

## Spanish Language *Life Lines* Now Available



CST Executive Director Judith Dobrof and NY State Assemblyman George Latimer have a look at the newly published Spanish version of *Life Lines*.

*Life Lines: A resource for cancer patients & their families* is now available in Spanish. Thanks to generous grants from New York State Assemblyman George Latimer and the Miles of Hope Breast Cancer Foundation, and the wonderful translation skills of Ms. Reyna Henaine, *Life Lines* has been translated into Spanish. This effort comes in response to Westchester's growing Latino population affected by cancer.

*Life Lines* is the only informational guide of its kind focused primarily on local Westchester County oncology organizations and resources, as well as those that are regional and national. Published by Cancer Support Team since 1984, it was recently redesigned to provide user-friendly and up-to-date information on topics such as

home care, caregiver and family support services and legal, financial and transportation assistance.

*Life Lines* provides easily accessible information on supportive services for people living with cancer, as well as their family, friends and caregivers.

*To order a copy of *Life Lines* in Spanish or English, please call our office at 914-777-2777.*

## Coping With Fatigue *(Contributed by Patty Vaughn, R.N.)*

Fatigue is a complaint of a majority of cancer patients, including patients recovering from surgery or illness or people of advanced age, and it can occur for a number of reasons. It is important to explore possible causes of fatigue with your doctor and to work with him/her to find ways of treating the problem. Accurately communicating all your symptoms and giving a clear picture of how fatigue affects your daily functioning and quality of life can help doctors diagnose the possible causes. It will also be useful to share specific examples of what you can and can't do: for example, "As soon as I finish shaving, I have to lie down again" or "I'm so tired by dinnertime that I don't even have enough energy to chew my food."

The following suggestions include specific and practical ways you can help yourself to deal with the problem of fatigue in your daily life. As you read, you will undoubtedly think of other ideas and can modify suggestions to meet your specific needs.

### Energy Conservation

- Set priorities. What are the most important things to be accomplished today? This week? List them in order of importance and tackle the top of the list first.
- Determine those times during the day when you have the most and the least energy. Keeping a log of your activities and energy levels for a week might help you assess this. If a pattern becomes apparent, you will then be able to schedule your activities at the times you are most alert and least fatigued.
- Balance each activity with a rest period, spacing activities throughout the day (or week).
- Be realistic about your plans for activities. Don't set goals you can never meet. It will only increase your frustration as well as fatigue.
- Learn to ask for help with necessary chores and errands that sap your energy and give you no pleasure. If someone asks

*(Continued on page 6)*



**Founders**

Gayle K. Lee, R.N.  
Arnold M. Wald, M.D.

**Board of Directors**

Arnold M. Wald, M.D., *President*  
RuthAnn Brazill  
James Coogan, Esq.  
Lisa Edmiston  
Harriet Huber  
Brian Leeney  
Carol Petrillo  
Eduardo J. Saponara, M.D.  
Morgan Sullivan-Walsh, Esq.  
Rupert Walters  
Frank Webers

**Board Emeriti**

Miriam Curnin  
Geraldine Durkin, R.N.  
Carol Headley  
Maggi Landau  
Gayle K. Lee, R.N.  
David Lindskog, Esq.  
Mildred Marshall  
Anne Martin

**Team Members**

Judith Dobrof, D.S.W., *Executive Director*  
Lucille Winton, R.N., *Coordinator of Patient & Family Services*  
Virginia Beirne  
Catherine A. Collins  
Judith Delehanty, L.C.S.W.  
Rita Grunbaum, M.S.W.  
Emily Laitmon, L.C.S.W.  
Dorothy Madden  
Gini Ricca, R.N.  
Kathleen T. Shields, R.N.  
James E. Smith  
Nancy Stoer, R.N.  
Priscilla Taveras  
Patty Vaughn, R.N.

