

Breast Cancer Help



FALL 2006
ISSUE 11



LEFT TO RIGHT: Dr. Stephen Harris; Islip Town Councilman Steve Flotteron; Islip Town Councilwoman Pamela Greene; Suffolk County Legislator Wayne Horlsey; State Assemblyman Phil Boyle; State Assemblywoman Ginny Fields; Lynda Distler, Dr. Allen G. Meek and Lorraine Pace, Breast Cancer Help; Winnie Mack, Southside Hospital; John Pace with grandchildren Emma, Kelsey and Barbara; Congressman Peter King; Suffolk County Treasurer Angie Carpenter; and Gordon Canary, representing State Senator Owen Johnson.

Grand Opening In Bay Shore

In July, Breast Cancer Help, Inc. celebrated the grand opening of its new Long Island Cancer Help & Wellness Center, at North Shore LIJ Southside Hospital's Health Institute Building in Bay Shore.

The event was well attended, as hospital administrators, elected officials, cancer patients and survivors and residents of the Bay Shore community, joined Breast Cancer Help board members, staff and volunteers for a ribbon cutting ceremony. The event was featured on several local television news shows and in local newspapers.

The program included remarks from Dr. Allen G. Meek, Chairman of Breast Cancer Help, Inc.; Lorraine Pace, Founder and Co-President; and Lynda Distler, Executive Director.

Representatives from the

hospital and government also shared their words, including Congressman Peter King, Suffolk County Treasurer Angie Carpenter, Islip Town Councilwoman Pam Greene and Gordon Canary, who attended on behalf of State Senator Owen Johnson.

Pace thanked the hospital for providing new space for the Cancer Help & Wellness Center, which had been in Lindenhurst.

This opportunity will enable us to better deliver complementary and integrative support services to patients and survivors of breast and other cancers.'
Lorraine Pace,
Founder

"This opportunity will enable us to better deliver complementary and integrative support services to patients and survivors of breast cancer and other cancers," Pace said.

"Further, we consider it a privilege to work alongside Southside's administration as they seek to improve and enhance women's healthcare services, especially access to improved breast cancer screening and diagnosis."

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Lorraine Pace's Crusade

Joan Swirsky's book 'Map of Destiny: Pinpointing a Cancer Epidemic on the Kitchen Table' vividly recounts Breast Cancer Help, Inc. founder's journey from breast cancer patient to advocate



Map of Destiny author Joan Swirsky and Breast Cancer Help, Inc. Founder and Co- President Lorraine Pace.

In January 2006, Lorraine Pace, the Founder and Co-President of Breast Cancer Help, Inc., and author Joan Swirsky celebrated the release of “Map of Destiny: Pinpointing a Cancer Epidemic on the Kitchen Table,” a book detailing Pace’s creation of the West Islip breast cancer mapping project — the first such community-based project in the world.

Pace’s attempt to seek a correlation between environmental factors and clusters of the disease is told against the backdrop of her arduous and courageous battle against breast cancer. It is the story of one woman’s refusal to accept the status quo and her determination to keep breast cancer at the top of the public’s health agenda.

Pace’s pioneering endeavor effectively became the first ever geographic information system for cancer clusters

and ultimately inspired and consolidated the grassroots breast cancer environmental movement.

Elected officials and persons involved in Pace’s breast cancer advocacy movement attended a book launch event at Chateau Le Mer in Lindenhurst, including Bernadette Castro, the New York State Commissioner of Parks, Recreation and Historic Preservation.

Castro and United States Congressman Peter King (R-Seaford), another longtime supporter of Breast Cancer Help Inc., both lent their glowing endorsements to the book’s back cover.

During the launch, Ms. Pace announced that all profits from the sale of the book will be donated to Breast Cancer Help, Inc. and the Long Island Cancer Help & Wellness Center to support their ongoing mission to raise awareness

Chronicled in New Book

of breast cancer, promote education toward early detection, ensure patient access to the best diagnosis and treatment available and provide patients and survivors with integrative support services.

Chateau La Mer, whose picturesque location on the Great South Bay offers a backdrop similar to the view featured on the book's cover, generously offered its gracious hospitality gratis to demonstrate support for the efforts of both Pace and Breast Cancer Help.

The story Swirsky tells in "Map of Destiny" begins in 1992 when Pace, angry and despondent at her diagnosis of breast cancer, turned to her parish priest, Father Thomas Arnao, for consolation and advice.

At his suggestion to "turn her anger into advocacy," Pace embarked on her mission to find answers to why she, at age 50 and without any of the known risk factors usually attributed to the disease, had breast cancer.

Much to her surprise, Pace quickly discovered that 20 other women, all living in her community and within close proximity of each other also had breast cancer. Armed with this information and a theory about the local water supply being implicated in the disease, Pace began asking questions of officials. But when answers were not forthcoming she decided to take action — specifically the novel concept of mapping breast cancer incidence in her community of West Islip.

In addition to describing the history of the Long Island breast cancer advocacy movement, with all of its common goals and internecine battles, "Map of Destiny" chronicles how Pace, along with a group of dedicated volunteers, medical professionals, elected and appointed government officials, the Suffolk County Water Authority and the help of the media, set out to turn her plans into action.

"The essence of this story, that one person can truly make a difference, speaks to the rebel in all of us," Dr. Allen G. Meek, the Chairman and Treasurer of Breast Cancer Help, said. Meek was Pace's radiation oncologist and became an early supporter of the mapping project.

"Spirited determination and an absolute refusal to accept no as a response fueled Lorraine's quest for answers to the cause and treatment of breast cancer," Meek said. "Her activism changed breast cancer advocacy to our advantage."



What Others Are Saying About 'Map of Destiny'

"I was privileged to be a part of Long Island's ongoing fight to find a cause and cure for breast cancer and to meet activists like Lorraine Pace and her colleagues who wouldn't take no for an answer." **Former Senator AL D'AMATO**

"Lorraine Pace is a courageous woman. Stricken with breast cancer, she not only overcame that dreaded disease in her own life, she became a leader in the struggle against breast cancer for all women. In 'Map of Destiny,' Joan Swirsky chronicles all that Lorraine Pace has achieved and why everyone must be eternally grateful to her." **United States Congressman PETER KING**

"'Map of Destiny' is a great book that demonstrates how one person can make a difference. Lorraine Pace kept at it and made the powers that be listen and take action by bringing together the science, politics and people to create a better understanding of the need to keep toxic chemicals out of the environment. The world needs more Kitchen Revolutionaries!" **LOIS GIBBS, grassroots leader at Love Canal and Executive Director of the Center for Health, Environment and Justice**

"God bless Lorraine Pace for her courage and determination and for recognizing the important role the environment plays in human health. Her persistence was the fuel for her fiery passion to find answers." **BERNADETTE CASTRO, Commissioner of the New York State Department of Parks, Recreation and Historic Preservation**

Purchase copies of 'Map of Destiny' online at www.breastcancerhelpinc.org

Portions of purchases are tax deductible



Congressman Peter King visits with members of Breast Cancer Help, Inc. at the Long Island Cancer Help & Wellness Center.

