Cancer Support Team 2008 Recap
Looking Back, Moving Forward

In 2008, our dedicated staff of nurses, social workers, case manager and administrative staff worked with over 50 volunteers to provide comprehensive services. Together, we:

- Served 13% more individuals with cancer and their families
- Provided 1300 in-person visits, primarily in patients’ homes
- Awarded 213 grants totaling $48,700 to financially-needy individuals to help pay for items and services not covered by insurance such as medications, medical equipment and transportation to medical appointments
- Coordinated 167 rides to life-saving treatment appointments through CST’s unique volunteer driver program
- Re-launched our case management program to assist patients in obtaining government benefits and community resources
- Expanded our existing social work services for individuals with breast cancer and their families through a five-year grant from the NYS Department of Health
- Collaborated on a variety of county-wide initiatives, including workshops for older adults with cancer and a workshop on genetic counseling
- Held the 10th annual Women’s Health Awareness Luncheon featuring cancer survivor Jane Brody of The New York Times
- Re-designed and launched a new website: www.cancersupportteam.org

We hope that you will visit our website to read more about the services we provide. Don’t forget to listen to our video, narrated by award winning actress and cancer survivor, Lynn Redgrave. Our staff and volunteers look forward to continuing our mission of enhancing the quality of life for those affected by cancer.
Greetings From the Executive Director

Milestones are times for reflection—looking backward, planning for the future—and the year 2008 was a milestone one for Cancer Support Team. We celebrated our 30th year of service! And, our accomplishments—the only Westchester-based home care program focused solely on cancer at any stage of the disease and the only program to provide services free of charge and without regard to insurance coverage. We are very proud of our client services that provide “one-stop-shopping,” including nursing, counseling, help with community resources, advocacy, financial assistance and transportation through our volunteer drivers.

So where do we go from here? We want to ensure that CST’s services remain available and that everyone who needs us knows about us. Some of the hardest words for us to hear are, “I wish I had known about CST when I was diagnosed with cancer.” We will keep working to get the word out about our services so that we are available for anyone in our local communities with a cancer diagnosis. At the same time, we also want to ensure that our services are responsive to Westchester’s diverse communities. Through our nursing services, education, counseling and case management and through programs such as our annual Women’s Health Awareness Luncheon and Ovarian Cancer Support Group, we reach people with varying needs and concerns.

Certainly, this year, and in the next several years to come, we will need to cope with the challenges that difficult economic times pose for our patients and for non-profit organizations in general. Our efforts through the Westchester Access to Health Care Coalition to advocate for health care reform that results in increased access to medical care are one way that we focus on policy change that benefits our patients. With the generosity from supporters in our local area and beyond, we are working to maintain our services for the coming years. In fact, 75% of our donations directly support our services to patients and families as opposed to administrative and fundraising costs. (Note that this far exceeds the Better Business Bureau’s standards for non-profit agencies.)

We hope that in the years to come, rather than, “I wish I knew about you,” we will hear, “I’m glad you were there when I was in need.”

Cancer Support Team is a Community Fund Agency.

* in memoriam
Swim Across America’s Three New Pool Swims to Benefit CST

The summer is fast approaching and what a time it will be for the volunteers involved with Swim Across America of Long Island Sound (SAALIS)! Three new pool swims have been added to the 2009 schedule of summer events.

SAALIS is in its 18th 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. Other beneficiaries of SAALIS grants include the Memorial Sloan-Kettering Cancer Center’s Swim Across America and DeMatteo Research Laboratories and The Tommy Palazzo Fellowship for Pediatric Oncology Research of New York-Presbyterian Children’s Hospital.

This summer’s swim events will be held at:
- Bronxville Field Club       June 13
- NYAC, Travers Island Pool   July 12
- Orienta Pool Swim           July 18
- Long Island Sound Swim      July 25
- Lake Isle Club Pool         August 1
- Saxon Woods                 August 2

Participate with us in these fun-filled events that benefit the essential services provided by CST to those living with cancer. Swim, volunteer or donate by logging on to www.swimacrossamerica.org/long_island or calling 914-632-3236.

We Ask Our Readers…

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

From one of our readers, we received this reply: As a survivor of breast cancer myself, first in 1995 and again in 2005, I would first help her accept the reality and shock of her diagnosis, and come to grips with it. Where there is life, there’s hope. Secondly, I would try to foster a hopeful attitude in her, while she finds a doctor, a team and treatment venue with which she feels comfortable. It’s so important to be able to trust your care to people you have faith in. Thirdly, I would offer her my continued support and help her contact Cancer Support Team and similar groups which approach people with such sensitivity and caring, as well as practical help. I would also endeavor to ascertain what her most pressing needs were and try to help her find solutions to those issues.

In our next newsletter, we would like your comments on the following: I know that while on chemotherapy and radiation, my immune system will be compromised. What should I do to detect infection, and what extra precautions can I take relative to foods I eat and places I go in order to minimize my exposure to infection?

Please send your responses to Judith Dobrof, D.S.W:
mail: 875 Mamaroneck Ave, Suite 204, Mamaroneck, NY 10543
e-mail: jdobrof@cancersupportteam.org
fax: 914-777-2780

We will not publish your name with your response. And, please feel free to send us questions that you would like us to pose to our readers. Thanks!

Brian Coneybeare, Westchester’s News 12 reporter, at the 2008 National Cancer Survivors Day celebration talking about his mother’s experience with cancer. CST commemorates National Cancer Survivors Day in an annual event in June with organizations from the Cancer Coalition of Westchester. The celebration honors cancer survivors in the US and around the world.

RESOURCES

On page 6 of this issue you will find an up-to-date list of some of the local and national organizations, and their websites, that provide support and information to cancer survivors, their family members and friends. Please share this with others.

