



Steve Levy
County Executive

Deanna Marshall, Director
Office of Women's Services

Between Us Women

"empowering women through awareness and education"

OCTOBER 2008

Hope Starts Here



Sunday, October 5--The 15th annual "Walk for Beauty, Walk for Life" 4k/6k charity walk raises money for both breast cancer and prostate cancer research. \$20.

Registration 8:30 a.m., walk 9:30 a.m. Start at the Stony Brook Post Office. Info at 444-4000.

Organized by the Stony Brook University Medical Center and the Ward Melville Heritage Organization.

Sunday, October 19—The American Cancer Society's "Making Strides Against Breast Cancer" walk at Jones Beach State Park. For a sign-up form, call 853-8284 or 300-3142 or go to www.cancer.org/stridesonline.

A Conversation With Lorraine Pace

As you probably know, October is Breast Cancer Awareness Month. So there couldn't be a better time to catch up with West Islip resident Lorraine Pace, whose very public crusade in the early 1990s called attention to the high incidence of breast cancer on Long Island.



Mrs. Pace, a 1995 recipient of the Suffolk County Women's Hall of Fame Award, told her story to *Between Us Women* during the last week in September:

In 1992, I was diagnosed with breast cancer. And when I was diagnosed, there were so many women in West Islip who also had the disease. We started wondering if there was any connection between [our cancer] and the cadmium plume that had traveled from under the Dzus Fastener Company into Willetts Creek,

Capri Lake and the Great South Bay.

When I first moved here, we'd moved onto the bay, and I'd complain to my husband that there was no privacy in our backyard, because of all the clambers on the bay. Now we have complete and total privacy because there is not one clam boat to be seen. (Mrs. Pace blames pollution.) I was angry about that, and also that there was no breast cancer awareness in West Islip whatsoever.

I was very upset when I was diagnosed, because I'd done everything right and had regular mammograms. I had about 60 views taken in six months and they saw nothing. Finally I went into New York City and my cancer turned up in a biopsy.

My friend, Father Tom Arnao, advised me to take my anger and do something good with it.

According to Breast Cancer Help, Inc.—of which Mrs. Pace is co-president, and helped found in 1994—she formed the West Islip Breast Cancer Coalition for Long Island in 1992 and began to survey local residents

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Remembering Margaret Bell



We are saddened to hear of the recent death of Margaret N. Bell, who in 2006 became the first African-American woman to be inducted into the Suffolk County Women's Hall of Fame.

Mrs. Bell was a charter member of the Witness Project of Long Island, a breast cancer awareness group that targets African-American women, and served as its 1st Vice President. She trained to be a witness project role model, which afforded her the opportunity to speak with individuals and groups demonstrating that there is life after breast cancer.

Her advocacy on behalf of increased use of screening techniques caught the attention of Congressman Steve Israel, who featured her in his health forum. She was named a *Newsday*

Everyday Hero.

Mrs. Bell also was president of the 1,400-member New York Conference Missionary Society of the African Methodist Episcopal Church, in which she involved herself in local and global outreach efforts addressing poverty, homelessness, HIV/AIDS, health and human rights.

She was a member of the Bethel African Methodist Episcopal Church in Copiague.

A Visit With Jo Anne Sanders



Because October is Domestic Violence Awareness Month, we also chose to speak to an area leader in the nonprofit community that helps victims of these situations: Jo Anne Mitidieri Sanders, executive director of the Suffolk County Coalition Against Domestic Violence.

The Coalition, one of three anti-domestic violence agencies in Suffolk that operates shelters for victims, will honor Ms. Sanders later this month at an event celebrating the 25th birthday of the opening of its shelter, Safe Harbor, which was the first residential facility for domestic violence victims in Suffolk County.

Ms. Sanders, who also serves on the County Executive's Task Force to Prevent Family Violence, the Board of Suffolk Community Council, the Board of Health and Welfare Council of Long Island, and Strong Families for Smart Government, has received numerous awards—from The American Association of University Women, Suffolk County, the Towns of Islip and Brookhaven, Zonta, and Mid-Suffolk NOW.