Congressman Peter King visited Breast Cancer Help last December to announce a \$250,000 federal grant for the relocation and expansion of the organization's Long Island Cancer Help & Wellness Center.

The center, which had been housed at the Village of Lindenhurst's Senior Rainbow Center, moved to North Shore LIJ Southside Hospital in Bay Shore in April. An official grand opening was held in July [see article, Page 1].

The grant, part of a 2006 Transportation, Treasury, and Housing and Urban Development Department appropriation, will be used to further develop and expand the center's services to meet the needs of hundreds of people with breast cancer and other cancers, and survivors currently using the Center for pro-

Funds aid development of Breast Cancer Help's New Long Island Cancer Help & Wellness Center

grams and support.

"Breast Cancer Help and all those associated with the services offered at the Long Island Cancer Help & Wellness Center greatly appreciate Congressman King's efforts on our behalf and we are excited at the prospects this funding offers," Lorraine Pace, the Founder and Co-President of Breast Cancer Help, Inc. said. "Since the inception of our center, we have undertaken steps to create a stand-alone facility where Breast Cancer Help and the Long Island Cancer Help & Wellness Center can establish a permanent and comprehensive center; delivering services full-time and ultimately provid-

ing access to screening and other diagnostic procedures to local residents. This appropriation helps us overcome a major funding hurdle, allowing us to advance that much further toward our goal."

"I found Breast Cancer Help's goal to create a facility to serve area residents and further their core goals of education and raising awareness compelling," King said. "Lorraine and her members presented me with a strong case, clearly delineating the need to establish a larger, independent facility dedicated to meeting the needs of patients and survivors and providing access to screening."

Dr. Allen G. Meek, Breast

Cancer Help's Chairman of the Board, explained the organization's plans for the expanded facility.

"Our vision for the center includes, in addition to providing full-time psychosocial and educational services, staff equipped to provide screening and diagnostic imaging towards early detection," Meek said. "The Long Island Cancer Help & Wellness Center was successfully incubated within the Lindenhurst Rainbow Senior Center and has grown at its current home, Southside Hospital, thanks to the kind support of the Village of Lindenhurst and the hospital staff and administration. The funding from Congressman King will provide us with the opportunity to advance the steps necessary to create and establish the Wellness Center's future home."



Gala Celebrates Survivors and Supporters

Breast Cancer Help, Inc. celebrated its annual gala at the Watermill Restaurant in Smithtown on September 29, 2005. Hundreds of survivors and supporters were in attendance.

1. Dr. Allen G. Meek, Chairman of Radiation Oncology at Stony Brook University Hospital, and State Senator Owen Johnson, who has procured grants for Breast Cancer Help to promote awareness and education about early detection.

2. Janet and Tom Rodgers, longtime friends of Breast Cancer Help and active members of the Sons of Italy, a community service organization that generously supports the organization's mission to eradicate breast cancer.

3. Frank Leggio and attorney Lisa Pace, the daughter of attorney John Pace and Lorraine Pace, the Founder and Co-President of Breast Cancer Help, Inc.

4. Russ and Claudia DiBenedetto, of the DiBenedetto Family Foundation, are supporters of Breast Cancer Help.

5. Lorraine Pace (center) with breast cancer survivors.

6. Richard Cirincione, Senior Vice President, Ridgewood Savings Bank, accepts a portrait of his likeness commissioned in his honor as the recipient of the 3rd Annual Harry Ballard Humanitarian Award.

7. Breast Cancer Help Advisory Board member Laura-lee Bennett, volunteer members Susan Piccinieri and Lori Montieth, and Lorraine Pace.

8. Jeffrey Picarello (center), then Director of Public Affairs at the Cold Spring Harbor Laboratory, with members of Breast Cancer Help and its board.





LEFT TO RIGHT: Lynda Distler, Executive Director, Breast Cancer Help, Inc.; State Senator Owen Johnson; Grace Swenson and Kathryn Lang, North Shore LIJ Southside Hospital; Eric Hofmeister, Supervisor, Town of Islip; Mike Sacca, Southside Hospital; Nancy Cochran, Keep Islip Clean; Lisa Guariglia and Adriane Toscano Ballard, Breast Cancer Help, Inc.

One way Breast Cancer Help, Inc. raises funds is through a clothing recycling program. With the help of local merchants, the organization has placed large pink collection bins throughout Long Island. Periodically, as the bins fill, they are emptied and the recycled clothing is sold.

The proceeds of these sales are returned to Breast Cancer Help. The program works towards the organization's goal of developing a healthier planet by keeping unwanted clothes out of municipal landfills and on people who need them.

Lynda Distler, Executive Director of Breast Cancer Help, explained that the organization will be directing proceeds from new bins placed in the Bay Shore area to fund a new digital mammography unit at North Shore LIJ Southside Hospital. The plan works in conjunction with Breast Cancer Help's partnership with the hospital and in accordance with its mission statement.

The digital machines are different from traditional mammographies in

Clothing Bins Help The Cause

Funds Raised Help Support Digital Mammography Unit



Distler thanks Bay Shore Fire Chief Robert Hulse for keeping bins near his department's headquarters.

that they record an x-ray image in a digital file, instead of on film.

According to the National Cancer Institute's study, the Digital vs. Film Mammography in the Digital Mammographic Imaging Screening Trial, the new technology is "significantly better" in screening for cancer in premenopausal women and women with dense tissue in the breasts.

The unit will be the second on Long Island funded by Breast Cancer Help. The first, at Stony Brook Hospital Medical Center, was purchased with funds from the organization and from a grant procured by State Senator Caesar Trunzo.

Local merchants and residents gathered at an event at the hospital announcing the plan.

State Senator Owen Johnson, Islip Town Supervisor Eric Hofmeister and Kathryn Lang, the Associate Executive Director of Southside Hospital spoke. Cheers erupted from hospital staff as the ribbon around the clothing bin was cut, commemorating the start of this campaign.



The staff at Special Effects Hair Salon joins County Legislator Jay Schneiderman and Lynda Distler, Executive Director of Breast Cancer Help, Inc., for a ceremonial check presentation. The check represents a total raised over three years.