**Associate Members**

Leslie Anagnostakis	Jonathan Kanovsky
Linda Ball	Cara Kealy
Joseph Barbuto, M.D.	Jeannine Kirsch
Emily Buckingham	Ruth Lowy
Joan Caserta, R.N.	Cassie MacFarlane
Naomi Cohen	Wendy McManus
Sandy Dewey	Sheila Nolletti
Eugenie Fleming	Mary Olsson, R.N.
Rosanne Fluett	Rose O'Sullivan
Susan Frank	Steve Piraino
Bonnie Gould	Denise Raptoulis, L.C.S.W.
Nancy Hardart	Carola Saponara
Geraldine Herlitz	Ellen Silver
Marianne Irwin	Harriet Slivka, A.C.S.W.
Barbara Kaminsky	Tiffany Tinson

## Greetings From the Executive Director



*CST Executive Director, Judith Dobrof, D.S.W.*

This year's Cancer Support Team Benefit Gala held on May 11th at The New York Botanical Garden (more to come in our fall newsletter) was called a "Celebration of Hope." Why celebrate hope?

Hope is a topic frequently found in writings on cancer survivorship and frequently treated with varying perspectives. In an article in *The New York Times* (2/22/04) entitled "Hope and Clarity,"

Abraham Verghese cites studies that find that those with a cancer diagnosis who have hope do not have better medical outcomes than their less hopeful counterparts. We learned from Dr. Jimmie Holland at last fall's Women's Health Awareness Luncheon and from her book, *The Human Side of Cancer*, that cancer survivors often experience the tyranny of positive thinking—they are told to be hopeful or their cancer will worsen. Dr. Holland discounts this notion, saying that each person's unique way of coping with cancer should be respected. Conversely, Dr. Jerome Groopman, in *The Anatomy of Hope*, writes about the importance of hope as he follows patients. He writes, "True hope has proved as important as any medication I might prescribe or any procedure I might perform." Margit Esser Porter, in her book, *Hope Lives! The After Breast Cancer Treatment Survival Handbook*, describes her thoughts on life after breast cancer: "It is not merely about existing, but about living life fully. The tool I use and value most is hope!"

Hope makes an important contribution to the recognition of National Cancer Survivors Day, on June 4th, when we will celebrate cancer survivorship by gathering together with family, friends and colleagues. At CST we see the value of hope every day as those we serve face the many challenges of a cancer diagnosis.

In *The American College Dictionary*, the word hope is defined as "desire accompanied by expectation." So, what is it that we wish for and expect? We wish that all cancer survivors will be able to meet the challenges of their disease with the support and resources they need. We hope for continued medical advances until all cancers are easily curable and Cancer Support Team no longer needs to exist. We hope that until that day arrives, we can continue to offer education, counseling, advocacy and other supportive services to those in need.

In keeping with the botanical theme of our Gala, here is Rachel Carson from *The Sea Around Us* writing about hope: "The symbols of hope are not lacking even in the grayness and bleakness of winter...Dig down through the snow into the earth. There are the dormant seeds from which will come the grass, the herb, the oak tree."

*Special thanks to everyone who helped plan our May 11th gala, "A Celebration of Hope," at The New York Botanical Garden. Photos and more about the gala in our next newsletter!*

## CST Board of Directors Welcomes RuthAnn Brazill



*New CST Board Member RuthAnn Brazill*

CST Board of Directors is pleased to announce that RuthAnn Brazill, of Bronxville, joined the Board in January of this year. RuthAnn has spent 27 years at AT&T in Law and Government Affairs. She is active in her community and has volunteered for a

variety of charitable organizations. Presently, she is Vice chairman of the Bronxville Non Partisan Committee for the Nomination and Election of School Board Trustees. She serves on The Youth Council and The Chancel Guild of The Reformed Church along with coordinating shopping, delivery and preparation of food for homeless New Yorkers as part of the Church's participation in Midnight Run.

She brings many years of experience in volunteer fundraising including acting as Benefit Gala Co-Chair for the past three years for the Foundation for Educating Children with Autism and for four years co-chaired the Gala Benefit for Heartsong, a program for developmentally disabled children. She has jumped into her CST Board activities by co-chairing our upcoming Benefit Gala in May. RuthAnn is married to Dr. George Brazill and has a 15 year old son Trey. RuthAnn brings warmth and wonderful skills to CST and we are pleased to welcome her.

