

AWARE!



THE HAROLD LEEVER
REGIONAL CANCER CENTER

Prevention and awareness information from The Harold Leever Regional Cancer Center

The Most Talented Cancer Doctors Anywhere Are Right Here



Back row, left to right:
Joseph Ravalese III, MD; Bernard Percarpio, MD;
Joseph Sinning, MD; Jeffrey Bitterman, MD
Front row, left to right: Victor A. Chang, MD;
Kert Sabbath, MD, FACP; Anamika Katoch, MD;
Joseph Bowen, MD

The Harold Leever Regional Cancer Center brings the best-trained, most experienced cancer specialists together to deliver world-class, collaborative and compassionate cancer care to Greater Waterbury.

Our board-certified medical and radiation oncologists were educated at some of the world's top universities and medical centers. Our doctors are not only bringing the most advanced cancer treatments and cures to our patients today, but they are preparing a new generation of medical professionals to carry that mission into tomorrow. In addition to sharing their collective experience and expertise at our nation's top medical schools, Leever physicians host and facilitate regular peer-education programs. Through our monthly multi-disciplinary conferences, area physicians collaborate in evaluating cases, developing treatment plans, and sharing the knowledge and experience it takes to consistently deliver the kind of patient-focused, compassionate care that is the hallmark of the Leever Cancer Center.

Our commitment to delivering excellence extends beyond the classroom. All of the physicians at The Harold Leever Regional Cancer Center participate in clinical research that not only advance medical care, but provide Leever patients access to the newest, most progressive treatment options available today.

"The physician team at the Leever Cancer Center represents excellence at every level, from training and experience to leadership in the fields of education and research," notes HLRCC Executive Director Kevin Kniery. "The Greater Waterbury community is uniquely positioned to access the most progressive treatments from a team of highly regarded cancer specialists. It is a tremendous advantage to have this level of qualification and care so close to home."

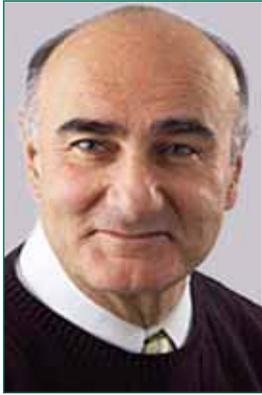
in this Issue

- Page 2** In Memoriam: Francis Alfano, MD
Ask the Doctor
- Page 3** Team Spotlight:
ACS Patient Resource Center
- Page 4** Water, Water...Everywhere!
- Page 6** A Community of Caring
- Page 7** New & Noteworthy
- Page 8** Reiki Comes to Leever
Community Events
& Monthly Support Groups

Winter 2010

www.leevercancercenter.org

IN MEMORIAM



FRANCIS D. ALFANO, MD

*HLRCC Medical Oncologist
September 27, 1951 – September 10, 2008*



The Harold Leever Regional Cancer Center dedicates this issue of "Aware!" to our friend and colleague, Dr. Francis "Frank" Alfano. It is with heavy hearts but fond memories that we mark the one-year anniversary of his passing.

Dr. Alfano was a strong supporter of the mission of The Harold Leever Regional Cancer Center and a compassionate physician whose professionalism and dedication helped establish the Center's reputation for excellence.

Dr. Alfano was born in Stamford on September 27, 1951. He was raised in Greenwich, settling in the Middlebury area in 1984. Dr. Alfano graduated from Fordham University and Columbia University College of Physicians and Surgeons. He completed his internship and residency at the Albert Einstein College of Medicine in the Bronx, N.Y., and his post-doctoral fellowship in medical oncology at the Yale University School of Medicine in New Haven.

A member of the original HLRCC Board of Directors and a practicing Medical Oncologist on our staff, Dr. Alfano was widely recognized as a clinician at the top of his field who kept abreast of the latest treatments. Dr. Alfano cared deeply for his patients, family and friends, and always had a hug at the ready for those around him. Dr. Alfano will be remembered as a caring member of the Leever family, as will Sandra, his wife of 24 years, and his sons, Louis and Alexander.

