



## September, October, November, December 2009

*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 HOTLINE

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, 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 8, 22 Oct 13, 27 Nov 10, 24 Dec 8
- **BrooklynSHARE – Kings Bay YM/YWHA**  
3495 Nostrand Ave. (bet. U & V Aves). Free parking available.  
MONDAYS 7:30 - 9:00 PM  
Sep 14 Nov 2 Dec 7
- **BrooklynSHARE – Restoration Plaza**  
1368 Fulton St. (bet. Brooklyn & New York Aves), 5th Fl. Board Rm.  
TUESDAYS 3:30 - 5:00 PM  
Sep 8, 22 Oct 6, 20 Nov 17 Dec 1, 15
- **BronxSHARE**  
Soundview Health Care Network, 731 White Plains Rd.  
WEDNESDAYS 6:00 - 7:30 PM  
Sep 16 Oct 7, 14 Nov 4 Dec 9
- **SHARE/Women At Risk**, NY Presbyterian Hosp/Columbia University  
Med. Ctr - Wom. At Risk Resource Library, 161 Ft Washington Ave,  
Herbert Irving Pavilion, Rm. 1035, 10th Fl.  
FRIDAYS 2:00 - 3:00 PM  
Sep 11, 25 Oct 9, 23 Nov 13 Dec 11  
For more information, contact Nancy Singleton at (212) 342-0297

### Breast Cancer Support - Ongoing

- **QueensSHARE, Samuel Field YM/YWHA**  
58-20 Little Neck Pkwy (bet. 59th & 60th Aves), Little Neck  
TUESDAYS 7:30 - 9:00 PM  
Sep 15 Oct 13 Nov 10 Dec 8

### Breast Cancer Post-Treatment Support & Networking

Women who are more than 2 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 as they learn to live with the diagnosis.

- **QueensSHARE, Samuel Field YM/YWHA**  
58-20 Little Neck Pkwy (bet. 59th & 60th Aves), Little Neck  
THURSDAYS 7:30 - 9:00 PM  
Sep 17 Oct 8 Nov 12 Dec 10

### Breast Cancer Support for Young Women

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 - Sep 1 Oct 6 Dec 1 6:00 - 7:30 PM  
WEDNESDAY - Nov 4 6:00 - 7:30 PM

# Breast Cancer Support Groups

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

***Train as a volunteer on the SHARE Hotline. Women at all stages of breast or ovarian cancer are welcome. Call Barbara Krauser at (212) 937-5572***

## Survivors Growing Older

For older women... Share your thoughts, feelings, information and questions about learning to live with breast cancer. 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 2:30 - 4:00 PM  
Sep 8, 22 Oct 13, 27 Nov 10, 24 Dec 8, 22

## 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 9 Oct 14 Dec 16

## Breast Cancer Support for Lesbians

SHARE and the Lesbian Cancer Initiative co-sponsor this support group, facilitated by a breast cancer survivor from SHARE and a social worker from the Lesbian Cancer Initiative. 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  
Thursdays, from September 24th through December 10th from 6:00 PM - 7:30 PM. No groups on November 19 & 26.  
Contact the Lesbian Cancer Initiative, (212) 620-7310.

## Metastatic Programs

Please register: SHARE Breast Cancer Hotline (212) 382-2111, SHARE Ovarian Cancer Hotline (212) 719-1204

### Metastatic/Recurrent Cancer Group

A daytime group in which women with metastatic breast or recurrent ovarian cancer 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).  
WEDNESDAYS 12:30 - 2:00 PM  
Sep 2, 16 Oct 7, 21 Nov 4, 18 Dec 2, 16

### Telephone Support Group for Women with Metastatic Disease

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

## 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 experience, and discuss current issues and concerns.

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

## Men's Group

This group for men whose wives/partners have been diagnosed with breast or ovarian cancer is scheduled at the same time as the Ongoing Breast Cancer Support Group for women. 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 8 Oct 13 Nov 10 Dec 8

## Lymphedema Support

Women with lymphedema associated with breast or ovarian cancer meet to share experiences, information, and discuss the emotional issues that arise while coping with this chronic condition.

