

## SAA's "Team Talia" Supports CST

*Friends from all walks of life come together to participate in SAA effort to benefit CST*

For Naomi Cohen, spring is the time to gear up to organize Team Talia, a group of swimmers who participate in Swim Across America of Long Island Sound. SAA's goal is to raise awareness and funds for cancer research, prevention and treatment through swimming-related events. Cancer Support Team is a grateful beneficiary of the efforts of people like Naomi, who support our free, comprehensive services to individuals and families who live in lower Westchester County and are affected by cancer.

Not only is Naomi the team captain and a swimmer, she is also the mother of Talia, who died in November 2002 at the age of sixteen. Talia was diagnosed at age fourteen-and-a-half with Anaplastic Wilms Tumor, a rare pediatric cancer. She fought heroically for her life for nineteen months. During this time, Naomi and her family received CST's help in coping with Talia's disease and also with her untimely death. As Naomi says, "CST's services are so valuable and are available without charge to everyone, regardless of income. That is certainly rare in this day and age."

Naomi was only vaguely aware of SAA's mission until 2004 when a friend suggested that he swim for SAA in memory of Talia. That first year he raised \$8,000 in Talia's memory. The next spring, more friends signed up to swim and Team Talia was born. Since 2005, the Team has raised over \$120,000.



*Finishing their swim at Orienta Beach Club—Members of Team Talia, with Naomi Cohen, second from right.*

Naomi is especially moved by the way in which friends from "all walks of life" come together each year to participate with her in Team Talia. Friends of Naomi and her husband Andre participate either by swimming or by kayaking to ensure the safety of the swimmers. Talia's friends and those of her brother Danny, have also been involved in helping to support the cause. Naomi is further inspired by participating in an event that she knows Talia would have loved. Swimming had such significance

*(Continued on page 7)*

### 10th Annual Women's Health Awareness Luncheon

October 15, 2008 at noon  
Westchester Country Club

*Featuring: Jane Brody, The New York Times  
"Living the Great Life After Cancer"*





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## Greetings From the Executive Director



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

Thirty years of caring and compassion... This year, we celebrate our 30<sup>th</sup> anniversary of helping thousands of individuals and families affected by cancer, 30 years of striving to enhance the quality of life of people at all stages of the disease.

Cancer Support Team was founded in 1978 by Arnold Wald, M.D. and Gayle

Lee, R.N. who had a vision that people with cancer and their loved ones could receive the support and help they needed whether newly diagnosed, in the midst of treatment, or beyond. Over the years, CST secured licensing by the NY State Department of Health as a home care program and expanded its staff to include nurses, social workers, a case manager and those who work behind the scenes to ensure that the organization runs smoothly.

Remarkably, we do not charge people for our service. Instead, with the help of our Board of Directors, our Advisory Board and our many volunteers and supporters, we raise all the funds necessary to cover the cost of providing our services. We've received generous support from organizations such as Swim Across America of Long Island Sound, The Community Fund of Bronxville, Eastchester and Tuckahoe, The Westchester Community Foundation; from local houses of worship such as Rye Presbyterian Church and Larchmont Temple; and corporations such as Nordstrom and Eileen Fisher. In addition, hundreds of individuals have continuously provided generous donations to ensure that we maintain and enhance our services. The number of people calling us for services increases every year and we thank all of you for helping us to continue providing our professional support services.

A warm thank you to our staff, which is committed to helping our clients get the support, education, counseling and resources they need. What a wonderful group of professionals who, every day make a difference in the lives of those affected by cancer!

*Special thanks to everyone who helped plan our May 29th gala, "30 Years of Caring and Compassion," at The New York Botanical Garden. Photos and more about the gala in our next newsletter!*



*Cancer Support Team is a Community Fund Agency.*

## The Face of Our Team Today



CST today (Standing from left): Gini Ricca, RN, Judith Delehanty, LCSW, Helen Cuccia, RN, Kathleen Shields, RN, Virginia Beirne, Judith Dobrof, DSW; (Seated from left) Lucille Winton, RN, Jamie Schwarzfeld, RN, Rita Burke, RN, Cathy Collins

## Team Photos from the Archives



Above, CST in the 1980's (Back row, l. to r.): Mary Jo Frickel, RN; Harriet Sliovka, ACSW; Gerry Durkin, RN; Millie Marshall; Kay Wallace, RN; Judy Adams; Anne Martin; Thyrza Zabriskie; Pat Ruane, RN; (Middle row) Maria Elena Price; Kim Thomson, RN; Mary Olsson, R.N.; Rita Grunbaum, MSW; Arnold Wald, MD; Linda Ball; (Front row) Cis Fischgrund; Gayle Lee, RN

Right, CST in 2003: (Back from left): Judy Boyle, RN; Dorothy Madden; Nancy Stoer, RN; Judith Delehanty, LCSW; Patty Vaughn, RN; Judith Dobrof, DSW; Linda Ball; Rita Grunbaum; Jim Smith; Cathy Collins with Emma; (Front) Kathleen Shields, RN; Gini Ricca, RN; Gerry Durkin, RN



## Dear CST...

*This letter was sent to us by a family member who describes the benefits that she and her family received from our nursing services early in CST's history and more recently:*

Dear CST Members:

Congratulations on 30 years of caring support to patients and their families. Your dedication and knowledge brought great comfort to my mother, Lucy, in 1983. Gayle Lee, a nurse, came to see Lucy—and Gayle, you were so kind. You are to be commended. Please accept my thanks once again for all that you have done for each dear patient.

In 2002, I was confused in knowing what to do for my sister, Hope. Kathleen Shields, also a nurse, came to Hope's apartment and kindly guided us. She helped us to get hospice care. That was very helpful and comforting. Even after Hope passed away, Kathleen called to check on me. God bless you as you continue on your mission.

Gratefully,  
Carol



## Cancer Support Team Recap 2007

As we celebrate 30 years of offering supportive services to those affected by cancer, we thank you- our volunteers, friends and supporters. It is only through your continued support that we can achieve our goal of enhancing the quality of life of people with cancer and their families in lower Westchester County.

With your support in 2007, our staff:

- Served 6% more patients and families in 2007 than we did in 2006 and 130% more than in 2003
- Provided over 1,000 in-person visits, primarily in patients' homes
- Awarded 204 financial grants to help patients pay for items and services not covered by insurance (e.g. medications, transportation to chemotherapy)
- Coordinated 150 rides by volunteer drivers to treatment appointments
- Collaborated on a variety of County wide initiatives, including workshops focused on concerns of those living with cancer as a chronic illness
- Held the 9th annual Women's Health Awareness Luncheon featuring Carolyn Runowicz, MD, a cancer survivor and expert on gynecological cancers
- Launched a new case management program that allows us to serve more patients and families generally as well as to reach out to Westchester's growing Latino communities

We are the only Westchester-based home care program providing cancer-related services at any stage of the disease, at no cost to our clients and without regard to insurance coverage.



Joan DeCrane (l.) and 2007 Luncheon Honorary Co-chair Mary Jane Arrigoni



Swim Across America of Long Island Sound Committee Chairman Tony Sibio (left) with CST volunteer, Jim Smith

Lunch with Advisory Board member and actress Lynn Redgrave (standing from left): Lynn Redgrave, Anne Martin, Miriam Curnin; (seated from left): Judith Dobrof, DSW, Carol Headley and Katie Shields, RN



## Special Thanks

Cancer Support Team services are offered without charge to all patients and their families, regardless of ability to pay. CST programs are funded through community contributions, memorials, fundraising events and through corporate and foundation grants. CST would like to acknowledge the following organizations, corporations and government entities for their generous grants in 2007:

**Lin and Susie Chen Foundation**  
**The Community Fund of Bronxville, Eastchester and Tuckahoe**  
**Agatha Durland Foundation**  
**Eileen Fisher, Inc.**  
**Josephine Lawrence Hopkins Foundation**  
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**James A. McDonald Foundation**  
**Miles of Hope Breast Cancer Foundation**  
**The Morrison & Foerster Foundation**  
**New York State Department of Health**  
**NYS Legislative Grant/Honorable Suzy Oppenheimer**  
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**Osterman Community Foundation**  
**Pharmion Corporation**  
**Rye Presbyterian Church**  
**St. John's Episcopal Church**  
**Swim Across America**  
**United Way of Larchmont and Mamaroneck**  
**United Way, Westchester and Putnam, Inc.**  
**Westchester Community Foundation**

