



## INCREASING MEDIA COVERAGE OF FIGHTING CHANCE

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|-----------------|---|-----------------|---|
| <b>Aug '06</b>  | Coping with Cancer, a Profile of Fighting Chance ( <i>Health &amp; Wellness Supplement of Southampton Press</i> ) pp .2-3 | <b>July '06</b> | Picture from Summer Gala ( <i>Hampton Cottages &amp; Gardens Magazine</i> ) p.9 |
| <b>Sept '06</b> | "A Fighting Chance For The East End" ( <i>The Independent</i> ) p. 4  | <b>Oct '04</b>  | Hostess for First Fundraiser ( <i>East Hampton Star</i> ) p.10                  |
| <b>Sept '06</b> | A "Day Of Hope Forum" ( <i>East Hampton Star</i> ) p. 5   | <b>Nov '05</b>  | "Day of Hope I" - Survivors' Panel ( <i>East Hampton Star</i> ) p.11            |
| <b>Sept '06</b> | "Focusing On Hope During Cancer Care" ( <i>Southampton Press</i> ) p. 6   | <b>Sept '05</b> | Americas Cup Yachts in Fundraiser ( <i>Dans Papers</i> ) Pp.12-13               |
| <b>Oct '06</b>  | Picture of Dr. Martin S. Karpeh, Jr. from Day of Hope '06 ( <i>East Hampton Star</i> ) p. 7                               | <b>June '05</b> | Profile of Fighting Chance ( <i>East Hampton Star</i> ) p.14                    |
| <b>July '06</b> | Article on Summer Gala — ( <i>Sag Harbor Express</i> ) p.8  | <b>Aug '04</b>  | "Increasing the Odds for Cancer Patients" ( <i>Sag Harbor Express</i> ) p.15    |
|                 |   | <b>June '05</b> | "Organization is a Life Saver" ( <i>Sag Harbor Express</i> ) p.16               |



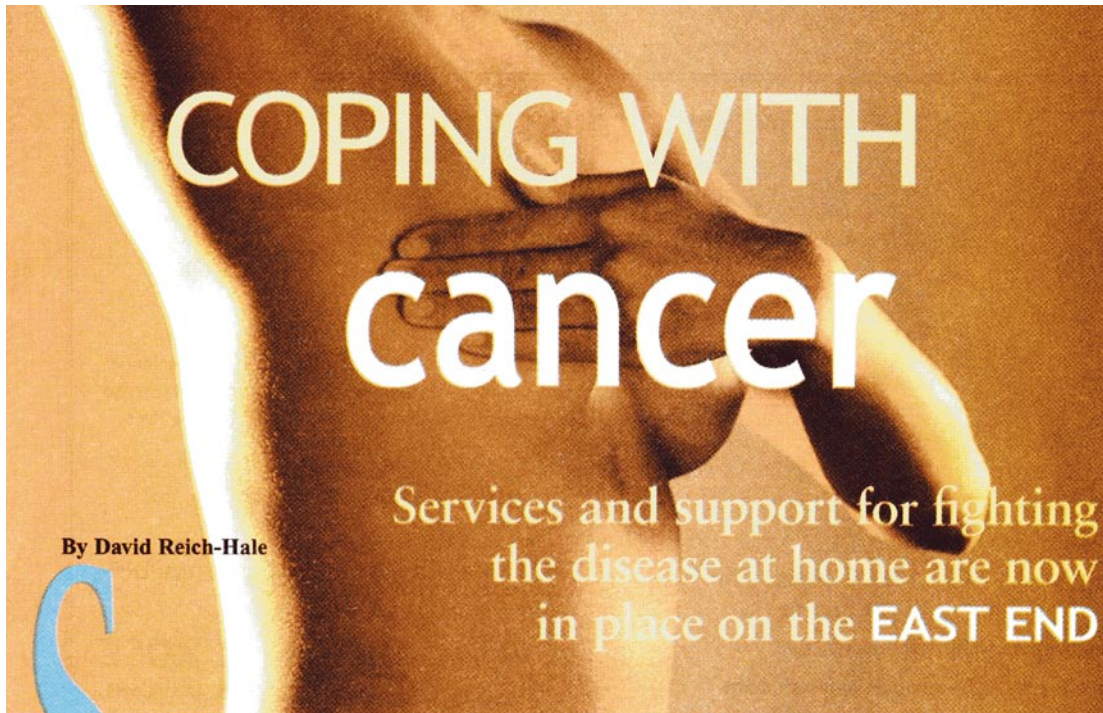
Duncan Darrow  
Chairman of the Board  
Fighting Chance

### From the Chairman . . .

This is our fourth and final newsletter for the year. It takes a look at "Fighting Chance in the press."

The articles we have reprinted start in 2006, but there are several from 2005 and they go back as far as mid-2004.

The media, I'd say, has become increasingly interested in what we are doing and we have received very positive coverage. The press has also come to understand the wide range of services we offer and what emerges is the picture of a "Cancer Resource Center" -- a logical step in the continued growth of Fighting Chance



Fighting Chance is helping East Enders fight cancer of all types right at home. Launched five years ago, Fighting Chance runs the gamut of helping families cope with cancer, assisting patients of all ages who need help with the fight and, as its website says, “keeping the body and soul together.”

Karrie Zampini Robinson, the director of clinical services at Fighting Chance, recalls how patients used to trek to New York City for what was perceived as superior cancer care to what they could get on the East End.