(Suffolk County will also honor Ms. Sanders at its recognition dinner marking Domestic Violence Awareness Month, on October 21.) She started working at the Coalition in 1983 "just prior" to the opening of Safe Harbor. The Coalition also offers public assistance, housing, and court advocacy to residents (individualized according to family needs) as well as individual and group counseling, nonresidential precinct and court advocacy, legal services, a vocational project, and educational classes to the outside community.

Q. Before Safe Harbor opened, where did abuse victims go?

A. We had a network of volunteer safe homes from volunteers — we could house 12 to 18 [women] at any one time. It [the system] wasn't good enough for victims who need to stay away for a period longer than a couple of days.

Q. When did the Coalition begin?

A. It was founded in the early 1970s, very informal, but not incorporated until 1976. So we use that as the date we began.

Q. What have been your biggest challenges?

A. Once we got the shelter opened, the next step was to help victims in the legal system. That was a bit of a struggle. We started a program in 1989 we're very proud of, the Domestic Violence Outreach Precinct Project. It was difficult because police were trained a certain way, and courts handled things differently. That was probably our biggest challenge, because family violence used to be a problem people would "keep in the family." Now [the Coalition] has two advocates in each of the County's seven police precincts.

Most recently our challenge—and I know government officials won't like to hear this—is funding. We have many programs and we have to keep them going. After building this all up. What's going to happen? It's really very frightening times. I really believe domestic violence is the root of all evil. Children who grow up in violent households are more likely to become abusers themselves, or develop a chemical dependency. Somewhere I read that as many as 85 percent of all prison inmates grew up in

violent households.

Personally I feel very fortunate that I'm able to work with this agency, because I can't imagine doing anything else. I think the most important thing in life is to help people.

Q. Who would you like to thank for the successes of the Coalition?

A. [Former County Executive] Pat Halpin, whose first executive order in 1988 when he took office was the pro-arrest policy. And we can never forget Linda Lane-Weber, founder of this Coalition.

Q. What would you like our readers to know?

A. I think people should be aware that domestic violence can happen to any of us—it goes across all lines. We've had clients who are very wealthy and clients who are very poor. I think people may hear that but they don't really believe it.

Q. Anything else?

A. People say, "Why doesn't she just leave?" even after all this time, and so much public education. When the victim leaves, the violence escalates. Look at the O.J. Simpson case. Typically a woman will leave seven times before she actually makes the final break. But it's different when there are children involved. Single women don't have to face obstacles like children, custody, support that keep mothers entangled in the legal system.

Q. What has changed over the years?

A. Incidents of domestic violence, unfortunately, have escalated—but victims are reaching out for help much younger; they don't wait 30 years. When we first opened the shelter the average age was 30-35 with two kids. Now it's 19-21. Also, more of our callers aren't leaving their homes, they are looking for legal help [which Sanders attributes to improvements in

Resources for Domestic Violence Victims

Police 911 (emergency)

Brighter Tomorrows 395-1800 24-hour hotline

- ◇ Shelter Court and social services advocacy
- ◇ Non-residential program
- ◇ Child witness/victim program
- ◇ Transitional program

Family Counseling Services Domestic Violence Project 631-288-1954

- ◇ Counseling for victims and families
- ◇ Information and referral to agencies

The Retreat* 631-329-4398

- ◇ 24-hour hotline: 631-329-2200
- ◇ Shelter
- ◇ Legal advocacy
- ◇ Residential and non-residential programs
- ◇ In-school violence prevention education

Suffolk County Coalition Against Domestic Violence* 631-666-7181

- ◇ 24-hour hotline—631-666-8833
- ◇ Shelter
- ◇ Residential and non-residential programs
- ◇ Court advocacy
- ◇ Precinct outreach
- ◇ Victims support groups
- ◇ Vocational advocacy
- ◇ Child and adolescent witness services

Victims Information Bureau of Suffolk (VIBS)* 631-360-3730

- ◇ 24-hour hotline—(631)360-3606
- ◇ Referrals, counseling
- ◇ Legal advocacy
- ◇ Crime victim compensation information

Women of Substance 866-86-ABUSE

- ◇ 24-hour hotline
- ◇ Resources and referrals
- ◇ Support groups

*Se habla español

A Visit With Jo Anne Sanders—continued

the legal system]. And I am asked, what about abused men? While there are fewer of them, we did actually shelter a man last year—but that's very rare.

