

# FIGHTING CHANCE

2017

Resource Directory  
for Cancer Patients  
on the East End  
of Long Island

*[www.fightingchance.org](http://www.fightingchance.org)  
Hotline: 631.725.4646*

## **WELCOME . . .**

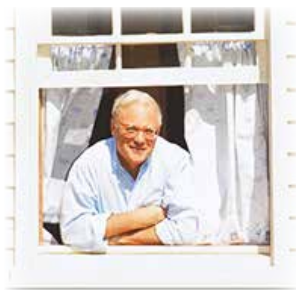
*A decade ago my mother, who lived in Sag Harbor, was diagnosed with lung cancer. She lived another 100 days.*

*We desperately needed someone to patiently educate us about cancer so we could make well-informed decisions about treatment options.*

*We needed an expert to help navigate the healthcare system, which was overwhelming us with “red tape.”*

*And we needed a place with professional counselors to help us overcome the feelings of fear and helplessness.*

*Back then, there was no place to go. Now there is: Fighting Chance.*



**Duncan Darrow**  
*Founder and Chairman*

*“For cancer patients the Sag Harbor office of Fighting Chance is like a sanctuary infused with compassion and empathy . . . that alone means a great deal to those who are suffering and I say that based on my service for over 50 years as a Catholic Nun.”*



**Sister Ann Marino, R.S.H.M.**  
*Director of the Cormaria Retreat House  
& Director Emeritus of Fighting Chance*

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## Introduction - Fighting Chance an East End Charity



Fighting Chance is a free-of-charge Cancer Counseling Center operates on a **regional** basis -- focusing exclusively on the five towns which make up the Eastern End of Long Island.

The charity is 501c3-qualified and began serving the East End community in 2002. Since then it has provided professional counseling and other supportive care to over 2,500 newly diagnosed cancer patients.

Operating on a regional basis means that Fighting Chance has a walk-in storefront-style office (in Sag Harbor) and “boots on the ground” -- meaning healthcare professionals who are in the office everyday available to meet in person with cancer patients and their families. These services, of course, are free-of-charge.

Almost all cancer counseling today (except in some of the largest urban cancer centers) takes place over the telephone or via the Internet -- which includes emails, chatroom and texting. Meeting with your advisor face to face, however, remains the “gold standard” for cancer counseling.

The Fighting Chance community service model also is distinctive because of the extraordinary depth of experience possessed by our healthcare professionals.

Karrie Robinson and Bill DiScipio, for example, together have over 75 years of experience helping patients navigate the cancer journey, and they have worked together at Fighting Chance for almost a decade.

Fighting Chance is governed by a 13-member Board of Directors, we operate on an annual budget of roughly \$500,000 (raised entirely by donations, large and small, and we have an Endowment Fund of \$1,000,000).



# Counseling and Other Resources of Fighting Chance



### One-On-One Counseling

Most cancer patients call our office within 48 hours of receiving a diagnosis and we try to see them within a day or so thereafter. Upon arrival at our Sag Harbor office, the patient is assigned a professional counselor and typically sees them on a weekly basis for about 3 months; multiple weekly phone calls also are commonplace.

The primary goal of this counseling is to help the patient overcome the “shell shock” that someone experiences when told, “You have cancer.”

Over time the patient should regain their composure, and their ability to process complex information and have confidence in their decision-making . . . including the highly significant decisions they need to make about cancer treatment options.

### Resource Guides

A key objective of our counseling is to build a greater sense of patient “empowerment.” We know that the patient requires tools for that, and we provide them with two separate resource guides -- one focused on tips & strategies and the other a “where-to-find-it” directory.

### Website & Web-Based Learning

The primary goal of our website is to get useful information to those patients who cannot readily visit our office in Sag Harbor. First of all, our resource guides are both available as “e-guides” on our website. In addition, the website has 44 slides in a powerpoint-type format which provides the uninitiated with the “ABCs” of cancer. This web-based learning system is known as “cancersimplified.”

## **Patient Navigation**

While our healthcare professionals help patients cope with the psycho-social stress of a diagnosis, most cancer patients also face the need for “cutting red tape” which gets in the way of obtaining first class care as soon as possible. Our certified navigator is schooled in the intricacies of how hospitals operate and how to expedite the treatment our patients require, as well as dealing with issues such as healthcare insurance.

## **Transportation**

Our charity has volunteers on the road most days of the week driving cancer patients from their homes to appointments at doctor offices and hospitals. This free “Dial-a-Ride” service is greatly appreciated by our patients. For those patients requiring specialized care in New York City, we also provide free Jitney tickets which can be picked up at our Sag Harbor office.

## **Emergency Financial Grants**

Sometimes a rather small amount of money can make a huge difference in getting cancer patients the care they require. Our charity has an endowment fund which makes grants of up to \$500 for patients who are receiving counseling.

## **Free Yoga & Other Survivorship Programs**

Once a patient at Fighting Chance has successfully completed their primary therapy they enter a new chapter of the cancer journey -- often referred to as “Survivorship”

The first part of this new chapter is for the patient to work with our staff in preparing a written Survivorship Plan -- something our staff has handled for many years.

One of the key parts of most Survivorship Plans is a sustained program aimed at stress reduction, and one of the most popular programs we sponsor is free yoga. The yoga classes take place twice a week at the Yoga Shanti Studio in Sag Harbor and our led by an instructor specially trained to take cancer patients through the yoga process.

Simply call our Sag Harbor office to register for a yoga class.





