

# THE SPECIALIST



## Grand Opening

OD SPECIALISTS  
Conquering Cancer Together™



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### EDITION HIGHLIGHTS

**10** Food to Keep You Hydrated  
See what will keep your body hydrated during the summer.

**24** Bump, Set, Inspire:  
Amanda shares her battle against breast cancer.

**32** Smithtown Ribbon Cutting  
As we continue to grow, so does our ability to serve the community.

## A MESSAGE FROM THE CEO

My Friends,

I hope your summer is off to a fantastic start. This month we are celebrating ONE YEAR with our Stitch Therapy Program. For the last year, New York Cancer & Blood Specialists (NYCBS) has been stitching together joy, creativity, and healing through the art of knitting.



What began as a small group within our staff has blossomed into a remarkable community-wide effort. Together, we have made invaluable contributions, from crafting Port-Pillow Seatbelt Cushions to Port-A-Cath accessories, hats, scarves, blankets, and Chemo Caps. As always, our patients remain our top priority, and we continuously strive to enhance their experience. Through this program, we have created a space where healing and creativity intertwine, offering our patients a moment of respite and a reminder that they are not alone.

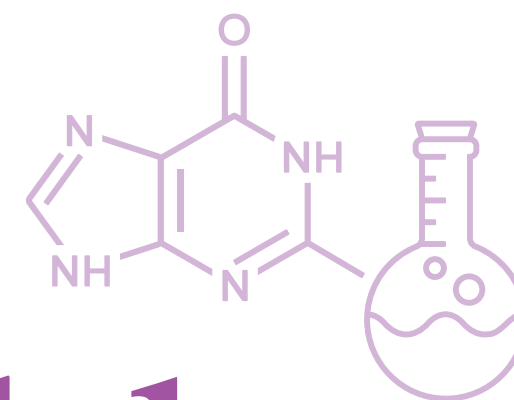
In this issue, you'll also find Registered Dietitian Nutritionist-approved recipes that offer delicious and innovative ways to incorporate more protein into your diet using Greek yogurt. We'll also highlight the fruits and vegetables that keep you hydrated all summer. Be prepared to be uplifted by the incredible story of a teacher and volleyball coach who spiked adversity and served as an inspiration while battling breast cancer. And that's not all. Clinical Director of Palliative Care MaryAnn Fragola keeps us informed on the topic of medical cannabis in treatment plans, exploring the potential benefits and considerations of incorporating it into your care plan.

With an array of exciting events on the horizon, such as our 10th Annual Patient Celebration Day, we encourage you to mark your calendars.

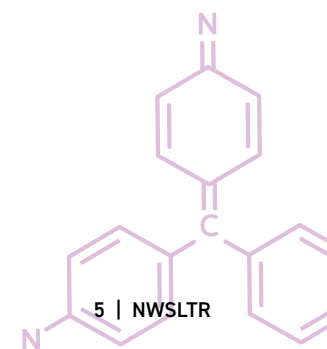
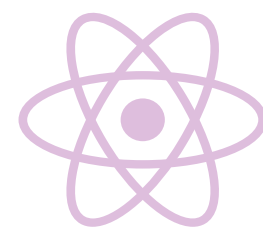
We can't wait to see you there!

Warm regards,

Dr. V



SECTION **1** Health  
ONCOLOGY & MORE





# Medical Cannabis Project

By **MaryAnn Fragola, DNP, ANPc, ACHPN**  
Clinical Director of Supportive and Palliative Care



When we speak about Medical Marijuana or Medical Cannabis, it is often difficult to find the right information. It often becomes a guessing game as to what will work best for your patient for the symptom you are treating. Keep in mind, there are many different formulations, and it is often frustrating to find the right formulation that will work best. Recently, I was involved in a Capstone project for the purpose of educating our patients more fully to be able to treat them safely and successfully. This project worked to create an easy packet for patient distribution which is currently being worked on.

I thought it's important to share some of the information. It is always my recommendation to start slow and titrate up to tolerance and effectiveness. Often, finding the right combination takes time and patience. However, medical marijuana can be an excellent and effective adjunct for many of the symptoms we treat.

Cannabis works with the same system in our bodies responsible for maintaining balance, which is why medical cannabis can help patients with different chronic conditions.

