



FREE CANCER
COUNSELING



Every cancer. Every life.

NAVIGATING

THE CANCER JOURNEY

Sag Harbor^{The} *Express*.

MEDIA PARTNER

We are here for you!

Free Lodging

Stay at one our 30+ Hope Lodge communities for free.

Learn more by calling 1.800.227.2345

Road To Recovery

Volunteer with us:

The American Cancer Society is always looking for volunteer drivers for the Road To Recovery program.

Volunteer drivers must be between the ages of 18 and 84, have a valid driver's license, pass a background check, show proof of COVID-19 vaccination, and have access to a safe, reliable car.

Phone: 1.800.227.2345

Join Us

MSABC Eastern Long Island, Riverhead

Saturday, Sept. 30, 2023
9 a.m.

www.makingstrideswalk.org/easternlongisland

For Up-to-Date Cancer Information and Resources

Contact:

1.800.227.2345
cancer.org



Every cancer. Every life.

May 2023

We would like to thank Fighting Chance for giving us the opportunity to be here for your cancer journey.

The American Cancer Society is the only organization combating cancer through advocacy, research and patient support to ensure that everyone has an opportunity to prevent, detect, treat and survive cancer. Our vision is to end cancer as we know it, for everyone.

There are two patient resources that I would like to highlight: our Road To Recovery program and Hope Lodge. Both of these resources are free of charge.

Our Road to Recovery program ensures that patients get to their cancer care for treatment from volunteers who help provide free rides.

Over 30+ Hope Lodge communities, across the country, provide free, temporary lodging for people facing cancer and their caregivers, when treatment is far from home. Our Hope Lodge Jerome L. Greene Family Center in New York City is located on West 32nd Street, a half block from Penn Station.

We have our upcoming Making Strides Against Breast Cancer walk on Saturday, Sept. 30 in downtown Riverhead. We would love to have you join us.

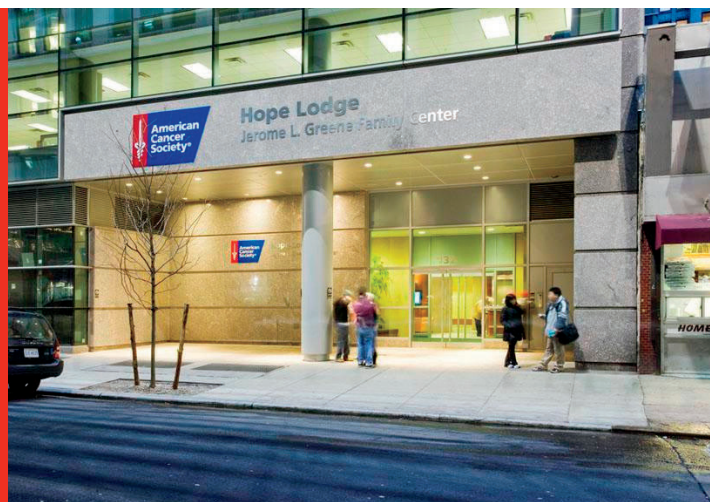
I hope to be a resource for you as well; please take note of my contact information below. I look forward to hearing from you.

KATIE GOEPFRICH SCHAFER

Executive Director, Long Island
katherine.schafer@cancer.org
(631) 861-3075

"The Hope Lodge is a gift that keeps giving. It's phenomenal. When my wife was diagnosed with breast cancer, we spent four nights there while Stacey had her surgery and recovery. While you're there, you feel like you're really being taken care of and you feel hopeful."

*-Terry and Stacey
Colon Cancer and Breast Cancer
Survivors*





www.fightingchance.org

Message from Duncan N. Darrow

As the Founder and Chairman of Fighting Chance, I wish to thank the American Cancer Society for standing shoulder-to-shoulder with us, as we support East End patients on their cancer journey.

The core of our support is counseling from a team of accredited, licensed and insured oncology social workers with over 60 years of combined experience.

Oncologists focus on treating a patient’s malignant tumor. But what about the trauma or “shell-shock” that often grips a newly diagnosed cancer patient? Oncologists have neither the time nor the training to address this dimension of the disease.

For this group of patients, whose peace of mind has been compromised, oncologists routinely refer them to Fighting Chance for professional counseling. Over the last 21 years, we’ve provided thousands of counseling sessions - - to East End cancer patients and caregivers - - always **free of charge**.

In addition to counseling, we offer free classes at Yoga Shanti in Sag Harbor, free Hometown Taxi rides to local doctor appointments and free Hampton Jitney tickets for treatments at NYC-based cancer centers.

Fighting Chance has been navigating cancer journeys since 2002, and some of the insights gained are in the pages that follow.

Fighting Chance is a 501c3-qualified charity.

Your donation is tax deductible.

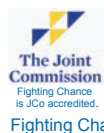
To make a donation, Visit fightingchance.org/donate

or mail your check to: Fighting Chance

P.O. Box 1358 | Sag Harbor, NY 11963

Duncan N. Darrow | Founder & Chairman

Hon. Kathleen Mulcahy | Executive Director



The AMA formed the Joint Commission or “JCo” to accredit healthcare facilities that meet the highest standards of patient care. Fighting Chance is JCo accredited.

