



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

www.nysbcscen.org

1042 Comfort Road, Spencer, NY 14883

917-310-1810 (new tel)



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 ■ 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
breast-cancer@adelphi.edu ■ 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. All services are free and confidential

We are happy to announce that we have added a LIVE CHAT feature to our website.
You can visit our website breast-cancer.adelphi.edu to live chat with a survivor or a social worker.

FALL 2015 BREAST CANCER SUPPORT GROUPS

The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers new on-going support groups beginning in October.

WEEKLY GROUPS

General-Monday 6:00 - 7:30 pm- Women who have had breast cancer will have the opportunity to meet in this group.

Young Women 40 and Under-Tuesday 6:00 - 7:30 p.m.

This support group will focus on the unique needs and concerns of women under 40 who are diagnosed with breast cancer.

Newly Diagnosed- Friday 10:00 - 11:30 a.m.

When a person first hears they are diagnosed with breast cancer they have a million questions, fears, and are looking for support.

BI-WEEKLY GROUPS

Women with Metastatic Disease- 1st and 3rd Thursday of the Month - 6:00 - 7:30 p.m.
Meet with other women who are surviving metastatic breast cancer.

Caregivers of People with Breast Cancer- 2nd and 4th Thursday of the Month -6:00 - 7:30 p.m.
Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.

MONTHLY GROUP

Knit and Chat- Last Wednesday of the Month- 11:30 a.m. - 1:00 p.m. Spend time working on a project while chatting with other breast cancer survivors. Bring your knitting or crochet project or make a scarf to donate to someone currently undergoing treatment for breast cancer.

All groups will meet at the Adelphi School of Social Work in Garden City.

A Virtual Support Group, Support Group for Men with Breast Cancer and BRCA+ Support Group is available upon request.

For information, questions, or to join a support group, call Erin Nau, LCSW, Counseling & Education Coordinator at 516-877-4314 or enau@adelphi.edu.

All services are free and confidential. These support groups are for ALL SURVIVORS.

LAST CHANCE TO REGISTER FOR YOGA AS COMPLEMENTARY WELLNESS

Thursday, October 8, 2015 at 7:00 p.m

Harbor Lights Yoga Studio, 125 W. Shore Road, Huntington, NY 11743

Danielle Campbell- News Anchor at News 12 and Instructor at Harbor Lights Yoga

Danielle Campbell from Harbor Lights Yoga will provide a yoga class which will be held on October 8, 2015 at 7 p.m. at 125 W. Shore Road, Huntington, NY 11743. This class will be first come first served for a limited number of people. Please RSVP soon to secure a spot! This forum is for breast cancer survivors only.

Our 2015 educational forums are sponsored by the Manhasset Women's Coalition against Breast Cancer.

All forums are free and open to the public. Pre-registration is required.

Please call 516.877.4325 or e-mail: breastcancerhotline@adelphi.edu

CELEBRATION OF SURVIVORSHIP

Please join us- Tuesday, October 13, 2015

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

Doors Open - 6:00 p.m. (Raffles available) Speakers - 7:00 p.m.

A light supper will be served

SPEAKERS FOR THE EVENING

KEYNOTE SPEAKER- Frances M. Visco, J.D., President, National Breast Cancer Coalition

Myra Taylor-Adelphi Breast Cancer Program, Hotline Volunteer

Erica Desrosiers-Daughter of Hotline Volunteer Myra Taylor

Karen Joy Miller- Founder and President of the Huntington Breast Cancer Action Coalition

Gwendolyn Harrison- Community Volunteer

We will also be celebrating our 35th anniversary. We will be honoring SENATOR KEMP HANNON- 6th District, NY and LYN DOBRIN-PR Consultant with the program since 1980

Please RSVP by October 5, 2015- Click here to register online

phone: 516-877-4325 or e-mail: breastcancerhotline@adelphi.edu

The 7th Annual NY Natural Equestrians Breast Cancer Ride/Hike

Date: Saturday, October 10th (Rain Date: Sunday, October 11th)

Place: Connetquot River State Park Preserve, Oakdale, NY

Time: 10 a.m. - 2 p.m.

Contact: Lisa Wolf

Promogal1965@aol.com (cell) 631-742-0890

SISTERS UNITED IN HEALTH-- We Can...

- Help you get a free or low-cost mammogram
Regardless of your health insurance or immigration status
- Answer your breast health and breast cancer questions and provide educational materials
- Provide breast health workshops at no cost. Available in English and Spanish.

