Dr. Arnold Wald Inducted Into Hall of Fame
CST Co-founder inducted into the Westchester County Senior Citizen Hall of Fame

Dr. Arnold Wald, a retired radiation oncologist and co-founder of Cancer Support Team, received “Top Honors” at the 26th annual Westchester County Senior Citizen Hall of Fame Luncheon on December 5.

At the induction ceremony, Dr. Wald was recognized for developing CST as the only Westchester-based home care program licensed by the New York State Department of Health that provides supportive services free of charge and without regard to insurance coverage. In his remarks to attendees, Dr. Wald commented, “CST has been a special part of my life for the past 30 years—and it started, as many endeavors do, because of frustration. As a physician, I saw that the medical community did a great job of managing cancer…but we were often treating the cancer, rather than the cancer patient.” He outlined the kinds of help that CST staff provide to those with cancer including emotional support, better understanding of their illness and information about dealing with side effects, as well as explaining to family members what is happening to their loved ones and assisting with finances and transportation.

The Hall of Fame was established by the County Department of Senior Programs and Services in 1982 to honor seniors who have contributed their energies and talents as professionals and volunteers to enhance the quality of life throughout Westchester or in their community. The names of Hall of Fame winners are engraved on plaques that are permanently displayed at the DSPS’ office in Mount Vernon.

Congratulations to Dr. Wald!

Support Group Marks Ovarian Cancer Awareness Month while New Programs Expand CST’s Services to the Community

CST’s Ovarian Cancer Support Group recognized Ovarian Cancer Awareness Month this September by distributing teal ribbons to staff, family, friends and the community, along with information on the signs and symptoms of ovarian cancer. Pictured are group members and facilitators wearing their ribbons. CST has been serving women with this diagnosis for 10 years by providing a free support group, presently led by Patty Vaughn, RN and Bonnie Markey, LCSW.

New Programs...Continued on page 4
Greetings From the Executive Director

Thirty years of caring and compassion…2008 was our 30th anniversary of providing home care services to people in the lower Westchester community living with the challenges of a cancer diagnosis. With the vision of Arnold Wald, MD and Gayle Lee, RN, MHA, our co-founders, an organization was created that today provides nursing, counseling and other in-home supports at no cost and at any stage of a cancer diagnosis.

With jubilation, we celebrated our 30th anniversary at a festive Spring Gala, which raised over $180,000 to support our services.

With sadness, over the summer we mourned the loss of CST co-founder, Gayle Lee, a passionate advocate for cancer patients and their families and an inspiration to us all. Gayle dedicated herself to ensuring that the people she helped received the nursing care and support they needed in order to cope with a cancer diagnosis. She supported Cancer Support Team in so many ways—through her comprehensive work with patients, her efforts to raise awareness of our services and her generosity in providing financial support to ensure that these services continue.

Finally, with great pride, this fall we joined Dr. Wald as he was inducted into Westchester County’s Senior Citizen Hall of Fame. How fitting that as we celebrate our 30th anniversary, Dr. Wald is being recognized for co-founding CST, an outstanding contribution to cancer patients and their families.

As always, deep appreciation to the many contributors whose never-ending support keeps Dr. Wald’s and Gayle’s vision alive.

Memorial Donations

Cancer Support Team wishes to acknowledge the generosity of the families of the following people who have designated CST for memorial donations:

Santina Costantini
June Fleary
Gordon Hecht
Silve Lambertson
Gayle Lee
Rosemary Mahon
Salvatore Mastrogiacomo
Barbara Philbrick
Malcolm Rizzuto
Eugenia Olson Rose
Susan V. Schaufler
Regina Tripicco

* in memoriam
“Don’t sweat the small stuff.” This was the advice that Jane Brody, a 10-year cancer survivor and the Personal Health Columnist at The New York Times, offered to a sold out audience at Cancer Support Team’s 10th annual Women’s Health Awareness Luncheon on October 15th at the Westchester Country Club. Ms. Brody—also the speaker at CST’s first Luncheon in 1999, six months after she herself had been diagnosed with breast cancer—described her coping philosophy as “turning the bad apple that was handed to me into applesauce.” Her way of coping includes focusing on what is important to her: being with family and friends, caring for her twin grandsons, visiting her other grandchildren in Los Angeles, traveling, joining a knitting group and learning Spanish.

