



HOLIDAY 2011



Watercolor by Kay Gibson, East Hampton

*From the Directors, Staff and Many Friends of Fighting Chance
Best Wishes for the Holidays*

*And please consider a gift to our Holiday Appeal.
It will mean so much to those we care for.*

Free Cancer Counseling Center Serving the East End . . . Since 2002
Helpline 631.725.4646 www.fightingchance.org

THE PINK GAME



Field Hockey Teams raised \$3,600 to benefit Fighting Chance at East Hampton High School.

This September the Chairman and Vice Chairman of the Board visited East Hampton High to see the JV and Varsity field hockey teams in action, and meet the coaches. And... we were able to thank everyone for the creative fundraising idea of a "Pink Game" that

benefited Fighting Chance.

The young women on the team were full of charm and enthusiasm and we feel fortunate to be able to call them new "Friends of Fighting Chance."

VOLUNTEERS



1. Duncan Darrow, the Chairman of Fighting Chance, seen here with the lucky winner of the Fighting Chance Teddy Bear.
2. The Whale Boat Races, always a highlight of Harborfest.
3. & 4. Fighting Chance volunteers in front of our "Three Tosses for a Dollar" booth.
5. Children selecting from trinkets they won at our game booth.
6. More volunteers just completing the Harborfest Parade down Main Street.

When you are a local charity, part of your job is making your community aware of the free-of-charge services you offer.

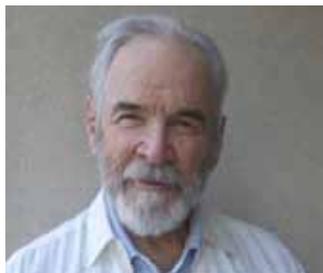
So, at Fighting Chance, we're almost always willing to be part of a parade or other festivities – and gladly took part in this autumn's "Harborfest" in Sag Harbor.

October 6, 2011

A Conversation With Tony Brandt

A Director of Fighting Chance since 2003

By Annette Hinkle



DIRECTORS

You've been involved with Fighting Chance as a director since its beginnings. You're also a writer yourself — was this writing program your idea?

It was. I felt it was a way I could contribute without having money to contribute. I believe in the program. It does a great deal of good. My brother died of cancer, and I saw this not so much as a payback, but something I could do that was helpful.

Are writing programs for cancer patients commonplace, or is yours unique?

There are writing programs for psychiatric patients, but not a lot. There have been some studies on the usefulness of narratives to people who are either ill, have been ill or, in general, for anyone who has gone through a traumatic experience.

But it grew out of my sense that writing is therapeutic. It doesn't have to be, but it can be. It springs out of traumas of all kinds. I thought it would be useful for some of these people to tell their stories.

CANCER JOURNEYS: WRITING OUR STORIES

A free journaling workshop for cancer survivors the second Monday of every month, 4 PM - 5:30 PM
Offices of Fighting Chance, 34 Bay Street, Sag Harbor
To register call 631.725.4646

Do you find that there is a specific time in the journey when people are ready to share their stories of battling cancer?

Usually it's later in the process. People are more comfortable writing about something they've been through rather than something they're going through. You can see the whole and make it into a story. The real advantage to this kind of narrative is that it puts it into a story, and once it's there you can manage it. It puts it at a distance from yourself. It's still your story, you own it in a way, but when you're being shuttled from doctor to doctor, hospital to hospital, you don't own it. Once you write it out it becomes part of you and it's something you can always refer back to and share with others. You also have the other patients to share it with. There are all sorts of cancer but just the one experience.

What do you think the writing does for the patients themselves?

Mostly they say that it clarifies things. When you have to explain something, you have to first explain it to yourself, which you then transfer to the writing. "Cancer Journeys: Writing Our Stories" will be offered next on Monday, October 10 from 4 PM to 5:30 PM. at Fighting Chance, 34 Bay Street, Suite 201, Sag Harbor. The group meets the second Monday of every month.

OUTREACH



In the last issue of our newsletter we told you that our new "Yoga for Cancer Patients" program was up and running under the guidance of Dr. Bill DiScipio.

You can see that the program continues



and is becoming pretty popular. It will continue through the winter at the Yoga Shanti Studios in Sag Harbor...free of charge, of course.

To sign up call our Fighting Chance office at 631. 725. 4646.



FIGHTING CHANCE
P.O. BOX 1358
SAG HARBOR, NY 11963



Quiet Time for Healing

For People Treated for Cancer and Their Caregivers
Join us for a morning of silent reflection, coffee, and discussion.



FACILITATORS

Sister Ann Marino Director,
Cormaria

Karrie Robinson, LCSW,
Director of Clinical Services Fighting Chance

Mondays, November 14, December 19, 10 AM - 11:30 AM
Cormaria Retreat, Sag Harbor, NY

To register please call Fighting Chance 631.725.4646