Seventh Annual Terri Schmitt Legislative Reception

By Rebecca Solomon

Members of the breast cancer community and members of the public gathered to meet local legislators, as well as network together and learn about advocacy, at BCCR’s seventh annual Terri Schmitt Legislative Reception on August 12, 2010. Named for Rush Town Supervisor and co-chair of our Board of Directors Terri Schmitt who died in 2002 at the age of 43, the annual event has established itself as a high point on our calendar. Over light refreshments in a vibrant atmosphere, women and men shared experiences, discussed what is new in treatment and services (as well as just some good social dish, of course), and had the opportunity to talk to

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Autumn is fully and gloriously here. Another season of action and service behind us. Another season of action and service ahead.

Every day, we field calls from women, men, families and friends looking for answers to their difficult questions about breast cancer. One person may need a bit of clarification about something someone told them. Another might feel the need for a support group. Some seek information about clinical trials. Others request assistance in finding community resources. The most difficult calls are from those just learning about the vast number of services and programs we offer, expressing surprise, bewilderment and frustration that no one had told them about the Breast Cancer Coalition sooner. “You should tell healthcare providers to tell us about you,” they admonish.

We want you to know that we work very hard to get the word out about what we do, including supplying newsletters and brochures to each mammography/breast imaging center. Though we wish the technicians, physicians, patient advocates and others working at these facilities would supply you with information about our organization directly, many of you have reported that this didn’t happen. We call, we visit, we provide information, but at the end of the day, imparting information about all of the community resources available to those newly diagnosed with breast cancer is in the hands of others.

We will continue to work harder than ever to help you, your family members, your friends and coworkers find us when you need us, at the time of diagnosis. In the meantime, if you hear of someone newly diagnosed, please tell them about us and help them get connected. Alternatively, you can call us on their behalf and we will send them a

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This year marks the 13th year of existence for BCCR. There is no organization in this part of the state quite like ours.
During the uncertain days and weeks following a diagnosis of breast cancer, having a connection with someone who has walked a similar path can be a source of hope and inspiration. The fear and mind-boggling array of decisions to be made don’t evaporate, but the words of someone who has “been there” are genuine, and can be empowering to those who are taking their first tentative steps in a journey that is never undertaken by choice.

The Breast Cancer Coalition has developed the PALS (Peer Advocates Lending Support) Program* to foster one-to-one connections between women who are newly diagnosed with breast cancer, or are currently in treatment for the disease, and others who have been through it and are moving forward with their lives. Most PALS connections occur between women who have never met before. But there are no hard and fast rules in that regard.

For Lori Kemp-Schneider and Anna Young, PALS has afforded two long-time acquaintances the chance to deepen their bond. Life circumstances had brought them together on several occasions before breast cancer became a part of the picture for either woman, and they formed an acquaintance that developed into mutual understanding and deep respect. They were part of the same social circle and attended many of the same events, such as weddings and parties. At one of these events, Anna and Lori found an opportunity to take a long walk together and talk about their lives. Both were in their late thirties and contemplating starting families. There was much to discuss and share, and each woman remembers that conversation as being particularly meaningful and helpful to her at that point in her life.

Two years ago, Anna was diagnosed with breast cancer, and she turned to BCCR for support. She was a frequent attendee at Brown Bag Fridays,* and has fond memories of those weekly gatherings. “It was such a relief to talk to people that knew what I was going through without words. I can’t explain it,” Anna recalls. After her treatment ended, she became a PALS mentor, gladly offering empathy and encouragement to women who were new to this journey. Here, she felt, was her chance to take the strength and hope she had received and carry it forward.

This past spring, Lori and two of her friends organized a gathering in memory of a good friend who had passed away. It was a high tea: a benefit to raise money for this person’s favorite charity. Anna, a mutual friend, and was invited to attend. On the day before the tea, Anna called Lori with some surprising news. While on vacation with her husband and daughter, life had taken an unexpected turn, and the family would be returning with a newly adopted infant son. “I couldn’t have foreseen going on vacation and coming home with a baby boy,” Anna says, and had to excuse herself from the tea for that reason. Lori recalls thinking happily, “Oh my golly, a baby!”

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Advocacy...Our Voices Were Heard

by Phyllis Connelly

Whose voices were heard?
Members of the Breast Cancer Coalition and those of other New York State breast cancer advocacy organizations.

Who listened?
Our elected State Representatives.

What did they hear?
We were advocating for a law in New York State banning the sale of baby bottles, sippy cups, pacifiers and straws containing BPA.

Why would we care about baby products?
BPA has been linked to early onset puberty and breast cancer. BPA is detected in 93% of Americans. Infants have been shown to have the highest levels of all. Scientific evidence is mounting: infants may be vulnerable to serious developmental problems through accumulative exposure to BPA – an endocrine disruptor.

What is BPA?
Bisphenol-A, a chemical used in some plastics.

What are endocrine disruptors?
Synthetic chemicals that, when absorbed into the body, mimic hormones such as estrogen. They disrupt normal bodily functions.

What harm might this absorption cause?
In February of this year, Dr. Linda Birnbaum, Director of the National Institutes of Health, gave testimony to Congress regarding the Institute’s research on Endocrine Disrupting Chemicals (EDC). She emphasized four harmful aspects of exposure: effects occur with low levels of exposure; there is a wide range of effects; these effects are persistent; and there is widespread exposure. These four aspects point to an emerging public health concern. EDCs have been linked to early puberty in girls (sometimes as early as age 7 or 8).

Why is early puberty in girls a concern?
The risk of breast cancer may be increased by longer exposure to estrogen. This is why we are grateful to State Assemblymen Errigo, John, Morelle, Gantt, Reileich, Koon, Kolb and Hawley, Senators Alesi, Maziarz, Nozzolio, Robach and Volker, and Governor Patterson.

They heard our voices and passed a strong bill providing protection NOW to our most vulnerable population while we impatiently wait as research continues.

(Right) Marianne Sargent and Jodi Dietz

The annual open house continues to put faces to names, and helps renew our presence as a force in our community. Each event disseminates information through conversation, history sharing and personal contact.