## Medical cannabis has been shown to be effective in treating some of the following conditions:

- Anorexia/Cachexia
- Parkinson's Disease
- Depression
- Muscle spasms
- Addiction
- Cancer
- Pain and Inflammation
- HIV/AIDS
- Skin conditions
- Nausea and vomiting
- Insomnia
- Seizure Disorder
- Alzheimer's Disease
- Stress
- Multiple Sclerosis
- Anxiety Disorders

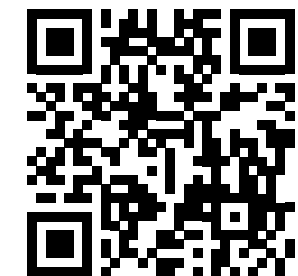
There are different formulations, as mentioned above, including High THC/Low CBD, equal parts THC and CBD, and High CBD/Low THC formulations. CBD can limit the unwanted effects of THC when used with THC or as a treatment for its adverse effects by reducing your heart rate and any feelings of panic or paranoia. CBD is nontoxic and has no potential for addiction or hallucinations.

Not to say there are no risks. Like everything we prescribe, there can be adverse effects, including lightheadedness, lethargy, confusion, anxiety, hallucinations, dry mouth or eyes, decreased motor skills and delayed reaction time, impaired short-term memory, and increased blood pressure if in a reclined position. There are contraindications and, like anything else, potential drug-drug interactions.

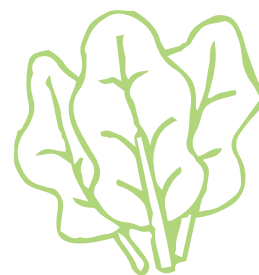
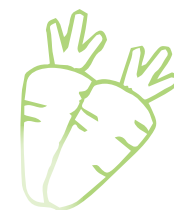
There are also many ways to consume medical cannabis, including oral, sublingual, inhalation, and topical routes. Each of these formulations has a different mechanism of action. For example, oral formulations may take 30- 90 minutes to take effect and may last 4-12 hours, whereas inhalation effect can be felt within minutes and lasts only 2- 3 hours. Vaping has similar effects to smoking but may be safer for patients with mild respiratory issues. Sublingual products are placed under the tongue, held for about a minute for absorption, and usually take effect within 15 minutes. Topical cannabinoids are absorbed through the skin and cause no changes to your patient.

If you feel your patients may benefit from the use of Medical Marijuana for symptom relief, our palliative team can alleviate fears, provide education, and come up with a plan of treatment that will work best for the ailment we seek to treat. Another important element of medical marijuana consultations is that it opens the gateway for the palliative care team to offer advanced symptom management and begins to build the rapport for a long-standing relationship.

**For more information  
about Medical Marijuana,  
please scan the QR code.**



SECTION **2** Wellness  
NUTRITION & MORE



# Foods to Keep You Hydrated

By Wendy Kaplan, MS, RDN, CSO, CDCES, CDN

Staying sufficiently hydrated is crucial to sustaining life, especially during nephrotoxic chemotherapy. However, thirst alone is not always enough to indicate how much fluid we need to consume. Underhydration is a persistent issue for many individuals, especially cancer patients who require extra care to ensure adequate hydration. While many may require additional IV hydration, incorporating hydrating foods in your summer diet can also be an excellent idea. Here are some favorite summertime hydrating foods that can keep you refreshed and hydrated.

1. **Watermelon:** With a water content of 92%, watermelon is a refreshing and delicious way to stay hydrated. It's also packed with vitamins C and A, as well as magnesium.



2. **Cucumber:** This crunchy vegetable is a hydrating powerhouse with a water content of 96%. Keep the skin on for an added boost of gut-friendly fiber.

3. **Lettuce:** Add a base of lettuce to your salad and boost your hydration levels. Romaine lettuce, with a water content of 95%, is a perfect way to sneak some extra water into your system.



4. **Tomatoes:** These juicy fruits are a great addition to salads and contain a similar water content to lettuce. They're packed with important minerals like potassium, which you lose when you sweat, as well as other essential vitamins and minerals.

5. **Strawberries:** This fiber-filled fruit is made up of 91% water and is loaded with vitamins, minerals, and antioxidants.



6. **Peaches:** These juicy fruits have a water content of around 90%. They're perfect in a yogurt bowl, but try freezing fresh peaches and dropping them into sparkling water for the ultimate hydration-boosting beverage.

7. **Cantaloupe:** Melon salads made with cantaloupe are perfect for summer days. They have a water content of 90% and are packed with vitamin A, which is great for skin and eye health.



