

Program Calendar

We've been there. We care.

Spring - Summer 2019

May, June, July, August

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

NEW SUPPORT GROUP IN RYE

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

Dates: 4th Wednesday of each month, beginning on May 22

Time: 7 - 9 pm

Location: SOUL RYEDERS office, Rye, NY

We are excited to announce a new support group for women with breast, ovarian or gynecological cancer. It will focus on living with cancer at all stages of diagnosis, treatment and post-treatment, and led by a trained facilitator who is a cancer survivor. There are many common factors to any cancer diagnosis. A support group enables women to share information and experiences, confidentially discuss concerns, & gain support from others who understand. **To learn more or to register, 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.

JAPANESE BRUSH PAINTING FOR BEGINNERS

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

Date: Wednesday, May 8

Time: 6:30 - 8:30pm

Location: The Art Effect, Poughkeepsie, NY

Being creative is a wonderful way to unwind, enjoy yourself, and focus your attention on whatever you're creating. In this workshop, learn how to use Chinese or Japanese brushes and ink to make simple marks on Oriental Rice Paper creating a bamboo, flower or animal painting. Experience the relaxed feeling that comes as your brush flows across the paper. Explore the ancient technique dedicated to clarity & simplicity.

No experience or skill needed! Led by an instructor from The Art Effect, a community-based, multi-arts educational center.

MARGE'S KNITTING CIRCLE

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

Dates: Thursdays, 5/23, 6/27, 7/25, 8/22

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 & colors of yarn, & 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: andrea.karl@supportconnection.org or 914-962-6402.**

MAHJONG, COFFEE AND CAMARADERIE

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

Dates: Thursdays, May 16, June 20, July 18, August 15

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.

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, July 24

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.

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

BOOK CLUB - JUNE & AUGUST

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

June Book Club: Thursday, June 27

Book Selection: Before We Were Yours, by Lisa Wingate. This historical fiction explores the terrible events at the Tennessee Children's Home Society between 1920 & 1950 where families were torn apart to benefit others. *"The book has alternate chapters... one of a woman looking into a mysterious past, and the other of a child looking ahead to an uncertain future. They are interwoven beautifully..."* Jackie K. Cooper, Huffington Post

August Book Club: Thursday, August 22

Book Selection: All The Light We Cannot See, by Anthony Doerr. This Pulitzer Prize winning fiction portrays the German occupation of France where the paths of a blind French girl & a German orphan boy collide. *"Doerr presents us with two intricate stories, both of which take place during World War II; late in the novel, inevitably, they intersect... Doerr captures the sights and sounds of wartime and focuses, refreshingly, on the innate goodness of his major characters."* Kirkus Reviews

TAI CHI

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

Dates: Wednesdays: May 1, 8, & 15

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 slow, repetitive, meditative movements, followed by form practice. In this class learn a basic beginners form. Focus the mind while working on principles of posture & motion. Benefits include improved balance, strength & flexibility, & a sense of well-being. Gain understanding about the mind-body relationship. Use what you've learned long after class ends.

INSTRUCTOR: Alan Bandes has been practicing Tai Chi for over 40 years & has taught for 8 years. He works with each student to achieve success within their unique capabilities.

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, July 17

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. 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.

LADIES NIGHT OUT: KNITTING & CROCHETING

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

Dates: Thursday, June 6

Time: 6:30 - 8 pm

Location: Support Connection office, Yorktown Heights

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

COOKING & WELLNESS: A SUMMER RETREAT

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

Date: Saturday, June 22

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 acupressure as part of a self-care regimen.

COOKING SEGMENT: Learn useful, delicious ways to simplify cooking whole foods. Refine your culinary skills. Take healthy meal preparation to the next level. **Topics will include:** Food Facts, Myths, and Misconceptions: Navigating the Field of Culinary Nutrition • Empowerment through Preparedness: What Meal Planning Can Do for You • Food & Mindfulness.

PRESENTER: Emilie Berner, Chef & Coordinator of the Chef Peter X. Kelly Teaching Kitchen at NY-Presbyterian Hudson Valley Hospital. Bachelor's degree from Barnard College, Master's degree from New York University. Trained at The Natural Gourmet Institute for Health Supportive & Culinary Arts.

WELLNESS SEGMENT: "Acupressure During Cancer Treatment." Acupressure utilizes acupuncture points as a part of a self-care regimen. Learn concepts and techniques and how they can alleviate discomforts. There will be demonstrations, participation exercises, and discussion.

PRESENTER: Jillian C. Schwartz, L.Ac., Dipl.O.M, owner of Clearview Acupuncture, PC. Staff member at NY-Presbyterian Hudson Valley Hospital where she works with inpatients and cancer patients. Board certified in Oriental Medicine, trained with Acupuncturists Without Borders, and a volunteer EMT-B for Cortlandt Community Volunteer Ambulance Corps.

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 New group! 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</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 Group 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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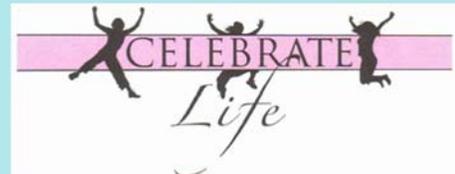
PLEASE SAVE THE DATES

Annual 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.*



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

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

Sunday, June 2, 2019
12 noon - 3 pm
Travelers Rest, Ossining, NY
Free for Cancer Survivors. \$40 for Guests.

Space is limited
Please RSVP by May 24
914-962-6402 ~ 800-532-4290

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