— In his memory,
The Staff of The Harold Leever
Regional Cancer Center

ask the Doctor



Radiation Oncologist Dr. Joseph Ravalese III answers your questions about smoking and lung cancer.

SMOKING AND LUNG CANCER: A CLEAR CONNECTION

Smoking damages nearly every organ in the human body, is linked to at least 15 different cancers, and accounts for some 30% of all cancer deaths; it is the leading cause of lung cancer and of all preventable death and disease in the United States. Yet one in five Americans still lights up. If you or a loved one needs more incentive to quit, read on.

Q What percentage of lung cancers can be attributed to smoking?

A Lung cancer is the leading cause of cancer death, and smoking causes most cases. Smoking accounts for 90% of lung cancer deaths in men and almost 80% in women.

Q Does quitting make a difference?

A If you quit smoking, you will reduce your risk of developing lung cancer, no matter how old you are or how long you have smoked. Nonetheless, former smokers still have a higher risk of developing lung cancer than do those who have never smoked.

Q What is the difference between small cell lung cancer and non-small cell lung cancer?

A There are two main types of lung cancer: small cell lung cancer (SCLC) and non-small cell lung cancer (NSCLC). The treatments for these two types of cancer are very different.

SCLC: Ten to 15 percent of all lung cancers are small cell lung cancer. SCLC tends to start in the central lung regions and can spread to other organs in the body rapidly. Chemotherapy or chemotherapy with radiation is the predominant treatment. Surgery is rarely an option. SCLC is almost always caused by smoking.

NSCLC: Eighty-five to 90 percent of lung cancers are non-small cell lung cancers. There are three subtypes of NSCLC, and the size and shape of the cells vary in each. The predominant type is adenocarcinoma followed by squamous cell and large cell carcinoma. The main treatment option for people with non-small cell lung cancer includes surgery, radiation therapy, chemotherapy and targeted therapy.

Q What can I do to prevent lung cancer?

A Smoking is overwhelmingly the main risk factor for developing lung cancer. If you smoke cigarettes, stop. If you don't smoke, don't start; cigar and pipe smoking are almost as likely to cause lung cancer as cigarettes. Avoiding secondhand smoke also decreases your risk of developing lung cancer, as does avoiding known carcinogens, such as radon and asbestos. A diet rich in fruits and vegetables may also help reduce your risk of lung cancer, though their positive effect on risk would be much less than the increased risk from smoking.

For more information on diagnosing, treating and preventing lung cancer, visit The American Cancer Society online at www.cancer.org

"Freedom from Smoking," a smoking cessation program held here at HLRCC, begins in January. Call the Heart Center of Greater Waterbury at 203-575-1992 for more information.

The ACS Patient Resource Center: A Special Link in the Team Leever Chain

ONE OF THE BUSIEST SPOTS AT THE HAROLD LEEVER REGIONAL CANCER CENTER IS THE AMERICAN CANCER SOCIETY PATIENT RESOURCE CENTER. The American Cancer Society is a vibrant and meaningful presence at the Leever Cancer Center where volunteers provide a wide range of services designed to make coping with cancer just a little bit easier.

“Volunteers are the heart and soul of the American Cancer Society mission; we are people helping people as they fight to overcome cancer,” explained Jessica Tynan, New England Division Community Relationship Manager for the American Cancer Society. “The programs and services we offer at the Leever Cancer Center represent our best efforts to make a cancer diagnosis more manageable by taking care of some of the details so patients can focus on getting well.”

