

## INTRODUCING OUR 2016 SUPPORT-A-WALK AMBASSADORS

### Jane Crossley and Dottie McHugh

Our Support-A-Walk Ambassadors are cancer survivors who represent the spirit and purpose of the Support-A-Walk. Please meet our 2016 Walk Ambassadors! Their stories offer hope, strength and inspiration.



**Jane Crossley's Story:** Jane learned she had ovarian cancer in February 2012 after months of confusing and painful symptoms. What followed was a difficult course of treatment. Her wife Valerie was by her side throughout, but it was challenging. So they reached out to their neighbor, a Support Connection Peer Counselor: *"What she shared was so uplifting and courageous. She helped us understand the fear of it all and gave us such hope."*

Jane also spoke to another Peer Counselor: *"We spoke for over an hour. I had started losing my hair... I could talk to her about it. She understood because she'd gone through it too. She listened to all of my rantings and ravings, and told me how it had been for her. It was so helpful."* Jane benefited from other Support Connection programs as well, like yoga, and a webinar on ovarian cancer.

Jane attended her 1st Support-A-Walk that same year: *"I'm so glad I went. I felt overwhelmed with love. I felt so connected and normal, being with so many people who'd been through what I'd been through. I felt empowered and at peace."* Jane now walks every year: *"You see how many people are there for the same reasons and you see so clearly that you're not alone.... It's very powerful."*



The importance of donating and raising funds for the Walk is clear to Jane: *"Support Connection is unique. It provides constant, invaluable support, in so many ways, all for free. Their team works tirelessly to ensure that those who need comfort, encouragement and advice receive it with the deepest compassion and understanding. They need our support to continue doing this."*



**Dottie McHugh's Story:** Dottie learned she had breast cancer in January 2005. She was 38 years old and had two young children. Dottie's husband Jim and their large extended family were there for her, but it was overwhelming. So, she decided to reach out to Support Connection.

She joined our Young Women's Support Group. It became a lifeline: *"You want to live your life as normally as possible. I could share my experiences and raw emotions with other women who'd been there. I felt empowered, and privileged to hear their stories. It gave me knowledge about what was ahead."*

Dottie attended group for several years and relied on Support Connection in other ways too: *"The staff is amazing. I never met anyone who didn't have a smile on their face or a reassuring word. They help you through things you wouldn't even think about... huge things that make a difference."*

Since 2005, Dottie has been at every Support-A-Walk along with her husband, children, siblings, in-laws, nieces and nephews, and neighbors. They raise funds for their Team, "Ann's Avengers," named in honor of her beloved mother-in-law, who died of breast cancer six months before Dottie's diagnosis.



Dottie says: *Raising funds or donating to the Support-A-Walk is a wonderful gift to all the women and families struggling with breast or ovarian cancer who will benefit from the many wonderful services Support Connection can provide them through generous donations."*



## The Support-A-Walk:

### You Can Help, No Matter Where You Are!

The Walk is NOT just a day in October. It's our most important annual fundraiser which helps sustain our free programs *all year long*. Remember: We do NOT receive funds from Relay for Life, the Avon Walk, Making Strides, Susan G. Komen, or any other national cancer organizations.

*Even if you can't join us on October 2.... whether you live near or far.... you can make a difference! Here are some ideas:*

- **Start an online fundraising page:** It's an easy way to ask others to donate. To get started, visit [www.firstgiving.com/supportconnection/walk2016](http://www.firstgiving.com/supportconnection/walk2016).
- **Collect cash or check donations from others:** You don't have to be online to fundraise!
- **Form a team:** Family and friends can join your team even if they can't be at the Walk. They can seek donations and spread the word.
- **Hold a fun event:** Tag sales, lemonade stands, car washes, parties... there are so many ways to raise money for the Walk.
- **Make a donation:** Donate online, or call us to donate by phone. We also welcome checks and cash.