8. **Oranges:** Not only are oranges a great source of vitamin C, but they also have a water content of 86%. Starting your day with a glass of fresh-squeezed OJ can be a refreshing way to stay hydrated.

# Shining a Light on Vitamin D

## Safely Nourish Your Body for a Healthier You

By Patricia Salvio, RDN, CNSC, CDN

**I am excited to share some valuable insights into the power of vitamin D and how to safely meet your nutrient needs this summer. Vitamin D has many vital roles in our body's functions, including bone formation, inflammation reduction, cell growth regulation, neuromuscular health, immune health, gene expression, and even glucose metabolism. Commonly known as the "sunshine vitamin," many believe sun exposure is the only source of this vital nutrient. While UV exposure can increase vitamin D production, there are serious health risks to consider if relying on the sun as your primary source. Consider incorporating more vitamin D-rich foods into your daily diet and make smart choices when out in the sun this summer to meet your needs safely.**

Some examples of foods that can boost this powerful nutrient include fatty fish like salmon, trout, and mackerel, which are also packed with essential omega-3 fatty acids. Fish liver oil can be another option to achieve these health benefits. Fortified foods such as milk, yogurt, and cheese have been prepared with added vitamin D. Plant-based milk alternatives (soy, oats, almonds), ready-to-eat-cereals

and even orange juice can be fortified with vitamin D. Check the labels to make sure you're getting the fortified versions. Eggs may have smaller amounts of vitamin D than some foods, but when consumed regularly in a healthful diet can also help meet daily nutrient needs.

Getting outside and being in the sunlight can be helpful as a vitamin D source, but ensure safe sun practices to protect yourself from harmful UV rays associated with adverse health outcomes.

### Here are some examples of how to protect yourself this summer:

- Optimize sun exposure by going outdoors during less intense UV level periods like in the early morning or late afternoon.
- Utilize protective clothing like wide-brimmed hats, sunglasses, and lightweight clothing to shield and protect yourself.
- Prioritize sunscreen with a minimum SPF of 30 to protect your skin. Apply generously and reapply every two hours, especially if you're sweating or swimming.

In some cases, you may need more than dietary intake and sunlight exposure to meet your needs safely. Supplementation of vitamin D may be a beneficial way to optimize daily intake. Be sure to consult with a healthcare professional who can assess your individualized needs for supplementation and provide personalized dosage recommendations.

Harness the power of vitamin D and its various sources for safe nutrient intake with these practical recommendations. Let's embrace safe sun exposure and a vitamin D-rich diet from the sun to plate this summer season!



# Three Bean Salad

Olivia Borruso, Nutrition Student

**This bean salad is perfect for summertime. It can be served in many ways and is high in plant-based protein and fiber. It can be topped on a salad, as a side with dinner, or paired with tortilla chips as an appetizer!**

1

## Ingredients

### Dressing:

2.5 tbsp olive oil  
 ⅓ cup red wine vinegar  
 ¼ tsp dried oregano  
 ¼ tsp black pepper  
 Salt to taste

2

### Salad:

1 (15 oz.) can cannellini beans, drained & rinsed  
 1 (15 oz.) can kidney beans, drained & rinsed  
 1 (15 oz.) can garbanzo beans, drained & rinsed  
 2 stalks of celery, diced  
 1 bell pepper, diced  
 ¼ medium red onion, diced  
 ¼ cup chopped fresh green onion or dill (optional)

3

## Directions:

1. Add the olive oil, red wine vinegar, oregano, salt, & pepper to a large mixing bowl and whisk until combined.
2. In a separate bowl, add the cannellini beans, kidney beans, garbanzo beans, celery, bell pepper, red onion, & dill or green onions (if desired). Stir well to combine.
3. Serve immediately at room temperature or after storing in the fridge for at least 30 minutes.

# Creative and Different Ways to Incorporate Greek Yogurt Into Your Diet

Michelle Slowey, MA, RDN, CDCES, CDN

**Yogurt contains probiotics, which are live microorganisms that support your digestive system with healthy bacteria. These active cultures help change or repopulate intestinal bacteria to balance gut flora. This may be beneficial in boosting immunity and overall health, especially gastrointestinal health.**

Greek yogurt and Skyr yogurt are both strained more than regular yogurt. This process results in a thicker product with a higher protein content. Depending on the brand you purchase  $\frac{2}{3}$  of a cup serving can have up to 20 gms of protein. Plain versions will have similar amounts of carbohydrates and low sugar content with varying amounts of fat. It is also an excellent source of calcium and is high in phosphorus and riboflavin, making it beneficial to bone health.

