

Program Calendar

We've been there. We care.

Winter 2020

January, February, March, April

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

YOGA: A PATH TOWARD WELLNESS

Open to people who have or have had breast, ovarian or gynecological cancer.

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, has been 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."*

TAI CHI

Open to people who have or have had breast, ovarian or gynecological cancer.

Dates: Every Wednesday, starting Jan. 15. (*check our calendar for exceptions)
Time: 10:30 - 11:30 am
Location: Albert A. Cappellini Community & Cultural Center, Yorktown Heights, NY

The basic principle of Tai Chi is to cultivate what the Chinese allude to as the 3 treasures: mind, body, spirit. The practice includes a series of exercises called Silk Reeling (slow, repetitive, meditative movements) followed by form practice. Benefits include improved balance, strength and flexibility and a sense of well-being.

In this class a basic beginners form will be taught. Learn to focus the mind while working on the principles of posture and motion. The goal is to help each student understand the mind-body relationship so they can continue to grow with the forms they have learned long after class ends.

INSTRUCTOR: Alan Bandes has practiced Tai Chi for over 40 years and has taught for 9 years. His approach is to help each student achieve success within their unique capabilities.

MAHJONG, COFFEE AND CAMARADERIE

Open to people who have or have had breast, ovarian or gynecological cancer.

Dates: Thursdays, January 16, February 20, March 19, April 16
Time: 10 - 11:30 am
Location: Support Connection office, Yorktown Heights, NY

All are welcome! Those who'd like to learn mahjong, as well as experienced players. *Mahjong* is an ancient game enjoyed by many fans over many centuries. *Camaraderie* is a mutual trust and friendship among people who spend time together. Combined, they make a perfect match! Join us for a morning of mahjong, companionship and coffee. Enjoy time spent with others who are also living with cancer. Light refreshments provided.

MARGE'S KNITTING CIRCLE

Open to people who have or have had breast, ovarian or gynecological cancer.

Dates: Thursdays, Jan. 23, Feb. 27, Mar. 26, April 23
Time: 2 - 3:30 pm
Location: Support Connection office, Yorktown Heights, NY

All are welcome at our circle: Experienced crafters as well as those who'd like to learn the basics of knitting or crocheting. Our moderator can help you learn or complete a forgotten project. Enjoy the beauty of new stitches, the textures and colors of yarn, and the camaraderie of a shared interest while spending time with other women who've also heard the words "you have cancer."

Also: We welcome handmade items as prizes for Celebrate Life Day in June! Contact Andrea: 914-962-6402 or andrea.karl@supportconnection.org.

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, January 22
Time: 7 - 9 pm
Location: Local area restaurant

An invitation to men whose lives have been affected by a spouse or partner going through breast, ovarian or gynecological cancer. Relax & 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 tell us you're coming.

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

BOOK CLUB - FEBRUARY & APRIL

Open to people who have or have had breast, ovarian or gynecological cancer.

Time: 7 - 9 pm

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

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

Thursday, February 27

Book selection: The Girl With the Dragon Tattoo, Stieg Larsson

Set in Sweden, this tale brings together a down-on-his-luck financial journalist magazine owner, an angry punk computer hacker, and a wealthy octogenarian who wants a death investigated 40 years later. Maureen Corrigan of NPR's Fresh Air, calls it "... A super-smart amalgam of the corporate corruption tale, legal thriller and dysfunctional-family psychological suspense story.."

Thursday, April 23

Book selection: The Tattooist of Auschwitz, Heather Morris

Based on the real life story of two Slovakian Jews who were deported to Auschwitz in the spring of 1942 and survived: *"There are few things more unsettling than seeing a number tattooed on the inside of an elderly person's wrist. No words need to be spoken, because so much is immediately understood.... The Tattooist of Auschwitz is the fictionalized version of the true story of such a survivor."* Timothy Niedermann

ABSTRACT PAINTING FOR BEGINNERS

Open to people who have or have had breast, ovarian or gynecological cancer

Date: Monday, April 6

Time: 6:30 - 8:30pm

Location: The Art Effect, Poughkeepsie, NY

Relax, unwind and enjoy yourself while creating your own abstract painting. Find inspiration as you view works by various abstract artists. Experience how art does not have to look like life. Experiment with colors and learn how to transform abstract brush strokes into purposeful looking marks. **No experience or skill needed!** The instructor from *The Art Effect* (a community-based, multi-arts educational center) will guide you through the creative process in an inclusive, relaxing manner.