## Director's Corner

*By Katherine Quinn, Executive Director*

Where does time go? My dear dad always advised me to make the most of every minute, so as time flies, there will be no regrets. We can spend time focusing on cherished memories held close to your heart. So true. I can't believe 20 years have gone by since Support Connection was established. Sept. 10, 1996 seems like yesterday. I opened Support Connection's one room office in Yorktown Heights that day. It was the beginning of a journey that has been life changing for me and the many people who are passionate about or have been touched by our organization.

For over a year before we opened, I joined a group of dedicated volunteers, inspired by Rich Adamski and Nancy Heller, to help put Support Connection on the map. Nancy and Rich had the dream to offer free, personalized breast and ovarian cancer support to people impacted by these diseases. They wanted it to be different. They wanted people dealing with cancer to talk to others who had walked in the same shoes. I was overwhelmed with joy and fear when I was asked to be the first staff member. I am so proud to say I helped turn Nancy and Rich's dream into a reality, and, twenty years and thousands of people later, our mission remains the same.

While we've grown throughout the years, from two support groups to now offering many programs and services, and speaking with people nationwide, the core of what we do remains the same. When a person dealing with breast or ovarian cancer picks up the phone, e-mails or walks in, that person is our focus. Our dedicated Peer Counselors give whatever time it takes to offer support, information and an anchor during a difficult time. They know what it is like to have cancer. Their empathy, knowledge and guidance is a gift to those blessed to meet them. I marvel at the dedication of these women and am so grateful for our staff, board and volunteers, that care so much.

As we approach another Support-A-Walk on Sunday, Oct. 2, 2016, I invite you to be part of this incredible event. You have the power to change your own life. By joining us, you will make a great difference in the life of someone dealing with cancer. Even if you can't attend the Walk, you can raise funds or donate. Every donation is put to work year round to make sure a person with breast or ovarian cancer and their family and friends have a place to turn. We still remain one of the only organizations in the country dedicated to offering free, personalized, peer support. While many national organizations refer people to us, they never offer us any money to fund these critical services. I know, with your help, we will always be there for the people who need us. Information about our services and the Walk is included in this newsletter and on our website, [www.supportconnection.org](http://www.supportconnection.org).

As we begin our twenty-first year, I pay tribute to the memories of my dear friend, Isabel, who is the reason I helped establish Support Connection, and Maria Jennings, who helped build our peer counseling program. Thank you to Nancy and Rich, for dreaming boldly and to my family and friends, always willing to help. To all those who rely on us, we are here for you. To those who are no longer with us, we help others in your honor. Last, but certainly not least, thank you to our sponsors and donors who are there with us, helping us touch so many lives.

With warm regards and gratitude,



Kathy, Rich and Nancy

# ANNUAL SUPPORT CONNECTION GOLF OUTING

It was a beautiful sunny day on Wednesday, June 15, 2016 when 103 golfers, the largest number ever, enjoyed a day of golf and fundraising at The Garrison Golf Club. The event raised over \$25000 which will be used to fund Support Connection's free breast and ovarian cancer support services.



Lou Giordano

**Thanks to:** Our host, Club Fit; our Business Partner Sponsors, Merrill Lynch-the Gorman Group and Merrill Lynch Bank of America; and all other sponsors, donors and golfers who helped make the day a great success! **Special gratitude to:** Marisa Giuliano, Anna Maroselli, Sandra Read, Bella Chin, Valerie Peyronnet, the golf committee and the volunteers who worked so hard to create an enjoyable day for all. Our volunteer photographers Diane Quinn and Francesca Vasta did a great job capturing the spirit of the day. **Thanks also to:** Bridget Bell, Joe Spivak, Tara, Dan, and the staff at The Garrison for being so welcoming and providing delicious food.



Michael Gorman foursome

A highlight of the event was presenting this year's Humanitarian Award to Lou Giordano of Croton Auto Park, a longtime Support Connection donor and supporter. Lou has been a sponsor of Support Connection events for more than 15 years.