MARK YOUR CALENDARS

1. Yoga as Complementary Wellness - October 8, 2015
2. 7th Annual Natural Equestrians Ride/Hike - October 10, 2015
3. Celebration of Survivorship - October 13, 2015
4. Creative Cups 2017 - March 16, 2017

BABYLON BREAST CANCER COALITION

www.babylonbreastcancer.org ■ bbcest1993@aol.com

100 Montauk Highway, Copiague NY 11726

(631)893-4110

Offers outreach, environmental awareness programs for children and adults and free direct patient services for patients undergoing treatment for breast cancer and female reproductive cancers.

ONGOING PROGRAMS AND SERVICES

LEND A HELPING HAND- Free services to Babylon Township residents and families impacted by breast cancer and all types of female reproductive cancers. Example (not limited to): transportation, housecleaning, financial aid where indicated. Please call the office for details and additional information.

IT'S TIME FOR CHANGE - 30 Minute power-point presentation offered free of charge to any adult group (pta, church, fraternal, etc.) discussing important lifestyle changes that can be made to limit exposure to environmental toxins.

GIFT OF HEALTH & INSPIRATION: A canvas gift bag of educational resources assembled for you by the Babylon Breast Cancer Coalition and distributed to breast cancer patients by the surgical release nurse at Good Samaritan Hospital.

BREAST CANCER COALITION OF ROCHESTER

www.breastcancercoalition.org ■ info@bccr.org

1048 University Ave, Rochester, New York 14607

585/473-8177

Ongoing Programs:

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

Brown Bag Friday -A networking group for Breast and GYN cancer survivors. Bring a lunch, dessert provided!
Every Friday at Noon

Networking/Support Group for Breast Cancer Survivors I-Facilitator led- offered every 2nd and 4th Tuesday evening
5:30pm - 7:00pm

Networking/Support Group for Breast Cancer Survivors II-Facilitator led- offered every 1st and 3rd Thursday evening
5:30pm - 7:00pm

Common Ground: Living with Metastatic Breast or GYN Cancer Discussion Group-Facilitator led - offered the 1st and 3rd Thursday of every month. Lunch and beverages provided!
12:00 - 1:30 pm

Lymphedema Awareness Networking/Support Group - open to the community-Facilitator led - often includes guest speakers. Offered every 2nd Wednesday of the month
5:30 - 7:00 pm

Gentle Yoga for Breast and GYN Cancer Survivors-Monday evening, Tuesday morning, Tuesday afternoon. 6 week sessions - registration required

Voices and Vision Writing Workshop for Breast and GYN Cancer Survivors-Tuesdays, 6:00 - 8:00 pm
5 week sessions - registration required

Healing Arts Initiative - Tai Chi, Qi Gong, Nia Movement, Fluid Motion, Meditation
Saturdays, 9:00 - 10:15 am. 4 week sessions - registration required

Educational Evening Seminar - open to the community every 4th Wednesday of the month
Understanding Your Pathology Report by Dawn Reidy, MD.
Wednesday, August 26, 2015 at 7:00pm

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

All programs are held at The Breast Cancer Coalition and are free for breast and gynecologic cancer survivors. For additional information, please contact the program coordinator, Laura Albert at (585) 473-8177.

BREAST CANCER HELP, INC.

www.breastcancerhelpinc.org ■ 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 ■ hope@breastcanceroptions.org
101 Hurley Ave., Suite 10, Kingston NY 12401
845-339-HOPE (4673)

WOMEN'S HEALTH & BREAST CANCER CONFERENCE

Saturday, October 24, 2015 ■ 9am to 3pm

Columbia Greene Community College-Professional Academic Center

SPONSORS: Columbia Memorial Hospital; Genomic Health; Berkshire Bank; Columbia Greene Media, Mid-Hudson Cable

PROGRAM

OPENING PLENARY: MAKING INFORMED MEDICAL DECISIONS -

What do you need to know in order to make an informed medical decision? Who should determine which options are right for you? Learn how to assess information, how to weigh benefits and risks, and how to come to informed decisions that fit your lifestyle and your beliefs. Panelists: Samira Khera, MD; Heidi Puc, MD; Elizabeth Boham, MD