SAG HARBOR OFFICE

PO Box 1358
34 Bay St, Suite 201
Sag Harbor, NY 11963
631.725.4646

SOUTHAMPTON OFFICE

Phillips Family Cancer Center
740 County Rd. 39A, Suite 102
Southampton NY 11968
631.638.7771



SUPPORT FIGHTING CHANCE + HAMPTON JITNEY IN TRANSPORTING CANCER PATIENTS TO CARE

This project provides the comfort and ease of Hampton Jitney round trip transportation for cancer patients and their primary caregiver to treatments in New York City.

**HAMPTON JITNEY WILL MATCH EVERY DONATION MADE TO THE
FIGHTING CHANCE TRANSPORTATION PROGRAM!**

Donate \$30 and provide a free round-trip ride to/from NYC and the East End.

TO DONATE, PLEASE VISIT:
[FIGHTINGCHANCE.ORG/JITNEY](https://fightingchance.org/jitney) OR CALL 631.725.4646

**Hampton
Jitney**

Proud Partner of Fighting Chance Since 2014

CANCER JOURNEYS

A twice-a-month column from
Fighting Chance

Origins of Cancer Patient Navigation



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

New Navigators at Northwell

Northwell Health recently announced that their cancer patients will be offered navigation services, provided by licensed staff nurses.

Northwell's cancer care is spread over 10 centers, where over 400 cancer specialists treat close to 20,000 cancer patients annually.

The nurse / navigators will help cancer patients cut the "red tape" that invariably complicates their medical experience. By taking a bit of pressure off the patient and/or caregiver, the navigators can contribute to more positive outcomes for their patients.

Harold P. Freeman, MD the Father of Patient Navigation

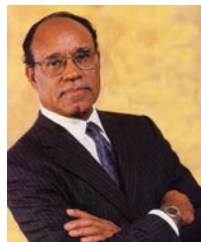
Dr. Freeman trained as an oncologist in the late 1960s at Memorial Sloan Kettering in NYC. He then took a post at Harlem Hospital, treating indigent cancer patients.

In Harlem, over a 22-year period, he measured the time it took for hundreds of his patients to reach two critically important mile-markers:

Mile-Marker #1. Once the first suspicious signs of cancer appear, how long until a definitive diagnosis is formulated?

Mile-Marker #2. After there is a diagnosis, how long does it take until treatment begins?

Freeman determined that the average amount of time it took for his indigent patients to reach the mile-markers was much longer than for those at MSK.



Harold P.
Freeman, MD,
The Father of
Patient Navigation

The First Patient Navigators

As a remedy, Freeman created a new position at the hospital - - cancer patient navigator. Navigators helped patients understand each important step in treatment, before they even embarked on their cancer journey.

The "unknown" - - one of their greatest sources of fear - - was minimized, and navigators remained at the patient's side, giving them, as we might call it today, a fighting chance.

Under the care of Dr. Freeman, the "War on Poverty" and the "War on Cancer" crossed paths. And at that intersection, something new was born: the cancer patient navigator.

The Harold P. Freeman Patient Navigation Institute

At some point in the late 1980s, Dr. Freeman was able to explain his mission to Ralph Lauren. Together, they dreamed up the idea of an academic institute to train navigators. Lauren funded a Harlem cancer center in 2003 and in 2007, The Harold P. Freeman Patient Navigation Institute - - where students could earn accreditation as patient navigators. - - was launched on West 123rd Street.

Once the Institute opened, several staff members and Directors of Fighting Chance, including Founder & Chairman, Duncan Darrow, attended the Institute. Patient Navigation then became an integral part of the free services offered to cancer patients and caregivers at our Sag Harbor office.

Dr. Freeman is now on the faculty of the Columbia University Medical School. Today the Institute is located at 55 Exchange Place, in Manhattan.

Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.

For more details, or information
please call 631.725.4646
Visit our website at
www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER



WÖLFFER ESTATE
VINEYARD

Proud supporters of
Fighting Chance and
their service to our
East End Community.

@wolfferwine | /wolfferestate

Free shipping on orders over \$100



CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

Survivorship



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

Once a cancer patient’s disease is put into remission the patient enters the phase of the cancer journey known as “survivorship.” This is a joyful moment relived by many patients this past Sunday, June 7th, which was observed as National Cancer Survivors Day.

For the last 18 years the oncology social workers at Fighting Chance have counseled East End cancer patients at every stage of their journey. Once they are cancer free there is a new goal: improving their odds of long-term survival and preparing them for a new set of challenges. For example:

1. Treatment History. Most patients get chemo and should make a note of the drug combination used. If there was radiation, how long did it last? If a tumor was removed by surgery be sure any complications are fully understood. And, retain a copy of results from blood tests, CT scans, and genomic sequencing.

2. Long-Term Side Effects. Chemotherapy can temporarily impair some of the patient’s mental functions and memory, so be prepared for “chemo brain.” Chemo can also produce a painful tingling in the fingers or toes,

known as neuropathy. And, sometimes breast cancer surgery results in impairment of the lymph nodes which could lead to a condition known as lymphedema.

3. Maintenance Therapy. Patients who become cancer-free may still be advised to take medication that can suppress the potential recurrence of cancer. This is commonly known as maintenance therapy and may continue for several years.



4. Immune System. A patient’s immune system can be degraded by treatments like chemo, although restoration within a few months usually occurs. But, before then, the patient is more susceptible to infections such as COVID-19.

5. Stress Management. Another factor that can undermine the immune system is stress, and patients face many stressful moments even after they are cancer free. Many of these patients who have received counseling at Fighting Chance continue their talk therapy with us as a long term stress management strategy.