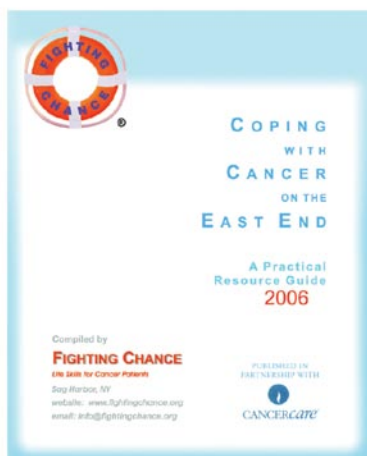
“People used to not be able to get the support

they got in the city,” Ms. Zampini Robinson said. “Organizations out here are trying to change that.”

Thanks to such organizations, and due to such infrastructural changes as expanded medical facilities and services on the South Fork, an increase in the number of health practitioners in the region, affiliations with hospitals and practices to the west, and growing public awareness of the importance of support groups and services, it is now easier

–or at least less difficult –to cope with cancer on the East End than it was back when Ms. Susie Roden, Director of South Fork Breast Health Coalition, was diagnosed.

In fact, “Day of Hope: Coping With Cancer on the East End” was the (continued p. 3)



**The Sag Harbor - based Fighting Chance cancer support group publishes a local resource guide (left). The organization’s symbol is a lifesaver (above).**

» **CANCER**, FROM PAGE 12

name of a November 2005 conference in Sag Harbor organized by Fighting Chance, co-sponsored by Southampton Hospital and funded by various local benefactors.

A true community effort also supported by the South Fork Breast Health Coalition, CancerCare of the Hamptons and Ellen's Well, "the conference was developed to present medical advances and the current trends in cancer treatment," according to Southampton Hospital spokeswoman Nora Perry. With the goal of "outlining practical approaches to health and harmony," the conference featured

renowned doctors and other experts from New York City, Boston and Long Island. There were clinical and surgical overviews, survivor stories, sessions on subjects such as stress management and cancer in the workplace, a panel discussion with East End oncologists and a

health fair with displays by local organizations. Some 200 people attended.

"Coping With Cancer on the East End" is also the name of a comprehensive, practical resource guide available for free from Fighting Chance. The 17-chapter booklet includes information on

hospitals, pharmacies, second opinions, home health services, tips for coping with cancer, and much more. Call 725-4646 or visit [www.fightingchance.org](http://www.fightingchance.org) to request a copy.



**Karrie Zampini Robinson, director of clinical services at Fighting Chance, at work in her Sag Harbor office. Photo by Dana Shaw**

# THE INDEPENDENT

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SEPTEMBER 6, 2006

www.indyeastend.com

FREE

## A Fighting Chance for the East End

By Mariah Quinn

When his mother, who lived in Sag Harbor, was diagnosed with lung cancer in 2001, Duncan Darrow asked for the name of a social worker to help her and the family deal with the repercussions of the diagnosis. All he got was the number of a taxi service, with the advice that it would come in handy shuttling to and from doctor's appointments. "There was no supportive care, clearinghouse, re-

source center, nothing," Darrow said.

As the family waded through "a lot of the typical cancer battles" — second opinions, radiation treatments and pain and medication issues — Darrow began to see the gaps in the support structure that needed to be filled. His mother died three months after the diagnosis, but Darrow emerged from the experience determined to "try to turn a negative into a positive," he said.

The positive he sought became Fighting Chance, a cancer resource center based in Sag Harbor dedicated to providing information and support for cancer patients and their caregivers. The organization publishes a yearly guide called *Coping With Cancer on the East End*, with up-to-date information about doctors, clinical trials, physical therapy, home health services and more. On September 30, Fighting Chance will hold its second "Day of Hope," a symposium at Bay Street Theatre in Sag Harbor featur-

ing lectures by six noted oncologists, informational booths and Q&A's.

"My idea was to bring out the absolute Nobel Prize Winners in cancer right to Sag Harbor, put them in a theater and say, 'You guys want to know what is really going on? These people are going to tell you about drugs going on right now in clinical trials that could save your life.' And that is what 'A Day of Hope' is about," explained Darrow, the chairman of Fighting Chance's board of directors.

Fighting Chance has expanded its services since Darrow first brought together a group of locals to discuss what could be done to better the experience for cancer patients on the East End. "The concept was to follow the arc of the disease, beginning middle, end . . . to let people see conceptually what the cancer experience is like and then at each stage in the experience give them information," Darrow said.

What began as peer-to-peer counsel-

ing between cancer patients evolved into a monthly support group led by a Karrie Robinson, an oncology social worker who formerly directed the post-treatment care program at Memorial Sloan-Kettering Cancer Center in Manhattan. The website, [fightingchance.org](http://fightingchance.org), handles e-inquiries, and receives more than 5,000 visits a month. The office's library contains extensive information, and the office manager, Heather Matthews, a cancer information specialist, directs inquiries to the relevant websites. Matthews said FC hopes to offer transportation services for cancer patients in the future, as well as greater assistance for elderly patients on fixed incomes. "We want to expand because the need is there," Matthews noted.

"I think we're becoming, slowly but surely, more and more like a so-called cancer resource center," Darrow said. He estimated there are only about 50 such centers in the country, almost all of which are associated with major hospitals.

"There's just a huge need for this," Darrow said. "It's funny — once you build it, they will come."

"A Day of Hope" will be held from 9 a.m. to 1 p.m. on September 30 at Bay Street Theatre. The event is free and open to the public; pre-registration is required. Call 725-4646 or visit [fightingchance.org](http://fightingchance.org) for more information.

The East Hampton Star, September 28, 2006

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## ON CANCER

# A 'Day of Hope' Forum

A half-day symposium on improving cancer care on the East End, Day of Hope, will be held on Saturday from 9 a.m. to 1 p.m. at the Bay Street Theatre in Sag Harbor.

