Biannual Benefit Gala is Huge Success

CST Celebrates “Caring for Our Local Community”

On a lovely spring evening, Cancer Support Team’s friends and supporters celebrated its services to the local community at its Benefit Gala on May 13th at The New York Botanical Garden. Over 330 attendees feasted on a sumptuous dinner, enjoyed the beautiful flower arrangements from Flowers by Stephanie, danced to the music of the Jay Bianchi Orchestra and bid for great items as part of the Gala’s Silent Auction. The event raised over $170,000 to support CST’s nursing, counseling and other cancer-related support services offered to those affected at any stage of the disease.

Nick Stephens, President of The Community Fund of Bronxville, Eastchester, Tuckahoe, accepted The Barbara Melamed Memorial Award on behalf of the organization and talked about the ongoing support that The Community Fund has provided to CST over the last 15 years. He noted that CST grants generally received unanimous approval because of the importance of supporting our services for people with cancer. Dick Davidson accepted for his fellow Honorees and Swim Across America colleagues Dennis McCauley, Chris Powers and Michael Rivituso, The Wald-Lee Vision Award. In his remarks, Davidson emphasized the team effort that was involved in organizing the swim events. He recognized Swim Across America volunteers, including CST Board members, Frank Webers and Jack Geoghegan, who have been involved since its earliest days supporting cancer research, treatment and services. “We salute our honorees for their tireless efforts to ensure that Cancer Support Team services are available to individuals and families facing the challenges of a

Volunteer, Andrew Dyson, Takes to the Road to Support CST Services

When 63 year old Larchmont resident, Andrew Dyson joined Cancer Support Team last fall as a volunteer, we were grateful for his help in transporting people to their chemotherapy and radiation therapy appointments. Little did we know that in no time at all he would be using another form of transportation—his bicycle—to help us. On June 21st, Andrew will leave from Astoria, Oregon, bicycling across the country in a fundraising effort for CST. Over a 50-day span biking about 100 miles per day, he

(Continued on page 5)
We have all heard the stories about people who lack capacity to make health care decisions yet have not designated a health care proxy—that is, someone to make decisions for them when they are unable to do so. Frequently, these folks have not discussed with others their wishes in the event that they cannot direct their own care. There are many situations in which family members lacked clear authority either to consent to beneficial treatment or withhold or withdraw it when loved ones were unable to make their wishes known.

This year, New York State passed the Family Health Care Decisions Act (FHCDA), establishing the authority of a patient’s family member to make health care decisions for those who lack capacity to do so. Even when patients have not left prior written instructions as to their wishes, under this new law, family members may make health care decisions based on what they know of the patient’s wishes, or, if the wishes are not known, based on the patient’s “best interests.”

Prior to the law’s passage, many health care providers generally accepted family members’ consent for beneficial treatment, but the new law strengthens families’ right to decide for a loved one. The law also authorizes families’ right to withhold or withdraw life-sustaining treatments in particular situations, such as when treatment would be an extraordinary burden to the patient and the patient is terminally ill.

Christina Staudt, President of the Westchester End-of-Life Coalition and a member of CST’s Board of Directors, says of the new law, “Westchester End-of Life Coalition (WELC) is very pleased about the passage of the FHCDA. It should be noted, however, that some strict limitations exist under this new law and decision-making can still be very difficult in certain situations. WELC urges everyone who has trusted loved ones to have discussions with them about end-of-life preferences and wishes, and to appoint someone to be the health care agent by completing a Health Care Proxy form.” (You can generate such a form for yourself by going to: [www.health.state.ny.us](http://www.health.state.ny.us).)

At Cancer Support Team, it is our hope that with the passage of the FHCDA, family members will be better able to avoid for patients burdensome, ongoing treatments that may not have benefit for them, especially those who are terminally-ill.

CST Executive Director, Judith Dobrof, DSW

For more information about CST Services call 914•777•2777
This summer, Team CST will once again participate in Swim Across America of Long Island Sound (SAALIS) to raise funds for cancer research, prevention and treatment. Katie Shields, the Team Captain and a long-time CST nurse, will lead the Team in its fundraising efforts. You may remember from our last newsletter, that Katie only recently learned to swim. Nevertheless, she is an enthusiastic member of the Team.