6. Yoga/Exercise Program. Patients emerging cancer free from treatment almost always experience a period of unexpected fatigue. A remedy commonly recommended is a regime of regular exercise. At Fighting Chance we recommend a yoga class -- and provide our patients with classes twice a week (for free) at Yoga Shanti in Sag Harbor.

*by Duncan Darrow
Founder & Chairman of
Fighting Chance.*

Fighting Chance has offices in Sag Harbor and at the Phillips Family Cancer Center in Southampton.

For more details, or information please call **631 725 4646**.

Visit our website at www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER



Duncan,

On behalf of myself, Todd Bourgard, Patrick McLaughlin and the Tunick Team at Douglas Elliman, **we are inspired by your commitment to East End patients** through your dedication to Fighting Chance.

Your continued support, imperative services and family resources are deeply needed and **we thank you for helping those on their cancer journey.**

Sincerely,
Richard Ferrari



President and CEO of Brokerage,
New York City and Northeast Region

[elliman.com](https://www.elliman.com)

CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

– GAME CHANGER –
New Treatment for
Advanced Breast Cancer



Diagnosis	Emotional Impact	Treatment/Side Effects	Survivorship	Patient Stories
-----------	------------------	------------------------	--------------	-----------------

The Ovation

On June 5, 2022 thousands of oncologists were packed in to a convention center auditorium in Chicago to hear about a new drug that might revolutionize the treatment for metastatic breast cancer.

Then, the results were announced of a clinical trial involving almost 600 patients, all of whom had metastatic breast cancer. The new drug they received--known as **Enhertu**--doubled the survival time.

The crowd gave a thunderous standing ovation.

New hope had arrived.

The HER2 Puzzle

For decades a protein known as HER2 was observed on the surface of breast cancer cells--sometimes in abundance (HER2-positive) and more often with seemingly zero presence (HER2-negative.)

For years the HER2-positive group was treated with a targeted therapy, Herceptin, but it was not effective if the metastatic breast cancer patient was classified as HER2-negative, in which case their only option was chemo. The nationwide breakdown was:

HER2 Status	% Patients
Positive	20%
Negative	80%



Part of the Standing Ovation in Chicago

New Category. . . HER2- Low

If 80% of those with metastatic breast cancer are HER2-negative then that equates to about 200,000 patients nationwide

For those 200,000 patients scientists assumed that they all had the same zero level of HER2. Everyone was a zero. One size fits all. Really?

Upon closer examination scientists found that in many cases there was a very small but still measurable amount of HER2 on the cancer cells. And a new category was created . . . “HER2-Low”.

How Enhertu Works

As it turned out, patients within the new category, HER2-Low, were quite receptive to Enhertu, having been trapped for decades in a “chemo only option.”

It is a two-part drug. One acts as a navigator, seeking out cancer cells that express only a minimal amount of HER2

Then a second part is a newly formulated chemo that seeps through the cell surface and bathes the cancer cell interior with a poison.

And the Experts Say . . .

“This is a new standard of care . . . it affects a huge number of patients.”

E. Winer, MD Yale

“Phenomenally spectacular”

Head of Daiichi Pharma

They’ve created a new category of breast cancer, HER-2 -Low . . . It will expand the patient population who benefits from HER-2-targeted therapy.

American Society of
Clinical Oncology

Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.

For more details, or information
please call **631 725 4646**.

Visit our website at
www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER

CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

Transportation Insecurity and Cancer Patients



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

Getting to the Doctor

Transportation insecurity is something we often encounter at Fighting Chance, as we help patients cope with the emotional ups and downs of their cancer journeys.

Survey after survey shows that while patients are already worried about surviving and are stressing over getting through treatments like chemo or radiation therapy, the immediate challenge of getting back and forth to their doctor appointments consistently ranks as one of the leading sources of patient anxiety.

Logistics

A major reason for the anxiety is simply this: about 40% of U.S. households have only one car, and 10% have no car at all. If one family member takes the only car to work, how would the patient get to cancer therapy? And what if the patient doesn't have the strength to drive, even if a car is available?

You can only rely on a friend or neighbor so many times.

Enter Hometown Taxi which began a partnership with Fighting Chance about two years ago. The charity administers the program and Hometown subsidizes the cost of the taxi rides.

How It Works

A cancer patient calls Fighting Chance at 631.725.4646 with the destination of

their medical appointment and the time and place for the pick-up.

Fighting Chance alerts Hometown and a taxi is dispatched.

That's it. Simple. Free. And a good example of neighbor helping neighbor.



New Publicity

Over the last few months, the program has experienced a growth spurt, partially as a result of our placing posters in the windows of several Hometown taxis.

The posters promote how cancer patients can ride free by calling Fighting Chance.

Every day, Fighting Chance gets calls for a Hometown ride. Making

this resource available has greatly reduced the anxiety of "transportation insecurity" - - at least on the Long Island's East End.

How It All Started

In the Spring of 2020, Duncan Darrow, Chairman of Fighting Chance, got to know Bryan Daparma, the Owner / Operator of Hometown Taxi.

They hit it off especially well, owing, in part, to Duncan's past experience driving a NYC taxicab for 6 years, back in the day.

It didn't take long for Duncan and Bryan to figure out a way to work together devising a plan to reach out and help countless East End cancer patients - - patients who were often stranded at home, unable to get to their doctor appointments and wondering if that would compromise their chance of recovery.