The symposium will begin with a keynote address by Dr. Martin S. Karpeh Jr. titled "Closer to a Cure: Improving Cancer Care in Suffolk County." Dr. Karpeh is the director of the Cancer Center at Stony Brook University Hospital and the chief of Stony Brook's division of surgical oncology.

Also speaking on Saturday will be Dr. Theodore G. Gabig, the chief of Stony Brook's division of hematology and oncology, who will talk about "New Attacks on Lung Cancer," and Dr. Christopher S.D. Lee, director of urologic oncology at the hospital, who will discuss "Innovative Clinical Trials to Prevent and Treat Prostate, Bladder, and Kidney Cancer."

The event is sponsored by Fighting Chance, a Sag Harbor organization that publishes a resource guide for people with cancer and their caregivers, and Southampton Hospital.

It will also include a question-and-an-

swer session with a panel of East End oncologists, moderated by Dr. Louis Avvento. Donald Garrity, a nutritionist at the Memorial Sloan-Kettering Cancer Center in New York, will offer nutrition information for cancer survivors. Dr. Renu Hausen, a radiation oncologist, will discuss "Coping Strategies for Chemo and Radiation," and two survivors of prostate and breast cancer — Chan Bigalow and Susie Roden — will reflect on their experiences.

Karrie Zampini Robinson, a social worker and the director of clinical programs at Fighting Chance, will lead a panel discussion of "Patient Empowerment and Community Support" with representatives of the American Cancer Society, the Leukemia and Lymphoma Society, CancerCare of the Hamptons, the South Fork Breast Health Coalition, the Guild of Holistic Practitioners, Guided Imagery and Visualization, and Southampton Hospital's massage therapy department.

There is no fee for the symposium, but advance registration through Fighting Chance is required.

# The Southampton Press

ss.com

THURSDAY, SEPTEMBER 28, 2006

## Focusing on Hope During Cancer Care

By Jennifer Davis

Hope means different things to different people. At a conference on East End cancer care this Saturday, some 300 people will be asked what it means to them.

"On the back of the program there's a space titled 'What hope means to me.' They can put their name, or not put their name. We are going to put together this definition of hope, something I think the world could use more of right now," said Duncan Darrow, founder and chairman of Fighting Chance, a non-profit organization dedicated to helping cancer patients and their loved ones.

The "Day of Hope" conference, co-sponsored by Fighting Chance and Southampton Hospital, will bring leading oncologists and cancer research specialists from all over Suffolk County to Sag Harbor's Bay Street Theatre where they will meet with cancer patients and their caregivers. Special presentations, question and answer sessions and testimonials from cancer survivors will all be part of Saturday's event.

"Last year's [event] was an incredible day, very educational, very enlightening," said Susie Roden, a breast cancer survivor who appeared on a panel last year and will speak this year on being a caregiver.

Last year's conference, held November 12, was the first of its kind on the South Fork. Mind/body experts, social workers and some of

Manhattan's top oncologists were invited to speak on topics such as cancer in the workplace and relaxation techniques.

"This year we're trying to do something a little bit different. We don't want to repeat ourselves," Mr. Darrow said, explaining that the focus of this year's conference is to bring together many of the local cancer resources in one place. "These are doctors that most people would be more likely to see or go to."

Conference planners have invited representatives from all of the non-profit groups that support cancer care in Suffolk County to participate on a panel discussion about patient

empowerment and community support.

"The non-profits in Suffolk County are really starting to cooperate more in terms of presenting a unified front to the cancer patient," Mr. Darrow said.

The keynote speaker at this year's conference will be Dr. Martin S. Karpeh Jr., director of the Cancer Center at Stony Brook University Hospital and chief of the Division of Surgical Oncology. Dr. Karpeh will discuss improving cancer care in Suffolk County.

"The Cancer Center at Stony Brook Hospital is modeled on [Memorial Sloan-Kettering Cancer Center],"

Mr. Darrow explained, adding that all of the doctors meet regularly and review patient cases together. "They all kind of brainstorm with one another. I think it's similar to Memorial now that they have built up a network of doctors and they can all kind of cross pollinate and cross reference with one another. To me, it seems like a very compelling approach."

Following Dr. Karpeh, a talk on the "New Attacks on Lung Cancer," will be given by Dr. Theodore Gabig, chief of Hematology and Oncology at the Cancer Center at Stony Brook.

In addition to the Cancer Center's heavy hitters, there will be a discussion on nutrition with Donald Garrity, a nutritionist from the Memorial Sloan-Kettering Cancer Center in Manhattan.