The brief program presented each year, part tribute to Terri and part usable news bytes to attendees, took a poignant and profound direction this year. Mary Beth Allyn, Terri’s oldest daughter, gave a powerful message to all in attendance when she shared her personal status that, having now tested positive for BRCA-2*, her chances of being diagnosed with breast cancer have skyrocketed to 85% and she will now do “whatever it takes” to reduce her risk. These words fell upon palpable silence in the room. Mary Beth had put a face and a name, the visible persona of a mother and a wife, to the disease so many face, and the loss so many suffer.

Stating that her mother, a fearless warrior, would also have
taken every step she could have if she’d had the knowledge and the opportunity, Mary Beth continued: “This is just one example of how medical advances are saving lives. … [but] improvements in genetic testing, screening, and treatment are not enough. We need to find a cure. Programs like BCCR, which support and educate women about breast cancer, are crucial in the overall fight. Legislation that directs resources, or controls pesticides, or helps educate people on the realities of breast cancer, are important as we work toward ending this devastating disease… my fears will not be calmed until we find a cure.”

Advocacy comes in many forms. Sharing your story with a policy maker can provide new informative details, sharing histories with other cancer survivors often hatches new ideas, and simply being a presence helps build a team. To have an even greater impact, consider becoming part of an advocacy team that visits our lawmakers.

While researchers continue to learn, women, and a small number of men continue to be diagnosed with breast cancer. As Mary Beth Allyn said, “We’ve come a long way, but we’re not there yet.” Research, education – and advocacy – will, we believe, get us there.

* BRCA-2 is a genetic mutation that increases the risk for breast and ovarian cancers.
There are many ways to deal with the difficult emotions that surface in the wake of a breast cancer diagnosis. One commonly used method of working through feelings and fears is to write about them. To empower breast cancer survivors who choose to express themselves in writing, we offer Voices and Vision, a professionally facilitated weekly workshop where women can explore their thoughts via the written word in a safe and confidential setting. This group has been meeting since 2006, and as it has evolved, it has remained a treasured time for those who have been connected with it. These pages are dedicated to all who have taken part in Voices and Vision, both past and present, and who have used the healing power of writing to move forward in their journey with breast cancer, and ultimately, in their journey through life.

We are grateful to those who have shared a part of their story on these pages, and to all who have found a place to let their inner voice speak in Voices and Vision.

Where I'm From
By Betty Miller

I'm from the earth and I plant and smell the freshness in the air.
Can't wait to hang my clothes on the line come Spring.
I'm from the moon and stars as I swing from one to the other.
I'm from music and math and madness...always tapping my feet, singing a song, solving puzzles and rushing around.
I'm serene at dawn when I say morning prayers and reflective at night when I retire, thanking God for my blessings.
I'm a woman, mother, grandmother and friend.
I'm from Venus and bathe in the glory of femininity.
I'm from cucumbers, grapes, blueberries and tomatoes--all good things that I put into canning jars.
I'm from the earth...
Facilitator: Kathy Simpson

One of my mottos is “it’s never too late”: I didn’t return to school until I was 38; I started my masters in my mid 50’s. My career path has been quite crooked with twists and turns I could not have predicted. After being a stay at home mom and working in child advocacy issues and reviewing grant proposals, I returned to school, earning a degree in English and Women’s Studies. For twelve years I worked in higher education, mostly in college admissions, but with a short stint in career counseling, and co-authored a book. Then I chose to return to school again, earning a degree in mental health counseling. Now, as a licensed mental health counselor working at a local outpatient mental clinic, I serve clients dealing with mental health and substance abuse issues (where I use writing exercises in my work). I have loved all my jobs! I also love to read, cook, journal, kayak, and camp on the cliffs of the Bay of Fundy and listen to the whales.

Why attend V&V? It’s fun and full of surprises. We never know what creative streak the writing prompts will tap into. Performance pressure gets left at the door. The group is supportive without being a support group. When facilitating, I look forward to V&V all week and am grateful for the opportunity.

Facilitator: Elizabeth Johnston

Hello. My name is Elizabeth Johnston and I have been facilitating writing workshops for the BCCR since the Fall of 2008. I also teach a wide range of courses in composition and literature at Monroe Community College in Rochester, NY. My favorite courses to teach are “Women in Literature” and “Female Icons in Popular Culture,” both of which speak to my passion for educating people about issues of gender. In 2007, a colleague and I organized and facilitated the Take Back the News College Writing Project, a writing workshop for survivors of sexual assault. Shortly afterward, in the Fall of 2008, I was invited to facilitate the Voices and Vision writing workshops at the BCCR. What I love most about this workshop is that it emphasizes the power of storytelling to heal trauma and build community. I know that some people might hesitate to take a writing workshop because they lack confidence about their writing ability; what I would say to those concerned about being “good” at writing is that this workshop isn’t about evaluating or improving your skills as a writer. It’s about using writing to heal yourself. When participants choose to share what they’ve written, I have been blown away by the inherent beauty in their individual voices. I believe this is because they are writing about what matters to them; their words are genuine and tell stories of struggle, bravery, and survival. I have taught writing for eleven years, but it is within the community of Voices and Vision that I have learned what real storytelling means, and I am grateful to the participants who come each week to share that with me and with each other.

Pink
By Amy C. Wilkin

The Breast Cancer Coalition of Rochester taught me Pink.
A pink as pale and soft as my pink ballet slippers
leaping across the wooden dance floor in the spacious sunlit studio
as the notes of Chopin, Schubert, or Brahms
crescendo and cascade intricately from the grand piano.
Pink has many shades, tones, hues, and intensities -- as many as all my BCCR friends who share this pink bond with me.
The pink satin ribbons of my ballet shoes tie us together as we waltz, pirouette, glissade, and grand jeté across the vast stage of life.

November Winds
By Amy C. Wilkin

November winds swiftly sweep
Over trees and landscape, whip around corners
Veer left then right, rustle swirling leaves
Evermore…
My hair tussled by the gusting winds
Bristling leaves scattered along the damp walkway
Evermore…
Remembrances of years past remain.