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### **Changing Landscape of Cancer Care on The East End**

Starting in 2015, the three East End hospitals – in Southampton, Greenport, and Riverhead – all became affiliated with much larger healthcare facilities in Western Suffolk County or Nassau County; and those larger facilities also continued to expand in 2016.

In addition, an innovative network of outpatient cancer treatment clinics, based in Western Suffolk County, gained a foothold on the East End.

These developments are noteworthy because they expand the available treatment options for newly-diagnosed cancer patients on the East End.

#### **Transformation of North Shore/LIJ**

This healthcare facility – the largest on Long Island – became known as “Northwell” in 2016, and has continued to expand in many areas including cancer care. It added a new Suffolk County-based cancer center in Bay Shore and strengthened ties with one of the nation’s pre-eminent cancer drug discovery centers – Cold Spring Harbor Laboratories.

#### **PBMC Joins Northwell Network**

In January 2016, Peconic Bay Medical Center – one of the local East End hospitals with some 125 beds – became part of the Northwell network, giving PBMC cancer patients access to the largest cancer treatment operation on Long Island that sees over 16,000 cancer patients a year.

## **Southampton Joins Stony Brook University Hospital Complex**

One of the “crown jewels” at Stony Brook is its state-of-the-art Cancer Center, and its resources are now available to patients who first go to Southampton Hospital, since it became part of the Stony Brook network in 2015.

## **Hospital in Greenport Joins Stony Brook Network**

In mid-2015, Eastern Long Island Hospital in Greenport announced their new affiliation with Stony Brook, giving cancer patients on the far North Fork new access to the Cancer Center at Stony Brook and its staff of 100+ oncologists.

## **Stony Brook and Mt. Sinai Research Alliance**

In mid-2016 these two major medical centers announced a new research partnership that will link together research being conducted at each institution’s medical school, and promises advances in cancer drug discovery and expansion of clinical trial options.

## **NSHOA Network Gains East End Presence**

North Shore Hematology Oncology Associates – or “NSHOA” – which developed a network of cancer treatment clinics in Western Suffolk County, expanded their presence in 2015 into both Riverhead and Southampton via takeover of a sizeable oncology practice led by Louis Avvento, MD, who has now joined the staff at NSHOA.

### Hospitals for Cancer Patients on the East End



#### **Southampton Hospital**

**Southampton** | 240 Meeting House Lane  
631 725 8800

*This is the most significant hospital on the East End. It was founded in the early 1900s, has about 100 beds and several parts of the facility – such as the Emergency Room – have been modernized in recent years. A wide range of surgical oncology can be conducted within its operating rooms. There are some long-time clinical oncologists affiliated with the Hospital, such as Barry L. Strauss, MD; and others who have admitting privileges are affiliated with the “NSHOA” clinical network. In addition, many cancer patients who first go to Southampton end up receiving treatment at its new affiliate – the Cancer Center at Stony Brook.*

#### **The Ellen Hermanson Breast Center**

**Southampton** | 240 Meeting House Lane  
631 726 8466

*Constructed in 2009 – largely with proceeds from the Ellen’s Run Charity – this Center is a separate wing of the Southampton Hospital facility. Among its distinctive features is a surgeon specializing in resection of breast tumors and mastectomies if need be. There also is a dedicated pathologist, a navigator, and state-of-the-art imaging for mammograms.*

#### **Eastern Long Island Hospital**

**Greenport** | 201 Manor Place  
631 477 1000

*Established in the early 1900s to serve the North Fork of Long Island, today the hospital has 90 beds with numerous reviews and awards for highly attentive patient service. The website shows several oncologists affiliated with the Hospital, but all of them also are part of the NSHOA clinical network with their main office, in most cases, in Riverhead. In 2015, this hospital also became an official affiliate of Stony Brook, giving its patients access to the oncologists on staff at the Stony Brook Cancer Center.*

## **Peconic Bay Medical Center**

**Riverhead** | 1300 Roanoke Ave.

631 548 6000

*Established in the 1940s, the facility now has 200 beds, making it slightly larger than the hospitals in Southamptton and Greenport. PBMC also has the Kanas Center for Advanced Surgery, making the facility capable of hosting more complex surgical procedures than most hospitals in the area. For oncologists, PBMC draws upon the team of specialists at NSHOA's offices in Riverhead but in 2016 the massive oncology staff at Northwell also became available*

## **Stony Brook Cancer Center**

**Stony Brook** | 3 Edmund Pelligrino Rd.

631 638 1000

*This facility is embedded in a massive university complex that includes Stony Brook Hospital, with 600 beds, a renowned medical school and cutting edge research scientists seeking new cancer therapeutics. Consequently, the Cancer Center can draw upon an extraordinary range of resources in treating cancer patients and sees 3,000 of them each year.*

*The Center is organized into 12 "Teams," each focused on a different tumor type including lung, breast, colon, and head & neck. Each Team has 10 to 20 specialists including clinical, radiation, and surgical oncologists.*

## **NSHOA/Southampton**

**Southampton** | 325 Meeting House Lane

631 751 3000

*NSHOA – which stands for North Shore Hematology Oncology Associates – is a network of over 15 clinics in Suffolk County, with the most recent addition being the team of East End-based oncologists headed by Louis Avvento, MD, whose practice was merged into NSHOA in 2015, giving them a close affiliation with Southampton Hospital. The Avvento team of three oncologists now works out of the newly nameplated NSHOA offices on Meeting House Lane.*

**NSHOA/Riverhead**

**Riverhead** | 300 Old County Road  
631 751 3000

*NSHOA's Riverhead complex has some 15 medical oncologists, along with radiation oncologists and numerous nurse practitioners. It also has supportive services such as an oncology social worker and nutritionist. If NSHOA patients require surgery, the nearest location is in Riverhead at PBMC.*

**MSK – Long Island Satellite**

**Commack** | 650 Commack Road  
631 623 4000

*Memorial Sloan-Kettering Cancer Center, which is based in Manhattan, has expanded its capabilities over the years at its satellite facility in Commack, NY – on the fringe of Western Suffolk County. The Commack center has roughly 30 oncologists – including clinical, radiation, and surgical – and offers access to over 175 different clinical trials.*

**East Hampton Healthcare Foundation**

**East Hampton** | 200 Pantigo Road  
631 324 8943

*Between the physicians who work here full-time and those on visit on a part-time basis, this facility offers an exceptionally wide range of medical care. It does not, however, have any oncologists and hence cancer patients are referred immediately to Southampton Hospital or another cancer care facility of their choice.*



# The Comprehensive Cancer Centers of New York City



### About the “CCCs”

In the United States there are 50 Comprehensive Cancer Centers or “CCCs.” That is a designation awarded by the National Cancer Institute which has provided almost all federal funding for the war on cancer since 1971.

Being awarded CCC status means that a facility not only offers exceptional treatment for cancer patients, but also runs a robust cancer research operation and serves as a main site for conducting clinical trials of promising new cancer drugs.

Also, the vast majority of grants made by the NCI are channelled to scientists working at CCC-based laboratories. Over the last 50 years all NCI grants have totalled over \$150 billion.

Patients who choose to be treated at a CCC often do so for the piece of mind of knowing that the CCC physicians should be up to speed on the latest cancer treatment advances.

On the other hand, CCC facilities are very large and patients sometimes complain that the atmosphere is impersonal and that their doctor lacks a bedside manner.

There are three CCCs in New York City and each of them has treated many East End cancer patients over the years.

## **Memorial Sloan Kettering Cancer Center**

**New York City** | 1275 York Avenue  
212 639 7230

*MSK is the largest healthcare facility in the US that is exclusively focused on cancer. It has almost 1,000 physicians treating cancer patients and another 1,000 scientists engaged in cancer research. It ranks #2 in the US for cancer treatment capabilities just behind MD Anderson in Houston. It also has a midtown satellite on Lexington Ave. at 53rd Street, and another one in Commack Long Island.*

## **New York - Presbyterian University Hospital of Columbia & Cornell**

**> Herbert Irving CCC at Columbia**  
**New York City** | 168th St. & Broadway  
212 305 2500

**> Meyer Cancer Center at Weill Cornell**  
**New York City** | 1300 York Avenue  
646 962 6132

*There are two world-class cancer centers that both operate under the New York-Presbyterian Hospital umbrella.*

*The Columbia CCC is unique because it is an integral part of one of the world's largest university complexes. This permits the doctors and scientist to draw upon a vast pool of intellectual capital.*

*The Weill Cornell campus is noteworthy for its recent commitment to develop a sizeable cancer research capability, now housed in part of a new 20 story Manhattan skyscraper.*

## **Mt. Sinai Comprehensive Cancer Center**

**New York City** | 1176 Fifth Avenue  
212 241 6756

The Sinai complex received its CCC status in 2015 and is widely viewed as an up-and-coming facility for both treatment and research, including, importantly, the Dubin Breast Center. Overall, the Sinai umbrella extends over a dozen hospitals within the NYC-Metro area.



### Oncologists Based on the East End



#### **Dr. Louis J. Avvento**

**Southampton** | 325 Meeting House Ln Suite #4.  
631 751 3000

*Dr. Avvento opened his oncology practice on the East End almost 30 years ago and soon became the go-to clinical oncologist in the area. In 2015 he merged his practice into the NSHOA complex of clinics, while still maintaining his long-standing office just across the street from Southampton Hospital. Dr. Avvento served for several years as a Director of Fighting Chance and is the recipient of its Medal of Honor.*

#### **Dr. Alexander Zuhoski**

**Southampton** | 325 Meeting House Ln Suite #4.  
631 751 3000

*Dr. Zuhoski joined Dr. Avvento's practice in 2003, as a clinical oncologist and they have remained a team ever since. Hence, Dr. Zuhoski also joined the NSHOA complex and today spends more time in its Riverhead office.*

#### **The Other NSHOA Oncologists -- Multiple Locations in Suffolk County**

631 751 3000

*Some 20 clinical oncologists practice under the NSHOA umbrella and have their primary base in one of several clinics spreading across Suffolk County. Their areas of specialization and hospital affiliations are extremely diverse, and together they represent an exceptional pool of scientific expertise and intellectual capital.*

#### **Dr. Jeffrey Vacirca/NSHOA Leadership**

**East Setauket** | 235 North Belle Mead Rd.  
631 751 3000

*Dr. Vacirca is a triple board certified oncologist at NSHOA where he serves as CEO and Managing Partner. His specialities include: breast cancer, prostate cancer and complicated cancer.*

**Dr. Isamettin Aral**

**Riverhead** | 896 Old Country Rd.

631 727 5469

*Dr. Aral is part of a nationwide complex of radiation oncology clinics operated under the ProHealth umbrella. The complex is well capitalized which permits it to provide Dr. Aral's practice with extremely modern and cutting-edge equipment -- essential for a first-class oncology practice involving radiation therapy. Dr. Aral is a Director of Fighting Chance.*