The following recipes and substitutions are made using Greek or Skyr yogurt. Using yogurt in recipes can add a significant amount of protein and additional nutrients. Learn how to turn your favorite recipes into healthier alternatives.

## Chocolate Mousse

### Ingredients:

- 1  $\frac{3}{4}$  cup Greek yogurt
- 1oz of 2% milk
- $\frac{1}{2}$  cup dark chocolate chip
- 1 tbsp honey
- 1 tsp vanilla extract

### Directions:

1. Heat milk in a saucepan on low heat.
2. Add chocolate chips until melted.
3. Remove from heat.
4. Add vanilla extract and honey.
5. Add the Greek yogurt.
6. Mix all ingredients well.
7. Pour into ramekins and refrigerate for at least 2 hours.
8. Top with whipped cream if desired.





## Yogurt Bagels:

### Ingredients:

- 1 cup Greek yogurt
- 1 cup flour (can use self-rising)
- 2 tsp baking powder
- ¼ tsp salt

### Directions:

- Whisk flour, baking powder, and salt together in a mixing bowl.
- Add the yogurt and work until it forms a dough consistency.
- Divide the dough into four sections.
- Roll out each section of the dough and form a ring shape.



## Ranch Dressing

- 1 cup of Greek Yogurt
- 1 tbsp red wine vinegar
- 1 clove of fresh crushed garlic
- ½ tsp onion powder
- 1 tsp dried Italian seasoning
- A pinch of salt and pepper



### Optional Toppings:

Lightly beat an egg and brush on the bagel. Add sesame seeds, poppy seeds, etc. Line a cookie sheet with parchment paper or use a non-stick spray. Bake in a preheated 375-degree oven for 25 minutes until lightly browned.

### Recipe Substitutions using Greek or Skyr Yogurt :

- Use 1 tbsp of yogurt in place of 1 tbsp sour cream or mayonnaise
- Use 1/2 cup yogurt + 1/2 cup cream cheese instead of 1 cup cream cheese.
- Use 1/2 cup yogurt + 1/2 cup butter instead of 1 cup butter.
- Use 3/4 cup yogurt in place of 1 cup oil.

### Other Ideas:

- Add yogurt to mashed potatoes or in place of sour cream on a baked potato.
- Use in place of whipped cream or ½ yogurt ½ whipped cream mixture for a fruit dip.



SECTION 3 Stories  
PATIENT & FAMILY



# Bump, Set, Inspire:

## Amanda's Breast Cancer Story



While showering, Amanda, a high school English teacher, and passionate volleyball coach, stumbled upon a small abnormality in her left breast. Despite her usual tendency to dismiss health concerns, a strong gut feeling urged her to address it right away.

"My journey began with an appointment at my obstetrician's office, followed by a series of diagnostic tests like a mammogram, sonogram, and biopsy," Amanda recounted. The heart-wrenching confirmation of breast cancer soon followed, inundating her mind with

images of celebrities, awareness campaigns, and the sobering realities of hair loss and mortality.

Unbeknownst to Amanda, her diagnosis coincided with the COVID-19 pandemic, an era filled with uncertainty and unique challenges within the healthcare system. Unaccompanied and with restrictions in place, attending appointments became an anxiety-inducing experience.

"The search for the right doctor was crucial, especially during those lonely appointments in the midst of the pandemic," she

explained. Thankfully, a fellow patient at New York Cancer and Blood Specialists (NYCBS), a trusted friend, pointed her in the direction of Dr. Alfredo Torres. "When I met him, I instantly felt connected to the practice. It felt like home. Little did I know it would extend far beyond the treatment phase and become a lifelong relationship."

Amanda's treatment regimen encompassed a series of formidable procedures: a bilateral mastectomy, reconstruction surgery, hysterectomy, and multiple rounds of chemotherapy.



Predictably, she encountered the anticipated side effects, including the loss of her hair. Yet, she discovered that the physical aspects of treatment were often overshadowed by the emotional and psychological toll they exacted. The real battle, she realized, commenced in the aftermath of cancer treatment as she grappled with adapting to a "new normal."

"Chemo, surgeries, and needles were tough, but strangely, they felt like the easier parts," Amanda expressed. "It's living life after cancer that's the toughest."