The Fighting Chance/Hometown Taxi partnership is going on two years and just continues to expand.

Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.

For more details, or information
please call **631 725 4646**.

Visit our website at
www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER

CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

A Milestone in our Jitney Partnership



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

A Very Special Bus

As you drive around the Hamptons this summer, you may notice that one of the Hampton Jitney buses carries a special message

*“Every Cancer Patient
Deserves a Fighting Chance”*



And that is the motto of the local non-profit, Fighting Chance. The counselors it employs help patients cope with the emotional ups and downs of battling cancer. All services are free of charge.

Something to Celebrate

2022 marks the 20th Anniversary of Fighting Chance and the charity is celebrating with several special events, including taking up the Jitney on their generous offer to “wrap a bus.” Their handiwork is now complete and the Very Special Bus is on the road.

Partners in Care - - How it Started

The connection began seven years ago with a conversation between Geoff Lynch, President of the Hampton

Jitney, and Duncan Darrow, Founder & Chairman of Fighting Chance.

While patients come to Fighting Chance for emotional counseling, they often mention other practical problems. Number 1 on almost every list is transportation.

The only comprehensive cancer centers, serving East End patients, are located in New York City.

In their initial talk, Geoff said “We send plenty of buses to New York every day . . . maybe cancer patients could ride free.” Duncan embraced the idea but warned Geoff there could be over 50 passengers (patients and caregivers) each month needing tickets.

The Jitney agreed to subsidize the cost of the first 50 tickets per month and, after that, Fighting Chance would contribute to the ticket charge.

Ticket Pick-Ups Mean More Counseling

When patients stop by the Fighting Chance office to pick up Jitney tickets, the staff introduces them to free counseling services and other resources that the charity provides. Not surprisingly,

many patients sign up for counseling appointments

“Cancer Patients Ride Free”

This became the name for the new program and the estimate of giving away 50 tickets each month proved to be about right. That’s roughly 600 free tickets each year.

Today almost everyone on the East End knows that if you have to travel into New York City for cancer therapy, you can call Fighting Chance to get free Hampton Jitney tickets.

A remarkable partnership, if you think about it.



Fighting Chance has offices in Sag Harbor and at the Phillips Family Cancer Center in Southampton.

For more details, or information please call **631 725 4646**.

Visit our website at
www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER



Congratulations

Fighting Chance

Since 2002,
you have provided patients with
cancer on the East End of Long Island
with free cancer counseling, support
groups and community resources.

Thank you

for your continued dedication
to offering these imperative services
to patients and their families.
Your impact on our communities is
profound and deeply appreciated.



Stony Brook **Cancer Center**



Stony Brook
Medicine

The Phillips Family
Cancer Center

CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

Power of Prayer ... Revisited



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

Medical Catastrophe

The New York Times reported “The life-threatening injury to Damar Hamlin of the Buffalo Bills during a game against the Bengals, televised on “Monday Night Football,” resonated around the league and the world of sports.”

On January 2nd, when Damar Hamlin’s heart stopped and his tragedy became common knowledge, it seemed like most Americans paused. They absorbed what took place and millions of them reacted the same way. They prayed for Hamlin’s recovery and thus became the largest intercessory prayer group in history.

Hamlin’s teammates did the same thing. They gathered in a circle and they, too, said the same prayer. And everyone’s prayer began with “Dear God.”

An Incredible Result

After one week in the hospital Hamlin walked out...seemingly okay. Doctors said the recovery was “incredible”. But others said “miraculous,” perhaps crediting his recovery to the power of so many prayers.

Since the 1800s, groups of people, all focusing their common prayer on one individual, have been studied by scientists looking for credible evidence that prayer can have a medical impact and bring about better outcomes.

Scientific Testing

The largest test case for the power of prayer was conducted over several years with thousands of people praying for a handful of hospital-bound patients to have a better outcome. This is known as the “Harvard Study”.

The result of this study indicated that the power of prayer did not make much difference in outcome, and wound up putting a damper on further efforts to look for medical results from the power of prayer.



Flash forward to today, when we have all witnessed the seemingly miraculous experience of Damar Hamlin. It seems this is very likely to reignite the debate over the power of prayer.

Patient’s Own Prayers

Another dimension of the intersection between prayer and medicine takes place when a patient—say a cancer patient—is praying for their own recovery.

Once again, the oncologist looks for evidence that the patient’s tumor is shrinking at a rapid rate—more rapid than what any anti-cancer therapy

could produce. And the prospect of this kind of tumor reduction has been tested by science, time and again

What these examinations have shown is that prayer by a patient does improve their quality of life — known as QoL—and that it has an impact on the patient’s resolve to battle their disease. What this amounts to, in the most simply stated terms is the “power of positive thinking”.

Patient Empowerment

For 20 years, the counselors and patient navigators at Fighting Chance have been encouraging patients to take steps toward self empowerment.

Our two free publications - - the *Cancer Journey Guide* and the *Resource Directory* - - help patients educate themselves about cancer and its treatment, and offer coping strategies and a list of providers with contact info.

But, aside from the practical steps our patients take, we have witnessed and can attest that prayer can certainly be one very strong component of self-care.

Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.

