

How You Can Help

Join Us Today!

Your Membership and support help bring us closer to understanding the possible causes of breast cancer and closer to seeing a Healthy Environment for a Living Planet. All members receive:

- Our Newsletter
- A coupon book worth hundreds of dollars in discounts for restaurants, shops, and services on Long Island.
- Information on opportunities to learn more and get more involved in projects regarding breast cancer, other cancers and environmental issues.



This newsletter is published by Breast Cancer Help, Inc. All correspondence should be sent to: 400 Montauk Highway, Suite 100 West Islip, New York 11795-4476 (631) 661-7223 (631) 661-6678-fax Web: www.breastcancerhelpinc.org E-mail: breastcancerinc@optonline.net

This newsletter is dedicated to the memory of Breast Cancer Help members Maureen DePalma, Mary Fezza, Carmen Imbo and Harry Ballard. It is also dedicated to the men and women of the United States Armed Forces, whose sacrifices on behalf of our country make it possible for us to work towards finding a cure for breast and other cancers.



Breast Cancer Help, Inc.
400 Montauk Highway, Suite 100
West Islip, New York 11795-4476

Yes, I want to join Breast Cancer Help, Inc. and increase my awareness about breast cancer and related environmental issues. Here is my (tax deductible) contribution.

\$15 for Annual Membership

Additional Donation \$10 \$20 \$ 50 \$100 \$500 \$1000 Other \$ _____

Name _____

Address _____

City/State/Zip _____

Home Phone _____ Work Phone _____

E-Mail Address _____

Breast Cancer Help, Inc. is a non-profit 501c(3) corporation. Donations are tax deductible.

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Breast Cancer Help, Inc.

Healthy Environment for a Living Planet

Spring/Summer 2004 Issue 8



God Bless America

Long Island Cancer Help and Wellness Center Provides Needed Programs



Pictured above are Lorraine Pace, Co-President of Breast Cancer Help, Inc. with Dr. Stephen Harris and Lynda Distler, Executive Director, L.I. Cancer Help & Wellness Center. Dr. Harris presented a lecture on March 31st on breast reconstruction. Pictured center



is Barbara Chivvis of the ABC Center in Lindenhurst presenting a lecture on colon hydrotherapy. Pictured right is Larry Swasey, a local journalist who received a heart transplant in 1988. On May 25th, he lectured about the importance of organ donation.

In March of 2003, Breast Cancer Help launched its Long Island Cancer Help and Wellness Center in Memory of Marian McGrory's daughter Maureen. The Center represents a unique partnership between a non-profit organization, municipal govern-

ment and a major hospital and research center. Breast Cancer Help, Inc. joined with the Village of Lindenhurst and Stony Brook University Hospital to open its Cancer Help and Wellness Center at the Village of Lindenhurst Rainbow Senior

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Lynda Distler Named Executive Director of L.I. Cancer Help and Wellness Center

This spring, Breast Cancer Help was pleased to announce that former Lindenhurst Village Mayor, Lynda Distler, was named the new Executive Director for the Long Island Cancer Help and Wellness Center in Lindenhurst. Distler's position at the Cancer Help and Wellness Center includes the design and implementation of special programs at the Center as well as fundraising and grant-writing for Breast Cancer Help, Inc.

Distler is a lifelong resident of

Lindenhurst and before serving as the Village Mayor from 2000 to 2004, she was a preschool teacher for 14 years. During that time, Distler was always very involved with her community and served on several boards for the Village of Lindenhurst. Distler's community involvement was not limited only to government; she was also a member of many civic organizations such as the Rotary Club, Lindenhurst Historical Society, Meridale Park Civic Association,

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Breast Cancer Help Coupon Books



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Long Island Curves Weight Loss Marathon Raises Funds for Breast Cancer Help

The Breast Cancer Help and Curves Weight Loss Marathon began on January 1, 2004 and was kicked off with an opening ceremony on New Year's Eve.

Coordinated by Fundraising Chair Adriane Ballard, participating members were weighed in on January 1st, with the New Year to determine their weight loss goals. The members received pledges and donations from family and friends based on how much weight they lost at the end of the three month period.

"The Weight Loss Marathon was a great experience for everyone involved. It gave the members extra incentive to lose weight because it was for such a good cause and it was also beneficial for my members to have access to up-to-date information about breast cancer issues," said Tony Mauro, owner Curves of Lindenhurst and Deer Park.

Curves members were able to raise over \$30,000 for Breast Cancer Help as a result of their weight loss efforts.

Breast Cancer Help plans to use that money to further its mission to provide Long Islanders with increased awareness and access to the best possible

medical care and diagnosis available. That includes the development of specialized programs at its Cancer Help and Wellness Center in Lindenhurst as well as making monthly lease payments for a digital mammography unit at Stony Brook

University Hospital.

"We were thrilled to work with Curves and bring together so many women in the fight against breast cancer. We are grateful to Curves and to all of the members who worked so hard to lose weight and support our organization," said Lorraine Pace, Co-President of Breast Cancer Help, Inc.