Despite the challenges, Amanda maintained an optimistic outlook, drawing strength from her outgoing personality and her role as a volleyball coach. Timing played a crucial role in her recovery, allowing her to focus on healing during a period when many activities were put on hold due to the pandemic. However, the transition back to work and coaching presented its own set of obstacles.

"My athlete mindset propelled me forward. I viewed myself as a survivor, not a victim," she asserted. "By constantly challenging myself and nurturing mental resilience, I discovered the power to overcome. It's how we respond to life's trials that ultimately define our outcome."

Throughout her arduous journey, Amanda's children, who were young at the time of her diagnosis, served as constant sources of motivation and strength. The unwavering support from her loved ones and the outpouring of support from former students and athletes played a pivotal role in her recovery.

"I was deeply humbled by the overwhelming support I received," she expressed. "Looking back, I am reminded

# Amanda Schmol

Breast Cancer Survivor



of the numerous individuals who played a significant part in my journey. It truly astonished me to witness the support of such young individuals."

This experience also imparted valuable lessons about the importance of proactive healthcare, early intervention, and the significance of cultivating a strong support network.

"It reshaped my perspective. Family time became more precious," she said. "I learned the importance of not ignoring your body and seeking early intervention."

Amanda's bond with Dr. Torres deepened as she progressed through her treatment. She praised his exceptional bedside manner, calm demeanor, and unwavering confidence in his craft. The dedicated medical team, including nurses Amanda, Anna, and Megan, consistently provided attentive care, creating a safe and comforting environment during her visits.

"Dr. Torres has become an integral part of my life," Amanda said. "I trust him and appreciate his calm and confident demeanor. The nurses in the infusion room understood my needs; they knew when I needed space or wanted to talk."

Motivated by her own experience, Amanda and her volleyball team fundraise for the Islip Breast Cancer Coalition, an organization that supported her during her illness. She now advocates for breast cancer awareness and encourages other women not to ignore their bodies and to stay current with screenings.

"I have learned so much throughout this process that the earlier you discover something, the easier it will become, and the easier the journey will be. So reach out to the people you trust, find solace in your faith, and do not be afraid."





**Hats Galore:** Just a sample of the work being created by our caring and talented staff!

# KNITTING TOGETHER

## Hope and Healing:

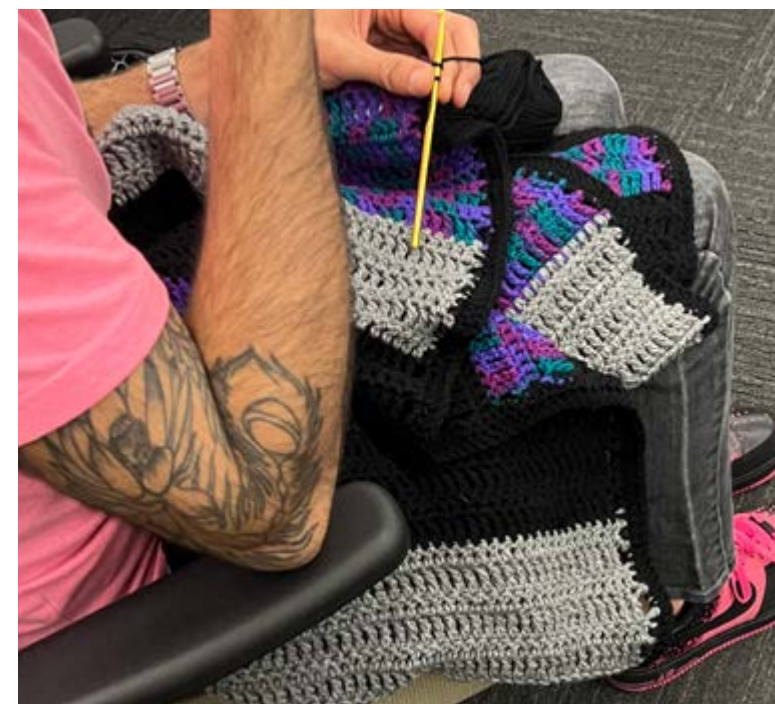
Celebrating 1 Year of NYCBS Stitch Therapy

**New York Cancer & Blood Specialists' Stitch Therapy has reached a momentous milestone as it celebrates its first anniversary! What began as a therapeutic outlet during Mental Health Awareness Month in May of 2022 has grown into a wonderful community initiative. Stitch Therapy has flourished from a small group of employees, attracting approximately 40 members from Manhattan, the Bronx, to the East End of Long Island.**

The impact of Stitch Therapy has been profound, as patients have shown love and appreciation for the handcrafted treasures created by the group. Whether it's the Port-Pillow Seatbelt Cushions that liberate individuals to buckle up comfortably with their Port-A-Cath, or the hats, scarves, blankets, and chemo-caps that provide solace to infusion patients, each item carries profound meaning for those who receive them.