Visit our website at www.cancersupportteam.org
Heartfelt Thanks to Our 2008 Donors

Cancer Support Team heartily thanks the many individuals, corporations, foundations and government agencies who support our services and programs through their generosity. While space allows us to list only donors of $250 or more, we wish to express our appreciation to all who have given so generously. Every effort has been made to ensure that names appear correctly in the appropriate donor category. In case of error or omission, please contact us at the CST office, 914-777-2777.

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Memorial Donations
Cancer Support Team
wishes to acknowledge the generosity of the families of the following people who have designated CST for memorial donations:
Karen Campbell
William Dougherty
William Duffelmeyer
Lois Kodl
Gigi Shanes-Hernandez

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Zaltas Gallery of Fine Jewelry

Visit our website at www.cancersupportteam.org
Support for Cancer Survivors

With more than 10 million cancer survivors in the United States—and the number continues to grow—support programs for them are on the rise. Such initiatives offer help to consumers with the myriad psychological and social issues of a cancer diagnosis and subsequent treatment, as well as medical and resource information, along with coping tips. The following is a list of websites of some of the local and national organizations that provide support and information to cancer survivors and their family members and friends.

### National Organizations

**American Cancer Society Cancer Survivors Network**  
[www.acscsn.org](http://www.acscsn.org)  
Offers online support, social networking, personal survivor Web pages and links to local support services.

**American Society of Clinical Oncology/People Living With Cancer**  
[www.plwc.org](http://www.plwc.org)  
Includes forms to keep track of follow-up care and tips for managing long-term effects.

**National Coalition of Cancer Survivorship**  
[www.canceradvocacy.org](http://www.canceradvocacy.org)  
Provides a free “Cancer Survivor Toolbox” audio program that helps with problem solving, insurance, financial and employment issues.

**National Cancer Institute**  
[www.dccps.nci.nih.gov/ocs](http://www.dccps.nci.nih.gov/ocs)  
Lists guidelines/resources to enhance health and well-being after cancer treatment.

**Cancer Care**  
[www.cancercare.org](http://www.cancercare.org)  
Offers free professional support services for cancer patients and family members.

**The Lance Armstrong Foundation**  
[www.livestrong.org](http://www.livestrong.org)  
Offers counseling and other referrals to local resources and assistance with financial and insurance concerns.

**The Wellness Community**  
[www.thewellnesscommunity.org](http://www.thewellnesscommunity.org)  
Provides support, education and resources for those affected by cancer.

### Local Organizations

**American Cancer Society - Westchester Region**  
[www.cancer.org](http://www.cancer.org)  
Includes education, advocacy, research and patient services.

**Cancer Support Team**  
[www.cancersupportteam.org](http://www.cancersupportteam.org)  
Offers nursing care in the home, counseling, education, support, advocacy, transportation and financial assistance at any stage of the disease.

**Gilda’s Club Westchester**  
[www.gildasclubwestchester.org](http://www.gildasclubwestchester.org)  
Provides support groups, social events and workshops for people of all ages living with all types of cancer.

**In the Pink Foundation**  
[www.inthepinkfoundation.org](http://www.inthepinkfoundation.org)  
Offers social programs and emotional support to young women with breast cancer.

**Support Connection**  
[www.supportconnection.org](http://www.supportconnection.org)  
Includes peer counseling, support groups, wellness classes, educational forum and resource information for women with breast and ovarian cancer.

**The Leukemia & Lymphoma Society**  
[www.tlls.org](http://www.tlls.org)  
Provides financial assistance, educational programs, family support groups and peer-to-peer program.

For further information about support for cancer survivors and their family members, please call Cancer Support Team at 914-777-2777.
Ms. H. was diagnosed with breast cancer soon after giving birth to her daughter. On her doctor’s advice, she started chemotherapy immediately, in preparation for a subsequent mastectomy. She was referred by her oncologist to CST for nursing and educational services. Ms. H. was unable to work and although her husband had a steady job, his income alone barely covered their rent. Ms. H. lived far from her home and did not have access to her the support of her family and friends. She needed help in securing the financial assistance for which she was eligible so that she could pay for transportation to her medical appointments and for her medications—which were quite expensive.

Ms. H. arranged for the first nursing visit, but when the nurse arrived, Ms. H. voiced her shock and disbelief. She was unable to truly come to grips with the diagnosis. “This can’t be happening to me,” she said. “My daughter needs me!”

Physically, Ms. H. was suffering from the side effects of chemotherapy—nausea, fatigue, hair loss. During the visit, the CST nurse provided emotional support as well as practical guidance in how to relieve the physical symptoms. She gave Ms. H. a Chemo Comfort kit, filled with items selected to boost the spirits of those undergoing cancer treatments. The nurse was also able to answer Ms. H.’s questions about her pending mastectomy. As the CST nurse was leaving, Ms. H. expressed gratitude to her for providing so much useful information as well as helping her to begin to accept her diagnosis.

On subsequent visits, Ms. H. received information about applying to CST’s financial assistance program and other community programs. She was also referred to CST’s social worker to talk about coping in a situation that was overwhelming. Ms. H. is well on her way to recovery and CST continues to be available to her and her husband to help them with their concerns.

For many people facing the challenges of cancer, CST makes a difference!

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.
Please 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.

****Save the Date****
11th Annual Women’s Health Awareness Luncheon
Thursday, October 15, 2009, 11:30 a.m.
Westchester Country Club
Featuring
LARRY NORTON, M.D.
Deputy Physician-in-Chief for Breast Cancer Programs, Memorial Sloan-Kettering Cancer Center
“How Modern Science is Transforming Breast Cancer Management”
For more information and underwriting opportunities, please call 914-777-2777 or email jdobrof@cancersupportteam.org