Each of the 44 participating Curves locations were recognized and thanked individually for their participation in the event. In addition, the woman who lost the most weight and the woman who raised the most money from each

Curves location received recognition and a certificate of appreciation at the closing ceremony. Curves of Lynbrook raised the most funds with \$3,311.00.

Participating Curves Locations

Middle Village	Glen Cove	Glen Oaks
Mastic/ Moriches	Whitestone	Greenlawn
Manorville	Melville	Northport
Miller Place	North Babylon	Huntington
Middle Island	Centereach	Holbrook
Patchogue	Selden	Hampton Bays
Medford	Bayside	Islip Terrace
Ronkonkoma	Jamaica	Lindenhurst
Port Jefferson	Riverhead	Deer Park
Station	Brentwood	Lynbrook
Syosset	West Islip	Levittown
Williston Park	Bay Shore	Southold/ Mattituck
Wheatley Heights	Carle Place	Wading River
Brookhaven	Oyster Bay	Kew Gardens
	Elmont	Bellmore
	Floral Park	



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Center.

Since opening, the Center has provided programs to promote increased cancer awareness to promote early detection, while providing patients and survivors with needed support. The center also provides programs to promote health and wellness. In addition to its lecture series, the

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Babylon Council on the Arts and Breast Cancer Help, Inc.

Distler was serving as Mayor when she first became involved with Breast Cancer Help. The organization came to her, looking for help to do a walk against breast cancer in the Village of Lindenhurst. Distler helped them get permission to use the street, as well as get other village and town officials involved. After the event, Distler wanted to continue her involvement with the organization and became Advisory Board Member in 2001.

Distler was chosen as Executive Director of the Center because of her past experience as a community leader. Her involvement with various types of organizations at every level made Distler the ideal candidate for the position.

Distler is responsible for coordinating all programs and activities that are held at the Center. Since she was hired as Executive Director, Distler has

Center holds a cancer patient and survivor support group and weekly yoga classes.

The Center is dedicated in the memory of Maureen McGrory, a life-long resident of Lindenhurst who lost her gallant fight against breast cancer in 2000. During her illness, Maureen, with her mother Marian, both employ-

ees of Grand Union Stores, raised over \$100,000 for Breast Cancer Help in the fight against breast cancer. Maureen also helped initiate the Our Lady of Perpetual Help LIFETEEN Walk. Held in conjunction with Breast Cancer Awareness month, the walk has raised over \$40,000 for Breast Cancer Help, Inc.

Coupon Books Continued from Page 1

Since 1999, Breast Cancer Help, Inc. has worked with Community Discount Coupons and its President Joe Romeo to provide residents of Long Island with opportunity to raise funds for Breast Cancer Help and receive outstanding discounts from local merchants. For more information about this program call (516) 810-6865.



Joe Romeo

Breast Cancer Help's Lorraine Pace Participates in Signing Ceremony with Governor Pataki



Pictured (left - right) are New York State Senator Dean Skelos; New York State Assemblyman Harvey Weisenberg; Lorraine Pace, Co-President of Breast Cancer Help; New York State Assemblyman Robert Sweeney; New York State Senator Owen Johnson; Governor George Pataki; and Geri Barish of 1 in 9. At a recently held ceremony, Pataki is seen handing Pace a pen used to sign legislation requiring that physicians perform a breast examination when a woman receives a mammography.

Breast Cancer Help Upcoming Events

August 8
The Farm Picnic sponsored by Tweed's Restaurant
12 noon - 4:00 PM
to benefit Breast Cancer Help
Riverhead
Call (631) 297-8592 for info

September 9
2004 Annual Gala
6:30 PM to 11:00 PM
The Watermill, Smithtown
Call (631) 226-1772 for info

September 19
6th Annual LifeTeen/Breast Cancer Help Walk Against Breast Cancer "In Memory of Maureen"
Lindenhurst
Call (631) 226-1772 for info

Breast Cancer Help, Inc.
Long Island Cancer Help and Wellness Center
In Memory of Marian McGrory's Daughter Maureen
Lindenhurst Rainbow Center
293 Buffalo Avenue, Lindenhurst
(631) 226-1772

Ongoing Programs:

Cancer Patient and Survivor Support Group
7 p.m. to 8 p.m. the fourth Wednesday of every month
Upcoming Dates: July 28, August 25, September 22

Weekly Yoga Classes for Cancer Patients and Survivors
Mondays
Afternoons 3:00 PM to 4:15 PM
Evenings 6:00 PM to 7:15 PM

Upcoming Lectures:

August 11 ...Michele Scotto Rosenblatt & Drusilla Burrough "Massage Therapy in Relationship to the Body, Mind & Spirit"
7:30 PM

September 21Christopher D'orta "A Course in Life - Healing Naturally"
7:30 PM

September 29...Linda Trudden will discuss natural ways to achieve detoxification, support your body's immune system, and maintain general wellness
7:30 PM

For Reservations or More Information
Call (631) 226-1772. Refreshments are Served.
No Registration Fee.