12pm --- Reuner Cancer Support House, Free

**Music and Imagery Group Sessions**

Mondays: 5/13, 5/20 By appointment ONLY!  
10:00am ---Reuner Cancer Support House

**Miso Happy Cooking Club: "Spring Picnic"**

Tuesday: 5/14 \$8 suggested donation 10:30am-1:00pm --- Reuner Cancer Support House  
Please register by calling 845-339-2071 ext. 100

**Ikebaba: Flower Arranging**

Wednesday: 5/8 2:30pm-4:30pm--- Reuner Cancer Support House  
Please register by calling 845-339-2071 ext. 100

**Photography Workshop**

Wednesdays: 05/01, 05/08, 05/15, 05/22 6:30-8:30pm- Reuner Cancer Support House  
Limited registration!! Please call 845-339-2071 ext. 100

**Special Events:**

WIT (A play by Margaret Edson preformed by the Mohonk Mountain Stage Company)

Saturday: 05/04, McKenna Theatre, SUNY New Paltz campus

6:30pm reception, 7:30pm Play and "Talk-Back"

\$25 per ticket, Please call 845-339-2071 ext. 100 or visit [wityoc.eventbrite.com](http://wityoc.eventbrite.com)

**Visions of Hope**

Please join Nurit Nardi to learn imagery exercises to help fight cancer from within!

Tuesday: 5/7, 5:30pm-7:00pm --- Reuner Cancer Support House

Register by calling 845-339-2071 ext. 100

7th Annual Evidence Based Annie Appleseed Complementary and Alternaritve Cancer Therapies Conference

Reuner Cancer Support House will be airing the conference at their location.

May 16th and 30th --- 6:30pm-8:30pm

Please call 845-339-2071 ext. 100 to register

**The Traditional Chinese Medicine Approach to Breast Cancer'**

Lean about traditional Chinese medicine and simple "Wu Ming Qigong" energy movements specifically designed for breast health.

Monday: 05/06, \$8 suggested donation, call 845-339-2071ext. 100 to register

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

**14th Annual Cancer Survivors Day Celebration: "Seasons of Your Life"**

Friday: 05/31, 6pm at ASB Auditorium, Register at 845-339-2071 ext. 100

Festive occasion for family and friends including refreshments, entertainment, and candle lighting ceremony. Join us in the Linda Young Healing Garden after event for the 5th anniversary of the Herbert H. and Sofia P. Reuner Cancer Support House.

**BREAST CANCER COALITION OF ROCHESTER**  
[www.breastcancercoalition.org](http://www.breastcancercoalition.org) ■ [info@bccr.org](mailto: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.

**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: 5/14 & 5/28

5:30pm - 7:00pm

**Support Group for Breast Cancer Survivors II**

Facilitator led- offered the 1st and 3rd Thursday of the month: 5/2 & 5/16  
5:30pm - 7:00pm

**Friends & Family Care Givers Support Group**

Facilitator led- offered the 2nd Thursday of the month: 5/9  
5:30pm - 7:00pm

**Living with Metastatic Breast Cancer Support Group II**

Facilitator led - offered the 2nd and 4th Thursday of every month: 5/9 & 5/23  
9:30am - 11:00am

**Peer Advocates Lending Support - P.A.L.S** For those interested in mentor support

**Gentle Yoga**

Monday Evenings 6 week session - registration required

**Voices and Vision Writing Workshop**

Tuesday Evenings  
5 week session - registration required

**RISE I & II (Relationships, Intimacy, Sexuality, Empowerment)**

Friday, 5/3  
2:00 - 3:30 pm - RISE II for ages 50+  
6:00 - 7:30 pm - RISE I for ages 49 and under

**BCCR Book Club** Ghostbread by Sonia Livingston

Thursday, 5/23 6:00 - 8:00 pm

**Educational Evening Seminar**

**"Long-term Effects of Chemotherapy"**

Marcia Krebs, MD  
Wednesday, 5/22 7:00 - 9:00 pm

All programs are held at the Breast Cancer Coalition of Rochester and are free for breast cancer survivors.  
For information, please contact the Program Coordinator at BCCR, Jean Sobraske 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. 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. This program is designed for those interested in learning to achieve lymphatic system maintenance and self drainage. Sessions will offer clients an opportunity to experience a treatment, learn about their lymphatic system, preventive maintenance and self-care practices to help control and prevent lymphedema. 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.

