After 22 years of dedicated service to Cancer Support Team, Linda Ball, our Business Administrator is retiring. Linda joined CST in 1983 after many years as an Executive Assistant at Blue Cross/Blue Shield.

Since becoming a member of the Team in its earliest days, Linda helped to organize the administrative aspects of the organization, establishing office procedures, writing policies and raising funds through grant writing and fundraising events. She was responsible for overseeing finance operations for CST, including budget development and analysis. She has helped design our brochures and marketing materials and was instrumental in developing and periodically updating Life Lines: A Resource for Cancer Patients and Their Families, CST’s unique guide to local oncology resources.

In the early 1990’s, when a decision was made to become licensed by the New York State Department of Health, Linda was involved in ensuring that CST met the requirements established by DOH. Since that time, she has played the critical role of liaison with DOH, keeping track of changing regulations that might affect our services to patients and families.

Some of us remember when Linda’s son Justin was a baby and she brought him in tow to team meetings, which he proceeded to sleep through. Even while raising Justin and her daughter Christie, Linda diligently worked to manage all of the “behind the scenes” aspects of CST. She played a key role in making sure that things run smoothly for our nurses and social workers. In her commitment to our clients, she also ensured that they receive the financial aid or other needed supports to help enhance their quality of life.

In addition to her dedication to CST, Linda has always been committed to involving herself in a variety of community activities. Among her many volunteer positions, she was President of Scarsdale Childcare Association and the Scarsdale PTA, and was a board member of the Scarsdale Women’s Club.

We will miss Linda’s calm, steady presence and her ongoing commitment to CST. We wish Linda and her husband Fred all the best as they travel and enjoy retirement. And we look forward to Linda’s activities as a volunteer and her expert advice in so many areas.
Greetings From the Executive Director

The recent case of Mrs. Terri Schiavo, a forty-one year-old severely brain-damaged woman kept alive by a feeding tube, highlights the importance of talking with family and friends about what you would want if illness or injury rendered you unable to make decisions about medical treatment. It also heightens awareness of the value of designating a health care agent who can make decisions about medical care on your behalf, and completing a health care proxy form.

The New York Health Care Proxy Law allows you to appoint someone that you trust, such as a close family member or friend, to make decisions about medical treatment should you become unable to make decisions for yourself. If you are deemed as “lacking capacity”—or unable to make medical decisions—due to an illness or injury, hospitals, doctors and other health care professionals are required by law to follow the wishes of the health care agent. Your agent is only authorized to act on your behalf if you cannot make your own health care decisions. If you again become able to make your own decisions (such as might occur if you are under general anesthesia), the agent will no longer be able to make decisions for you.

The New York State Department of Health website, www.health.state.ny.us is very helpful in outlining the benefits of designating a health care agent. For example, you allow your agent to make health care decisions on your behalf as you would want them decided. Of course, you want to make sure that you discuss with your agent what those wishes are. You also can choose one person as your agent as a way of avoiding conflict or confusion among family members and friends. You may decide to also designate an alternate agent in case your health care agent is unavailable or unable to act when decisions must be made. The website also has a link to an actual health care proxy form with instructions for its completion and a section for “frequently asked questions.”

Cancer Support Team staff members can also answer your questions about talking with loved ones regarding your wishes, appointing a health care agent and completing the health care proxy form. Please call our office at 914-777-2777 and we will be glad to discuss these issues with you.

Cancer Support Team is a Community Fund Agency.
tay-bandz Raises Money for Pediatric Cancer Research

Taylor Matthews, age thirteen, knows how to turn adversity into something positive. Taylor was diagnosed in May, 2003 with bone cancer and has been working to raise funds for pediatric research and care ever since. Through her illness, Taylor became aware of the terrible lack of funding for pediatric cancer research and she was determined to make a difference. With the help of family and friends, Taylor came up with the idea of “tay-bandz,” a non-profit organization that designs and sells a variety of colorful headbands, belts, key chains, bracelets and other useful items. Taylor designed the company’s logo and products and picked the materials used in the production process. Her entire family including her two sisters and her parents, along with many children and adults in her community of Edgemont, were involved in helping to make tay-bandz a success.

Presently, tay-bandz is raising funds to support the solid tumor research lab at Children’s Hospital of New York-Columbia Presbyterian. So far, Taylor has raised over $200,000. Ninety-six cents of every dollar raised goes towards cancer research.