## Jr League of Bronxville Helps CST House Patient Education Materials

The Junior League of Bronxville has awarded a grant to Cancer Support Team to purchase a file cabinet and bookshelf so that our nursing and social work staff will be better able to organize and display books, pamphlets and other resource materials for our patients and families. Staff can more easily access the materials, as they research information needed by clients or disseminate the materials to them. Heartfelt thanks to The Junior League members for their support of our efforts to provide community residents with the information they need to cope with a cancer diagnosis.

## Save the Date!

Saturday • May 20, 2006 • 7:30 to 9:30 a.m.

## Health Walk 2006

## Priscilla Taveras Joins CST Staff



*Priscilla Taveras, Case Manager*

In April, Cancer Support Team launched a new case management program to help those with cancer obtain the many government benefits and community resources available to them. Priscilla Taveras, CST's case manager, joined our nurses and social worker to help

patients and families obtain benefits such as Social Security Disability, Medicare Part D and Medicaid. She will also help us ensure that patients are referred to the many other Westchester resources that provide supportive services.

Priscilla speaks Spanish fluently and will be a great asset as we become more responsive to lower Westchester's growing Latino community. Most recently, Priscilla was a case manager at the New York City Treatment Alternative to Street Crime. She has a bachelors degree in Psychology and Spanish Studies from Fordham University and is enrolled in Iona College's Masters Program in Criminal Justice. We welcome Priscilla to the Team!

## Health Walk '06 to Raise Money for Those Affected by Cancer

On Saturday, May 20, 2006 from 7:30 to 9:30 a.m., Cancer Support Team will participate in **Health Walk 2006**, to be held at nearby White Plains High School. Over 1000 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 individuals and families 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 2006 is sponsored by United Way of Westchester and Putnam, Westchester Business Volunteer Council and The Volunteer Center. For more information, call CST at 914-777-2777.

*Tina Moskwa (r.) joined CST as an intern from Sarah Lawrence College's Health Advocacy Program. Tina works with staff learning about our homecare program and the services we provide. She assists in researching national and community resources for our patients and gathering information on grant funding opportunities.*



## Cancer Support Team in 2005

2005 was a very busy and exciting year for Cancer Support Team. Here are some highlights. Over the last year, our staff:

- Served 328 patients as well as many more family members, friends and caregivers supporting these patients;
- Provided over 1,000 in-person nursing and social work visits;
- Increased by 25 percent financial grants offered to patients to help pay for items and services such as medications, medical equipment and transportation to their medical appointments;
- Provided over 200 rides to treatment appointments through our volunteer driver program;
- Held the 7th Annual Women's Health Awareness Luncheon featuring Jimmie Holland, M.D., Attending Psychiatrist, Memorial Sloan-Kettering Cancer Center;
- Distributed over 2,000 copies of our redesigned and updated *Life Lines: A resource for cancer patients & their families* and began work on translating it into Spanish;
- Held educational workshops for patients and families on applying for government benefits such as Social Security Disability
- Co-sponsored with the Cancer Coalition of Westchester events such as Survivors Day and a workshop for older adults on cancer-related issues.
- Collaborated on a variety of County-wide initiatives including the Westchester Colorectal Cancer Screening Campaign and Minority Cancer Awareness Day.

Heartfelt thanks to our many volunteers and supporters. With your assistance and unending support, we will continue to strive towards our goal of enhancing the quality of life of individuals and families living with cancer.



(L. to R.) 2005 Women's Health Awareness Luncheon speaker, Jimmie Holland, M.D. with CST Board Members, RuthAnn Brazill and Harriet Huber.



(L. to R.) Board President Arnold M. Wald, M.D. and Rev. Richard Martinat CST Luncheon.



(L. to R.) Former CST Team Members, Linda Ball and Gerry Durkin, R.N., with Fred Ball, enjoying the holiday party.



(L. to R.) Elizabeth Phillips, M.D. and Teddi Becker at this year's Women's Health Awareness Luncheon.

