



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 2015

May, June, July, August

PROGRAM CALENDAR

YOGA: A PATH TOWARD WELLNESS

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

Date: Every Saturday (*check calendar for holidays)

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 with breath awareness to achieve a tranquil feeling. Doris, a regular participant, says: "Mia's knowledgeable, gentle approach brings a sense of peace and awareness that stays with me long after class is over." 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. Mia has been a yoga student and teacher for 20 years, and has taught classes for Support Connection for at least 10 years. She is certified by the American Viniyoga Institute as a yoga teacher and a yoga therapist. She is also a NYS licensed Physical Therapist. Mia's training enables her to assist each person with any physical, emotional and/or spiritual challenges she or he may be facing.

HEALTHY COOKING AND MINDFULNESS: A WELLNESS RETREAT

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

Date: Sat, May 16

Time: 10 am - 3 pm

Location: Hilltop Hanover Farm, Yorktown Heights, NY

Join us for a day of inspiration, mindfulness and culinary fun. First, learn to prepare easy, delicious and healthy food for you and your family. You'll be directly involved in hands-on food prep, then enjoy a delectable lunch and the good company of others. You'll receive lots of great tips as well as simple, tasty recipes full of real, whole food from Mother Nature.

After lunch, Support Connection Peer Counselors **Robin Perlmutter** and **Marlene Stager** will help you understand benefits of mindfulness. They'll offer simple, fun and practical techniques to help you live in the moment and manage the ebb and flow of a cancer diagnosis.

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 encouraging and guiding women in making important changes in their food choices, empowering them with the tools and inspiration to live a healthy, joyful life. **Karen** is the founder of a private practice *Ready? Renew. Reward!@*; her focus 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.

"Quiet the mind, and the soul will speak."

~Ma Jaya Sati Bhagavati

EDUCATIONAL FORUM: COMPLEMENTARY THERAPIES AND CANCER CARE

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

Date: Tuesday, May 19

Time: 6:30 - 8 pm

Location: Northern Westchester Hospital, Mt. Kisco, NY

Please join us for our 17th public educational forum presented jointly by Support Connection and Northern Westchester Hospital, where we will address the use of complementary therapies when dealing with breast, ovarian or gynecological cancer. "Complementary therapies" are healing practices and techniques that work in conjunction with traditional medicine. This program will provide an overview of the following modalities: Acupuncture, Meditation, Reiki, Reflexology, Therapeutic Massage, and Yoga. We will discuss how they may be beneficial to you, and how to identify qualified practitioners.

PRESENTERS:

Mia Azcue, CYT, E-RYT 500, RPT: A student and teacher of yoga for 20 years. Certified by the American Viniyoga Institute as a teacher and yoga therapist. Mia is also a NYS licensed Physical Therapist.

Alison Brates, LMT: A Massage Therapist, licensed by the National Board for Therapeutic Massage, in NY and CT. Alison is certified in elder massage, massage for people with cancer and life altering illness and for oncology patients in the hospital setting, and Manual Lymphatic Drainage.

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Marilyn Leroy-Sterling, RN, BSN, MS, NP-C: A Master's prepared Nurse Practitioner with 18 years of oncology experience. Marilyn also has training as an Integrative Health Coach. She is currently the Care Coordinator for the Health and Wellness Program at NWH's Cancer Treatment and Wellness Center.

Anne E. West, MS, RN, MSTOM, LAc: An advanced practice nurse in Holistic Nursing and a Licensed Acupuncturist and Certified Herbalist. Anne has training in numerous modalities. Her additional areas of expertise include Aromatherapy, Meditation, Reflexology and Reiki.

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.

Date: Wed., May 27, June 24, July 22, Aug. 26
Time: 6:30 - 8 pm
Location: Support Connection Office, Yorktown Heights, NY

What better way to spend an evening than in the company of fellow yarn lovers, intrigued by new stitches, textures and colors. Bring your projects and your desire to create warmth, spin the yarn and enjoy the camaraderie of a shared interest.

All are welcome: Experienced crafters and those who wish to learn. Our moderator Nancy Horsey is here to help you learn or to complete a forgotten project. If you need a project, we're still seeking prizes for Celebrate Life Day in June!

WATERCOLOR PAINTING MADE EASY!

