An Enchanted Evening in the Garden
CST Raises Over $240,000 to Support Comprehensive Services

In celebration of the season of hope, Cancer Support Team held its biennial Gala, An Enchanted Evening in the Garden, on May 2, 2014 at the New York Botanical Garden. Over 300 attendees enjoyed an evening of music and dancing, a delicious dinner and socializing with family and friends. Generous CST volunteers and supporters raised over $240,000 for our comprehensive nursing, counseling and case management programs as well as CST's many other services that enhance the quality of life of those in lower Westchester County, NY affected by cancer.

At the event, Carol and Felix Petrillo were honored with The Barbara Melamed Memorial Award for their extraordinary support of CST and other charitable organizations around Westchester County. Corporate Angel Network in White Plains, NY received The Wald-Lee Vision Award for its efforts to help cancer patients access the best possible treatment for their specific type of cancer by (Article continued on page 6)

The following is a portion of an article reprinted with permission from the Oncology Times and author Wendy S. Harpham, MD who is herself a cancer survivor:

The Challenge of Recurrence
You Are Not Back to Square One

Recurrence is never good. But in certain ways you are in a better situation than when first diagnosed. That your cancer recurred provides useful information about your specific disease, information we couldn’t possibly know the first time around. So now we’ll use first-line treatment for patients with cancer like yours—for disease that recurs after the treatment you received.

In addition, you now have valuable experience in survivorship. You already know about sharing a diagnosis, garnering support, maintaining nourishment, getting through treatments, and balancing cancer treatment with everyday life. Regarding practical and emotional issues, you have a sense of which approaches and techniques work for you—and (Article continued on page 5)
Greetings from the Executive Director

According to Shakespeare “Parting is such sweet sorrow,” — and yes, it is! This will be my last column in the newsletter. In June I leave Cancer Support Team to pursue another opportunity in the very complex and yet very rewarding world of health care services to individuals and families. That said, I don’t believe that there is much to surpass being the Executive Director of an organization that provides beneficial, supportive and practical help to those affected by cancer. CST’s unique characteristics are many. It is the only home care program licensed by the NYS Department of Health offering free services without regard to insurance coverage. We have the only case management program that helps cancer patients and their families with the nitty-gritty of government benefits and community resources available to them. CST provides unique palliative care—help with controlling the side effects and the emotional and financial issues that accompany a cancer diagnosis—and can assist people as long as they need our services. We have one of the only financial assistance and volunteer driver programs for lower Westchester residents.

In my ten years at CST, I have worked with extraordinary colleagues who daily go above and beyond in every way to enhance the quality of life of the people whom we serve. Our Board of Directors and Advisory Board are extraordinarily dedicated to ensuring that our staff members have the support and resources they need to do their good work. Our volunteers drive patients, do friendly visiting and run errands and are an integral part of the support that makes CST unique. Our volunteers also help us with office tasks and with educational and fundraising events—and we couldn’t do what we do without them. All of you who contribute your time and financial support ensure that CST thrives so that we are available and accessible for those facing the challenges of a cancer diagnosis. I thank you all and know that in the years to come CST will continue to do most everything for patients…except send them a bill.

By the way, Cancer Support Team is looking for a new Executive Director with an advanced degree and a strong background in health care related non-profit management, preferably with experience in oncology. If you are interested, please send a cover letter and resume to: searchcommittee@cancersupportteam.org.

Please update our Mailing & 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.

For more information about CST Services call 914•777•2777
Team CST Swims Again!

For the 6th consecutive year and under the leadership of team captain and Cancer Support Team nurse, Katie Shields, Team CST will once again join other dedicated swimmers to support Swim Across America of Long Island Sound (SAALIS) in its efforts to raise funds for cancer research and services. Everyone at Cancer Support Team is grateful to Swim Across America for its continuing generosity in helping to support our services year after year. SAALIS' help is critical to our mission of offering services free of charge to individuals and families in lower Westchester County who are facing the challenges of a cancer diagnosis. “We thank Swim Across America for enabling us to help so many people with the difficulties that a cancer diagnosis brings. We thank them for their dedication to Cancer Support Team’s services,” comments captain Katie Shields.