A FUNCTIONAL APPROACH TO BREAST WELLNESS

Join Elizabeth Boham, physician, nutritionist and young breast cancer survivor as she outlines what each of us can do to create the optimal terrain in our body to stop cancer from growing or spreading. She will review foods and supplements to strengthen immunity, decrease inflammation and act as natural aromatase inhibitors. Speaker: Elizabeth Boham, MD, MS, RD

HORMONES, ENVIRONMENT AND BREAST CANCER:

While traditional risk factors tell us something about the likelihood that a woman might develop breast cancer, they clearly don't tell the whole story. Explore ways in which commonly-found chemicals may interact to affect the risk of developing breast cancer. Learn which environmental chemicals affect metabolic function, weight regulation, and cancer incidence. Speaker: Janet Gray, PhD

VISUALIZATION-THE BENEFITS OF MINDFULNESS:

Research has shown that meditation and other mindfulness practices can benefit cancer recovery. Visualization can stimulate the body's natural defenses, improve mood, lessen pain, help to increase appetite and more. Learn to survive and thrive after a cancer diagnosis. Learn how to ease stress and anxiety and achieve calmness. Speaker: Lee Griggs, LMHC

WHAT TO EAT AND WHY:

There is so much confusing information about what is the best diet for cancer prevention and general health. Learn about healthy eating and find simple ways to strengthen your immune system, decrease your risk of cancer and recurrence, and improve your overall health. Speaker: Victoria Barghout-founder Viver Health

CLOSING PLENARY- SURVIVORSHIP 2015:

Conference Round-Up - We will summarize the elements of the day's activities and help you identify your own personal strategies for making informed decisions and healthy lifestyle changes in order to reduce your risk of breast cancer or chance of breast cancer recurrence and achieve optimum well-being. Panelists: Ron Stram, MD; Beverly Canin; Samira Khera, MD

ONGOING PROGRAMS AND SERVICES: www.breastcanceroptions.org

PEER LED SUPPORT GROUPS. * Indicates groups that include massage
DUTCHESS COUNTY

- *Hopewell Junction East Fishkill: East Fishkill Library- 1st Wed. 1-2:30
- Beacon: Wingate at Beacon-3rd Wednesday, 6:30-8PM
- *Poughkeepsie: Vassar Brothers Hospital; Metastatic Group - 2nd Saturday at noon

ULSTER COUNTY

- *New Paltz: The Living Seed, 521 Main St.- 2nd Wed., 2:00-3:30PM
- *Kingston: 1 North Front Street, Kingston. 3rd Monday. 7Pm

COLUMBIA COUNTY

- *Hudson- Hudson Opera House. 4th Wednesday 5-6:30pm *NEW LOCATION AND DAY*

GREENE COUNTY

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

ORANGE COUNTY

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

BCO NEWS: Weekly cutting edge E-news updates.

MASSAGE FOR WOMEN WITH BREAST CANCER: For women going through breast cancer treatment or suffering from treatment side effects. Self massage techniques are taught. Available at all of our support groups. IN HOME MASSAGE is available for women who are debilitated by cancer treatment.

COMPANION/ADVOCATES: Trained survivors accompany newly diagnosed patients on initial medical visits.(support/advocacy/mentoring program)

TELEPHONE AND E-MAIL CONSULTATIONS: A reliable resource for confidential answers to questions and for referrals for additional information or services.

HEALTHY LIFESTYLES CALENDAR: An informational digest focusing on topics and information relevant to health, well-being and disease prevention.

BREAST CANCER RESOURCE GUIDE: Online and/or pocket sized guide (mailed by request) with National and Local resources for medical, financial, legal and other help, including decision aids.

PEER-TO-PEER MENTORING: Call 845-339-HOPE if you are interested in speaking with a breast cancer survivor. We can provide resources and support for caregivers, families and spouses of women with breast cancer

REFERRALS FOR FINANCIAL AND LEGAL PROBLEMS: Call for our pocket resource guide and resource list if you are having insurance problems or cannot work because of cancer treatments.

BREAST CANCER NETWORK OF WESTERN NEW YORK (BCNWNY)

www.bcnwny.org ■ bcnwny@live.com

716/706-0660

3297 Walden Ave., Depew, NY 14043

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

Monthly Membership Meeting- October 13th, 6 pm
Program" What Every Woman Needs to Know About Breast Cancer" Cameron Saber, MD. Windsong
Radiology Group 3297 Walden Avenue Depew

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.

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 once a monthy on Tuesday at 7 P.M. Call Chris Bylewski , LMSW
at 716-565-2092 to participate.