Another thing: teen violence has escalated dramatically in

recent years. So we go around to the schools. We talk about bullying, we talk about dating violence—the abuser wanting to know where the victim is every minute, controlling, all the usual issues. It's very difficult to get through to

teens, especially when the abuser is popular in school. We had a case where a girl reported the abuse, and she lost all her friends while he went on with his life.

A Visit With Lorraine Pace—continued

about breast cancer and put their responses on a map. After 18 months she and her volunteers had covered 8,750 West Islip homes.

When I started doing the mapping, I had a lot of criticism from realtors--because they thought it would interfere with home sales. My answer to them was, what's more important, real estate prices or women's lives? In fact it didn't affect area home prices at all. All through the time I was undergoing chemo and radiation, I was testifying before the Centers for Disease Control [about the possible link between breast cancer and water contaminated with heavy metals]. I was really tired, and getting all this criticism.

Her radiologist, Dr. Allen G. Meek, encouraged her to keep going and gathering data. He showed her a map of the U. S. and observed that certain areas have certain higher incidences of certain cancers.

Once the mapping was done, we got grants from State Senators Caesar Trunzo and Owen Johnson. Stony Brook University analyzed and maps and found just as we suspected, lots of cases south of Montauk [Highway] were right over that plume. That began the environmental movement associated with breast cancer. The mapping began the awareness, but I wanted to go further. And that's how the Walk for Beauty got started in Stony Brook with the help of Gloria Rocchio and Debra Schriefels.

The Walk for Beauty was the first breast cancer fundraising walk in Suffolk County.

Many women checked off [in the mapping survey] that they did not have breast cancer, but they were advised to go for mammograms and that was the beginning of the first breast care center at Good Samaritan Hospital. The second was the Carol M Baldwin Center, because she (Mrs. Baldwin) called me and I advised her to get busy. My husband John Pace helped her and was on the board. That has already raised a million dollars.

We applied for another grant again thru Sen. Trunzo to get a digital mammography system [in 2001, for Stony Brook University Medical Center]. We matched that \$250,000 with the \$250,000 that our organization raised. I went for a mammo and this time, it did show up... and it was only 7 mm. An aide to Trunzo also went for a mammo and it caught an early tumor of hers as well. You see, when you do good, as my mother always said, you get good.

This year, Breast Cancer Help, Inc. was awarded a \$500,000 grant for a digital mammography system for Southside Hospital.

And then we opened the Long Island Cancer Help and Wellness Center, which is at 1555 Sunrise Highway (675-9003) and we give yoga lessons, support groups, and a boutique for breast cancer patients. So when they [patients] are losing their hair and feeling terrible, they can

get a wig and a prosthesis for free if they have no insurance. The executive director is Alex Fezza.

For her efforts, Mrs. Pace has received extensive national and local media coverage and countless awards. To name only a few: Woman of Substance, Ray of Light, Steward of Long Island Award, South Suffolk NOW Award, Everyday Hero from Newsday, National Business Women Award, Graduate Alumnus of the Year from Dowling College, New York State Senate Certificate of Recognition, Woman of Distinction, Suffolk Life Person of the Year, Suffolk County Community Service Award, Town of Islip Outstanding Citizen Award, Innovations in Breast Cancer Research and Education Award from New York State, Center of Molecular Toxicology Community Outreach Education Program award, Humanitarian of the Year Award from Congregation Beth Sholom, Zonta Woman of the Year, and others. She has had her accomplishments read into the Congressional Record. Most recently, Mrs. Pace was honored by Networking Magazine and the Knights of Columbus, and was among the top Ten Women nationwide to get the Energizer Bunny Award. Which makes perfect sense, because she really does keep going, and going, and going...