# Heartfelt Thanks to Our 2005 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

Barbara Barber  
Mrs. Barbara Benerofe  
Ethel Berkoff  
Mrs. Anne Berkowitz  
Dr. & Mrs. Bernard Bernhardt  
Karen Bianchi  
Ms. Judith Biggs  
Dr. & Mrs. David Blumenthal  
Peter & Anna Boggia  
Mr. & Mrs. William Bole  
Mr. & Mrs. Dickson Brown  
Mary Bruschi  
Charles & Laura Carroll  
Ray Catena Lexus  
Mr. & Mrs. Stephen Chapin  
Mr. & Mrs. Stephen Collins  
Mr. & Mrs. Denis Curran  
Paul & Rose Cuzze  
Leslee Dart  
Bernice Deering  
Mr. & Mrs. John Delehanty  
Mr. & Mrs. Manuel Delgado  
Mr. & Mrs. Rudolph Demasi  
Mr. & Mrs. David Denison  
Mr. & Mrs. William Dentzer  
Eugene W. & Lisbeth Devlin  
Mr. & Mrs. Nicholas Didier  
Mrs. Viola Dierks  
Judith F. Dobrof & Frank Young  
Mr. & Mrs. Robert Dohn  
Mr. & Mrs. Gerard Durkin  
Mr. & Mrs. John Dyer  
Dr. Anne Engelland & Mr. Harri Taranto  
Mr. & Mrs. John Farris  
Mr. & Mrs. Arthur Fredston  
David & Bunny Gartner  
Mr. & Mrs. Bernard Gaughran  
Katherine Gibson  
Joan Goldsmith  
Mr. & Mrs. Peter Gordon  
Joanne Granchelli  
Mr. & Mrs. Wesley Guylay  
Thomas & Diane Haley  
Mrs. Nancy Hardart  
Mrs. Louise Hendry  
Geraldine Herlitz  
Mr. & Mrs. Robert Hiden, Jr.  
Mrs. Thomas Hirschberg  
Carolyn Howley  
Mr. & Mrs. Michael Hyland, Jr.  
David & Naomi Isaacs  
Mr. Nobuhisa Ishizuka  
Mr. & Mrs. Andrew Kahn  
Mr. Jonathan Kanovsky  
Daniel E. & Marilyn Katz  
Mr. & Mrs. William Kaufman  
Mr. & Mrs. Michael Keiser  
Lynne Kenney  
Dennis & Judy Kenny  
Mr. & Mrs. Barbu Kestenband  
Mr. & Mrs. Glenn Kiederer  
Dr. Elaine Klein  
Lynn Kotzen  
Mr. & Mrs. William Kummerer

Mrs. Josy La Sala  
Mr. & Mrs. Robert MacFarlane  
Mr. & Mrs. Saul Madden  
J. Robert & Barbara Mann  
Dr. Steven Marcus  
Mrs. Rosalie Matsuoka  
Mr. & Mrs. William Maynard, Jr.  
John F. & Constance McGillicuddy  
Mr. & Mrs. Michael Mendelson  
Thomas & Cindy Mooney  
Geraldine Mullen  
Dr. & Mrs. Carl Olsson  
Mr. Nelson & Chris Ong  
Jane Orans  
Nancy O'Reilly  
Mr. & Mrs. Stephen Osman  
David & Sandy Peretz  
Mr. & Mrs. Felix Petrillo  
Stephen & Stephanie Piccone  
Lloyd & Cheryl Pine  
Jean Paul & Jacqueline Plumez  
Mr. & Mrs. Andrew Potash  
Rivka Raffel  
Ronald & Rochelle Rauchberg  
Mr. & Mrs. Gerald Romanoff  
Dr. & Mrs. Joseph Rovinsky  
Mrs. Irving Rust  
Mr. & Mrs. Victor Samra  
Mr. & Mrs. Robert Schoenthaler  
Mr. & Mrs. David Seal  
Rabbi & Mrs. Jeffrey Sirkman  
Mrs. Emmy Lou Sleeper  
David & Patricia Smalley  
Mrs. Anne-Mieke Smeets  
Mr. James Smith  
Mr. & Mrs. William Staudt  
Mr. & Mrs. Robert Steed  
Mr. & Mrs. Rudiger Stoer  
Mr. & Mrs. Mayo Stuntz  
Dr. Alfred Tinger  
Mr. & Mrs. Peter To  
Mr. & Mrs. Edward Tostanoski  
Mr. & Mrs. Timothy Tostanoski  
Terence G. & Mary K. Tracy  
United Way of New York City  
United Way Westchester & Putnam, Inc.  
Bradford & Inga Van Siclen  
Wachovia Corporation  
Mr. Jeffrey E. Wacksman & Margo Hotston  
Mr. & Mrs. William Walker  
Mr. & Mrs. Martin Waters, Jr.  
Mr. & Mrs. John Westerfield  
Jim & Bonnie Whittemore  
The Woman's Club Of Larchmont  
Mr. M. Cabell Woodward

