

News From

FIGHTING CHANCE

JUNE 2019

FIGHTING CHANCE GALA TO HONOR RODNEY YEE, COLLEEN SAIDMAN & YOGA SHANTI



Rodney Yee & Colleen Saidman, among the most highly acclaimed yoga instructors in America.

The Medal of Honor is awarded annually to those who have:

“Made an uncommon contribution to improving the quality of care for cancer patients on the East End of Long Island.”

The Year 2019 marks the 10th Anniversary of free weekly yoga class for Fighting Chance patients who have concluded their primary therapy and are entering the phase of their cancer journey known as “Survivorship.”

The format for the class, and its venue at Sag Harbor’s Yoga Shanti Studio, both derive from the remarkable generosity of Rodney Yee and his wife Colleen Saidman; they are the Founders of the **Yoga Shanti Studio** in Sag Harbor. A Q&A with them is found on pages 2-3 of this newsletter.

At Gala 2019 -- on June 22nd -- the Medal of Honor will be bestowed upon Rodney, Colleen & Yoga Shanti. It has been awarded annually since 2002.

Fighting Chance Gala 2019

Saturday, June 22
The Wesnofske Farm
Bridgehampton

Tickets \$400 pp

For Tickets: Call the Office (631.726.4646)

Q&A WITH RODNEY & COLLEEN

Q. How did you get the idea of “Yoga for Cancer Patients?”

A. It was 2008. Both of us had been practicing Yoga with Donna Karan’s husband during a very difficult stage in his cancer journey. We all saw that the modalities we developed were extremely beneficial to him. So it was his dying wish that we find a way to offer the same kinds of modalities to cancer patients elsewhere. That goal also became part of the mission of the Urban Zen Integrated Therapy, which Donna has been tireless in supporting for over a decade.

Q. How did the Yoga Shanti Studio in Sag Harbor enter the picture?

A. Well, it had something to do with Fighting Chance. You were a unique organization, based in Sag Harbor, and had become an epicenter of care for a sizable number of cancer patients on the East End. And the treatments you were offering seemed to be innovative and enlightened. So I suppose we made a good team. I mean, here we are, still together, ten years later.

Q. When did the classes – Yoga for Cancer Patients–start running on a weekly basis?

A. It didn’t take very long. The first classes we offered had a few adventuresome souls, and I suppose they spread the word about the benefits of the program to friends who also were in the midst of the cancer journey. And I know Fighting Chance publicized the program in your newsletters and on your website. It really became a partnership.

Q. How does Yoga for Cancer Patients relate to Sag Harbor

A. It is a way for Yoga Shanti to give back to a community we love.

Q. Does Yoga help a patient build back their immune system after chemo?

A. Absolutely. The body needs to “recharge its batteries.” To do that the body needs to be put into a state of relaxation. I can’t emphasize that enough. And that’s what yoga aims to do with restorative poses, breath work and meditation.

Q. We also know that chemo leaves a patient’s body full of toxins . . . can yoga help get rid of them?

A. Absolutely. In fact almost any experienced teacher would describe yoga as a “purification system” for both the body and mind.

Q. Talk about breathing for a moment . . . why is that such an important part of Yoga?

A. Just think about the number of times someone breathes everyday and how rarely they think about the different ways that you can breathe. Taking breaths more slowly and more thoughtfully often can be the best breathing of all. But there are so many variations.

Q. Fear is pervasive among our patients . . . how does Yoga help them deal with that?

A. We keep the journey in the body. No fantasies. . . no visualizations . . . no escaping . . . no running away. We investigate where the patient fear is registered within the body and then they sit with it and we sit by them. Because it is best to address fear if you keep the feeling in the present. It is much harder to conquer fear if you see it as something based in the past or something that will surprise you in the future.