**Crocheted 'Knockers'**  
(Breast Prosthetics)



Stitch Therapy offers much more than tangible goods. Knitting and crocheting, known for their therapeutic benefits, have been extensively studied and shown to reduce blood pressure, slow down dementia, and alleviate symptoms of arthritis and chronic pain. In addition, engaging in these creative activities fosters relaxation, concentration, and meditation, decreasing stress, anxiety, and depression. Moreover, the process cultivates patience, self-confidence, and a sense of belonging, embracing individuals from all walks of life.

Stitch Therapy has witnessed incredible success stories and unforgettable moments throughout the past year. In January 2023, the group's reach expanded to include patients and the general public, fostering inclusivity through Zoom meetings for those unable to join in person.

Stitch Therapy brings people together regardless of age, race, or background. Individuals form personal bonds by sharing this creative pastime, combating loneliness and isolation. Stitch Therapy has built a local community and connected individuals globally through social media, creating a vast network of support and camaraderie.

Exciting plans are underway to expand and enrich the Stitch Therapy program by establishing meetings in additional locations, ensuring greater accessibility and convenience for all participants. The aim is to make this transformative experience available to as many people as possible.

Individuals and organizations can contribute to



the remarkable journey of NYCBS Stitch Therapy in various ways. Whether an experienced knitter or crocheter, you can lend your skills to craft specific items. Donations of yarn, crochet hooks, and needles are gratefully accepted.

The impact of NYCBS Stitch Therapy speaks volumes. Lap blankets, regular hats, chemo caps, Port-Pillow Seat Belt Cushions, and crocheted Knockers (breast prosthetics) have been created and distributed to various offices, bringing comfort, joy, and empowerment to those in need.

NYCBS Stitch Therapy has become a beacon of hope and healing for patients and community members alike. By combining the therapeutic benefits of knitting and crocheting with unwavering compassion, this program inspires resilience and ignites a renewed sense of possibility. As it embarks on its second year, NYCBS Stitch Therapy remains dedicated to providing comfort, connection, and a creative outlet to all those affected by the challenges of cancer.



## Estimated # of items that have been made/ distributed to the offices to date:

Lap Blankets - **15**

Regular Hats - **120**

'Chemo Caps' - **35**

Port-Pillow Seat Belt Cushions - **150**

Crocheted 'Knockers' - **15**

(Breast Prosthetics)



To learn more about how you can get involved and support NYCBS Stitch Therapy, please email John Haffner-Henriques at [Jhenriques@nycancer.com](mailto:Jhenriques@nycancer.com).

SECTION **4** Bulletin  
NEWS & UPDATES



# Ribbon Cutting Smithtown

On Tuesday, June 20th, we celebrated the opening of our new Smithtown Oncology & Hematology Center located at 119 Terry Road, Smithtown, NY 11787. A ribbon-cutting ceremony was held to mark this momentous occasion, symbolizing the beginning of a new era in our commitment to serving the Smithtown community! Local politicians and community members toured our state-of-the-art facility and met our team of experienced physicians.

The state-of-the-art facility offers a modern design, advanced medical equipment, and comfortable patient-centric spaces to create an environment that fosters healing, comfort, and hope.







# Upcoming New York Cancer Foundation Events

Head over to [nycancerfoundation.org](https://nycancerfoundation.org) to learn more about our events!

## Laughs for Hope Fundraiser: July 13th, 2023

Join CGYS Entertainment and local comedians for their Laughs For Hope Fundraiser benefiting the New York Cancer Foundation! Purchase your \$60 ticket at the door which includes the comedy show & dinner! Head over to Village Idiot Pub in Lake Grove on July 13th with friends and family for a fun evening! (Ages 16+)

## Run the Vineyard 5k: July 23rd & October 1st, 2023

Join us July 23rd, 2023, and October 1st at 9:00 AM for Run the Vineyard! New York Cancer Foundation has partnered with Good Day for a Run, LLC! All three races will take place at Pindar Vineyards in Peconic, NY! Join us for both races at Pindar Vineyard on July 23rd and October 1st! Use the code "NYCancerFoundation" for 10% off! A percentage of the proceeds from this event will benefit the New York Cancer Foundation! Possibilities Rescue, Inc. will also join us as they will have puppies available for adoption at the race!