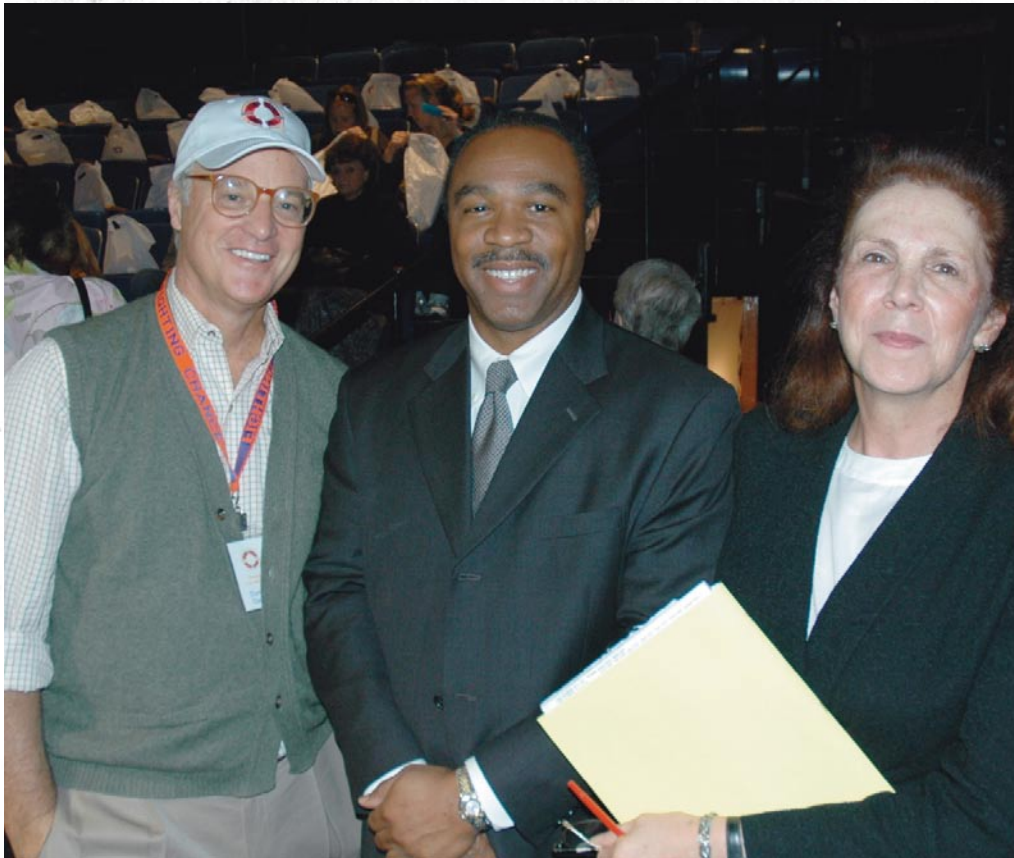
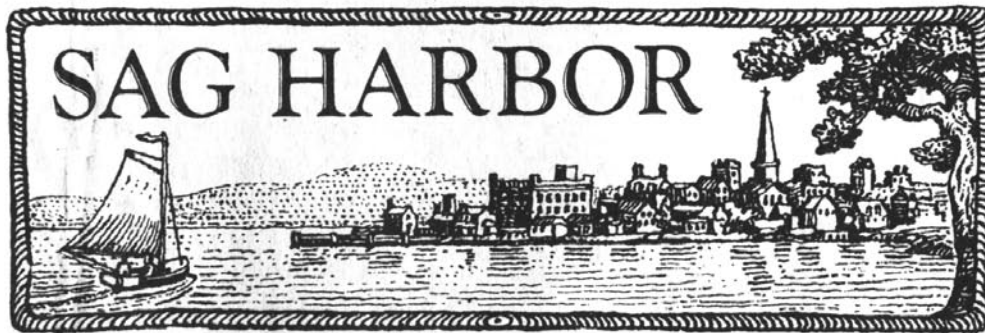
"There's now data and scholarly articles saying you can extend your life and use nutrition as a preventative measure," Mr. Darrow said explaining the importance of the topic.

Also on Saturday's agenda is a talk on the side effects of chemotherapy and radiation, two of the most frequently used cancer treatments. Dr. Renu Hausen, a Riverhead-based radiation oncologist, will be on hand to answer questions. In addition, topics such as clinical trials that may lead to the prevention and treatment of prostate, bladder and kidney cancer are planned.

# THE EAST HAMPTON STAR

SHINES FOR ALL

The East Hampton Star, October 5, 2006



Fighting Chance held a Day of Hope on Saturday at the Bay Street Theatre in Sag Harbor. In attendance were, from left, Duncan Darrow, the chairman of Fighting Chance, Dr. Martin S. Karpeh Jr. of Stony Brook University Hospital's cancer center, who gave the keynote address, and Karrie Zampini-Robinson, Fighting Chance's clinical director. *C.B. Grubb, Letter Perfect*

# The Sag Harbor Express

Since 1859

May 26, 2006

## **THE CITIZEN: A Brief Vacation**

*By Anthony Brandt*

I had too wonderful a weekend as the weather smiled upon my favorite charity, the Sag Harbor-based cancer care organization, Fighting Chance, which I've been involved with from the beginning. We had scheduled a fund-raising dinner for Friday night at a beautiful house in East Hampton, 100 people were coming to dine in the garden of this house, and rain would have been a nightmare.

Not only didn't it rain, we had maybe the best, driest, most comfortable evening we've had all summer. We didn't need to spend money on a tent. The directors did most of the cooking themselves. I cooked sausages, donated by Mike Schiavoni of the IGA downtown. Somebody gave us lobster at cost; we had chicken, too; the chairman and founder, Duncan Darrow, and his wife, Wendy Moonan, made potato salad for 100 people; somebody else donated enough wine to keep us all happy. The dinner was a huge success. We had a silent auction. We raised a lot of money.

Many of the people who bought tickets had local connections, were born and raised or had lived here a long time. All the directors have been touched by cancer in one way or another. We now have a top-notch staff, we have support groups running, our website gets well over 1,000 hits a month and our web manager is a trained social worker who counsels people on the Internet who have questions about cancer care; while the oncological social worker who runs the support groups has many years of experience at Sloan-Kettering and knows as well as anyone I've ever met how to deal with people in crisis. We're beginning to get interest on a national level from the people who pay attention to cancer care organizations. Joy to the heart, tears to the eyes. We're good, folks. This is what a communal effort can do. it's a thing of beauty.



## Cancer Cares

**FIGHTING CHANCE**, a nonprofit organization providing counseling to East End cancer patients, held Cancer Cares, a dinner and auction fundraiser on July 7.



The Home of Rick & Sue Davies  
97 Middle Lane  
East Hampton

The Board of Directors of  
*Fighting Chance*

Cordially invite you  
to join them for our Annual  
*Shore Dinner*

(with all the "fixin's" -- clam chowder, grilled lobster, corn-on-the-cob, potato salad and strawberry shortcake)

**Saturday, July 7th**  
**6 pm**

at the home of  
Rick and Sue Davies  
97 Middle Lane (at intersection of Cross Highway).

Our evening will include a Silent and Live Auction conducted by Alistair Clarke, Sothyby's Auctioneer



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**FELLOW FIGHTERS**  
 < 1 > Homeowners **Sue and Rick Davies.**  
 < 2 > Co-host **Dr. Philip Schulman** and son **Daniel** with **Dr. Martin Karphe Jr.** and wife **Julia.** < 3 > **Jeff Sander** with **Jill and Dan Dienst** of **Dienst + Dotter** and **Wendy Lyon Moonan.** < 4 > **Corcoran's Emma Clurman, Richard DeRose** and **Ellen Hanson** with husband **Richard Periman.** < 5 > **Meredith Darrow** with a silent auction item. < 6 > **Linda Melville** with **Reverend Darwin Price.** < 7 > **David and Lisa Matlin.**



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# THE EAST HAMPTON STAR

SHINES FOR ALL

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OCTOBER 14, 2004



Fighting Chance, a network of East End residents who have been touched by cancer, held its first benefit party Sunday in East Hampton. Its 50-page resource guide, "Coping With Cancer on the East End," is available free at [www.fightingchance.org](http://www.fightingchance.org). Seen above is Sue Davies, who together with her husband, Rick, gave the party, and Duncan Darrow, the group's founder.

*Morgan McGovern*

# THE EAST HAMPTON STAR

SHINES FOR ALL

THURSDAY, NOVEMBER 17, 2005



East End cancer survivors shared their experiences at the Fighting Chance Day of Hope conference. The panel included, from left, Jeremy Samuelson, Jan Moran, Chuck Hitchcock, and Harry Heller. Susie Roden also spoke. *Carissa Katz*

## FIGHTING CHANCE

# Hope at a Day About Cancer Treatment

BY JENNIFER LANDES

On one of the last temperate, sunny Saturdays of the year, some 300 people took time to sit in the darkened semicircle of the Bay Street Theatre this week to participate in a program dedicated to cancer.

Although the event might sound depressing on its surface, it was a day devoted to hope. And about 200 of those people who either had survived cancer, were being treated for cancer, or were recently diagnosed, were offered a measure of help and encouragement in their struggles.

Fighting Chance, a nonprofit Sag Harbor organization that provides information and access to resources for East End cancer patients, organized the symposium with Southampton Hospital...

Dr. Norton described how advances in treatment, many of them in recent years, have brought doctors closer to eradicating the disease. Dr. Altorki said that early detection techniques were allowing lung cancer patients a better chance at surgery and ultimate survival. Breast cancer and lung cancer are two of the most common cancers in the country and lung cancer is one of the deadliest.

After the doctors' presentations, a panel of local doctors, Louis Avvento, Renu Hausen, and Marilyn McLaughlin, joined them to answer the audience's questions about treatment advances, drug trials, the role of politics in getting money for research, the role of the environment as a cause of cancer, and how to deal with treatment complications....

Providing an intimate look at the process of treatment and the issues involved were a group of five cancer survivors. Karrie Zampini Robinson, an oncological social worker who is the director of clinical programs at Fighting Chance and served as the conference's moderator, called the experience of cancer "a series of crises" from diagnosis to treatment. "No one can help you more than people who have been there," she observed....

According to Mr. Darrow, out of 62 counties in New York State, Suffolk is ranked seventh in number of people diagnosed with cancer.

To address the growing need, Mr. Darrow said Fighting Chance will try to offer smaller workshops over the course of the year on specific cancers in addition to larger conferences. More information on the topics presented at the conference can be found at the Web site [fightingchance.org](http://fightingchance.org). A copy of the free book "Coping with Cancer on the East End" can be ordered there.

# Dan's Papers

SPECIAL SECTION: HEALTH & FITNESS



## For the Cup

### Aboard a World Champion 12-Meter Yacht Racing in Noyac Bay



By Dan Rattiner

Last week was the annual HarborFest at Sag Harbor, and besides the oompah band on Long Wharf, the walking tours, the chowder contests, the farmers market by the windmill and the face painting, there was be a sailboat race in Noyac Bay called the First Annual Sag Harbor Charity Cup Challenge. This was billed as the highlight of the weekend, six beautiful 12-meter racing sloops that at one time or another either competed in or won the America's Cup yacht event, which next year will be defended by the Swiss at Valencia, Spain.

You may have seen the America's Cup on television. It's held every few years. It was last held in 2002 at Auckland, New Zealand, where over a series of weeks, various 70' long sailboats, all specially built for the occasion to exacting rules, came from around the world to compete against one another in head to head competition for the right to challenge the New Zealanders. Entries came from Italy, England, France, Sweden, Spain, the

United States, and, improbably, Switzerland, which has no body of water in which to hold these grand yacht races. In the end, the Swiss boat Alinghi prevailed, and then, in four straight races on four straight days, trounced the New Zealand champion New Zealand Magic, sometimes by as much as eight minutes over a course that took approximately three hours to complete.



