Breast Cancer 2013…

Acclaimed Oncologist Speaks About What You Need to Know

What’s the latest in breast cancer prevention and treatment? That was the focus of a presentation at the 15th Annual Gayle K. Lee Women’s Health Awareness Luncheon on October 10, 2013 at the Westchester Country Club by well-known oncologist Dr. Anne Moore, Medical Director of the Weill Cornell Breast Center. According to Dr. Moore, there are 2.5 million women in the United States with a history of breast cancer. Since 1990, the death rate from breast cancer has decreased and since 2004, fewer women are being diagnosed with breast cancer. Dr. Moore cited the tremendous progress that has been made since 1970 in breast cancer treatment as well as in understanding the causes of these cancers. According to Dr. Moore, obesity, lack of exercise and consuming more than four glasses of alcohol per week, among other things, can increase the risk of breast cancer. Two drugs—tamoxifen and evista—have been developed to reduce the risk of breast cancer.

(Article continued on page 4)
Greetings from the Executive Director

Even given the bumpy launch of enrollment into the health care exchanges that are part of the Affordable Care Act (a.k.a. “Obamacare”), we are already seeing the benefits, as many people find access to the health insurance they need. According to the Community Service Society, a leader in the movement to help New York residents become insured, 2.6 million New Yorkers lack insurance. More than 1 million are expected to obtain insurance through the new healthcare marketplace called “NY State of Health.” That’s good news for people living with cancer who have difficulty accessing the care they need because they lack insurance or don’t have adequate insurance to cover the cost of cancer treatment. In order to begin the process of enrolling through the marketplace, go to NY State of Health at www.ny stateofhealth.ny.gov or call 1-855-355-5777.

Navigator Programs to help individuals look for low cost, quality health insurance options through the new marketplace. You can call NY State of Health (see the phone number above) or go directly to an organization in Westchester that has navigators standing by to help:

- Westchester County Department of Health 914-813-5192
- Westchester Disabled on the Move 914-968-4717
- Young Invincibles 914-979-1747

There are two other programs in Westchester County that focus primarily on small businesses which are interested in securing health insurance for their employees, although the programs can also help individuals. They are:

- Retail Action Network 917-602-4356
- The Business Council of Westchester 914-948-2110, ext. 311

Time will tell whether the bumps in the road on the way to insuring more residents are smoothed out. In the meantime, these organizations are committed to helping you find affordable, quality healthcare coverage now.

****Save the Date****
Friday, May 2, 2014
CANCER SUPPORT TEAM’S BENEFIT GALA
“AN ENCHANTED EVENING IN THE GARDEN”
The New York Botanical Garden

Honoring Carol and Felix Petrillo with the Barbara Melamed Memorial Award and Corporate Angel Network with the Wald-Lee Vision Award For more information and underwriting opportunities, please call 914-777-2777 or email jdobrof@cancersupportteam.org.

Visit our website at www.cancersupportteam.org
Annual Luncheon... (from page 1)

Looking to the future, Dr. Moore spoke enthusiastically about the discovery in the last few years that every breast cancer is different. With this knowledge, physicians can practice “precision medicine” whereby a particular drug is used to treat a particular patient’s tumors. In addition, Dr. Moore described additional discoveries, talking about how cancer cells spread by finding a “nest” in which blood vessels feed the tumor. This research can lead to preventive strategies to block this “nest” from developing. After her presentation, Dr. Moore readily answered many questions from the 285 attendees ranging from whether sugar “feeds” cancer cells (there is no clinical evidence that it does, says Dr. Moore) to why cells become cancer cells (multiple reasons, but more research is needed) to whether women should have routine MRI’s of the breast (no, breast MRI’s should be reserved for women at high risk of developing breast cancer).

All in all, Dr. Moore’s message was upbeat and hopeful as she discussed discoveries in the past and the exciting research that will yield new discoveries in the future.

We thank the Luncheon’s Honorary Co-chairs Mary Jane Arrigoni and Suzanne O’Sullivan and its Co-chairs, Judy Boyle, Bonnie Gould and Irene Soden as well as the entire Luncheon Planning Committee for their tireless efforts to ensure the success of this warm and educational afternoon.

We Thank our Volunteers

Volunteers who drive individuals to treatment appointments, offer friendly visiting and do errands for patients, help in the office and participate in organizing educational and fundraising events, along with members of Cancer Support Team’s Board of Directors, Advisory Board and Quality Improvement Committee, gathered together for our annual volunteer appreciation luncheon on June 12, 2013 at the CST offices. We are indebted to our volunteers who help us achieve our mission of enhancing the quality of life of individuals and families living in lower Westchester County who are affected by cancer. We couldn’t do what we do without them!

