

We've been there. We care.

Spring - Summer 2018

May, June, July, August

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

COOKING & STRESS REDUCTION: A RETREAT TO NOURISH BODY & SOUL

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

Date: Saturday, May 5

Time: 10 am - 3 pm

Location: Hilltop Hanover Farm, Yorktown Heights, NY

The day will start with a nutrition workshop & some hands-on wholesome cooking. After enjoying a delicious meal with good company, learn about the use of herbs for stress reduction.

Part One: Cinco de Mayo: Conscious Cuisine and Resilience. Learn delicious ways to simplify cooking whole food, nutrient dense meals. Amp up your kitchen confidence to source & prepare powerful plants & support your best health. Refine your kitchen skills & take your healthy cooking to the next level. **Topics:** Mindful Meals and Snacks • Colorful Foods and Plant Protein • Sourcing and Supplies • Your Mighty Microbiome • Lifestyle Lessons

Conscious Cuisine Developers: Sheila Emery Murphy and Karen Rigney, Board Certified Holistic Health Coaches. Both trained at the Institute for Integrative Nutrition. Sheila also trained at the Dr. Sears Wellness Institute. Sheila will be the instructor for this workshop.

Part Two: Herbal Allies for Stress and Anxiety. Learn how herbs can allow your body to relax. **Topics:** How herbal medicine & food choices can alleviate stress • Herbs to use for acute situations and to rebalance the nervous system over time • Soothing & relaxing herbs (rose, lavender, chamomile, etc.) • Herbs that can help with sleep, food digestion, etc.

Instructor: Bonnie Rogers, herbalist & health coach. In her private practice, Bonnie's goal is to help people use nutrition, herbs, balanced pH & lifestyle changes to achieve optimal health & feel amazing.

WING NITE-FOR MEN ONLY

Open to men that have a spouse or partner going through breast, ovarian or gynecological cancer.

Date: Wednesday, July 25

Time: 7 - 9 pm

Location: An area restaurant

An invitation from Support Connection to men whose lives have been affected by a spouse or partner going through breast, ovarian or gynecological cancer. Come and relax for a fun 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.

YOGA: A PATH TOWARD WELLNESS

Open to people 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. Emphasis 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.

CANASTA, COFFEE & CAMARADERIE

Open to people with breast, ovarian & gynecological cancers.

Dates: Thursdays, 5/17, 6/21, 7/19, 8/16

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. *Camaraderie* is mutual trust and friendship among people who spend time together. Combined, they make a perfect match! Join us for a morning of cards, companionship and coffee. Enjoy time spent with others who are also living with cancer. Light refreshments provided.

MARGE'S KNITTING CIRCLE

Open to people with breast, ovarian & gynecological cancers.

Dates: Thursdays, 5/24, 6/28, 7/26, 8/23

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 will be happy to help you learn or to 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."

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

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TAI CHI: EIGHT PIECES OF TREASURE

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

Dates: Fridays: May 4, 11, 18, 25 & June 1

Time: 10:30-11:30 am

Location: Yorktown Community Cultural Center, Yorktown Heights, NY

Tai Chi (TIE-chee) is a form of moving meditation that promotes serenity through gentle movements, connecting the mind and body. Tai Chi can enhance mental clarity, emotional equilibrium and overall health.

Learn "The Eight Pieces of Treasure": Eight of the most powerful and effective movements for improving health and balancing all your meridians and acupuncture points. The process is enhanced by beautiful guided meditation and music that accompanies each movement. Can be practiced standing or sitting in a chair. No experience is necessary.

Instructor: Chun Kim-Levin has been a healthcare professional for over 35 years and is the founder of Life-Spring Holistic Services. She has studied Tai Chi since the mid 1990's.

EDUCATIONAL FORUM: UNDERSTANDING YOUR BREAST CANCER PATHOLOGY REPORT

Open to the public.

