



www.sharecancersupport.org

September, October, November, December 2010

We are survivors who have faced breast, metastatic breast, and ovarian cancer. We're here to provide emotional support and practical advice to you, your family and your friends. Our services include hotlines, support groups, educational programs, and advocacy activities. All programs are free of charge.

SHARE HOTLINES

Volunteers who answer calls to the SHARE Hotline are women who have had breast or ovarian cancer. They offer you the support and understanding of true peers and can help you think through your options in a confidential and supportive conversation.

- Breast (212) 382-2111
- Breast Toll Free (866) 891-2392
- Ovarian (212) 719-1204
- Toll Free (866) 53-SHARE (866-537-4273)

Latina/En Español (212) 719-4454, línea gratuita (866) 891-2392 *(para programas en Español vea la página 4)*

Breast Cancer Support Groups

REGISTRATION IS REQUIRED. Please register through the SHARE Breast Cancer Hotline (212) 382-2111

Breast Cancer Support - Ongoing

Ongoing groups for women recently diagnosed with breast cancer, those still undergoing treatment, and those who have completed treatment. Share experiences, feelings and information. Women may join at any time. Registration is required for new participants.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
TUESDAYS 6:00 - 7:30 PM
Sep 21, 28 Oct 12, 26 Nov 9, 23 Dec 7, 21
- **Brooklyn SHARE – Kings Bay YM/YWHA**
3495 Nostrand Ave. (bet. U & V Aves). Free parking available.
MONDAYS 7:30 - 9:00 PM
Sep 13 Nov 1 Dec 6
- **Brooklyn SHARE – Restoration Plaza**
1368 Fulton St. (bet. Brooklyn & New York Aves), 1st Fl. Multipurpose Rm.
TUESDAYS 3:30 - 5:00 PM
Sep 14, 28 Oct 12, 26 Nov 9, 23 Dec 14, 21
- **Bronx SHARE**
Soundview Health Care Network, 731 White Plains Rd.
WEDNESDAYS 6:00 - 7:30 PM
Sep 15 Oct 13 Nov 10 Dec 8
- **SHARE/Women At Risk, NY Presbyterian Hosp/Columbia University**
Med. Ctr - Women at Risk Resource Library, 161 Ft. Washington Ave,
Herbert Irving Pavilion, Rm. 1035, 10th Fl.
FRIDAYS 2:00 - 3:00 PM
Sep 10, 24 Oct 8, 22 Nov 5, 19 Dec 10
To register, please contact Nancy Singleton at (212) 342-0297
- **Queens SHARE, Samuel Field YM/YWHA**
58-20 Little Neck Pkwy (bet. 59th & 60th Aves), Little Neck
TUESDAYS 7:30 - 9:00 PM
Sep 14 Oct 12 Nov 9 Dec 14

Breast Cancer Post-Treatment Support & Networking

Women who are more than two years out of treatment will have an opportunity to reflect on their experiences after surgery, radiation, and chemotherapy are completed as well as share common concerns, feelings, questions, and information about breast cancer.

- **Queens SHARE, Samuel Field YM/YWHA**
58-20 Little Neck Pkwy (bet. 59th & 60th Aves), Little Neck
THURSDAYS 7:30 - 9:00 PM
Sep 16 Oct 14 Nov 11 Dec 9

DCIS Support Group

Often there are conflicting interpretations of the risk presented by a diagnosis of DCIS (ductal carcinoma in situ). There are different opinions about appropriate treatment. The emotional issues generated by a diagnosis of DCIS will be addressed at this peer-led support group.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
WEDNESDAYS 6:00 - 7:30 PM
Sep 1* Oct 6 Nov 3 Dec 15
*“Diagnosing DCIS,” educational program with Ira Bleiweiss, MD, Professor of Pathology, Chief of Surgical Pathology and Director of the Division of Breast Pathology, the Mount Sinai Medical Center

Breast Reconstruction

This single session group is for women who are considering, starting or have completed any type of reconstruction and want to share information and experiences, and discuss their concerns.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
WEDNESDAYS - Oct 20 Nov 17 6:00 - 7:30 PM

Breast Cancer Support Groups

REGISTRATION IS REQUIRED. Please register through the SHARE Breast Cancer Hotline (212) 382-2111.