Photo by Wendy Darrow

I am certain I am not the only man or woman in the world who would like, once in his or her lifetime, to feel what it would be like to crew on one these yachts during a competition. And so when I heard that some of these yachts would be in Sag Harbor for HarborFest, I got on the phone to make it happen. That my experience

as a yachtsman was zero, I thought, would just make it more interesting.

Four days and five phone calls later, at 6 o'clock on the Saturday morning of Harborfest, I was in East Hampton staggering across the bedroom trying to locate the alarm clock to turn it off. It was just before dawn. There would be a meeting of the crew of the 12-meter champion "Weatherly" in a private home in downtown Sag Harbor at 8 a.m.

What does one wear to crew a 12-meter yacht? I tried to imagine what I had seen Ted Turner wearing when I saw him on television in the 1970s winning the America's Cup. I tried to imagine what I had seen Dennis Conner wearing when he dominated the sport in the 1980s. Rain slickers? Starched whites with red bandanas? Nothing came to mind. I opted for khaki shorts, long socks and sneakers, a white cotton shirt and straw hat. The straw hat I knew was wrong. But we would be three or four hours on the water, and I wanted to stay out of the sun.

At eight, I arrived at the home of Duncan and Wendy Darrow, a small cottage on a narrow street not far from the Whaling Museum. When I arrived, I found that all but two of the crew were there, sitting around a grand dining room table enjoying bacon and eggs and muffins. Who was there — and they all stood up politely from their break-

(continued on the next page)

## For the Cup (continued from previous page)

fasts to shake my hand hello — were large, brawny, sunburned, athletic looking men and women, some of whom had on Belize Yacht Club shirts or caps with insignias from some yacht race in Norway or Australia. Breakfast continued on for a while — they were eaters — and soon the stragglers arrived. I sat next to Doug Mercer, whose family had actually ordered the Weatherly built for the 1958 races in Newport. He was a graduate of the Merchant Marine Academy in Kings Point and had manned the mainsail during the Weatherly's victory in 1962. He lives in East Hampton.

"I was told there would be no beer allowed on board," someone with a heavy Australian accent said. "But yesterday our Captain got a special dispensation from the race chairman."

A cheer went up at the breakfast table.

An interesting thing happened during the one-mile walk from the Darrow's home to the Sag Harbor Yacht Club where, we were told, the Weatherly was berthed. About halfway there — we were now all wearing identical white shirts with the name of the boat monogrammed on it — we came down a side street to find, coming down the main drag, the grand HarborFest parade marching toward the town center. The lead police car with the flashing light passed. And looking way back down the street behind that car, we could see the various fire departments and Cub Scouts and even a giant Styrofoam whale on wheels that would soon follow.

We stopped for a moment. It would take a long time for the parade to pass. We'd have to wait. Or would we?

"What the hell," somebody said. "We're uniform. Let's crash the parade."

Behind the police car with the flashing light came the lead car, a Model T Ford with parade chief Paul Sydney waving to the crowd. In the space just behind him, we snuck in.

It worked out fine. At the front of our little group, carrying a large orange life ring between us, were myself and Wendy Darrow. The rest of the crew followed, marching smartly along and waving to the spectators. The band played.

"It took us WEEKS to put together this float!" I shouted out to a woman with two children.

We arrived at the Sag Harbor Yacht Club on Bay Street and found the Weatherly, all 64 feet of her, lined up along the pier with the other five America's Cup yachts we would be racing against. They included: the Columbia, which had won the cup in 1958; Intrepid, which won in 1967 and 1970; the American Eagle, which had been captained by Ted Turner; Heritage, which narrowly lost to Intrepid in 1970; and Nefertiti, which had been favored to win in 1962 but had been defeated by the boat we were on. We climbed aboard. Crews climbed aboard all the other ships, and soon we were underway.



Photo by Dan Kattiner

What a parade of boats we made, as we headed out the channel, all six ships, sails up, heading toward the racing grounds accompanied by some of the spectator boats.

I met some of the other people on board our boat. There was Gil Meister, a weekend sailor from East Hampton and New York who was an investor in media companies. There was John McKenna who raced J-105s, there was architect and developer John Shanholt of East Hampton, Frances Schultz from Atlanta, George Muhlfeld who heads the sailing club at Devon Yacht Club, Carrie Swift from Sag Harbor who has worked around boats her whole life, David Berridge who has captained several Maxi Boats.

Now we were coming up on the start/finish line. It was thirty yards ahead and we were in the lead. I looked back. Each of the other five boats was lined up directly behind us. We were going to win.

A cannon shot was fired from the stern of the officials' boat not fifteen feet from us. We all jumped. There was a puff of smoke. All the spectators cheered. We had won.

And so we sailed home back toward Sag Harbor. On the way, I learned that each of the boats had been chartered by a different organization, the money going to charity. One of the boats had on board sailors from a real estate firm. Our boat had many crew members from a cancer care organization called FIGHTING CHANCE, which will sponsor a daylong conference for patients and caregivers in Sag Harbor on November 12 from 9:30 to 4 at the Bay Street Theatre. It is entitled "Coping With Cancer on the East End: A Day of Education and Hope."

## A Better Fighting Chance Against Cancer

One family's illness  
inspires a new resource

BY CARISSA KATZ

When someone is first diagnosed with cancer, navigating the health care system and negotiating the logistics of treatment can be almost as daunting as understanding the disease. Duncan Darrow of Sag Harbor, the founder of the non-profit organization Fighting Chance, learned that firsthand when his mother was diagnosed in 2001 with lung cancer that had spread to her bones.

During an early visit with her to Southampton Hospital, he and his brother, Peter, asked if there were a booklet listing resources for cancer patients and their families, some kind of map for the rough road ahead.