**ART THERAPY** - Thursdays, 2 pm to 4 pm. Healing Through Art. "Art Therapy helps put the pieces together." Discover the therapeutic benefits of art-making. Enhance your personal wellness through creative self-expression and group dialogue. Each session will have selected relaxation music and begin with a deep breathing session. Notebooks for journaling participant's reaction to their artwork may be used at the end of the session.

**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. The method seeks to restore order when a body's vital energy has become unbalanced. The practitioner places their hands on or above the individual, allowing the recipient to draw energy as needed through the practitioner to encourage energy flow and healing. 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** - Once a month on the 3rd Wednesday evening of each month. Reflexology is a gentle form of therapeutic treatment applied to the feet. The nerve endings in the feet are stimulated by specific massage techniques to effect changes in another part of the body. Stimulating these nerve endings helps to promote relaxation, improve circulation, stimulate vital organs in the body and encourage the body's natural healing processes. 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.

## **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)

### **UPCOMING EVENTS**

**OUR COMPLEMENTARY MEDICINE CONFERENCE** HAS BEEN POSTPONED TO SUNDAY, SEPTEMBER 8 2013 AT SUNY NEW PALTZ

### **CAMP LIGHTEART FOR THE CHILDREN OF BREAST CANCER SURVIVORS**

August 19-August 22, 2013. Omega Institute Rhinebeck NY

### **METASTATIC BREAST CANCER RETREAT**

September 22-27, 2013. Omega Institute Rhinebeck NY

### **METASTATIC SUPPORT GROUP MEETING**

Saturday May 18th. St. Francis Hospital

Speaker Bob Hausman.

*Living with Uncertainty and Coping With Loss*

**ONGOING PROGRAMS AND SERVICES:** [www.breastcanceroptions.org](http://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. Putnam County has been added.

**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 NETWORK OF WESTERN NEW YORK (BCNWNY)**

[www.bcnwny.org](http://www.bcnwny.org) ■ [bcnwny@verizon.net](mailto: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 N00n-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 Y, 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.

**Brown Bag Fridays Discussion Group-** Noon Every Friday, we provide drink and dessert  
Led by Pamela Embury- Executive Director

### **Monthly Educational Program**

Tuesday March 12, 2013 6:00 pm-Announcements

6:30 pm - "Side Effects of Breast Cancer Treatment"

Dr. Johnny Yap, Radiation Oncologist, Dr. Farid Berenji Medical Oncologist

7:45 pm- Peer Support Group Led by

Chris Bylewski- LMSW

**New Morning Yogi Class-** 10:30-11:30 am Fridays

Yoga also offered on Monday evenings at 6:00-7:00 pm

### **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](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

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**

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.

## **CANCER RESOURCE CENTER OF THE FINGER LAKES**

**[www.crcfl.net](http://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](http://www.craab.org) ■ [craab@nycap.rr.com](mailto:craab@nycap.rr.com)**

**125 Wolf Road, Suite 124, Albany, NY 12205**

**518/435-1055**

### **Ongoing Programs:**

Beginning in April: "**2EmpowerU**" Workshop sessions will help breast and gynecological cancer patients find social support and develop practical plans to regain energy, self-esteem and positive thinking, to redirect their lives and create new priorities. Through journaling, participants will reflect on their personal journeys and keep track of schedules, activities and diets. They will learn how nutrition and exercise can impact their recovery and possibly reduce their risk for recurrence. This 5-week session will be held at HopeClub (1 Penny Lane, Latham) on April 3rd, 10th, 18th, 24th and May 1st.

### **Ongoing Programs: Call CRAAB! to register for any of our classes**

**Yoga** -- Breast cancer "alivers" may find these classes an effective way to regain a sense of serenity, security and hope. Wednesdays at Noon on April 10th, 17th 24th and May 1st: 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 on April 11th, May 16th, 23rd and 30th: 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 on April 26th, May 3rd, 10th and 17th: 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 on April 1st and 8th: Plaza Fitness Center, Stuyvesant Plaza, Albany.