## 5th Annual Raising Hope Golf Classic: August 7th, 2023

The New York Cancer Foundation is thrilled to host its 5th Annual Raising Hope Golf Classic on August 7th, 2023! Please join us at Nissequogue Golf Club for a beautiful day on the course, including raffles, a silent auction, and live music! Can't join us for golf? Join us at 5:30 PM for our cocktail reception! All proceeds from this event go to the New York Cancer Foundation, helping cancer patients struggling financially in our very own communities.

## 1st Annual New York Health Conference: August 26th, 2023

On August 26th, we are excited to be hosting the Inaugural NY Health Conference, to be held at the beautiful Garden City Hotel. With speakers from various pharma sponsors, the Physicians, APPs, and Nursing staff will enjoy a day of education and networking.

## 10th Annual Patient Celebration Day: September 9th, 2023

Our favorite day has arrived! Join us Saturday, September 9th, at Bald Hill Amphitheater as we welcome over 1,500 NYCBS patients for a fun-filled day! This year, we will have exciting activities with new rides, live music, raffles, and catering by Felicos!

## 3rd Annual Raising Hope Gala: October 13th, 2023

Join the New York Cancer Foundation for an exquisite evening of dinner and dancing as we honor Ted Okon, Executive Director at Community Oncology Alliance. The night will also include a live and silent auction on October 13th, 2023, at Ziegfeld Ballroom in New York City!

# 10th Annual Patient Celebration Day

Our favorite event has arrived for its 10th year!!

Join us

**Saturday, September 9th, for the 10th Annual Patient Celebration Day at the Bald Hill Amphitheater from 12- 4 PM!**

This fun-filled day for patients, caregivers, and their families is expected to have over 1,500 people attending this special event this year. NYCBS will support this event, placing no burden on patients and caregivers. Any support remaining from this event will be donated directly to the New York Cancer Foundation to continue to help oncology patients with their household bills. We are actively looking for volunteers! Head over to [nycancerfoundation.org](https://nycancerfoundation.org) to sign up to volunteer!

**Attendees will enjoy family-friendly activities, including new rides, live music, carnival games, raffles, catering by Felicos, and an area dedicated to Working Paws Training, a dog training and adoption center! The event will also have a pop-up store where patients can find free clothes, shoes, and wigs! We can't wait to see you there!**



# 8<sup>TH</sup> Annual Clinical Education Conference:

The 8th Annual Clinical Education Conference was a fantastic experience for all involved—exhibitors, speakers, and attendees alike. We celebrated our exceptional clinical team at the luxurious InterContinental New York Barclay from June 2nd-4th. As New York Cancer & Blood Specialists strives to prioritize maintaining the highest level of patient-centric care, furthering the education of all clinical staff is crucial to achieving this goal. The proceeds from this event raised almost \$500,000 for our New York Cancer Foundation. These funds will help cancer patients and their families with household bills and transportation to and from oncology appointments. This is only possible with the support of conference attendees! Not only does this event educate and celebrate our clinical team, but it will help over 200 oncology patients with their everyday needs.





# Nutrition Team Updates

## By Wendy Kaplan, Director of Nutritional Services

We have had the pleasure of having a dedicated and enthusiastic student, Liv Burroso, shadow our Nutrition team on several occasions. From day one, Liv has shown a strong interest in learning more about the field through observation and her curiosity and drive to learn. We look forward to seeing her develop her clinical skills as she grows in her role and gains more exposure to the field. We believe that education is a partnership, and we are honored to play a role in fostering the growth and development of the next generation of nutritionists.

## Thank you from Liv Burroso:

I would like to personally thank each team member that I worked with in the different locations of the New York Cancer and Blood Specialists for helping me move toward my goals, including both completing my Undergraduate and Master's Degrees' and becoming a Registered Dietitian. Being able to shadow the dietitians at the different treatment centers was an amazing experience. The staff members are courteous and dedicated to each and every patient.

## We are excited to share that we will have a new team member, Patricia Salvio, joining us at the end of July.

We now offer onsite Nutrition Consultations at some of our PCP locations, including Mt. Sinai, Riverhead & Port Jefferson Ob-Gyn. Telehealth is available for all patients. Please call to schedule a nutrition appointment.