Ms. Brody offered attendees helpful advice on maintaining a healthy lifestyle: eat a diet rich in fruits and vegetables, consume lean protein, whole grain breads and cereals, low fat deserts, dark chocolate (in moderation) and exercise regularly. For those with cancer, Ms. Brody encouraged focusing on what one’s body can do, rather than what it can’t.

The columnist noted that there are presently 11 million cancer survivors in the United States, some who have been cured and some who are living with cancer as a chronic illness. With cancer detection occurring earlier in the course of the illness and improved treatment techniques, health care professionals are turning to concerns of cancer survivorship. The National Institute of Health established the Office of Cancer Survivorship which provides millions of dollars in support for research on the physical and emotional impact of cancer on survivors. A 2005 Institute of Medicine report called for health care professionals to plan and coordinate specialized follow-up care for survivors in order to maximize their recovery and quality of life.

To Ms. Brody’s way of thinking, cancer should not define who we are. As she stated in concluding her remarks, it is what we do that is important—and that includes “stopped to smell the roses and hear the birds sing.”

The Honorary Co-chairs for this year’s Luncheon were Mary Jane Arrigoni and Miriam Curnin. The Luncheon Planning Committee was co-chaired by Stephanie Piccone and Michele Power. The Community Fund of Bronxville, Eastchester and Tuckahoe provided a generous grant to help with the costs of implementing the event. Thank you to our Honorary Co-Chairs, Luncheon Co-Chairs, Luncheon Planning Committee and our supporters for their help in making our Luncheon such a successful educational program.

Note: Photos courtesy of Lynn Padwe

Coming in January 2009...
Jane Brody’s Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life
Cancer Support Team warmly welcomes social worker, Debbie Oberlander, LMSW, and case manager Kris-tina Rodriguez to our staff. With the support of a five year grant from the New York State Department of Health, CST is expanding the services it currently provides to those with breast cancer. Ms. Oberlander will offer social work counseling to individuals and families coping with breast cancer, as well as a group support program. Ms. Oberlander worked for many years as a nutritionist in a variety of health care settings before becoming a medical social worker.

Ms. Rodriguez recently joined CST’s case management program to assist patients and families in obtaining government benefits and community resources that can help them deal with a cancer diagnosis. Fluent in Spanish, Ms. Rodriguez will also reach out to Westchester’s growing Latino community affected by cancer. Ms. Rodriguez previously worked at Lutheran Social Services of New York. The case management program is supported by grants from Westchester Community Foundation and The Reformed Church of Bronxville.

Rita Grunbaum Memorial Fund

Rita Grunbaum, a social worker by training, volunteered at Cancer Support Team well into her eighties and helped countless people who were facing the challenges of a cancer diagnosis. Upon her death in 2006, CST established the Rita Grunbaum Memorial Fund to assist older adults with cancer by providing financial grants to help them maintain as independent a lifestyle as possible during and after their treatment. Thank you to those who have donated to this Fund in the past. If you are interested in contributing to the Fund, please send your donation to CST at 875 Mamaroneck Ave., Suite 204, Mamaroneck, NY 10543 or log onto www.cancersupportteam.org to make a donation electronically.

New Programs Expand CST’s Services to the Community

Cancer Support Team is very pleased to welcome Christina Staudt, Ph.D. and Tania Weiss to its Board of Directors. Christina—or Tina as she is called—brings to the Board extensive experience as a volunteer and board member of many non-profit organizations. Among her many activities, Tina is a Co-Founder and President of the Board of Directors of the Westchester End of Life Coalition, working to improve the end-of-life experience for Westchester residents. She is also the Co-Chair of the Columbia University Seminar on Death which brings together scholars and professionals from different institutions to explore ideas and advance the thinking on issues related to death and dying. In addition, Tina is a patient care volunteer of Jansen Hospice and Palliative Care. Originally from Sweden, Tina lives with her husband, William, in Bronxville.

Tania Weiss is a triple Emmy Award winning producer with Alan Weiss Productions (AWP), which she co-owns with her husband. AWP produces the critically acclaimed weekly TV program Teen/Kids News, as well as broadcast documentaries and corporate videos. In addition to overseeing the day-to-day operation of a busy television production company, Tania specializes in healthcare programming designed for patient education. Produced in English and Spanish, these programs deal with the medical and emotional aspects of coping with illness, particularly cancer. AWP has produced many fund-raising videos for local Westchester charities, including CST. We are grateful to Tania and her husband, Alan, for generously donating their services to create a DVD describing what CST offers to those affected by cancer. Tania lives in Bronxville with her husband and two children.