SAALIS is in its 18th year of raising money and awareness through swimming-related events. Cancer Support Team is a grateful beneficiary of these efforts.

**Save the Dates for Summer Events!**

Swim events will be held at:

- Bronxville Field Club       June 12
- Saxon Woods Pool            June 26
- NYAC, Travers Island Pool  July 11
- Orienta Pool Swim           July 17
- Long Island Sound Swim      July 24
- Lake Isle Club Pool         July 31

Participate with us in these fun-filled events. Swim, volunteer, or donate to Team CST or other SAALIS teams by logging on to www.swimacrossamerica.org/long_island or calling 914-632-3236.

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Like so many not-for-profit organizations in 2009, Cancer Support Team was faced with the challenges of raising funds to support our services during the economic downturn at the same time that requests for our services continued to increase. Through the unending generosity of our donors, our staff was able to continue offering highly responsive, individually-tailored nursing, social work and case management services **at no cost** and without regard to insurance coverage.

**Some things we accomplished in 2009:**

- Increased the number of individuals affected by cancer whom we served by 12%
- Provided 1,505 in-person visits, primarily in patients’ homes
- Directed $33,000 through 180 grants 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 180 rides to life-saving treatment appointments through CST’s unique volunteer driver program
- Developed a support group funded by a grant from the NYS Department of Health for women with breast cancer
- Collaborated on a variety of county-wide initiatives, including workshops on cancer-related government benefits and on wellness and exercise
- Held the 11th annual Gayle K. Lee Women’s Health Awareness Luncheon featuring Larry Norton, MD, of Memorial Sloan-Kettering Cancer Center
Heartfelt Thanks to Our 2009 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.

$250-$499
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The Estate of Mrs. John Lee

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Nan Corbin
Miriam Curnin
Sandy Dewey, DeweyInk
Lisa Edmiston
Sue Formato
Nancy Gavrin, Stayfit/NY, LLC
Stephanie Piccone
Carla Volpe Porter
Michele Power
Pro Bono Partnership
Red Door Spa
Sound Shore Liquor Pantry
Studio Smith
Elizabeth Wald, Stones in Harmony
Christina Webers
Zaltas Gallery of Fine Jewelry
Sheila Zive

Memorial Donations
The families of the following people have designated CST for memorial donations:
Joan Goldsmith
Lawrence Goldstein
Eileen Malara
Lucille Pascazio
Robert Mike Purcell
Nicholas Rey
Adrian Walters, III

For more information about CST Services call 914•777•2777
Cancer Support Team notes with sadness the death of actress and CST Advisory Board member, Lynn Redgrave, on May 2nd. Ms. Redgrave was diagnosed with breast cancer in 2002. Her experience with cancer is chronicled in her poignant and inspiring book, *Journal: A Mother and Daughter’s Recovery from Breast Cancer*, with photographs by her daughter, Annabel Clark. (The book is available in the CST library.) We were honored that Ms. Redgrave agreed to narrate a video about CST services, available on our website.

2009 Grants
Lin & Susie Chen Foundation
Community Fund of Bronxville, Eastchester, Tuckahoe
Agatha Durland Foundation
Josephine Lawrence Hopkins Foundation
Hudson Valley National Foundation
Legal Services of Hudson Valley
MAXX Management
MBIA Foundation
Miles of Hope Breast Cancer Foundation
New York State Department of Health
OSI Pharmaceuticals Foundation, Inc.
Rye Presbyterian Church
Sole Ryeders & Friends Fund
St. John’s Episcopal Church
Swim Across America
United Way of Westchester & Putnam
Westchester Community Foundation

Benefit Gala… (con't from p. 1)
cancer diagnosis,” stated Executive Director, Judith Dobrof, DSW.

For generosity in donating their time and energy to plan such a festive celebration, special thanks to our Honorary Gala Co-chairs, Tim Porter and Carla Volpe Porter; Benefit Co-chairs RuthAnn Brazill, Lisa Edmiston and Tina Staudt; Silent Auction Chair Betty Kelly; Journal Co-chairs Linda Ball, Sue Formato and Cary Sleeper; Raffle Co-chairs Elizabeth Hery and Geraldine Herlitz; and the Gala Planning Committee. Our gratitude also to Nan Corbin for creating the elegant table cards, Karin Sherman for her photographic talents, Sandy Dewey for the layout of the invitation and other printed materials, Penny Langone for the gifts for the honorees and Steve Piccone for his generous efforts on the Gala Journal. Many thanks to Tania and Alan Weiss of Alan Weiss Productions for donating their time and talents to update the video about CST services, “A Celebration of Hope,” which was shown at the Gala.