Cut-A-Thon Helps Fight Against Cancer

Legislator Recognizes Philanthropy of Elaine Hayes and Special Effects Hair Salon

Suffolk County Legislator Jay Schneiderman recently offered his congratulations to Elaine Hayes, owner of Special Effects Hair Salon in East Hampton, for her work over the last three years to raise awareness and funds in the fight against breast cancer.

Schneiderman was joined by Breast Cancer Help Executive Director Lynda Distler as he presented Elaine with a Legislative Proclamation recognizing her outstanding efforts in the fight against breast cancer.

In 2003, Elaine lost her sister-in-law Sally Schuerlein to breast cancer. Vowing to keep Sally's memory alive, Elaine pledged herself and the efforts of her staff to the cause.

For the past three years, she has sponsored a summer's long raffle that culminates with a Cut-A-Thon on the first Sunday in October. All proceeds from the day's expert salon services are donated to Breast Cancer Help for their ongoing endeavors to raise awareness of breast cancer, promote education towards early detection, ensure patients have access to the best diagnosis and treatment available and provide patients and survivors with integrative support services.

In the spring of 2005, Breast Cancer Help, Inc. donated \$20,000, a portion of what Elaine has raised, in her name to Cold Spring Harbor Laboratory for the Laboratory's use in the purchase of research equipment.

"I was compelled to recognize the unselfish and truly altruistic efforts demonstrated by Elaine and her staff. Their tireless dedication to the fight against breast cancer is making a difference in the lives of all Long Islanders," Schneiderman said. "I am always proud of the volunteer efforts of my constituents and in particular extremely proud of Elaine and her staff at Special Effects Hair Salon. She is truly an unsung hero, working on behalf of all men and women throughout Suffolk County and beyond."

"Elaine's boundless energy and selfless dedication never ceases to amaze me," Breast Cancer Help Founder and Co-President Lorraine Pace said.

"Her annual event goes beyond fund-raising. It is also an important element in our ongoing campaign to raise awareness and promote education towards early detection. She is an inspiration to all who meet her and we at Breast Cancer Help are extremely grateful to Elaine and the staff at Special Effects."

Hayes' personal connection to breast cancer and dedication to the cause has made the Cut-a-Thon an annual tradition.

"It takes the better part of the spring and summer to plan and execute our Cut-a-Thon and raffle," Hayes said. It's a commitment that I relish, a true labor of love that allows me to continuously spread the word about how important early detection is and how essential it is to keep on working until a cure for breast cancer is found."



Jay Schneiderman, a member of the Suffolk County Legislature, presents Elaine Hayes with a proclamation in recognition of her efforts.

Researcher Busts Myth of

Learning to make healthy lifestyle choices and practicing behaviors that emphasize disease prevention are everyday attitudes integral to those of us consciously and conscientiously choosing to take better care of ourselves.

As a result, and despite the best of intentions, many of us become susceptible to an assortment of persistent myths. The fact vs. fiction debate is particularly prevalent in discussions relating to the health detriments of cooking, freezing and consuming food and water in plastics.

A widely circulated e-mail regarding this subject was recently brought to our attention. Claiming to be a cancer update from Johns Hopkins University, it lists a variety of dos and don'ts when using plastics to freeze and cook foods.

The e-mail further presents dire information concerning the effect improper procedures could have in effecting the release of dioxins from plastics into food and water.

Determined to get past the fiction and uncover the facts, we discovered the information presented in the e-mail message to be false. Further investigation led us to the following article in which we hear from Rolf Halden, Ph.D., P.E., an assistant professor in the Department of Environmental Health Sciences and the Center for Water and Health at the Johns Hopkins University Bloomberg School of Public Health.

The article relates an interview in which Dr. Rolf addresses the issue in order to dispel the myths. It is reprinted with permission of Johns Hopkins University.



What are dioxins?

Dioxins are organic environmental pollutants sometimes referred to as the most toxic compounds made by mankind. They are a group of chemicals, which include 75 different chlorinated molecules of dibenzo-p-dioxin and 135 chlorinated dibenzofurans. Some polychlorinated biphenyls (PCBs) also are referred to as dioxin-like compounds. Exposure to dioxins can cause chloracne, a severe form of skin disease, as well as reproductive and developmental effects, and more importantly, liver damage and cancer.

Where do dioxins come from?

We always thought dioxins were man-made compounds produced inadvertently during the bleaching of pulp and manufacturing of pesticides like Agent Orange and

other chlorinated aromatics. But dioxins in sediments from lakes and oceans predate these human activities. It is now generally accepted that a principal source of dioxins are various combustion processes, including natural events such as wild fires and even volcanic eruptions.

Today, the critical issue is the incineration of waste, particularly the incineration of hospital waste, which contains a great deal of polyvinyl chloride plastics and aromatic compounds that can serve as dioxin precursors. One study examined the burning of household trash in drums in the backyard. It turns out that these small burnings of debris can put out as much or more dioxins as a full-sized incinerator burning hundreds of tons of refuse per day. The incinerators are equipped with

Dioxins and Plastic Bottles

state-of-the-art emission controls that limit dioxin formation and their release into the environment, but the backyard trash burning does not. You set it ablaze and chemistry takes over. What happens next is that the dioxins are sent into the atmosphere where they become attached to particles and fall back to earth. Then they bind to, or are taken up, by fish and other animals, where they get concentrated and stored in fat before eventually ending up on our lunch and dinner plates. People are exposed to them mostly from eating meat and fish rich in fat.

What do you make of this recent email warning that claims dioxins can be released by freezing water in plastic bottles?

No. This is an urban legend. There are no dioxins in plastics. In addition, freezing actually works against the release of chemicals. Chemicals do not diffuse as readily in cold temperatures, which would limit chemical release if there were dioxins in plastic, and we don't think there are.

So it's okay for people to drink out of plastic water bottles?

First, people should be more concerned about the quality of the water they are drinking rather than the container it's coming from. Many people do not feel comfortable drinking tap water, so they buy bottled water instead. The truth is that city water is much more highly regulated and monitored for quality. Bottled water is not. It can legally contain many things we would not tolerate in municipal drinking water.

Having said this, there is another group of chemicals, called phtha-

lates that are sometimes added to plastics to make them flexible and less brittle. Phthalates are environmental contaminants that can exhibit hormone-like behavior by acting as endocrine disruptors in humans and animals. If you heat up plastics, you could increase the leaching of phthalates from the containers into water and food.

What about cooking with plastics?

In general, whenever you heat something you increase the likelihood of pulling chemicals out. Chemicals can be released from plastic packaging

materials like the kinds used in some microwave meals. Some drinking straws say on the label "not for hot beverages." Most people think the warning is because someone might be burned. If you put that straw into a boiling cup of hot coffee, you have a hot water extraction going on, where the chemicals in the straw are being extracted into your nice cup of coffee. We use the same process in the lab to extract chemicals from materials we want to analyze.