For further information about volunteer opportunities, go to www.cancersupportteam.org or call our office at 914-777-2777.

In Memoriam... (con’t page 1)

too much on the tumor and not enough on the patients.” In 1978, he and Gayle Lee created CST to offer free home-care services, counseling, transportation assistance and other supportive services which have by now helped thousands of individuals and families affected by cancer.

In addition to Dr. Wald’s many professional accomplishments, he was a volunteer pilot with Angel Flight Northeast, a nonprofit organization that flies critically ill children and adults to hospitals free of charge. He was also an amateur astronomer and photographer and CST is very pleased to have some of his beautiful photographs on the walls of our office. In 2008, Dr. Wald received top honors as an inductee into the Westchester County Senior Citizens Hall of Fame. He will be dearly missed by all of us at CST, but his vision—in action—lives on in the work of CST’s staff and volunteers who daily strive to enhance the quality of life of those we serve.

Diane Wheeler, a long-time member of CST’s Gayle K. Lee Women’s Health Awareness Luncheon Honorary Committee, and the planning committees for CST’s fundraising events, passed away on June 16, 2013. Diane had a distinguished career as a speech pathologist and advocate for people with speech-language and swallowing difficulties. She practiced in a variety of hospitals and nursing homes, including St. Cabrini Nursing Home in Dobbs Ferry.

Catherine Collins, CST’s administrative assistant from 1992-2010, passed away on September 2, 2013. Cathy was a very dedicated staff member and the first contact for many of the patients and family members who called requesting CST services. She was the quintessential “multi-tasker” as she juggled the phones, office tasks, requests for assistance from our staff while always graciously greeting patients who came to our office. We all miss her kindness and wonderful sense of humor.

A 20-year volunteer at CST, Ruth Lowy passed away on October 29, 2013. Ruth helped hundreds of people through the support she offered, the rides she provided and through her efforts on CST’s Gayle K. Lee Women’s Health Awareness Luncheon Planning Committee. In addition, Ruth was a member of Team CST, participating in swimming events to raise funds for Swim Across America—a generous benefactor of CST’s services. Ruth was also an active volunteer in many initiatives in Larchmont and worked for 20 years as a guidance counselor in the Pelham schools.

For more information about CST Services call 914-777-2777

Visit our website at www.cancersupportteam.org

With a little help from our friends...

Cancer Support Team services are offered without charge to all individuals and families affected by cancer, regardless of ability to pay. We are grateful to the following organizations, corporations and government entities for their generous grants in 2013.

Agatha Durland Foundation
LIN & SUSIE CHEN FOUNDATION, INC
Community Fund of Bronxville, Eastchester & Tuckahoe
Josephine Lawrence Hopkins Foundation
Legal Services of the Hudson Valley
MAXX Management
Miles of Hope Breast Cancer Foundation
New York State Department of Health
Rye Presbyterian Church
St. Joseph’s Church
Scarsdale Woman’s Club Committee for Philanthropy
Sole Rydern & Friends
Swim Across America
The Beth C. Tortonlani Foundation
United Way of Westchester-Putnam
Weil Fargo Foundation
Woman’s Club of Larchmont

For more information about volunteer opportunities, go to www.cancersupportteam.org or call our office at 914-777-2777.
Cancer Coalition of Westchester: Supporting Those Living with Cancer

The Cancer Coalition of Westchester, of which Cancer Support Team is a member, consists of organizations that offer an array of services to support individuals living with and being treated for cancer, as well as their families and friends. All of its members are available to assist you with cancer-related concerns.

- American Cancer Society www.cancer.org
- Cancer Support Team www.cancersupportteam.org
- Gilda’s Club Westchester www.gildascw.org
- Hudson Valley Hospital Comprehensive Cancer Center www.hvhc.org
- The Ken Hamilton Caregivers Care at Northern Westchester Hospital www.thenorthern.org
- Lawrence Hospital Center www.lawrencehealth.org
- The Leukemia & Lymphoma Society www.lls.org
- Memorial Sloan-Kettering Cancer Center www.msckcc.org
- Northern Westchester Hospital www.nwhc.net
- Pathways to Care, Westchester Jewish Community Services www.wjcs.com
- RideConnect, Family Services of Westchester www.rideconnectwestchester.org
- Rye YMCA-LIVESTRONG www.ryymca.org/livestrong.htm
- The St. John’s Riverside Hospital Cancer Program www.riversidehealth.org
- Sole Ryeders & Friends www.soleriedyeders.org
- Support Connection www.supportconnection.org
- WestMed Medical Group www.westmedgroup.com

Memorial Donations
The families of the following people have designated CST for memorial donations:

- Catherine Collins
- Joan Faulkner
- Allan Fusco
- Ruth Lowy
- Lucia Roundtree
- Mitchel Saed
- Howard Singer
- Dr. Arnold Wald
- Diane Wheeler

For more information about CST Services call 914-777-2777.