**Reach out to [nutrition@nycancaer.com](mailto:nutrition@nycancaer.com) with any questions.**



# Career Opportunities

## RADIOLOGIST

Contact: Robert Nicoletti - CHRO  
[rnicoletti@nycancer.com](mailto:rnicoletti@nycancer.com)

## STAFF HEMATOLOGIST/MEDICAL ONCOLOGIST NEEDED IN BROOKLYN, NY, AT OUR BROOKLYN HOSPITAL

Location  
Contact: Eric Jackson  
[eric.jackson@oneoncology.com](mailto:eric.jackson@oneoncology.com)

## POST DOC PSYCHOLOGIST ELMHURST, QUEENS, BAY SHORE MEDICAL ONCOLOGY, SMITHTOWN MEDICAL ONCOLOGY

Contact: Robert Nicoletti - CHRO  
[jschomber@nycancer.com](mailto:jschomber@nycancer.com)

## NURSE PRACTITIONER (NP) / PHYSICIAN ASSISTANT (PA) BAYSIDE MEDICAL ONCOLOGY, STATEN ISLAND MEDICAL ONCOLOGY, NEWBURGH MEDICAL ONCOLOGY

Contact: Robert Nicoletti - CHRO  
[apprecruitment@nycancer.com](mailto:apprecruitment@nycancer.com)

## MEDICAL FRONT DESK RECEPTIONIST

Contact: Robert Nicoletti - CHRO  
[careers@nycancer.com](mailto:careers@nycancer.com)

## HEMATOLOGIST/ONCOLOGISTS

Contact: Robert Nicoletti - CHRO  
[eric.jackson@oneoncology.com](mailto:eric.jackson@oneoncology.com)

## HISTOLOGY TECHNICIAN PORT JEFFERSON STATION MEDICAL ONCOLOGY

Contact: Robert Nicoletti - CHRO  
[careers@nycancer.com](mailto:careers@nycancer.com)

## LICENSED PRACTICAL NURSES (LPNS) CENTRAL PARK MEDICAL ONCOLOGY

Contact: Robert Nicoletti - CHRO  
[careers@nycancer.com](mailto:careers@nycancer.com)

## HEAD NURSE ELMHURST MEDICAL ONCOLOGY

Contact: Gregory Colas  
[gcolas@nycancer.com](mailto:gcolas@nycancer.com)

## LAB TECHNOLOGIST PORT JEFFERSON STATION MEDICAL ONCOLOGY

Contact: Robert Nicoletti - CHRO  
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## HEAD NURSE STATEN ISLAND MEDICAL ONCOLOGY

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# New Hires

**Alicia Hinds** (Registered Nurse)

**Alyssia Bellospirito** (New Patient Coordinator)

**Angelina Hughes** (Patient Communications Operator)

**Christina Aprile** (Overnight Lab Assistant)

**Christopher Lembo** (Float Receptionist)

**Christopher Todd** (X-Ray Technologist)

**Danielle Auwarter** (Ultrasound Technologist)

**Danielle Fenton** (Intake LPN)

**Danielle Zacher** (Medical Front Desk Receptionist Float)

**Dena Mathew** (Physician Assistant)

**Isabella Reed** (Registered Nurse)

**Janae Remy** (Lab Medical Assistant)

**Jenna Dimech** (Patient Communications Operator)

**Jennifer DiRusso** (CT Technologist)

**Jocelyn Alvarez** (Medical Assistant)

**Joseph School** (X-Ray Technologist)

**Kaitlyn Murtagh** (Registered Nurse)

**Katelyn Boyle** (Intake LPN)

**Katherine Sievers** (Physical Therapy Aide)

**Kimberly Lorio** (Registered Nurse)

**Madeleine Kirby** (OBGYN Float MA)

**Matteo Asher** (Billing Assistant)

**Megan Alexander** (Medical Front Desk Receptionist)

**Megan Donlevy** (Nurse Practitioner)

**Melissa Rhodes** (Patient Communications Operator)

**Michelle Diaz** (CCM Medical Assistant)

**Oscar Recinos** (Patient Communications Operator)

**Rachael Lewis** (LPN Float)

**Rachel Tanenblatt** (Radiation Therapist)

**Rita Wu** (Histotechnician)

**Shari Puleo** (Breast Radiology Coordinator)

**Sherese Simon** (Lab MA)

**Tashanna Brown** (Nurse Practitioner)

**Veronica Vargas** (Medical Assistant)

**Virginia David** (LPN)

**Zirong Zhang** (Medical Lab Technologist)

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