If you are cooking with plastics or using plastic utensils, the best thing to do is to follow the directions and only use plastics that are specifically meant for cooking. Inert containers are best, for example heat-resistant glass, ceramics and good old stainless steel.

Is there anything you want to add?

Don't be afraid of drinking water. It is very important to drink adequate amounts of water and, by the way that's in addition to all the coffee, beer and other diuretics we love to consume. Unless you are drinking really bad water, you are more likely to suffer from the adverse effects of dehydration than from the minuscule amounts of chemical contaminants present in your water supply. Relatively speaking, the risk from exposure to microbial contaminants is much greater than that from chemicals.

And here's one more uncomfortable fact. Each of us already carries a certain body burden of dioxins regardless of how and what we eat. If you look hard enough, you'll find traces of dioxins in pretty much every place on earth. Paracelsus the famous medieval alchemist, used to put it straight and simple: it's the dose that makes the poison.



Dr. Rolf Halden, Ph.D., P.E.

JOHNS HOPKINS ONLINE: www.jhsph.edu



Chateau La Mer Recognized For Support of 'Ride for a Friend'

Lorraine Pace, Co-President and Founder of Breast Cancer Help, Dottie Survilla, Advisory Board Member, and Lynda Distler, Executive Director, present a plaque to Chateau La Mer's manager Nick Cascio and owner George Voutsinas. The plaque recognizes Chateau La Mer's support as a Platinum sponsor for Breast Cancer Help's "Ride for a Friend" Charity Motorcycle Run held in June 2005.



North Fork Bank Fund Raiser

Joe Roberto, Senior Vice President, North Fork Bank, Lisa Guariglia, Manager, North Fork West Islip Branch; Lorraine Pace, Lynda Distler, and Adriane Toscano Ballard kickoff North Fork Bank's Second Annual Breast Cancer Awareness and Fund-raising Event to benefit Breast Cancer Help. The event was held throughout the month of October, which is Breast Cancer Awareness Month.

Fifteen North Fork branches participated in the event by providing breast cancer awareness information and materials educating the public on the lifesaving benefit of early detection. Bank patrons showed their support by purchasing a "Pink Donation Cards" like those displayed by the kickoff committee.



Long Island Radio Group Recognizes Education Efforts

Dave Widmer, President and General Manager, Long Island Radio Group; Lorraine Pace; Margie Casale, Long Island Radio Group; Lynda Distler and Adriane Toscano Ballard at the Long Island Radio Group's Radio for a Cure Luncheon. Pace and Distler recorded announcements promoting early detection broadcast during the campaign, which is dedicated to raising awareness about breast cancer education, research and diagnostic technologies.



Textile Firms Raise Funds

Adriane Toscano Ballard, Fundraising Chair, Breast Cancer Help; Warren Connolly, Sales Representative, Tentina Window Fashions; Cindy Finlay, Owner, Textile Mill End Shop; Andrea Miritello, President, Tentina Window Fashions; Dolores Wood, Marketing Manager, Tentina Window Fashions; and Tom Finlay, Co-Owner, Textile Mill End Shop announce the shop's Inaugural Cancer Awareness Event in October 2005. The event, held in conjunction with Breast Cancer Awareness Month, featured a seminar titled "Ten Steps to the Perfect Room," and raised \$1,000.

Carpenter Secures Funding

In December 2005, Angie Carpenter, the former Suffolk County Legislator and current County Treasurer presented a mock check to Lorraine Pace. The oversized check represented the \$3,000 that Carpenter helped secure for Breast Cancer Help and its Long Island Cancer Help & Wellness Center while a member of the legislature.



Walk for Beauty & Research

Gloria Rocchio, President of Ward Melville Heritage Organization, Suffolk County Legislator Vivian Vilorio-Fisher; Lorraine Pace and Lauralee Bennett, Breast Cancer Help Advisory Board member, participated in the 12th Annual "Walk for Beauty ... In a Beautiful Place" in October 2005. The event was co-sponsored by the Ward Melville Heritage Organization and Stony Brook University Hospital. Pace, Rocchio and Vilorio-Fisher were instrumental in establishing the walk and the creation of the Unique Boutique, a collection of Stony Brook shopkeepers that provide products to cancer patients. Proceeds from the event benefit breast cancer and prostate cancer research at Stony Brook Hospital.



West Islip YES Raises Funds for Cold Spring Harbor Research

Holding a mock check in the amount of \$3,106 are MaryAnn Pfeiffer, YES Executive Director and Jeff Picarello, Cold Spring Harbor's Director of Public Affairs. They are joined by YES members and Maryanne McGrath, YES Employment/Volunteer Coordinator Executive (third from left). The young members of YES sponsored a "Rock the Pink" concert showcasing local bands with the goal of raising funds to be donated towards research relating to breast cancer. The students raised \$1,553.00 and Breast Cancer Help agreed to match the funds and, in turn, made arrangements for the YES youth members to present a check to Cold Spring Harbor Laboratories during the ceremony held in December 2005. The students attending the ceremony toured the facility at Cold Spring Harbor and had an opportunity to learn about the many research initiatives underway at the Laboratory regarding breast cancer.

Family Members Raise Funds In Memory of Lost Loved Ones

Michael and Christine Guido of North Massapequa, David and Josephine Esposito of Bayport, Scott Boardman of Smithtown, Lorraine Pace and John Pace, Breast Cancer Help, Inc. Board Secretary and General Counsel. Josephine Esposito is seen presenting a mock check in the amount of \$5,113.00 to Lorraine Pace, representing funds raised in memory of Josephine Guido and Pauline Boardman. The fundraiser, a Halloween dinner dance, was organized by the Espositos and featured a buffet, dancing and prizes. The event brought together 55 family members and friends to remember the women, who succumbed to breast cancer.



Johnson Thanked in Fight Against Breast Cancer

State Senator Owen Johnson presents Lorraine Pace and Lynda Distler with a mock check representing \$45,000 in funds secured for Breast Cancer Help in January 2006. The funds, part of a grant procured by the senator, will be utilized by the Long Island Cancer Help & Wellness Center to fund awareness and support programs for cancer patients and survivors. Senator Johnson has been a long-time supporter in the fight against breast cancer, including his support of Pace's breast cancer mapping project and other awareness activities and programs spearheaded by Breast Cancer Help.