Opportunities to Help Us Help Those with Cancer

Cancer Support Team relies on your generosity to support our mission of enhancing the quality of life of individuals and families affected by cancer at any stage of the disease, who live in the local communities of lower Westchester. One especially meaningful way to help is to remember CST in your will. Through a bequest, whether large or small, you can make a difference in the lives of people facing the challenges of a cancer diagnosis far in the future.

As you discuss your estate plans with your lawyer or financial advisor, please consider including the following simple language in your will: “I give and bequeath to Cancer Support Team, Inc. $ ______ (or ______ percent of my total estate).”

Of course, there are other ways in which you can contribute to CST: supporting our fundraising appeals with unrestricted donations or donating to one of CST’s special funds. The Barbara Philbrick Memorial Fund supports our free in-home nursing services. CST nurses help with cancer-related concerns such as the side effects of treatment and offer education and support to individuals and families. The Rita Gruenbaum Memorial Fund focuses on assisting older adults by providing financial grants to help them maintain as independent a lifestyle as possible during and after cancer treatment.

For more information, please contact Judith Dobrof at 914-777-2777, ext. 15 or at jdobrof@cancersupportteam.org.

CST Makes a Difference!

Mrs. L. had but one wish and CST staff helped turn her wish into a reality. When Mrs. L. learned that she had advanced liver cancer, she wished only for some time to enjoy her children and grandchildren. The oncologist told her that chemotherapy on a twice-monthly basis would make the symptoms manageable and extend her life for a period of time. The CST nurse then entered the picture to offer hands-on skilled nursing, instruction and support. On the next medical visit, the oncologist created a port (entry site) for Mrs. L. and she returned home to start the first 48-hour infusion regimen. At the end of the 48 hours, the CST nurse deactivated the infusion therapy. Over a two year period, a warm and supportive relationship developed between Mrs. L. and the nurse during the home visits to turn off the therapy. The 86-year-old Mrs. L. spent time with her family, applied her needle-working skills to make quilts and went out with friends. When the oncologist told Mrs. L. that cancer had spread to her brain, she felt it was time to consider new options. She discussed the situation first with her CST nurse and then the CST social worker. After much thought, Mrs. L. decided to stop all treatment and utilize hospice services. The hospice staff provided comfort measures and the CST nurse came to visit, continuing the relationship that had become so important to Mrs. L.

After a few weeks, death came peacefully with Mrs. L’s family by her side. Mrs. L. had but one wish and CST made a difference by helping her live out her days to the fullest. For those affected by cancer, CST makes a difference!

Ask the Team

My children say that I need to complete an “advance directive.” I have heard of the health care proxy, but I don’t really understand what all this means.

Our staff members recommend the website www.livewellcare.org which offers information on a variety of topics to help residents of Westchester County facing serious illness. You will find a helpful glossary of terms in the Resources Section of the website. Here, the term “advance directive” is defined as:

...a legal document that states your choices regarding health care decisions. In New York State the basic advance directive, for every person age 18 or older, is the New York State Health Care Proxy, in which you appoint someone, a health care agent, to make health care decisions for you if you do not have capacity to make them yourself. Additional advance directives in some cases of serious illness (or frailty at an advanced age), include documentation, such as a MOLST or DNR [Do Not Resuscitate]. Advance directives go into effect only if you do not have capacity to make decisions yourself, due, for example, to being unconscious after a severe injury. The section of the website on “advance care planning” guides you through the process of completing the health care proxy form and choosing your “health care agent” should you be unable to make decisions.

For further information and assistance with advance directives and advance care planning where you live, please call CST at 914-777-2777.

For more information about CST Services call 914•777•2777. Visit our website at www.cancersupportteam.org.
On August 28, 2013, Team Shanorflo swam at Davenport Club in New Rochelle, NY in support of CST’s services. Many thanks to Team members (pictured here taking a break,) Juliette, Shannon, Kayla, Timmy, Brianna, Hailey, Katie and Gerard.

Celebrating 36 years of service: 1978 – 2014

YEAH Team!

Chemo Kits

Chemo Comfort kits help to make the chemotherapy experience easier by giving people the tools to cope with the day-to-day needs from the outset of treatment. Kits provide cancer patients with products that help with nausea, mouth sores and hair loss, among other side effects. For more information or to order a kit, log onto www.chemocomfort.org.

Save the date for the 2014 Long Island Sound Swim on July 26, 2014! Dates for pool swim events TBD. Please see article about Swim Across America on page 3.