ANNUAL EDUCATION DAY- SATURDAY NOVEMBER 7TH. 2015

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 light breakfast and luncheon. A pre-registration fee of \$25 is charged. \$35 at the door.

Annual Education Day "Life After Breast Cancer" Saturday November 7th-\$25,Grapevine Banquets,
333 Dick Road in Depew. 8:00 am to 1:30 pm. Breakfast and lunch included.

Speakers:

Robin Lally, PhD, RN,AOCN, SUNY at Buffalo School of Nursing speaking on "Emotional
Survivorship: The Ups and Downs and Why It Matters"

Chi-Chen Hong, PhD, Roswell Park Cancer Institute , Department of Cancer Prevention and Control,
speaking on "A Diet to Maximize Health"

Karen Mustian, PhD, MPH; University of Rochester School of Medicine and Dentistry, speaking on
"Exercise is Medicine: A Critical Part of Treatment for Your Cancer"

Tracey O'Connor, MD, Roswell Park Cancer Institute, Breast Oncology Department; speaking on
"What You Need to Know in Survivorship".

Honorary Survivor: Terry Werth, author of Pink on Pink

Call 716-688-9177 for information and reservations.

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.

- Art Class: Watercolor Zumba Jewelry Making
- Healthful Cooking Tai Chi Exercise Yoga

Call 716-706-0060 for further information on days and times of classes.

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.

GREAT NECK BREAST CANCER COALITION

www.greatneckbcc.org ■ info@greatneckbcc.org

PO Box 231190, Great Neck, NY 11023-0190

516/466-5267

Lend a Helping Hand Program assisting newly diagnosed women with funding for groceries, transportation to medical appointments, childcare, home care and more.

Students & Scientists Breast Cancer/Environment Research Program: 2015 students will present at various locations in Great Neck, including a local cable TV show.

October 30th, Wellness Salon: Presentation on "Healthy Breasts" by Laura Weinberg, president of GNBCC and Lisa Levine, vice president of GNBCC. At the home of Mary Beth White, Huntington Station.

HEALTHALLIANCE® ONCOLOGY SUPPORT PROGRAM

Herbert H. and Sofia P. Reuner Cancer Support House

80 Mary's Avenue

Mailing Address: 105 Mary's Avenue, Kingston, NY 12401

845-339-2071

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

EXERCISE AND WELLNESS CLASSES:

Tai Chi-Mondays: 10/5, 10/12, 10/19, 10/26

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

Jazzercise-Tuesdays: 10/6, 10/13, 10/20, 10/27

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

Qi Gong-Tuesdays: 10/6, 10/13, 10/20, 10/27

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

Gentle Yoga-Wednesdays: 10/7, 10/14, 10/21, 10/28

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

Smartbells-Thursdays: 10/1, 10/8, 10/15, 10/22, 10/29

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

SUPPORT GROUPS AND HEALING ARTS: Please call to register

Women's Support Group

Daytime Women's Support Group-1st and 3rd Thursdays: 10/1, 10/15

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

Weekend Women's Support Group-2nd and 4th Saturdays: 10/10, 10/24

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

Men's Support Group-2nd Wednesday: 10/14

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

Caregiver/Family Support Group- 3rd Monday: 10/19

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

Ovarian Support Group-Last Wednesday: 10/28

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

Coping Skills: Finding Ease & Inner Balance with Valerie Linet- Tuesday: 10/27

2:00-3:30pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Explorations on Being Mortal: A support and discussion group for those living with catastrophic illness including stages 3 and 4 or recurrent cancer- Beginning Wednesday, October 27

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

Memoir Writing Workshop I with Abigail Thomas-Thursdays: 10/1, 10/8, 10/15, 10/22, 10/29

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

Memoir Writing Workshop II with Ann Hutton-Fridays: 10/2, 10/9, 10/16, 10/23, 10/30

2:00-3:30 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Hypnosis for Smoking Cessation with Frayda Kafka-Wednesday: 10/7

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

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

Hypnosis for Weight Control with Frayda Kafka-Wednesday: 10/7

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

Miso Happy Cooking Club with Kathy Sheldon- Tuesday: 10/6

10:00am-1:00pm- Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Arts & Crafts Sharing Circle-Mondays: 10/5, 10/19, 10/26

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

Look Good, Feel Better with American Cancer Society & Oncology Support Program

Friday: 10/16. 10:00am-12:00pm- Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Inner Vision / True Voice with Lisa Schimski-Saturday: 10/24