New General Counsel Named

John Pace, Esq, outgoing Secretary/General Counsel, Breast Cancer Help, Inc.; Salvatore Puccio, Esq., newly appointed General Counsel; Dr. Allen G. Meek, Chairman, Breast Cancer Help; and Lorraine Pace, Founder and Co-President, Breast Cancer Help. Mr. Puccio is seen being welcomed as the newly appointed pro bono General Counsel for Breast Cancer Help, Inc. After serving as pro bono General Counsel/Secretary for Breast Cancer Help since 1994, Pace is handing over responsibilities to Puccio. He will remain on the non-profit's board of directors. Puccio is a graduate of Bay Shore High School, Quinnipiac University and Hofstra Law School. He is an associate at Misiano Shulman Capetola & Kessler, LLP, located in Melville.

Bats Against Breast Cancer

Danielle Henderson, a Commack native and 2000 Olympic gold medal-winning pitcher, Lorraine Pace, and Brookhaven Town Supervisor Brian Foley at Bats Against Breast Cancer, a softball tournament presented by the Silver Bullets in May 2006. The event, which included a challenge where batters could try to get a hit off of Henderson, raised \$1,178.





Local Celebrities Unite to Stamp Out Breast Cancer

Lynda Distler, Executive Director of Breast Cancer Help, Inc.; Joe Cioffi, WB11 Weatherman; Stephan Anthony, of the group The Cascades; Ed Martella, Ronkonkoma Postmaster; Jill Nicolini, WB11 Chopper Girl; John Forlienza, Ronkonkoma Post Office Events Coordinator; and Dee Snider, of the band Twisted Sister. In June 2006, the group gathered for a biannual breast cancer awareness event, initiated by the Ronkonkoma Post Office, to promote sales of the Breast Cancer Postage Stamp. The stamps sold for 45¢ each and were purchased on a voluntarily basis by the public. Since its inception in 1997, over \$13 million has been raised through the sale of this stamp to support breast cancer research. At this event, postal patrons could meet and receive autographs from the celebrities present after purchasing a sheet of stamps.

'Crop for a Cause' Fund Raiser at Governor's Comedy Cabaret



RIGHT: James Finn, owner of Governor's Comedy Club; event coordinators Christine Ekberg, Laura Roselli and Dale Schulper; Adriane Toscano Ballard and Lynda Distler. The group gathered at Governor's to present a check representing the amount of funds raised through April's event "Crop for a Cause." The event allowed scrapbook enthusiasts the free use of scrap booking tools, access to scrapbook samples, and a chance to win a prize. The proceeds totaled \$1,593 and benefit Breast Cancer Help.

Funds Go Over the Rainbow

Adriane Toscano Ballard, Fundraising Chair, Breast Cancer Help, Inc.; Andrea Velez, Owner, Over the Rainbow Nails & Day Spa; Fanny Quillay, Over the Rainbow staff; and Velez's mother, Perna Nappi, with grandchildren Nicolette and Joseph Nappi. Over the Rainbow hosted their fundraiser in Sept. 2006 in memory of Dorothy Cosentino and raised \$1,360.



Oysterman's Hosts Concert

Oysterman's Restaurant & Pub hosted "Band Together to Beat Breast Cancer," a charity concert to benefit Breast Cancer Help on Sunday, October 1. The event featured seven bands, including the Stanton Anderson Band, which Good Times Magazine said is "Long Island's greatest live act ever!" The family-friendly concert, with a complimentary buffet, raffles, prizes and giveaways, raised \$8,365.



ON THE WEB: BIN LOCATIONS

Visit Breast Cancer Help website for a complete list of clothing bin locations in your area and information on how you can join the fight against breast cancer.

WEBSITE: www.breastcancerhelpinc.org





Spa 85 Salon Spa Hosts Inaugural Fund Raiser

Adriane Toscano Ballard, Fundraising Chair, Breast Cancer Help, Inc.; Lauralee Bennett, Breast Cancer Help Advisory Board member; Lorraine Pace, President of Breast Cancer Help; Paul Federico and Glory Federico, Owners of Spa 85; along with the Salon Spa staff. The event at Spa 85 in Bay Shore was held on Sunday, October 1, 2006. The staff provided services at regular prices with refreshments, raffles and other prizes, raising \$1,650.



Remedy Fitness Hosts 5K Walk/Jog Fundraiser

John Di Fazio Jr.; John Di Fazio; Airlie Di Fazio with baby Olivia Di Fazio; Lisa Rotunno; Erin Di Fazio; Adriane Toscano Ballard, Fundraising Chairperson, Breast Cancer Help; Tara Kalzenski; Peter Kaczenski; and Peggy Di Fazio. Owners, family and staff prepare to kick off 5K fundraiser on Sunday, October 12, 2006.

Remedy Fitness, a world class health and fitness center, services the Three Village area and provides such amenities as personal trainers, physical therapists, massage therapists, nutritional counseling, and free child day care. \$4,505 was raised in the memory of Lucio Passarello, a long time friend of Remedy Fitness who died of liver cancer on July 19, 2006 at the age of 58.



Copperline Garden Center Hosts 'Fall Family Fun Day'

John Madarash, Vice President of Operations, Copperline Garden Center; Adriane Toscano Ballard, Fundraising Chair, Breast Cancer Help, Inc.; Joani Madarash, Public Relations, Copperline; Susan Gronewoud, Member, Breast Cancer Help. Copperline's fall fundraiser was held on September 30, 2006 and raised \$400.

YOU CAN HELP BREAST CANCER HELP

Donate. Host a Fundraiser. Volunteer.
Call 631-661-7223 for additional information.



Breast Cancer Help Helps Beach Cleanup

Sunny skies and balmy temperatures greeted scores of volunteers including Breast Cancer Help Founder and Co-President Lorraine Pace and Executive Director Lynda Distler on September 16. The volunteers were on hand to assist Senator Owen Johnson's in his 18th annual beach cleanup at Robert Moses State Park.

"We support Senator Johnson's tireless efforts to protect Long Island's marine life and its beaches, elements integral to a Healthy Environment for a Living Planet," said Lorraine Pace.

The information gathered from Senator Johnson's cleanup is analyzed and compared with data from all around the world and ultimately is used to create both national and international programs to control debris.



Pace Recognized by Women's Hall of Fame

Members of Breast Cancer Help Inc. join Founder and Co-President Lorraine Pace and Suffolk County Executive Steve Levy at a salute to new and previous inductees of the Suffolk County Women's Hall of Fame, which is located in the county's H. Lee Dennison Building in Hauppauge. Pace was originally inducted in 1995.



Breast Cancer Help Supports Stony Brook

Members of Breast Cancer Help Inc. show their support for Stony Brook University Hospital by attending its annual gala in November 2005. Dr. Allen MEEK, the chairman of Breast Cancer Help Inc. is Chairman of the Department of Radiation Oncology for the School of Medicine and Chief of Services for the Department of Radiation Oncology.