About The Witness Project

The Witness Project of Long Island is a faith-based health education and outreach program to increase community awareness of breast cancer within Suffolk County's African-American population. The goal of the program is to encourage African-American women over 40, and younger women with a family history of breast cancer, to get annual breast exams and mammograms. The program, which is sponsored by the Stony Brook University Cancer Center (with the Town of Babylon as community partner), also encourages women to do monthly breast self-exams so they'll become aware of their own "normal" and more easily detect any changes. For more information about The Witness Project and to learn more about volunteering for (or hosting) a Long Island program, call Margaret Davis, project manager, at 638-0817.



The Silent Sentinels, a suffragist organization, demonstrated in front of the White House for 18 months beginning in 1917.

October 10 is the deadline to register to vote for the upcoming November elections—for the presidential contest, Congressional and state races. You can register at any post office, offices of the New York State Motor Vehicle Bureau, or the Suffolk County Board of Elections. What we women may forget is that it took the women of America decades of lobbying, demonstrating, persuading and protesting to win the right to vote. And even then, it took an Amendment to the U.S. Constitution (the 19th, proposed 1919, effective 1920). So please, do not take your rights for granted. Register. Vote. Make your voice heard. Do not risk delegating your decisions to someone else.



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or to be removed from this Newsletter contact:
Nancy.keating@suffolkcountyny.gov

www.suffolkcountyny.gov

Visit us on the web
(download newsletters past and present)

Breast Cancer Organizations

Most of the following offer speakers' bureaus, outreach to patients, access to free or low-cost mammograms, support groups and other educational/informational services (newsletters, etc.). Some help patients with transportation to medical treatment and financial assistance, and several participate in the Lend a Helping Hand program. For specifics, call the organization nearest you.

Adelphi Hotline & Support Program*
1-800-877-8077

American Cancer Society*
1-800-ACS-2345

Babylon Breast Cancer Coalition
893-4110

Breast Cancer HELP Inc.
675-9003

Brentwood/Bay Shore Breast Cancer
Coalition 273-9252
Spanish: 473-3658

Huntington Breast Cancer Action Coalition
547-1518

Islip Breast Cancer Coalition
968-7424

Latina Breast Cancer Action
Coalition*
951-6908

Long Island Breast Cancer Action
Coalition (1 in 9) (516) 374-3190

Long Island Lesbian Cancer Initiative
1-888-LILCINY

Maurer Foundation for Breast Health
Education* 1-800-853-LEARN

North Fork Breast Health Coalition
208-8889

North Shore Neighbors Breast Cancer
Coalition 255-2401

Sisters of Greater Long Island
643-6702

South Fork Breast Health Coalition
726-8606

West Islip Breast Cancer Coalition for
Long Island 669-7770

*Se habla español

Around and About

Friday, October 3, 6:00-8:00 p.m.—Artists' reception and opening, 17th annual Sexual Abuse Survivors Show ("Over a Decade of Healing Through Art"), Ballroom A of Stony Brook University's Student Activities Center, Nicolls Road, Stony Brook. Show itself is 11:00 a.m. to 5:00 p.m.

Saturday, October 4. The show organizer is FEGS, through its LIFE program which is funded through the Suffolk County Department of Health Services, Division of Community Mental Hygiene. For details call Holly Beck at 264-2915, x. 302.

Saturday, October 4, 5:30 p.m.—County Executive Steve Levy is the honorary chairman of the Light the Night Walk by the Leukemia and Lymphoma Society, at Citibank Park, off Carlton Avenue in Central Islip. To sign up, call 752-8500 or 877-LTN-WALK or visit lightthenight.org.

Monday, October 6, 6:30 p.m.—"Evening in Pink: Harvesting Wellness," Islip Breast Cancer Coalition fundraiser. Dinner, raffles, Chinese auction and more. Must register in advance. For details call 968-7424.