Wise Women's Circle

Join other women of retirement age to discuss the issues that matter to you. Some common topics include: dealing with Medicare, coping with additional illnesses, managing when family members and support networks are far away.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
TUESDAYS 2:30 - 4:00 PM
Sep 14*, 28 Oct 12**, 26 Nov 9***, 23 Dec 21
Educational programs:

* "How Health Care Reform Affects Your Medicare Coverage," with Scott Thomas, Director of Education, Medicare Rights Center
** "Memory Boosters," with Dante Tipiani, MSW, Department of Psychiatry, the Mount Sinai Medical Center
*** "Coping With the Loss of Your Peers," with Lee Miller, SHARE

Men's Group

This group is for men whose wives/partners have been diagnosed with any stage of breast or ovarian cancer. Men will have the opportunity to share experiences and support each other as they help their partners deal with cancer. The facilitators are husbands of SHARE participants.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
TUESDAYS 6:00 - 7:30 PM
Sep 21 Oct 12 Nov 9 Dec 21

Breast and Ovarian Cancer Support for Lesbians

SHARE and the Lesbian Cancer Initiative co-sponsor this support group. The group offers a safe space for participants to discuss the impact of cancer on their lives, sexuality, body image, and relationships.

- **Lesbian, Gay, Bisexual & Transgender Community Center**
208 West 13th Street (7th Ave)
THURSDAYS 6:00 - 7:30 PM
12 weeks from Sep 16th to Dec 16th. **No group November 18 & 25.**
Please contact the Lesbian Cancer Initiative (212) 620-7310 before the first session. The LGBT Community Center also hosts a caregivers support group.

Lymphedema: Information and Support

This combined support group and educational program will offer specific information about lymphedema, including causes, treatment, and ways to reduce risk.

Ting-Ting Kuo, PT, MS, Clinical Specialist, NYU Medical Center, will present in the first part of the meeting. The second half will be devoted to sharing experiences and information, and discussing the emotional issues that arise while coping with this chronic condition.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
THURSDAY - Oct 7 6:00 - 7:30 PM

SHARE's 15th Annual Memorial Ceremony

Family, friends, support group members and health care providers will honor and celebrate the lives of those we have lost to breast or ovarian cancer. We'll have music, poetry and a candle-lighting ceremony. You are invited to bring a picture of your loved one to be entered into our "Remembrance Book." Light refreshments will be served.

SHARE Main Office, MONDAY - Oct 25 6:00 - 8:00 PM
To register, please call Lee Miller (212) 937-5579

SHARE's Holiday Party

MONDAY, December 20, 2010, 6:00 - 8:00 PM
SHARE Main Office

Join together to celebrate the holiday season and to share highlights of our journey through 2010. To register, call (212) 719-2943 x 338.

Metastatic Breast/Recurrent Ovarian Support Groups

Please register: SHARE Breast Cancer Hotline (212) 382-2111, SHARE Ovarian Cancer Hotline (212) 719-1204
The Metastatic Breast Program is supported in part by a grant from Genentech.

Metastatic/Recurrent Cancer Group

A daytime group in which women meet and share their experiences. The group is facilitated by a psychotherapist who is also a SHARE participant and a breast cancer survivor. Registration is required.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
THURSDAYS 12:00 - 1:30 PM
Sep 2, 16, 23, 30 Oct 7, 14, 21 Nov 4, 11, 18 Dec 2, 9, 16, 23

Finding Hope and Meaning in Your Life

A discussion with Shuli Taubes, Master of Divinity, Harvard Divinity School. Is spirituality important to you, whether or not you consider yourself a religious person? Can you find meaning in life while you are trying to cope with a serious illness? Come share your thoughts and experiences.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
THURSDAY - Oct 21 6:00 - 7:30 PM

