



# NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK SEPTEMBER 2014 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

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Adelphi University School of Social Work, 1 South Ave, PO Box 701, Garden City, NY 11530

Hotline: 800.877.8077 ■ Offices: 516.877.4320

All services are free and confidential.

#### Women with Breast Cancer

8 weeks: Starting on Wednesday, August 27, 6:30 p.m.

#### Family Support Group

#### Writing and Journaling Group for Survivors

#### Self Image and Sexuality Support Group

Please check our website for dates and additional support groups - [breast-cancer.adelphi.edu/we-can-help/support-groups/](http://breast-cancer.adelphi.edu/we-can-help/support-groups/). Please contact Erin Nau, Counseling and Education Coordinator at 516-877-4314 or [enau@adelphi.edu](mailto:enau@adelphi.edu)

#### UPCOMING FORUMS

## **CREATIVE CUPS-BUILD THE PERFECT BRA**

Creative Cups is Back!

To Register and for more information visit:

[www.adelphi.edu/creative-cups](http://www.adelphi.edu/creative-cups) or call the hotline: 800.877.8077

Final Submission of Bras: October 15, 2014

Creative Cups Auction & Reception: March 19, 2015

## **CELEBRATION OF SURVIVORSHIP**

Wednesday, October 15, 2014

Ruth S. Harley University Center Ballroom, Adelphi University, Garden City, NY

## **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)

840 University Ave, Rochester, New York 14607

585/473-8177

### **Ongoing Programs::**

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

**Brown Bag Friday** - A networking/support group for breast cancer survivors. Bring a lunch - beverage and 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 the 1st and 3rd Thursday of the month: 5:30pm - 7:00pm

**Friends & Family Care Givers Networking/Support Group**  
Facilitator led- offered the 2nd Thursday of the month: 5:30pm - 7:00pm

### **Living with Metastatic Breast or GYN Cancer Support Group**

Facilitator led - offered the 1st and 3rd Thursday of every month: 12:00 - 1:30pm  
Bring a lunch - beverage and dessert provided!

### **Lymphedema Awareness Networking/Support Group**

Facilitator led - offered every 2nd Wednesday of every month: 5:30 - 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 of Rochester and are free for breast or GYN cancer survivors. For additional 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:

**UNDERGOING RENOVATIONS. CLOSED FOR AUGUST**

### **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 PROGRAMS-** For more information email: [hopenemiroff@yahoo.com](mailto:hopenemiroff@yahoo.com) or 845-339-4673

### **METASTATIC BREAST CANCER RETREAT- September 10th to September 12th, 2014**

Omega Institute, Rhinebeck NY. First consideration will be to women from the Hudson Valley.

Breast Cancer Option began the retreat because there are few resources and services for women with advanced breast cancer. Participants are in a welcoming supportive environment where they find understanding and support. The retreat offers an opportunity to look at the issues surrounding their breast cancer, gather information, and move beyond an intellectual understanding of the disease. Exploring feelings and fears is an essential part of the healing process. Guided discussions include dealing with difficult feelings, living with advanced breast cancer, decreasing stress.

SPONSORS: Omega Institute, Miles of Hope Breast Cancer Foundation

**IN-HOME MASSAGE-**Breast Cancer Options will be able to provide a limited number of free in-home massages to breast cancer survivors who are homebound or have trouble getting around because of their treatments. If you are interested in having a licensed massage therapist give you a massage, please contact us: [hopenemiroff@yahoo.com](mailto:hopenemiroff@yahoo.com) or call 845-339-4673

### **YOUNG SURVIVORS BREAST CANCER CONFERENCE**

**Saturday, November 8, 2014- 8:30am-3pm**

**MidHudson Regional Hospital of Westchester Medical Center**

(formerly St. Francis Hospital) Poughkeepsie NY

Sponsors: Breast Cancer Options, , PROS, Young Survivors Coalition

**Fertility issues, premature menopause and sexual dysfunction**

- Corinne Menn, MD. She is a GYN and young breast cancer survivor.

