

FIGHTING CHANCE

FALL 2013

Wölffer Estates Presents

Fantasy of Trees Festival

To benefit Fighting Chance

Almost as magical as Santa himself, the terrace and grounds of the Winery at Wölffer Estate Vineyard will be transformed into a sparkling festive holiday wonderland. This year, as the “Fantasy of Trees” unfolds, so do the hopes of the many cancer patients and their families whose lives will be enriched by Fighting Chance, the charity chosen to benefit from the event.

A wonderland of 6-foot holiday trees, all decorated by talented designers and participants, and available for purchase through silent auction, will be displayed and then delivered to the purchaser. A mini holiday bazaar and decorated holiday wreaths will also be available.

November 29th - December 1st.

For more information please call Judy Malone at 631 537 5106 ext. 31, or email jmalone@wolffer.com



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Nutrition & Wellness For Cancer Patients

**Saturday, November 2, 2013 11 AM - 1:30 PM
Parrish Hall at Southampton Hospital**

An Interview with FC's Director of Clinical Programs, Karrie Robinson, LCSW

Q. Is Don Garrity returning?

Karrie: Yes, for the seventh year in a row, Don Garrity is returning as our keynote speaker – he was a co-worker of mine at Memorial Sloan-Kettering Cancer Center in New York City. A most dynamic speaker, Don explains the importance of nutrition and diet in terms easy to understand and apply.

Q. Anyone new to the speakers list?

A. Yes. Donna Wilson, RN, also from MSKCC, who has pioneered the importance of exercise for cancer patients and living an “active” lifestyle as part of one’s long-term survival strategy.

Q. You see hundreds of cancer patients a year for psychosocial counseling . . . how interested are they in nutrition, really?

A. Very interested . . . but not necessarily accurately informed. For example, patients are constantly asking if herbs and dietary supplements are beneficial. Our “Cancer Patient Library” has many informative pamphlets and books, but it’s often easier to absorb information when a specialist talks to you . . . especially one who is so lively and knowledgeable.

Q. How many people do you think will attend this year’s event?

A. Well, in years past we’ve had at least 100 . . . and we expect that type of turnout again..

(Cont'd on page 2)

Q. We see that Southampton Hospital is the venue . . . talk about their working relationship with Fighting Chance.

A. Over nearly a decade, Fighting Chance has collaborated with Southampton Hospital in putting on large-scale educational events for the East End Community. We work closely with Susie Roden, of the Coalition for Women's Cancers, and Julie Ratner of the Ellen Heranson Breast Health Center. Additionally we refer many of our patients to the Ed and Phyllis Davis Wellness Institute, which helps people maximize their health during and after illness.

Q. Will someone from the Wellness Institute be involved in the event?

A. Yes, staff from the Wellness Institute will participate. They will introduce and describe the vast array of services they offer in support of quality of life and wellness for patients. As mentioned, research indicates the importance of integrating exercise into one's daily routine. From this vantage point patients can develop strength, flexibility and confidence as they move forward.



*Karrie Robinson, LCSW,
Director, Clinical Services*

Organized by:



Speakers:

Donald Garrity, RD, CDN, Nutrition Counselor
Bendheim Integrative Medicine Center of
Memorial Sloan-Kettering Cancer Center

Donna Wilson, RN, MSN, RRT Fitness Instructor, Integrative
Medicine Center of Memorial Sloan-Kettering Cancer Center

Co-Sponsors:

Leukemia & Lymphoma Society and Coalition for Women's Cancers

For **reservations** please call Fighting Chance at **631 725 4646**

New Board Member of Fighting Chance – Roman Roth, Winemaker at Wölffer Estate – Provides Leadership for Fantasy of Trees Festival

Two of the qualities that make for a great Director at Fighting Chance – and I've recruited many during my ten years at the helm – are leadership within the East End business community and commitment to local charities. Roman Roth, a partner at Wölffer Estate and its winemaker for decades, has both.