Living with Uncertainty

An evening group for women with metastatic breast cancer. Learning to live with continuing treatment and medical uncertainty. Finding the support and quality medical care you need. Creating your best quality of life as a woman with metastatic disease. Share your experiences and learn from each other. You can join at any time. **The facilitators are SHARE participants living with metastatic disease.**

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
THURSDAYS 6:00 - 7:30 PM
Sep 16 Oct 14 Nov 11 Dec 16

TELEPHONE SUPPORT GROUP FOR WOMEN WITH METASTATIC BREAST CANCER

SHARE has a telephone support program on Mondays, from 4:00 - 5:00 PM. If you are interested in participating, please call the SHARE Breast Cancer Hotline (212) 382-2111. *This program is funded by JALBCA.*

Young Women's Programs - Breast Cancer

YOUNG WOMEN AND BREAST CANCER: THE EMPOWERMENT SERIES

SHARE and Young Survival Coalition NYC present this series designed to empower young women to take charge of their health, get informed and live well. *Made possible through a grant to SHARE from the Beth C. Tortolani Foundation.*

Fertility, Pregnancy & Adoption: Your Options

Glenn Schattman, MD, FACOG, Reproductive Endocrinologist and Associate Professor of Obstetrics and Gynecology, NY Presbyterian Hospital - Weill Medical College of Cornell University, and Allison Rosen, PhD, psychologist, Fertility Preservation Institute, discuss fertility and adoption options for women after breast cancer treatment.

TUESDAY - Sep 28 (Location TBA) 6:30 - 8:00 PM

Triple Negative Breast Cancer: A Closer Look

Join Ira Bleiweiss, MD, Professor of Pathology, Chief of Surgical Pathology and Director of the Division of Breast Pathology, the Mount Sinai Medical Center, and Deborah Toppmeyer, MD, Medical Director, the LIFE Center at the Cancer Institute of New Jersey, for a closer look at this aggressive form of breast cancer more prevalent in young women, including pathology, treatments and the latest promising research outcomes. *This program is also hosted by the Triple Negative Breast Cancer Foundation.*

WEDNESDAY - Oct 13 (Location TBA) 6:30 - 8:00 PM

Chemo Brain: What Is It and What Can You Do About It?

Gabriela E. Höhn, PhD, New York State Licensed Psychologist and Clinical Neuropsychologist, will discuss how chemo brain is defined and give practical tips and techniques to enhance your memory and retention for improved day-to-day living.

MONDAY - Nov 15 (Location TBA) 6:30 - 8:00 PM

To register for the Empowerment Series programs, email: rsvp@sharecancersupport.org or call (212) 719-2943, ext. 338. For location information, visit www.sharecancersupport.org

Breast Cancer Support Group for Young Women

To register, please call (212) 382-2111

This ongoing group will discuss issues related to being diagnosed with breast cancer at a younger age: fertility, childbearing, premature menopause, relationships, caring for young children, one's changed sense of self, professional/workplace issues, and coping with fears of recurrence.

SHARE Main Office, 1501 Broadway, #704A (bet. W. 43 & W. 44 Sts).

TUESDAYS

6:00 - 7:30 PM

Sep 7 Oct 5 Nov 2 Dec 7

Educational Programs - Open to the Public

To register, please call (212) 719-2943, ext. 338, or email rsvp@sharecancersupport.org

A Fireside Conversation with Dr. Larry Norton

Larry Norton, MD, Deputy Physician in Chief for Breast Cancer Programs, Memorial Sloan-Kettering Cancer Center, will share his expertise in this interactive, informative meeting. His focus will be the current state of breast cancer research and treatment. *Co-sponsored by United Federation of Teachers. Come early. Coffee, tea and cookies will be served.*

UFT Headquarters, 52 Broadway, 5th Fl. Auditorium

(trains #4 & 5 to Wall St, R & W to Rector St)

THURSDAY - Nov 4

6:00 - 7:30 PM

Patients & Doctors: Improving the Dialogue

Mack Lipkin Jr, MD, Director of Primary Care, NYU School of Medicine; Richard Shapiro, MD, Director of Surgical Oncology Operations, NYU Clinical Cancer Center; and Ruth Oratz, MD, FACP, Medical Oncologist, Women's Oncology and Wellness Practice, will join three survivors from SHARE for an open discussion of how to improve communication between doctors and patients.

