

Program Calendar

We've been there. We care.

Winter 2017

January, February, March, April

Pre-registration is required for all programs. Call us: 914-962-6402 or 800-532-4290

WEBINAR/TELECONFERENCE: THE ROAD FORWARD: NAVIGATING LIFE AFTER CANCER TREATMENTS

Open to people living with breast, ovarian and gynecological cancers.

Date: Tuesday, Feb 7

Time: 8 - 9 pm EST

Location: National Webinar or Toll-Free Teleconference

Finishing cancer treatments (surgery, chemo or radiation) is a milestone to be celebrated but can also bring anxiety, fear and uncertainty. It marks the start of adjusting to new physical and emotional changes. This program addresses how you can take charge and navigate this transition to cancer survivorship.

Topics to be covered include:

- *Recommendations for surveillance:* Which tests and exams do I need? Who do I need to follow up with?
- *Late and long term treatment effects:* Such as: lymphedema; cardiotoxicity; cognitive issues; bone health; pain.
- *Psychosocial issues:* Such as body image; depression or anxiety; fatigue. They are not all in your head!
- *Mind and body wellness:* The connections between the two.
- *Other concerns, such as:* Sexual health, fertility and menopause; your ongoing treatment plan for long term health and wellness through nutrition, physical fitness, etc.

SPEAKER: Mary Greco, MS, FNP-C: Mary is a certified nurse practitioner with 30 years' experience. 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. Mary currently serves as clinical coordinator for the Breast Institute at Northern Westchester Hospital.

WING NITE—FOR MEN ONLY

Open to men whose lives have been affected by a loved one going through breast, ovarian or gynecological cancer.

Date: Wednesdays, Jan. 18 and Apr. 19

Time: 7 - 9 pm

Location: Furci's Restaurant, Yorktown Heights, NY

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

CANASTA, COFFEE & CAMARADERIE

Open to people living with breast, ovarian and gynecological cancers.

Dates: Thursdays, Jan 19, Feb. 16, Mar. 16, Apr. 20

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 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.

MARGE'S KNITTING CIRCLE

Open to people living with breast, ovarian and gynecological cancers.

Dates: Thursdays, Jan. 26, Feb. 23, Mar. 23, Apr. 27

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 gladly help you learn, or complete a forgotten project. We also welcome handmade items as prizes for Celebrate Life Day in June! Contact Andrea: andrea.karl@supportconnection.org or 914-962-6402.

CREATIVE COLLAGES

Open to people living with breast, ovarian and gynecological cancers. Space is limited to 10 participants.

Dates: Thursday, April 13

Time: 6:15 - 8:15 pm

Location: East Fishkill Community Library, Hopewell Junction, NY

Being creative is a wonderful way to unwind, enjoy yourself, and focus your attention on whatever you're creating. In this workshop, you'll create your own exciting, visual narrative through collage. Enjoy the freedom of cutting, tearing, moving shapes around, gluing, and coloring to tell your own story. Led by an instructor from Mill Street Loft, a community-based, multi-arts educational center. www.millstreetloft.org.

Pre-Registration is required for all programs. Call us: 914-962-6402 or 800-532-4290

YOGA: A PATH TOWARD WELLNESS

Open to women with breast, ovarian or gynecological cancer.

Date: Every Saturday (check our online 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 with 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. 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."*

MEN'S NIGHT OUT: FOR MEN LIVING WITH LOSS

Open to men who have lost a loved one to breast, ovarian or gynecological cancer.

Date: Wednesday, February 15

Time: 7 - 9 pm

Location: Furci's Restaurant, Yorktown Heights, NY

This is an invitation to meet and connect with other men who have lost a loved one to breast, ovarian or gynecological cancer. Spend a casual night out with good company and good food. All you need to do is call us to let us know you're coming.

BOOK CLUB

Open to people living with breast, ovarian and gynecological cancers.