**Dr. Edna Kapanhas**

**Southampton** | 240 Meeting House Lane

631 726 8200

*Dr. Kapanhas, who has been in practice for almost 20 years, specializes in breast cancer surgery and is a crucial component of the services offered by the Ellen Hermanson Breast Center at Southampton Hospital.*

**Dr. Barry Strauss**

**Southampton** | 353 Meeting House Lane

631 283 6611

*Dr. Strauss has his clinical oncology practice in an office right across the street from Southampton Hospital and has been a fixture of its senior medical team for decades.*



**Important Non-Oncology Physicians on the East End**

**The Cancer Patient's Medical Support Team**

**> Role of the Primary Care Physician**

Not every physician on the medical support team for a cancer patient is an oncologist. For example, the patient's primary care doctor -- sometimes known as the "family doctor" -- is almost always on the team, in part because they are most familiar with the patient's long-term medical history which will become relevant in many decisions about cancer treatment options.

**> Role of Non-Oncology Specialists**

Another member of the medical team often is a physician knowledgeable about the organ in which the malignant tumor is located, or to which it is adjacent.

For example: a gynecologist would be an important part of the team treating a female with cancer of the uterus or cervix. As another example a gastroenterologist might well have detected the patient's cancer, if it was in organs including the pancreas, liver, or colon and their insight could be invaluable in deciding on a surgical solution.

**> Changing the Team's Composition**

Sometimes a patient has an emergency procedure for their cancer -- for example, to remove a tumor-related blockage in the colon -- but they do not have a relationship with a non-oncology specialist familiar with the organ under focus.

In those cases East End cancer patients will have to find a non-oncology specialist and hence many of them are listed in the pages that follow.

### **Meeting House Lane Medical Practice - New Umbrella Organiza- tion for East End Physicians**

In 2009 Southampton Hospital organized over 20 East End doctors -- all of whom had admitting privileges at the Hospital -- into a new healthcare consortium known as "Meeting House Lane."

Today, the vast majority of doctors on the East End practice under the Meeting House Lane umbrella. These doctors all have affiliations with Southampton Hospital and are now located in a strategic pattern so that there are doctor offices in virtually every village and hamlet on the East End.

Meeting House Lane is also set up to insure that the doctors within its organization encompass an exceptionally broad range of specialization.

The physicians listed below, who are part of the Meeting House Lane practice have that status denoted with an asterisk (\*).

#### **Dr. Alex Aponte\***

**Westhampton Beach I** 147 Beech Rd. Suite A  
631 288 7746

*Dr. Aponte, a specialist in Family Medicine, is one of the few members of the Meeting House Lane group whose practice is based in Westhampton, it also is noteworthy that he serves as Medical Director of the Davis Wellness Institute at Southampton Hospital.*

#### **Dr. Louise Collins\***

**East Hampton I** 200 Pantigo Place  
631 329 6500

*Dr. Collins specializes in gynecology and obstetrics and has been in practice for almost 20 years. She received her medical degree from Georgetown University School of Medicine.\**

**Dr. Charles DeFraia\***

**Amagansett I** 518 Montauk Highway  
631 267 5373

*A specialist in Internal Medicine who also supervises and teaches medical students and residents at Southampton Hospital.*

**Dr. George Dempsey**

**East Hampton I** 200 Pantigo Place  
631 324 9200

*Dr. Dempsey specializes in Family Medicine and is based in the facility established by the East Hampton Healthcare Foundation. He attended the Mayo Medical School and went on to a residency and subsequent fellowship at the Department of Family Medicine, State University of New York. He has been in practice for over 27 years.*

**Dr. Michael Genereux\***

**Montauk I** 679 Montauk Hwy  
631 668 3705

*Dr. Genereux has a Family Medicine practice and is the only member of the Meeting House Lane group whose office is based in Montauk.*

**Dr. Ralph Gibson**

**East Hampton I** 200 Pantigo Place  
631 324 4700

*Dr. Gibson is a highly regarded internist who spends part of his time practicing in East Hampton, at the Healthcare Foundation, and also sees patients in New York where he has an affiliation with Lenox Hill Hospital. His medical degree is from Weill Cornell and he has served important community boards.*

**Hamptons OB/GYN**

**Southampton I** 595 Hampton Road  
631 283 0918

*A practice group of six physicians, this is the dominant OB/GYN practice group on the East End and has additional offices in Hampton Bays, Riverhead and Westhampton Beach.*

**Dr. N. Patrick Hennessey**

**Wainscott I** 386 Montauk Hwy, NY

631 537 6020

*Dr. Hennessey has a unique dermatology practice because he has an office in Wainscott as well as a practice in New York City where he is on the staff of the NYU Langone Medical Center. He completed his medical internship at the University of Michigan Hospital and his residency was at Harvard.*

**Dr. Cynthia Ickes**

**Greenport I** 74825 Main Rd

631 477 1720

*Dr. Ickes specializes in Internal Medicine and is one of the few physicians with a long-time presence on the North Fork; she is affiliated with Eastern Long Island Hospital.*

**Dr. Peter Keit**

**Shelter Island I** 44 South Ferry Road

631 749 3149

*Dr. Keit specializes in Family Medicine and is one of the few doctors with a full-time practice on Shelter Island; he is affiliated with Eastern Long Island Hospital and Winthrop Hospital.*

**Dr. William Blake Kerr\***

**Wainscott I** 83 Wainscott NW Rd.

631 537 1892

*A native of East Hampton, Dr. Kerr went away for college to Dartmouth but returned to practice medicine on the East End some 25 years ago. He practices out of the Wainscott Walk-in Clinic and advance appointments generally are not necessary. A beloved figure on the East End.*