SHARE Main Office, 1501 Broadway, Suite 704A

MONDAY - Dec 13

6:00 - 7:30 PM

Ovarian Cancer Support Groups - Ongoing

REGISTRATION IS REQUIRED. Please register through the SHARE Ovarian Cancer Hotline (212) 719-1204.

Continuing support groups for women who are dealing with an ovarian cancer diagnosis and wish to share their questions, concerns, and hopes with others.

- **SHARE Main Office, 1501 Broadway, Suite 704A**
WEDNESDAYS 6:00 - 7:30 PM
Sep 22, 29 (ovarian reunion) Oct 13, 27 Nov 10 Dec 8, 22
- **Queens SHARE, Samuel Field YM/YWHA**
MONDAYS 7:30 - 9:00 PM
Sep 13, 27 Oct 18 Nov 1, 15, 29 Dec 13
- **Staten Island SHARE, American Cancer Society**
WEDNESDAYS 6:30 - 8:30 PM
Sep 22 Oct 20 Nov 17 Dec 15

Second Annual Ovarian Cancer Support Group Reunion

Let's celebrate Ovarian Cancer Awareness Month together. This is an informal gathering for past group members to reconnect with each other and also to meet and inspire current group members. Anyone who has attended an ovarian cancer support group at any SHARE location since 1995 is welcome. Refreshments provided.

SHARE Main Office

WEDNESDAY - September 29, 6:00 - 7:30 PM



SHARE tiene una línea informativa nacional atendida por sobrevivientes de cáncer de seno o de ovario, entrenadas y expertas en el tema. Llame gratis al (866) 891-2392 y nuestras voluntarias estarán listas para apoyarla. LatinaSHARE ofrece grupos de apoyo y programas educativos gratuitos para mujeres con cáncer de seno o de ovario en la ciudad de Nueva York. Las participantes tendrán la oportunidad de recibir e intercambiar información actualizada, apoyo, fortaleza y esperanza.

GRUPOS DE APOYO PARA MUJERES CON CÁNCER DE SENO O DE OVARIO

St. Luke's-Roosevelt Hospital (Upper Manhattan)

440 West 114 Street, New York, NY, Piso 2, Sala de Conferencia (a la izquierda del ascensor)

MIÉRCOLES 12:30 a 2:00 de la tarde
8* y 22 de septiembre, 6 y 20* de octubre, 10* y 24 de noviembre, 8 de diciembre
Este grupo es auspiciado por La Fundación de Susan G. Komen

Settlement Health (East Harlem, Manhattan)

212 E 106th St (entre las Avenidas 2 y 3)

MIÉRCOLES 4:00 a 6:00 de la tarde
1 y 15* de septiembre, 6 y 20* de octubre, 3 y 17* de noviembre, 1 y 15 de diciembre

NY Presbyterian/Women At Risk (Upper Manhattan)

Milstein Building, 177 Ft. Washington Ave., Piso 7, Salón 213

JUEVES 10:00 a 11:30 de la mañana
9 y 23* de septiembre, 14 y 28* de octubre, 11 de noviembre, 9 y 23 de diciembre
Para reservar favor de llamar al (212) 305-9894

St. Vincent's Cancer Center (Lower Manhattan)

325 W 15th St. (entre las Avenidas 8 y 9)

MIÉRCOLES 12:30 a 2:00 de la tarde
15* de septiembre, 13* de octubre, 17* de noviembre y 15 de diciembre

Make the Road NY (LAIC - Queens)

92-10 Roosevelt Ave., Jackson Heights, NY

VIERNES 5:30 a 7:00 de la noche
10 y 24* de septiembre, 8 y 22* de octubre, 12* de noviembre, 10 de diciembre

