

Program Calendar

We've been there. We care.

Winter 2019

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 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. 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. INSTRUCTOR: Mia Azcue, CYT, E-RYT 500, RPT, a student and teacher of yoga for 20+ years.

CANASTA, COFFEE & CAMARADERIE

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

Dates: Thursdays, 1/17, 2/21, 3/21, 4/18

Time: 10 - 11:30 am

Location: Support Connection office, Yorktown Heights, NY

All are welcome! Beginners as well as experienced players can join. *Canasta* is a classic card game. *Camarderie* 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 living with breast, ovarian and gynecological cancers.

Dates: Thursdays, 1/24, 2/28, 3/28, 4/25

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."

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: Wednesdays, January 30 & April 10

Time: 7 - 9 pm

Location: Travelers Rest, Ossining, NY

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.

BOOK CLUB - FEBRUARY & APRIL

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

Time: 7 - 9 pm

Location: NY-Presbyterian 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 a good book suggestions. Please send suggested titles to andrea.karl@supportconnection.org

FEBRUARY BOOK CLUB

Date: Thursday, February 28

Book selection: Elinor Oliphant Is Completely Fine, by Gail Honeymoon.

Eleanor Oliphant is flawed. (Who isn't?) Her weirdness and her wit create an out-of-the-ordinary heroine who is just trying to survive. *"I fell in love with Eleanor, an eccentric and regimented loner whose life beautifully unfolds after a chance encounter with a stranger; I think you will fall in love, too!"* Reese Witherspoon

APRIL BOOK CLUB

Date: Thursday, April 25

Book selection: A Thousand Splendid Suns, by Khaled Hosseini.

Join us as we explore the complexities of Afghan society through the lives of two women, and discover how different this one world can be. *"Hosseini does not challenge the usual western view of Afghanistan, but he does enrich it - he adds greater knowledge and understanding to it, and makes the Afghans come alive as loving, feeling individuals."* Natasha Walter, The Guardian

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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, February, 13

Time: 7 - 9 pm

Location: Travelers Rest, Ossining, 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.

TAI CHI

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

Dates: Wednesdays: April 3, 10, 17, 24 & May 1, 8, 15, 22

Time: 10:30 - 11:30 am

Location: Yorktown Community Cultural Center, Yorktown Heights, NY

The basic principle of Tai Chi (TIE-chee) 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. In this class a basic beginners form will be taught. Learn to focus the mind while working on the principles of posture and motion.

Benefits include improved balance, strength and flexibility and a sense of well-being. 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 been practicing Tai Chi for over 40 years and has taught for 8 years. His teaching approach is to work with each student to achieve success within their unique capabilities.

LADIES NIGHT OUT: WELCOME SPRING WITH A WREATH

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

Date: Wednesday, March 27

Time: 6:30 - 8:30 pm

Location: Northern Westchester Hospital @ Chappaqua Crossing

Join us for the next offering in our crafting series. Enjoy the bright colors and revitalizing scents of spring as you create your own decorative spring wreath. Spring flowers, herbs and a variety of adornments will help you welcome the beauty of the season. No artistic skill needed. Materials provided. Relax and have fun while enjoying light refreshments and the good company of others who've also heard the words "you have cancer."

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

NATIONAL WEBINAR/ TELECONFERENCE: NUTRITION FOR WOMEN WITH BREAST OR OVARIAN CANCER

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

Date: Tuesday, February 12

Time: 8-9 pm (EST)

Location: Webinar or Toll-Free Teleconference

Join us for this program that will help you overcome confusion about nutrition and learn ways to gain more control.

Topics to include: Recommendations from the American Institute for Cancer Research • Foods that fight cancer • Organic eating: dirty dozen vs. clean fifteen • Eating well even when you don't feel well • Perfecting the plant-based diet • Overcoming roadblocks to healthy eating, e.g. time and fatigue • Experimenting with produce • Q & A period.

SPEAKER: Lauren Talbert, RD, CSO, LDN: Lauren is a Registered Dietitian, Licensed by the State of RI, a Board Certified Specialist in Oncology Nutrition, & an oncology rehab STAR certified clinician. She holds a BS in dietetics & nutritional science, & completed her dietetic internship at the Dana Farber Cancer Institute and Brigham and Women's Hospital in Boston. Currently she works for Sodexo as a Registered Dietitian for the Program in Women's Oncology at Women and Infants Hospital of Rhode Island. Lauren presents to medical professionals, oncology patients and family members, and the community. She offers individualized counseling based on each patient's lifestyle, food preferences & nutrition goals.

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.

Date: Thursday, April 11

Time: 6:30 - 8 pm

Location: Support Connection office, Yorktown Heights, 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 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 & experiences with others who know how it feels. This is not an educational forum; 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's a chance to share coping tips, information and support with other women as you navigate the challenges related to taking these drugs.

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

Annual Spring Benefit

Friday, April 26, 2019
Villa Barone Hilltop Manor, Mahopac, NY

Annual Golf Outing

Monday, June 10, 2019
Hollow Brook Golf Club, Cortlandt Manor, NY

Annual Support-A-Walk

**Our 25th Support-A-Walk!*
Sunday, October 6, 2019
FDR State Park, Yorktown Heights, NY

*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.

Your Donations at Work.....

"I am very grateful to Support Connection. You have been my saving grace. Thank you for your strength and leadership, and your hearts."

Liz L., an ovarian cancer survivor