**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 on April 8th, 15th, 22nd and 29th: The Court Club, 444 Sand Creek Road, Albany.

**Strength & Metabolism** -- This class provides the research-based benefits of resistance training, including increasing muscle mass, strength and energy. Wednesdays at 7:00pm on April 3rd, 10th and 17th: Plaza Fitness, Stuyvesant Plaza, Albany.

**"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**

### **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

#### **Lidia's Arbonne Cosmetic Fundraiser for GNBCC**

December 5th, Wednesday, 7:30 - 9:30 PM  
20 Gilchrest 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](http://www.hbcac.org) ■ [friends@hbcac.org](mailto: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.**

**Wed., April 3, 1 pm EST / 10 PCT: CHE Partnership call titled - Breast Cancer and the Environment: Prioritizing Prevention.** Michele Forman, PhD, and Jeanne Rizzo, RN, Chair and Co-Chair of the IBCERCC Committee will present the report and Linda Birnbaum, PhD, Director of the National Institute of Environmental Health Sciences, will provide her agency's perspective. Julia Brody, PhD, Executive Director of the Silent Spring Institute and Karen Joy Miller, President of the Huntington Breast Cancer Action Coalition will act as responders. RSVP to [http://www.healthandenvironment.org/partnership\\_calls/11967](http://www.healthandenvironment.org/partnership_calls/11967)

**Monday, April 29, 2 pm EST and Tuesday, April 30, 5 pm EST: free webinar on Hydrofracking and It's Connection to Breast Cancer**, hosted by BC Action. Learn about the harms of fracking, and how you can get involved in challenging this toxic industry. Breast Cancer Action, Annie Sartor, Policy and Campaigns Coordinator, joined by Jennifer Krill, Executive Director of Earthworks and Karen Joy Miller, Environmental Chair, New York State Breast Cancer Network, member organization Huntington Breast Cancer Action Coalition, Inc. Register for Monday April 29th 11am (PST)/2pm (EST) / Register for Tuesday April 30th 2pm (PST)/5pm (EST)

**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.

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

The New York State Breast Cancer Support and Education Network (SEN) is the only statewide network of community-based breast cancer organizations in New York.  
See our website for the complete list: [www.nysbcscen.org](http://www.nysbcscen.org)

**1 IN 9: THE LONG ISLAND BREAST CANCER ACTION COALITION**

[www.1in9.org](http://www.1in9.org) ■ [info@1in9.org](mailto: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](http://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 breakthrough. 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.**

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

[www.sharecancersupport.org](http://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](http://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. Women may join at any time.

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

TUESDAYS - May 14, 28 6:00 - 7:30 PM

++ BrooklynSHARE, Kings Bay YM/YWHA

MONDAY - May 6 7:30 - 9:00 PM

++ BrooklynSHARE, Restoration Plaza

TUESDAYS - May 14\*, 28

\*Educational Program: Taking Medication on Schedule (p10)

++ SHARE/Women at Risk, New York-Presbyterian Hospital/Columbia University Medical Center

FRIDAYS - May 10, 31 2:00 - 3:30 PM

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

++ QueensSHARE, Samuel Field YM/YWHA

Support and Networking Group

THURSDAY - May 9 7:30 - 9:00 PM

++ HarlemSHARE, The Ralph Lauren Center

Focused on the concerns of African, African-American and Caribbean Women

TUESDAY - May 28\* 4:00 - 5:30PM

\*Educational Program: The Importance of Exercise in Cancer Recovery (p10)

**BREAST CANCER POST-TREATMENT SUPPORT-** 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 - May 29 6:00 - 7:30 PM

**DCIS Support Group-** Often there are conflicting interpretations of the risk presented by a diagnosis of DCIS (ductal carcinoma in situ) and differing 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 - May 6 6:00 - 7:30 PM