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

## Living with Uncertainty (*New!*)

A new evening group for women with metastatic breast cancer. How do you live with continuing treatment, and medical uncertainty? How do you get the support and quality medical care you need? How do you create 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).  
TUESDAYS - Sep 29 Nov 17 6:00 - 7:30 PM  
WEDNESDAY - Dec 9 6:00 - 7:30 PM  
*Also see Metastatic Education Program on October 13, page 3.*

***If you would like to speak with a trained SHARE volunteer who is living with metastatic breast cancer, please call the SHARE Breast Cancer Hotline, (212) 382-2111.***

# Ovarian Cancer Programs

## Ovarian Cancer Support - Ongoing

To register, please call (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 2 Oct 7, 21 Nov 4, 18 Dec 2

### QueensSHARE, Samuel Field YM/YWHA

58-20 Little Neck Pkwy (bet. 59th & 60th Aves), Little Neck

MONDAYS 7:30 - 9:00 PM

Sep 14 Oct 5, 19 Nov 2, 16, 30 Dec 14

### Staten IslandSHARE, American Cancer Society, 173 Old Town Rd.

WEDNESDAYS 6:30 - 8:30 PM

Sep 23 Oct 28 Nov 18 Dec 16

*In collaboration with American Cancer Society – Staten Island Region*

## First 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

1501 Broadway, Suite 704A

**WEDNESDAY - September 30  
6:00 - 7:30 PM**

## Educational Programs *(open to the public unless otherwise noted)*

To register for programs, please call (212) 719-2943, ext. 338, or register on the SHARE website: [www.sharecancersupport.org](http://www.sharecancersupport.org)

### New Treatments for Metastatic Breast Cancer

What new cutting-edge treatments and clinical trials are being developed to treat metastatic breast cancer? How can we as patients and advocates ensure that new research meets our needs? Dr. Maura Dickler, Assistant Attending Physician, Breast Cancer Medicine Service, Memorial Sloan-Kettering Cancer Center, and Musa Mayer, advocate and author of *Advanced Breast Cancer: Living with Metastatic Disease* and creator of the website [AdvancedBC.org](http://AdvancedBC.org), will discuss these important issues. Come hear what's new, and learn how you can participate in advocating for better treatments for women with metastatic disease. *In collaboration with the Young Survival Coalition.*

- SHARE Main Office, 1501 Broadway, Suite 704A  
TUESDAY - Oct 13 6:00 - 7:30 PM

### 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 19 6:00 - 7:30 PM

### The Status of Health Care Reform and How it Affects Those with Breast or Ovarian Cancer

As of this writing, the health care reform debate is raging and the Senate, House and Finance Committees are working on draft bills. This roundtable discussion will provide us with an opportunity to either continue the debate and look at what impedes passage of health care reform or examine the bill that has passed and its possible impact on the incidence, detection, diagnosis, treatment and post-treatment of cancer. Speakers will be determined based upon the status of legislation. *In collaboration with New Yorkers for Accessible Health Coverage.*

- SHARE Main Office, 1501 Broadway, Suite 704A  
THURSDAY - Dec 3 6:00 - 7:30 PM

### SHARE's 14th Annual Memorial Ceremony

This ceremony is for family, friends, support group members and health care providers to honor and celebrate the lives of those we have lost to breast or ovarian cancer. The evening will consist of 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 26 6:00 - 8:00 PM

*To register, please call Lee Miller, (212) 937-5579*

## SHARE's Holiday Party

**TUESDAY, December 15, 2009, 6:00 - 8:00 PM**

Join together to celebrate the holiday season and to share highlights of our journey through 2009.

Call (212) 719-2943 ext. 338 after November 1st for reservations.

**SHARE Main Office**



*SHARE tiene una línea informativa nacional atendida por voluntarias 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, apoyo, fortaleza y esperanza.*

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

### **St. Luke's-Roosevelt Hospital**

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

MIÉRCOLES 12:30 a 2:00 PM  
9\* de septiembre, 14\* de octubre, 11\* de noviembre y 9 de diciembre  
Este grupo es auspiciado en parte por La Fundación de Susan G. Komen

### **Settlement Health (East Harlem) ¡NUEVO LUGAR!**

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

MIÉRCOLES 4:00 a 6:00 de la tarde  
2 y 23\* de septiembre, 7 y 21\* de octubre, 4 y 18\* de noviembre, 2 de diciembre.