Update On Weed Control

Encouraged with the results achieved by the Environmentally Friendly Weed Management Demonstration Project conducted last year by Breast Cancer Help, Inc. in conjunction with Cornell Cooperative Extension of Suffolk and the Village of Lindenhurst, Executive Director Lynda Distler reports she is seeking to take the project to its next phase, actual implementation of one of the environmentally friendly methods studied and found to be effective as a

sustainable weed control practice.

Cornell reported that all the environmentally friendly methods tested and studied to control crack and crevice weeds within the demonstration area along a roadway within the Village of Lindenhurst proved successful to varying degrees. One method, which used a solution of naturally occurring fatty acids like what we find in soap, proved statistically equivalent in achieving aesthetically pleasing weed control results to that of the commercially available chemically based products.

Breast Cancer Help, Cornell and the Village of Lindenhurst are discussing a continuation of their partnership and the broadening of the project to include implementation of the selected method by the Village as a weed control practice.

Further, Breast Cancer Help continues to explore opportunities to expand the study and the implementation of environmentally friendly alternatives to communities surrounding the location of their Long Island Cancer Help & Wellness Center at North Shore LIJ Southside Hospital in Bay Shore.



A Day to Recognize Volunteers' Dedication

Breast Cancer Help recognized its many dedicated volunteers this summer at an annual barbeque held at the bayfront home of Founder and Co-President Lorraine Pace and her husband, John.

1. Breast Cancer Help presents plaques to Dotti Survilla and Susan Groenewoud in honor of their service to the organization. With the honorees are Chairman and Treasurer Dr. Allen Meek, Board Member Lillian Meek, RN, Executive Director Lynda Distler, Lorraine and John Pace and Advisory Board Member Lauralee Bennett.

2. State Assemblywoman Ginny Fields, Lorraine Pace, Suffolk County Legislator Vivian Viloría-Fisher, Lillian Meek and Dr. Meek.

3. Distler, Pace and Viloría-Fisher.

4. Members of Breast Cancer Help enjoy lunch with Islip Town Councilwoman Pam Greene.



Knights Honor Father Arnao

Breast Cancer Help, Inc. Co-President Father Thomas V. Arnao, JDC has been honored by a local council of the Knights of Columbus. The Father John Farrell Council No. 5962 in Hewlett recognized Father Arnao for the 25th anniversary of his ordination to the priesthood, as well as his service to the St Joseph Parish in Hewlett and his work in the fight against breast cancer. Breast Cancer Help board members and staff were on hand at the event, held Saturday, October 14, to congratulate Father Tom.



Breast Cancer Help, Inc. Accomplishments

■ Originated the ever-expanding breast cancer mapping project in 1992. This original mapping project spearheaded the breast cancer environmental movement.

■ Helped more than 25 breast cancer coalitions form and map locally, nationally and abroad, including minority coalitions at Sisters for Sisters with Beth El AME Church in Copiague and another in Coram. These included the Marin County Breast Cancer Watch in 1995 with Chris Mason, Francine Levien and Dr. Roger Grimson.



Lorraine Pace at Beth El AME Church, helping to form Sisters for Sisters.

■ The mapping project also led to the first rally in Suffolk on the steps of the H. Lee Dennison Building in 1993. This resulted in the formation of Suffolk County Breast Health Partnership, of which Lorraine Pace is a charter member.

■ Through the West Islip Breast Cancer Coalition, initiated a breast cancer centers at Good Samaritan Hospital and another at Stony Brook University Hospital through Breast Cancer Help, Inc.

■ Initiated the Walk for Beauty in a Beautiful Place held annually in Stony Brook, resulting in the Unique Boutique.

■ Initiated the move to establish the toll-free Cancer HELPLINE at Stony Brook University Hospital and Medical Center.

■ Supporting the petition resulting in President Clinton's full commitment to a National Action Plan to fight breast cancer and a \$250 million increase in federal funding for breast cancer research.

■ Helped change federal regulations to provide insurance coverage for stem-cell infusion therapy for federal employees.

■ Supported passage of the NYS law

that ends the practice of drive-through mastectomies by ensuring that HMOs and insurance companies offer hospital coverage to mastectomy patients until each patient and her physician have determined they are ready for discharge. The law also mandates insurers to cover mastectomy patients choosing reconstructive surgery.

■ Spearheaded the first-ever Breast Cancer Awareness Stamp through the efforts of Congressman Peter King, former Senator Alfonse D'Amato and Congressman Mike Forbes.

■ Supported the second Breast Cancer Research Stamp, which donates funds to breast cancer research.

■ Initiated the move to update and expand the NYS Breast Cancer Registry and to require, through the efforts of NYS Senator Kemp Hannon, hospital registrar certification for medical records to ensure the completeness and accuracy of the Breast Cancer Registry. These efforts helped the NYS Cancer Registry receive the top ranking gold certificate from the North American Association of Central Cancer Registries. For more information on the zip code registries go to www.health.state.ny.us.

■ Lead the movement, along with then Breast Cancer Help Vice President, Diane Nannery, to create the "Give a Gift to Breast Cancer" check-off on the NYS income tax form, enabling taxpayers to make a contribution to the NYS Breast Cancer Research and Education Fund,



Former Senator Alfonse D'Amato with Lorraine Pace at the dedication of the D'Amato Federal Courthouse. Pace's brother-in-law, Anthony Pace, was an early supporter of D'Amato's 1980 campaign for Senate.



Governor Pataki signs a bill to provide matching funds for 'Give a Gift to Breast Cancer' Income Tax Check-off program.

and supporting the subsequent legislation, introduced by NYS Assemblyman Steve Englebright, authorizing the state to provide a dollar-for-dollar match for each contribution made to the Breast Cancer Research and Education Fund.

■ Advocated the establishment of a toll-free hotline for the latest clinical trials for breast cancer and other life-threatening diseases.

■ Testified at hearings on the environment and its link to breast cancer and petitioning the CDC to explore the breast cancer epidemic on Long Island and helping to launch the five-year Long Island Breast Cancer Study.

■ Supported passage of the NYS Adoption law, introduced by NYS Assemblyman Robert Sweeney, allowing breast cancer patients to adopt children.

■ Obtained \$80,000 in 1994 from NYS Assemblyman Paul Harenberg to improve prostate and breast cancer care in the Dept. of Radiation Oncology at Stony Brook University Hospital.

■ Initiated the NYS breast/testicular education law, introduced by NYS Senator Ken LaValle.

■ Successfully supported DOD surplus funds for breast cancer research.

