

Assemblyman

Michael Cusick:

Focus on

Women's Issues

May 2010



Dear Neighbor:

This pamphlet has been prepared to provide you with information about programs and services that are unique to women. The enclosed information will alert you to many services available that may be helpful to you.

If you have any questions or need assistance in accessing any of these services, please do not hesitate to contact my office at 718-370-1384. If you would like additional copies of this pamphlet, please let us know.

Sincerely,



Michael Cusick
Member of Assembly

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FREE MAMMOGRAMS

Sunday, July 18th — 10 a.m. to 4 p.m.

1911 Richmond Avenue

Assemblyman Cusick is working with the American Italian Cancer Foundation to station a mammography van outside of his district office. The van provides free screening to women over 40 who have not had a mammogram in the past year. It is scheduled to be at his office on **Sunday, July 18th from 10 a.m. to 4 p.m.**

Uninsured women will be able to partake in this service without providing documentation. Insured women must bring their provider ID and policy number and their insurance company will be billed. They will not have to pay out of pocket.

“I am proud to offer this free lifesaving service to my female constituents,” Cusick said. “A mammogram is the single most effective way to prevent breast cancer and I urge all women over the age of 40 to undergo this test once a year. Please tell your family members and friends.”

The mobile van needs **25** committed women in order to come for the day.

Women who are interested must schedule an appointment by calling **Assemblyman Cusick's district office at 718-370-1384.**

New York State Cancer Services Program

Prevention and Early Detection

The Cancer Services Program provides screening services for breast, cervical and colorectal cancer for underserved individuals. For more information:
Cancer Services Program: http://www.health.state.ny.us/nysdoh/cancer/center/cancer_services.htm



Team Cusick 2009 Breast Cancer Walk at Clove Lakes Park.

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Cancer FACTS

Screening can prevent cancer of the cervix, colon, and rectum by allowing doctors to take out pre-cancerous tissue before it becomes cancer. Screening can also detect cancer of the breast, colon, rectum, cervix, prostate, oral cavity, and skin at early stages. For most of these cancers, early detection has been shown to reduce the number of deaths caused by cancer.

For more information, contact:

The American Cancer Society

1-800-227-2345

Toll-free

<http://www.cancer.org>

General signs and symptoms it could be cancer:

- Unexplained weight loss
- Fatigue
- Pain
- Skin changes
 - *Darker looking skin (hyperpigmentation)
 - *Yellowish skin and eyes (jaundice)
 - *Reddened skin (erythema)
 - *Itching (pruritis)
 - *Excessive hair growth
- Change in bowel habits or bladder function
- Sores that do not heal
- White patches inside the mouth or white spots on the tongue
- Unusual bleeding or discharge
- Thickening or lump in the breast or other parts of the body
- Indigestion or trouble swallowing
- Recent change in a wart or mole or any new skin change
- Nagging cough or hoarseness

An Early Breast Cancer Detection Plan should include:

- **Beginning at age 20:** Performing breast self-exams and looking for any signs of change.
- **Age 20 to 39:** Scheduling clinical breast exams every three years.
- **By the age of 40:** Having a baseline mammogram and annual clinical breast exams.
- **Ages 40 to 49:** Having a mammogram every one to two years depending on previous findings.
- **Ages 50 and older:** Having a mammogram every year.
- **All Ages:** — Recording personal exams, mammograms and doctors’ appointments on a calendar or in a detailed file. — Maintaining a healthy weight, following a low-fat diet, getting regular exercise, quitting smoking, and reducing alcohol consumption.

Heart Disease FACTS

Prevention and early detection, along with accurate diagnosis and treatment, are vital steps to a healthy heart. It is important to educate yourself on risk factors and to make changes in your lifestyle to prevent heart disease.

For more information, contact:

The National Coalition for Women with Heart Disease

1-877-771-0030

Toll-free

<http://www.womenheart.org>

Begin with these three basic changes:

- Add more physical activity to your daily routine
- Eat heart healthy foods and watch portion sizes
- If you smoke, consider quitting
- Limit alcoholic beverages

Warning signs of a heart attack:

- Discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest lasting more than a few minutes, or if it comes and goes
- Crushing chest pain
- Pressure or pain that spreads to the shoulders, neck, upper back, jaw, or arms
- Dizziness or nausea
- Clammy sweats, heart flutters, or paleness
- Unexplained feelings of anxiety, fatigue or weakness—especially with exertion
- Stomach or abdominal pain
- Shortness of breath and difficulty breathing

If you are having symptoms, call 911, take an aspirin to prevent further blood clotting, and demand that the emergency room staff take your complaints seriously. Make sure the doctor gives you an EKG and/or blood enzyme test to see if you are having a heart attack.

Do You Know Your Numbers?

Total Cholesterol: <200 mg/dL	HDL (“Good”) Cholesterol: 50 mg/dL or higher
LDL “Bad” Cholesterol:	Triglycerides: <150 mg/dL
Optimal: <100 mg/dL	Blood pressure: <120/80 mmHg
Near optimal/Above Optimal: 100-129 mg/dL	Fasting Glucose: <100 mg/dL
Borderline High: 130-159 mg/dL	Body Mass Index (BMI): <25
High: 160-189 mg/dL	Waist Circumference: <35 inches
Very High: 190 mg/dL and above	

Legislative UPDATE



Assemblyman Cusick stands with Joan McKeever Thomas, Dina Tush (mother of Jessica Tush) and NYS Board of Regent Christine Cea to mark the start of Teen Violence Awareness Week.

through twelve. Respect and self-esteem education that is age appropriate would be added to the annual curriculum for students in grades kindergarten through six. Raising issues of self-esteem and self respect before children start dating will pave the path for healthier and safer relationships in the teen years. This legislation is pending action in the Assembly and Senate. The bill is sponsored in the Senate by Senator Diane Savino.