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**Generic Versions of Arimidex Now Available**

On June 28, 2010, the US Food and Drug Administration (FDA) approved 11 different generic versions of anastrozole (Arimidex), an aromatase inhibitor. Aromatase inhibitors are a class of drugs used to reduce the risk of recurrence in hormone receptor positive breast cancer in the adjuvant setting; that is, after the main therapy has been completed. In addition to surgery, the main line of treatment can include chemo, radiation, and other forms of therapy. Aromatase inhibitors block the formation of aromatase, an enzyme that gives rise to the production of estrogen. Less estrogen is available to fuel the growth of hormone receptor positive cancer cells. Aromatase inhibitors have been shown to significantly reduce the risk of recurrence in post-menopausal women, but they have no effect on estrogen production in the ovaries. For menstruating women, tamoxifen is the first-line hormonal therapy.

This is the first time that generic versions of an aromatase inhibitor have been made available in the US. Access to a generic option will potentially reduce costs for breast cancer patients for whom anastrozole has been prescribed. Other aromatase inhibitors currently approved for use are Femara (letrozole) and Aromasin (exemestane). Women who are candidates for aromatase inhibitor therapy can consult with their doctors as to which drug is the best option for them. When cost is a deciding factor, having a generic alternative available is a good thing.

Resources:
- www.cancer.gov/cancertopics/treatment/aromatase-inhibitors
- www.breastcancer.org

**ODAC Recommends Against Use of Avastin in Breast Cancer**

The Oncologic Drugs Advisory Committee (ODAC) voted on July 20, 2010, to recommend that the FDA revoke its approval for the use of bevacizumab (Avastin) in the treatment of breast cancer. The FDA has delayed a final decision on the matter, and expects that decision to be made by December 17 of this year. Accelerated approval for the use of Avastin in breast cancer patients was granted by the FDA in February 2008, against ODAC recommendations, and contingent on positive results from clinical trials. While early results from these trials were promising, Avastin’s side effects, ineffectiveness in treating disease-related symptoms, and lack of overall survival benefit have prompted the new ODAC recommendation.

Avastin belongs to a class of drugs that inhibit angiogenesis, or the formation of blood vessels that supply tumors with nutrients. It is used in the treatment of colo-rectal cancers, as well as some metastatic lung and renal cancers. Its use in breast cancer, however, will need further study.

Resources:
- www.fda.gov/AdvisoryCommittees/CommitteesMeetingMaterials/Drugs/OncologicDrugsAdvisoryCommittee/ucm195226.htm
- www.cancer.gov/ncicancerbulletin/072710/page2
Program Coordinator’s Update

Tracey Dello Stritto

Although our 2010 programming year is almost over, be watching for events and programs that will take us all the way through the end of the year; programs like our P.A.L.S training session, Saturday gentle yoga, support groups and our Holiday Open House!

As the summer breezes have blown away and the autumn air surrounds us, my thoughts have shifted into the fall harvest - a time of bounty and beautiful scenes. This time of year my senses turn toward fresh, crisp apples and juicy, ripe grapes that are used in hot apple pies and sweet jam! It’s time for our physical bodies to begin adjusting to the cooler nights and shorter days, and as we mourn the loss of warm breezes and hot days, we can take the blessings from the past months and pay it forward into this time of giving.

My tenure here at the Breast Cancer Coalition has been over a full year now, and I have had the opportunity to see women come through our doors with a diagnosis of breast cancer and within one year come out on the other side of the year finished with treatment and fully prepared to handle anything life throws at them. Many of the women have mentioned the knowledge and support they have received through the programs here at the Coalition, and the relationships forged with the other women have been a tremendous help throughout their journey. Many times relationships are made organically through groups and programs; other times they are fostered through our PALS program.

Our PALs (Peer Advocates Lending Support) project is a grant funded program that provides a peer mentor and a pack of goodies to those who are newly diagnosed with breast cancer in the greater Rochester region. This program is well into its third year and has been able to support many, many women who are facing a breast cancer diagnosis. Those in our community who have undergone their own treatment in the past and are interested in being a peer mentor, fill out an application and partake in our Pals training program. They are then added to our community of mentors who are interested in helping those who are newly diagnosed who may have many fears, questions and concerns. It is important to have a carefully selected PALS mentor. Someone who is fluent in the language of breast cancer and who has learned to navigate the unfamiliar terrain, can make the experience more manageable, even

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To learn more about our support programs and the information available at BCCR, please call Tracey at 585-473-8177.

Are you on our mailing list?
Is your e-mail address and/or phone number a part of our listing? Please send us your information for our mailing list so that we can offer e-mail news as well as print news. Send your information (full address or just your other details) to Tracey Dello Stritto at tracey@bccr.org

Thanks!

What is Brown Bag Friday?
Beginning at noon on Fridays at BCCR, you will find a supportive, non-judgmental group of women (a variety of breast cancer survivors – some newly diagnosed, some in treatment, some several years out) conversing over whatever they have brought to eat for lunch & coffee, tea, and dessert made possible by a donation from a Brown Bag Friday Lunch sponsor. Our topics are varied! This is a non-traditional breast cancer support group hosted by BCCR staff. There is no need to call ahead or RSVP. Just grab a sack lunch and join us!
It has been one hot busy summer as volunteers attended festivals, health fairs and fundraisers. The pavement pounded with the weight of luggage wheels; cars were packed full with merchandise; the air rang with the sounds of volunteers calling out to festival goers.

We started off our summer journey with Mary Jo Deichmiller helping at the third annual Z Car Club Show on July 10th, followed by Fran Mann representing us at the July 18th Triple Creek Golf Club Breast Cancer Tournament. We continued the journey to the end of July with Laurie Phillips working at the Puerto Rican Festival on July 31st (I sure do hope she managed to snag some good food). And let us not forget the ever helpful Karen Destino, who worked at the Community Cancer Coalition’s Survivor Day at the Seneca Park Zoo.

This leads us to the pinnacle of the summer festival scene – Park Avenue Festival. The delicious weather brought the crowds out and our booth was ready for them. We had a constant stream of festival goers buying raffle tickets and merchandise, as well as collecting brochures and newsletters.

Saturday’s booth crew included Benita Aparo, Nancy Germond, Mary Jo Deichmiller, Bridget Dugan and Betty Digby. The equally awesome Sunday crew included Nicole Knight, Karen Destino, Michelle Cook and Rosalia Pagliano. As much as we love representing the Coalition, eating the food and listening to the music, we all seem to share a common interest – the entertaining art of people watching!

Looking ahead I see the calendar is chock full of fundraisers and health fairs. We’re basking in the afterglow of The ARTrageous Affair Breast Cancer Gala and Breast Cancer Awareness month. We are grateful to the myriad volunteers who make our presence known in the community.