# Heartfelt Thanks to Our 2007 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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914-777-2777  
or email  
[jdobrof@cancersupportteam.org](mailto:jdobrof@cancersupportteam.org)

## Resources, Resources, Resources

Cancer Support Team is a member of the Cancer Coalition of Westchester, a group of organizations that provides services to people with cancer and their families. Here is a list of member organizations and how to reach them:

### American Cancer Society

Eastern Division-Westchester Region  
Research, education, advocacy and patient services.  
914-397-8804 [www.cancer.org](http://www.cancer.org)

### Cancer Support Team

Nursing home visits, counseling, education, support, advocacy, transportation and financial assistance provided at any stage of the disease.  
914-777-2777 [www.cancersupportteam.org](http://www.cancersupportteam.org)

### Gilda's Club Westchester

Support groups, social events, workshops and classes for people of all ages living with all types of cancer.  
914-644-8844 [www.gildasclubwestchester.org](http://www.gildasclubwestchester.org)

### In the Pink Foundation

Social programs and emotional support to young women with breast cancer. Educational outreach.  
914-764-5400

### Pathways to Care, WJCS

Supportive services, individual and family counseling, home visits.  
914-949-7699, ext. 550 [www.wjcs.com](http://www.wjcs.com)

### Support Connection

One-on-one peer counseling, support groups, wellness classes and educational forums, resource information for breast and ovarian cancer.  
800-532-4290 (toll-free hotline); 914-962-6402  
[www.supportconnection.org](http://www.supportconnection.org)

### The Leukemia & Lymphoma Society

Financial assistance, educational programs and brochures, informational website, family support groups and peer-to-peer program.  
Resource Center: 800-955-4572; 914-949-0084, ext. 8992  
[www.tlls.org](http://www.tlls.org)

### White Plains Hospital Center Cancer Program

Prevention, diagnostic, treatment support and educational services, stressing private practice initiative and unrestricted access to current technology.  
914-681-2034 [www.wphospital.org](http://www.wphospital.org)

### SHARE Expands its Ovarian Cancer Hotline

SHARE, Self-Help for Women with Breast and Ovarian Cancer, has recently trained ovarian cancer survivors to staff its NYS Ovarian Cancer Hotline in Westchester County, making Westchester the eighth county to receive the training. The Hotline is toll-free and offers callers support, information and resources. Call 1-866-53-SHARE (1-866-537-4273.)

## Junior League Supports CST's Medical Equipment Program

The Junior League of Bronxville awarded a grant to Cancer Support Team to support our unique program of donating or lending medical equipment to financially-needy patients and families. Funds will be used to purchase items such as shower chairs, commodes and wheelchairs. Frequently these items are medical necessities, which enhance patients' quality of life. They also benefit family caregivers who often are responsible for helping loved ones shower or transporting a family member to medical appointments.

We are grateful to The Junior League for its support as we help individuals and families meet daily challenges related to a cancer diagnosis. For more information about our medical equipment program, please call us at 777-2777.

## Update our Mailing List, Email and Donations

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).

Spread your donation to CST out over the year by charging a portion to your credit card each month. Call us for more information about this option. Any gift to CST is greatly appreciated!

## CST Makes a Difference!

Mrs. G. called Cancer Support Team to help her deal with a diagnosis of breast cancer. Her husband had died a year ago and not long after, she received from her physician the news of her diagnosis and that she needed both chemotherapy and radiation simultaneously to fight the disease. She felt very alone, especially since her four grown children lived outside of New York and couldn't visit often. Her situation was compounded by financial concerns.

Within 24 hours of Mrs. G.'s call, a CST nurse met with Mrs. G. in her home to talk about how to relieve the many distressing side effects of her treatments. Mrs. G. complained that she was only able to tolerate liquids so her nurse brought her nutritional supplements in order to increase her calorie intake. After a few weeks when she was able to eat solid foods, her nurse referred Mrs. G. to a local Meals on Wheels program that delivered a nutritious lunch daily.