Queens Center Mall - Community Room (Elmhurst/ Queens)

90-15 Queens Blvd, 92nd Street entre 57 y 59 avenidas, Salón de Comunidad-Primer Piso, Elmhurst, NY

VIERNES 6:30 a 8:30 de la noche
3 y 17* de septiembre, 1 y 15* de octubre, 5 y 19* de noviembre, 3 y 17 de diciembre
**programa educativo*

EVENTO EDUCATIVO PARA LA COMUNIDAD SOBRE CÁNCER DE OVARIO

LatinaSHARE en colaboración con el Hospital Lincoln estará celebrando el Mes de la Herencia Hispana, el viernes 17 de septiembre de 2010.

Para reservar favor de llamar a Ivis F. Sampayo al (212) 937-5576

EDUCACIÓN/MEDICINA ALTERNATIVA

Conviértase en una sobreviviente activa e informada

(Becoming an Empowered Survivor) Ivis Sampayo y Jennie Santiago, del programa de LatinaSHARE

- St. Luke's-Roosevelt Hospital (Upper Manhattan)
MIÉRCOLES 8 de septiembre 12:30 a 2:00 de la tarde
- Queens Center Mall - Community Room (Elmhurst, NY)
VIERNES 19 de noviembre 6:30 a 8:30 de la noche

Cáncer de ovario (Ovarian Cancer)

- Settlement Health (East Harlem) Karen Carapetyan, MA, NYU
MIÉRCOLES 15 de septiembre 4:00 a 6:00 de la tarde
- Make the Road NY (Queens) Dra. Hanna Ortiz
VIERNES 24 de septiembre 5:30 a 7:00 de la noche
- Queens Center Mall - Community Room (Elmhurst, NY) Dra. H. Ortiz
VIERNES 15 de octubre 6:30 a 8:30 de la noche

La importancia de yoga y meditación (Importance of Yoga & Meditation)

Roberta Schine, Instructora de Yoga

- St. Vincent's Cancer Center (Lower Manhattan)
MIÉRCOLES 15 de septiembre 12:30 a 2:00 de la tarde
- NY Presbyterian/Women At Risk (Wash. Heights)
JUEVES 28 de octubre 10:00 a 11:30 de la mañana
- Make the Road NY (Queens)
VIERNES 12 de noviembre 5:30 a 7:00 de la noche

Nuevos tratamientos (Treatment Updates) Dr. Roca, Oncólogo, QMA

- Queens Center Mall - Community Room (Elmhurst, NY)
VIERNES 17 de septiembre 6:30 a 8:30 de la noche

La reconstrucción del seno (Breast Reconstruction) Dra. Hazen, NYU

- NY Presbyterian/Women At Risk (Wash. Heights)
JUEVES 23 de septiembre 10:00 a 11:30 de la mañana

La comunicación con su medico (Communication with Your Doctor)

Bella August, LMSW

- St. Vincent's Cancer Center (Lower Manhattan)
MIÉRCOLES 13 de octubre 12:30 a 2:00 de la tarde
- St. Luke's-Roosevelt Hospital (Upper Manhattan)
MIÉRCOLES 10 de noviembre 12:30 a 2:00 de la tarde

Cuidado Paliativo (Palliative Care)

Dante Tipiani, MSW, Department of Psychiatry, the Mount Sinai Medical Center

- Make the Road NY (Queens)
VIERNES 22 de octubre 5:30 a 7:00 de la noche
- Settlement Health (East Harlem)
MIÉRCOLES 17 de noviembre 4:00 a 6:00 de la tarde

Sea parte de su equipo medico (Being Part of Your Healthcare Team)

Bill McDermott, LMSW, St. Vincent's Cancer Center

- St. Vincent's Cancer Center (Lower Manhattan)
MIÉRCOLES 17 de noviembre 12:30 a 2:00 de la tarde

Atención:

Comenzando el año 2011 la celebración del Día de los Reyes ha sido sustituida por Celebrando la Vida en la primavera y será incluido en nuestro próximo calendario.