Date: Thursday, June 14

Time: 6:30 - 8 pm

Location: Northern Westchester Hospital, Mt. Kisco, NY

This is the 21st public educational forum presented jointly by Support Connection and Northern Westchester Hospital. The forum will provide information to help you better understand your breast cancer pathology report.

Topics will include: Who is a pathologist and what do they do as a member of the caregivers team? • What information do they provide to the other physicians? • What detailed line item points are always included in the report? • What prognostic and therapeutic markers are performed? • What do all these findings mean? A question and answer period will follow.

Speaker: Thomas E. Higgins, MD, FCAP: Dr. Higgins is Chief of Pathology, Director of Laboratories and Director of Blood Bank and Transfusion Service at Northern Westchester Hospital. He received his MD degree from George Washington University and trained in Pathology and Laboratory Medicine at Yale and Columbia.

Dr. Higgins is double Board Certified in Anatomic Pathology and Clinical Pathology (Laboratory Medicine). He was elected Fellow of the College of American Pathologists and has been Assistant Clinical Professor of Pathology at New York Medical College and Cornell University School of Medicine.

BOOK CLUB

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

Date: Thursday, June 21

Time: 7 - 9 pm

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

Book selection: The Light Between Oceans by M.L. Stedman. Travel with us to Australia 1926: A lighthouse keeper and his wife make a devastating decision to keep as their own a child found in a boat that washed up on shore. Returning to the mainland they are reminded it is not just the two of them, and their joy has been another's tragedy. "...love and loss, right and wrong, and what we will do for the happiness of those most dear" Tova Beiser, The Boston Globe.

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.

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: Tuesday, June 26

Time: 7 - 9pm

Location: An area restaurant TBD

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. All you need to do is call us to let us know you're coming.

LADIES NIGHT OUT: SILK SCARF CREATION

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

Date: Tuesday, July 10

Time: 6:30 - 8:30 pm

Location: Yorktown Heights, NY Location TBD

Join us for the next offering in our *crafting* series. Relax and have fun while enjoying light refreshments and good company. It's fun and easy to color design your own silk scarf. Choose colors that look best on you! Your finished scarf will be beautiful to wear, plus receive a booklet about different ways to wear your new fashion statement piece. No artistic skill needed. Materials provided.

Instructor: Susan Spillo, art therapist and owner of Create with Susan LLC, a community-based social, fun and therapeutic art workshop.

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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STAFF

Katherine Quinn, Executive Director
Barbara Cervoni, Director, Services and Communication
Andrea Karl, Peer Counselor
Robin Perlmutter, Peer Counselor
Marlene Stager, Peer Counselor
Celeste Baccari, Communications and Special Projects
Coordinator
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PLEASE SAVE THE DATES

Annual Golf Outing

Monday, June 18, 2018

Hollow Brook Golf Club, Cortlandt Manor, NY

Annual Support-A-Walk

Sunday, October 7, 2018

FDR State Park, Yorktown Heights, NY

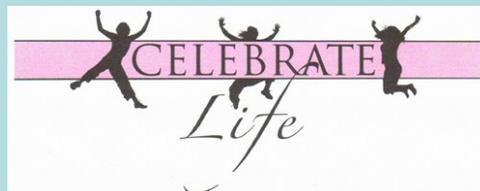


LEARN MORE

To learn about all of our events, including photos, thank you's and stories about past events, visit supportconnection.org.

To learn about fundraising events planned on our behalf, visit supportconnection.org/other-events.

To learn about Fantastic Finds, our upscale resale store, visit supportconnection.org/fantastic-finds.



**Support Connection's
Annual Celebrate Life Day**

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

Sunday, June 3, 2018

12 noon - 3 pm

Travelers Rest, Ossining, NY

Free for Cancer Survivors. \$40 for Guests

Space is limited

Please RSVP by May 25

914-962-6402 ~ 800-532-4290

Learn more at supportconnection.org/celebrate-life-day.