Lou explains why he's happy to lend his support: *"I've always believed in supporting the community and charities that do great things. It's important to me to know the people involved with Support Connection are invested in the community and are putting my donation dollars to good use. I've known Kathy Quinn for many years and I know how many people Support Connection has helped over the past 20 years."*

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## CELEBRATING LIFE!



Alicia Love, Rebecca Phillippo and Colleen Griffiths

Support Connection's Annual Celebrate Life Day took place on June 7 at Travelers Rest in Ossining, NY. Close to ninety cancer survivors, along with many caregivers, friends and family, gathered for lunch while we celebrated life together. Held each year in June, this wonderful event is filled with gratitude, inspiration and friendship. It's an opportunity to honor people whose lives have been touched by cancer and pay tribute to those who supported them on their journey.

Support Connection would like to thank Wells Fargo Advisors, LLC, White Plains Branch for sponsoring the event, as well as Travelers Rest and their staff for their wonderful hospitality. We are also grateful to everyone who helped to make this a special day. So many people contributed to the day, in so many ways: providing incredible hand-made items, entertaining our guests, volunteering to make the day a success. The day was made complete by the inspirational words of our speakers, Nancy Heller and Rebecca Phillippo. We are grateful to all who participated!

## 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: Breast and Ovarian Cancer Education and Support Newsletter
- EILEEN FISHER:** \$1,000: Comprehensive Care and Well-Being Program for Women with Breast and Ovarian Cancer
- JACK DEVITO FOUNDATION:** \$2,500: General operating support
- MBIA FOUNDATION:** \$7,500: Peer-to-Peer Counseling Program
- MILES OF HOPE BREAST CANCER FOUNDATION:** \$15,000: Breast Cancer Peer-to-Peer Program
- MORPHOTEK:** \$5,000: Educational support for ovarian cancer patients, survivors and family members
- NOVARTIS ONCOLOGY:** \$3,000: Breast and Ovarian Cancer Education and Support Newsletter
- NYS DEPT. OF HEALTH:** \$11,287.50: Breast Cancer support services
- PFIZER:** \$2,500: Educational Support for Breast Cancer Patients
- SOUL RYEDERS:** \$13,000: One-on-One Peer Counseling
- TIFFANY'S ALL AT ONCE FOUNDATION:** \$600: Payment for Tiffany's program services
- THOMAS AND AGNES CARVEL FOUNDATION:** \$5,000: General operating support
- UTC AEROSPACE SYSTEM HELPING HANDS FUND:** \$2,000: General operating support
- WELLS FARGO FOUNDATION/WELLS FARGO ADVISORS:** \$1,000: 2016 Celebrate Life Day

# 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 nationwide 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 national 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 nationwide 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 national toll-free teleconference, please call Support Connection <b>IN ADVANCE</b> at 914-962-6402 or 800-532-4290.</i></p>

## UPCOMING PROGRAMS

### 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 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:**

**Sept. 12, Oct. 24, Nov. 21**

**Wednesday Afternoons: 4 - 4:45 pm**

**Sept. 28, Oct. 12, Nov. 9**

**Location: North County Trail, Yorktown Heights, NY**

Enjoy a leisurely walk along the scenic North County Trail. Grab your sneakers and embrace a fun and 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. We kindly ask

that participants do not bring pets.

Please obtain your doctor's approval before participating in any wellness program.



### CANASTA, COFFEE & CAMARADERIE

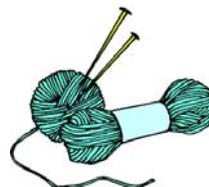
Open to people living with breast, ovarian and gynecological cancers. Pre-registration is required. Call Support Connection: 914-962-6402 or 800-532-4290.