To volunteer call Niki at 585-473-8177 or email her at Niki@bcr.org

The year 2002 brought Benita Aparo into our lives. Barb Pifer, our Office Manager at the time, remembers the laughter and giving spirit that Benita brought with her. She lost her mother to breast cancer and decided that her mission was to reach out and help the Coalition in any way she could. It wasn’t long before Benita earned the nickname “Wonder Woman,” as she was always willing to help in any capacity. She has worn many hats; as a committee member, a festival volunteer, a BCCR rep at our functions…and always with a ready smile and hearty laugh. Through her employer, Starbucks, she was instrumental in obtaining a $1000.00 charitable donation once a year for many years. Barb said that the highlight of her many adventures with Benita was flying 40 feet in the air on a pink boom lift during a fundraising event – they were quite the sight in ropes, harnesses and pink hard hats (an ensemble I wish I could have seen).

Welcome to our new Office Manager, Connie Zeller!
A diagnosis of breast cancer is a traumatic, life-altering event, and the emotions that follow in its wake are complex. Each individual develops a unique emotional response, bringing into play, among other things, their personality, history, and support system. The immediate physical reality of cancer is beyond a person's control, and it is perfectly reasonable to experience sadness, fear, and anxiety when faced with it.

Here in the northern latitudes of Western New York, the winter days bring long hours of darkness. Seasonal Affective Disorder (S.A.D.) is an issue for some people. S.A.D. is a condition marked by symptoms of depression that occur at the same time every year, most often beginning in the Fall and continuing into the winter months. The symptoms can include feelings of hopelessness, anxiety, lack of energy, appetite changes, and difficulty concentrating and processing information. S.A.D. is limited to the season and can be treated by health professionals if it interferes with normal functioning.

For those who are dealing with a diagnosis of breast cancer, its treatment, or its aftermath, the Winter months may bring an emotional double-edged sword. It might be difficult to discern the difference between the normal feelings a person experiences when dealing with breast cancer and S.A.D. But whatever the cause, if your emotions seem to be in a downward spiral, there is help.

Dr. David Sachs, a Philadelphia psychiatrist and advisor to the organization Living Beyond Breast Cancer (LBBC), says in an article printed in the Fall/Winter 2002 issue of Insight, the group's newsletter, that sadness and anxiety are common and reasonable responses to a breast cancer diagnosis. Depression can also be triggered. There are important differences between sadness and depression. Both may involve feelings of sorrow, discouragement, and disappointment. Someone who is sad sees her or his diagnosis as an unfortunate act of fate, but a depressed person also feels guilt and self-blame.

Fear and anxiety are two common feelings among those dealing with breast cancer, and it can be hard to tell them apart because they feel the same. When fear is present, there is a real, imminent danger. Anxiety revolves around a sense of potential or perceived peril. Dr. Sachs believes that understanding the difference between the two will facilitate recovery.

The emotions surrounding diagnosis and treatment sometimes do not surface until active treatment has ended. “It's difficult at the time of diagnosis because you have to hold yourself together emotionally to go through treatment,” says Dr. Sachs. “After treatment, when the person encounters a situation that reminds them of the initial diagnosis, that causes an intense emotional reaction that was not experienced at the time the diagnosis was made.” Follow-up visits, routine mammograms, and anniversaries of significant dates are among the things that can trigger these strong reactions.

For those dealing with these issues, there are many helpful resources and avenues to express emotion. LBBC offers a downloadable Guide to Understanding Your Emotions, a publication that offers some sage practical advice. For example, you can begin a path to emotional healing by acknowledging your emotions and communicating them to the people around you, letting them know when you need support and when you need some time alone. Eating healthy foods, getting regular activity, and maintaining a consistent

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Healthy YOU

Whole Grains
Ancient foods find a home on modern tables
By Pat Battaglia

Whole grains are powerhouses of nutrients. Grains in their unrefined state are a rich source of vitamins, minerals, carbohydrates, fiber, fats, and protein. Refining removes most of the naturally occurring nutrients, and the resulting product is largely carbohydrate.

The Whole Grains Council (www.wholegrains.org) has cited many studies pointing to the benefits of consuming whole grains. But whether you’re looking to alleviate a specific health concern or to improve your overall nutrition, including whole grains in your diet makes sense. The wide variety of grains available makes for some interesting, flavorful eating. Wheat, rye, corn, oats, and rice are the most common grains consumed in our culture, but there are some lesser known ones that can add variety and nutrition to your diet.

Amaranth is an annual herb, not a true grain. The name comes from the Greek word for “never fading flower.” and the highly nutritious seeds of this herb can be cooked as a cereal or ground into flour that can be used in baking. When making yeast breads with amaranth, it must be combined with other flours for best results.

Spelt is an ancient sub-species of wheat. But unlike wheat, its vital nutrients are found in the inner part of the grain, and are not removed by milling. Containing a broader spectrum of nutrients than regular wheat, it has a nutty flavor and imparts a soft texture to baked goods when spelt flour is used to replace wheat flour.

Quinoa (pronounced KEEN-wah) has been cultivated in South America for thousands of years. The ancient Incas called it the “mother grain,” and revered it as sacred. Like amaranth, it is not a true grain. Highly nutritious and gluten free, quinoa can be used in casseroles, soups, stews, stir fries, and cold in salads.

Teff is native to Ethiopia. It is the world’s smallest grain, and the name comes from the Arhamic word for “lost” because the grains are easy to lose if dropped. Despite its small size, teff is big on nutrition. There are dark and light varieties, with the light being favored by many for its sweeter taste. Bread made from teff flour is an Ethiopian staple. Teff is also available in whole grain form that can be used in soups, stews, pilafs, and polenta.

Triticale (the last four letters rhyme with “daily”) is a man-made hybrid of wheat and rye. It contains more gluten than rye, and more protein than either parent. Often ground into flour, it is used in baking and pasta.

Kamut® is a registered trademark of Kamut International, Ltd, and is an ancient relative of modern durum wheat. Highly nutritious, it can be substituted for wheat in recipes. It has an inherent sweetness and needs little or no added sweetening when used to make bread.