For more details, or information
please call 631.725.4646
Visit our website at
www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER



Farrell Fritz
Proudly Supports the
American Cancer Society
&
Fighting Chance



FARRELLFRITZ
ATTORNEYS



400 RXR Plaza, Uniondale, NY 11556-3826 516.227.0700 | www.farrellfritz.com

CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

Kindness and Cancer



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

For almost 20 years, the counselors at Fighting Chance have been providing emotional support to East End cancer patients -- always free-of-charge.

Patients often speak to us about the loneliness and isolation they feel during their cancer journey. One antidote is a message of moral support from the larger community.

You will find very supportive messages artfully displayed on over 50 “kindness rocks” now lining the parking lot at the Phillips Family Cancer Center in Southampton.

Each rock has a one word message that any cancer patient would appreciate, especially as they are about to enter the PFCC for a treatment or visit with their oncologist.

The Phillips Center opened in early 2019 to provide world-class cancer care including radiation, chemotherapy and immunotherapy along with wellness programs and support services.

Fighting Chance was offered rent-free space for a satellite office within the center. Patients, their families and caregivers can find our office on the lower level in Suite 102.



We’ve seen how the East End community has embraced the new facility, even through the difficult months of the pandemic.

So, it’s no surprise that several local educators, encouraged their students to each offer a small kindness to cancer patients through art.

We’re grateful to Lisa Carew, 4th grade teacher at Southampton Elementary School and to Kim Cause, an art instructor working with autistic youth at the Greek Orthodox Church of Southampton for opening young eyes to the way kindness contributes to healing.

The messages on the kindness rocks: Hope - Family - Calm - Heal each have universal meaning and clearly describe the core mission of Fighting Chance.

*Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.*

*For more details, or information
please call 631 725 4646.
Visit our website at
www.fightingchance.org*

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER

CANCER JOURNEYS

A twice-a-month column from
Fighting Chance

Cancer Patient Counseling ... the "Short-Form"



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

15 Minutes or Less

When an oncology social worker refers to "short-form counseling" with a cancer patient, it usually means 15 minutes or less and takes place in a cancer center just before or after the patient has received treatment.

These counseling sessions are rarely conducted within the privacy of the social worker's own office, as most do not have their own office.

So most short-form counseling is taking place in hallways and cubicles. Or sometimes the social worker sits next to a patient during chemo, so these talks are not always confidential and, often, the patient is distracted.

Short-form counseling within a cancer center has other limitations. For example, if medical treatment puts the cancer into remission, then the patient is discharged, ostensibly "cancer-free."

From the cancer center's perspective, the patient is now "out of sight, out of mind," but they now face the challenges of "Survivorship." Resuming their place within the family unit. Getting their old job back. Telling friends what they've been through. And, of course, worrying that the cancer will return.

All of these issues, left unattended, can degrade a patient's sense of emotional well-being. But many cancer centers seem detached from their patients' post-treatment challenges.



AOSW Study from 2022

What an oncology social worker actually does each working day has been illuminated by a recent survey of 500 members of the Association of Oncology Social Workers.

They were asked to share the number of hours spent in an average week on several of their most important responsibilities. The results were:

Task	% of Time per Week
Patient Screening & Prelim Assessment	24%
Patient Counseling	13%
Administration, etc.	63%

So 13% of the time spent by an oncology social worker each week is

devoted to patient counseling, meaning caring for the cancer patient's emotional well-being.

That level of attention to a patient's mental health is obviously insufficient. There must be a better way.

Paradigm for "Long-Form" Counseling

Welcome to Fighting Chance. We are a pioneer of long-form counseling which means a 45 minute talk between the cancer patient and one of our staff oncology social workers. Our clinic is strictly counseling.

Local oncologists know they are not set up to treat their patients' emotional well-being, and for 20+ years, they have referred their patients to us for our, always FREE, counseling.

FREE EVENT

Join Fighting Chance
at Cormaria, Sag Harbor
Sat, April 15, 8:30am - 12noon to
hear and discuss how "Spirituality"
can help on the cancer journey.

For more info, visit:
fightingchance.org/events
or call 631-725-4646

Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER

CANCER JOURNEYS

A twice-a-month column from
Fighting Chance

Cancer Patient Counseling ... the "Long-Form"



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

Short Form vs. Long Form

A previous Cancer Journeys column (3/23/23) spoke about the kind of cancer patient counseling that is referred to as "short-form," because it usually lasts 15 minutes or less and occurs within the facility where a patient is being treated for their illness.

At the Fighting Chance Clinic in Sag Harbor, most of our counseling sessions -- which are always FREE -- are "long-form" lasting 45 minutes and they usually take place once a week for a month or more.

Our Clinic has a quiet, peaceful atmosphere, and our furnishings are akin to a cozy living room. Counselors use their private office to meet with patients, so there are no disturbances.

Our main referral sources are oncologists based in Suffolk County who understand that some of their patients need to delve deeply into troublesome aspects of their cancer journey in order to stabilize their emotional well-being.

Additional patient referrals come to us by way of local clergy, and from the Phillips Family Cancer Center in Southampton, when it determines that patients may benefit from counseling, over and above the short-form therapy practiced there.

Cancer Patient Counseling Clinics Are in Short Supply

We believe Fighting Chance to be the only full-fledged nonprofit cancer counseling clinic in this country. This is mostly because of the complex package that a founder has to assemble.

Services are free, so funding is needed for all expenses, including staff salaries.

The core staff is oncology social workers who are hard to find. Plus, they must be licensed, insured and have 20+ years of experience.