**Dates: Thursdays; Sept. 15, Oct. 20, Nov. 17, Dec. 15**

**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.



### MARGE'S KNITTING CIRCLE

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, Sept. 22, Oct 27, Nov. 17, Dec. 22**

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

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

What better way to spend an afternoon than in the company of fellow yarn lovers, intrigued by new stitches, textures and colors. Bring your desire to create warmth, spin the yarn and enjoy the camaraderie of a shared interest, with others who have also heard the words "you have cancer." All are welcome: Experienced crafters who wish to start or complete a project, and those who'd like to learn the basics of knitting or crocheting.

***There are no strangers here; Only friends you haven't yet met.***

***William Butler Yeats***

## UPCOMING PROGRAMS

### CLINICAL TRIALS AND OVARIAN CANCER: A NATIONAL WEBINAR/TELECONFERENCE:

Open to women **nationwide** who are living with ovarian cancer. Pre-registration is required. To register, call Support Connection: 914-962-6402 or 800-532-4290.

**Date: Thursday, September 15**

**Time: 8 - 9pm (NY time)**

**Location: Webinar or Toll-Free Teleconference**

Join us for this informative program about clinical trials and ovarian cancer. Following the presentation there will be a Q & A period.

#### Topics to be covered include:

Myths and realities: what exactly are clinical trials • When to consider clinical trials • How to find clinical trials you're eligible for • How to approach your doctor about participating in a clinical trial regardless of where the trial is being conducted • Targeted therapies • The role of genetics • What's on the horizon.

**SPEAKER: Stephanie Blank, MD.** Dr. Blank is a Gynecologic Oncologist at the NYU Clinical Cancer Center, and a Principal Investigator in numerous cancer research studies. Her research interests include targeted therapeutics and novel agents, fertility preservation in women with cancer, and cancer screening and prevention, with a focus on translational studies.

Dr. Blank completed her residency in Obstetrics and Gynecology at The New York Hospital-Cornell Medical Center and her fellowship in Gynecologic Oncology at the University of Pennsylvania Medical Center. She is an Associate Professor in Obstetrics and Gynecology in the Division of Gynecologic Oncology at the NYU School of Medicine, where she also serves as Gynecologic Oncology Fellowship Director, and Associate Division Director of Gynecologic Oncology. Dr. Blank is a full member of the Society of Gynecologic Oncologists and the American Society of Clinical Oncology.

### NUTRITION FOR BREAST AND OVARIAN CANCER CARE: A NATIONAL WEBINAR/TELECONFERENCE:

Open to women **nationwide** who are living with breast, ovarian and gynecological cancers. Pre-registration required. Call Support Connection: 914-962-6402 or 800-532-4290.

**Date: Wed., Oct. 26**

**Time: 8-9 pm (NY time)**

**Location: Webinar or Toll-Free Teleconference**

This program will address the following topics:

- **What to eat at various phases of treatment to enhance health:** Managing side effects during active treatment • Nutrition after treatment, caring for the rest of you • Common nutritional deficiencies
- **Facts & Myths: What is the science behind:** Sugar: Does sugar feed cancer? • Alkaline diets: Am I too acidic? • Must I juice and/or cleanse? • Specific diet approaches such as: Vegan, Paleo, Gluten Free
- **Supplements:** What role if any do supplements play? Should I take a multivitamin? • Which supplements are helpful? • Can they do harm?

**SPEAKER: Francine Blinten, MS, CCN, CNS.** Francine Blinten is a Clinical Nutritionist who has worked extensively with patients through all phases of cancer diagnosis, treatment and post-treatment. She holds an MS from the Nutrition Institute at Bridgeport University, and is board certified by the International and American Association of Clinical Nutritionists and the Certification Board of Nutrition Specialists.

For 5 years, Francine was on staff at the Boyd Center for Integrative Health, led by Dr. Barry Boyd, a leading oncologist in Greenwich, CT. She helped patients use diet and lifestyle to minimize treatment side effects and reduce risk of recurrence. Since 2012 she has been a consulting nutritionist for the Connecticut Mental Health Center, a partnership between Yale University School of Medicine and the State of Connecticut. Francine also works with cancer patients in her private practice, monitoring metabolic biomarkers to avoid secondary illness and late effects of cancer treatment. In addition, she assists clients with disease prevention, weight management and food allergies or sensitivities.