Shopping for Whole Grains

These and other whole grains can be purchased in natural foods stores as bulk items and in prepackaged form. In the Rochester area, a good variety can be found at Abundance Cooperative Market and Lori’s Natural Foods. They can also be found in the natural foods sections of grocery stores. Check the gluten free sections of both natural foods stores and grocery stores for amaranth and quinoa. Ordering grains online is another option. For example, Bob’s Red Mill carries many whole grain and gluten-free products: http://www.bobsredmill.com.

Recipe: Carrot, Tomato, and Spinach Quinoa Pilaf
*Toasting the quinoa results in a wonderful, nutty flavor.

Ingredients:
1 cup quinoa
2 teaspoons olive oil
1/2 cup onion, chopped
2 cups vegetable stock
1 teaspoon basil
1/2 teaspoon salt (or to taste)
1/4 teaspoon ground black pepper (or to taste)
1 carrot, chopped
1 tomato, chopped
1 cup baby spinach

Rinse the quinoa in a fine mesh strainer and let drain. Heat the olive oil in a sauce pan over medium heat; cook and stir the onion in the hot oil until translucent, about 5 minutes. Lower the heat; stir in the quinoa and toast, stirring constantly for 2 minutes. Stir in the stock and seasonings; raise heat to high and bring to a boil. Cover, reduce heat to low, and simmer 5 minutes.

Stir in the carrots. Cover and simmer until all the stock is absorbed, about 10 minutes more. Turn off the heat. Add the tomatoes and spinach and stir until the spinach has wilted and the tomatoes have given off their moisture, about 2 minutes.

Makes 4 servings.

Adapted from allrecipes.com.
Five days after the tea, Lori received her fateful diagnosis of breast cancer. Always the self advocate, she met one week later with Holly Anderson for a BC101 session.* BC101 is a one-to-one learning session about the basics of breast cancer and how an individual can use that information to understand their diagnosis and make fully informed decisions. At that meeting, Holly mentioned Anna, who at the time was considering a role as a temporary facilitator in a BCCR support group, filling in for a woman who had just given birth. “I know Anna!” Lori recalls thinking, and she asked Holly to have Anna get in touch with her.

The two women were “officially” connected under the PALS Program, but theirs is a bond that began before either woman received her diagnosis. Their friendship has blossomed under these conditions, and although neither would have chosen this route, they are grateful for each other. “It’s so classically bittersweet,” says Anna, who was happy to be able to reach out to Lori, but not about the circumstances. “We started with email…” begins Anna, and then in the style of true friends, Lori finishes the sentence: “…then we talked on the phone, and then you came over to my house with a big bag of goodies. I felt an immediate kinship and sense of trust…It was very sweet and it still is. I feel confident and comfortable in calling you or emailing you.”

Lori is currently undergoing chemotherapy, and Anna uses her memories of her own chemo experience to offer encouragement and practical advice to her friend. Both women have followed through on their earlier plans, and have become mothers. Continuing that role in the face of treatment is a major life challenge. Although the women are in different places in their parenting – Lori’s sons are 10 and 12, while Anna’s daughter was 4 when she was diagnosed – there is much common ground, and their talks often center on family. Lori keeps her family and friends updated about the latest news in her treatment with group emails, and Anna applauds that, saying to her friend, “You’ve been so good at keeping people in your life appraised of what’s going on and you haven’t been too shy with detail, which I find really helpful. You’re such a good networker. So many people love you.” This is the essence of PALS - the support and encouragement comes straight from the heart and has the full power of being based on direct experience.

As Lori’s story unfolds, Anna’s helpful hand remains extended. The two women maintain contact and occasionally marvel at the serendipity that has brought them together. And they often finish sentences for each other. “You think you know where your life is going, but…” begins Anna, and Lori adds “…you truly don’t ever.”

There’s nothing quite like a diagnosis of breast cancer to bring the vulnerability and frailty of life squarely into focus. But the interpersonal connections we forge with others are a source of strength and solidarity in the face of uncertainty. Making connections is what the PALS Program is all about, and whether they happen formally or informally, they are part of the spirit that makes the BCCR community special. Anna and Lori personify the power of healing interactions.

*For more information about the PALS Program, Brown Bag Fridays, BC101, and all our programs, please see page 18.

Volunteer Spotlight  Continued

I have much to be grateful to Benita for, but most recently she came to my rescue during the Park Avenue Festival. There was a wedding that I dearly wanted to attend, but naturally it was scheduled during the Park Avenue Festival. One phone call to Benita and she generously gave her Saturday afternoon to managing the booth and packing up all the materials at the end of the day. She then brought everything to me early Sunday morning. I was able to happily attend the wedding knowing Benita was in charge. 2002 was a very good year!

In lieu of or along with traditional Wedding Favors

Make a donation to the Breast Cancer Coalition. Call 585-473-8177 for more information.
Thank you to those who participated in the 8th Annual Tee’d Off at Breast Cancer Golf Tournament on Monday, July 19th at Shadow Lake Golf & Racquet Club. The day started out overcast but the intense enthusiasm at the event permeated the clouds! The Breast Cancer Coalition would like to thank co-chairs, Sean Patton and Lee Cordero for their continued dedication to the tournament. Their ‘get the job done, but have fun’ attitude inspires their committee, Charlot Reisinger, Remo Rossi, Susie Smith, Jerry Valentine, Dennis Beaver, Laura Frazier, Holly Anderson and Amy Connell to make each year’s tournament better than the last. We are pleased to report that the tournament boasted a record number of supporters including three (3) $1,000 sponsors and many returning volunteers! This year the event offered two different styles of raffles which offered more chances to win coveted items and, as in past years, there were raffle prizes galore! The Chinese Auction style raffle received rave reviews and will be repeated at the 2011 tournament. Donations of beautiful centerpieces, breakfast pizza, Snapple, water, raffle prizes, cheese, salon products and car washes made the day complete.