So that doctors have confidence in our operation, the Clinic operates at a very high level of professionalism. This is evidenced by our accreditation by the Joint Commission.

Oncology Social Workers Are in Short Supply

Q. How many licensed social workers are there in the U.S.?

A. 350,000

Q. Of that group, how many are qualified as oncology social workers?

A. 1,300

In other words, oncology social workers make up about half of 1% of all licensed social workers today. And Fighting Chance employs 3 of them.



Sanctuary. Our Group Counseling Room is often described by patients as a "safe place" where they can discuss anything about their cancer journey.

Intersection of Oncology and Mental Health

For decades, oncologists saw little benefit in a "holistic" approach to cancer care that included attention to a patient's emotional well-being.

At Fighting Chance, however, we felt an intersection of these two disciplines was necessary and inevitable. So that is the "X Spot" where we have placed our focus, since our founding, 20 years ago.

Fighting Chance has become the #1 referral choice for local oncologists who now understand that a physician must, in fact, treat a patient's trauma, and not just the tumor.

FREE EVENT

Join Fighting Chance
at Cormaria, Sag Harbor
Sat, April 15, 8:30am - 12noon to
hear and discuss how "Spirituality"
can help on the cancer journey.

For more info, visit:
fightingchance.org/events
or call 631-725-4646

Fighting Chance has offices in Sag Harbor and at the Phillips Family Cancer Center in Southampton
For more information please call 631.725.4646 or visit our website at www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER

M&T Bank is proud to
support Fighting Chance .

Muhammad Ali
VP, Branch Manager
631-725-3000 # 3
mali@mtb.com

M&T Bank
Understanding what's important®

CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

Moderna Takes on Cancer



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

Who is Moderna?

Moderna is a biotech company based in Boston and started 20 years ago. Almost every American thinks of it as the company that developed a highly effective COVID vaccine in record time

At Fighting Chance, our patients often ask, “If Moderna could get a vaccine for COVID in less than a year, why doesn’t it try to do the same thing for cancer?”

What is not common knowledge is that Moderna has been working to develop an effective vaccine for cancer, using the same technology -- “mRNA” -- that has worked so well in the COVID vaccine.

What is mRNA?

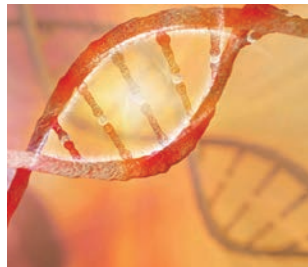
Most of us know that proteins are the building blocks of the human body and are manufactured inside our cells per a special blueprint known as RNA. Actually, it’s called “Messenger RNA” because it is transmitting protein-building instructions.

What Moderna accomplished was to create a synthetic version of mRNA, so that it conveyed a blueprint designed by scientists.

That blueprint produced proteins that would kill COVID on sight -- the role of a vaccine. But Moderna also devised another version of mRNA that creates proteins endowed with cancer-killing capabilities.

Remind me . . . How Does All this Relate to Cancer?

mRNA stands out as a completely new technique for killing cancer cells. And that is why progress with mRNA is important.



mRNA being synthesized

Today, aside from surgery, science has essentially four ways of killing cancer cells: chemotherapy, radiation, targeted therapy (such as Avastin®) and immunotherapy (such as Yervoy®).

None of these approaches are based on the audacious idea from Moderna -- to insert synthetic mRNA into cells and then watch as this produces specialized proteins that can be harnessed to T cells and make the immune system much more robust.

Plus as the COVID vaccine demonstrated, mRNA-based vaccines can be manufactured on a highly cost-effective basis and in enormous batches.

Latest Clinical Trial Results

Despite the success of mRNA as the backbone of its COVID vaccine,

Moderna has never successfully produced an mRNA vaccine that could block the progress of cancer. But, that picture is changing.

On December 14, 2022, Moderna announced the results of a Phase 2b trial in which one of its experimental vaccines successfully blocked the recurrence of skin cancer among most of a group of 150 melanoma patients whose malignancy had been removed.

Even when a tumor is surgically removed, there’s a significant risk the cancer may return -- two to five years later. But in the recent Moderna trial, the risk of recurrence was slashed by 44% and some say this will change the way melanoma cases are treated in the future.

According to Jeffrey S. Weber, MD, Deputy Director at Perlmutter Cancer Center, NYU Langone, “The results of Moderna’s trial provides the first evidence that we can improve the rates of recurrence in high risk melanoma.”

An auspicious start to what we hope will provide many successful cancer treatments in the near future.

Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.

For more details, or information
please call **631 725 4646**
Visit our website at
www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER

STORMS



Duncan,

I'm thinking back to your first car from Storms . . . 35 years ago, as I recall. We've been friends since then and it was an honor when you asked me, in 2018, to serve on the Fighting Chance Board.

I look forward to working with the charity in the years ahead.

Stu



Stuart Schoener (left), Managing Partner of Storms Ford/Southampton seen here at Gala 2019 held at the Wesnofske Farm in Bridgehampton.

CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

Free Yoga for Cancer Patients - Our 10th Anniversary



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

“Cancer took my breath away ... and yoga gave it back.”

In 2008 Rodney Yee and Colleen Saidman stopped by the Sag Harbor office of Fighting Chance, which was just a few blocks away from their Yoga Shanti studio.