12:30-2:30pm- Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Linda Young Healing Garden Club- Wednesday: 10/28

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

Choices and Wishes: Advance Directives Workshops-Tuesday, 10/6

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

Healthy Living Support Group- Wednesdays, 10/12, 10/26

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

Empower Yourself with Breast Cancer Knowledge- An informative program and panel discussion with Zoe Weinstein, MS, Alfonso Cutugno, MD, Camillo Torres, MD and Barbara Sarah, LCSW
Thursday, 10/22

5:30-7:30 pm-HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

Community Reading of OSP Memoir Groups-Friday, 10/16

6:30 pm Reception; 7:00 pm Reading

HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

Oncology Support Program Open House-Refreshments served

Friday, 10/16. 4:30-6:00 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY

HUNTINGTON BREAST CANCER ACTION COALITION

www.hbcac.org ■ friends@hbcac.org

900 Walt Whitman Rd LL12, Melville NY 11747

631/547-1518

Quarterly eNEWSLETTER focusing on all aspects of breast cancer at local, regional and national levels. This publication is complete with informative updates on legislation regarding breast cancer and health issues, important community resources, and serves to keep the public abreast of HBCAC's activities.

Our "**LEND A HELPING HAND**" program provides support and assistance to Huntington residents undergoing treatment. Services such as medical transportation, house cleaning, emergency medical supplies and medication, and more, all free of charge to qualifying residents. The purpose is to help bring support and needed relief from the stress of dealing with a positive diagnosis.

PREVENTION IS THE CURE (PITC) is a collaborative educational campaign brings focus on the causes of disease rather than ways of coping with it once diagnosed. PITC seeks to INCREASE public awareness of environmental links to disease; GAIN support for the Precautionary Principle, as it applies to public policy; URGE the public to demand more funding for environmental health research and ENCOURAGE a "better safe than sorry" attitude toward personal lifestyle.

WHAT WE ARE DOING: With October bearing down on us, HBCAC will be very busy this month out and about in the community! For example, we have been invited to speak at a variety of venues to spread the prevention message! With all of the fun of the season, we also have board members putting together a bowling night on October 17th! Additionally, Karen Miller of HBCAC and Laura Weinberg of GNBCC were recently highlighted in an article of the PEPH newsletter through the NIH on their involvement in the Advocates Mentoring Advocates program where they worked to share the tools and education to help others spread preventative knowledge to women in Harlem. We continue to be proud to sponsor Huntington High School student, Emily Shutman, who completed the field work in our Students and Scientists Environmental Research Program by studying mercury in fish at Stony Brook University this summer. She will continue to work with us to share her research through the year and spread the HBCAC message through her involvement and presentations.

ISLIP BREAST CANCER COALITION

www.islipbreast.com ibcc@optonline.net

**301 East Main Street, Nash Bldg., Bay Shore, NY 11706
(631) 968-7424**

LEND A HELPING HAND

A program that provides financial aid for services to assist breast cancer patients and their families with the demands of daily life while undergoing breast cancer treatments. Services include, but are not limited to: financial medical assistance, housecleaning, transportation, childcare, support groups, assistance obtaining wigs, prosthesis, lymphedema sleeves.

CAN SURVIVE - CARRY ON

An in-hospital and at home visitation program designed to provide support and resources to breast cancer patients. Volunteers meet with patients undergoing surgery at North Shore LIJ Southside Hospital and provide them with a tapestry bag filled with resource information and a variety of personal items to aid in their recuperative process.

COMMUNITY OUTREACH AND EDUCATION

IBCC attends numerous community meetings and events where they provide both educational and informative breast cancer information to the community.

NEW YORK STATE BREAST CANCER NETWORK (NYSBCN)

917-310-1810 (new tel)

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

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

www.sharecancersupport.org

**165 West 46th Street, Suite 712, Meeting rm: Suite 706, New York, NY 10036
212/719-0364**

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, 165 West 46th St, Suite 712 New York, NY 10036

TUESDAYS -Oct 13, 27 6:00 - 7:30pm

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

FRIDAY - Oct 30 1:00 - 2:30pm

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

TUESDAYS - Oct 13, 27 3:30 - 5:00pm

--SHARE/Riverdale YM/YWHA

SUNDAYS - Oct 11 5:00 - 6:30pm

--QueensSHARE, Samuel Field

THURSDAY - Oct 8 7:00 - 8:30pm

--HarlemSHARE -Emblem Health Neighborhood Care, 215 W. 125th St., 2nd Fl. (between Adam Clayton Powell Blvd. & Frederick Douglass Blvd.). The support group will meet on the 1st & 3rd Tuesday of each month.