"They gave me a one-page sheet with the numbers for the Dominican Sisters and a taxi service," he recalled late last month.

His frustration became the impetus behind a 50-page resource guide, "Coping With Cancer on the East End," published by Fighting Chance in 2004. Last month, the organization issued an updated guide with 75 pages of phone numbers, basic information, and practical tips for people with cancer.

The learning curve with cancer is steep, but traveled quickly. "This provides the reader with a little bit of strategic planning," Mr. Darrow said.

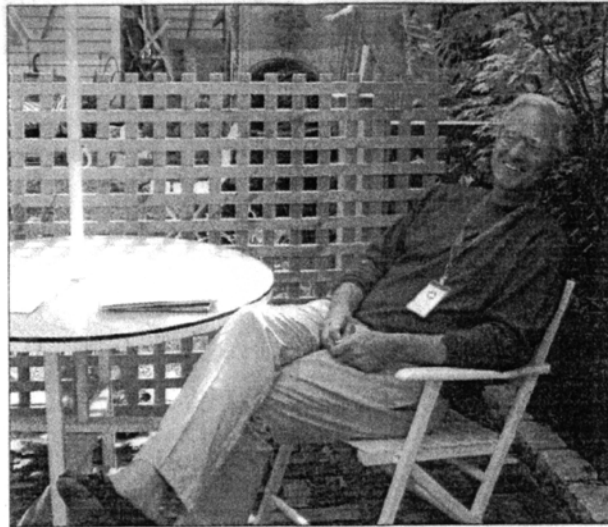
In the months after his mother's diagnosis, Mr. Darrow's family, like so many dealing with terminal cancer, put together its own small network of helpers. "We just scrambled to be good caregivers," he said.

"No sooner do you feel you've stabilized then the disease progresses and you have to readjust the platform." He and his brother are lawyers. "We are fairly well educated and fairly well organized." Still, they sometimes struggled to track down the new information they needed from one week to the next.

"I had time to take phone calls. I was in an office; I was a senior partner in a law firm. I could leave at a moment's notice if I had to," Mr. Darrow said. "I kept thinking about the next guy that came behind me."

He wanted to save other people some of the trouble he had been through and to share the resources he had gathered while caring for his mother. She died in June 2001, and within a few months he had formed and incorporated Fighting Chance.

"I went on a kind of listening tour." After his mother's death, he



Spurred on by his mother's cancer, Duncan Darrow founded Fighting Chance in 2001 to provide practical information to East End residents with cancer.

Carissa Katz

## A Better Fighting Chance Against Cancer

Continued from A1  
was hospitalized twice. "Now, I'm in the bed feeling very disempowered," he recalled, but it helped him better understand the medical system from the patient's point of view.

In 2003, after being trained to care for the sick through East End Hospice, Mr. Darrow assembled a board of directors for Fighting Chance. All 16 board members have had or have been closely touched by cancer of one type or another, and, like Mr. Darrow, they were mobilized by their experiences.

Given that Suffolk has one of the highest cancer diagnosis rates of the state's 62 counties, one should not be surprised that so many people on the East End have been affected by the disease, but the brief biographies of the board of directors are sobering. Coming from the worlds of business, the arts, education, and the clergy, they serve as a reminder that cancer obeys no social niceties.

The 2005 Fighting Chance resource guide, published in partnership with CancerCare, a national nonprofit group, follows the arc of cancer from diagnosis to treatment to recovery or hospice care, and attempts to provide some guidance for each step along the way. It offers contact information for doctors and oncologists on the East End, discusses second opinions, and talks about the different hospitals and health care centers where someone can be treated.

It also addresses complementary therapies such as acupuncture, massage, and counseling, and answers basic questions like "Where do I go to get the equipment I need to care for myself or my loved one?" or "How can I find the transportation I need to get to and from all of my doctor's appointments?"

There is a chapter on spiritual support and another on community organizations like the South Fork Health Initiative, East Hampton Meals on Wheels, the Family Counseling Center in Riverhead, as well as cancer support groups.

Fighting Chance compiled all the resources its board members and employees could find so that cancer patients would not have to wear themselves out tracking it down. But for those who have the time or inclination to do more re-

search, the booklet also lists dozens of cancer-related Web sites.

Through its alliance with CancerCare, Fighting Chance has "deepened our resources with something that we couldn't afford," Mr. Darrow said. People who need counseling, or who have questions that might be beyond the scope of Fighting Chance's expertise, are referred to the CancerCare hotline in New York, which is staffed by 30 oncological social workers.

Fighting Chance has also worked in the past two years to build a bridge to Southampton Hospital and is trying to establish a medical advisory committee of local physicians. It hired a deputy director, Janine M. Vito, last year, and now has a part-time oncological social worker, Kerri Zampini Robinson, formerly of Memorial Sloan-Kettering Cancer Center in New York City, on staff at its office in Sag Harbor.

Fighting Chance has started to set up peer-to-peer counseling, in which cancer patients can talk to people who have survived the same type of cancer. Though it started without so much as a mailing list, the organization has grown slowly but surely, and has even secured a few foundation and corporate business grants. "I've been very surprised by people's generosity," Mr. Darrow said. "I've been very grateful because I know what cancer did to our family."

Since his mother was diagnosed, Mr. Darrow said he has noticed a marked difference in how society deals with the disease. "I find that the willingness of people to talk about it and to use the word 'cancer' and be more candid has changed in some measurable way in the last three years." Through Fighting Chance, he is doing his part to see that people keep talking.

"One of the goals this year is to connect with more doctors and get this guide in more doctors' offices. We have to earn their respect." Fighting Chance will host its first conference, on cancer care in a rural setting, this fall.