## \$500-\$999

Mr. Harry Bahr  
Fred & Linda Ball  
Mr. & Mrs. Thomas Beirne  
Madeleine Berley  
Sara Berman  
John & Eileen Bird  
Mr. & Mrs. Louis Brause  
Commerce Bank  
Mr. & Mrs. Richard Concannon

Mr. & Mrs. Lee Corbin  
Mr. & Mrs. Robert Czufin  
Mr. & Mrs. James Demitrius  
Mrs. Rose Dobrof  
Carlton & Mona Dukess  
Mr. Robert Evans  
Mr. & Mrs. Walter Faulkner  
Mr. & Mrs. Douglas Forman  
Mr. & Mrs. Leonard Formato  
Larry Fraioli & Diane L. Schoenacher  
Mr. & Mrs. Seymour Gartenberg  
Mary Pat Gillin  
Mr. & Mrs. Charles Glennon  
Mr. & Mrs. John Gould  
Mr. David Grant  
The Fay & Charles Greenbaum Foundation, Inc.  
Mr. & Mrs. Frank Headley  
Mr. & Mrs. Peter Kelly  
Mrs. Roger King  
Mr. Peter Lane  
Mr. & Mrs. Howard Lazarus  
Lauren Lee & Paul Stone  
Jocelyn Lee & Ray Sapirstein  
Mr. & Mrs. Louis Lowenstein  
Mr. Stephen & The Hon. Nita Lowey  
Ms. Ruth Lowy  
Dede Luckett  
Rev. & Mrs. Richard Martin  
Mr. & Mrs. Floyd McKinnon  
Myron Melamed, M.D.  
Frank & Kathleen Miller  
Patricia Oresman  
Holly Osman  
Irving & Ruth Perlman  
Mr. Joseph Powers  
Gregory J. & Margo A. Ressa  
Mr. & Mrs. Peter Ricca  
The Frederick P. & Sandra P. Rose Foundation  
Michael C. & Donna Sasso  
Mr. & Mrs. Warren Serenbetz  
Skadden, Arps, Slate, Meagher & Flom, LLP  
Mr. & Mrs. Daniel Soba  
Richard & Judy Spiesman  
UBS Paine Webber (Matching Gift)  
Mr. & Mrs. Michael Vaughn  
Mrs. Alfred C. Viebranz  
Mr. & Mrs. Alan Winton

## \$1,000 and Over

Mrs. Edward Arrigoni  
Melvyn H. & Maxine Bergman  
Mr. & Mrs. George Berridge  
Serine Bonnist  
Mr. & Mrs. James Boyle  
Richard G. & Emily Buckingham  
Mr. & Mrs. James Coogan  
Mr. & Mrs. Lawrence Corroon  
Mr. Robert Costello  
Mr. & Mrs. R. Gary Crystal, Jr.  
Mr. & Mrs. Thomas Curnin  
Mr. & Mrs. Mark Edmiston  
Mrs. William Gips  
The Glickenhau Foundation  
Mr. & Mrs. Bradley Goldberg  
Mr. & Mrs. Jerard Hartman  
Mr. Jonathan Herman Dorsey & Whitney, LLP