**OVARIAN CANCER SUPPORT - ONGOING-** 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 .)  
MONDAY - May 20 6:00 - 7:30 PM  
WEDNESDAY - May 8 3:00 - 4:30 PM  
++ Queens SHARE, Samuel Field YM/YMHA  
MONDAY - May 13 7:30 - 9:00 PM  
WEDNESDAY - May 29  
++Staten Island SHARE, American Cancer Society.  
WEDNESDAY - May 22 6:30 - 8:30 PM

**Recurrent Ovarian Cancer: Now What?** If your cancer has returned, what are your next steps? Dr. Paul Sabbatini, Attending Physician, Gynecologic Medical Oncology Service, and Dr. Carol brown, Associate Attending Surgeon, Gynecology service at Memorial Sloan-Kettering Cancer Center , will discuss treatment strategies for ovarian cancer recurrence. They will talk about new approaches and agents, including clinical trials and when to consider them. Bring your questions for Q&A with the physicians after the talk. Funding provided by SHARE supporters and Genentech.  
++ SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St .)  
WEDNESDAY - May 22 6:00 - 7:30 PM  
You can listen in by calling: (866) 210-1669 Use code:9353618

#### **BREAST and OVARIAN CANCER COMBINED SUPPORT GROUPS**

**Lymphedema Support group-** Women with lymphedema associated with breast or ovarian cancer meet to share experiences and information.  
++ SHARE Main office, 1502 Broadway, Suite 704A (bet. West 43rd & West 44th St .)  
WEDNESDAY - May 15 6:00 - 7:30PM

**Challenges of Being a Senior- A Program of Wise Women's Circle.** For women of retirement age who have had breast or ovarian cancer.  
++SHARE Main Office, 1502 Broadway, Suite 704A (bet. West 43rd & West 4th St .)  
MONDAYS - May 20 2:30 - 4:00 PM

**CAREGIVER GROUP-** Meet with other caregivers to share strategies and support to help you care for your loved one without losing yourself. Anyone whose family member or friend has been diagnosed with any stage of breast or ovarian cancer is welcome.  
++ SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St .)  
TUESDAY - May 14 6:00 - 7:30 PM

**Helpline-** Speak one-on-one with caregiver specially trained to provide support and information. Share your experiences and get your questions answered. All calls are toll-free.  
(855) 498-5523 or email us at [caregiver@sharecancersupport.org](mailto:caregiver@sharecancersupport.org)

**METASTIC/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 - May 2, 16 12:00 - 1:30 PM SHARE thanks its supporters and Genentech for making these groups possible.

**TELEPHONE SUPPORT GROUP-** 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 - May 6, 13, 27 4:00 - 5:00 PM

**Living with Uncertainty-** Share your experiences about continued treatment, medical uncertainty and quality medical care with others who are in the same situation. You can join this group at any time.

SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 4th St.)

THURSDAYS - May 9, 23 6:30 - 8:00 PM

**BREAST CANCER SUPPORT FOR YOUNG WOMEN-** This ongoing group will discuss issues related to being diagnosed with breast cancer at a younger age: fertility, childbearing, premature menopause, relationships, caring for young children, one's changed sense of self, professional/workplace issues and coping with fears of recurrence.

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

TUESDAY - May 7 6:00 - 7:30 PM

**The Pink Elephant Series- Forbidden Topics- Body image. Sexuality. Fertility. Relationships.**

**Innocence.** These are some things that can change due to breast cancer and they're even areas where we can experience loss. Let's talk, vent our anger and feelings and define a new sense of ourselves during and after cancer. Facilitated by Lee Miller a 38-year-survivor of breast cancer and founding member of SHARE who has the remarkable ability to provide an environment of honesty and safety for all. Funding provide by the Beth C. Tortolani Foundation.

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

THURSDAY - May 16 6:00 - 7:30 PM

To register, please call (212) 719-2943 or email [rspv@sharecancersupport.org](mailto:rspv@sharecancersupport.org)

## EDUCATIONAL PROGRAMS

### WEBINAR- Optimal Nutrition For Cancer Survivors

In this Webinar, Jessica Iannotta, Chief Clinical Officer at Meals to Heal, will review the current guidelines for nutrition and cancer survivorship, including highlights of cancer-fighting foods that can help to decrease the risk of recurrence. She will provide helpful strategies on how to implement these recommendations into your current diet and lifestyle. Participants will also have the opportunity to ask specific questions related to nutrition and cancer.