"Coping With Cancer on the East End" is distributed free in hospitals, libraries, and doctors' offices, or by mail. It can also be found on the Fighting Chance Web site, [www.fightingchance.org](http://www.fightingchance.org).



BUSINESS TODAY

## Increasing the Odds for Cancer Patients

BY PEGGY SPELLMAN HOEY

Fleeting moments sometimes offer up different choices to human beings in the form of chances, while our free will determines the course we stay. Chances are just that, once lost they are gone forever.

Cancer patients and their loved ones ponder these thoughts when faced by the varying forms of the killer disease as the line between chance and choice blurs. Some feel they missed their chance to make another choice or change a life decision, while others feel overwhelmed by the many choices they must make regarding their course of treatment. Not only do the patients and their families face an uphill battle physically, but a mental and emotional one as well.

"It still amazes me what it does to families," said Duncan Darrow, chairman of Fighting Chance. "When someone is diagnosed with cancer it involves not only them, as the patient, but their family members. Not only is the patient diagnosed with cancer, but their families. The family is a sleeping giant."

When Darrow, a Manhattan lawyer, learned of his mother's lung cancer diagnosis in 2001 knew he would face the dilemma along with her. All of a sudden Darrow was running with the ball, so to speak. It was an eye-opener for Darrow who learned all too quickly that there are a limited number of radiation facilities on Long Island. Then he was faced with the question of how he would transport his mother to the facility. All of this comes into play, he said.

Darrow's mother succumbed 90 days later. For the first six months, Darrow mourned his mother's loss, however, by year's end he had formed Fighting Chance in response.

"I was talking with friends over dinner when I came up with the name," Darrow reminisced. "I was speaking of my mother and I remember

telling them all she really wanted was a fighting chance. They told me that would be a great name for the organization. So, there you have it, what it is today 'Fighting Chance'. There I was — me and my name — with my mother in the graveyard."

In the last ten years, the number of cancer diagnoses has increased relative to the population explosion on the East End. These patients have a particularly hard time coping during their ordeal because of limited resources within an already limited field. The Fighting Chance organization of volunteers has compiled a comprehensive guide to everything from cancer doctors, alternative treatments to clinical trials and transportation. The guide, titled, "Coping with Cancer on the East End: A Practical Resource Guide," is the only one of its kind geared towards helping patients and their loved ones. In turn, they hope to increase the odds of beating the killer disease.

"The guide's very logical," said Darrow. "It's basically like 'Zagat's'. We have had a little bit of positive feedback already. We want people to come and talk to us if they have questions or if they need counseling. We hope to empower people."

"Cancer treatment in a rural setting is a very distinct thing," said Darrow. "Most great cancer centers are in the city like Memorial Sloan Kettering Hospital, so if you are in a rural setting you must sometimes either ask for a second opinion or transfer to an urban setting for more treatment at some point in the future. But, how do you get to that point?"

Fighting Chance is located in a small office in Sag Harbor Village. For more information or copies of their guide a volunteer can be contacted at (631) 725-4646, P.O. Box 1358 or [info@fightingchance.org](mailto:info@fightingchance.org) For more information interested parties may log onto the internet at [www.fightingchance.org](http://www.fightingchance.org)



**KARRI ZAMPINI ROBINSON, DUNCAN DARROW AND JANINE VETO**

shaw photo

FIGHTING CHANCE

# Organization Is a Life Saver

*One year after opening, help thousands cope with cancer*

**BY RACHAEL SHAW**

**I**t is exactly one year since "Fighting Chance" opened up its office in a little alley off Main Street, Sag Harbor. Since then the charity, which is committed to providing support and information for cancer patients and caregivers, has grown remarkably.

The charity's story actually begins two years ago, in 2003, when Fighting Chance first came into existence. The first twelve months were spent preparing what Duncan Darrow, Fighting Chance's Chairman, describes as "a yellow pages for cancer care." This guide, "Coping with Cancer on the East End" is the focal point of Fighting Chance's efforts to provide support for cancer sufferers in the local community. Compiled with the help of members of the medical profession, it provides patients and caregivers with the necessary tools to find answers to all kinds of questions concerning cancer and the practical difficulties that are involved in its treatment.

"Fighting Chance realizes how important it is to have bridges with the medical community," says Darrow, and to this end, a Medical Advisory Committee has been set up with doctors and administrators from hospitals such as Southampton, Riverhead and Memorial Sloan Kettering. Janine Veto, Deputy Director of Fighting Chance says, "it's our job to build up doctor confidence in Fighting Chance, so they see our guide really can be a helpful part of patient counseling." Kerri Zampini Robinson has also come on board. Formerly Director of Post-Treatment at Memorial Sloan Kettering, Robinson offers a unique insight as an oncological social worker and will be a liaison with the Medical Advisory Committee. She praises the guide saying that, "it gives them [cancer patients and caregivers] what they need. It is relevant and informative."

Over the past year, Fighting Chance has seen its website "explode," now receiving over 4,000 hits every month.

Further evidence of the charity's success is provided by their recent partnership with Cancer Care, a national non-profit that provides free, professional services to people with cancer. The two organizations have co-published the new edition of the guide but Darrow says that there is more to the collaboration - "Cancer Care is a national organization. If we have a caller with a significant level of stress we can now refer them to Cancer Care to ensure that they receive the help they need."

"We're working with cancer patients at the grass roots level in Suffolk County," he said. "We know a lot about local resources because we sort of 'wrote the book' on that. So, out here, we can really help cancer patients map out the support system they need to improve their chances of survival."