



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

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

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



The New York State Breast Cancer Support and Education Network (NYSBCSEN) is the only statewide network of community-based, survivor-driven breast cancer organizations in New York. Collectively our member organizations reach over 100,000 New Yorkers each year with essential breast cancer support and education services. NYSBCSEN facilitates member organizations sharing programs and resources, inter-organization referrals for services, public policy updates, and a support and education system for those who are working each day in the fight against breast cancer.

## ADELPHI NY STATEWIDE BREAST CANCER Hotline & Support Program

[www.adelphi.edu/nysbreastcancer](http://www.adelphi.edu/nysbreastcancer) ■ [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)

Adelphi University School of Social Work

1 South Ave, PO Box 701, Garden City, NY 11530

Hotline: 800.877.8077 ■ Offices: 516.877.4320

Adelphi NY Statewide Breast Cancer Hotline & Support Program. Hotline: 800.877.8077  
[breast-cancer@adelphi.edu](mailto:breast-cancer@adelphi.edu) ■ [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. 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](http://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 pm. 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.

## **UPCOMING FORUM**

**Life Change and Breast Cancer - Where Does Spirituality Fit In?**

Thursday, December 10, 2015- 6:00 - 8:00 p.m.

Alumni House at Adelphi University, 154 Cambridge Avenue, Garden City, NY

A panel of 4 speakers will discuss how spirituality impacts a diagnosis of breast cancer or serious illness. This free forum will be followed by a Q & A session. REGISTRATION: Seating is limited. Pre-registration is required. Please call 516-877-4325 or e-mail: breastcancerhotline@adelphi.edu. You can also visit breast-cancer.adelphi.edu to register online.

Moderator-Dr. Arthur Dobrin. Leader emeritus of the Ethical Humanist Society of Long Island and professor emeritus at Hofstra University

Speakers

Isma H. Chaudhry, M.D. President Islamic Center of Long Island (ICLI)

Fr. Ryan Creamer, Catholic Chaplain, Adelphi University

Rabbi Dr. Janet B. Liss- North Country Reform Temple

Rev. Betsy Simpson- Pastor, The First Presbyterian Church of Glen Cove

If you are unable to join us for the forum, please watch the livestream of the forum on YouTube (AUBreastcancer) the day of the event.

The 2015 educational forums are sponsored by the Manhasset Women's Coalition Against Breast Cancer.

## **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. Champions For Charity - December 3 - December 6, 2015
2. Spirituality Forum - December 10, 2015
3. LI2Day Walk - June 11, 2016
4. Creative Cups 2017 - March 16, 2017

## **BABYLON BREAST CANCER COALITION**

[www.babylonbreastcancer.org](http://www.babylonbreastcancer.org) ■ [bbcest1993@aol.com](mailto:bbcest1993@aol.com)

100 Montauk Highway, Copiague NY 11726

(631)893-4110

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

### **ONGOING PROGRAMS AND SERVICES**

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

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

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

## **BREAST CANCER COALITION OF ROCHESTER**

[www.breastcancercoalition.org](http://www.breastcancercoalition.org) ■ [info@bccr.org](mailto:info@bccr.org)

1048 University Ave, Rochester, New York 14607

585/473-8177

### **Ongoing Programs:**

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

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

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

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

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

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

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

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

**Healing Arts Initiative - Tai Chi, Qi Gong, Nia Movement, Fluid Motion, Meditation**

Saturdays, 9:00 - 10:15 am. 4 week sessions - registration required

**Educational Evening Seminar** - open to the community every 4th Wednesday of the month

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](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)

**ONGOING PROGRAMS AND SERVICES:** [www.breastcanceroptions.org](http://www.breastcanceroptions.org)

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

\*Hopewell Junction East Fishkill: East Fishkill Library- 1st Wed. 1-2:30

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

\*Poughkeepsie: Vassar Brothers Hospital; Metastatic Group - 2nd Saturday at noon

**ULSTER COUNTY**

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

\*Kingston: 1 North Front Street, Kingston. 3rd Monday. 7Pm

**COLUMBIA COUNTY**

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

716/706-0660

3297 Walden Ave., Depew, NY 14043

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

### **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 month 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, BCNWNY, 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](http://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 a 501(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: 12/7, 12/14, 12/21

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

**Qi Gong-** Tuesdays: 12/1, 12/8, 12/15, 12/22

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

**Gentle Yoga-** Wednesdays: 12/2, 12/9, 12/16, 12/23

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

**Smartbells-** Thursdays: 12/3, 12/10, 12/18

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: 12/3, 12/17

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

**Men's Support Group-** 2nd Wednesday: 12/9

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

**Caregiver/Family Support Group-** 3rd Monday: 12/21

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

**Ovarian Support Group-** Wednesday: 12/16

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: 12/22

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

Wednesday: 12/2, 12/16- 2-3:30 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY

**Memoir Writing Workshop I with Abigail Thomas-** Thursdays: 12/3, 12/10, 12/17

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

**Memoir Writing Workshop II with Ann Hutton-** Fridays: 12/4, 12/11, 12/18

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

**Hypnosis for Smoking Cessation with Frayda Kafka-** Wednesday: 12/2

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

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

**Miso Happy Cooking Club Holiday Party & Potluck with Kathy Sheldon-** Tuesday: 12/1

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



**Arts & Crafts Sharing Circle-** Mondays: 12/7, 12/14, 12/21  
1:30-3:00pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston

**Inner Vision / True Voice with Lisa Schimski-** Saturday: 12/12  
12:30-2:30pm- Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Healthy Living Support Group-** Wednesdays, 12/14  
5:30-7:30pm-Reuner Cancer Support House Kitchen, 80 Mary's Ave., Kingston, NY

**OSP Annual Holiday Celebration & Dinner -** Friday, 12/4  
6-8:30pm-HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

## **HUNTINGTON BREAST CANCER ACTION COALITION**

[www.hbcac.org](http://www.hbcac.org) ■ [friends@hbcac.org](mailto:friends@hbcac.org)

**900 Walt Whitman Rd LL12, Melville NY 11747**

**631/547-1518**

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

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

**PREVENTION IS THE CURE (PITC)** 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:** HBCAC has been very busy this fall out and about in the community! We have recently spoken at a variety of venues to spread the prevention message. This fall HBCAC was highlighted in News 12 in the series 12 Making A Difference. We had board members put together a bowling night and community businesses participated as we shared our strengths! Our reach has also expanded within faith-based organizations, like the Emmanuel French SDA Church, where for a second year in row we were able to present and launched our A Cautious Consumer's Guide for Safer Seafood Consumption! Additionally, 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, has continued to work with us to share her research through the year and spread the HBCAC message with her peers. We are planning some new outreaches for the winter with new wonderful partners! Upcoming we have Petals For Prevention Educational Paint Nights and numerous presentations as well as partnerships, like with the Town of Huntington on breast cancer risk and early puberty.

## **ISLIP BREAST CANCER COALITION**

[www.islipbreast.com](http://www.islipbreast.com) ■ [ibcc@optonline.net](mailto:ibcc@optonline.net)

**301 East Main Street, Nash Bldg., Bay Shore, NY 11706**

**(631) 968-7424**

### **LEND A HELPING HAND**

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

### **CAN SURVIVE - CARRY ON**

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

### **COMMUNITY OUTREACH AND EDUCATION**

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

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

**607/279-1043**

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

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

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

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

**165 West 46th Street, Suite 712, Meeting room: Suite 706,**

**New York, NY 10036**

**212/719-0364**

SHARE, Self-help for Women with Breast or Ovarian Cancer. Please visit [www.sharecancersupport.org](http://www.sharecancersupport.org) or call (212)382-2111, unless otherwise listed. A photo ID is required to enter the building.

Please note that SHARE moved. New address is:

165 West 46th Street, Suite 712, Meeting room: Suite 706, New York, NY 10036

### **SUPPORT AND EDUCATION PROGRAMS**

#### **BREAST CANCER SUPPORT - ONGOING**

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

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

TUESDAYS - Dec 8, 22 6:00 - 7:30pm

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

FRIDAY - Dec 18 1:00 - 2:30pm

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

TUESDAYS - Dec 8, 22 3:30 - 5:00pm

--Brooklyn SHARE, Kings Bay

MONDAYS - Dec 7 7:30 - 9:00pm

--SHARE/Riverdale YM/YWHA

SUNDAYS - Dec 6, 20 5:00 - 6:30pm

--Queens SHARE, Samuel Field

THURSDAY - Dec 10 7:00 - 9:00pm

(Auction/ Holiday Fundraiser Party)

--Harlem SHARE. 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 - Dec 15\*\*\* 4:00 - 5:30pm

TUESDAY - Dec 1 6:00 - 7:30pm

\*\*\* Holiday Party

**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 - Dec 23 6:00 - 7:30pm

**Support group in Japanese**

SHARE main Office

FRIDAYS - Dec 11 6:00 - 7:30pm

**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 - Dec 7 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 - Dec 17 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 - Dec 1 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 - Dec 9 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 - Dec 2, 16 6:00 - 7:30pm

--Queens SHARE, Samuel Field YM/YMHA

MONDAYS - Dec 7, 21 7:30 - 9:00pm

--Staten Island SHARE, SI Hospital Nalitt Cancer Centre

WEDNESDAY - Dec 16 6:30 - 8:00pm

**Telephone Support Group for Women with Metastatic Disease (daytime)** Women with metastatic breast cancer can register by calling the SHARE Breast cancer Helpline, (212)382-2111.

Funding provided by Judges and Lawyers Breast Cancer Alert (JALBCA)

MONDAYS - Dec 7, 14, 21, 28 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 - Dec 3, 10, 17 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 - Dec 2 8:00 - 9:00pm EST

Google Hangout Video Conference- TUESDAY - Dec 1

8:00 - 9:00pm

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

TUESDAYS- Dec 8

6:00 - 7:30pm

**Educational Programs: Dr. Larry Norton: Breast Cancer Update 2015**

UFT, 52 Broadway, 19th floor, Room G ( trains # 4 & 5 to Wall St, R & W to Rector St)

MONDAY- Dec 21

6:30 - 8:00pm

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

### **Grupos de Apoyo (Support Groups)**

--Beth Isreal Comp Cancer Centre

MIERCOLES 12:30 - 2:00pm

Diciembre 16

-- Mt. Sinai-St.Luke's Hosp

MIERCOLES 12:30- 2:30pm

Diciembre 9

--NY Pres/Milstein Build

JUEVES 10:00 - 11:30am

Diciembre 10

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

VIERNES 3:30 a 5:30 de la noche

Diciembre 11

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

VIERNES 6:30 a 8:30 de la noche

Diciembre 4

--NY Presbyterian/Manhattan Cancer Services Centre

JUEVES 1:00 - 3:00pm

Diciembre 3

--Settlement Health

MIERCOLES 2:00 - 4:00pm

Diciembre 9

### **BRONX**

--Lincoln Medical & Mental Health Centre

LUNES 11:00AM - 1:00pm

Diciembre 28

--ST Barnabas Hospital

VIERNES 2:00 - 4:00pm

Diciembre 18

--BROOKLYN. Make The Road NY

MARTES 10:00AM - 12:00PM

Diciembre 15

## **SUPPORT CONNECTION, INC.**

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

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

**914-962-6402; 800-532-4290**

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

**ONGOING SUPPORT GROUPS:** Support Groups are led by trained facilitators who are cancer

survivors. Participation is free but advance registration is required. Call 914-962-6402 or 800-532-4290. For a complete month-by-month calendar visit [www.supportconnection.org](http://www.supportconnection.org)

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

- 1) Monday, Dec. 21, 7 pm, NewYork-Presbyterian/Hudson Valley Hospital, 1980 Crompond Road Cortlandt Manor
- 2) Tuesday, Dec.15, 7 pm, Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights

**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, Dec. 9, 7 pm, 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, Dec. 18, 12:30 pm, Support Connection office, 40 Triangle Center, Suite 100, 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, Dec. 2, 7 pm, NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 2) Thursday, Dec. 3, 10 am, Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 3) Thurs., Dec. 17, 7 pm, Vassar Brothers Medical Center, 45 Reade Place, Poughkeepsie
- 4) Tuesday, Dec. 8, 10:15 am, East Fishkill Community Library, 348 Route 376, Hopewell Junction
- 5) Wednesday, Dec. 16, 7 pm, Putnam Hospital, 670 Stoneleigh Avenue, Carmel

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

**Yoga - A Path Toward Wellness**-Saturdays, Noon - 1:30 pm Dec. 5, 12, 19

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.

## **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 (212) 342-0297.

### Grupo de Apoyo para las Mujeres Latinas con Cancer del Seno

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

Jueves de 10:00 a 11:30 AM

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

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

## YOUNG SURVIVAL COALITION NATIONAL OFFICE

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

80 Broad Street, Suite 1700 New York, NY 10004

phone: 877.972.1011

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

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

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

For questions or more information, contact YSC Northeast Regional Field Manager, Medha Sutliff at [msutliff@youngsurvival.org](mailto:msutliff@youngsurvival.org)

### SurvivorLink Program for Young Women Affected by Breast Cancer

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

## NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK

1042 Comfort Road, Spencer, NY 14883

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

607/279 1043/Fax 917-591-8108