■ Supported passage of the NYS Neighborhood Notification law that requires 48-hour notice to immediate neighbors before the spraying of any pesticide. Supporting the bill to create the NYS Pesticide Registry signed into law by Governor Pataki and supporting the Suffolk law that bans pesticide use on new golf courses.

■ Helped form the Carol M. Baldwin Breast Cancer Research Fund with Joan

Accomplishments

Hudson, Dr. Michael Maffetone, Dr. Allen Meek, serving as Treasurer, and John Pace performing the legal work, pro bono. Initiated the naming of the Carol M. Baldwin Breast Care Center at Stony Brook.

■ In 2001, contributed \$100,000 and procured an additional \$250,000 through the help of Suffolk County Executive Robert Gaffney and Legislator Cameron Alden to allow Stony Brook University Hospital to purchase the first two of three modules for the Novalis Radio Surgery system.

■ Beginning in 2001, guaranteed a 63-month lease for the GE Digital Mammography System and began making lease payments exceeding \$7,000 per month.

■ In March of 2003, opened the Long Island Cancer Help & Wellness Center in Lindenhurst to provide increased awareness and promote early detection, while



NYS Senator Dean Skelos; Assemblyman Harvey Weisenberg; Lorraine Pace; Assemblyman Robert Sweeney; Sen. Owen Johnson; Gov. Pataki; and Geri Barish of 1 in 9. Pataki hands Pace a pen used to sign legislation requiring physicians perform a breast examination with a mammography.



County Legislator Cameron Alden and Executive Robert Gaffney present Dr. Allen Meek a check for \$ 250,000 towards the purchase of the second of three Novalis Radiosurgery systems.

providing cancer patients and survivors with support.

■ Contributed half of the funds to purchase a new CADstream MRI reader for Stony Brook University Hospital.

■ Procured \$5 million for the L.I. Cancer Center at Stony Brook through former U.S. Congressman Michael Forbes.

■ Successfully obtained \$1 million with the assistance of former U.S. Congressman Felix Grucci for the Long Island Cancer Database Project at Stony Brook University Hospital.

■ Supporting legislation signed into law in 2003 by Governor Pataki requiring clinical breast exams by a physician when a mammography is performed.

■ In 2003, introduced Doctor Jack Kovach to Babylon Town Supervisor Steve Bellone, Councilman Wayne Horsley, and Connie Davis, Human Rights, which launched the start of the WITNESS Project through Beth

El AME Church to provide early detection and support to African American women with breast cancer. Supported the first WITNESS Walk held on May 1, 2004.

■ With the help of the Sons of Italy, raised \$25,000 for breast cancer research at the Cold Spring Harbor Laboratory in Cold Spring Harbor.

■ In 2005, teamed with the Sons of Italy to donate \$10,000 to Stony Brook University Hospital, allowing the purchase of a frameless head immobilizer to be used with stereotactic radiotherapy.

■ Launched a “Cut-A-Thon” fundraising campaign with Special Effects Hair Salon of East Hampton, raising over \$25,000 in two years, including \$20,000 for the Cold Spring Harbor Laboratory.

■ Launched a study of organic pesticide and herbicide usage in the Village of Lindenhurst, in conjunction with the Village and Cornell Cooperative Extension of Suffolk County. The study, launched in the Summer of 2005, compared the use of potentially harmful chemical weed and pest killers and those composed of relatively benign organic materials.

■ In February 2006, author Joan Swirsky released “Map of Destiny,” a book chronicling Lorraine Pace’s journey from breast cancer patient to advocate.

■ In April 2006, the Long Island Cancer Help & Wellness Center moved from the Rainbow Center in Lindenhurst to its new home at Southside Hospital’s Health Institute Building in Bay Shore.

Resources

LONG ISLAND COMMUNITY

Breast Cancer Help’s Long Island Cancer Help & Wellness Center
North Shore LIJ Southside Hospital’s Physical and Rehabilitation Center
(631) 675-4240
www.breastcancerhelpinc.org

New York State Breast Cancer Hotline
Stony Brook University
(800) 877-8077

Suffolk County Department of Health Services
(631) 853-3013

Carol M. Baldwin Breast Care Center
(631) 444-4550

WITNESS Project
(631) 444-7789

Hewlett House
(516) 374-3190
www.hewletthouse.org

SPECIAL NEEDS BOUTIQUES

Jodee Post-Mastectomy Fashions Catalogue
(800) 932-4115

Tender Loving Care Catalog
American Cancer Society
(800) 850-9445
www.tlccatalogue.org

Unique Boutique
631-751-2244

ORGANIZATIONS/WEB SITES

American Cancer Society
(800) 227-2345 www.cancer.org

National Cancer Institute
(800) 4-CANCER nabco.org

National Cancer Institute Information Services
(800) 4-CANCER www.cancer.gov

Susan G. Komen Breast Cancer Foundation
(800) 462-9273 www.komen.org

UCLA Breast Center
(800) 825-2144
www.cancer.mednet.ucla.edu

Y-ME Hotline
(800) 221-2141 www.y-me.org
Spanish - (800) 986-9595

Women’s Health Partnership (Cancer Society)
(631) 436-5262

New York Cancer Mapping
www.health.state.ny.us

National Cancer Institute
www.nci.nih.gov

State University at Stony Brook Cancer Registry
www.stonybrookhospital.com/Cancerregistry/index.html

OTHER GOOD CONNECTIONS

Breast Cancer Action
San Francisco (415) 243-9301

Breast Cancer Fund
(415) 543-2979

Marin Breast Cancer Watch
(415) 458-3200

Women’s Environment and Development Organizatio
New York, NY (212) 973-0325

BREAST CANCER NEWS
www.breastcancer.net

Burger Commended for Holistic Nursing Lecture



Breast Cancer Help, Inc. hosted Ms. Valerie Burger, RN, MA, MS, OCN on May 23, 2006 for the first lecture in an ongoing series at The Long Island Cancer Help & Wellness Center's new home, located at North Shore LIJ Southside Hospital in Bay Shore.

Ms. Burger is the Coordinator of Medical Surgical Nursing for Nursing Education and Research at Southside Hospital. Her talk explored the field of holistic nursing and relevant available therapies. The presentation touched on all aspects of these complementary therapies and their impact on cancer treatment.

Summer Workshop Series At the Wellness Center

Breast Cancer Help, Inc. hosted a series of four intimate round-table workshops on issues important to breast cancer patients and survivors, over the summer of 2006.

The talks included one on Breast Reconstructive Surgery given by a Board Certified Plastic Surgeon, "The ABC's of Metastatic Breast Cancer" given by several nurses and "Breast Cancer, Diet and Survivorship" given by a Clinical Dietitian Manager.