**Panel: Overview of Young Survivors and breast cancer. What are the elements that are different for women diagnosed at an early age?**

Moderator: Mary Luvera, Director of Oncology Services;

Panelists: Beth Tapen, MD; Corinne Menn, MD; Diana Silverman, DO; Samir Patel, MD

**Follow-up: Screening Protocols, Genetic Risk Assessment**

-Diana Silverman, DO

**Breast Cancer Recovery- A focus on breast cancer recovery. Dealing with mastectomy; getting physically back in shape after treatments.**

- Susan Riordan, PT, MS, ATC, Women's Health Physical therapist

**Timing of Environmental Exposures and Breast Cancer Risk. Learn how to protect yourself and your children from environmental exposures.**

-Professor Janet Gray, Vassar College.

**Living with uncertainty- Coping techniques**

- Speaker TBA

**PEER LED SUPPORT GROUPS** - *Massage and self massage education precedes most groups.*

*Please register*

**DUTCHESS COUNTY**

-Hopewell Junction East Fishkill: East Fishkill Library- 1st Thursday 10:15-11:15

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

-Poughkeepsie: Metastatic breast cancer meeting- Vassar Brothers Hospital 2nd Saturday, noon

- **COMING SOON** Support Groups at MidHudson Regional Hospital of Westchester Medical Center Poughkeepsie NY (will include Young Survivors, Metstatic and Mixed groups)

**ULSTER COUNTY**

- Kingston: Self Massage & Chair Massage- 1 North Front Street, Kingston. 1st floor.- 7pm

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

**COLUMBIA COUNTY**

-Hudson- Columbia Healthcare Consortium-5pm

**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

**SELF MASSAGE CLINICS:** For help with lymphedema & stress. Call for locations

**BCO NEWS:** Weekly cutting edge E-news updates. sign up on website

**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 (BCNWN)**

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

**716/706-0660**

**3297 Depew, NY 14043**

### **Support AND Education programs**

#### **Breast cancer support - ongoing**

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

The Breast Cancer Network of Western New York is an organization of women working together to change the breast cancer story in our community. Our mission is to provide education, advocacy, support and networking for people affected by breast cancer. All our programs and services are FREE.

The Breast Cancer Network of WNY serves breast cancer survivors throughout the Western New York Area. We provide advocacy, education, networking opportunities and support to the survivor population. We currently have 295 members. All our programs and services are free of charge and are open to anyone who is a breast cancer survivor in our region. We attract 50 or more survivors to each of our educational programs and 225 survivors to our Education Day each November.

#### **ACTIVITIES**

Monthly Membership Meeting- September 9th 6 pm. Membership Dinner and Social-3297 Walden Avenue

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

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

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

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

*Metastatic Therapy Group* meets every other Tuesday from Noon-1:20 P.M. Call Chris Bylewski, LMSW and Psychotherapist at 716-565-2092 to participate.

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

#### **Annual Education Day Saturday November 8th-\$20**

Protocol Restaurant 7666 Transit Rd. Williamsville.

Call 716-688-9177 or 716-741-3832 for information and reservations. 8:30 am- 2:00 pm- ers & Lunch.

Each fall the Breast Cancer Network of Western New York, BCNWN, sponsors a breast cancer Education Day. The program includes a keynote speakers, experts in topics of concern to survivors, a survivor story, survivors ceremony, vendors, coffee,tea and luncheon. A pre-registration fee of \$20 is charged. \$30 at door.

### **Quality of Life Activities**

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

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

## **BRENTWOOD / BAYSHORE BREAST CANCER COALITION**

**info@bbsbcc.org    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.

## CANCER RESOURCE CENTER OF THE FINGER LAKES

[www.crcfl.net](http://www.crcfl.net) ■ [info@crcfl.net](mailto: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>.

**Friday Noon Group for Women** - 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).

**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.

**New to Cancer Group.** Meets every Wednesday, 10:30 - 11:30 am, Cayuga Medical Center, Cancer Resource Room. (On the first floor of the Medical Office Building).

**Pat's Group: Living with Cancer as a Chronic Disease.** For people with more advanced cancers. Meets the first and third Thursdays of each month. Noon - 1:30 at the Cancer Resource Center. Caregivers are welcome. Lunch is provided.

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

**Colorectal Group.** Meets the 1st and 3rd Tuesdays of every month, 5:30 - 7:00 pm at the Cancer Resource Center.

**Cancer Research Group.** Meets the second Wednesday of every month, 6:00 - 7:30 pm, Cancer Resource Center. Join with Cornell doctoral students engaged in cancer research and those directly touched by cancer for a discussion about the science of cancer (presented in lay language). The public is welcome.

