

# Program Calendar

We've been there. We care.

Summer 2017

May, June, July, August

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

## EDUCATIONAL FORUM: HORMONAL THERAPIES FOR BREAST CANCER

Open to the public.

**Date: Tuesday, May 16**

**Time: 6:30 - 8 pm**

**Location: Northern Westchester Hospital, Mt. Kisco, NY**

This is the 20<sup>th</sup> public educational forum presented jointly by Support Connection and Northern Westchester Hospital.

Hormonal therapy is commonly used to treat breast cancer that is estrogen-receptor positive. Examples include *Tamoxifen (Nolvadex)*, *Arimidex (Anastrozole)*, *Aromasin (Exemestane)*, *Femara (Letrozole)*, etc. Hormonal therapy may be used at different points in a treatment plan and to treat various stages of breast cancer.

This program will address questions many women have when considering or taking these medications, such as: *What are the different hormonal therapy options?* • *What is the latest research?* • *What are some of the side effects and how can I best manage them?* • *I'm confused about possible changes in the recommendations: Should I continue treatment for 5 years... 10 years... forever?* There will be opportunity for discussion, so please bring your questions.

**SPEAKER: Dr. Julie M. Gold, MD:** Dr. Gold is Director of Women's Oncology, Mount Sinai Health System at CareMount Medical. She received her medical degree from Weill Medical College of Cornell University & completed her internship & residency at New York Presbyterian Hospital-Cornell Campus. She completed a fellowship in Hematology & Medical Oncology at Dana Farber Cancer Institute, Brigham & Women's Hospital, Massachusetts General Hospital. Dr Gold is board certified in Medical Oncology, Hematology & Internal Medicine.

## MARGE'S KNITTING CIRCLE

Open to people living with breast, ovarian and gynecological cancers

**Dates: Thursdays, May 25, June 22, July 27, Aug. 24**

**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 handmade projects as prizes for Celebrate Life Day in June! Contact Andrea: 914-962-6402 or [andrea.karl@supportconnection.org](mailto:andrea.karl@supportconnection.org).

## CANASTA, COFFEE & CAMARADERIE

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

**Dates: Thursdays, May 18, June 15, July 20, Aug. 17**

**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 with one another. 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.

## YOGA: A PATH TOWARD WELLNESS

Open to people living with breast, ovarian and gynecological cancers

**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."*

## WING NITE—FOR MEN ONLY

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

**Date: Wednesday, June 21**

**Time: 7 - 9 pm**

**Location: Yorktown Heights, NY**

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

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

## COOKING & GARDENING: A SUMMER RETREAT TO NOURISH BODY AND SOUL

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

**Date: Saturday, June 10**

**Time: 10 am – 3 pm**

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

This hands-on interactive program begins with a morning of wholesome cooking. After enjoying a delicious meal with good company, participants will take part in a workshop on container gardening, a healthy and relaxing activity.

**PART ONE: THE CARING KITCHEN-NOURISHING CHOICES FOR BODY AND SOUL.** Restore health in your kitchen. Learn enjoyable and delicious ways to simplify the creation of whole food, nutrient dense meals. Discover the power of plant based cooking and nourishing your gut flora to heal and regain your energy.

While cooking together, participants will learn about:

- *Healthy Meals Home Cooking:* What to include and what to leave out.
- *Energy Foods and Plant Protein:* Keeping your body clean and protected.
- *Shopping and Stocking your Kitchen:* Kitchen tools and pantry staples.
- *Cultured Foods and a Balanced Gut:* Find out how good bacteria can help us.
- *Lifestyle:* How we move, think and talk to ourselves.

**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. She helps families raise awareness about food and lifestyle choices, provides grocery shopping tips and practical solutions for making healthy meals families will love. **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.

**PART TWO: GETTING GROUNDED WITH CONTAINER GARDENING.** Taught by a Hilltop Hanover Farmer. Explore the essentials of vegetable container gardening through demonstrations, visuals and lecture. Learn about soil and seed selection; sustainable gardening methods; tips and tricks for growing a successful container garden.



## COFFEE, COOKIES, AND CRAFTS: PRETTY PENDANTS

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

**Date: Tuesday, July 11**

**Time: 6:30 - 8pm**

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

Join us for an evening of relaxation, crafting and good company. In this session of our “Coffee, Cookies, and Crafts” series, **Geri Moran** will lead an evening of creativity and companionship. Using Scrabble tiles, images and beads, make personalized pendants to use as a necklace or purse fob. In a few easy steps, take home something for yourself or as a gift. NO experience needed. All materials supplied. Geri has been making and selling her original hand crafted items for years, including her lovely “Wish & Worry Angels” that she makes especially for Support Connection.

## BOOK CLUB

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

**Date: Thursday, June 22**

**Time: 7 - 9pm**

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

At this session of our Book Club we’ll discuss *The Nightingale* by Kristin Hannah: “If I have learned anything in this long life of mine, it is this: In love we find out who we want to be; in war we find out who we are.” Those intriguing words open this story of two sisters plunged into WW II German-occupied France.

According to Publisher’s Weekly: “The author ably depicts war’s horrors through the eyes of these two women, whose strength of character shines through no matter what their differences.” There are many battles in life. **Join us as we discuss the strength of character that gets us through them all.**

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](mailto:andrea.karl@supportconnection.org)

## MEN’S NIGHT OUT: FOR MEN LIVING WITH LOSS

Open to men who have lost a spouse or partner to breast, ovarian or gynecological cancer.

**Dates: Wednesday, July 19**

**Time: 7 - 9 pm**

**Location: Yorktown Heights, NY**

This is an invitation from Support Connection to meet and connect with other men who have lost a spouse or partner to breast, ovarian or gynecological cancer. Spend a casual night out with good company and good food at a local restaurant. All you need to do is call us to let us know you’re coming.

# 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><b>No. West. Hospital @ Chappaqua Crossing, Chappaqua, NY</b> 1st Wednesday of each month - 7 pm <b>Support Connection office, Yorktown Heights, NY</b> 1st Thursday of each month - 10 am <b>East Fishkill Community Library, Hopewell Junction, NY</b> 2nd Tuesday of each month - 10:15 am <b>Putnam Hospital, Carmel, NY</b> 3rd Wednesday of each month - 7 pm <b>Support Connection office, Yorktown Heights, NY</b> 4th Tuesday of each month - 7 pm <b>Vassar Brothers Medical Center, Poughkeepsie, NY</b> 4th Thursday 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><b>Support Connection office, Yorktown Heights, NY</b> 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><b>NewYork-Presbyterian Hudson Valley Hospital, Cortlandt Manor, NY</b> 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><b>Support Connection office, Yorktown Heights, NY</b> 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><b>Toll-Free Telephone</b> 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><b>Toll-Free Telephone</b> 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>

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**PLEASE SAVE THE DATES**

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

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**Your Donations at Work.....**

*"I can't thank all of the staff at Support Connection enough for all the caring, kindness and comfort they've given me over these past 4+ years. They're always there for me."*

Julie, an ovarian cancer survivor



**Support Connection's  
Annual Celebrate Life Day**  
*Honoring Nancy Heller for her continual inspiration*

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

**Sunday, June 4, 2017  
12 noon - 3 pm  
Travelers Rest, Ossining, NY  
Free for Cancer Survivors. \$35 for Guests**

**Space is limited**  
**Please RSVP by May 26, 2017**  
**914-962-6402 ~ 800-532-4290**