The topics for discussion were selected based on feedback the organization has received from women dealing with breast cancer and each workshop was designed to be participant-driven, offering women a unique chance to have their voices heard and their questions answered.

ONGOING PROGRAMS AVAILABLE

REIKI

Reiki is a holistic healing therapy whereby practitioners channel energy in a particular pattern to heal and harmonize individuals. Reiki focuses on wholeness and stimulates one's total natural healing process ~ physically, mentally, and spiritually, thereby creating many beneficial effects that include relaxation and feelings of peace, security and well-being. The method seeks to restore order when a body's vital energy has become unbalanced. The practitioner places their hands on or above the individual, allowing the recipient to draw energy as needed through the practitioner to encourage energy flow and healing. Reiki reduces stress, fosters deep relaxation, destroys energy blockages and detoxifies the system. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Lida Olson, Instructor - Certified Tri-Yoga Teacher & Reiki Practitioner

LYMPHATIC DRAINAGE

Lymphatic drainage therapy is applied to facilitate the removal of stagnant toxins, reduce swelling associated with lymphedema and achieve drainage of areas affected by surgery. This program is designed for those interested in learning to achieve lymphatic system maintenance and self drainage. Sessions offer clients an opportunity to experience a treatment, learn about their lymphatic system, preventive maintenance and self-care practices to help control and prevent lymphedema. Clients are eligible for one hour sessions on a rotating basis. This program is designed to meet the needs of clients with mild lymphedema, clients that are experiencing a flare-up or suspect the onset of lymphedema, and clients that are interested in practicing preventive maintenance. This program is not for individuals whose lymphedema is advanced.

Yolanda Lipari- LMT CDPT Certified

REFLEXOLOGY

Reflexology is a gentle form of therapeutic treatment applied to the feet. The nerve endings in the feet are stimulated by specific massage techniques to effect changes in another part of the body. Stimulating these nerve endings thereby helps promote relaxation, improve circulation, stimulate vital organs in the body and encourage the body's natural healing processes. Reflexology is considered to be a holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit, and therefore promote good health.

Michele Scotto-Rosenblatt & Staff - Licensed Massage Therapists

MONTHLY SUPPORT

MEDITATION-GUIDED SELF-HEALING VISUALIZATION

BREAST CANCER PATIENT & SURVIVOR SUPPORT GROUP METASTATIC SUPPORT GROUP

Support Group sessions, facilitated by certified social workers, are offered monthly year round. Sessions include complimentary chair massage. An optional meditation/guided visualization session follows immediately after each support session. Refreshments are served.

Dana Caruso, CSW - Certified Social Worker

CIRCLE OF HOPE

Join us for this creative and inspiring workshop. Gather with friends and share a relaxing evening of crocheting Granny Squares. Completed squares will be used to create blankets for patients who are newly diagnosed and/or undergoing treatment. Quilting will also be incorporated into sessions to create quilts for patient use. Beginners and pro's are welcome. Needle, yarn and refreshments will be provided.

Instructed by Suzanne Barto

MASSAGE THERAPY

Massage Therapy can play an important role in both maintaining general wellness and assisting individuals who are undergoing treatment for various diseases by encouraging relaxation and reducing stress and chronic pain. The body's own energy system can be strengthened utilizing certain massage therapy enhancing the body's ability to heal.

Michele Scotto-Rosenblatt & Staff - Licensed Massage Therapists

YOGA

Reduce stress, fatigue, insomnia and increase feelings of well-being and ease pain. All classes incorporate music, aroma therapy and imagery to create an environment of relaxation. The course utilizes gentle moving and breathing techniques, allowing participants to achieve a sense of control over their bodies. Tuesday's Yoga class is designed for newcomers only.

Lida Olson, Instructor - Certified Tri-Yoga Teacher & Reiki Practitioner

TAI CHI

This ancient art has been practiced for 5000 years by the Chinese to keep the body, mind and spirit healthy. Tai Chi, a "moving meditation," directs energy into the body with low impact physical conditioning to enhance the natural healing capabilities of the body. Students are taught this ancient form in the traditional style of the old masters and also learn the philosophy that is an integral part of Tai Chi.

Dawn Baraclough - Certified Tai Chi Instructor

CANCER PATIENT AND SURVIVOR SUPPORT GROUP AT BROOKHAVEN MEMORIAL HOSPITAL MEDICAL CENTER

Breast Cancer Help Inc. offers a free support group for patients and survivors of breast cancer and other cancers at Brookhaven Memorial Hospital Medical Center's Swezey Pavilion. The group meets on the second Wednesday of the month year-round from 6:30 to 7:30 p.m.

Programs are offered at no charge to cancer patients and survivors at the Long Island Cancer Help & Wellness Center, North Shore LIJ Southside Hospital's Physical Medicine and Rehabilitation Center 275 East Main Street, Bay Shore.

ON THE WEB: UPDATED SCHEDULE

Visit Breast Cancer Help online at www.breastcancerhelpinc.org for an updated schedule of programs and events, or sign up to receive a program brochure by contacting (631) 675-4240.

Hotline Now Available For Spanish-Speaking Callers

Breast Cancer Help, Inc. has recently launched a Spanish hotline. The new number helps the organization to accommodate Spanish-speaking clients and prospective participants in their support and awareness programs. The hotline is available 24 hours a day, 7 days a week. Calls are returned by a bi-lingual volunteer from Breast Cancer Help's Long Island Cancer Help & Wellness Center.

"As our organization continues to expand its services, a Spanish hotline seemed the most logical and beneficial step forward," Breast Cancer Help Founder and Co-President, Lorraine Pace explained. "We are very excited to offer this hotline to the Hispanic community."

Línea Telefónica de Habla en Español: (631) 473-3658

Breast Cancer Help is Always a Click Away

Visit our website, anytime www.breastcancerhelpinc.org



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
- Information on opportunities to learn more and get more involved in projects regarding breast cancer and related environmental issues.
- Long Island Breast Cancer Help Wellness Center Brochure



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400 Montauk Highway, Suite 100
West Islip, New York 11795-4476
Phone: 631-661-7223 **Fax:** 631-661-6678
Spanish Hotline: 631-473-3658
Web: www.breastcancerhelpinc.org
E-mail: breastcancerinc@optonline.net

This newsletter is dedicated to the memory of Breast Cancer Help members Francine Berger, Maureen DePalma, Mary Fezza, Carmen Imbo, Harry Ballard, Diane Nannery and Donna Zuccarello. 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 cancer 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 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 Amount \$ _____

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

Name _____

Address _____

City/State/Zip _____

Home Phone _____ Work Phone _____

E-Mail Address _____

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