

ABC

AFTER BREAST CANCER SUPPORT NETWORK

Established by Karen Christensen in 1990

There is strength in a group that is greater than each of its members

SEPTEMBER/OCTOBER 2019

Affiliate of the Mohawk Valley Health System, Utica, NY

Note:

All ABC meetings, unless otherwise noted, are held at Mohawk Valley Health System (MVHS) Center for Rehabilitation and Continuing Care Services (CRCCS), Community Room, 1650 Champlin Avenue, Utica.

Calendar:

Saturday, September 14, 2019 at 11 a.m.

Susan Castilla, B.S. certified holistic health coach will be presenting an educational program on how to incorporate therapeutic grade essential oils into your daily life. Supporting mind and body, you will learn through taste, touch, smell and have all of your questions answered in this informative session.

Saturday, October 12, 2019 at 11 a.m.

Sheila Hosler is a mammography technologist at the Faxton campus at MVHS. She is well-versed in Stereotactic Biopsies and has been in this profession for the last thirty years.

Hosler will be teaching the group about Mammography, 3D Tomosynthesis and things you can do to make your future exams easier.

Phone Numbers:

Breast Care Center

315-624-5764

Chelsea Hammont, PA-C

Christopher Max, MD

John Sperling, MD

Mark Williams, MD

Holly Burline, Nurse Navigator

315-624-5319

Alexandra Battista, Oncology Social Worker

315-624-5241

Marie Smith, Clinical Trials Coordinator

315-624-5705

MVHS Imaging Center

315-624-5510

The American Cancer Society 24/7 Service

1-800-227-2345

The After Breast Cancer support network, created by women who have had breast cancer, is in its 27th year. The group is dedicated to providing education, information and emotional support to women and men who are facing biopsy, surgery or recovery from breast cancer. Monthly meetings focus on positive measures to return normalcy to the chaos that cancer presents in our lives. Meetings are free and open to the public. To receive the email version of the newsletter contact cancerinfo@mvhealthsystem.org or call 315-624-5764.



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Reminder:

The ABC Newsletter and meeting notice is a bi-monthly publication sent electronically. Please make sure that we have your email by emailing us at cancerinfo@mvhealthsystem.org if you have not been receiving newsletters. The newsletter can always be viewed at mvhealthsystem.org/abc. If you do not have an email address, please call 315-624-5764 and we will be happy to accommodate you.

Upcoming Events:

Human Pink Ribbon

Friday, October 4, 2019

Location: Murnane Field, Across from the Faxton Campus, St. Luke's Campus, Utica, NY.

Time: 12:15 p.m. (Arrive at noon)

Pink Tie Gala

Saturday, October 19, 2019

Location: Harts Hill Inn
135 Clinton St. Whitesboro, NY 13492

Time: 6 p.m.

Making Strides Against Breast Cancer

Sunday, October 20, 2019

Location: Masonic Campus
2150 Bleecker St. Utica, NY.

Time: 10 a.m.