TUESDAY - Oct 20 4:00 - 5:30pm

Oct 6* 6:00 - 7:30pm
*Educational Program: Lymphedema

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

SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)
WEDNESDAY - Oct 28 6:00 - 7:30pm

Support group in Japanese- SHARE main Office
FRIDAYS - Oct 9 6:00 - 7:30pm
FRIDAYS - Oct 23 12:30 - 2:00pm

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

SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)
MONDAY - Oct 5 6:00 - 7:30pm

Breast Reconstruction- This program is a forum for women in all stages of reconstruction, including those who are just beginning to research which procedure is best for them.

SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)
THURSDAYS - Oct 8 6:00-7:30pm

**Breast and Ovarian Combined Support Groups
Coping with Aromatase Inhibitors and Tamoxifen**

This support group is for women who are currently taking or considering taking aromatase inhibitors or tamoxifen. These medications can reduce the risk of recurrence but may cause side effects that impact quality of life.

SHARE Main Office
TUESDAYS - Oct 20 6:00 - 7:30pm

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

SHARE Main Office
Wednesdays - Oct 14 6:00 - 7:30pm

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

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

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

WEDNESDAY - Oct 7, 21 6:00 - 7:30pm

--Queens SHARE, Samuel Field YM/YMHA

MONDAYS - Oct 12, 26 7:30 - 9:00pm

--Staten Island SHARE, SI Hospital Nalitt Cancer Centre

WEDNESDAY - Oct 21 6:30 - 8:00pm

Telephone Support Group (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 - Oct 5,12,19,26 4:00 - 5:00pm

Telephone Support Group (evening) New Telephone Support Group

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

THURSDAYS - Oct 1, 8, 15, 22 7:00 - 8:00pm

Telephone Support Group for Young Women with Metastatic Breast Cancer (new)

Talk with other young women diagnosed with metastatic breast cancer about the particular challenges of coping with such issues as anxiety, treatment options, and personal relationships. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111.
WEDNESDAY - Oct 7 8:00 - 9:00pm EST

Metastatic In-Person Lunchtime Support Group (New!) Join others living with metastatic breast cancer (MBC) for this afternoon in-person support group. The group is facilitated by a professional therapist as well as a woman living with mets. Meet others living with MBC, get and give support and information and learn practical tools to navigate daily living. This group is six weeks in duration. Please register by calling or emailing: (212) 937-5586, cbenjamin@sharecancersupport.org
SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)
WEDNESDAYS- Oct 7, 14, 21, 28 12:30 - 1:30pm

Google VIDEO Hangout Conference
TUESDAY - Oct 6 8:00 - 9:00pm

Caregiver Group- SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)
TUESDAYS- Oct 13 6:00 - 7:30pm

Educational Programs:

Lymphedema: Information and Support
Harlem SHARE- Emblem Health Neighborhood Care
TUESDAY- Oct 6 6:00-7:00pm
(Support Group to follow from 7:00-7:30pm)

The Doctor Is In. A Conversation with Dr. Susan Love. JCC in Manhattan, 334 Amsterdam Ave at 76th St, 7th Floor Conference Center
TUESDAY, Oct 20 6:30-8:00pm

Integrative Medicine and Cancer. Webinar and In-Person
THURSDAY, Oct 15 6:00-7:00pm EST

LatinaSHARE: LatinaSHARE ofrece grupos de apoyo y programas educativos gratis para mujeres con cáncer de seno o de ovario en la ciudad de Nueva York. Las participantes tendrán la oportunidad de recibir e intercambiar información actualizada, apoyo, fortaleza y esperanza.