They had an idea: if a yoga class emphasized breathing, meditation and stretching it could be well suited to cancer patients and beneficial to them. It turned out they had developed this idea with Donna Karan, whose husband had relied on yoga during his battle with cancer.

At Fighting Chance our main mission has always been for our oncology social workers to help cancer patients cope with the hopelessness, trauma and hyper-anxiety that comes from a diagnosis.

We see most of our patients once a week for a month or two. But what if we could then refer them to a yoga class? Then our treatment plan would be expanded and perhaps be more effective.

Before long our charity was sponsoring “Free Yoga for Cancer Patients” which is still held Tuesday and Thursday afternoons at Yoga Shanti.

The success of the classes is due, in large part, to the gifted yoga teacher, Eric Pettigrew. So we celebrate his contribution with a few words from the patients he has taught:

“Having way outlived my dismal prognosis for advanced lung cancer, it has crossed my mind that regular attendance at Eric’s class is a contributing factor to my longevity. It is a special, life-saving resource.”

Anonymous

“Thanks to Fighting Chance and Yoga Shanti for providing solace, friendship and loving mindfulness. Eric is an amazing instructor who has given me strength, confidence and more.

Suzanne

“At the end of each class Eric says ‘may the light in me shine into the light in you.’ Practicing yoga is gentle, dynamic and peaceful.”

Denise G.



Colleen Saidman and Rodney Yee, Founders of Yoga Shanti

“The class provides relaxing motivation and inspiration to deal with each situation that comes our way. They are very caring, kind and supportive. Thank God for a wonderful program.

Maryann Arendt

Fighting Chance has offices in Sag Harbor and at the Phillips Family Cancer Center in Southampton.

For more details, or information please call 631 725 4646.

Visit our website at
www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER

Author: Duncan Darrow | Founder & Chairman | Fighting Chance



Celebrating the journey after 50 years. And, we're just getting started.

Fifty years ago, we founded our law firm because we wanted to do things differently, focusing on the practice of law for people, and providing each client with outstanding legal representation.

Fifty years later, that remains our mission.

Committed to our clients, we shape strategic solutions for every business, individual, and family we represent.

Fifty years of innovative and forward-thinking legal counsel.

Founded on a commitment to community service.

Above The Rest.

Firm Practice Areas

Arts & Entertainment Law
Business & Corporate Law
Civil Litigation
Construction Law
Elder Law
Employment & Labor
Counseling & Litigation
Environmental Law
Estate Administration
Estate Litigation
Farmland Preservation
Insurance Law
Intellectual Property Law
Land Use & Zoning
Matrimonial & Family Law
Municipal Law
Non-Profit Law
Personal Injury
Real Estate
Tax Grievances/Certiorari
Taxation
Trademarks & Copyrights
Wills, Trusts & Estates



Christopher D. Kelley, Senior Partner
ckelley@suffolklaw.com | 631.727.2180 x223

Riverhead • East Hampton • Southampton • Southold • Hauppauge
631.727.2180 | suffolklaw.com

CANCER JOURNEYS

A twice-a-month column from
Fighting Chance

Are Cancer Drugs in Short Supply?



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

Who Says There's a Shortage?

The American Cancer Society, which said the following in a press release from May 2023:

“The shortage of certain cancer drugs has become a serious and life-threatening issue for cancer patients across the country. The shortage could lead to delays in treatment and worse outcomes for a number of cancers including triple-negative breast cancer, ovarian cancer and some leukemia.”

Which Drugs for Treating Cancer are in Short Supply?

The Food and Drug Administration (FDA) maintains this list. It includes Cisplatin and Carboplatin – two of the most widely used chemotherapy drugs. The shortage was first reported by the FDA in Feb. 2023.

What Caused the Cancer Drug Shortage?

The American Cancer Society has cited these factors: expanded demand, supply chain glitches, and manufacturing slow-downs due, in part, to reduction in drug pricing.

Previous Crisis in 2012-2013.

During this period, an important survey was conducted among some 250 American oncologists, asking if they had seen a shortage of chemo-

therapy agents in the course of their practice. Over 80% responded that they were unable to prescribe the preferred chemo agent due to widespread shortages. The survey results were reported in The New England Journal of Medicine, (Dec 2013.)



The Challenges of Generics.

Once a cancer drug loses its patent protection, its formula can be adopted by “generic” drug manufacturers, many of which are based offshore. Their margins tend to be razor thin and plant closings are not uncommon. As a consequence, the drug supply chain becomes less reliable.

How Long Will the Shortage Last?

One authoritative body (the Society of Gynecological Cancers) said in an official release on 4/21/23 that the shortage of Cisplatin and Carboplatin “will likely last several months and possibly longer.”

Oncologist Options. To counter the inadequate supply of chemo drugs, the April release suggested oncologists consider:

- Changing the chemo infusion schedule from the standard - - every 3 weeks - - to once a month.
- Giving chemo drugs only to patients where “prolonged clinical benefit” is evident.

What the release did not say, although it seems obvious, is that the cancer patient be told their cancer center is out of the chemo medicines they need, and they should go elsewhere.

Counseling at Fighting Chance.

As a cancer patient, about to begin treatment, imagine being told your chemo treatment will be postponed or your dosage reduced to help the hospital manage its shrinking chemo inventory. You don't need to go through this alone. Call to speak with a Fighting Chance Counselor.

Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.

