



OUR MISSION: To provide emotional, social and educational support services to women, their families and friends, affected by breast and ovarian cancer. The support provided enables women to help each other and empowers them to become their own health care advocates.

# Caring Times

We've been there. We care.

Spring/Summer 2016

May, June, July, August

## PROGRAM CALENDAR

For additional details about our programs and services, visit our website [www.supportconnection.org](http://www.supportconnection.org).

### YOGA: A PATH TOWARD WELLNESS

Open to women with breast, ovarian or gynecological cancer. Pre-registration is required. Call Support Connection: 914-962-6402 or toll-free 800-532-4290

**Date:** Every Saturday (\*check our calendar for exceptions)  
**Time:** 12 noon - 1:30 pm  
**Location:** Club Fit, Jefferson Valley, NY

Experience the benefits of yoga: a stronger, healthier body and a calmer, more focused mind. The emphasis is on movement & breath awareness to achieve a tranquil feeling. Appropriate for beginners or advanced students. Come weekly or as often as you'd like. Please obtain your doctor's approval before participating in any wellness program. **INSTRUCTOR:** Mia Azcue, CYT, E-RYT 500, RPT, a student and teacher of yoga for 20 years. From Doris, a regular participant: "Mia's knowledgeable, gentle approach brings a sense of peace & awareness that stays with me long after class is over."

*"Walking with a friend in the dark is better than walking alone in the light."  
- Helen Keller*

### WALKING CLUB: PUT YOUR BEST FOOT FORWARD

Open to people living with breast, ovarian and gynecological cancers. Pre-registration is required. Call Support Connection: 914-962-6402 or 800-532-4290.

**Monday Mornings: 10:30 -11:15 am:**  
May 9, June 13, July 11, Aug. 8  
**Wednesday Afternoons: 4 - 4:45 pm**  
May 25, June 29, July 27, Aug. 24  
**Location:** North County Trail, Yorktown Heights, NY

Enjoy a leisurely walk along the scenic North County Trail. Grab your sneakers, embrace a fun & healthy way to socialize. Connect with others who have been in your shoes and enjoy the beautiful day (weather permitting). A Peer Counselor will be on the trail leading the way. Please always obtain your doc-

### CANASTA, COFFEE & CAMARADERIE

Open to people living with breast, ovarian and gynecological cancers. Pre-registration is required. Call Support Connection: 914-962-6402 or 800-532-4290.

**Dates:** Thursdays; May 19, June 16, July 14, Aug. 18  
**Time:** 10 - 11:30 am  
**Location:** Support Connection office, Yorktown Heights, NY

All are welcome! Beginners as well as experienced players. *Canasta* is a classic card game with many avid fans. *Camaraderie* is a mutual trust and friendship among people who spend time together. Together they make a perfect match! Join us for a morning of card-playing, companionship and coffee, and enjoy time spent with others who are also living with cancer. Coffee, tea and light refreshments provided. A Peer Counselor will be on hand as well.

### EDUCATIONAL FORUM: LYMPHEDEMA AND BREAST CANCER

Open to the public. Pre-registration is required. Call Support Connection: 914-962-6402 or 800-532-4290.

**Date:** Tuesday, May 24  
**Time:** 6:30-8 pm  
**Location:** Northern Westchester Hospital, Mt. Kisco, NY

Lymphedema is a potential side effect of breast cancer surgery & radiation therapy. This forum addresses the latest information on lymphedema as it pertains to breast cancer. Bring your questions, hear presentations on topics such as:

What is lymphedema, why does it occur? • What is the incidence of lymphedema after breast cancer? • What are some risk factors? • Pre-operative baseline measurements, such as the "L-Dex" • Surveillance recommendations & risk reduction practices • Treatment techniques (e.g. complete decongestive therapy, bandages, garments) • What is Axillary Web Syndrome? Why does it occur? How is it treated?

#### SPEAKERS:

**Mary Greco, MS, FNP-C:** Mary is a certified nurse practitioner with 30 years' experience in the area of Breast Disease. She is an Oncology Breast Care Nurse and a Breast Cancer Nurse Navigator, certified by the American Nurses Credentialing Center, the Oncology Nurses Society, and the National Accrediting Program for Breast Centers. At Northern Westchester Hospital, Mary serves as clinical coordinator for the Breast Institute.

**JoAnn Stafford, PT, CLT-LANA:** A lymphedema therapy specialist certified by the Lymphology Association of North America,

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## UPCOMING PROGRAMS

### *Lymphedema speakers - cont. from page 1*

JoAnn has over 25 years' experience as a physical therapist. She is an active member of the National Lymphedema Network and has worked extensively with breast cancer patients. At Northern Westchester Hospital, JoAnn serves on the Cancer Committee and provides rehabilitative services for anyone undergoing cancer treatment.