We would like to once again thank committee member, Dennis Beaver, for donating a week long stay at The Samoset Resort in Maine. We’re sure the lucky winner was as pleased as we were!
Tournament Results:

Men Winners
Sean Patton
Craig Schenk
Willie Waters
Floyd Grimes

Women’s Winners
Lori Betlem Lytle
Patti Catraldi
Tina Dentino
Jody Lauer

Mixed
Amy Hagler
Darlene Toole
Corey Monks
Fred Brown

Closest to the pin
Women: Darlene Toole
Men: Remo Rossi

Longest Drive
Women: Sally Calhoun
Men: Corey Monks

Our Generous Sponsors
American Century Investments
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Sylvia & James Cappellino
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Natixis Global Asset Management
Ontario Offshore Performance Specialists
Remo Rossi & Charlot Reisinger
Sharpcuts Lawn and Landscape Service

Our Generous Donors
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Brio Mediterranean Bistro
Cabor Creamery
CNY Healing Arts, Wellness Center & Spa
Columbia Management
Country Club Liquor Mart
Dick’s Sporting Goods
Eagle Cleaners
Empire Merchant North
Finger Lakes Coffee Roasters
Nicole Friberg
Gallea’s Tropical Greenhouse
Greystone Golf Club
Grinnell’s Restaurant
Henry B’s
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Izzo Golf
John Betlem Heating & Cooling, Inc.
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Lake Shore Country Club
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Locust Hill, Steve Barber
Laser Wash Group
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Monroe Golf Club, Jim Mrva
North American Brewing Company
Pace Windows & Doors
Preferred Plants
Ristorante Lucano
Salon Brio
Salon Europa
Savastano’s Bakery
Savoia’s
Scootie Seeman
Scott Miller Salon, Pittsford
Staples, Henrietta
Stefan Otter Fine Art Jewelry
Tantalo Photography
Target, Henrietta
The Little Bakery
Tony D’s
Volvo Rents
Wambach Farms
Wen-Li Adam Chen
Windsor Cottage
Wright Wisner
Wegmans, Penfield Road

Above, a winning foursome!

It was a beautiful day for golf!

Golf, good friends and good food!

Having a swingin’ good time!
Every Friday at Brown Bag*, breast cancer survivors gather to share the latest news about their journey and to offer each other support. No two sessions are alike, and the discussion often takes unexpected turns. To get the conversation going, our Programs Coordinator Extraordinaire, Tracey, poses a question for each participant to answer as she sees fit. Of course, addressing the topic of the question is always optional, and women are free to speak their minds – and always do! Tracey’s questions are thoughtful, and have spurred much meaningful discussion. A question that was asked at a recent Brown Bag session was as follows:

“Looking back, what are the one or two things that you know now that you wish you had known when you were going through treatment...or preparing for surgery...or recuperating from surgery...or when you were first diagnosed?”

Below, a sampling of the responses from participants that day:

“Be careful what you read about on the internet. Not everything may pertain to you and your particular diagnosis. But what you do read, be sure to ask your doctor about it.”

“I didn’t know what I didn’t know, but when I came to BCCR I understood what I needed to know. BCCR is a great resource and it gave me a basis to start from. Talking with BCCR gave me confidence to speak to my team and others.”

“Build a relationship with your team.”

“Wish I had known the role of the pathologist, because they are so critical in the whole diagnosis and treatment process. I would have asked to speak with them personally.”

“Allow yourself the time to make informed decisions (even if it take a bit more time).”

“Be sure to ask for reports – pathology reports, surgical reports, blood test reports. They belong to you!”

“I have been using positive imagery during my radiation. Instead of thinking about what is happening to my body throughout the process, I imagine the little, lost cells headed toward the bright light and leaving my body peacefully.”

“Wish I had known the role of the pathologist, because they are so critical in the whole diagnosis and treatment process. I would have asked to speak with them personally.”

“Discern for yourselves what is best for your own body.”

“I didn’t know what I didn’t know, but when I came to BCCR I understood what I needed to know. BCCR is a great resource and it gave me a basis to start from. Talking with BCCR gave me confidence to speak to my team and others.”

“I didn’t know what I didn’t know, but when I came to BCCR I understood what I needed to know. BCCR is a great resource and it gave me a basis to start from. Talking with BCCR gave me confidence to speak to my team and others.”

“Listen to your body.”

“As terrifying as this process is, the transformation that takes place, on ALL levels, brings us to deeper places. Be open to the journey and make decisions that are from your heart.”

*See pages 18 and 19 for a complete listing and descriptions of all our programs, including Brown Bag Fridays.
Pretty Is What Changes: Impossible Choices, The Breast Cancer Gene and How I Defied My Destiny, by Jessica Queller (2008), is a must-read for anyone who is faced with the tough decisions surrounding genetic testing. This book chronicles Jessica’s experiences, which include the loss of her own mother to breast/ovarian cancer and the discovery that she is BRCA-1 positive. As a single thirty-something, she grapples with the “Now what?” and shares relevant data that helped to inform her decision.

Days after finding out I was BRCA-2 positive I stumbled upon this book, and am so grateful I did. Once I started reading it, I couldn’t put it down. I was able to relate to many of her experiences, feelings, and fears. Reading this book was like sitting down for coffee with a friend, and hearing about the options that lie ahead. This book was an excellent starting point because she answered many of my questions and helped me navigate this unchartered territory as I begin to make my own decisions. She shares her story in a way that’s informative, honest, and relatable.

Family Scars
Anne Bishop

In April 2008, I was diagnosed with breast cancer...something I had always worried about as both my mother and aunt (my dad’s sister) had breast cancer. Both were diagnosed within six months of each other and both died within six months of each other ten years later. My decision was to have a lumpectomy in June @ Roswell and a surprise in the pathology led to a sentinel node in July. So I have two scars which are so well-connected...one high on my right breast, a couple of inches long...and a second smaller one under my arm. They look different now than they did eighteen months ago...and I look differently at them. Initially, they were a sign of my fear...and now they are an affirmation that as I say, “I left my cancer in Buffalo!” Today I am pampering my scars, going to physical therapy every two weeks where Tracey or Casey or Sue helps to minimize their impact and help make them fade away...literally and emotionally.

Am I proud of my scars? No, but they are part of me now...and remind me of my continuing successful healing journey and the blessed life that I live each day. And at a higher level, they connect me to mother’s scar - a much bigger one than mine, a long one from her radical mastectomy – and to my aunt’s, too. And they connect me to my son’s scars...which are a result of his leukemia in 1985 at the age of 2½. He has one from his broviac catheter...a little higher than mine on his right breast...and many on his lower back from bone marrow tests.

Family cancer scars...generations connected by hope and love.
For more information or to register for our programs, please call the BCCR at (585) 473-8177.