Josephine Lawrence Hopkins Foundation  
Harriet Huber  
Immaculate Conception Church CYO  
Jewish Communal Fund  
Mr. & Mrs. Douglas Kreeger  
Maggi Landau  
Mrs. John Lee  
Brian & Mary Leeney  
John & Betty Levin  
Mr. & Mrs. Max Levine  
Rivky B. & Lisa R. Lindauer  
Timothy & Carla Porter  
Dr. & Mrs. Eduardo Saponara  
Isabelle Sherlock  
Jeffrey B. & Karin Sherman  
Abe & Harriet Slivka  
James K. & Michal S. Sommer  
Stewart E. & Emily A. Tabin  
Mr. & Mrs. John Torell  
Mr. & Mrs. George Vojta  
Dr. & Mrs. Arnold Wald  
Mr. & Mrs. James Walsh  
Rich & Morgan Walsh  
Rupert & Jean Walters  
Mr. & Mrs. Robert Wiener

## Grants

Agatha Durland Foundation  
Celgene Corporation  
The Community Fund of  
Bronxville, Eastchester & Tuckahoe  
Eileen Fisher, Inc.  
Hudson Valley National Foundation  
Hudson Valley Bank  
Lin and Susie Chen Foundation  
Miles of Hope Breast Cancer Foundation  
The Morrison & Forester Foundation  
New York State Legislative Grant  
Pharmion  
Rye Presbyterian Church  
Sound Shore Community Fund  
Swim Across America  
United Way of Larchmont & Mamaroneck  
Westchester Community Foundation

## Memorials

Louis Bellucci  
Angelo Cursio  
Richard Esposito  
Andrea Kanovsky  
Emily Lasser  
Jacqueline Oei  
Nancy Seal  
Theresa Spies  
Margaret Weisman  
Katherine Zavell  
Martin Zavell

## Gifts in Kind

Sandy Dewey  
Reyna Henaine  
Lynn Padwe  
Anne Marie Paolucci  
Pro Bono Partnership

## Coping With Fatigue (con't)

how he or she can help, be specific about what you need.

.02 • Consider compromising; try shorter, easier versions of activities you enjoy, rather than eliminating them altogether. For example, if you love cooking, don't give it up. Instead, cook simplified meals.

### Sleep and Rest

.02 • If sleep disruption is a problem, determine the cause. If you find you are getting up during the night to go to the bathroom, try eliminating fluids after 6:00 p.m. If pain keeps you awake, discuss better pain management with your doctor and take medication that is prescribed. If you find you often need more medication during the night, place the dose within reach of your bed, next to a glass of water.

- Develop good sleep habits; keep a regularly scheduled bedtime. Pre-bed rituals like warm milk, herbal tea, or a warm bath can set the mood for sleep.

- Don't think about your problems or try to tackle bills or insurance forms right before bed. Choose restful activities in the evening to encourage relaxation.

### Exercise and Activities

- A moderate exercise period each day, as tolerated, can help to reduce fatigue. Bear in mind, however, that it is important to discuss any new exercise plan with your doctor.

- Alternate sitting and standing; minimize unnecessary bed rest.

- Choose a variety of activities during the day to avoid boredom and lethargy: visiting with friends, reading, seeing a movie, sitting on the porch.

- A moderate pace with any activity is often better and less tiring than rushing through to get it done.

### Nutrition

- Rather than 3 large meals, space 5-6 smaller meals throughout the day.

- If you find you become progressively more fatigued as the day goes on, try eating the majority of your calories earlier in the day. Best at this time are foods you like and foods that are easy to chew and digest.

- If you find that fatigue has seriously affected your appetite and that you are taking in less food than your body needs, consider nutritional supplements (Ensure, Sustical, Carnation Instant Breakfast). These can be found at your drug store or supermarket; they will increase your caloric intake without the effort required to eat large portions. Supplements can be used as mid-morning snacks, or as an extra meal if your energy level is low.

- Drink plenty of fluids.

- If your taste has been affected by chemo or radiation therapies, try experimenting with different kinds of foods.

- Utilize the services of a nutritionist, if necessary.



Cancer Support Team is a Community Fund Agency.

## Change Your Environment

- Reorganize clothes, personal care products, or kitchen equipment so you eliminate extra trips upstairs or lots of bending and walking in the kitchen. For example, have a toothbrush and an extra sweater downstairs or place the pots and equipment you use most in cooking on the counter top.

- Consider moving your bedroom temporarily downstairs or closer to a bathroom.

- Make use of equipment to conserve your energy. An electric bed, chair lift for the stairs, commode, shower stool, raised toilet seat, portable phone, intercom, etc., can save you extra effort.

- If you are alone, just getting up to answer the door can be a problem because it expends energy. Think of ways you can use a hidden key or garage door code to let expected visitors in. A lock box similar to the ones used by real estate brokers may be a possibility.

## Stress Reduction

- Communicate problems to your doctor and share your feelings with an understanding family member or friend. Sometimes attending a support group can help decrease the feelings of frustration and isolation and help you learn new ways of coping with stress-related issues.

- Get information: understanding the causes and options for dealing with fatigue may assist you in making better medical decisions and feeling less helpless. Find resources and groups that can help.

- If worrying about problems is really draining your energy, prioritize them and put some of them on the back burner.

- Don't fall into the trap of relieving stress by increasing the use of cigarettes, alcohol, drugs or caffeine.

- Pleasurable diversions can be energizing and restorative—a walk, a ride in the car, a trip to the park, music, a funny movie, a short visit from a friend.

- Try to accept that your family and friends may not always understand what you are feeling. Try to let them know what would be most helpful for you at this time.

- Complementary therapies can be beneficial. Massage, yoga and meditation are other ways you can reduce stress and replenish your energy.

## Talk With Your Physician

- Pain, nausea, vomiting, or side effects from medications or treatments (like constipation) might be contributing to your fatigue. Getting control of these problems can be beneficial physically and emotionally. Let your physician know what you are experiencing.

**CST's Eighth Annual  
Women's Health Awareness Luncheon**  
*Friday, October 20, 2006*

**Featured speaker: Harold Burstein, MD**  
Assistant Professor of Medicine, Harvard Medical School

*For more information and underwriting opportunities, please call the CST office at 914-777-2777.*

## CST Makes a Difference!

Mr. G. called Cancer Support Team to ask for help for himself and his family after being diagnosed with colon cancer. He had arrived from Ecuador many years ago and had worked in construction since then. He described himself as a hard worker and told his nurse, "I could build a home from beginning to end." When he contacted CST, he was too weak to work and was worried about providing for his wife and two daughters, aged 16 and 14. He asked for help with his financial situation and needed information about his medical treatments.

In the first visit, a CST nurse assessed his medical condition and talked with Mr. and Mrs. G. about his diagnosis. She brought pamphlets that would provide information about colon cancer and his chemotherapy treatments. She listened to the couple discuss the difficulties of coping with Mr. G.'s illness, especially because he was the breadwinner for his family. Over the next few weeks, the nurse collaborated with a variety of community agencies to help the G. family get medical insurance and assistance with the rent while Mr. G. was not working. She advocated for the patient to ensure that he received the government benefits to which he was entitled after many years of work. CST provided financial assistance to the G. family to help pay for items not covered by the insurance such as medications and transportation to medical appointments. The nurse regularly visited Mr. G. to monitor his medical condition and frequently spoke with his doctor as she became the doctor's "eyes and ears" between his appointments. By visiting him once per week, she saved Mr. G. more frequent trips to his doctor whose office was located in New York City.

Since cancer, like many chronic illnesses, is a family affair, all the G.'s were affected by the diagnosis. With this in mind, the CST social worker also visited the G.'s to provide support and counseling regarding the impact of the illness. Mr. G.'s oldest daughter was especially troubled by seeing her father so ill and met privately with the social worker to discuss her concerns.

Today, Mr. G. is feeling stronger and better able to cope with his diagnosis. His family has the information and support they need from the CST staff. For many families facing the challenges of cancer, CST makes a difference!

## Cancer Support Team Offers Educational Programs for Patients

This spring, Cancer Support Team participated in a variety of educational programs, in collaboration with other community-based organizations.

In March and April, Patty Vaughn, R.N. partnered with the Jewish Community Center of Mid-Westchester to organize a wellness and fitness class for those with breast and ovarian cancer. Participants were offered exercise classes and use of the JCC pool. On April 25th and for three subsequent sessions, CST nurses, Lucille Winton, R.N. and Katie Shields, R.N. worked with Nicki Weiss, L.M.S.W. and Shari Birnbaum, L.C.S.W. of Westchester Jewish Community Services to organize a family caregiver support and education program. The program covered topics such as providing

## Ten Simple Things You Can Do To Support A Friend Who Has Cancer

1. **OFFER** practical help like cooking a meal, running to the grocery store or pharmacy, walking the dog, watching the children or picking up the house.
2. **TELEPHONE** just to check in. Even a message left on the answering machine says "thinking of you" and brings cheer.
3. **MAIL** cards and notes—they can be reread and enjoyed over and over again.
4. **LAUGH** together. Share jokes and funny stories, tapes of a favorite comedian, DVDs of comedy shows or movies and gag gifts.
5. **COMFORT** with gifts of fuzzy socks, fleece throws, flavored lip balms, lavender hand lotions, homemade soups, herbal teas, etc.
6. **DRIVE** to the doctor, treatment or test appointments.
7. **COORDINATE** a telephone tree for updates or a schedule for volunteers to cook, visit or drive.
8. **TOUCH** with hugs, holding hands, backrubs, hair brushing, manicures, etc.
9. **JUST BE PRESENT**—a good listener and friend can help dispel feelings of isolation and aloneness.
10. **CARE FOR THE FAMILY**—offer to give them respite by sitting with your friend while they rest, take a walk, or go out to lunch.

**BONUS: SUPPORT the work of Cancer Support Team with your donations.**

Sources:

*The Etiquette Of Illness—What To Say When You Can't Find The Words*; Susan P. Halpern; Bloomsbury; 2004.

*I Don't Know What To Say*; Dr. Robert Buckman; Little, Brown, and Company; 1989.

*Giving Comfort—What You Can Do When Someone You Love Is Ill*; Linda Breiner Milstein; Penguin Books; 1994.

"hands-on" care, caregiver stress and home care options. On April 26th, in collaboration with the Cancer Coalition of Westchester, CST helped to implement an educational workshop on cancer survivorship.

"It has been wonderful to work with such dedicated professionals to offer the education and support that cancer patients and their families need," stated CST Executive Director, Judith Dobrof, D.S.W. If you are interested in finding out about upcoming educational programs, please call our office at 914-777-2777.

*Preparation of this newsletter was donated by Sandy Dewey and DeweyInk, a desktop publishing company.*

**Cancer Support Team**  
875 Mamaroneck Avenue, Suite 204  
Mamaroneck, NY 10543  
914•777•2777  
[www.cancersupportteam.com](http://www.cancersupportteam.com)

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



## *Celebrating 28 Years of Service 1978 - 2006*

### **CST at Health Walk '05**



(L. to R.) CST Executive Director Judith Dobrof, D.S.W., Gina Bruce, Henry Young, Gini Ricca, R.N., Nancy Stoer, R.N., Katie Shields, R.N., Jim Smith, Louise Hendry and Bunny Gartner at Health Walk 2005.

### **\*\*\*Save the Dates\*\*\***



Swim Across America of Long Island Sound is in its 14th year of raising funds and awareness for cancer research, prevention and treatment through swimming related events. CST is a grateful beneficiary of these efforts.

**N.Y.A.C., Travers Island - July 15, 2006**

**Oriente Pool Swim - July 22, 2006**

**Long Island Sound Swim - July 29, 2006**

TO SWIM: CALL 1-914-632-3236

TO DONATE, Send your tax-deductible check to:

SWIM ACROSS AMERICA

P.O. BOX 217

LARCHMONT, NY 10538

Or visit their website at [www.swimacrossamerica.com](http://www.swimacrossamerica.com)

\*\*\*\*\*

**CST's Eighth Annual  
Women's Health Awareness Luncheon**

**Friday, October 20, 2006**