

News **FIGHTING CHANCE** from

Free Counseling Center for Cancer Patients
Serving the East End . . . Since 2002



Spring 2010



Calm at Day's End

"When I am faced with conflict, I always return to nature. There, I am able to capture a point in time that calms my soul and provides me with serenity. I believe that my recovery from prostate cancer was much facilitated by the time I have spent in our local nature preserves, with camera in hand, shooting dreamy scenes like the one above of calm waters and a setting sun."

Ronald Lewis, artist/photographer/historical restoration



Tickets: \$400 and \$800*
To purchase call Fighting Chance at 725-4646

*VIP Package includes "How We Make Fine Wine,"
a unique guided tour by Roman Roth,
Chief Vintner at Wolfner Estate Vineyard

SUMMER GALA '10 Saturday, July 31st

7:30 - 11:00 pm

WÖLFFER ESTATE VINEYARD

Bridgehampton, New York

Music by The Lone Sharks

Silent Auction generously sponsored by

TIFFANY & CO.

Hors d'oeuvres & Dinner
generously provided by



From the Chairman

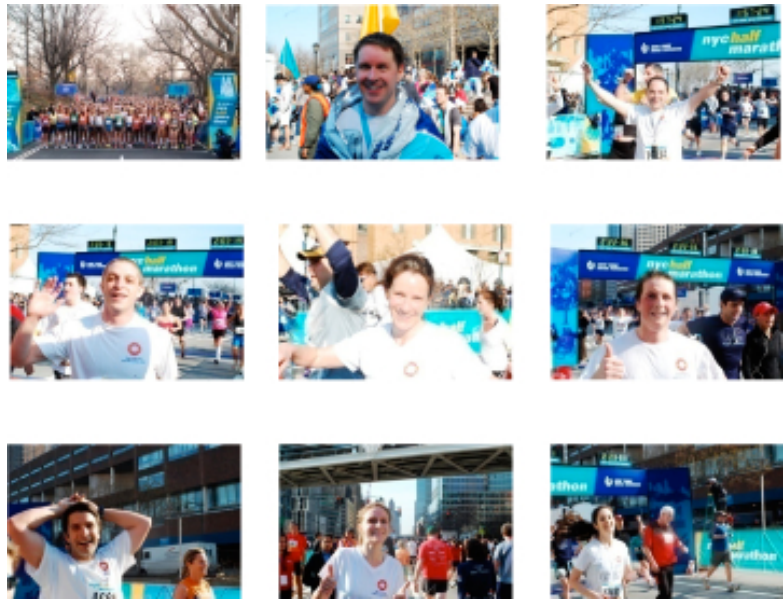
Long distance running and long distance swimming are among the most inspiring events in athletics.

Why is that? Well, these athletes – like many cancer patients, really – display a “never give up” attitude that all of us can admire.

At Fighting Chance we are very fortunate to benefit from two charity events led by long-distance athletes.

NYC Half Marathon. What you see here are members of “Team Fighting Chance” who’ve just completed a race of 13.2 miles – during the Ides of March – through the streets and parks of Manhattan.

Team members had friends and family donate to Fighting Chance and raised \$20,000 through their efforts – while raising the consciousness of so many others about efforts underway to defeat cancer. Thanks again!




Duncan Darrow
Chairman of the Board

The Hamptons Swim. In July our nonprofit will benefit from the efforts of long-distance swimmers who can choose to go 1/2 mile, a full mile or even 3 miles – all in the beautiful waters of Gardiners Bay, just off Amagansett. They are also seeking pledges of support and we hope for a great turnout, especially because Swim Across America has been one of Fighting Chance’s strongest supporters for three years.

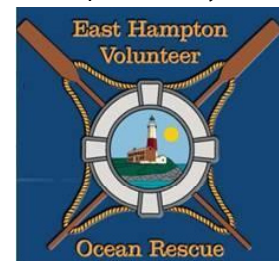
So form a team – in honor of someone you know who has battled cancer, or maybe swim under the banner of your place of business. However you do it . . . Be there . . . July 3rd

For further information and to register to swim and fund raise, please visit:
www.swimacrossamerica.org/hamptons

SWIM PROCEEDS TO BENEFIT
 **Fighting Chance, Sag Harbor, N.Y.**
and Cancer Research at:
The Memorial Sloan-Kettering Cancer Center
The Cold Spring Harbor Laboratory



Co-Sponsored by





Fighting Chance Educational Support Group

2010 Summer Schedule

Finding Meaning and Hope:
Living with Cancer Through Time

Living with cancer as a chronic illness requires patience, stamina, hope and courage. Join us for discussion and support.