**Dr. John Oppenheimer\***

**Sag Harbor I** 60 Bay Street

631 725 4600

*Specializes in Internal and Geriatrics Medicine, and received his medical degree from Tulane and has been in practice for more than 20 years.*

**Dr. Ilona Polak\***  
**Sag Harbor** | 34 Bay Street  
631 808 3337

*Dr. Polak spent many years as the junior physician in the office of Blake Kerr and opened her own practice in 2014; like Dr. Kerr's operation, Dr. Polak's office is set up as a walk-in clinic and hence advance appointments are not necessary. Dr. Polak specializes in Family Medicine and part of her training took place at Harvard and later at Mt. Sinai. She is fluent in Spanish.*







### Transportation Assistance

#### Three Transportation Challenges

**1. From Patient's Home to East End Doctor . . .** problems arise when there is only one car in the family and the patient's spouse has taken it to work.

**2. Traveling To Riverhead for Radiation Therapy . . .** The nearest radiation center is in Riverhead. Say the patient lives in Amagansett and her husband needs the car for work. How will they get to radiation?

**3. Going to New York City for Specialized Treatment** Sometimes patients need to get to an urban cancer center in Manhattan and plan to take the Hampton Jitney. But Jitney tickets -- for the patient and a caregiver on a round trip basis -- cost over \$120. Is there any charity that can help defray that cost?



#### Cancer Patients Ride Free

Thanks to the generosity of the Hampton Jitney and donations from Fighting Chance supporters, you can get **free** Jitney tickets to/from Manhattan if you are travelling there for specialized cancer treatment.

Tickets must be picked up, in person, at the Fighting Chance office in Sag Harbor. Call 631.725.4646 to let them know you are coming. If you are not seeing a counselor, we ask that you spend a few moments speaking with them.

**Free Dial-a-Ride @ Fighting Chance  
Sag Harbor I 631 725 4646**

*Almost everyday of the week Fighting Chance volunteers are picking up cancer patients at their homes, throughout the East End, and driving them to doctor appointment at locations like Southampton Hospital and often to radiation appointments in Riverhead. Just call the office to reserve a free ride -- two days advanced notice is highly recommended.*

**Local Taxi Service . . .  
Available but Sometimes Confusing**

Local taxis are provided by small operators who go in and out of business very frequently, and often change the name of their company. The following phone numbers have been tested for reliability although the name of the taxi operator may change.

|              |                   |
|--------------|-------------------|
| 631 283 0242 | Southampton Area  |
| 631 727 6088 | Riverhead Area    |
| 631 668 8888 | East Hampton Area |
| 631 728 0050 | Hampton Bays Area |
| 631 668 3838 | Montauk Area      |



### **Urgent Care & Ambulance Services**

Because of the strength and toxicity of cancer treatments – such as chemo and radiation – many patients will find themselves visiting the emergency room on multiple occasions. Some of the symptoms that require urgent care include: dehydration, uncontrollable vomiting, difficulty breathing, and pain.

When patients face these issues, on the East End, they have the option of getting to an “urgent care” facility on their own or calling an ambulance, in which case they will be taken to the emergency room of the nearest hospital.

**Jenny & John Paulson Emergency Department  
Southampton Hospital** | 240 Meeting House Lane  
631 726 8420

*Thanks to a \$5 million gift from the Paulson Family, the hospital’s emergency room was completely renovated in 2012 and is now state-of-the-art and staffed by Emergency Medicine Specialists. It is open 24/7 every day and handles cases from Montauk to Westhampton.*

**Emergency Medicine at ELIH  
Eastern Long Island Hospital/Greenport**  
201 Manor Place

*Another recently renovated urgent care facility that serves the needs of the North Fork.*

**PBMC Health Emergency  
Peconic Bay Medical Center/Riverhead** | 1300 Roanoke Ave  
631 548 6000

*PBMC has recently integrated emergency medicine specialists from Northwell to lead the staffing of its emergency room. Also notable as having a State certified “stroke treatment center.”*

### **East Hampton Urgent Care**

**East Hampton** | 470 Pantigo Road

631 329 5900

*Hours: 9 am to 5 pm, seven days a week. Affiliated with the Meeting House Lane Medical practice of Southampton Hospital and one of the best urgent care centers on the East End.*

### **Wainscott Walk-In Medical Care**

**Wainscott** | 83 Wainscott Road

631 537 1892

*Technically a family medicine practice, headed up by Blake Kerr, MD; but because no appointments are required, it often functions as an emergency care center.*

### **East Hampton Healthcare Foundation**

**East Hampton** | 200 Pantigo Road

631 324 8943

*Technically a center for family medicine practice and some part-time specialists, but capable of handling emergency medical issues.*

### **Stat Health**

**Cutchogue** | 32645 Main Road

631 734 5505

*About the only emergency walk-in clinic on the North Shore. Part of a chain of clinics on Long Island, and staffed with Emergency Medicine Physicians.*

### **Need an Ambulance . . . Always Call 911**

If a cancer patient is considering calling an ambulance on the East End, they should be mindful that almost every village has its own ambulance service.

Between Montauk and Sag Harbor, however, there is a single “911 Dispatching Service,” which happens to be based in the East Hampton Firehouse. For villages within Southampton Town, there is a similar Dispatching Service.

Also be aware that if an ambulance is summoned, a police squad car will also be dispatched and, in many cases, the police arrive slightly before the ambulance service.



### When Cancer Patients Need a Pharmacy

The most common forms of therapeutics, used in treating cancer patients, are not obtained like typical prescription drugs picked up at a pharmacy.