Cancer Support Team is a Community Fund Agency.

For more information about CST Services call 914-777-2777
$900,000 Raised for Cancer Research and Supportive Services

On three glorious summer days in July, swimmers, boaters and volunteers worked to raise $900,000 through Swim Across America of Long Island Sound’s annual swimming events. These funds are critical to supporting cancer research and services to those affected by cancer. On July 13th at the NYAC in Pelham, on July 19th at the Orienta Beach Club in Mamaroneck and on July 26th in the Long Island Sound, over 600 swimmers participated, many through teams that swam in honor or memory of loved ones.

Swim Across America of Long Island Sound is in its 17th year of raising money and awareness for cancer research, prevention and treatment through swimming-related events. Cancer Support Team is a grateful beneficiary of these efforts. Swim Across America’s support is essential so that CST can continue providing in-home nursing care, counseling and other supportive services at no cost to individuals and families living in lower Westchester County.

Congratulations and heartfelt thanks to Tony Sibio, Chairman of the Long Island Sound Committee and all its members for another tremendously successful summer. For more information on how you can participate and donate, log onto www.swimacrossamerica.org/long_island.

****Save the Dates****

N.Y.A.C., Travers Island - July 12, 2009
Orienta Pool Swim - July 18, 2009
Long Island Sound Swim - July 25, 2009

Cancer Support Team notes with great sadness the death of our co-founder, Gayle Lee, R.N., on July 11, 2008. Gayle was deeply committed to the mission of Cancer Support Team. Along with Dr. Arnold Wald, she recognized the need for a program that focused on “treating the whole patient,” and she shared the vision and fortitude to turn this concept into a vibrant, unique home care agency.

In the late 70’s, little attention was given to the non-medical needs of cancer patients and their families. By providing nursing and emotional support for patients and families in their own homes, Gayle realized that she and the Team were serving a huge unmet need. For Gayle, what started as an unpaid, part-time position, quickly evolved into a full-time occupation as well as her avocation. “It became clear,” Gayle once said, “that the two days a week I spent on those issues could have occupied seven days a week, so great was the need. The Team,” she would often tell people, “has been my proudest creation outside of my family, and is today an extraordinary provider of services and care.” She will be deeply missed.
Cancer Support Team services are offered without charge to all patients and their families, regardless of ability to pay. CST programs are funded through community contributions, memorials, fundraising events and through corporate and foundation grants. CST would like to acknowledge the following organizations, corporations and government entities for their generous grants in 2008:

- Lin and Susie Chen Foundation
- The Community Fund of Bronxville, Eastchester and Tuckahoe
- The Glickenhaus Foundation
- Josephine Lawrence Hopkins Foundation
- Hudson Valley National Foundation
- Junior League of Bronxville
- James A. McDonald Foundation
- MAXX Management
- MBIA Foundation
- Miles of Hope Breast Cancer Foundation
- Morgan Stanley Annual Appeal
- The Morrison & Foerster Foundation
- NYS Department of Health
- NYS Legislative Grant/Assemblyman George Latimer
- NYS Legislative Grant/Honorable Suzi Oppenheimer
- Reformed Church Of Bronxville
- Rye Presbyterian Church
- St. John’s Episcopal Church
- St. Thomas Church
- Scarsdale Woman’s Club
- Swim Across America
- Westchester Community Foundation

Special Thanks

Cancer Support Team notes with deep sadness the death of Barbara Philbrick, a member of the Women’s Health Awareness Luncheon Honorary Committee for many years. Barbara was warm and welcoming, always wearing her love for her family and friends on her sleeve. She would greet you with a big smile and tight hug that gave away just how much she cared about you. Barbara believed that if you make someone feel special, that person will never forget you—she went out of her way to make everyone feel special. She was an unbelievable wife, mom, sister, aunt and friend, and a tremendous role model for all who knew her. She lived by the mantra that life should always be fun, and her perpetually positive attitude inspired her friends and family to live life the way she did.

In memory of Barbara, her husband Jack Wheaton and daughters Christie and Deanna have established The Barbara Philbrick Memorial Fund to support CST’s program of in-home nursing services. If you are interested in contributing to the Fund, please send your donation to Cancer Support Team, 875 Mamaroneck Ave., Suite 204, Mamaroneck, NY 10543 or go to www.cancersupportteam.org to make a donation electronically.