To join or donate to Team CST or any of the SAALIS teams, log onto www.swimacrossamerica.org/long_island.

Thanks to Tony Sibio, SAALIS Chairman and CST Advisory Board member and everyone involved in this organization that continues to help us make a difference in the lives of those affected by cancer.

WestFair Rides

CST Collaborates to Offer a Volunteer Transportation Program

Since its inception in 1978, through its volunteer driver program, Cancer Support Team has offered cancer patients transportation to chemotherapy and radiation therapy sites. In 2013, CST volunteers provided 904 rides—an increase of 10% over the previous year. For many people, this critical service is a lifeline and a way to eliminate some of the stresses of ongoing treatment. Dedicated volunteers not only offer a ride, but also provide support and compassion.

This year, CST joins WestFair Rides (WFR) to enhance its transportation program. Not only do Westchester residents have another transportation resource through WFR’s volunteer ride service, but CST and WFR now share the cost of a computer program that enables CST to better manage its own program. As the CST volunteer driver program grows, our staff members can more efficiently track information about each ride that we provide. “As more and more people contact us for assistance with transportation to treatment appointments, our collaboration with WestFair Rides enhances our ability to ensure that we can offer as many rides as possible for those we serve,” comments Judith Dobrof, CST’s Executive Director.

The purpose of WestFair Rides is to help meet the transportation needs of older adults and vision-impaired adults of Westchester County, NY and western Fairfield County, CT by creating a network of sustainable, community-based, volunteer transportation services. For more information, go to www.westfairrides.org or call 914-764-3014.

If you would like more information about CST’s transportation program or are interested in becoming a CST volunteer driver, please call 914-777-2777.
Heartfelt Thanks to Our 2013 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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For more information about CST Services call 914•777•2777
Recurrent... (con’t from page 1)

The bottom line is that there’s no way to make this an easy time. For most of you, dealing with recurrence is upsetting until you adjust to the news and decide on a plan of action. Still, you can take steps that help.

The Key Tasks—For now, try to stay focused on:

- Determining your current medical situation;
- Exploring all treatment options, including clinical trials;
- Making wise decisions about treatment, work, home;
- Controlling pain and other symptoms; and
- Managing the practical issues.

Nourishing Hope

Feeling hopeful after recurrence may be more challenging than after your first diagnosis. But there is always hope. You have reason to feel genuine, strong hope of a better tomorrow.

In the short run, let’s focus on the hopes of making wise decisions and keeping you comfortable. After deciding on treatment, let’s hope to do all we can to help treatments go smoothly and to optimize the outcome.

Whatever is happening, let’s hope to do all we can to help you get good care and live as fully as possible today, tomorrow and every day.

The complete article can be found at “Oncology Times” December 10, 2013, Volume 35(23). For information about Dr. Harpham, go to www.wendyharpham.com.

Memorial Donations

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

Dominick Chiarieri, M.D.
Patricia Dixon
David Martin
Howard A. Singer

2013 Grants

Agatha Durland Foundation
Lin and Susie Chen Foundation, Inc.
Community Fund of Bronxville, Eastchester & Tuckahoe
Hudson Valley National Foundation, Inc.
Josephine Lawrence Hopkins Foundation
Legal Services of the Hudson Valley
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Miles of Hope Breast Cancer Foundation
New York State Department of Health
Rye Presbyterian Church
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Scarsdale Woman’s Club Committee for Philanthropy
Sole Ryeders & Friends Fund
Swim Across America, Long Island Sound
The Beth C. Tortolani Foundation
United Way of Westchester-Putnam
Wells Fargo Foundation
Women’s Club of Larchmont