### MARGE'S KNITTING CIRCLE

Open to people living with breast, ovarian and gynecological cancers. Pre-registration is required. To register, call Support Connection, 914-962-6402 or 800-532-4290.

**Dates:** Thursdays, May 26, June 23, July 28, Aug. 25

**Time:** 2 - 3:30 pm

**Location:** Support Connection office, Yorktown Heights, NY

Whether you're a master of the trade, or someone who wants to begin, you're welcome at our circle. Enjoy the beauty of new stitches, the textures and colors of yarn, and the camaraderie of a shared interest. Our moderator will be happy to help you learn or complete a forgotten project. We also welcome hand-made projects as prizes for Celebrate Life Day in June! Contact Andrea: [andrea.karl@supportconnection.org](mailto:andrea.karl@supportconnection.org) or 914-962-6402.

### BOOK CLUB

Open to people living with breast, ovarian and gynecological cancers. Pre-registration is required. To register, call Support Connection: 914-962-6402 or 800-532-4290.

**Date:** Thursday, June 16

**Time:** 7 - 9 pm

**Location:** NewYork-Presbyterian/Hudson Valley Hospital, Cortlandt Manor, NY

Join us at Book Club for conversation, company, & great books. In the words of two participants: Lynn: *"I love the camaraderie & spirited discussions."* Eileen: *"Book Club encourages me to read books I wouldn't necessarily choose."*

This session we'll discuss The Yarn Whisperer: My Unexpected Life in Knitting, by Clara Parkes. Reviewers Ann Shayne & Kay Gardiner say: *"In this collection of beautifully wrought essays, Clara explores the territory where knitting overlaps with a life well lived."* **Discussion leader:** Amy Curran Baker, author of Now What? Guide to Recovery After Mastectomy.

### WING NITE—FOR MEN ONLY

Open to men whose lives have been affected by a loved one going through breast, ovarian or gynecological cancer. RSVP required. To register, call Support Connection, 914-962-6402 or 800-532-4290.

**Date:** Wednesday, July 20

**Time:** 7 - 9 pm

**Location:** Murphy's Restaurant, Yorktown Heights, NY

This is an invitation from Support Connection to men whose lives have been affected by a loved one going through breast, ovarian or gynecological cancer. Come out and relax for a fun evening. Enjoy a night out with the guys. You'll find good company and good food. All free of charge! All you need to do is call us to let us know you're coming.

### COFFEE, COOKIES & CRAFTS: BEADING & PAPER CRAFTS FOR BEGINNERS

Open to people living with breast, ovarian and gynecological cancers. Pre-registration is required. To register, call Support Connection: 914-962-6402 or 800-532-4290. Space is limited, so register early.

**Date:** Tuesday, July 12

**Time:** 7 - 9 pm

**Location:** Support Connection office, Yorktown Heights, NY

Love of creativity and the desire to relax and re-focus are the only skills required. Have fun with two beautiful but simple crafts: beading and decoupage. We'll use sparkling beads to make keychains, and colorful paper to make lovely decorative items. Create keepsakes for yourself and/or gifts for others. A fun evening and a perfect way to unwind while spending quality time with others. Led by Jo Vasta, who makes gorgeous handcrafted gifts for our Celebrate Life Day.

### GET READY FOR SUMMER: HEALTHY COOKING & MINDFULNESS

Open to people living with breast, ovarian and gynecological cancers. Pre-registration required. To register, call Support Connection: 914-962-6402 or 800-532-4290. Space is limited, so register early.

**Date:** Saturday, June 11

**Time:** 10 am - 3 pm

**Location:** Hilltop Hanover Farm, Yorktown Heights, NY

Good health begins in YOUR kitchen! This interactive program will teach you to confidently prepare easy, tasty, healthy meals for you and your family. You'll go home with simple, delicious recipes full of real food from Mother Nature.

Topics will include: What makes a meal healthy • Foods and plant-based meals that give you energy • Shopping solutions and tips for clean eating • Stocking your kitchen • Microbiome and cultured food • Living a healthy lifestyle

This is a hands-on program. Prepare and enjoy a delicious healthy lunch along with fellow participants. Then, experience meditative peacefulness as Marlene Stager & Robin Perlmutter lead a mindfulness exercise & a relaxing activity.

### HEALTHY COOKING INSTRUCTORS:

**Sheila Emery Murphy** and **Karen Rigney** are Board Certified Holistic Health Coaches, trained at the Institute for Integrative Nutrition. **Sheila** also trained at the Dr. Sears Wellness Institute. Her focus is on making educated decisions about food, nutrition and diet to improve health and happiness. **Karen** is the founder of a private practice *Ready? Renew. Reward!*©. Her goal is to help people find their balance and discover what foods nourish their individual needs while they enhance their relationships, their career, their physical fitness and a calm spirit.

# SUPPORT GROUPS

All services are **FREE AND CONFIDENTIAL**.

For a complete month-by-month calendar visit [www.supportconnection.org](http://www.supportconnection.org).