### **NY Presbyterian/Women At Risk**

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

JUEVES 10:00 a 11:30 de la mañana  
10\* de septiembre, 8 y 22\* de octubre, 12 de noviembre y 10 de diciembre  
Favor de llamar a Lola Ruz-Curry para reservar 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  
23\* de septiembre, 21\* de octubre, 18\* de noviembre y 16\* de diciembre

### **Make the Road NY (LAIC - Queens)**

92-10 Roosevelt Ave., Elmhurst, NY

VIERNES 5:30 a 7:00 de la noche  
11 y 25\* de septiembre, 9 y 23\* de octubre, 13\* de noviembre y 4 de diciembre

### **Queens Center Mall - Community Room (Elmhurst/ Queens)**

90-15 Queens Blvd, 92nd Street entre 57 y 59 avenidas, Salon de Comunidad-Primer Piso, Elmhurst, NY ¡NUEVO LUGAR!

VIERNES 7:00 a 9:00 de la noche  
4 y 18\* de septiembre, 2 y 16\* de octubre, 6 y 20\* de noviembre, 4 de diciembre  
\*programa educacional

## EDUCACIÓN/MEDICINA ALTERNATIVA

### **Derechos legales para sobrevivientes de cáncer**

(Legal Rights) Adam Halper del Family Center

- St. Luke's-Roosevelt Hospital  
MIÉRCOLES 9 de septiembre 12:30 a 2:00 de la tarde
- St. Vincent's Cancer Center (Lower Manhattan)  
MIÉRCOLES 23 de septiembre 12:30 a 2:00 de la tarde
- Settlement Health (East Harlem)  
MIÉRCOLES 18 de noviembre 4:00 a 6:00 de la tarde

### **Inhibidores de PARP (PARP Inhibitors)**

Dra. Jennie Romero del Centro de Ralph Lauren

- Settlement Health (East Harlem)  
MIÉRCOLES 23 de septiembre 4:00 a 6:00 de la tarde
- Queens Center Mall- Community Room (Elmhurst, NY)  
VIERNES 16 de octubre 7:00 a 9:00 de la noche

### **Como integrarse al sistema médico (Navigate the Medical System)**

- NY Presbyterian/Women At Risk (Wash. Heights)  
Bella August  
JUEVES 10 de septiembre 10:00 a 11:30 de la mañana
- St. Vincent's Cancer Center (Lower Manhattan)  
Bill McDermott trabajador social del hospital de San Vicente  
MIÉRCOLES 16 de diciembre 12:30 a 2:00 de la tarde

### **El cáncer de seno y el medio ambiente (Environment)**

Marian Feinberg, de "For a Better Bronx"

- St. Vincent's Cancer Center (Lower Manhattan)  
MIÉRCOLES 21 de octubre 12:30 a 2:00 de la tarde
- Settlement Health (East Harlem)  
MIÉRCOLES 21 de octubre 4:00 a 6:00 de la tarde
- Make the Road, NY (Queens)  
VIERNES 13 de noviembre 5:30 a 7:00 de la noche

### **Cáncer de ovario (Ovarian Cancer)**

Dr. Hanna Ortiz de Sound Gynecologic Oncology

- Queens Center Mall - Community Room (Elmhurst, NY)  
VIERNES 18 de septiembre 7:00 a 9:00 de la noche

### **Marcadores de tumores (Tumor Markers)**

- Make the Road, NY (Queens)  
Dr. Javier Roca de Queens Medical Associates  
VIERNES 25 de septiembre 5:30 a 7:00 de la noche
- St. Vincent's Cancer Center (Lower Manhattan)  
Dr. Carlos Mendez  
MIÉRCOLES 18 de noviembre 12:30 a 2:00 de la tarde

### **Nutrición (Nutrition)**

Nancy Bruning, nutricionista

- St. Luke's-Roosevelt Hospital  
MIÉRCOLES 14 de octubre 12:30 a 2:00 de la tarde
- NY Presbyterian/Women At Risk (Wash. Heights)  
JUEVES 22 de octubre 10:00 a 11:30 de la mañana

### **Ensayos clínicos (Clinical Trials Workshop)**

Dra. Hanna Ortiz de Sound Gynecologic Oncology

- Make the Road, NY (Queens)  
VIERNES 23 de octubre 5:30 a 7:00 de la noche

### **Cáncer de seno y la cultura Latina (Cancer and Culture)**

Dra. Dinelia Rosa de Teacher's College

- St. Luke's-Roosevelt Hospital  
MIÉRCOLES 11 de noviembre 12:30 a 2:00 de la tarde

### **Jugos Naturales (Juicing)**

María Fernanda-Hubeaut

- Queens Center Mall - Community Room (Elmhurst, NY)  
VIERNES 20 de noviembre 7:00 a 9:00 de la noche