I first got to know Roman some 20 years ago when we both attended the same local Episcopal church; Roman sang in the choir and I was a Sunday school teacher. Working on pot luck suppers and other church events, Roman has always impressed me



with his energy and creativity.

Well, he's at it again as a new Director of Fighting Chance, having conceived the idea of a fund raiser for our charity called "Fantasy of Trees Festival". When Roman reviewed the idea with our Board, many months ago, everyone was enthusiastic. The East End can always use more family fun events during the holiday season.

So see you on November 29th at Wölffer with Roman and his colleagues. We hope you will come away with a fantasy tree of your dreams!

*By Duncan N. Darrow
Founder & Chairman, Fighting Chance*



John Graham Runs Tennis Fundraiser to benefit Fighting Chance. First Annual **Hamptons Cup** is a Smashing Success

On August 17th some 30 tennis stars of tomorrow – mostly ten years of age and under – gathered at the Hampton Racquet Club in East Hampton for a day-long competition and loads of fun for the whole family.

John Graham, who owns the club, envisioned the event months ago, and plenty of planning ensured that it went off without a hitch. “We are already planning the second annual event for next summer,” said John.

Fighting Chance is always grateful for donations but especially when they come from a grass roots event involving the entire family. Thanks again, John..





Diane Schade, Nurse Practitioner, joins Fighting Chance Staff as Consultant

Fighting Chance welcomes a new addition to our staff. Diane Schade, NP has been a practicing nurse for several years, including four years at Southampton Hospital. Diane’s areas of specialization include symptom management and palliative care.

Having a nurse on staff adds another very useful and important dimension to the free cancer counseling we provide, which already includes oncology social workers, a clinical psychologist with a Ph.D. and a trained cancer patient navigator.

10 Questions About Appointments at Fighting Chance

Q. If I have received a cancer diagnosis, how do I arrange to see someone at Fighting Chance? **A.** Just call our office at 631 725 4646 from 9 am to 5 pm Monday through Friday.

Q. Are your services free of charge? **A.** Yes, and they always have been.

Q. Who will answer the phone? **A.** Usually it is Nancy Greenberg, who works full-time as our trained Cancer Patient Navigator.

Q. What information will you need? **A.** Your name and contact details. If you wish to call us, it’s useful to know your type of cancer, its stage and your treating physician.

Q. How long does it take to get an appointment? **A.** Usually we can arrange an office visit a day or so after your call.

Q. If I visit the Fighting Chance office, whom will I see? **A.** You will see one of our three mental health professionals, all of whom are licensed by the State of New York. Together, these three advisors have 100 years of experience guiding patients on their cancer journeys.

Q. Tell me more about their qualifications.

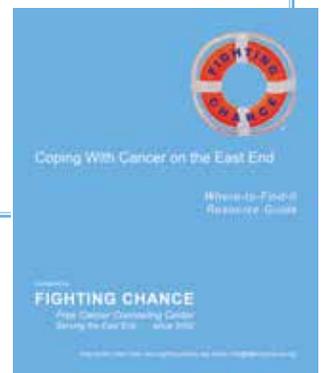
A. Two of them are “LCSW”— meaning licensed social workers whose specialty is counseling related to emotional distress that results from receiving a cancer diagnosis, and battling that disease. The third counselor is a clinical psychologist with a Ph.D. As needed, we can also call in our Registered Nurse to provide suggestions about managing pain and other symptoms arising from the disease and anti-cancer treatments.

Q. How often can I see my counselor? **A.** Office visits as needed for ten weeks are typical, plus phone calls whenever necessary.

Q. Anything else useful? **A.** Yes. We will give you our free “Where-to-Find-it Resource Guide”. It will answer many of your questions. Share it with family and friends and then they can be even more helpful.

Q. Do you have a website?

A. Yes. Visit us at www.fightingchance.org



FIGHTING CHANCE

Free Cancer Counseling Center
Serving the East End . . . since 2002

For Counseling • To Volunteer • To Donate

34 Bay Street, Sag Harbor, NY 11963 Tel: 631 725 4646
www.fightingchance.org