## UPCOMING PROGRAMS

### 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., October 19**

**Time: 7 - 9 pm**

**Location: Furci'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.

### LET'S TALK HORMONAL THERAPIES: AN OPEN DISCUSSION

Open to people living with breast, ovarian or gynecological cancer, who have taken or are taking hormonal therapy for estrogen receptor positive cancer. Pre-registration is required. Call Support Connection: 914-962-6402 or 800-532-4290.

**Date: Tues., Nov. 1**

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

**Location: East Fishkill Public Library, Hopewell Junction, NY**

Are you taking an *estrogen blocker*, such as: Tamoxifen, Evista (Raloxifene) or Fareston (Toremifene)? Or, has your doctor prescribed an *aromatase inhibitor*, such as: Arimidex (Anastrozole), Aromasin (Exemestane) or Femara (Letrozole)? Have you taken any of these therapies in the past? Despite proven medical benefits, are you experiencing side-effects that undermine your confidence and quality of life? **You are not alone.**

This program will provide an opportunity to share your opinions, thoughts and experiences with others who know how it feels. This is not an educational forum on hormonal therapies; there will be no medical professional speaking about the science, benefits or protocols. It is an open discussion on a topic many have shown interest in. It is a chance to share coping tips, information and support with other women as you navigate the challenges related to taking these drugs.

### BOOK CLUB

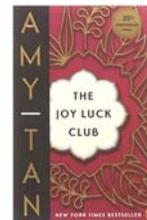
Open to people living with breast, ovarian and gynecological cancers. Pre-registration is required. Call Support Connection: 914-962-6402 or 800-532-4290.

**Date: Thursday, October 27**

**Time: 7 - 9pm**

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

This session we will discuss The Joy Luck Club by Amy Tan: *"Intensely poetic, startlingly imaginative and moving, this remarkable book will speak to many women, mothers and grown daughters, about the persistent tensions and powerful bonds between generations and cultures..."* Publishers Weekly.



Join us as we travel back to 1949 San Francisco and into the lives and cultural differences of four immigrant Chinese women raising four daughters in America. Discussion leader: Amy Curran Baker, author of Now What? Guide to Recovery After Mastectomy. We are always looking for a good **book suggestion**. Please send suggested titles to [andrea.karl@supportconnection.org](mailto:andrea.karl@supportconnection.org)

### COFFEE, COOKIES AND CRAFTS: Joyful Jars

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

**Date: Wednesday, November 30**

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

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

Join us for another "crafty" evening filled with relaxation, fun, and creativity. In this workshop, you'll spend quality time socializing with others while making your own inspirational mason jar. Create a beautiful and thoughtful jar that will bring joy to you, a loved one, or both! We'll supply refreshments and materials. It's sure to be a festive evening and perfect way to slow down and enjoy the moment during the holiday season.

Led by Diane Quinn, a licensed creative arts therapist with a strong belief that all people, regardless of their challenges, can find joy and meaning in their life. She enjoys utilizing her art therapy training to help people explore and find beauty to enrich their lives and assist them on their journeys.



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**SAVE THE DATE**

TO DONATE OR TO  
LEARN MORE ABOUT THE WALK:

[www.supportconnection.org](http://www.supportconnection.org)  
914-962-6402 • [walk@supportconnection.org](mailto:walk@supportconnection.org)

**MAKE A DIFFERENCE**

Join your community in raising funds for Support Connection's free breast and ovarian cancer support services.

Help insure that no one has to face breast and ovarian cancer alone.

Support or pay tribute to loved ones.

**CAN'T COME TO THE WALK? YOU CAN STILL PARTICIPATE!**

Make a donation (online, cash or check) • Create an online fundraising page  
Collect donations from others • Plan a fundraising event