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.

Date: Wednesday, March 25

Time: 7 - 9 pm

Location: Local area restaurant

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.

WEBINAR: NUTRITION FOR PEOPLE WITH BREAST AND OVARIAN CANCER

Open to people who have or have had breast, ovarian or gynecological cancer.

Date: Monday, February 24

Time: 8 - 9 pm (EST)

Location: Webinar or toll-free teleconference

This program will cover the following topics pertaining to nutrition and cancer care:

- Eating well through cancer treatment
- Strategies for managing side-effects
- Nutrition for post treatment
- How to navigate current nutrition trends in cancer care.

Q & A following the presentation. The program will be moderated by a Support Connection Peer Counselor.

SPEAKER: Vicki Barber RDN, CSO, is a Registered Dietitian Nutritionist with board certification in oncology nutrition. Having worked with oncology patients since 1998, Ms. Barber currently works full time with patients receiving chemotherapy, radiation and surgical intervention, as well as wellness and palliative care, at Praxair Cancer Center, Danbury Hospital, Danbury, CT. She also works per diem at Regional Hospice of Western Connecticut, and has conducted research and made presentations to other professionals on oncology nutrition.

10 YEARS OR MORE POST-DIAGNOSIS: AN OPEN DISCUSSION

Open to people who were diagnosed with breast, ovarian or gynecological cancer 10 or more years ago.

Dates: Tuesday, March 10

Time: 6:30 - 8:30 pm

Location: Support Connection office, Yorktown Heights, NY

Do you have short-term side effects that have become long-term? Are you confused or just have questions about changes in treatment recommendations and follow-up protocol since you were diagnosed? Do you find yourself asking what doctors you should still be seeing and why? Do you wonder who is actually watching the ship?

YOU ARE NOT ALONE in any of this. Many of you call with questions regarding long-term survivorship follow up. This open discussion provides a venue to connect and talk openly with other women who have the same questions as you.

This is not an educational forum but rather a discussion group, led by a Peer Counselor, where concerns and information can be exchanged.

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.

Breast and Ovarian Cancer Support Groups

Open to women who have or have had 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.

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

Soul Ryeders office, Rye, NY

4th Wednesday of each month - 7 pm

Vassar Brothers Medical Center, Poughkeepsie, NY

4th Thursday of each month - 7 pm

Young Women's Breast and Ovarian Cancer Support Group

Open to women who were 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.

Support Connection office, Yorktown Heights, NY

2nd Wednesday of each month - 7 pm

Breast Cancer Support Group

Open to women who have or have had 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.

NewYork-Presbyterian Hudson Valley Hospital, Cortlandt Manor, NY

3rd Monday of each month - 7 pm

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.

Support Connection office, Yorktown Heights, NY

3rd Friday of each month - 12:30 pm

National Toll-Free Telephone Group: Ovarian Cancer

Open to women who have or have had 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.

Toll-Free Telephone

2nd Wednesday of each month, 8 pm (NY time)

For instructions to register for this national toll-free teleconference, please call Support Connection **IN ADVANCE** at 914-962-6402 or 800-532-4290.

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.

Toll-Free Telephone

1st Monday of each month, 7 pm (NY time)

For instructions to register for this national toll-free teleconference, please call Support Connection **IN ADVANCE** at 914-962-6402 or 800-532-4290.

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PLEASE SAVE THE DATES

Annual Spring Benefit

Friday, April 3, 2020

Villa Barone Hilltop Manor, Mahopac, NY

Annual Golf Outing

Monday, June 8, 2020

Salem Golf Club, North Salem, NY

Annual Support-A-Walk

Sunday, October 4, 2020

FDR State Park, Yorktown Heights, NY

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*To learn more about our events,
and to view photos, thank you's,
and info 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/donate-now

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Your Donations at Work.....

"Support Connection has provided me with invaluable emotional and educational support, both in my own battle with ovarian cancer, and during my sister's six-year battle with breast cancer. The depth and wealth of information and the understanding that Support Connection provides me cannot be measured."

Debra P., ovarian cancer survivor