WENESDAY - May 8 12:30 - 2:00 PM

Register at [rspv@sharecancersupport.org](mailto:rspv@sharecancersupport.org) and we will send you an email invitation.

**Taking Medication on Schedule-** Ines Tejada, RN, Oncology Nurse, will be speaking on the importance of taking medications on schedule in order to get maximum benefit and avoid complications. Join the conversation and tell what works for you.

++ BrooklynSHARE, Restoration Plaza

TUESDAY - May 14 3:30 - 5:00 PM

**The Importance of Exercise in Cancer Recovery-** In Series: Healthy Living for Survivors

Learn which types of exercise and movement (stretching, dancing, aerobics strengthening, weights, yoga, Tai Chi) are best suited to meet your goals for physical and emotional health. Session will be led by certified instructor from Moving for Life

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

++ HarlemSHARE

TUESDAY - May 28 4:00 - 5:30 PM

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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)

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

MIÉRCOLES 12:30 a 2:30 de la tarde

8 y 22 de mayo



++ NY Presbyterian/Women at Risk ( Manhattan ) Milstein Building, 177 Fort Washington Ave, NY 10032  
JUEVES 10:00 a 11:30 de la mañana  
9 de mayo  
Para reservar favor de llamar al (212) 305-9894

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

VIERNES 5:30 a 7:00 de la noche

3 de mayo

++ Queens Center Mall (Elmhurst/Queens) 90-15 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

3 de mayo

### **Educación/ Medicina Alternativa (Education Programs)**

**Problemas de Transporte para Sobrevivientes (Transportation Issues for Survivors)** Abogados de Nueva York para el Interés Público presentará información acerca de Access-A-Ride, el servicio para tránsito del NYC MTA para personas que no pueden usar el autobús público o el servicio de tren. Ellos discutirán el proceso de solicitud, los derechos legales relacionados con el servicio y los problemas para las personas con inglés limitado en la utilización de la misma.

++ 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

15 de mayo

**Nutrición Para Sobrevivientes (Nutrition for Cancer Survivors)** Brian Leal, discutirá la nutrición básica y la dieta DASH, que ha demostrado reducir la presión arterial, reducir el colesterol y mejorar la sensibilidad a la insulina. Brian tiene un BA en Nutrición de Brooklyn College y actualmente está trabajando en una maestría en Nutrición.

++ 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

15 de mayo

**Intimidad y Sexualidad (Intimacy and Sexuality)** Dra. Juliana Neiman, psicoterapeuta, terapeuta de parejas, discutirá estrategias para aumentar la intimidad emocional y sexual durante y después del tratamiento.

++ St. Barnabas Hospital (Bronx) Salón de Infusión Primer Piso, 4422 Third Avenue, Bronx, NY 10457

VIERNES 2:00 a 4:00 de la tarde

17 de mayo

**Miedo a la Recurrencia (Fear of Recurrence)** Jennie Santiago, co-Directora del programa LatinaSHARE y sobreviviente de cáncer del seno hablará sobre el temor de la recurrencia que los sobrevivientes sienten y formas de manejar sus preocupaciones.

++ Queens Center Mall (Elmhurst/Queens) 90-15 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

17 de mayo

**Introducción al Yoga (Introduction to Yoga)** Roberta Schine es una instructora certificada de yoga y meditación desde 1986. Esta clase suave está diseñada para ayudar a sobrevivientes de cáncer.

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

JUEVES 10:00 a 11:30 de la mañana

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

**Introducción a Terapia Floral (Introduction to Flower Therapy)** Al tomar las esencias florales podemos entender mejor nuestros procesos emocionales. Al balancear las emociones, el cuerpo se fortalece y se produce la armonización de cualquier estado que estaba ocasionando desequilibrio. Maria Fernanda Hubeaut es una terapeuta floral certificada y dirigirá este taller.

