



# NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK NOVEMBER 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.

### SUPPORT GROUP SCHEDULE

#### Women Post Treatment and Newly Diagnosed with Breast Cancer

*8 weeks:* Mondays, 10:30 am -12:00 noon

#### Young Women with Breast Cancer

*Ongoing, Weekly:* Mondays, 7:00 - 8:30 pm

#### Women with Metastatic Breast Cancer

*Ongoing,* 2nd & 4th Mondays, 1:30 - 3:00 pm

#### Men with Breast Cancer

*Ongoing, monthly:* 2nd Mondays, 7:00 - 8:30 pm

\* Pre-registration is required.

\* Other groups are offered upon request.

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

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

\* All services are free and confidential.

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

## **BABYLON BREAST CANCER COALITION**

[www.babylonbreastcancer.org](http://www.babylonbreastcancer.org) ■ [bbcccest1993@aol.com](mailto:bbcccest1993@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: 11/12 & 11/26  
5:30pm - 7:00pm

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

Facilitator led- offered the 1st and 3rd Thursday of the month: 11/7 & 11/21  
5:30pm - 7:00pm

### **Friends & Family Care Givers Networking/Support Group**

Facilitator led- offered the 2nd Thursday of the month: 11/14  
5:30pm - 7:00pm

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

Facilitator led - offered the 1st and 3rd Thursday of every month: 11/7 & 11/21  
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: 11/13  
5:30 - 7:00pm

**Young Survivor Soiree**

A networking opportunity in a fun atmosphere for young breast cancer survivors: 11/15  
6:00 - 8:00 pm

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

For those interested in mentor support  
Ongoing

**Gentle Yoga**

Monday Evenings- 6 week session - registration required

**Healing Arts - Qi Gong**

Saturday mornings- 5 week session - registration required

**Voices and Vision Writing Workshop**

Tuesday Evenings- 5 week session - registration required

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

**BREAST CANCER HELP, INC.**

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

32 Park Avenue, Bay Shore, NY 11706

General information: (631) 675-9003

Spanish hotline: (631) 473-3658

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

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

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

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

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

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

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

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

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

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

## **BREAST CANCER OPTIONS**

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

101 Hurley Ave., Suite 10, Kingston NY 12401

845-339-HOPE (4673)

### **UPCOMING EVENTS**

#### **'Picking up the Pieces After a Cancer Diagnosis.'**

COLUMBIA COUNTY. Columbia Healthcare Consortium. 325 Columbia St, Hudson

**\* Thursday, November 21: The Health Insurance Exchange- (NY State of Health)How it Can Help You**

NY State of Health is a marketplace where you and your family can buy affordable health insurance coverage. You may also qualify for financial assistance to help pay for it. Speakers will help you learn how to shop for, compare coverage and enroll in a low-cost quality plan that's right for you.

**Speaker: Lisa Thomas;** Senior Program Director, Columbia Healthcare Consortium.

**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 Noon-1:20 P.M. Call Chris Bylewski, LMSW and Psychotherapist at 716-565-2092 to participate.

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

**Annual Education Day First Saturday in November.** Each fall the Breast Cancer Network of Western New York, BCNWNY, 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.

### **Monthly Educational Program**

**Safety and Self-Defense for Women"** Steve Spoth, Owner of Training Edge to speak.

Depew Police Officer and Deb Gick.

3297 Walden Avenue, Depew

All welcome- Open Meeting

**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**

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

**PO Box 927, BRENTWOOD NY 11717**

**631 273 9252 English 631 951 6908 Espanol**

**Mission Statement:** 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, providing temporary assistance and support to pay for medical bills, assist with housing costs, Utilities and provide food vouchers

**History:** Founded in 1994 formed in response to a PTA Council environmental issue with support from church groups, we are a 501(c)(3) organization for the purpose of research and education regarding breast cancer. We have accomplished our outreach program by means of health fairs and tabling at various different sites. We have provided breast health information at mammography sites, church functions, health spas and clubs in our area, as well as at the library. The founders sought to look for means of prevention to protect our children and reduce the progress of breast cancer

**What we do:**

-We have been involved in and are beneficiary to the LI2Day Walk effort for the support of breast

cancer survivors.