Facilitator: Margaret Bromberg, LCSW
1st Tuesday of the Month, 12:00 – 1:30 PM *

Men and Cancer

Men may have particular concerns when they face a diagnosis and treatment for cancer. Join your peers for education and support in a safe and supportive setting

Facilitator: **William DiScipio, Ph.D.**
3rd Monday of the Month, 3:00 – 4:30 PM *

Support for Cancer Patients and
Caregivers on the North Fork

Southold Presbyterian Church Manse, 53100 Rte. 25,
Facilitators: Vicky Cortese, LCSW; and Julia Graziano, RN
3rd Tuesday of the Month; 3:00 PM – 4:30 PM *
Special Presentations by William DiScipio, Ph.D.
June 15th Follow Up on Family Coping Strategies *

Hope, Health & Healing

This group will provide information and resource finding while taking a problem-solving approach to adjustment issues during and after cancer treatment.

Facilitators: **Karrie Zampini Robinson, LCSW & Carol Mason, Patient Volunteer**
3rd Tues. of the Month, 12:00 – 1:30 PM *

** Reservations are necessary.*

For reservations or info call Fighting Chance, 631-725-4646. In case of severe weather, please call the number above for details.

QUIZ: What's Being Built Here?

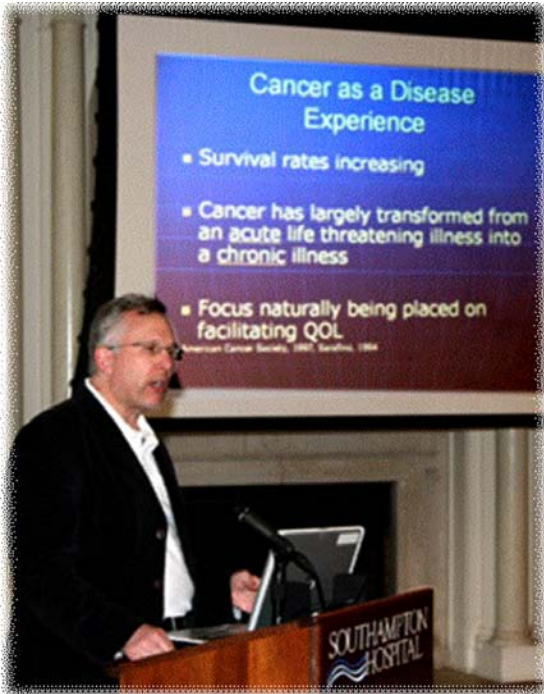
First reader to call Max (631-725-4646) with the correct answer . . . Wins a Fighting Chance Boat



Fighting Chance is a 501(c)(3) organization and all contributions are fully tax-deductible. Checks can be made payable to Fighting Chance and sent to us at P.O. Box 1358, Sag Harbor, New York 11963. Donations can also be made via credit card either on our website (www.fightingchance.org) or by calling our office at (631) 725-4646.

Over 60 Guests Hear Pioneer in Psycho-Oncology Speak on Side Effects of Cancer Therapies

Fighting Chance's Spring Lecture is Hosted at Southampton Hospital
Co-Sponsored by Leukemia & Lymphoma Society



Dr. Passik shown during his recent lecture (above) and in his office at Memorial Sloan-Kettering (below)

Steven D. Passik, PhD



The Lecture Hall at Southampton Hospital

On April 17th, the Fighting Chance Lecture Series turned its attention to the side effects of cancer treatment. Some are all too familiar: like losing your hair, finding it hard to sleep, constant fatigue and a deadening of nerve endings called “lymphedema.”

But what are the best coping strategies to deal with these side effects and what sort of psychological toll do they take on the patient?

To answer those questions we were fortunate to have Steve Passik, PhD as our speaker. Steve is with Memorial Sloan-Kettering in New York, which is known for its pioneering work in the emerging field of psycho-oncology, which was first recognized as a specialty only some 25 years ago.

Over 60 guests were in attendance and peppered Dr. Passik about a host of questions about side effects they were experiencing from their therapy – and he patiently explained not only coping strategies but how those side effects can impact a patient’s psychological sense of well being.

At the end it was Fighting Chance’s turn to be peppered, as guest after guest asked our staff when the next enlightening talk would be schedule . . . Well, stay tuned!



Karrie Robinson, LCSW (right) the Director of Clinical Programs at Fighting Chance and organizer of the Lecture Series, is joined by Margaret Bromberg, LCSW, an oncology social worker also on the staff of Fighting Chance.