**We all have been given one million breaths
. . . the trick is to take them slowly.**

- Attributed to a Wise Yogi



ABOUT YOGA SHANTI

Yoga Shanti is a premier yoga studio founded by world-renowned teacher, Colleen Saidman Yee and Rodney Yee, in Sag Harbor, NY ; they also have a studio in Tribeca.! They have developed the *Yoga Shanti Method* for teaching which honors the traditions of Yoga as well as the needs of modern western bodies and minds.



**Gala
Hosts**

**Ray & Lynda Wesnofske -
Hosts for Gala 2019**

When discussing "Pillars of the Community" on the East End of Long Island . . . Ray Wesnofske would be on anyone's short list. At one point the Wesnofske Family cultivated over 1,000 acres of potatoes, and Ray still found time to serve on the Board of the Bridgehampton National Bank and was one of the co-founders of Peconic Landing on the North Fork. Lynda has become increasingly active in the East End community and both Lynda and Ray serve as Directors of Fighting Chance.

HOPE Has a New Address

Phillips Family Cancer Center at
Southampton Stony Brook Hospital

Satellite Office of Fighting Chance
Suite 102



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Patient Registration Kiosk.

Fabricated exclusively for Fighting Chance in early 2019 and a distinctive feature of our Satellite Office. The kiosk has a user interface akin to an "ATM" and permits patients to obtain appointments on a specific date and locale that is most convenient.



Ribbon Cutting April 25th



Lauren Richard-Holt, LCSW-C

In the spring of 2019, Lauren joined Fighting Chance. She will be in charge of our office at The Phillips Center. Lauren is credentialed as an oncology social worker and has spent the last 7 years, in that capacity, on the staff of The Cancer Center at Stony Brook Medical Center.

A Photographic Retrospective of the Works of
KEN ROBBINS



SAG HARBOR GALLERY WALKING TOUR

SATURDAY & SUNDAY MAY 4- 5, 2019

10:30AM - 4:30PM

Curated By

Elena Prohaska Glinn • Kathryn Markel • Arlene Bujese

Four galleries on Sag Harbor's Main Street -- Grenning, Julie Keyes, Nightingale and Tulla Booth -- anchored a walking tour for visitors drawn to the photographic art of Ken Robbins. Photographs also were on display at the Kathryn Markel Gallery in Bridgehampton, and at The John Jermain Library.

Proceeds from the sales of Ken's work benefited Fighting Chance. Currently many of the photographs remain on display at The Spur in Southampton.

Much like Ansel Adams -- to whom Ken sometimes has been compared -- Ken forged into every nook and cranny of Mother Nature to capture its incomparable beauty.

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The Future Fund for Fighting Chance



Goal: Pledges of
\$250,000
by 3/31/19



Additional contributions welcome.

FROM THE CHAIRMAN



Duncan N. Darrow
Founder & Chairman

In September of 2018, as we began planning for our new office and staff at The Phillips Center, our Board quickly saw that the addition of a new office would add to our annual expenses, and so it would be prudent to establish a “Rainy Day Fund” -- ensuring that we could meet all operating costs.

Consequently, in January 2019, we launched a \$250,000 Capital Campaign and I must admit I was not quite sure where all that money would come from. But, within a few weeks, I was gratified to see that virtually all of the money we needed was provided by pledges from our Directors and the \$250,000 goal was reached by the end of March.

So to everyone who is a Director of Fighting Chance . . . thank you, from the bottom of my heart.

www.fightingchance.org



Free Cancer Counseling
Since 2002

SAG HARBOR OFFICE
#34 Bay St, Suite 201



631.725.4646

SOUTHAMPTON OFFICE
Phillips Family Cancer Center
740 County Rd 39A



631.638.7400

Our licensed oncology social workers provide counseling to cancer patients who are traumatized by their diagnosis or to the patient/family members if they are suffering from emotional distress such as hyper-anxiety or depression.

Here is a preview our new Brochure . . .
Which now reflects that our charity has two offices . . . the one we've maintained in Sag Harbor for 10 years, and our new office in Southampton, opened in April 2019

From: FIGHTING CHANCE
PO Box 1358
Sag Harbor , NY 11963

To: