

## 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



*(l. to r.) SAA swimmer Michael Joyce with 2010 honorees Chris Powers, Michael Rivituso and Dick Davidson*

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



*(l. to r.) Alan Weiss with his wife and CST Board member, Tania Weiss and CST Board member and Gala Co-chair, Lisa Edmiston*

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  
*(Continued on page 5)*

## 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)*





### Founders

Gayle K. Lee, RN\*  
Arnold M. Wald, MD

### Board of Directors

Arnold M. Wald, MD, *President*  
Rupert Walters, *Treasurer*  
Lisa Edmiston, *Secretary*  
RuthAnn Brazill  
John A. Geoghegan, Esq.  
Brian Leeney  
Carla Volpe Porter, Esq.  
Eduardo J. Saponara, MD  
Christina Staudt, PhD  
Frank Webers  
Tania Weiss

### Board Emeriti

James Coogan, Esq.  
Miriam Curnin  
Geraldine Durkin, RN  
Carol Headley  
Maggi Landau  
David Lindskog, Esq.  
Mildred Marshall  
Anne Martin  
Morgan Sullivan-Walsh, Esq.

### Advisory Board

Mark Edmiston  
Sue Formato  
Harriet Huber  
Betty Kelly  
Deborah Levitt, PhD  
Philip J. Orlando, CFA  
Carol Petrillo  
Tony Sibio  
Linda Smith-Shearar  
Robert Wiener

### Team Members

Judith Dobrof, DSW, *Executive Director*  
Lucille Winton, RN, *Coordinator, Patient/Family Services*  
Paulina Arriaga  
Rita Burke, RN  
Helen Cuccia, RN  
Judith Delehanty, LCSW  
Bonnie Markey, LCSW  
Elish McGrath, RN  
Julie Meade  
Debbie Oberlander, LMSW  
Gini Ricca, RN  
Kristina Rodriguez  
Kathleen T. Shields, RN  
Patty Vaughn, RN

\* in memoriam

## Greetings From the Executive Director



CST Executive Director, Judith Dobrof, DSW

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.

Preparation of this newsletter was donated by Sandy Dewey/DeweyInk.

## Team CST is Ready to Swim!



Team CST 2009 members (l. to r.) Helen Cuccia, Jamie Schwarzfeld, Julie Meade, Judith Dobrof, Judy Delehanty, Katie Shields, Rosalie Matsuoka, Kaitlyn Bush. (Missing from photo: Tommy Meade)

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
Oriente 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](http://www.swimacrossamerica.org/long_island) or calling 914-632-3236.



## Cancer Support Team 2009 Recap

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



(l. to r.) CST Advisory Board member, Carol Petrillo with Robin Coogan at the Women's Health Awareness Luncheon