-We have an annual "PAWS for the CAUSE" event to raise funds. Please refer to our website ([www.bbsbcc.org](http://www.bbsbcc.org)) for further information. Registration will start in March.

-We have a Spanish language hotline and conduct a Spanish language support group on the last Friday of every month. For additional information please call 631 951 6908.

- Our regular monthly board meetings are held the first Thursday of the month at the Brentwood Senior Citizen Center. For additional information please call 631 273 9252 for English, 631 951 6908 for Spanish.

-Our website is [www.bbsbcc.org](http://www.bbsbcc.org) and email is [info@bbsbcc.org](mailto:info@bbsbcc.org) . We are always ready to welcome volunteers as well as those who need our services.

## CANCER ACTION NY

[canceractionny.org](http://canceractionny.org) ■ [canceractionny@yahoo.com](mailto: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.

**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. For more information, contact instructor Nick Boyar at 607-272-2062 or nickboyar1@yahoo.com. 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: Call CRAAB! to register for any of our classes**

**Shop Amazon.com and Support CRAAB!** If you are someone who likes to shop online, you know that Amazon.com has the largest selection of merchandise you can find. CRAAB! has partnered with Fundinco and Amazon to raise funds for our programs. Go to: <http://tinyurl.com/kr4ttbw>, and click on the Amazon button to start shopping. It's that easy! The prices you see are the same as those on the original Amazon website, but by shopping through this link, 3% of sales will come to CRAAB!.

**Thursday, November 14th from 5:30-7:30pm, Glennpeter Jewelers** (1544 Central Avenue, Albany) Join us for a night of good food, wine, raffle prizes and much more! This holiday fundraiser for CRAAB! includes a complimentary hot and cold buffet, along with a cash bar. There will be MANY raffle prizes to be won, including a wine tasting for 40 people! 20% of all sales this evening will be donated to CRAAB!, but there is no purchase necessary. Call 518-435-1055 to register for this event.

**Yoga Classes** - Breast cancer "alivers" may find these classes an effective way to regain a sense of serenity, security and hope. Offering Yoga Classes in Albany and Niskayuna. Wednesdays at Noon at The Yoga Loft, 540 Delaware Avenue, Albany. November 6th and 13th. Wednesdays at 6:00pm at The Methodist Church, Eastern Parkway, Niskayuna. November 6th, 13th and 20th.  
**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. November 21st and December 5th.

**Gentle 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 at the Colonie Community Center, 1653 Central Avenue, Colonie. November 1st, 8th, 15th and 22nd.

**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 at Plaza Fitness Center, Stuyvesant Plaza, Albany. November 4th, 11th, 18th.

**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 at The Court Club, 444 Sand Creek Road, Albany. November 4th, 18th, 25th and December 2nd.

**Strength & Metabolism** - This class provides the research-based benefits of resistance training, including increasing muscle mass, strength and energy. Wednesdays at 7:00pm at Plaza Fitness, Stuyvesant Plaza, Albany. November 6th, 13th and 20th.

## **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.

**HEALTHALLIANCE® ONCOLOGY SUPPORT PROGRAM  
Herbert H. and Sofia P. Reuner Cancer Support House  
80 Mary's Avenue  
Mailing Address: 105 Mary's Avenue, Kingston, NY 12401  
845-339-2071**