**Brown Bag Fridays**

At the Breast Cancer Coalition! Any given **Friday at noon** finds a group of women conversing over anything from the latest research on Herceptin to our own locally-funded research initiatives… from hair loss to funky re-growth…from neoadjuvant therapy to the latest clinical trials…from acid reflux to exercise…from recurring dreams to friends and family’s behavior…from prosthetics to bathing suits…from American Idol to The Amazing Race…and on and on! Feel free to bring your lunch and BCCR will provide delectable desserts!

This is a non-traditional support group, which is exactly what many of us have been looking for. Brown Bag is a drop-in program. There is no need to call ahead.

**Breast Cancer Support Group I**

This discussion-based support group, led by Claire Gladwell, RN, meets regularly here at the BCCR. Join with others coping with a diagnosis of breast cancer, share your experiences and lend your support. We meet **every three weeks on Tuesday evenings** from 5:30 to 7 pm.

Though no registration is required, please call BCCR for the next meeting date.

**Gentle Yoga**

On **Monday evenings**, you can find women stretched out on BCCR’s floor doing Gentle Yoga taught by Susan Meynadasy, a registered yoga trainer. Yoga sessions began in Spring 2005 and have been in high demand ever since. Sessions run in six week cycles and the class is limited to 14 breast cancer survivors. Advanced registration is required.

An opportunity for those living with metastatic breast cancer to share experiences, laughter and friendship with others living with it in an informal setting. Call 585-473-8177 for more information.

**Breast Cancer Support Group II**

This discussion-based support group, led by Peg DeBaise, MFT, meets regularly here at BCCR and is perfect for those who are newly diagnosed with breast cancer, or for those within the first two years following the end of treatment. Meets the **1st and 3rd Thursday of the month** from 5:30-7:00 p.m. This is an open support group- no RSVP required!

**Living with Metastatic Breast Cancer Support Group**

The Living with Metastatic Breast Cancer Support Group is designed to lend support to those who are coping with a diagnosis of advanced breast cancer. The group is led by Dr. Nancy Cooper, PhD who is a breast cancer survivor as well. The group meets the **1st and 3rd Wednesday mornings** each month at the BCCR. Participation in this group requires pre-registration.

**COMMON GROUND COFFEE HOUR**

A time to gather for those living with metastatic breast cancer.
Voices & Vision: A Writing Workshop for People with Breast Cancer

This exciting program gives people with breast cancer an opportunity to explore and express their feelings through writing. The warm and supportive group is led by a professional instructor. Not only has writing proven to be very therapeutic for breast cancer survivors, but this program is getting rave reviews! Workshops run in six week cycles on Tuesday evenings and advanced registration is required. This workshop is limited to 12 participants.

Peer Advocates Lending Support: P.A.L.S. SM

Peer advocacy is at the core of the philosophy behind the Breast Cancer Coalition of Rochester. In that spirit, we have developed the PALS Program. The concept of this program is simple: individual breast cancer survivors reach out to those who are new to the disease, providing a foundation of caring through one-to-one contact, helping them to connect to resources in the community, and working hard to instill confidence in the face of a difficult situation. Please call the BCCR to learn how you can become involved as a mentor, or if you would like to be enrolled in the program after your own diagnosis to receive some much needed support and a pack of goodies.

Young Survivor Networking Group

The Young Survivors Networking Group is hopping! The YSNG is co-facilitated by Miriam Iker, a clinical psychologist who specializes in children, families and adult women, and Amy Weetman, a young survivor specializing in peer support. Together they address issues including the impact of breast cancer on families, children, and careers. The Young Survivors Networking Group meets on the third Thursday at noon of every month. This is a drop-in group and there is no need to call ahead.

Friends & Family Support Group

This group is designed to offer support and guidance to those who have a friend, partner, or family member with a diagnosis of breast cancer. When the care-giver (male or female – any age) needs support – we’re here for you! If you are interested in this program, please call Tracey at BCCR at 473-8177.

Book Club

What if a traditional support group isn’t for you, but you still like the idea of participating in a supportive community following a breast cancer diagnosis? Join our Book Club! The BCCR Book Club will meet the 4th Thursday of the month, from 6:00-8:00 p.m. Participation is limited and sign-up is required. To reserve your seat and learn the next book selection, call Tracey at BCCR.
Our Fundraising Friends

The Z Car Club Car Show

The Z Car Club of Rochester hosted the 3rd Annual Jonathan Krenzer Memorial All Japanese Car Show on Saturday, July 10th. The car show was part of a three-day event which culminated with car owners and guests driving the historic Watkins Glen International Race Track. Sponsored by Hoselton Auto Dealerships the event raised over $2,500.00 for the Breast Cancer Coalition Rochester! Thank you to the Z Car Club and all attendees for your generous support!

BCCR’s Amy Connell along with our Warrior Horse graciously accept the donation from Z Car Club Vice President, Mike Noonan and his wife, Nancy.

Grey Wolf Martial Arts Kicked Into Action!

The students of Grey Wolf Martial Arts in Holley, NY participated in a kick-a-thon on July 31st. Individuals were sponsored $1 for each time they kicked a padded pole. They raised $3,283 for the Breast Cancer Coalition of Rochester. That’s 3,283 kicks! Thank you to the kickers and their sponsors!

Swing Dancing In Memory of a Friend

On August 26th the Rochester Swing Dance Network hosted a fundraiser in memory of their friend and ours, Janet Stager, at their Thursday Night Swing-In. $1,279 was raised during a night of dancing, raffles, and fun. We are so thankful for your support.

Amerks & Knighthawks “Pink” Night

BCCR’s Shatuma Poisson (center) with Amy Carey and Peter Lunstead

This year’s Pink In The Rink event, held on April 9th was a great success, raising $4,227 for the Breast Cancer Coalition of Rochester.

Bad Girls Do Great Things

Bad Girls from Western NY - Held their annual van-in on the weekend of August 20th. The 50/50 raffle raised $545 and the VAN NY vanning club generously donated $150. The donation was made in memory of Lynn Kester, who passed away this year from breast cancer, and in honor of Sandy Persons, a breast cancer survivor since 2009. Thank you for choosing BCCR as your beneficiary this year!
Longaberger Horizon of Hope Breast Cancer Awareness Brunch

The brunch, held on Saturday, September 11th, raised $1,075 for the Breast Cancer Coalition of Rochester. Thank you!