For more details, or information
please call 631.725.4646

Visit our website at
www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER

CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

A Patient's Story



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

My name is Michele Shenfield. I live on the East End. This is a story about my cancer journey.

In October 2018, at age 71, I was diagnosed with Stage II lung cancer. I guess no one expects a cancer diagnosis . . . but I was shocked.

I am a retired hospital administrator, having worked at NYU Bellevue. I was in good health, or so I thought . . . conscientiously committed to preventive care, seeing all appropriate doctors on a scheduled basis.

Then I got this cough that wouldn't go away. Within 60 days I had x-rays, scans, numerous tests and meetings with specialists, and a lobectomy that removed half of my left lung. Then I started on chemo. After a three month course of treatment, I was told I was cancer-free, and with routine check-ups, a bit of faith and luck, I would be okay. But not really.

The anger, the heightened emotions, the quick fuse that could ignite in a New York second, the crying. Something was going on.

Being someone who prided herself on a certain level of awareness,

I reasoned that it was the fear of the cancer returning that was troubling me; but, since I had identified the cause of my fear, I thought I could move on.

However, I couldn't; I felt stuck. My partner and I talked; and I realized I needed to speak to someone -- a professional who understood and who could help me navigate my emotional distress.

"Cancer can be a devastating diagnosis and navigating the emotional waters, was, for me . . . more difficult than navigating the disease itself."

Luckily I heard about Fighting Chance around this time, and learned that they provide free-of-charge counseling from licensed oncology social workers.

When I called for an appointment I found out that Fighting Chance has offices in Sag Harbor and at the Phillips Family Cancer Center in Southampton. I selected the Sag Harbor office and was referred to a staff counselor, Amy Zachary, LCSW.

Amy turned out to be my lifeline and continues to be a lifesaver.

I learned not only that my fear is normal, but also how to deal with it.

Amy suggested what she called "coping strategies." For example, I talk with Amy on a weekly basis; my partner and I joined a yoga class; and I talked much more about how my life had changed. I felt engaged in living again.

Cancer can be a devastating diagnosis and navigating the emotional waters was more frightening and difficult than navigating the disease itself. But then I found, in Fighting Chance an organization that understood my challenges and had the ability to help me. And all of it was free of charge.

I am, and continue to be eternally grateful.

Fighting Chance has offices in Sag Harbor and at the Phillips Family Cancer Center in Southampton.

For more details, or information please call 631 725 4646.

Visit our website at www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER

At Apple Bank, we've always believed
that a strong community and
a strong bank go hand in hand.

We are proud to support the families,
businesses and organizations in the
neighborhoods we serve.

Thomas Rickenbach VP, Branch Manager
138 Main Street | Sag Harbor | 631-725-2200



CELEBRATING 160 YEARS

Member
FDIC



CANCER JOURNEYS

A twice-a-month column from
Fighting Chance

The Mysteries of Cancer Fatigue



Diagnosis Emotional Impact Treatment/Side Effects Survivorship Patient Stories

Interference with Normal Life

Cancer fatigue--also called “cancer-related fatigue”--is the #1 complaint of cancer patients in terms of factors interfering with their efforts to lead the semblance of a normal life.

Trying to Define “Cancer Fatigue”

At Fighting Chance, where we’ve provided counseling to thousands of cancer patients over the past 18 years, we often hear about a patient’s sense of sudden exhaustion, which is not related to a burst of exercise or other exertion, and continues to grip the patient even after a good night’s sleep.

Onset of Cancer Fatigue

Cancer fatigue remains puzzling even to oncologists because it is not, strictly speaking, just a “side effect” of one of the treatments for cancer.

One of the studies show that when patients are first diagnosed, about 40% already are complaining about cancer fatigue--making the condition more akin to a symptom of the disease, just as rapid weight loss can be a symptom or tell-tale sign of cancer’s commencement.

The Condition is More Widespread Once the Treatment Begins

Once patients begin conventional treatments, like chemotherapy, studies show that over 80% complain about cancer fatigue; in other words their fatigue becomes more widespread as efforts are made to put cancer into remission.



Causes – Multiple and Mysterious

When patients complain about cancer fatigue at Fighting Chance, our first job is simply to explain the condition, including the inability of scientists to agree on a single specific cause.

There also is a body of scientific thought which attributes cancer fatigue to a virtual constellation of almost every adverse condition that accompanies a cancer diagnosis and its multiple treatments.

Management of Cancer Fatigue

The website of the American Cancer Society, always a source of learned and thoughtful recommendations, says that the three most effective ways of reducing cancer-related fatigue are: #1 Exercise, #2 Counseling and #3 Yoga.

Walking a couple of miles every day is something almost all patient survivors can accomplish.

Next there is counseling, which should be with a licensed clinical social worker or “LCSW” – the highly credentialed professionals we employ at Fighting Chance.

As for yoga, we have a free program twice a week at Yoga Shanti in Sag Harbor.

Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.

For more details, or information
please call **631 725 4646**
Visit our website at
www.fightingchance.org

FIGHTING CHANCE: FREE CANCER COUNSELING & RESOURCE CENTER



Thank you for 20 years of service and dedication
to helping those with cancer.



Proud Sponsor



We are grateful to Fighting Chance and the generosity of founder, Duncan Darrow, for providing counseling and resources free-of-charge to East End cancer patients.

Thank you
for touching the lives of so many over the past 20 years.



Stony Brook
Southampton Hospital