Besides raising funds, Taylor also wanted to create an opportunity to empower other children and add to their physical and mental recovery. In developing tay-bandz, Taylor has begun to achieve that goal by working with other young patients to develop and design their own line of tay-bandz for sale in their own hospitals and communities.

For more information about tay-bandz, go to www.taybandz.org. Donations to tay-bandz, Inc. can be sent to P.O. Box 1342, Scarsdale, NY 10583.

CST Board of Directors Welcomes Lisa Edmiston

CST Board of Directors is pleased to announce that Lisa Edmiston, of Bronxville, joined the Board in January of this year. Lisa brings experience in the development and fundraising field. Her work to date includes managing membership bases, budgeting, directing major fundraising events and grant writing. She has provided these services for such varied organizations as Early Steps, Riverdale Country School and Historic Hudson Valley.

In addition to her valuable fundraising experience, Lisa brings immense energy and an affinity for hard work. She graciously accepted the job of co-chairing this year’s annual Women’s Health Awareness Luncheon, along with Dede Luckett. Lisa is a wonderful asset and CST is pleased to welcome her.

Fraioli Family Makes Special Donation to Support CST

On December 18, 2004, when a new Commerce Bank branch opened in Mamaroneck, the Fraioli family did something truly special for Cancer Support Team. They brought to the bank an old combination bank filled with coins collected by the entire family. A challenge was made to Commerce Bank to match the dollar amount in the safe and donate all of the proceeds to CST. As longtime supporters of CST, the Fraioli’s know the importance of CST’s services to those with cancer. Commerce Bank accepted the challenge, truly an imaginative way to help support our clients and their families. We thank Mr. Larry Fraioli, his wife Diane, their children and Commerce Bank for their support!

Pictured here, (l. to r.) are Lisa Raefs, Manager, Commerce Mamaroneck branch; Judy Dobrof, Executive Director, CST; the Fraioli family — Diane, Katie, Larry, Sam and Charlie; and David Dineen, Senior Retail Market Manager, Commerce Bank.

Please Help Us Update Our Mailing List

We like to keep our supporters up-to-date on CST happenings and at the same time be cost-effective. Please let us know if you change your address or no longer wish to receive the newsletter. You can call us at 914-777-2777 or email us at cst@cancersupportteam.com.

For more information about CST services write to:

Cancer Support Team
875 Mamaroneck Avenue Suite 204
Mamaroneck, NY 10543

Or visit our website at:
www.cancersupportteam.com
For Cancer Support Team, 2004 was a very busy and exciting year. Just in the last year, our staff:

• Almost doubled the number of individuals and families served by the Team;
• Provided 100 individual financial grants to patients and families;
• Offered over 300 rides through our volunteers to medical appointments;
• Started a case management program for those with breast cancer, including individuals who are Spanish-speaking
• Offered a Wellness Retreat to 25 women with breast cancer;
• Held the 6th annual Women’s Health Awareness Luncheon featuring Woodson Merrell, M.D., Director, Beth Israel’s Continuum Center for Health and Healing;
• “Overhauled” Life Lines: A Resource for Cancer Patients and their Families, the only guide to Westchester’s cancer-related resources;
• Expanded our volunteer program in order to meet the needs of our clients for transportation, friendly visiting and assistance with daily tasks;
• Made over 40 outreach visits to physicians, hospitals and community agencies to raise awareness of the services that we offer.

Many thanks to our many volunteers and supporters. With your constant assistance and generosity, we will continue to strive towards our mission of enhancing the quality of life of those affected by cancer.
Cancer Support Team heartily thanks the many individuals, corporations, foundations and government agencies who generously supported our services and programs in 2004. 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**

- Mrs. Margaret Adlerman
- Mr. & Mrs. Donald Bain III
- Mrs. Anne Berkowitz
- Dr. & Mrs. David Blumenthal
- Mr. & Mrs. Dickson Brown
- Mary Bruschi
- Mr. Michael Carr
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- Mrs. Naomi Cohen
- Mr. & Mrs. Denis Curran
- Bernice Deering
- Eugene W. & Lisbeth Devlin
- Beatrice Dinger
- Mr. & Mrs. Robert Dohn
- Mr. & Mrs. Mark Edmiston
- Martin & Rebecca Eisenhower Foundation
- Mr. & Mrs. Robert Fanelli
- Mr. & Mrs. Walter Faulkner
- Frederick & Renee Feuerbach
- Mr. Vincent Fitzgerald
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- Mrs. Lucille Frand & Mr. Mel Usden
- Mr. & Mrs. Donald Frickel
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- Dr. Elaine Klein
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- Ms. Ruth Lowy
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- Dr. Alfred Tinger
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- Mrs. Alfred C. Viebranz
- Mr. & Mrs. Roger Widmann
- Mr. & Mrs. Alan Winton