2013 Income/Expense Breakdown

2013 Income Breakdown

Contributions 19%
Grants 59%
Events 15%
Other 7%

2013 Expense Breakdown

Program 75%
Fundraising 5%
Administration 20%

Gifts in Kind

Teddi Becker
Judy Boyle
Chemo Comfort
Nan Corbin
Sandy Dewey/DeweyInk
Lisa Edmiston
Sue Formato
Bonnie Gould
Betty Kelly
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Ace Charitable Foundation
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Macy’s Foundation
New York Life Giving Campaign

Visit our website at www.cancersupportteam.org
Sometimes Cancer Support Team provides care and assistance to the specific individual who is dealing with cancer. Other times, it is the whole family that requires support when a family member has cancer. A hospital social worker referred “Lily,” a 37-year-old wife and mother of two to CST. In December 2012, when she was pregnant with her third child, Lily found a lump in her breast, but assumed it was due to hormonal changes; nevertheless, she mentioned it at her next pre-natal appointment. On examination, Lily was found to have breast cancer, caused by a BRCA gene mutation. (This medical condition came to public attention when actress Angelina Jolie chose to have a double mastectomy because of family history.)

Lily began chemotherapy in the last trimester of pregnancy and gave birth to a healthy baby girl in March, 2013. Soon after came more extensive chemotherapy and then a double mastectomy followed by six weeks of radiation. When that was finished, she had a complete hysterectomy. Just as everyone was about to relax, it was discovered that the cancer had spread to her lungs. In March, 2014, her oncologist urged Lily to participate in a clinical trial that was studying an oral drug intended to slow the progression of metastatic breast cancer. Through all of this Lily was amazingly brave and positive and CST has been very involved in helping Lily and her family. The CST nurse visited often to provide support and to educate Lily and her husband about chemotherapy, radiation and surgery. The biggest need was for assistance with the enormous financial problems that came with her diagnosis and extensive treatment. Seemingly endless medical appointments meant that someone had to be hired to care for the children while Lily’s husband was at work. The CST case manager tapped into funds available through CST’s financial assistance program as well as other community resources to pay for child care and other expenses. Another community agency donated a crib, baby clothing and formula. Currently, the case manager monitors Lily’s health insurance to ensure that she will always receive needed medical care.

No one knows what the future holds for Lily and her family. But Lily knows that CST has been there every step of the way and will be there as long as necessary.

For those affected by cancer, CST makes a difference!
Another busy year for CST...2013 Recap

As more people become aware of the assistance that Cancer Support Team provides, the number of people we serve steadily increases. Here are some 2013 highlights:

- Referrals to CST increased by 10% over the previous year and 17% over the last five years.
- In-person visits, primarily in patients’ homes, increased by 12% over 2012.
- Coordinated 824 rides to treatment appointments through our volunteer driver program, a 393% increase over the last five years.
- The number of rides to treatment appointments offered through our volunteer driver program rose by 10% over 2012 and an astounding 402% over five years.
- Our 15th annual Gayle K. Lee Women’s Health Awareness Luncheon attracted 280 attendees to hear Dr. Anne Moore’s presentation on breast cancer prevention and treatment.
- In collaboration with the Cancer Coalition of Westchester, we sponsored a screening of Mondays at Racine, a documentary about two sisters that open their salon to offer free services to women going through chemotherapy.

Heartfelt gratitude to all of our volunteers and supporters for making it possible for CST to continue to offer our comprehensive services free of charge to anyone in lower Westchester County with a diagnosis of cancer.
Celebrating 36 years of service: 1978 – 2014

****Save the Date****
October 9, 2014
“Gynecologic Cancers: Genetics, Lifestyle & Beyond”

**Stephanie Blank, M.D.**
Associate Professor, Gynecologic Oncology
Director, Gynecologic Oncology Fellowship
NYU School of Medicine

16th Annual
Gayle K. Lee
Women’s
Health Awareness
Luncheon

Many thanks to the “raffle sellers” who took a break to pose at the Gala in May 2014 to benefit CST.