2009 Speaker Dr. Larry Norton

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



CST volunteer, Marianne Irwin with summer intern, Rick Stephens

# 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

Dr. & Mrs. Seymour Alpert  
Mr. & Mrs. Lawrence S. Bacow  
Mr. & Mrs. Arnold Becker  
Mr. & Mrs. Sam Bell  
Dr. & Mrs. David Blumenthal  
Mr. & Mrs. Anthony C. Bonaviso  
Mr. & Mrs. Andrew Brenner  
Mrs. James Brown  
Ms. Mary Bruschi  
Ms. Gigi Bugg  
Butterflies from Jodie, Inc.  
Mr. & Mrs. Charles F. Carroll  
Dr. Ann Cea  
    & Mr. Anthony Tedeschi  
Mrs. Richard Conlan  
Mr. & Mrs. Robert Czufin  
Mr. & Mrs. Michael Delaney  
Mr. & Mrs. John Delehanty  
Mr. & Mrs. Ari Delevie  
Mr. & Mrs. Eugene Devlin  
Mr. & Mrs. Donald Dewey  
Mrs. Viola V. Dierks  
Alan Diner, MD  
Mr. & Mrs. Randall Doud  
Mr. James Durkin  
Mrs. Carleton Eldridge, Jr.  
Mr. & Mrs. Frank J. Fee, III  
Mr. Peter Formato  
Mr. & Mrs. Gerard A. Garofolo  
Mr. & Mrs. Joseph Gherardi  
Ms. Roz Gordon  
Mr. & Mrs. Gerald Gutterman  
Mrs. Nancy Hardart  
Ms. Reyna Henaine  
Mrs. Geraldine R. Herlitz  
Mr. & Mrs. James R. Hickey  
Hudson Valley Bank  
Mr. & Mrs. David Isaacs  
Mr. & Mrs. Daniel Katz  
Mr. & Mrs. Hayes Kavanagh  
Ms. Juliet Konvisser  
Ms. Lisa Kunstadter  
Mr. Peter R. Lane  
Mr. & Mrs. Kenneth Levy  
Mr. Joseph M. Malara  
Mrs. Kristina Theiss Manganiello  
Mr. & Mrs. J. Robert Mann  
Mrs. Mildred Marshall  
Ms. Alice H. Mathias  
Mr. & Mrs. John J. McCarthy  
Mr. & Mrs. Floyd W. McKinnon  
Mr. & Mrs. Charles Meade  
Mr. & Mrs. David Melrose  
Mr. & Mrs. Robert M. Merson  
Ms. Diane Mervine  
Mr. Saunders Miller  
Mr. & Mrs. Alan Model  
Ms. Geraldine Mullen

Ms. Judy Myers  
Ms. Sheila Nolan  
Dr. & Mrs. Carl Olsson  
Mr. Philip J. Orlando  
Mrs. Elissa Peer  
Dr. & Mrs. Francis J. Porreca  
Mr. & Mrs. Conrad Power  
Dr. & Mrs. Michael Reichgott  
Mr. Austin O. Saypol  
    & Ms. Elizabeth Brush  
Scarsdale Women's Club  
Mr. & Mrs. Arnold Schmeidler  
Mrs. Robert Schoenthaler  
Mr. & Mrs. Allan Shapiro  
Mrs. Joan Shapiro  
Mr. & Mrs. Jeffrey B. Sherman  
Mr. & Mrs. Richard Simmermacher  
Mr. & Mrs. Timothy Sinatro  
Mrs. Ruth Slater  
Dr. & Mrs. James Spikes  
Ms. Elaine Stamas  
Mr. & Mrs. James Staudt  
Mr. James S. Sutterlin  
Ms. Sally K. Thomson  
Mr. & Mrs. John J. Tietjen  
Mr. & Mrs. Edward J. Tostanoski  
Mr. & Mrs. Martin J. Waters, Jr.  
Mr. & Mrs. William B. Weinberg  
Mr. & Mrs. Roger Widmann  
Mr. & Mrs. Richard D. Willstatter  
Mr. & Mrs. Leonard Wilson  
Mr. & Mrs. Alan Winton  
Mr. M. Cabell Woodward

## \$500-\$999

Anonymous  
Ms. Adriana Avallone  
Mr. & Mrs. Clarke Bailey  
Mrs. Madeleine Berley  
Mrs. George Berridge  
Mr. & Mrs. Jeff Bruschi  
Dr. & Mrs. Robert Buly  
Mr. & Mrs. John P. Burke  
Mrs. Jacqueline Burke-Kort  
Mr. & Mrs. Richard J. Concannon  
Mr. & Mrs. Lee H. Corbin  
Mr. & Mrs. Manuel Delgado  
Rose Dobrof, DSW  
Mr. & Mrs. Robert C. Fanelli  
Ms. Elaine Friedman  
Mr. & Mrs. Seymour Gartenberg  
Mr. John Geoghegan, Esq.  
Mr. & Mrs. Stephen Girsky  
Mr. & Mrs. Bradley Goldberg  
Ms. Joan Goodman  
Mr. & Mrs. John Gould  
Mr. Gerard K. Hartman  
Mr. & Mrs. Frank Headley  
Mr. David M. Henkoff  
Mrs. Thomas V. Hirschberg