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: Wed., July 15
Time: 6:30-8:30 pm
Location: Somers Public Library, Somers, NY

Being creative is a wonderful way to relax, enjoy yourself, and focus your attention on whatever you're creating. Watercolor painting is simple and fun - anyone can do it! In this workshop, you'll receive easy, step-by-step instructions and learn simple techniques, while creating a lovely watercolor painting you'll proudly take home to frame and hang. No art experience necessary. All materials are included.

INSTRUCTOR: An experienced instructor from The Arts Alive Art School, which has specialized in "step-by-step" instruction for beginner, teen and adult art students in NY and NJ since 1998.

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: Thurs., June 18
Time: 7 - 9 pm
Location: Cheryl R. Lindenbaum Comprehensive Cancer Center at NewYork-Presbyterian/Hudson Valley Hospital, Cortlandt Manor, NY

At this session of our Book Club, we will discuss The Book Thief, by Markus Zusak. According to John Green, NY Times Book Review: "...it's the kind of book that can be life-changing, because without ever denying the essential amorality and randomness of the natural order, The Book Thief offers us a believable hard-won hope...." Join us as we discuss this story of a young girl and the evolution of her newfound lust for books and the power of words in World War II Germany.

Our book club is led by **Amy Curran Baker**, author of Now What? Guide to Recovery After Mastectomy. We are always looking for good books to discuss. Please send suggestions to andrea.karl@supportconnection.org.

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. Call Support Connection, 914-962-6402 or 800-532-4290.

Date: Wed., July 22
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.

GRANTS UPDATE

The following grants have been awarded to Support Connection since our last newsletter. We are deeply grateful to these organizations for their support of our services and programs.

- Genentech:** \$2,500: Peer-to-Peer Program
- Genentech:** \$2,500: Breast and Ovarian Cancer Education and Support Newsletter
- Miles of Hope Breast Cancer Foundation:** \$15,000: Peer-to-Peer Program
- Novartis Oncology:** \$5,000: Breast and Ovarian Cancer Education and Support Newsletter
- NYS Dept. of Health:** \$3,225: Breast cancer support services
- Sole Ryders and Friends:** \$8,000: One-on-One Peer Counseling
- Tiffany's All At Once Foundation:** \$1,800: Tiffany's program services

SUPPORT GROUPS

All services are ***FREE AND CONFIDENTIAL***.

For a complete month-by-month calendar visit 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 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>Breast and Ovarian Cancer Support Groups 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 1st Tuesday of each month - 10 am 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</p>
<p>Young Women’s Breast and Ovarian Cancer Support Group 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>Breast Cancer Support Groups 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 Support Connection office, Yorktown Heights, NY 4th Tuesday of each month - 7 pm</p>
<p>Advanced Stage or Metastatic Cancer Support Group 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 Jewish Center, Yorktown Heights, NY 3rd Friday of each month - 12:30 pm</p>
<p>National Toll-Free Telephone Group: Ovarian Cancer Open to women with ovarian or gynecological cancer. Speak with other women nationwide 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 national toll-free teleconference, please call Support Connection IN ADVANCE at 914-962-6402 or 800-532-4290.</i></p>
<p>National Toll-Free Telephone Group: Advanced Stage or Metastatic Breast Cancer Open to women who are living with recurrent, advanced stage or metastatic breast cancer. Speak with other women nationwide 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 national toll-free teleconference, please call Support Connection IN ADVANCE at 914-962-6402 or 800-532-4290.</i></p>



We've Been There. We Care.

www.SupportConnection.org

STAFF

Katherine Quinn, Executive Director
Barbara Cervoni, Director, Services & Communication
Andrea Karl, Peer Counselor
Robin Perlmutter, Peer Counselor
Marlene Stager, Peer Counselor
Celeste Baccari, Communications & Special Project Coordinator

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

June 7, 2015

12 noon - 3 pm

Travelers Rest, Ossining, NY

Free for Cancer Survivors. \$35 for Guests

Please RSVP by May 29, 2015

914-962-6402 ~ 800-532-4290

SAVE THE DATES

Annual Golf Outing

Wednesday, June 17, 2015

The Garrison Golf Club

Garrison, NY

21st Annual Support-A-Walk

Sunday, October 4, 2015

FDR State Park

Yorktown Heights, NY