For example, all forms of chemo therapy agents are shipped directly to a clinical oncologist and patients receive them at the doctor's office in a "chemo infusion suite."

Radiation is another very common and effective form of treatment and that is delivered in the clinic of a radiation oncologist and requires no drugs at all.

The most common drugs prescribed for cancer patients -- which they do pick up at a pharmacy -- are those that blunt the distressing side effects of treatments like chemo therapy or symptoms of the cancer disease.

These drugs could include anti-nausea treatments, pain medications, drugs to relieve hyper-anxiety, sleeping aids and remedies for constipation.

In the list that follows, we have tried to include one major pharmacy located in each of the main villages and hamlets of the East End.

#### **Rite Aid Drug Store**

**Bridgehampton** | Bridgehampton Commons  
631 537 0235

#### **CVS Pharmacy**

**East Hampton** | 38 Pantigo Road  
631 324 8587

#### **White's Pharmacy**

**East Hampton** | 81 Main Street  
631 324 0082

**Colonial Drugs & Surgicals**

**Greenport I** 100 Front Street

631 477 1111 or 477 1112

**Center Island Pharmacy**

**Hampton Bays I** 254 West Montauk Highway

631 728 3300

**Rite Aid**

**Hampton Bays I** 22 East Montauk Highway

631 728 2566

**White's Pharmacy**

**Montauk I** 95 On The Plaza

631 668 2994

**Barth's Drug Store**

**Riverhead I** 32 East Main Street

631 727 2125

**Shelter Island Heights Pharmacy**

**Shelter Island I** 19 Grand Avenue

631 749 0445

**Sag Harbor Pharmacy**

**Sag Harbor I** 120 Main Street

631 725 0074

**Corwith Pharmacy**

**Southampton I** 56 Hampton Road

631 283 0001

**Rite Aid**

**Westhampton Beach I** 161 Main Street

631 288 5845

## Chapter 10

# Wellness/Yoga & Complimentary Medicine



### **Wellness Institute at Southampton Hospital**

**Southampton** | 240 Meeting House Lane

631 726 8800

*A remarkable and comprehensive facility built as an adjunct to Southampton Hospital in 2009 with a sizeable “satellite” located in Hampton Bays. Offers massage, acupuncture and a gym venue for supervised workouts.*

### **Yoga Shanti**

**Sag Harbor** | 33 Bridge Street

631 725 6424

*Run by Rodney Yee and Colleen Saidman -- both among the country’s leading yoga teachers -- the facility is located in its own building just behind Sag Harbor’s Main Street. For five years the facility has made space available, on a rent-free basis, to Fighting Chance and the charity sponsors free-of-charge yoga classes for cancer survivors on Tuesday and Thursday afternoons.*

### **MSK Integrated Medical Ctr.**

**New York City** | 1429 First Avenue

646 888 0800

*Donald Garrity, R.D., C.D.N. is one of the nation’s foremost advisors on nutritional regimes most helpful to cancer patients who are undergoing therapy and those who seek after therapy to keep their cancer in remission; he also is knowledgeable about dietary features that can help minimize the chance of getting cancer. He is available for consultation in the hospital facility of Memorial Sloan-Kettering.*

**Ananda Yoga Wellness Center**  
**Southampton** | 39 Windmill Lane  
631 204 1219

*Founded in 2001, this is one of the oldest and most highly regarded yoga centers on the East End. It is operated by the husband and wife team of Mary Angela Buffo and Dr. Andrew Cohen, D.C., a chiropractor whose practice is located in the same office space. In late 2016 they began providing free-of-charge yoga sessions to cancer patients of Fighting Chance.*

**East End Acupuncture**  
**East Hampton** | 43 Pantigo Rd.  
631 329 5292

*This facility opened over 20 years ago and is run by Julie Sigler-Baum and her daughter Carol Sigler, who have impressive professional credentials; quite possibly the “gold standard venue” for East End Acupuncture.*

**Paula Montagna - Nutritionist**  
**Quogue** | 33 Montauk Highway  
631 833 6404

*This office offers a comprehensive range of nutritional advice and insights including practical tips for those undergoing cancer therapy or in the survivorship phase.*

**In Balance Pilates Studio**  
**Sag Harbor** | 34 West Water St.  
631 725 8282

*For over 20 years this studio has been run by Lesa Salvani -- a pioneering Pilates teaching on the East End. Cancer patients attending this studio enjoy a set of comparatively gentle exercises that still offer the benefits of flexibility and strengthened “core” muscles.*





**Knowledge About Cancer . . . Why is it Useful to a Licensed Clinical Social Worker?**

Karrie Robinson, LCSW, who practices at Fighting Chance, is commonly known as an “Oncology Social Worker.” That means she has an in-depth understanding of how a cancer diagnosis and cancer treatment traumatizes the patients she is seeing.

On the East End there are a few other LCSWs -- and they are listed below. But none of these LCSWs concentrate exclusively on treating patients traumatized by cancer. Instead, these social workers, for the most part, are helping patients cope with emotional distress which has other origins -- such as alcohol, marital issues and domestic violence.

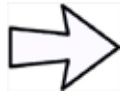
If someone is traumatized by cancer, they are best served, in most cases, to seek out counseling from Karrie Robinson with an additional being that it is free-of-charge.