Mr. & Mrs. Michael Keeshan  
Mr. & Mrs. Peter Kelly  
Mr. & Mrs. Dennis Kenny  
Mr. & Mrs. Barbu Kestenband  
Mrs. Louise King  
Ms. Susan Law  
Ms. Nancy S. Levine  
Ms. Ruth B. Lowy  
Rev. & Mrs. Richard Martin  
Ms. Mona N. Phillips  
Mr. & Mrs. James W. Reid  
Mrs. Nicholas Rey  
Mr. & Mrs. Peter Ricca  
Mr. & Mrs. Victor Samra  
Mr. & Mrs. Henry Schacht  
Mr. & Mrs. Warren L. Serenbetz  
St. John's Episcopal Church  
The Emily Hall  
    Tremaine Foundation  
Mr. & Mrs. John Torell, III  
Mr. & Mrs. Michael Vaughn  
Mrs. Elaine F. Viebranz  
Mr. & Mrs. George Vojta  
Woman's Club of Larchmont

## \$1,000-\$4,999

Mr. & Mrs. Frederick Ball, II  
Mr. & Mrs. James Boyle  
Mrs. George Brazill  
Mr. & Mrs. Richard Buckingham  
Mr. & Mrs. Thomas Curnin  
Mr. & Mrs. Mark M. Edmiston  
Mrs. Kimberly Eierman  
Fidelity Charitable Gift Fund  
Mr. & Mrs. Leonard Formato, Jr.  
Mr. & Mrs. Leonard A. Formato  
Mr. John A. Fox  
Mr. & Mrs. Charles V. Glennon  
The Glickenhau Foundation  
Mr. Glenn Govier  
Ms. Harriet Huber  
Ms. Maggi Landau  
Mr. & Mrs. John Lee  
Mr. & Mrs. Brian Leeney  
Mr. & Mrs. Felix Petrillo  
Ms. Rosa Z. Romero  
Mr. & Mrs. Aran Ron  
Rotation Dynamics Corp.  
Dr. & Mrs. Eduardo Saponara  
Mr. & Mrs. Michael Sasso  
Ms. Isabelle Sherlock  
Mr. & Mrs. Paul Soden  
Mr. & Mrs. William Staudt  
Mr. & Mrs. Leonard Steiner  
Mr. & Mrs. William T. Wade  
Dr. & Mrs. Arnold M. Wald  
Mr. & Mrs. Richard Walsh

Mr. & Mrs. Matthew Scott Wechsler  
Mr. & Mrs. Alan J. Weiss  
Mr. & Mrs. John H. Westerfield  
Mr. & Mrs. Robert Wiener  
Ms. Andrea C. Zavell

## \$5,000 - \$9,999

Myron Melamed, MD  
Ms. Christie Philbrick-Wheaton  
    & Mr. Andrew Galvin  
Ms. Deanna Lee Philbrick Wheaton  
Ms. Mildred S. Wheaton

## \$10,000 - \$24,999

Mr. & Mrs. Edward F. Arrigoni  
Mr. & Mrs. James M. Coogan  
Mr. & Mrs. Timothy Porter  
Mr. John T. Wheaton

## \$25,000 and over

The Estate of Mrs. Richard DeRosa  
The Estate of Mrs. John Lee

## Gifts In-Kind

Teddi Becker  
James & Judy Boyle  
Chemo Comfort Kits  
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

## In Memoriam



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)



*CST volunteer Andrew Dyson will bike from Oregon to New Hampshire to raise funds and awareness.*

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](http://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](http://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](mailto: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.



Cathy Collins with husband, Steve, at her retirement party.

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.



Administrative Assistant, Paulina Arriaga (standing) with nurse, Elish McGrath.

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.

## CST Makes a Difference!

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!

By Lindsey Marcus

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](mailto:linzmarcus@aol.com).*



**Cancer Support Team**

875 Mamaroneck Avenue, Suite 204

Mamaroneck, NY 10543

914•777•2777

[www.cancersupportteam.org](http://www.cancersupportteam.org)

Non-Profit  
U.S. Postage  
**PAID**  
Permit No. 44  
White Plains, NY  
10610



## *Celebrating 32 Years of Service 1978 - 2010*

**\*\*\*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](mailto: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](mailto:cst@cancersupportteam.org).