Services available at The Harold Leever Regional Cancer Center through the American Cancer Society include:

Greeters: American Cancer Society volunteers welcome patients as they enter the Center. Within a week of a patient’s first visit to the Leever Cancer Center, volunteers will provide him/her with a “personal health manager” kit to make tracking appointments, keeping records and understanding specific cancers a bit easier. Greeters offer a smiling face, give directions if needed, and call for rides. They may assist visitors to the Leever Cancer Center library or the Reflections Boutique. Between October 2008 and March 2009, 187 newly diagnosed patients took advantage of these services, with an additional 345 benefiting from our information or direct services.



Left: Leever Ambassador Peg Tester greets HLRCC visitors with a smile and the direction and support they need each day.

Below: The American Cancer Society Patient Resource Center at HLRCC is staffed by trained volunteers including Barbara [left] and Grace [right] during regular business hours each day.



Reflections Boutique: Patients may “shop” for wigs and other head-coverings in the Leever Cancer Center’s “Reflections Boutique.” American Cancer Society volunteers are available to help visitors select the right wig, try wigs on or choose a different kind of head-covering. They provide guidance in caring for wigs, trimming and shaping them, and can even order wigs if nothing in stock seems right for the client.

Road to Recovery: Through the Road to Recovery program, cancer patients never have to worry about how they will get to and from their medical appointments. Trained volunteer drivers take the worry out of transportation by providing free rides for patients and their caregivers. Road to Recovery drivers donate their time and use their personal vehicles to transport patients. During a recent six-month period, just over 1,000 rides were provided through the Road to Recovery program.

Reach to Recovery: This 40-year-old program features breast cancer survivors reaching out to share their experience with others facing the same diagnosis. Through face-to-face visits or by phone, volunteers provide support at every stage in the process, from potential diagnosis, to diagnosis, treatment and ongoing care.

Look Good, Feel Better teaches beauty tips to help women undergoing cancer treatment look good and feel better about how they look. Through group workshops or one-on-one consultations, women learn about makeup, skin care, nail care and ways to deal with hair loss such as with wigs, turbans and scarves. Each woman gets a free makeup kit to use during and after the workshop.

Ambassadors: The newest volunteer service at the Leever Cancer Center provides assistance to Center visitors the moment they arrive. Ambassadors welcome patients and their caregivers at the door and may assist patients who need help getting in and out of their vehicles or who need assistance or support with walkers, wheelchairs or directions to their appointments. Ambassadors provide the same services at departure.

Medical Seminars, Support Groups and Cancer Symposiums: During a recent six-month period, the ACS and HLRCC sponsored three community cancer symposiums with an average of 60 attendees at each. Support groups meet monthly and include sessions for those living with breast cancer, thyroid cancer and ostomy.

American Cancer Society programs are free to Leever Cancer Center patients and their caregivers. For more information, contact the American Cancer Society at 203-756-8888, visit their website at www.cancer.org or contact HLRCC Operations Manager Deborah Parkinson at 203-575-5555.

Water, Water ...Everywhere!

DRINKING EIGHT GLASSES OR TWO QUARTS OF WATER A DAY HAS BECOME AN OBSESSION FOR MANY PEOPLE. Our cars have empty bottles rolling on the floor, and we bring our water with us wherever we go...to meetings, to work, to school or to the gym. In fact, people around the globe spend about \$50 billion per year on bottled water. Water is very important for health, but have we gone overboard?

Health benefits of water

Water accounts for about 60% of our weight. It flushes toxins from vital organs, carries nutrients to cells and provides moisture to tissues in our ears, nose and throat. Most of our bodily fluids are made up of water, and without enough of it, we can become dehydrated, resulting in our body's inability to carry out normal functions.

Water requirements

Most people who are 30 to 75 years old need approximately two or more quarts of fluid daily. These requirements can be increased or decreased based on many factors. Many oncologists recommend that patients under-

going chemotherapy increase their intake of fluids on the days before and the day of treatment.

What if you are one of those people who doesn't like to drink water?