Grupos de Apoyo (Support Groups)

--Beth Isreal Comp Cancer Centre
MIERCOLES 12:30 - 2:00pm
Octubre 21

--Mt. Sinai-St.Luke's Hosp
MIERCOLES 12:30- 2:30pm
Octubre 14,28*

--NY Pres/Milstein Build
JUEVES 10:00 - 11:30am
Octubre 8, 22*

--Make the Road NY (Queens) 92-10 Roosevelt Avenue, Jackson Heights, NY 11372
VIERNES 3:30 a 5:30 de la noche
Octubre 9,30

--Queens Center Mall (Queens) 9015 Queens Boulevard, Elmhurst, NY 11373
VIERNES 6:30 a 8:30 de la noche
Octubre 2*, 16*

--BROOKLYN, Make The Road NY
MARTES 10:00AM - 12:00pm
Octubre 6*

--NY Presbyterian/Manhattan Cancer Services Centre
JUEVES 1:00 - 3:00pm
Octubre 1

--Settlement Health
MIERCOLES 2:00 - 4:00pm
Octubre 21*

BRONX

--Lincoln Medical & Mental Health Centre

LUNES 11:00AM - 1:00pm

Octubre 26

--ST Barnabas Hospital

VIERNES 2:00 - 4:00pm

Octubre 16

SUPPORT CONNECTION, INC.

www.supportconnection.org

40 Triangle Center, Suite 100, Yorktown Heights, NY 10598

914-962-6402; 800-532-4290

Support Connection provides free, confidential support services and programs to people affected by breast and ovarian cancer. Services include One-on-One Peer Counseling, Support Groups, Resource Information and Referrals, Wellness Classes, Lending Library, Health and Wellness Workshops, Educational Forums, Community Outreach.

ONGOING SUPPORT GROUPS: Support Groups are led by trained facilitators who are cancer survivors. Participation is free but advance registration is required. Call 914-962-6402 or 800-532-4290. For a complete month-by-month calendar visit www.supportconnection.org.

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

1) 3rd Monday of each month at 7 pm, Oct. 19: NewYork Presbyterian-Hudson Valley Hospital, 1980 Crompond Road Cortlandt Manor

2) 4th Tuesday of each month at 7 pm, Oct. 27: 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, Oct. 5, 8 pm (NY time)

Young Women's Support Group: Topics related to women who have or had breast or ovarian cancer at a young age and want to be in a group where they feel comfortable with their peers. Wednesday, Oct. 14, 7pm: 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.

Friday, Oct. 16, 12:30 pm: Yorktown Jewish Center, 2966 Crompond Road, Yorktown Heights

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

1) Wednesday, Oct. 7, 7pm: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua

2) Thursday, Oct 8, 10 am: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights

3) Thursday, Oct. 22, 7pm: Vassar Brothers Medical Center, 45 Reade Place, Poughkeepsie

4) Tuesday, Oct. 13, 10 am: East Fishkill Community Library, 348 Route 376, Hopewell Junction

5) Wednesday, Oct. 21, 7pm: Putnam Hospital, 670 Stoneleigh Avenue, Carmel

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

Yoga - A Path Toward Wellness- Saturdays, Noon - 1:30 pm Oct. 3, 10, 17, 24, 31

Club Fit, 600 Bank Road, Jefferson Valley. Please obtain your doctor's approval before participating in any Wellness Class. This class is appropriate for beginners or more advanced students. Emphasis

is placed on movement with breath awareness as a way to achieve a stronger, healthier body and a calmer, more tranquil mind.

Walking Club-Put Your Best Foot Forward

Afternoon: Wed., Oct. 14, 4-4:45

Morning: Mon., Oct. 26, 10:30-11:15

North County Trail, Yorktown Heights, NY Enjoy a leisurely walk along the scenic North County Trail. Connect with other who have been in your shoes and enjoy the beautiful day (weather permitting). We kindly ask that participants do not bring pets. Please obtain you doctor's approval before participating in any wellness program.

Marge's Knitting Circle- Thurs. Oct. 22, 2-3:30

Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights, NY 10598 Whether you are a master of the trade or someone who wants to learn the craft, you are welcome to join the warmth of the circle. Bring your projects or your desire to learn a new skill and enjoy the comradery of a shared interest. Moderator Nancy Horsey will be happy to help you learn or complete a forgotten project.

Book Club- Thurs., Oct. 22, 7-9 pm

Cheryl R. Lindenbaum Comprehensive Cancer Center at New York Presbyterian/Hudson Valley Hospital, 1980 Crompond Rd. Cortlandt Manor, NY 10567 At this session we will discuss "A Walk Through the Woods-Rediscovering America on the Appalachian Trail" by Bill Bryson. Join us as we travel the trail with Bryson as our guide for a journey with a mix of humor, facts, interesting characters and adventure.