**Susan S. Griffin, L.C.S.W.**  
Sag Harbor | 110 Jermain Avenue  
631 725 2978

**Karen Melnick-Nadell, LCSW**  
East Hampton | 12 Will Curl Highway  
631 324 0714

**Randy Meadoff, LCSW**  
East Hampton | 10 Sylvie Lane  
631 926 2211

**Edyle O’Brien, L.C.S.W.**  
East Hampton  
631 329 0520



## When Cancer Patients Benefit from Physical Therapy

During the course of primary therapy, a cancer patient has minimal need for a physical therapist. But, cancer treatment is a grueling experience and physical therapy can be very useful within the post treatment setting. Here are a few examples:

> **Lymphedema:** This condition results from the removal of lymph nodes, most often as part of treating a patient with breast cancer. The consequence is a degradation in lymphatic drainage and that can be partly remedied through a form of physical therapy known as “lymphatic massage.”

> **Cancer-Related Fatigue or “CRF.”** This is one of the most common and enduring side-effects of chemo and radiation and is best combated through a program of aerobic training and strength conditioning, both of which can be guided by physical therapy.

> **Pain.** Both during treatment and post-treatment, a cancer patient can experience pain of considerable intensity and frequency. Treatment strategies -- many of which are well known to the physical therapist -- include: massage, as well as, muscle stretching and extension.

> **Peripheral Neuropathy.** This is an abnormal nerve function that can be experienced as numbness and tingling at nerve endings. Various exercises focused on the local of the tingling sensation can be beneficial and is an area where physical therapists have expertise.

## Chapter 12

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### Physical Therapy



**Eastern LI Hospital - Physical Therapy Ctr.**  
**Southold** | 46520 North Road  
631 765 9389

**Southampton Hosp. - Phys. Therapy Ctr.**  
**Southampton** | 240 Meeting House Lane  
631 726 8520

**Hampton Physical Therapy**  
**Hampton Bays** | 188 West Montauk Highway  
631 728 6377

**Manual Sports Therapy (2 offices)**  
**Southampton** | 167 Main Street  
631 283 4190

**Sag Harbor** | 60 Bay Street  
631 725 4450

**East End Physical Therapy**  
**East Hampton** | 300 Pantigo Road  
631 329 1828

**Peconic Bay Physical Therapy Center**  
**Riverhead** | 64 Commerce Drive  
631 727 9654

**Sandra Perry Physical Therapy Group**  
**Southold** | 57190 Main Road  
631 765 3620

**Southampton Sports Rehabilitation West**  
**Westhampton Beach** | 147 Beach Road  
631 288 7767





### Help-At-Home

#### Categories of Help-At-Home Assistance

In New York it is important to understand the distinction between the different forms of help-at-home that would be sought by the cancer patient or by family members on their behalf.

> First there are “Home Health Agencies” which administer skilled licensed nursing services, within a patient’s home, under a physician’s orders. These operations require extensive New York State licensing, and usually require Medicaid and Medicare certification as well. On the East End there are also a handful of licensed nurses who operate as solo practitioners but specialize in making in-home visitations.

> Second, there are “Home Health Care” businesses which also require State licensing but do not generally require Medicare and Medicaid certifications. This type of business provides in-home aids who assist with all sorts of tasks around the home, as well as the patient’s hygiene, but they are not nurses and are not to be involved with any aspect of medical treatment.

> In addition, there are some individuals engaged in the assisted living business who have ignored licensing requirements or are conducting business even though their license application to the State has not been granted due to extensive bureaucratic delays.

> Finally, there are freelancers who provide dedicated and valuable assistance with the chores of daily living but they are not licensed and have no intention of getting licensed. This type of worker is increasingly commonplace in the so-called “gig economy.”

> Because aides from the Home Health Care business are less expensive than those from Home Health agencies, it is assistance from the Home Health Care groups that is most sought after. But, most of these groups are based in Western Suffolk County and there are only a handful with offices located on the East End; they are noted below.

**Tender Loving Care Agency**  
**East Moriches** | 250 Montauk Hwy.  
631 803 0988

*This business is run by Mary Bricker and has submitted its application for New York State licensing as a Home Health Care Agency; the license is expected but has not been granted due to bureaucratic delays. Mary oversees a team of 10 aides and she is a much beloved figure in the East End healthcare community because of her rapid response in providing assisted living that is requested on an emergency basis.*

**Shene Nursing Services**  
**Wainscott** | 419 Montauk Hwy.  
(631) 324 9555

*This business is part of a regional complex whose offices provide both the skilled nursing services of a Home Health Agency and the assisted living services of a Home Health Care business. Although its office is in Wainscott, Shene can provide staff on an at-home basis across all East End Communities.*

**Baylin Home Care**  
**Southampton** | 80 White Street  
631 283 3033

*A fixture in Southampton for many years, Baylin provides nonmedical staff for in-home assisted living. And, the Baylin business is fully licensed for that service.*

**Peconic Bay Home Health Services**  
**Riverhead** | 1300 Roanoke Avenue  
888 865 2903

*This agency is based within the Peconic Bay Medical Center complex and is fully licensed to provide Home Health Care services and does so across the East End Communities. Although the more specialized in-home nursing services are not a core business, the agency can provide this assistance if requested.*



# Hospice Options & Calvary Hospital

## East End Hospice - In Home Services

**Westhampton I** 481 Westhampton Riverhead Rd.  
631 288 8400

*With the same Executive Director for over 20 years (Priscilla Ruffin, RN) this is an extremely well run facility with top notch patient care. The majority of patients are cared for within their home by a hospice team that typically includes a nurse, a home aid, and volunteers. Patients -- and the majority of them suffer from Stage 4 cancer -- are only eligible if medical evidence indicates they have less than 6 months to live, and the patient agrees that no more curative medicine will be administered. The East End Hospice service is free and, indeed, essentially subsidized by the government.*