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

**EXERCISE AND WELLNESS CLASSES:**

**Tai Chi-** Mondays: 11/4, 11/11, 11/18, 11/25  
10:00-11:00am-Reuner Cancer Support House

**Qi Gong-**Tuesdays: 11/5, 11/12, 11/19, 11/26  
7:00-8:00pm-ASB, Auditorium

**Smartbells-** Thursdays: 11/7, 11/14, 11/21  
9:30-10:45am

**Gentle Yoga-** Wednesdays: 11/6, 11/13, 11/20, 11/27  
9:30-10:45am-ASB Auditorium

**Restorative Yoga-** Fridays: 11/1, 11/15  
11:00am-12:30pm--- Reuner Cancer Support House

**Meditation and Guided Imagery-** Wed. 11/7, 11/21  
3:00-4:00pm- Reuner Cancer Support House

**SUPPORT GROUPS AND HEALING ARTS:**

**Women's Support Group**

**Daytime Women's Support Group-** 1st and 3rd Thursdays: 11/7, 11/21  
11:00am-12:30pm-Reuner Cancer Support House

**Evening Women's Support Group-** 2nd Thursday: 11/14  
7:00-8:30pm-Reuner Cancer Support House

**Men's Support Group-** 2nd Monday: 11/11  
5:30-7pm-Reuner Cancer Support House

**Metastatic Support Group-** 1st and 3rd Tuesdays: 11/5, 11/19  
2:00-3:30pm-Reuner Cancer Support House

**Caregiver/Family Support Group-** 3rd Monday: 11/18  
7:00-8:30pm-Reuner Cancer Support House

**Ovarian Support Group-** Last Wednesday: 11/20  
7:00-8:30 pm-Reuner Cancer Support House

**Advanced Directives-** Tuesday: 11/5, 11/12  
6:00-8:00 pm- Reuner Cancer Support House

**Miso Happy Cooking Club-** Tuesday: 11/27  
11 am-12:30 pm-Reuner Cancer Support House Kitchen

**Hypnosis for Smoking Cessation-** 1st Wednesday of the month: 11/6  
5:30-7:00pm-Reuner Cancer Support House  
\$25 per session; \$10 per reinforcement session

**Music and Imagery Group Sessions-** Mondays: 11/4, 11/18  
1:00-2:30 by appointment only

**Memoir Writing Workshop -** Thursdays: 11/7, 11/14, 11/21  
3:30-5:30pm, Reuner Cancer Support House

**Healing Through the Chakras-** Saturdays: 11/2, 11/9, 11/16, 11/23  
10 am - 12 pm Reuner Cancer Support House

**Choral Ensemble-** Thursday: 11/7, 11/14, 11/21  
6:30-8:00 pm. ASB Auditorium

**Hypnosis for Weight Loss-** Saturday, November 16th  
12:00 pm at the Reuner Cancer Support House

**Watercolor and Words-** Monday: 11/4, 11/11, 11/18  
1:30-3:30 pm, Reuner Cancer Support House

**The Great American Smoke-Out!**- Learn about available resources and about the upcoming smoking cessation program sponsored by the HealthAlliance OSP and Cancer Committee, An award winning program developed by Seton Hall.  
Thursday November 21st, 4 to 6 pm in the ASB Auditorium

## **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**

**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.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)

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

**Discussions- Wednesdays 1:00-2:30 pm**

Facilitator: Geri Barish  
An informal, ongoing chat for people whose lives have been touched by cancer.

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

Facilitator: Geri Barish  
For women who have had bilateral surgery, double mastectomy.

**Family Support & Cancer Support- By appointment**

Facilitator: Florence Brodsky, MSW, CSW  
For family members of those who have had cancer or are undergoing treatment.

**Bereavement Support- One on One Counseling**

Facilitator: Florence Brodsky, MSW, CSW  
For those who have recently suffered a loss related to cancer.

**Lymphedema Support- Call for information**

For men and women with lymphedema.

**Adolescent Support & Mentoring- By appointment**

Facilitator: Marlene Natale, NYS Certification in Guidance & Counseling.  
For those adolescents whose lives have been touched by cancer-related illnesses.

**What is Spiritual Direction? -By Appointment**

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

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

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

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

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

**Reiki Clinic- By appointment**

Facilitator: Donna Miller-Small, Master Teacher & Practitioner.  
Learn about and experience this simple healing technique. For all cancer-related illness.

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

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

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

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

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

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

For those breast cancer patients who are finished with treatment. Provided by personal trainers certified in teaching exercise & wellness to breast cancer survivors.

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

**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.

**Breast cancer support** - 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 - Nov 12, 21(Thurs) 6:00 - 7:30 PM

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

FRIDAYS - Nov 22 1:00 - 2:00 PM

++BrooklynSHARE, Kings Bay YM/YWHA 3495 Nostrand Avenue

MONDAYS - Nov 4 7:30 - 9:00 PM

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

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

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

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

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

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

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

++HarlemSHARE, The Ralph Lauren Center 1919 Madison Avenue New York, NY 10029

TUESDAYS - Nov 12 6:00 - 7:30 PM , Nov 26 4:00 - 5:30 PM

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

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

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

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

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

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

MONDAY - Nov 18 6:00 - 7:30 PM

++Queens SHARE, Samuel Field YM/YMHA

MONDAYS - Nov 4, 18 7:30 - 9:00 PM

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

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

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

**Telephone Support Group for Women with Metastatic Disease-** 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 - Nov 4, 11, 18, 25 4:00 - 5:00 PM

**Living with Uncertainty for Women with Metastatic Disease**(evening) New Telephone Support Group

SHARE's evening support group, which used to meet in person, now meets by TELEPHONE twice each month. Join others via telephone to discuss living with metastatic disease. This group is facilitated by a woman living with metastatic breast cancer. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111

THURSDAY - Nov 14 6:30 - 8:00 PM

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

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

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

## EDUCATIONAL PROGRAMS

**Having Children After Cancer** (Participate via WEBINAR or in person) Dr. Diana Chavkin, Reproductive Endocrinology and Infertility (REI) specialist at Genesis Fertility and Reproductive Medicine in Brooklyn, will discuss fertility preservation options before and after cancer treatment. Discussion followed by Q & A. This program will be presented both live and via WEBINAR. To register, please call (212) 719-2943 or email [rsvp@sharecancersupport.org](mailto:rsvp@sharecancersupport.org) and indicate if you will attend in person or via webinar.

SHARE Main Office

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

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

**An Evening For You and You Loved Ones (Networking Event)** Join SHARE for some delicious food and wonderful company! Unwind and mingle with others living with metastatic breast cancer at Mediterranean restaurant, Amali. Bring a family member, friend, spouse, partner or caregiver. This event is meant to connect you and your loved ones with others going through a similar experience. The evening is made possible by a grant from Celgene and the support of the Stanley R. Orczyk Charitable Trust. Amali Restaurant and Bar. 115 East 60th Street, New York, NY

MONDAY - Nov 25 5:30 - 7:30 PM

**Coping as a Caregiver, Family Member or Friend** (Panel Discussion) Being a caregiver to a family member or friend suffering from cancer can be daunting and emotionally draining. In this panel discussion and support program, you'll find information on what to expect if you are caring for someone with cancer, as well as tips on taking care of yourself. Panelists include Beth Taubes RN, OCN, Clinical Manager of The Women's Oncology & Wellness Practice in NYC, and caregivers who will speak about their day-to-day experience caring for and supporting their loved ones. Provided by Pink & Teal supporters and Celgene.

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

THURSDAY - Nov 7 6:00 - 7:30 PM

**Chemo-Induced Neuropathy: Prevention, Treatment and Research** - This program is for breast and ovarian cancer survivors. Learn new treatment strategies to reduce symptoms and provide relief, and current findings regarding prevention. Hear from Catherine M. Handy, Ph.D., RN, Oncology Clinical Nurse Specialist, NY-Presbyterian Hospital/Weill Cornell Medical Center, and Deb Polinsky, SHARE volunteer. Bring your questions and experiences.

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

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

**When a Doctor Becomes a Patient: Dr. Susan Love Discusses Why Quality of Life Matters**

(WEBINAR) Acclaimed breast cancer researcher and clinician Dr. Susan Love will discuss how her recent experience as a Leukemia patient gave her a newfound appreciation for quality of life issues, particularly the side effects of therapy. She'll explain why it's so important for researchers to pay attention to the actual experiences of women who have undergone breast cancer treatment as they strive to eliminate this disease once and for all.

WEDNESDAY - Nov 20 1:00 - 2:30 PM

Communicating Hope and Truth: A Webinar for Health Care Professionals. Dr. Don S. Dizon, gynecologic oncologist at Massachusetts General Hospital Cancer Center, blogs regularly about the complex and often fraught relationships between doctors and patients. In this webinar, he'll discuss the lessons he's learned while trying to communicate in an honest and hopeful way with patients facing a difficult diagnosis. Shirley Mertz and Ginny Knackmus, President and Vice President of Metastatic Breast Cancer Network, will join the presentation. Patients welcome to listen in.

WEDNESDAY - Nov 13 5:00 - 6:00 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)**

++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

13 de noviembre

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

MIÉRCOLES 12:30 a 2:30 de la tarde

6 de noviembre

++Make the Road NY (Queens)

92-10 Roosevelt Avenue, Jackson Heights, NY 11372

VIERNES 5:30 a 7:00 de la noche

8 de noviembre

++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

1 de noviembre

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

VIERNES 2:00 a 4:00 de la tarde

15 de noviembre

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

**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.

++Lincoln Medical & Mental Health Care (Bronx) 234 East 149th Street Bronx, NY 10451

LUNES 11:00 a 1:00 de la tarde

25 de noviembre

**Manejo Del Dolor (Pain Management)** Acupunturista Luz Muñoz dirigirá este taller sobre el uso de la acupuntura para el dolor asociado con los efectos secundarios de la quimioterapia y tratamientos.

++ 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

16 de noviembre

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

MIÉRCOLES 12:30 a 2:30 de la tarde

20 de noviembre

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

++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 2:30 de la tarde

13 de noviembre

## **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, Nov. 7: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 2) 3rd Monday of each month at 7:00 pm, Nov. 18: Hudson Valley Hospital Center, 1980 Crompond Road Cortlandt Manor
- 3) 3rd Thursday of each month at 7:00 pm, Nov. 21: Putnam Hospital Center, 670 Stoneleigh Ave., Carmel
- 4) 4th Tuesday of each month at 7:00 pm, Nov. 26: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights

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

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

**Young Women's Breast Cancer Support Group:** Topics related to women who have or had cancer at a young age and want to be in a group where they feel comfortable with their peers.  
2nd Wednesday of each month at 7:00 pm, Nov. 13: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights.

**Advanced Stage Cancer Support Group:** For women with recurrent, advanced stage or metastatic breast, ovarian or gynecological cancer.

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

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

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

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

**Yoga - A Path Toward Wellness-** For Women with Breast and Ovarian Cancer

Saturdays, Noon - 1:30 pm, Nov. 2, 9, 16, 23. Club Fit, 600 Bank Road, Jefferson Valley.

Please obtain your doctor's approval before participating in any Wellness Class. This class is appropriate for beginners or more advanced students. Emphasis is placed on movement with breath awareness as a way to achieve a more tranquil mind. Experience the benefits of yoga, which include a stronger, healthier body and a calmer, more focused mind.

**Knitting Circle for Women with Breast and Ovarian Cancer**

Wednesday, 6:30-8:00 pm, Nov. 27

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

Nothing says warmth and love like a handmade item, so join the Knitting Circle and rekindle the joy of creating.

**Meditation for Women with Breast and Ovarian Cancer**

Monday, 6:00-7:00 pm, Nov. 18

Mahopac Public Library, 668 Route 6, Mahopac, NY.

Certified meditation instructor Chun Kim-Levin will teach several different ways to practice meditation so that you can reap the many benefits.

**Public Educational Forum-The Latest Information on Chemotherapy for Breast Cancer**

Wednesday, 6:30-8:00 pm, Hudson Valley Hospital Center, 1980 Crompond Road, Cortlandt Manor, NY.

Dr. Asim Aijaz, Oncologist with Westchester Oncology and Hematology and Director at the Cheryl Lindenbaum Cancer Center, will present the latest information and research on chemotherapy and hormone therapies, and discuss options for overcoming chemotherapy resistance. A Q&A session will follow.

**Reiki for Women With Breast or Ovarian Cancer**

Thursday, 6:30-8:30 pm, Nov. 14

Mahopac Public Library, 668 Route 6, Mahopac, NY

Michelle Carter, a Reiki Master, will teach about the history and uses of Reiki, basic meditation and breathing techniques, and how to use Reiki on your own.

**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.

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

1042 Comfort Road, Spencer, NY 14883

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

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