It is important to remember that just about **all** foods contain water, and all of this gets counted towards our total water requirements. For example, a bowl of oatmeal is prepared with almost a cup of water, but people rarely think of their morning cereal as fulfilling their fluid needs. Other foods that contain large amounts of water are fruits, vegetables, cooked grains, soups, some meats, and of course, all beverages, including juices, sports beverages,

coffee, tea, soda and milk. When you calculate all the water in foods plus beverages, it can really go far towards that two quart/day requirement!

Caffeine and hydration

Many people will tell you that if you drink caffeinated beverages like coffee, it results in dehydration. This is not true. Although caffeine is a diuretic (a substance that increases the flow of urine), it does not cause excess fluid loss any more than drinking a glass of water does. Therefore, moderate caffeine intake is acceptable unless you have problems with a rapid heartbeat, are jittery or have insomnia.

Signs of dehydration

"Are you a member of the clear pee club?" How many times do we use this phrase as a test for identifying dehydration? Deep yellow-colored urine is one sign of dehydration, but there are others as well. These are mild to excessive thirst, fatigue, headache, dry mouth, minimal urination, muscle weakness, dizziness or lightheadedness. Your doctor can do blood tests or a physical exam to determine the degree of dehydration. Mild dehydration can often be cured by increasing your fluids, but if it is severe, you may require intravenous (IV) fluids that contain electrolytes.

Selecting the right beverage

There are hundreds of choices for those of us looking to increase fluids, and they come in every color and flavor imaginable. However, if you have lost significant amounts of fluid from diarrhea, vomiting or excessive sweating, it is best to consume beverages with electrolyte (sodium, potassium) replacement, such as Gatorade, Powerade or Pedialyte. You can make your own sports beverage by combining 1 cup orange juice, 8 teaspoons of sugar, ¾ teaspoon baking soda, ½ teaspoon salt and 1 quart of water.

Are "designer fluids" for you?

If electrolyte replacement is not your primary concern and you are looking to replenish or maintain your hydration, you also have hundreds of choices. In fact, bottled water accounts for 30% of all fluids that we buy. Recent studies have shown



Factors that increase water requirements:

Diarrhea or vomiting

Fever

Poor intake of foods and beverages

Excessive sweating

Exercising

Environment (temperature, humidity, heat, high altitude)

that the water used in many of these bottled products is from the tap, not from mountain springs, as the beautifully illustrated labels would lead you to believe. And now the industry has “enriched” these products with vitamins, antioxidants, herbs and more, jacking up the price and pushing sales even further. Many of these products have no scientific data to back up their claims, and they contain large amounts of sugar and empty calories, not to mention costing a small fortune. Water from your tap may be a great way to cut costs while providing the same healthy benefits.

What about “BPA”?

There has been a lot of publicity recently about the use of “BPA” or bisphenol A in the plastic used for many types of food packaging requiring hard plastic, including water bottles, baby bottles, the linings of cans, and many other plastic products, like cell phones, cosmetics and CDs. According to a study in the *Journal of the American Medical Association*, prolonged exposure to BPA may raise the risk of heart disease, diabetes and liver abnormalities. It is also felt to mimic estrogen, and is being researched for its potential role in promoting breast and prostate cancer. Although it is impossible to avoid all exposure to BPA, you can minimize it by using stainless steel water bottles, looking for plastic that says “BPA-free” or avoiding plastic containers with the recycling numbers 3, 6 and 7. Microwave or store your food in glass or ceramic-glass containers. Until the research becomes clear, it is probably a good idea to take these simple precautions.

Bottom line

Staying well hydrated is important for your health and well-being. Water is truly everywhere, from our taps to our foods and the legions of fancy and expensive beverages that line the shelves of the supermarkets. Making the best choices need not break the bank and will keep your body healthy and hydrated!