Appreciation also to Abigail Kirsch at The New York Botanical Garden for providing such a fabulous venue and delicious meal at a reasonable cost. Finally, our heartfelt thanks go out to our attendees and contributors for the generous support that enables CST to continue providing free services to our local community.

Taking to the Road… (con't from p. 1)
will see the sights while raising funds to help us maintain our free nursing, counseling and support services. Andrew’s destination is Portsmouth, New Hampshire, where he will “hang up his bike.”

Andrew is a cancer survivor, diagnosed with prostate cancer in spring, 2009. He says of his cancer experience, “The blessing is that my prostate cancer was cured. That motivates me now to live a full and good life, physically and emotionally.” He hopes that his trip will demonstrate that life goes on after a cancer diagnosis. Andrew adds: “I am so grateful for the support I received from CST nurses during my recovery.”

Follow Andrew’s travels through his blog at www.andrewbikeusa.blogspot.com. To pledge your support to help Andrew help CST, please send a donation to Cancer Support Team, 875 Mamaroneck Ave., Suite 204, Mamaroneck, NY, 10543. Please write “Andrew Dyson” in the memo portion of the check. Or go to www.cancersupportteam.org and click on the “Donate Now” button. We extend our gratitude to Andrew and wish him all the best in his travels.

Have you or someone you know been diagnosed with ovarian cancer in the last year? If so, CST has launched a new monthly support group for those affected by ovarian cancer. Please call us at 777-2777 for more details.
**We Ask Our Readers...**

I am a woman in my 30's with breast cancer. Are there organizations and resources that are especially helpful to people my age?

Among our readers is Debbie Oberlander, LMSW, a social worker at CST. The following is her response:

Each life stage brings a unique set of opportunities and challenges. Younger women coping with a diagnosis of breast cancer may have particular concerns including interpersonal relationships, intimacy, family planning, fertility, caring for young children, and premature menopause. Keep in mind too, that chronological age does not necessarily define your life stage. For example, if you are an older mom of young children, you may still benefit from a support group for “young” women.

Following is a list of selected resources.

Adelphi NY Statewide Breast Cancer Hotline and Support Program [www.adelphi.edu/nysbreastcancer/support.html](http://www.adelphi.edu/nysbreastcancer/support.html) (516) 877-4314

Gilda’s Club Westchester [www.gildasclubwestchester.org](http://www.gildasclubwestchester.org) 914-644-8844

In the Pink [www.inthepinkfoundation.org](http://www.inthepinkfoundation.org) (914) 318-4090

Living Beyond Breast Cancer [www.lbbc.org](http://www.lbbc.org)
Under the “Get Answers” tab, search “young women” to retrieve links to many additional resources.

SHARE [www.sharecancersupport.org](http://www.sharecancersupport.org) (212) 382-2111

Support Connection [www.supportconnection.org](http://www.supportconnection.org)
Young Women’s Breast Cancer Support Group (914) 962-6402

Young Survival Coalition [www.youngsurvival.org](http://www.youngsurvival.org) (212) 205-6610

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

I am a colon cancer survivor and sometimes find that my memory isn’t what it used to be. My doctor says it might be due to the after effects of the chemotherapy. How do I cope with this?

Please send your responses to Judith Dobrof, DSW:

**mail:** 875 Mamaroneck Ave, Suite 204, Mamaroneck, NY 10543

**email:** 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!

**Change in Staff at CST**

CST said goodbye in April to our administrative assistant of 18 years, Cathy Collins. Sincerest thanks to Cathy for helping all of us at CST, as well as those we serve.

We welcome new staff members, Paulina Arriaga and Elish McGrath, RN. Paulina joins us as an administrative assistant in our reception area. Working with Gini Ricca, she will be helping our staff with the myriad of tasks involved in keeping the office running smoothly. Paulina previously worked in the NYC Department of Business Services as an administrative assistant and computer technician.

Elish comes to CST as a staff nurse, having worked at Memorial Sloan-Kettering Cancer Center since 2007 on its Women’s Health Unit. She will provide nursing services in the home to assist individuals and their family members with cancer-related issues.