Date: Thursday, Feb. 23

Time: 7 - 9 pm

Location: NY-P/Hudson Valley Hospital, Cortlandt Manor, NY

There are journeys of all sorts and we all need support to get through them. In this session's book, Etched In Sand: A True Story of Five Siblings Who Survived an Unspeakable Childhood on Long Island, Regina Calcaterra shares how she and her homeless siblings managed to survive years of homelessness, abandonment, and abuse. A story of perseverance in the face of adversity.

In the author's words: *"...each of us needs others to help us move along. You can organize and push through chaos, but you can't do it alone..."* **Join us as we discuss the power of support.**

DISCUSSION LEADER: Amy Curran Baker, author of Now What? Guide to Recovery After Mastectomy. We are always looking for good book suggestions. Please send suggested titles to andrea.karl@supportconnection.org

INTIMACY AND SEXUALITY... AND CANCER? AN OPEN DISCUSSION

Open to people living with breast, ovarian and gynecological cancers.

Date: Thursday, March 30

Time: 7 - 8:30 pm

Location: Support Connection office, Yorktown Heights, NY

The diagnosis was given, the surgery and treatments are over... and yet the impact of cancer continues. Many of you have made it clear that sexuality and intimacy were greatly affected as a result of your cancer journey. No one prepares us for these changes, but they are real and part of all of our stories.

Each one of us is the expert on how cancer uniquely affected our sexuality and intimacy. This open discussion provides a venue to discuss your opinions and thoughts on this delicate subject with others who had similar experiences. Please join us as we share concerns, information and our ideas on how to cope. The discussion will be led by a Peer Counselor.

COFFEE, COOKIES, AND CRAFTS: COLOR WITH US! MANDALAS

Date: Wednesday, March 22

Time: 6:30 - 8pm

Location: Support Connection office, Yorktown Heights, NY

Open to people living with breast, ovarian and gynecological cancers. Space is limited to 10 participants.

Join us for an evening of relaxation, creativity and companionship. Coloring for adults has become all the rage. It's a great way to de-stress, find peace and tune out worries. A Mandala is a beautifully symmetrical design which many cultures use as a tool to facilitate wellness.

By combining the Zen of the Mandala and the child-like joy of coloring, we'll rediscover the joy of simplicity: Relaxing coloring, warm beverages, comfort cookies, and simply wonderful company. We'll supply the coloring materials and refreshments, while you enjoy each others company.

One-on-One Support and Information

When you're coping with breast or ovarian cancer, or if a loved one is affected, receiving knowledgeable, personalized support can make all the difference. We offer individual support and information through our **One-on-One Peer Counseling Program**.

Peer Counselors are members of our staff and are cancer survivors themselves. They listen to your individual needs & concerns. They can provide one-on-one support through any challenge a cancer diagnosis brings. This confidential service is free, unlimited, and available by phone, email or in person.

**Connect with a Peer Counselor:
914-962-6402 or 800-532-4290.**

<http://supportconnection.org/contact-us-for-support>

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 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>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>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 4th Tuesday of each month - 7 pm Vassar Brothers Medical Center, Poughkeepsie, NY 4th Thursday 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</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>Support Connection office, 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>



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PLEASE SAVE THE DATES

Spring Benefit
Friday, April 7, 2017
Villa Barone Hilltop Manor, Mahopac, NY

Celebrate Life Day
Sunday, June 4, 2017
Travelers Rest, Ossining, NY

Annual Golf Outing
Wednesday, June 14, 2017
Garrison Country Club, Garrison, NY

Annual Support-A-Walk
Sunday, October 1, 2017
FDR State Park, Yorktown Heights, NY

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*To learn more about our events,
and to view photos, thank you's,
and stories from past events,
visit our website www.supportconnection.org.*

IT'S NOT TOO LATE!

Please consider making a year-end gift that will enable Support Connection to continue helping women with breast and ovarian cancer.

All donations are tax-deductible to the extent allowed by law.

Mail checks payable to:

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

Or, donate online at
www.supportconnection.org.

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Your Donations at Work.....

"The support group meetings and the wonderful women I've met have helped me, and continue to help me, so much."
Samantha, a breast cancer survivor