**Cancer Education Series** (jointly sponsored by the Cancer Resource Center and Cayuga Medical Center). Meets the third Wednesday of each month, 4:30 - 6:00 pm, Radiation Medicine Waiting Room, Cayuga Medical Center. Presentations of general interest related to cancer. The public is welcome.

**Tompkins Prostate Support Group.** Meets a few times a year for education programs and discussions related to prostate cancer. Men with prostate cancer are encouraged to attend the Friday Men's Breakfast Club (see above) and to call Brian Wilbur (607) 277-2404 for further assistance.

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

Bob Riter's new book, **When Your Life is Touched by Cancer: Practical Advice and Insights for Patients, Professionals, and Those Who Care**, published by Hunter House, will be available in bookstores and on-line in late January.

## 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: Call CRAAB! to register for any of our classes or to speak with a Patient Navigator.

**Yoga Classes** - Breast cancer "alivers" may find these classes an effective way to regain a sense of serenity, security and hope. Tuesday/Thursday mornings at 10:00am at Hope Club, 1 Penny Lane, Latham.

**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. \*\*New participants must contact CRAAB! to fill out paperwork prior to attending class. Thursdays at 6:00pm at Hope Club, One Penny Lane, Latham.

## 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:** Year round. Assists newly diagnosed women with funding for transportation to medical appointments, delivery of meals, homecare and more.

**Students & Scientists Breast Cancer/Environment Research Program:** GNBCC's 2013 sponsored students will be displaying posters of their summer laboratory internships at the BCERP Conference in Madison, Wisconsin

**Reaching Multicultural Communities:** Advocates Mentoring Advocates, development of this educational project at Icahn School of Medicine at Mount Sinai, New York.

**Prevention Is the Cure--**Presentations on environmental links to breast cancer year round.

## HEALTH ALLIANCE® 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-[www.hahv.org/archives/service/cancer-supp](http://www.hahv.org/archives/service/cancer-supp)

### EXERCISE AND WELLNESS CLASSES:

**Tai Chi**-Mondays: 9/8, 9/15, 9/22, 9/29

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

**Advanced Qi Gong**-Tuesdays: 9/2, 9/9, 9/16, 9/23, 9/30

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

**Gentle Yoga**-Wednesdays: 9/10, 9/17, 9/24

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



**Smartbells**-Thursdays: 9/4, 9/11, 9/18, 9/25

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: 9/4, 9/18--11:00am-12:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

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

Saturday: 9/27--10:00-11:30am-Reuner Cancer Support House 80 Mary's Ave. Kingston NY

### **Men's Support Group**

2nd Monday: 9/8--5:30-7pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

### **Metastatic Support Group**

1st and 3rd Tuesdays: 9/2, 9/16--2:00-3:30pm-Reuner Cancer Support House, 80 Mary's Ave.

### **Caregiver/Family Support Group.** 3rd Monday: 9/15

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

### **Ovarian Support Group**

Wednesday: 9/17-- 7:00-8:30 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY  
Cruise the Hudson Aboard the TEAL (Sponsored by the Linda Young Ovarian Support Program) -  
Saturday, September 13, 5:30pm. For more information please call (845) 339-2071 or email  
doris.blaha@hahv.org

**Support Group for Youth facing cancer in the family** (Parent Support Group will be offered at the same time)

Monday: 9/15

4:30 - 6:00pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

### **Gruner Bike Ride for Cancer Care (Join Team OSP)** Sunday: 9/21

8am - 11am, depending on which ride you choose-Dietz Stadium, Kingston NY

### **Miso Happy Cooking Club.** Tuesday: 9/23

10:30am-Reuner Cancer Support House Kitchen, 80 Mary's Ave., Kingston NY

### **Memoir Writing Workshop I** with Abigail Thomas. Thursdays: 9/4, 9/11, 9/18, 9/25

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

(Waiting list)

### **Memoir Writing Workshop II** with Al Konigsberg. Fridays, 9/5, 9/12, 9/19, 9/26

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

### **Watercolor & Words in Nature** with Alexandra Geiger, LCSW

Mondays: 9/8, 9/15, 9/22, 9/29

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

### **Hypnosis for Smoking Cessation with Frayda Kafka.** Wednesday: 8/6

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

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

### **Hypnosis for Weight Loss with Frayda Kafka.** Wednesday: 8/6

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

### **The Butt Stops Here! with Lawrence McGrath.** Mondays & Wednesdays: 9/22, 9/24, 9/29

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

**Words of Wonder: Guided Imagery.** Fridays: 9/19, 9/26  
1:30 - 3:00pm-Reuner Cancer Support House 80 Mary's Ave. Kingston

**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**

Since 1992, HBCAC has committed itself to translating and disseminating science-based research to keep the community abreast. We work to keep breast cancer awareness in the forefront, inform the public on methods of prevention and healthy living, advocating for research and legislation that will focus on prevention and intervention, and providing support for those who are diagnosed with breast cancer.