**CST Library Goes Wireless!**

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, DVDs and a variety of other materials. We also now have laptop computers for anyone wishing to browse websites for cancer resources and services. In order to borrow library materials or use our laptops, please call our office at 777-2777 to make an appointment.

Special thanks to Constance Carroon for her generous donation which allowed us to purchase laptop computers and go wireless. Our gratitude also to Dr. Myron Melamed for his ongoing generosity in supporting the library.
Mr. P. was referred to Cancer Support Team by the staff of a local hospital. Due to his recent diagnosis of rectal cancer, Mr. P. was in need of information and support. In addition, he had concerns about his financial situation, including how to pay for transportation to his treatment appointments. He had multiple medical bills and was having difficulty paying for medications and co-pays due to his fixed retirement income.

Mr. P.’s son who lived nearby and was very supportive of his father, strove to help him in any way that he could. He wanted to continue driving him to his medical appointments, but he was concerned about having to frequently leave work in order to transport him. He requested assistance to help his father cope with the many cancer-related issues he faced.

Upon referral, a CST nurse visited Mr. P. at home and provided him with information about his diagnosis and treatment. She answered his questions about the side effects that he was experiencing. Over the next few months, she met with him periodically to monitor his condition and support him as he progressed through the treatment. She also spoke frequently with his oncologist to discuss Mr. P.’s nursing needs and his progress.

CST’s case manager also visited Mr. P. to help him apply for senior housing to ease his financial burden. In order to ensure his adherence with the medical plan, CST provided transportation through its unique volunteer driver program and financial assistance to cover some of his medical bills. The case manager assisted him in applying for government health insurance so that henceforth his medical expenses would be fully covered.

Today, Mr. P. is comfortably living in an apartment in a senior housing complex near his son. He has finished treatment, is feeling well and reports feeling optimistic about the future.

Walk Your Way to Good Health!

Walking is an effective form of exercise that most people can do just about anywhere. The single cost is purchasing comfortable sneakers and breathable clothing that will not hinder movement. Despite almost no learning curve, walking is considered a high impact activity which in time may take a toll on your joints, tendons and ligaments. In order to guard against these long-term effects, you will need to consider some preventative measures which will ensure many enjoyable and pain-free walks. Factors such as fitness level, health history, hydration, lifestyle, age, weather conditions and unlevel paths will play a role in how your body recovers following a “walkout”. A few important reminders before you head out the door:

**Stretching**

After any workout your muscles may tighten up, so they need to be stretched to reduce the possibility of injury. After walking, hamstrings (back of your legs) are usually tight, so grab a towel, lie on the floor with your right leg straight on the ground. Loop the towel under the sole of your left sneaker and with your leg straight and an end of the towel in each hand, gently attempt to bring that straight leg in the direction of your torso, at the same time keeping your shoulders from tensing up. Using only your arms to move your leg, stop movement when you feel uncomfortable, and hold that position: ideally, aim to hold a stretch to a point of mild discomfort—20-30 seconds. Repeat with the other leg. Lying on the ground in this manner may eliminate any back discomfort.

**Water**

Water helps to keep the body functioning at optimal levels. Before beginning a walk, make sure you are armed with a water bottle to replace any water your body loses during exercise. Aim for drinking a quarter cup of water for every 15 minutes of activity, and continue to replenish after your workout ends. Water will help lubricate your joints, assist with weight loss, facilitate removal of impurities from the body, and increase general awareness and alertness. Dehydration is a serious condition, and may lead to confusion, dizziness, and fatigue—and will put undue strain on your organs.

As with any exercise, speak with your physician first about any concerns you might have and to establish realistic goals.

Lindsey Marcus is a certified Personal Trainer and Nutrition Specialist working in Westchester County. She can be reached at linzmarcus@aol.com.
****Save the Date****

OCTOBER 13, 2010

Cancer Support Team’s 12th Annual
Gayle K. Lee Women’s Health Awareness Luncheon
Westchester Country Club

Featured Speaker: James Speyer, M.D.
Medical Director, Clinical Cancer Center, NYU Cancer Institute

Current Perspectives on Cancer Screening and Prevention

For more information and underwriting opportunities, please call 914-777-2777 or email jdobrof@cancersupportteam.org

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.