Sunday, October 12, 9:00 a.m. to 5:00 p.m.—Special Effects Hair Salon Cut-A-Thon to benefit the Southampton Hospital Breast Center, at 1 Osborne Lane, East Hampton.

Thursday, October 16, 10:00 a.m.-

8:30 p.m.—VIBS 13th Annual Golf Classic, at the Huntington Crescent Club, Huntington. Benefits the Victims Information Bureau of Suffolk. \$350 individual golfer for the day, \$150 dinner only. To register call 360-3730 by October 6.

Saturday, October 18, 10:00 a.m. to 2:30 p.m.—Conversations About Breast Cancer Conference, Bridgehampton Union School, Bridgehampton. For more information and to register call Cancer Care at 1-800-813-HOPE or e-mail tziongas@cancercare.org.

Saturday, October 18—Shelter Island 5K Run/Walk to benefit the South and North Fork Breast Health Coalitions. Call 727-8606 for details.

Sunday, October 19, 8:00 a.m.—Making Strides Against Breast Cancer Walk, Jones Beach State Park, sponsored by the American Cancer Society. To ask for a sign-up form, call 853-8284 or 300-3142 or www.cancer.org/stridesonline.

Saturday, October 25—Halloween Masquerade to benefit the Breast Health Center at Southampton Hospital. For more, call 726-8700.

Saturday and Sunday, October 25-26—Second annual Battle of the Barbecue Brethren (a KCBS-sanctioned New York State '08 Barbecue

Championship and Grilling Contest) to benefit Breast Cancer HELP, Inc. at the Sayville Fall Festival in Gillette Park, Sayville.

Sunday, October 26, 10:30 a.m. to 1:30 p.m.—"Closing in on Cancer," third annual brunch of West Islip Breast Cancer Coalition, at the Southward Ho Country Club, West Bay Shore. Speaker: Paula Smith, Ph.D., from Cold Spring Harbor Laboratories. Event is free but donations for Lend a Helping Hand are requested. For details call 669-7770.

Sunday, October 26, 2:00-7:00 p.m.—Annual spaghetti dinner to benefit the Babylon Breast Cancer Coalition, at Il Villagio Café, 35 Deer Park Avenue, Babylon. Cost \$25 adults, \$20 age 12 and under. First come, first served. Information at 893-4110.

Monday, October 27, 7:45 p.m. (also on Wednesday, November 5)—Screenplay reading, "The Wake-Up Call" by Barbara Sutton Masry, at The Space/The 411, Times Square Arts Center, 300 W. 43rd Street (fourth floor), New York. Free, limited seating, reserve. 516-466-5267.

Tuesday, October 28,—"Oncology on Canvas" art exhibit in lobby of Southside Hospital, Main Street, Bay Shore.

Wednesday, October 29, 9:30 a.m.-3:00 p.m.—Breast Cancer Awareness Day, displays, literature, Chinese auction, Southside Hospital, Main Street, Bay Shore.

Thursday, October 30, 8:00 a.m.—Safe Harbor Shelter's 25th birthday celebration, at the Venetian Yacht Club, Babylon Village. Honorees: Ilene S. Cooper, Esq.; Touro College's Jacob D. Fuchsberg Law Center; and Jo Anne Mitidieri Sanders, executive director of The Suffolk County Coalition Against Domestic Violence. Ticket \$75. RSVP to Karin Romans at 666-7181.

Monday, November 3, 1:00-7:00 p.m.—Regional Cancer and Environment Forum, the Charles B. Wang Center at Stony Brook University. Program on Breast Cancer and Environmental Risk Factors (BCERF). Four presentations followed by dinner. Strict limit on number of participants. RSVP to 607-255-1185.

Wednesday, November 5, 8:30 a.m. to 10:00 a.m.—Women Achievers Against the Odds, 14th annual awards breakfast by the Long Island Fund for Women and Girls, at the Crest Hollow Country Club, Jericho Turnpike, Woodbury. For details and sponsorship opportunities call (516) 396-9857, x. 114.