“Pack Some Power onto your Plate”

Healthy cooking is a big part of healthy living, and both can be fun, as was demonstrated during our most recent HLRCC cooking class, “Pack Some Power onto your Plate.” The broccoli soup simmered while Leever nutritionist Karen Sabbath, MS, RD, prepared the main course of Salmon Tartine (recipe below), wild rice salad and greens in homemade balsamic vinaigrette. Yum! A luscious dessert of Pumpkin Pie Cake (recipe below) finished off the meal with a flourish. All attendees were treated to this delicious lunch and participated in a raffle filled with great prizes.

SALMON TARTINE

Ingredients:

- 2 6-oz. cans pink salmon (boneless, skinless, wild), drained
- 2 tbsp. pine nuts, toasted
- 1 hard boiled egg, cooled and chopped
- 1/4 cup pitted Kalamata, nicoise or picholine olives, chopped
- 1 tomato, diced
- 1/2 cup canned white beans, drained and rinsed
- 1 stalk celery, chopped
- 2 tbsp. minced red onion
- 1/4 cup loosely packed fresh parsley, coarsely chopped

Dressing:

- 1 tsp. Dijon mustard
- 1/2 tsp. sugar
- 4 tbsp. freshly squeezed lemon juice
- 4 tbsp. olive oil

1. In a bowl, combine the salmon, pine nuts, egg, olives, tomato, white beans, celery, red onion and parsley.
2. In a small bowl, whisk together the mustard, sugar and lemon juice. Slowly whisk in the oil until a smooth emulsion forms.
3. Pour the vinaigrette over the salmon mixture and toss gently to coat.

Serving Suggestions:

Serve on toasted slices of French bread, sliced 1/2-inch thick, toasted or baked at 300° for 40 minutes. (Optional: Brush with melted butter or olive oil before toasting.) Use as a sandwich filling. Heap a portion on a green salad.

Serves 4-6

PUMPKIN PIE CAKE

Ingredients:

- Cooking spray
- 1 cup sugar
- 1/2 cup packed brown sugar
- 1/4 cup canola oil
- 1/2 cup egg substitute
- 2 large eggs
- 1 (15-oz.) can unsweetened pumpkin
- 1-1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. pumpkin pie spice
- 1/2 tsp. salt

1. Preheat oven to 350°.
2. Spray a 9 x 12-inch baking pan with non-stick cooking spray. Combine sugar, brown sugar and oil in a large bowl; beat with mixer at medium speed for 2 minutes until well blended.
3. Add egg substitute and eggs, and beat until well blended.
4. Add pumpkin and beat until blended.
5. In a medium bowl, combine flours, baking powder and soda, pumpkin pie spice and salt.
6. Gradually add flour mixture to pumpkin mixture, beating just until blended.
7. Spoon batter into prepared pan.

Bake at 350° for 30 minutes or until a cake tester or toothpick comes out clean. Cool on a wire rack.

Optional toppings include powdered sugar, whipped cream, cream cheese frosting, ice cream or fruit.

Serves 12-16

If you have nutrition questions that you would like answered, contact our nutritionist: Karen Sabbath, 203-575-5510, ksabbath@leevercancercenter.org

A Community of Caring

The Harold Leever Regional Cancer Center wishes to express its appreciation and a sincere thank you to its neighbors and friends by recognizing the spirit and hard work of the members of our community in fulfilling the Mission of the Leever Cancer Center.



A Gift of Comfort:

Tracie Hernandez and Victor Colon (pictured at left) have gifted The Harold Leever Regional Cancer Center with a rocking chair bearing a plaque that memorializes mother and wife **Betty A. Colon**, who lost her battle with cancer earlier this year. The rocking chair resides in the Leever Cancer Center Patient Resource Library, where Betty's family hopes Center visitors will find peace and comfort.

Children Learn What They Live: Children attending the church school program at **South Britain Congregational Church** recently reached out to the Leever community through a collection of cards bearing good wishes and messages of support. The children, ages five through ten, completed the project under the guidance of **Krista Judson**.