**Registration is required for all groups and programs: 914-962-6402 or 800-532-4290**

*Support Groups are held once a month.*

*Groups are offered in Westchester, Putnam & Dutchess Counties, and by national toll-free teleconference.*

*All support groups are led by trained facilitators who are cancer survivors.*

**NOTE: At times, dates may differ due to holidays or other scheduling issues. Please call us with any questions.**

<p><b>Breast and Ovarian Cancer Support Groups</b> Open to women with breast, ovarian or gynecological cancer. We all know there are many common factors to any cancer diagnosis. Join other women who have also been diagnosed as we discuss all stages of diagnosis, treatment and post-treatment.</p>	<p>Vassar Brothers Medical Center, Poughkeepsie, NY 4th Thursday of each month - 7 pm No. West. Hospital @ Chappaqua Crossing, Chappaqua, NY 1st Wednesday of each month - 7 pm Support Connection office, Yorktown Heights, NY 1st Thursday of each month - 10 am East Fishkill Community Library, Hopewell Junction, NY 2nd Tuesday of each month - 10:15 am Putnam Hospital, Carmel, NY 3rd Wednesday of each month - 7 pm Support Connection office, Yorktown Heights, NY <b>(*NEW)</b> 4th Tuesday of each month - 7 pm</p>
<p><b>Young Women’s Breast and Ovarian Cancer Support Group</b> Open to women who have been diagnosed with breast, ovarian or gynecological cancer at a young age. Join other women who were also diagnosed at a young age as we discuss issues pertaining to all stages of diagnosis, treatment and post-treatment.</p>	<p>Support Connection office, Yorktown Heights, NY 2nd Wednesday of each month - 7 pm</p>
<p><b>Breast Cancer Support Groups</b> Open to women with breast cancer. Join other women who have also heard the words “you have breast cancer” as we discuss issues pertaining to all stages of diagnosis, treatment and post-treatment.</p>	<p>NewYork-Presbyterian/Hudson Valley Hospital, Cortlandt Manor, NY 3rd Monday of each month - 7 pm</p>
<p><b>Advanced Stage or Metastatic Cancer Support Group</b> Open to women with breast, ovarian or gynecological cancer. Join other women who are also living with a recurrent, advanced stage or metastatic cancer. Share information, resources and support.</p>	<p>Yorktown Heights, NY 3rd Friday of each month - 12:30 pm</p>
<p><b>National Toll-Free Telephone Group: Ovarian Cancer</b> Open to women with ovarian or gynecological cancer. Speak with other women <b>nationwide</b> from the comfort of your home. Discuss issues pertaining to all stages of diagnosis, treatment, and post-treatment.</p>	<p>Toll-Free Telephone 2nd Wednesday of each month, 8 pm (NY time) <i>For instructions to register for this <b>national</b> toll-free teleconference, please call Support Connection <b>IN ADVANCE</b> at 914-962-6402 or 800-532-4290.</i></p>
<p><b>National Toll-Free Telephone Group: Advanced Stage or Metastatic Breast Cancer</b> Open to women who are living with recurrent, advanced stage or metastatic breast cancer. Speak with other women <b>nationwide</b> from the comfort of your home. Share information, resources and support.</p>	<p>Toll-Free Telephone 1st Monday of each month, 8 pm (NY time) <i>For instructions to register for this <b>national</b> toll-free teleconference, please call Support Connection <b>IN ADVANCE</b> at 914-962-6402 or 800-532-4290.</i></p>



**We've Been There. We Care.**

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

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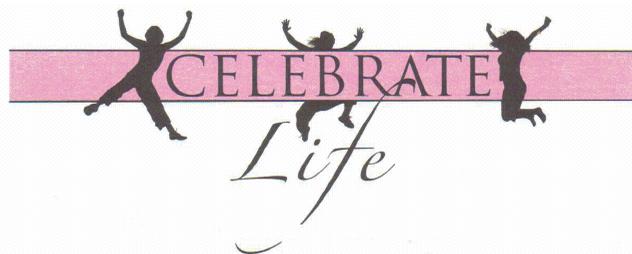
## PLEASE SAVE THE DATES

**Annual Golf Outing**  
Wednesday, June 15, 2016  
The Garrison Golf Club  
Garrison, NY

**Annual Support-A-Walk**  
Sunday, October 2, 2016  
FDR State Park  
Yorktown Heights, NY



*To learn more about our events,  
and to view photos, thank you's,  
and stories from past events,  
visit our website [www.supportconnection.org](http://www.supportconnection.org).*



**Join us for lunch as we celebrate  
cancer survivors and their loved ones.**

**Sunday, June 5, 2016  
12 noon - 3 pm  
Travelers Rest, Ossining, NY**

**Free for Cancer Survivors. \$35 for Guests  
Please RSVP by May 27, 2016  
914-962-6402 ~ 800-532-4290**