**Students and Scientists Environmental Research Internship Program (SSERIP):** Huntington High School Junior, Caitlin Knowles, was awarded this year's internship. She was paired with scientists at the Silent Spring Institute in Newton, Massachusetts, and recently completed her internship.

**Advocates Mentoring Advocates:** HBCAC, in partnership with the GNBCC and the Icahn School of Medicine at Mount Sinai and collaborating with the Witness Project in Harlem, NY, completed a 6-part "Advocates Mentoring Advocates" project. This brought together an enthusiastic and astute group of multi-cultural women, who were eager to learn about toxic chemicals found in everyday commonly used products and spread word about the harmful effects these chemicals have to those in their communities.

**Creating New Educational Material: One Fish, Two Fish** is HBCAC's newest project, focuses on collecting, analyzing, and processing information about toxins in fish and the effects they have on people during critical developmental windows, the "Windows of Susceptibility".

**Disseminating Environmental Health Information:** On September 9th, we will be collaborating with the Long Island Ducks for their Breast Cancer Awareness Night. We will be distributing science-based materials and information.

**From Kickball to Chemo - Back to School Update:** We've been sharing information on the potential dangers of synthetic turf. Crumb Rubber used in some synthetic turf is made from shredded tires and used in turf fields across the country. Increased rates of blood cancers in soccer goalies have led to investigations into the probable cause-the turf itself. Since our children spend so much time playing on school grounds it is likely that they face higher levels of exposure to the turf, increasing their chance of exposure to potential carcinogens in the crumb rubber turf pellets.

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

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

**[www.sharecancersupport.org](http://www.sharecancersupport.org)**

**1501 Broadway, Suite 704A, NY 10036-5505 (unless otherwise listed)**

**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.

### **Support AND Education programs**

#### **Breast cancer support - ongoing**

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

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

TUESDAYS - Sep 9, 23 6:00 - 7:30 PM

++BronxSHARE, Jacobi Medical Center, 1400 Pelham Parkway South (Corner of Eastchester Road and Pelham Parkway South ) Bronx , NY 10461

FRIDAY - Sep 26 1:00 - 2:30 PM

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

TUESDAYS - Sep 9, 23 3:30 - 5:00 PM

++ BrooklynSHARE, Kings Bay YM/YWHA, 3495 Nostrand Ave. (betw. Brooklyn & New York Aves.),1st floor Multipurpose Room

MONDAY - Sep 8 7:30 - 9:00 PM

++ SHARE/NY Presbyterian Hospital, New York-Presbyterian Hospital/Columbia University Medical Center, 161 Fort Washington Ave , Herbert Irving Pavilion, Garden Fl., Conf. Rm.

FRIDAYS - Sep 12, 26 2:00 - 3:30 PM

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

++ HarlemSHARE, Emblem Health Neighborhood Care, 215 W. 125th St. , 2nd Fl. (between Adam Clayton Powell Blvd. & Frederick Douglass Blvd. ). Focused on the concerns of African, African-American, and Caribbean women..

TUESDAY - Sep 2 5:00 - 6:30 PM

TUESDAY - Sep 16\* 4:00 - 5:30 PM

educational program

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

WEDNESDAY, Sep 11 7:30 - 9:00 PM

++ SHARE/Riverdale YM/YWHA, 5625 Arlington Ave., Bronx , NY

SUNDAYS - Sep 7, 14 5:00 - 6:30 PM

To register, please email [betteeclark@gmail.com](mailto:betteeclark@gmail.com) or call 718 548-8200 ext. 241

++ Support Group in Japanese, SHARE Main Office

FRIDAY - Sep 12 6:00 - 7:30 PM

FRIDAY - Sep 26 12:30 - 2:00 PM

**Ongoing Ovarian Cancer Support.** To register, please call (212) 719-1204

Continuing support groups for women who are dealing with an ovarian cancer diagnosis and wish to share their questions, concerns, and hopes with others.