Functional Nutrition and Your Health- Wed., Oct 28 6:30-8 pm

St. Mark's Episcopal Church, 85 East Main St., Mt. Kisco, NY 10549 This workshop will focus on how to proactively use food nutrients and supplements to create the optimum terrain to support and restore your health after a cancer diagnosis. Mary Gocke, Registered Dietitian, Functional Medicine Nutritional Counselor and Director of Nutrition at Blum Center or health will cover topics such as how to improve overall wellness with nutrition and lifestyle, how to reduce inflammatory foods, and how to integrate healthy food into your meals.

WEST ISLIP BREAST CANCER COALITION FOR LONG ISLAND, INC

www.wibcc.org ■ westislipwibcc@aol.com

735 Montauk Highway, West Islip, NY 11795

631-669-7770

Office hours: Monday, Wednesday, Friday 9:30 A.M. to 2:30 P.M.

"**Lend a Helping Hand**" is a WIBCC community Outreach program supporting women and men on Long Island who have been overwhelmed with a diagnosis of breast cancer and/or gynecological cancers

. Qualifications include: Agree to sign a consent form; You must have Referring Dr's Signature and Doctor's stamp with name, address and phone in designated space on form, You are a resident of Long Island.

According to your needs, a budget will be prepared by us for your post-surgical requirements. These include but not limited to: House cleaning, Prepared meals delivered to your home, Post-mastectomy personal care apparel, Transportation for oncology and radiation appointments.

"**Woman's Program**" An initiative was established with the cooperation of Good Samaritan Hospital Breast Health Center and Breast Boutique. WIBCC provides each mastectomy patient a complimentary post-surgical comisole at time of discharge and each lumpectomy patient requiring radiation therapy with a specially designed complimentary post-surgical sports bra.

WOMEN AT RISK

www.womenatrisknyc.org ■ info@womenatrisknyc.org

**NewYork-Presbyterian Hospital/ Columbia University Medical
Center
601 W. 168th St. #7, New York, NY 10032
212.305.9525**

English Support Group for Women with Breast Cancer

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

Every other Friday, 2:00 - 3:00 PM. New participants may start at any time.

Women At Risk Resource Library- Room 1035, 10th Floor
Herbert Irving Pavilion, 161 Fort Washington Avenue, New York, NY
For more information or to attend, please call (212) 342-0297.

Grupo de Apoyo para las Mujeres Latinas con Cancer del Seno

Mujeres A Riesgo, SHARE, y Servicio de Trabajadoras Sociales facilitan un grupo de apoyo para las mujeres Latinas con cáncer del seno.

Jueves de 10:00 a 11:30 AM

Edificio de Hospital Milstein, 177 de la Ave. Ft. Washington-Piso 7, Sala 213

Para más información puedes comunicarte con Lola Ruz-Curry por el teléfono (212) 305-9894

YOUNG SURVIVAL COALITION NATIONAL OFFICE

www.youngsurvival.org

80 Broad Street, Suite 1700 New York, NY 10004

phone: 877.972.1011

YSC New York City Face 2 Face Network for Young Women Support Group

First Wednesday of every month- 6:30-8:00 pm EST at YSC's offices: 80 Broad St, Suite 1700 New York, NY

YSC's NYC F2F Network is a support/networking group for young women diagnosed with breast cancer, facilitated by Gabriela Hohn, Ph.D., a Licensed Clinical Psychologist in private practice and a young breast cancer survivor. Join us on the third Wednesday of each month as we address concerns specific to young survivors. Gain support from peers while sharing ways to cope with the emotional challenges of treatment and beyond. Whether you are newly diagnosed, in the middle of treatment or are several years out, you are welcome to attend just one group or participate regularly. F2F members meet regularly for social and wellness activities as well. If you are a young woman affected by breast cancer, YSC NYC wants you to know that you are not alone. We're here to help. To join the NYC F2F on meetup.com: <http://www.meetup.com/New-York-Young-Survival-Coalition-Face-2-Face-Networking/>

For questions or more information, contact YSC Northeast Regional Field Manager, Medha Sutliff at msutliff@youngsurvival.org

SurvivorLink Program for Young Women Affected by Breast Cancer

YSC's SurvivorLink program can match you with another young woman who has been through a similar experience. Trained volunteer peer contacts that are living with breast cancer are available for you to speak with via phone or email. To request a SurvivorLink match, please email resourcelink@youngsurvival.org or call (877) YSC-1011.

NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK

1042 Comfort Road, Spencer, NY 14883

www.nysbcscen.org

607/279 1043/Fax 917-591-8108