**$500-$999**

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- Mr. Joseph Baschkopf
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- Mr. & Mrs. James Boyle
- Mr. & Mrs. Richard Concanon
- Mr. & Mrs. Lee Corbin
- Mr. & Mrs. R. Gary Crystal, Jr.
- Mr. & Mrs. Robert Czufin
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- Dr. Myron Melamed
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- Mr. & Mrs. Thomas O’Malley
- Sandra Priest Rose
- Dr. & Mrs. Joseph Rovinsky
- Isabelle Sherlock
- Abe & Harriet Slivka
- Stuart E. & Emily Tabin
- Mr. & Mrs. John Wiener

**$1,000 and over**

- Mrs. Mary Jane Arrigoni
- Fred & Linda Ball
- Mr. & Mrs. George Berridge
- Mr. Herbert Blecker
- Richard & Emily Buckingham
- Burbank/Whittemore Real Estate
- Mr. & Mrs. James Coogan
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- Mr. & Mrs. Thomas O’Malley
- Sandra Priest Rose
- Dr. & Mrs. Joseph Rovinsky
- Isabelle Sherlock
- Abe & Harriet Slivka
- Stuart E. & Emily Tabin
- Mr. & Mrs. John Wiener

**Grants**

- Breast Cancer Help
- Celgene Corporation
- Lin & Susie Chen Foundation
- The Community Fund of Bronxville, Eastchester & Tuckahoe
- Agatha Durland Foundation
- Hudson Valley National Foundation
- Immaculate Heart of Mary Church
- St. Joseph’s Church
- Journal News/Gannett Foundation
- The Greater NYC Affiliate of the Susan G. Komen Breast Cancer Foundation
- Lord & Taylor
- The Morrison & Forester Foundation
- New York State Legislative Grant
- Rye Presbyterian Church
- Sound Shore Community Fund
- Swim Across America
- The Beth C. Tortolani Foundation
- United Way of Larchmont, Mamaroneck
- Westchester Community Foundation
- Westchester Country Club/PGA Tour, Inc.
- Westchester Triathlon

**Memorials**

- Mildred Burke
- Peter Belchou
- Celia Coogan
- James J. Egan
- Andrew Falco
- Golden Fitzgerald
- Howard Glazer
- Nancy Q. Keefe
- Theresa Marciano
- Carol Marcus
- Patricia O’Sullivan
- Ronald Rappo
- Suzanne M. Smith
- Marilyn Tarantino
- Mary Tomassi
CST Nurses Attend March ’05 Palliative Medicine Conference

Recently Katie Shields and Patty Vaughn were privileged to attend this three session conference with over 200 other nurses and doctors. The conference was sponsored by the Cleveland Clinic Cancer Center and featured guest faculty from USA, Canada, England, Ireland, Germany and Australia who came together to create an intensive interdisciplinary review of cutting edge topics in the field of palliative care. Sessions included lectures, research presentations, panel discussions, case presentations, debates and valuable time for one-on-one discussions with individual faculty members.

Session topics addressed symptom management of both psychosocial issues (quality of life, depression, desire for hastened death, spirituality) and medical problems (pain, nausea, constipation, delirium). The challenges and appropriate management of elderly patients, the role of surgery, hydration and sedation in advanced cancer patients, ethical issues in palliative care, research presentations on more accurate prognoses and quality of life assessment tools are some of the things Katie and Patty brought back to the team. The knowledge gained will help CST staff develop better individualized and comprehensive care plans for its patients and families.

The field of palliative care is developing rapidly in the US, although its services are not yet commonly reimbursed by insurance in the home care setting. It is often confused with hospice care. While hospices in many countries served as the original models for palliative care programs, there are important differences. Palliative care is a continuum of care throughout a patient’s illness and treatment, not just at the end of life. The interdisciplinary palliative care team provides comprehensive care to patients and their families that addresses their complex physical, psychological and spiritual symptoms and strives to improve their quality of life as their illness advances.

The most exciting part of this conference was that it confirmed what we’ve thought all along—that Cancer Support Team’s 27 year old philosophy of patient and family care is a great model of a palliative care program!

For more information about CST Services call 914•777•2777
CST Makes a Difference!