For the Good We Do:

The Supreme Emblem Club of the United States of America® is a service organization founded during World War I. Today, club chapters throughout the United States work to support a variety of community service initiatives, including literacy, national disaster aid funding and academic scholarships. Each year, the National President concludes her reign by selecting a charity or cause to receive a monetary donation from the club. This year, Supreme President **Mary Clifford** chose The Harold Leever Regional Cancer Center for that honor.

A breast cancer survivor who received treatment at Leever, Mary Clifford found the staff at the Leever Cancer Center to be "warm and wonderful" and they "did everything" to make her comfortable. For those reasons, and for all "the good that you do," Mary and The Supreme Emblem Club honor The Harold Leever Regional Cancer Center.

Right: HLRCC Operations Manager Deborah Parkinson (left) accepts a donation from Mary Clifford on behalf of The Supreme Emblem Club of the United States of America'.



Team Leever Supports the United Way:

HLRCC staff members joined the Greater Waterbury community in supporting the United Way's annual "Stock the Pantry" food drive. After a month-long collection period, **Team Leever** delivered 60 pounds of non-perishable food items to the food pantry.



Left: Dianne Bedard, HLRCC Front Office Supervisor (left) and Melissa Seres, HLRCC Social Worker, deliver Team Leever's contributions to the United Way "Stock the Pantry" food drive.

Healing Body and Soul

For people dealing with a cancer diagnosis, what the spirit often needs is space: the opportunity to openly explore and feel the range of emotions that are a part of facing cancer. At the Leever Cancer Center, we are constantly looking for new and innovative tools to help patients and their families through this process. Our newest tool: Art Therapy.

Art Therapy uses the creation of art to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, reduce stress, increase self-esteem and self-awareness, and achieve insight. Art therapists are trained at the master's level in both art and psychology.

Art Therapy came to the Leever Cancer Center in February under the guidance of Kyle Barreuther. A candidate for a master's degree in Art Therapy at Albertus Magnus College, Kyle contacted HLRCC Social Worker Melissa Seres about introducing Art Therapy to the HLRCC community. Kyle offers sessions for patients, caregivers and children of patients on a weekly basis.

"Art Therapy has proven to be a very successful and appreciated program," explained Deborah Parkinson, Operations Manager at The Harold Leever Regional Cancer Center. "We are extremely fortunate to have Kyle here; she is exceptionally calm and caring and thoroughly prepared."

Art Therapy will continue through May. Tuesday morning sessions meet from 10:30 a.m. to 12:30 p.m. Prior experience with art and art materials is not required. This is a free program, but pre-registration is requested. For more information, please contact HLRCC Social Worker Melissa Seres at 203-575-5511.



“What art offers is space, a certain breathing room for the spirit.”

— John Updike

Congratulations to...

HLRCC MEDICAL PHYSICIST APRIL NUNN, MS, for being named a recipient of the Farrington Daniels Award. The Award is given annually by the American Association of Physicists in Medicine (AAPM), and recognizes the best papers on radiation dosimetry published in *Medical Physics* during the previous publication year. April and her co-authors accepted the award during this summer's AAPM annual meeting in Anaheim, California.



HLRCC Medical Physicist April Nunn (second from left) received an award from the American Association of Physicists in Medicine for her recent publication.

The Right Team. Right Here.

Aware!

is published by
The Harold Leever Regional
Cancer Center

Publishing and Editorial Executives:
Kevin Knieri, Deborah Parkinson, Tom Belzek
Design: Aro Strategic Marketing

We encourage your feedback.
If there is a cancer topic you
would like covered, to respond to
an article you've read, or to be put
on our mailing list, please call
203-575-5555 or email:
teamleever@leevercancercenter.org

THE HAROLD LEEVER
REGIONAL CANCER CENTER

1075 Chase Parkway
Waterbury, CT 06708
voice 203-575-5555
fax 203-575-5556

Reiki Comes to Leever

ACCORDING TO REIKI TEACHINGS, THERE IS AN INEXHAUSTIBLE UNIVERSAL "LIFE FORCE," OR SPIRITUAL ENERGY, that Reiki practitioners access to induce healing. Since January of this year, Reiki Master Carol McIlravy and her team from the Compassionate Hands Holistic Center have been bringing that healing energy to patients and families at The Harold Leever Regional Cancer Center.