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

VIERNES 5:30 a 7:00 de la noche

31 de mayo

## **SOUTH FORK BREAST CANCER COALITION**

[www.southforkbreast.com](http://www.southforkbreast.com) ■ [info@southforkbreast.com](mailto: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](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. Four times/locations offered:

- 1) 1st Thursday of each month at 7:00 pm, May 2: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 2) 3rd Monday of each month at 7:00 pm, May 20: Hudson Valley Hospital Center, 1980 Crompond Road Cortlandt Manor
- 3) 3rd Thursday of each month at 7:00 pm, May 16: Putnam Hospital Center, 670 Stoneleigh Ave., Carmel
- 4) 4th Tuesday of each month at 7:00 pm, May 28: 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, May 21 (NY time)

**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, May 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, May 17: Yorktown Jewish Center, 2966 Crompond Rd, 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, May 2: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights

2) 2nd Monday of each month at 10:00 am, May 13: Putnam Hospital, 670 Stoneleigh Avenue, Carmel

3) 2nd Tuesday of each month at 10:15 am, May 14: at East Fishkill Community Library, Hopewell Junction, NY

4) 3rd Wednesday of each month at 7:00 pm, May 15: Putnam Hospital, 670 Stoneleigh Avenue, Carmel

**OTHER PROGRAMS IN MAY:** Pre-registration required. 914-962-6402 or 800-532-4290.

**Yoga - A Path Toward Wellness-** Saturdays, Noon - 1:30 pm May 4, 11, 18

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.

**Meditation-** Monday May 20 and Monday June 17, 6-7pm

Mahopac Public Library, 668 Route Six, Mahopac, NY

The practice of meditation includes a wide range of techniques you can practice any time, in any way, and anywhere. Instructor Chun Kim-Levin will gently guide you to experience the many different ways to practice meditation so you can reap its benefits.

**Reiki-**Wednesday, May 15, 6:30-8:30 pm

Hudson Valley Hospital Center, 1980 Crompond Road, Cortlandt Manor, New York

In this program you will learn about the history and uses of Reiki, basic meditation and breathing techniques, and how to use Reiki on your own. Instructor Michelle Carter is a Reiki Master in both the Usui and Celtic traditions.

**Breast Health and Cancer Risk: What Can You Do? A Public Educational Forum on Screening, Risk and Managing Your Health-** Wednesday, May 22, 6:30 - 8 pm

The Cancer Treatment and Wellness Center at Northern Westchester Hospital, 400 E Main St Mt Kisco, NY

**SPEAKERS:** Karen S. Arthur, MD, Board certified in surgery and a Fellow of the American College of

Surgeons, is the Medical Director of the Northern Westchester Hospital Breast Institute in Yorktown and has

dedicated 100% of her practice to breast surgery since 2001; Nancy Cohen, MS, Genetic Counselor,

certified by the American Board of Genetic Counseling, is the cancer genetic counselor for Northern

Westchester Hospital where she initiated the cancer genetic counseling program; Mary Greco, FNP-C, Nurse Practitioner, certified as an Oncology Breast Care Nurse and a Breast Cancer Nurse Navigator, is the clinical coordinator for the Breast Institute at Northern Westchester Hospital.

## **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 comisode 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)  
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](http://www.youngsurvival.org)  
■ [info@youngsurvival.org](mailto:info@youngsurvival.org)  
61 Broadway, Suite 2235, New York, NY 10006  
646-257-3000/877-YSC-1011 (toll free)

**May 8th 12PM EST:** In partnership with Living Beyond Breast Cancer, a webinar will be presented to educate healthcare providers: "**Understanding the Unique Needs of Young Women Affected by Breast Cancer.**" Speakers include YSC's Stacy Lewis!  
<http://www.lbbc.org/Events/2013-05-08-Understanding-the-Needs-of-Young-Women>

**May 22nd 7:30PM EST:** The next addition to YSC's quarterly webinar series will be "**Let's Talk about Metastatic Breast Cancer: Answers to Your Most Pressing Medical and Psychosocial Concerns.**" Speakers are Dr. Generosa Grana from Cooper Cancer Institute and 11-year Stage IV survivor and advocate Dikla Benzeevi.  
<https://www1.gotomeeting.com/register/256734313>

**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](mailto: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](mailto: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](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**