Mrs. D. was in her early 40's and the mother of two young sons when she was diagnosed with a rapidly growing cancer. She was referred to Cancer Support Team by a hospital social worker because of her increasing medical and nursing needs. Mrs. D. lived with her mother, Mrs. R., who gradually began to care for Mrs. D. as well as manage the many needs of her grandchildren. Mrs. R. was both loving and supportive of her daughter and grandchildren, but also needed support in every way in order to continue to manage this heavy burden. Although Mrs. R. described being “best friends” with her daughter and enjoyed their close relationship, she needed assistance with the many tasks involved in caring for her.

A CST nurse began making weekly home visits to Mrs. D. and her mother in order to offer support and help with the concrete needs that come with a cancer diagnosis. For example, Mrs. D. had great difficulty getting to chemotherapy appointments as her ability to ambulate became more limited. Through the nurse’s intervention, an ambulance was arranged and Mrs. D. was able to continue her treatments despite her limited mobility. CST also provided a “transfer chair” in order for Mrs. D. to be more independent as she moved from lying in bed to a sitting position. In addition, CST obtained a juicer for Mrs. D. when it became difficult for her to swallow solid foods.

Over the next few months, the nurse helped Mrs. D. and her family with a variety of concerns. The nurse especially focused on Mrs. D.’s physical discomfort and on the emotional impact of the cancer on her and her family. As Mrs. D.’s condition deteriorated, the nurse began to talk with Mrs. D. about her plans for the children if she could no longer care for them. Mrs. R. was also included in these discussions since she would be the children’s guardian in the future. With Mrs. D.’s permission, the nurse also worked closely with the school case manager to ensure that the children’s teachers were aware of Mrs. D.’s condition.

Since Mrs. D’s death, the nurse has maintained frequent contact with Mrs. R., providing support to her and her grandchildren. In the coming months, the nurse will continue to offer ongoing assistance to help her deal with the challenges ahead.

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

Preparation of this newsletter was donated by Sandy Dewey and DeweyInk, a desktop publishing company specializing in the design and editing of newsletters, books, invitations, programs and calendars.

Health Walk 2005 to Raise $$$ for those Affected by Cancer

On Saturday, May 21, 2005 from 7:30 a.m. to 9:30 a.m., Cancer Support Team will participate in Health Walk 2005, to be held at nearby White Plains High School. Nearly 1,000 people will join together to walk for their favorite charity. Walkers who designate CST as their “charity of choice” will support our free services to those affected by cancer. The walk itself takes about an hour to complete. Please join us, enjoy free breakfast refreshments and do something good for yourself and our patients. Health Walk 2005 is sponsored by United Way of Westchester and Putnam, The Volunteer Center and the Westchester Business Volunteer Council. For more information, call CST at 914-777-2777.

CST Co-Sponsors National Cancer Survivors Day Celebration

Cancer Support Team, in collaboration with the Cancer Coalition of Westchester, is co-sponsoring a celebration of cancer survivorship on Sunday, June 5th, from 10 a.m. until noon at Doral Arrowwood in Rye Brook. Westchester residents will join thousands of cancer survivors, their families and friends throughout the US and Canada in commemorating National Cancer Survivors Day. This year’s celebration will consist of a buffet breakfast, entertainment, educational materials and laughter. For the past ten years, over 300 participants annually have attended this event to celebrate their courage, determination and survivorship. For more information on the event or to request an invitation, please call the CST office at 914-777-2777.

Save June 5th to Celebrate Cancer Survivorship!

CST currently offers an Ovarian Cancer Support Group which meets once a month in the late afternoon. It is professionally facilitated by a social worker and registered nurse. This group is open to any woman who has a diagnosis of ovarian cancer and is either in active treatment or has recently completed treatment. For more information, call CST at 914-777-2777.

Visit our website at www.cancersupportteam.com
Celebrating 27 Years of Service 1978 - 2005

************* Save the Dates *************

Women’s Health Awareness Luncheon

Thursday, September 22, Noon
Westchester Country Club, Rye, NY

Featured Speaker: Jimmie C. Holland, M.D.
Memorial Sloan-Kettering Cancer Center

Orienta Pool Swim
July 23, 2005

Long Island Sound Swim
July 30, 2005

TO SWIM: CALL 1-888-SWIM USA (1-888-794-6872)
TO DONATE: Send your tax-deductible check to
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P.O. BOX 217
LARCHMONT, NY 10538

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