## East End Hospice - In Patient Facility

**Quogue I** #1 Meeting House Road  
631 288 2100

*Opened in early 2016, and known as the Kanas Center, this facility has 8 private rooms fully equipped to manage the complex needs of the critically ill -- an option akin to what is sometimes called "in hospital hospice." There's 24 hour visitation and the facility is widely viewed as one of the "crown jewels" of the East End healthcare system.*

## In-Hospital Hospice @ Southampton

**Southampton I** 240 Meeting House Lane  
**PHONE NUMBER**

*Sometimes a patient who has entered hospice care, and needs the attention of the Kanas Center, they discover that there are no free beds available. In that event, an option is admission to Southampton Hospital where the patient care will be overseen by a staff member of East End Hospice, augmented by nurses and physicians from the hospital.*

### **“Respite Stays” 5 Days of Relief for Caregivers**

When a patient has opted for hospice care on an in-home basis, that still can be extremely demanding on their spouse or other resident family member.

To provide these caregivers with some temporary relief, East End Hospice has arrangements for a “Respite Stay.” This means that the patient will be transferred for up to five days to the Kanas Center or, if it is full, to the overflow beds at Southampton Hospital.

At the end of the Respite Stay, the patient returns home and the caregivers, hopefully, are refreshed from a brief break in their patient care responsibility.

To make arrangements for a Respite Stay the patient or a family member should call the central office of East End Hospice 631 288 8400).

### **Calvary Hospital**

**Bronx, NY** | 1740 East Chester Rd.  
718 518 2000

*This is, within the East Coast region, the only fully accredited acute care specialty hospital exclusively providing palliative and other end-of-life care for cancer patients with late-stage disease.*

*It has 225 beds but the average length of stay for a patient is only a few days so accommodations usually can be arranged on short notice. This option is especially important when a cancer patient has “vital signs” sufficiently robust to disqualify them from further in-hospital care, and yet is near death and suffering from a range of painful symptoms. Some form of insurance (private or governmental) covers virtually all patient care at Calvary.*





### What Makes an Website Useful for Cancer Patients?

There are thousands of websites that discuss cancer in one way or another. After almost 15 years as a cancer counseling service, those who run Fighting Chance have formulated some opinions about what makes a website most useful.

The result is a kind of “curated” list of the 15 or so websites that we suggest cancer patients visit if they would like to learn more about the origins of their disease, current therapies, new drugs under development and coping strategies.

Recommendations #1 thru #5 are sites provided by some of the most important trade associations and charities that operate at a national level. The content of these sites is akin to an “encyclopedia” since they provide some information on virtually every tumor type and many other aspects of oncology.

Recommendations #6 thru #15 are tumor-specific. The force behind these sites usually are patients or their surviving family who have confronted a specific type of cancer -- such as cancer of the lung, breast, colon and so forth.

#### 1) American Cancer Society

[www.cancer.org](http://www.cancer.org)

#### 2) CancerCare

[www.cancercare.org](http://www.cancercare.org)

#### 3) Cancer.net

[www.cancer.net](http://www.cancer.net)

#### 4) Clinicaltrials.gov

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

#### 5) Coping With Cancer Magazine

[www.copingmag.com](http://www.copingmag.com)

**6) National Brain Tumor Foundation**

*www.brainumor.org*

**7) Susan G. Komen for the Cure**

*www.komen.org*

**8) Colon Cancer Alliance**

*www.ccalliance.org*

**9) National Ovarian Cancer Coalition**

*www.ovarian.org*

**10) The Kidney Cancer Association**

*www.kidneycancer.org*

**11) Leukemia and Lymphoma Society**

*www.leukemia-lymphoma.org*

**12) Multiple Myeloma Research Foundation**

*www.themmr.org*

**13) Lung Cancer Research Foundation**

*www.lungcancerresearchfoundation.org*

**14) Lustgarten Foundation (for pancreatic cancer)**

*www.lustgarten.org*

**15) Prostate Cancer Foundation**

*www.pcf.org*

**16) The Melanoma Research Foundation**

*www.melanoma.org*

## **Author's Notes**

This pamphlet is known around the Fighting Chance office as the “Orange Guide.” It has a companion which is known as “the “Blue Guide.” If you are someone coping with cancer on the East End of Long Island, I suggest you read both guides because they are intended to be complimentary.

The Orange Guide is a where-to-find-it resource directory that puts empowering and actionable information into the hands of cancer patients searching for ways to cope with the disease..

Meanwhile, the Blue Guide is entitled, “Tips & Strategies” and reflects 15 years of accumulated wisdom, on the part of myself and our staff regarding precisely how the “cancer journey” unfolds and ways to avoid unexpected surprises.

The first time Fighting Chance prepared a guide for cancer patients was in 2003 -- about a year after our charity started. Since then the guide has been revised on several occasions as we have accumulated evermore wisdom about the disease through counseling over 2,500 cancer patients.

As the author of the very first guide in 2003, and subsequent revisions, and as the author of both the Orange Guide and Blue Guide, I am deeply indebted to Charles Grubb, a gifted graphic artist. I have spent hundreds of hours at Charlie's elbow, in his Bridgehampton studio, and these guides would not have been possible without his dedicated collaboration.

*Sag Harbor, NY  
January 1, 2017*

**Duncan N. Darrow**  
*Principal Author and  
Founder & Chairman  
of Fighting Chance*



## PROFESSIONAL STAFF



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