On a limited income, Mrs. G. was having difficulty paying for the taxi transportation to many treatment appointments. CST provided financial assistance to ensure that Mrs. G. could comply with the medical regimen. A CST volunteer visited her to relieve her loneliness and isolation and drove her to the bank, post office and grocery store.

Most recently, Mrs. G.'s nurse accompanied her to an appointment with her physician to discuss Mrs. G.'s need for help with pain management. The nurse helped Mrs. G. to ask the physician questions about her medical condition and to understand the plan of care that the physician was recommending. Presently, Mrs. G. continues to receive nursing visits to monitor her condition; her pain is now better controlled. Her visits from the CST volunteer help ease the loneliness that she feels. She appreciates the help tailored to her individual needs that the nurse provides. For many patients facing the challenges of cancer, CST makes the difference!

### Memorial Donations

Cancer Support Team wishes to acknowledge the generosity of the families of the following people who have designated CST for memorial donations:

**Kathleen Lancelli**

**Marcel LeBloas**

**Andrea Ossip**

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

## We Ask Our Readers...

In our last newsletter, we introduced this column and we hope it will contain useful information, advice and practical hints. For this first piece, we asked our readers to send us their thoughts on the following question:

*Can you provide some tips for dealing with the nausea that may arise when one receives chemotherapy treatments?*

From one of our readers, we received this reply:

*I was directed by my oncologist to sip only small amounts of fluids, such as water, for several hours following chemotherapy in order to avoid nausea. The doctor said large amounts taken at one time (more than a cup) could cause or exacerbate nausea. I was told to drink a shot size glass of water every ten minutes, and I would have a timer to stay on track.*

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

*How do you handle the fatigue that can accompany cancer treatments?*

Please send your responses to Judith Dobrof, D.S.W., in any of the following ways:

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 unless you wish us to.

And, please feel free to send us questions that you would like us to pose to our readers. Thanks!

## Team Talia... *(Continued from page 1)*

for Talia. She followed the 2000 Sydney Olympics closely, especially the gold medal performance of swimmer Ian Thorpe. Through the Make-A-Wish Foundation, Talia and her family were flown to Los Angeles to have lunch with Thorpe. According to Naomi, being part of SAA's events is a great way to remember and honor her daughter.

Naomi is deeply grateful to the members of Team Talia and its supporters as well as to those who help to organize SAA's events every year, as is Cancer Support Team. We express our sincerest thanks to Naomi and her Team and to SAA's leadership and volunteers for supporting our mission of enhancing the quality of life of those facing the challenges of a cancer diagnosis.



**Cancer Support Team**  
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## *Celebrating 30 Years of Service 1978 - 2008*

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



Swim Across America of Long Island Sound is in its 16th year of raising funds and awareness for cancer research, prevention and treatment through swimming-related events. Cancer Support Team is a grateful beneficiary of these efforts.

**N.Y.A.C., Travers Island - July 13, 2008**

**Oriente Pool Swim - July 19, 2008**

**Long Island Sound Swim - July 26, 2008**

To Swim: Call 914-632-3236

To Donate: SAA, P.O. Box 217, Larchmont, NY 10538

[www.swimacrossamerica.org/long\\_island](http://www.swimacrossamerica.org/long_island)

#### **10th Annual Women's Health Awareness Luncheon**

Wednesday, October 15, 2008

**JANE BRODY**

*Personal Health Columnist*

*The New York Times*

#### **"Living the Great Life after Cancer"**

For more information and underwriting opportunities, please call 914-777-2777 or email [jdobrof@cancersupportteam.org](mailto:jdobrof@cancersupportteam.org)

#### **Thursday, November 20th: Shop at Blue Tulip and Cancer Support Team Benefits!**

Purchase an item or two at Blue Tulip, 116 Pondfield Road in Bronxville, NY on Thursday, November 20th from 3:00-7:00 p.m. Blue Tulip will make a donation to CST of 15% of your total purchase. *Remember to mention Cancer Support Team when you make your purchase.* Get your holiday shopping done or buy something for yourself!