"The energy comes from above," explained Reiki Master and Teacher Carol McIlravy, "from whatever you believe in. The energy comes through us; it is not our own."

And while the process is called "laying on hands," practitioners do not always touch their clients directly.

"Our clients simply feel the warmth and energy from our hands," Carol revealed, "even when they are above their bodies, not on them."

The benefits of Reiki vary from client to client. For some, the result is simply relaxation and calming. For others, the results are more dramatic.

"Each patient responds in a different way, depending on what their body needs. We have had clients tell us that Reiki relieved their depression or gave them more energy. Leever patients have even reported feeling some relief from the nausea brought on by chemotherapy," McIlravy noted.

Reiki is offered Monday through Thursday at the Leever Cancer Center. Sessions are free of charge and are open to patients and their families. Pre-registration is required; a sign-up sheet is available in The Leever Center lobby.

Community Events & Monthly Support Groups

NEW!

JOURNALING: A WAY TO HEAL FROM YOUR CANCER EXPERIENCE:

The act of writing can help improve the spirit, thus enhancing the quality of life. Find numerous rewards through the process of writing, sifting, exploring, connecting, escaping, pondering, evaluating and creating. A creative spirit is a live spirit. Call Melissa Seres, MSW, at 203-575-5511 for dates and information

ART THERAPY: Tuesdays, January 5 – May 4, 10:30 AM – 12:30 PM.

Prior experience not required, contact Melissa Seres, MSW: 203-575-5511

CARING KIDS PROGRAM AND FAMILY NIGHT: Call Melissa Seres, MSW, at 203-575-5511 for dates and information

THYROID CANCER SUPPORT GROUP: monthly, last Tuesday, 6 PM – 7 PM, contact Dot Torretta at 203-753-8833 x366

REIKI SESSIONS BY COMPASSIONATE HANDS: Monday, Tuesday, Wednesday and Thursday afternoons by appointment, contact Carol McIlravy at 203-723-2552

WOMAN TO WOMAN BREAST CANCER SUPPORT GROUP: monthly, 3rd Tuesday, 7 PM – 9 PM, contact Theresa Lombardo at 860-274-2200

BRAVE AT HEART BREAST CANCER SUPPORT GROUP: monthly, 2nd Wednesday, 7 PM – 9 PM, contact Anne Pringle at 203-910-7582

CT MULTIPLE MYELOMA FIGHTERS SUPPORT GROUP: monthly, 3rd Tuesday, 6 PM – 8 PM, contact Robin Tuohy at 203-206-3536

HOPE MUTUAL AID GROUP FOR PATIENTS AND THEIR LOVED ONES: monthly, 1st and 3rd Tuesday, 12 PM – 1 PM, contact Melissa Seres at 203-575-5511

BETTER BREATHING CLUB: monthly, 3rd Friday, 1 PM, contact Rachel Kirchner at 203-757-4991

AMERICAN CANCER SOCIETY: LOOK GOOD, FEEL BETTER!: monthly, 1st Monday, either 2 PM – 4 PM or 4 PM – 6 PM, contact the ACS at 203-756-8888

AMERICAN CANCER SOCIETY: REACH TO RECOVERY: by appointment, contact the ACS at 203-756-8888

WATERBURY AREA OSTOMY SUPPORT GROUP: monthly, 1st Monday, 7 PM – 9 PM, contact Ursula Daiber at 860-274-4601

Please call contact person to confirm that group is running as scheduled.
Meeting times may be rescheduled to accommodate holidays or special meetings.
See www.leevercancercenter.org for ongoing community events.