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

WEDNESDAY - Sep 10 6:00 - 7:30 PM

++ Queens SHARE, Samuel Field YM/YWHA

MONDAYS - Sep 8, 29 7:30 - 9:00 PM

++ Staten Island SHARE, SI Hospital Nalitt Cancer Center (New)

WEDNESDAY - Sep 10 6:30 - 8:30 PM

### **Metastatic Cancer: Support and Education**

**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 - Sep 22, 29 4:00 - 5:00 PM

**Living with Uncertainty for Women with Metastatic Disease(evening)** SHARE's evening support group, which used to meet in person, now meets by TELEPHONE twice each month. Join others via telephone to discuss living with these diseases. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111

THURSDAYS - Sep 11, 25 6:30 - 7:30 PM

### **Young Women and Breast Cancer - Women ages 45 and younger**

**Video Conference Group.** Discuss issues related to a breast cancer diagnosis at a young age with others in a monthly Google Hangout (gmail account needed). It's easy to participate. Visit [www.sharecancersupport.org/videoconference](http://www.sharecancersupport.org/videoconference) to sign up.

TUESDAY - Sep 2 7:30 - 8:30 PM EDT

**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

TUESDAY - Sep 9 6:00 - 7:30 PM

### **EDUCATIONAL PROGRAMS**

**Health Insurance: Coverage Denials and the Appeals Process**

HarlemSHARE - Emblem Health

TUESDAY - Sep 16 4:00 - 5:30 PM

**Lower Your Risk of Lymphedema or Learn to Minimize Its Effects**

SHARE Main Office

MONDAY - Sep 29 6:00 - 7:30 PM

### **WEBINARS**

The Cost of the Cure: Collateral Damage from Breast Cancer Treatment

TUESDAY - Sep 16 1:00 - 2:30 PM EST

**Sixth Annual Ovarian Cancer Survivor Celebration.** Calling all ovarian cancer survivors: it's time for our annual celebration (formerly known as reunion)! Please RSVP

SHARE Main Office

TUESDAY - Sep 16 6:00 - 7:30 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)**

++ Lincoln Medical & Mental Health Center (Bronx)

LUNES 11:00 a 1:00 de la tarde

22\* de septiembre

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

MIÉRCOLES 12:30 a 2:30 de la tarde

10\* y 24\* de septiembre

++ NY Presbyterian/Milstein Building (Manhattan)

JUEVES 10:00 a 11:30 de la mañana

25\* de septiembre Para reservar favor de llamar al (212)305-9894

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

VIERNES 3:30 a 5:30 de la tarde

12 y 26\* de septiembre

++ Queens Center Mall (Queens) 9015 Queens Boulevard, Elmhurst, NY 11373

VIERNES 6:30 a 8:30 de la noche

5\* y 19 de septiembre

++ Beth Israel Comprehensive Cancer Ctr (Manhattan)

Miércoles 12:30 a 2:00 de la tarde

17\* de septiembre

++ Settlement Health (Manhattan)

Miércoles 4:00 a 6:00 de la tarde

17 de septiembre

++ NY Presbyterian/Manhattan Cancer Services Program (Manhattan)

Viernes 1:00 a 3:00 de la tarde

5 y 26 de septiembre

++ St Barnabas Hospital (Bronx)

Viernes 2:00 a 4:00 de la tarde

19 de septiembre

**\*programa educativo**

**Educacion/Medicina Alternativa**

**La Importancia de Ejercicio Para Sobrevivientes (The Importance of Exercise for Survivors)**

++ Queens Center Mall (Queens)

viernes 6:30 a 8:00 de la noche

5 de septiembre

**Como, Cuando y Porque Licuar Jugos (How, When and Why You Should Juice)**

++ St. Luke's-Roosevelt Hospital (Manhattan)

miércoles 12:30 a 2:30 de la tarde

10 de septiembre

**El Uso De Suplementos Durante y Despues Del Tratamiento (The Use of Supplements During & After Treatment)**

++ Beth Israel Comprehensive Cancer Ctr

miércoles 12:30 a 2:00 de la tarde

17 de septiembre

**Introduccion a Aceites Esenciales (Introduction to Essential**

lunes 11:00 a 1:00 de la tarde

22 de septiembre

**Consejos De Nutricion Para Sobrevivientes de Cancer de Seno (Nutrition Tips for Breast Cancer Survivors)**

++ St Luke's-Roosevelt Hospital (Manhattan)

miércoles 12:30 a 2:30 de la tarde

24 de septiembre

**Tomas Legales Para Sobrevivientes (Family Law for Survivors)**

++ NY Presbyterian Hospital/Milstein Building (Manhattan)

jueves 10:00 a 11:30 de la mañana

25 de septiembre

**Cuidado Integrativo Del Cancer y JEl Bienestar (Integrative Cancer Care and Wellness)**

++ Make The Road NY (Queens)