Assemblyman Cusick introduced **A.10206—The Jessica Tush Act**, to put a new curriculum in schools statewide, in the hopes of preventing domestic violence among young people. The bill was introduced for Jessica Tush who was murdered in 2008 by an ex-boyfriend who was later sentenced to 23 1/2 years in prison. This bill would add age appropriate dating violence and self-esteem education in the annual school curriculum for students in grades seven

Delta Day at the United Nations

Assemblyman Cusick speaks at Delta Day at the United Nations where he was presented a plaque for his efforts in fighting to eliminate violence against women and girls.

Pictured with Rosia Blackwell Lawrence, member, National Social Action Commission (moderator) and Quincy A. Lucas, Founder & President, Witney’s Lights, Inc. discuss “Protecting and Empowering Women and Girls Against Domestic Violence.”



Legislation Signed into Law

Chapter 240 of 2009

Extends health insurance coverage to unmarried children to age 29 years under a parent’s policy.

Chapter 80 of 2009

Prohibits employers from discriminating against victims of domestic violence or stalking.

Chapter 13 of 2009

Requires college campuses to provide students with information about domestic violence and stalking.

Chapter 361 of 2009

Expands the membership of small-business and minority and woman-owned business advisory boards.

Legislation Passed in the Assembly

A.1148

This legislation would assist small businesses in achieving pollution prevention and complying with federal and state environmental laws.

A.3911 The New York State Fair Pay Act

This bill addresses the issue of pay equity, and the need for state enforcement of a prohibition on such inequities. It adequately reflects comments from a broad coalition of labor and women’s groups.

A.5458

This legislation aids in the assistance of obtaining technical, managerial, financial and other business assistance for

certified minority and women-owned business by creating enterprise advocates.

A.6195

This bill seeks to strengthen current provisions of the law to protect victims of domestic violence. It permits victims with existing orders of protection who are seeking to prevent a recurrence of domestic abuse to extend their order upon a showing of good cause.

A.6509

This bill would provide for unlisted telephone numbers without charge for victims of domestic violence for whose benefit an order of protection has been issued.



Legislative Disability Awareness Day

Assemblyman Cusick was recently named to serve as Chair of the New York State Legislative Task Force on People with Disabilities. This Task Force is largely responsible for bringing about needed upgrades in public transportation and property to give full access to people with physical disabilities. To learn more, contact my Albany office at 518-455-5526.

Staten Island School Children visit Albany at the 2009 Annual New York State Assembly Legislative Disability Awareness Day. The children are winners of an essay contest sponsored by Assemblyman Cusick on “What Disability Means to Me.”

Important PHONE NUMBERS

The National Women’s Health Information Center

U.S. Department of Health and Human Services
1-800-994-9662 TDD: 1-888-220-5446
<http://www.womenshealth.gov>

New York State Health Insurance Programs

New York State Department of Health
518-474-8646
http://www.health.state.ny.us/health_care

Staten Island University Hospital Center for Women’s Health

440 Seaview Avenue, Staten Island, NY 10305
718-226-6550
<http://www.siu.edu>

Veterans Health Information

U.S. Department of Veterans Health Benefits Service Center
1-877-222-VETS (1-877-222-8387)
<http://www.vba.va.gov/VBA/>

New York State Division of Veterans’ Affairs

1-888-VETS NYS (1-888-838-7697)
<http://veterans.ny.gov>

New York City Resources for Women Living With Domestic Violence 24-Hour Hotlines

New York City Domestic Violence Hotline **1-800-621-HOPE**
Victim Services Agency (Now Safe Horizons) **212-577-7700**
Staten Island Project Oasis Safe Homes **718-447-5454**

The Division of Minority and Women-Owned Business Development (“DMWBD”)

This program promotes equality of economic opportunities for MWBE’s and eliminates barriers to their participation in state contracts. For more information:
New York City: Empire State Development, 633 Third Avenue, New York, NY 10017
Phone: 1-800-STATE-NY (1-800-782-8369)
<http://www.empire.state.ny.us/MWBE.html>

Nutrition Information on the Internet

www.nutrition.gov is a service of the National Agricultural Library that provides easy access to excellent food and nutrition information for consumers. Nutrition.gov provides information and links to MyPyramid, the Dietary Guidelines, dietary supplements and food safety.

The Food and Nutrition Information Center (FNIC) has a website <http://fnic.nal.usda.gov> which has more than 2,500 links to reliable and current nutrition information for consumers. FNIC has a “Consumer Corner” that provides excellent consumer-friendly advice.

Women’s Resource Center at the College of Staten Island

The College of Staten Island’s Women’s Center addresses the diverse needs of women students. For more information, contact **718-982-2871**
http://www.csi.cuny.edu/womenscenter/resources_violence.html

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Thinking About Quitting?

Alcoholics Anonymous 24/7 Hotline

212-647-1680
<http://www.statenislandaa.org>

New York State Smokers’ Quitline

1-866-NYQUITS (1-800-697-8487)