IN MEMORIAM

Barbara Philbrick

How do you handle the fatigue that can accompany cancer treatments?

From one of our readers, we received this reply:

I have to decide each day what is most important to get done and focus on that. I set a few very small goals for myself and try to feel accomplished even if I only achieve one of those goals. It’s not easy, but I try my best! Since I know that I’m a morning person, I also try to do a few things in the morning and then set aside time later to rest. I’ve learned to ask my family and friends for help with grocery shopping or doing other errands that I don’t have energy for.

In our next newsletter, we would like your comments on the following:

My close friend was recently diagnosed with breast cancer. How can I offer support to her?

Please send your responses to Judith Dobrof, D.S.W:

mail: 875 Mamaroneck Ave, Suite 204, Mamaroneck, NY 10543
email: jdobrof@cancersupportteam.org
fax: 914-777-2780
May 29th was a night of joyous celebration as Cancer Support Team commemorated its 30th year of providing free home care and support services. The New York Botanical Garden was filled with spring flowers on an evening dedicated to honoring individuals who make a difference in the lives of cancer patients and their families. Robert and Sherry Wiener of Mamaroneck received the Wald-Lee Vision Award, named for CST’s co-founders Arnold Wald and Gayle Lee, to recognize the Wiener’s concern for those affected by cancer through their exemplary philanthropic endeavors. Harriet Huber of Bronxville, a former member of CST’s Board of Directors, received the Barbara Melamed Memorial Award for her significant involvement in CST and her efforts in chaplaincy, advocacy and mentoring. This award was named in memory of Barbara Melamed who was a CST social worker and whose own experience with cancer gave her special empathy for her patients. The event raised over $180,000 to support CST’s comprehensive services, which are provided at no cost to residents of lower Westchester.

Special thanks to our Honorary Benefit Co-Chairs, Felix and Carol Petrillo; Benefit Co-chairs RuthAnn Brazill, Lisa Edmiston and Carla Volpe Porter; Silent Auction Chair, Betty Kelly; Journal Co-chairs Linda Ball and Sue Formato; Raffle Chair Elizabeth Hery; and the Gala Planning Committee for its tireless efforts in organizing such a warm, festive celebration. Thanks also to Nan Corbin and Shari Schwarz for creating the beautiful table cards, Tim Porter for his photographic talents, Stephanie Piccone for the charming flower arrangements, Sandy Dewey for invitation and program composition, Penny Langone for the gifts for our honorees and Cary Sleeper and Steve Piccone for their generous efforts for the Gala Journal.

Appreciation also to Abigail Kirsch at The New York Botanical Garden for a splendid venue at a reasonable cost. And, deep gratitude to our attendees for their wonderful support to ensure that CST continues its mission of enhancing the quality of life of those with cancer at any stage of the disease.

Barbara Melamed Library

The Barbara Melamed Memorial Library, honoring the memory of Barbara Melamed, a former CST social worker and cancer survivor, offers CST patients and caregivers oncology related books, videos and a variety of other educational materials. Library materials can be borrowed. Please feel free to stop by and browse.
CST Website has a new look

The new Cancer Support Team Web site has officially launched at www.cancersupportteam.org. As you will see, the site has a new look and feel, with navigation options that make it easier than ever for visitors to find the information they need. We’ve included details about the many services we provide, and links to important resources, including other Web sites, our newsletters and Life Lines: A resource for cancer patients & their families, the latter available in both English and Spanish.

You can also view a video about our services featuring Lynn Redgrave, one of our Advisory Board members, and a cancer survivor herself. We hope that you take a few moments to visit our site and tell family members and friends about it. We are very happy to be able to have this resource available to those who need it. Thank you to Dr. Myron Melamed for so generously supporting this initiative!

Update our Mailing and Email Lists

We like to keep our supporters up-to-date on CST happenings and at the same time be cost-effective. Please let us know of a change of address or if you no longer wish to receive the newsletter. We can save on postage and paper by emailing you notices of upcoming events and programs. Call us at 914-777-2777 or send your email address to us at cst@cancersupportteam.org.

State Senator Suzi Oppenheimer and Gilda’s Club Westchester Co-founder and cancer survivor Robin Poses Markell celebrate National Cancer Survivor’s Day in June, 2008 at an event sponsored by CST and the Cancer Coalition of Westchester.