Viernes 3:30 a 5:30 de la tarde

26 de septiembre

**Seminario Virtual Ensayos Clinicos (Clinical Trials)**

Fecha y hora sera anunciado

++ Queens Center Mall (Queens)

Viernes 6:30 a 8:30 de la noche

1 de agosto

**La Obesidad Y El Cáncer (Obesity and Cancer)** Los estudios han mostrado un aumento significativo en la incidencia de cáncer, incluyendo el cáncer de seno después de la menopausia, en las personas que están sobrepeso. Dr. Jacqueline Carreño es un médico especialista en medicina interna con una sub-especialidad en medicina bariátrica. Ella discutirá la relación entre el peso corporal y el cáncer y lo que podemos hacer para mantener un peso saludable.

++ Beth Israel Comprehensive Cancer Ctr (Campus Oeste)

325 West 15th Street (entre la 8a y 9a Avenida), Piso 1, Cuarto de conferencia, NY 10011

MIÉRCOLES 12:30 a 2:00 de la tarde

18 de septiembre

**Introduccion 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.

++ 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

18 de septiembre

**Manejando Los Efectos Secundarios De La Quimioterapia (Managing the Side Effects of Chemotherapy)** Inés Tejada, RN, enfermera de oncológica les ayudará a entender la función de la terapia hormonal en el tratamiento del cáncer de seno.

++ Lincoln Medical & Mental Health Care (Bronx)

234 East 149th Street, Bronx, NY 10451

LUNES 11:00 a 1:00 de la tarde

30 de septiembre

**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.

**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) 3rd Monday of each month at 7:00 pm, Sept. 15: Hudson Valley Hospital Center, 1980 Crompond Road Cortlandt Manor
- 2) 3rd Thursday of each month at 7:00 pm, Sept. 18: Putnam Hospital Center, 670 Stoneleigh Ave., Carmel
- 3) 4th Tuesday of each month at 7:00 pm, Sept. 23: 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.  
Monday at 8 pm (NY time) Sept. 8

**Young Women's Breast and Ovarian 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, Sept. 10: 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, Sept. 19: Yorktown Jewish Center, 2966 Crompond Road, Yorktown Heights

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

- 1) 1st Thursday of each month at 10:00 am, Sept. 4 Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 2) 1ST Tuesday of each month at 10:00 am, Sept. 2: Vassar Brothers Medical Center, 45 Reade Place, Poughkeepsie
- 3) 1st Wednesday of each month at 7:00 pm, Sept. 3: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 4) 2nd Tuesday of each month at 10:15 am, Sept. 9: East Fishkill Community Library, 348 Route 376, Hopewell Junction
- 5) 3rd Wednesday of each month at 7:00 pm, Sept. 17: Putnam Hospital, 670 Stoneleigh Avenue, Carmel

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

**Yoga - A Path Toward Wellness.** Saturdays, Noon - 1:30 pm Sept. 6, 13, 20, 27  
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.

**Marge's Knitting Circle.** Wednesday, Sept. 24, 6:30 pm  
Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights, NY  
Great comfort is found by many in the time-honored practices of knitting and crocheting. Knitting circles offer women a place to gather around a common interest. Bring your unfinished knitting and crocheting projects, or come to learn a new craft. If you are a beginner, no preparation is needed; extra yarn and needles will be available, and our 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 camisole 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)

### **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.

**C4YW- the Annual Conference for Young Women Affected by Breast Cancer.** Orlando, FL: Feb. 21-23, 2014. Join YSC and Living Beyond Breast Cancer for a weekend full of educational sessions, wellness activities, and connecting with other young women affected by breast cancer. Register here, travel grants still available: [www.c4yw.org/attend](http://www.c4yw.org/attend). Spread the word!

**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**