Spare Change Adds Up To Big Bucks!

Over the past year, The Stock Exchange Restaurant has taken donations of spare change from patrons. They also hosted a tailgate party for fans at an outdoor lacrosse game at Marina Auto Stadium. $1,500 was raised and generously donated to the Breast Cancer Coalition of Rochester. Thank you for your generous support!

Cycle Stop Annual Dice Run

Cycle Stop held their Annual Dice Run road race on September 12th, raising $2,469 for BCCR. Thank you!

Volvo Rents Golf Tournament

Our friends at Volvo Rents raised $3,000 during their golf tournament on September 18th. Thank you!

Spinning For A Cause

On August 29th the Rochester Fitness Center on Chili Avenue hosted the Pink Ribbon Ride spin-a-thon for the Breast Cancer Coalition of Rochester. Team members raised pledge money and took turns riding on a spinning bike for four hours. This first time event raised $5,406 for BCCR. Our heartfelt thanks go out to Tom Ross, event organizer, as well as the Rochester Fitness Center and all those who participated.

David and Melissa Grey

Thanks so much to David and Melissa Grey who raised $250 for the Breast Cancer Coalition with a dollar dance at their wedding reception.

5th Second Bloom Fundraiser

Held on September 24th, Second Bloom raised $293.77 for BCCR. Thank you!
Salvatore’s Pizzeria  All area Salvatore’s locations will donate a portion of the proceeds from every Superslice sold in a pink box during the month of October to BCCR. The company plans to make this an annual promotion so if you missed out this year be sure to look for the Pink Box in 2011!

World Gym  World Gym, at 1717 East Avenue, will donate $.10 for every mile logged on their pink Cybex treadmills, during the month of October, to the Breast Cancer Coalition. In addition, for every new member registration this month BCCR will receive $10. The treadmill promotion is open even to non-members so feel free to stop in for a quick work out.

Cut-a-thon  Artistic Designs Hair Salon, located on Park Avenue, will host their 7th Annual Cut-a-Thon for Breast Cancer on Sunday October 24th from 11am-4pm. Haircuts are $15 with ALL proceeds(INCLUDING tips!) going to the Breast Cancer Coalition of Rochester. The salon will have refreshments and prizes so stop by (no appointment necessary) and help fight breast cancer!

Turbo Kickboxing Class  Feeling energized?! On Saturday, October 30th head over Pieter’s Family Life Center for a Turbo kickboxing class. The Center is at located at 1025 Commons Way in Henrietta. Check-in for “Turbo for a Cause” is from 1:45pm-2:15pm. The class and raffle will be from 2:15pm-3:15pm. $20 donation at door, all proceeds to BCCR!

Roc City Roller Derby  “Bouting for Boobies” will be held at The Dome Arena on November 13, 2010. Three Roc City Roller Derby teams will compete in a round-robin tournament in a benefit bout for BCCR. Mark your calendars for this unique fundraiser! In addition to the bout Breast Impressions (www.breastimpressions.com) has cast 14 members of the Roc City Roller Derby league, and local artists have transformed the casts into works of art. These 14 casts will be auctioned during half-time, with the proceeds also going to BCCR. To preview the casts visit www.rocderby.com.

dancentre  The dancentré of East Rochester is hosting its 8th annual SHOP FOR HOPE event from 12 to 5 p.m. Sunday, November 14th to benefit the Breast Cancer Coalition of Rochester. Featured vendor items include crafts, beauty, home products, gifts, doll clothes, jewelry, purses and food. For more information call Barbara Grosser at 585-586-6764.

Windsor Cottage  It’s hard to believe but the holidays are right around the corner. Get a jump on your shopping and support BCCR at the same time! On Thursday, November 18th from 4-7pm Windsor Cottage will host the 2nd Annual Wrapped In Pink shopping event. Pre-wrapped gifts, beautiful ornaments, home décor accessories and of course heirloom-quality consigned furniture pieces will be available for purchase. BCCR will receive 10% of the evening’s proceeds. Light refreshments will also be served. For more info: www.windsorcottage.com

Resources:
www.llbcc.org
www.webmd.com/breast-cancer/news/20061113/breast-cancer-depression-common
www.mayoclinic.com/health/seasonal-affective-disorder/DS00195
D

Donations ending September 30, 2010

The name of the individual honored or remembered is shown in bold type. The Breast Cancer Coalition thanks donors for these gifts made since our last listing. (Donations made after September 30th will be included in the winter newsletter.) We apologize for any errors and/or omissions on our donor pages.

In Honor of:

Best Buy - Grand Opening
Best Buy Children’s Foundation

Maria Biemiller
Debra Mabo

Dr.’s Cole and Iyer
Rochester Mammography Association

Carol Kistner
Joan M. Call

Pamela Porter
Ardyth Van Valkenburg

Richie Lefrois - Birthday
Robin & Dos Vavarina

Bernie Todd Smith
Rochelle and Henry Richter

Robin Vavrina - Birthday
Susan Van Der Stricht

In Memory of:

Dorothy Blain
Susan M. March

Mary E. Boyle
Susan M. March

Helen Carr
Mr. & Mrs. William Herbst

Joanna Connor
Mary J. Kane

John Coniff
Kathleen D. Wurzer

Cora Daniels
Debra Duminuco
Ina Suher

Elinor Dioguardi
Daniel Azzarone
Karen Beadling
Gary Betters
Irene Cavallaro

Doris Dioguardi
Thomas Dowd
Anthony Ferreri
Mary J. Fisher
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Patricia M. Iman
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Members of the Webster Thomas
English Department
Yvonne Merkel
Therese Oaks
Patricia Pulver
LisaBeth S. Rank
Karen Savella
Glen Unger
Judith Ann Zydel

Roseanne LaFay
Edward and Jeanette Banker
Helene M. Brache
Jack & Mary Norio

Libby Loria
David and Rita Searle

Caroline Mirrione
Gia Allen

Rose Mulley
Marie A. Stracuse

Anthony Noto
Dr. & Mrs. Frank La Mar

Michael F. Palmeri
Andrew Cala

Laura Quigley
Marie E. Personte

Donald Ryan
Bruce Eseltine
Mr. and Mrs. Eugene Eseltine
Agnes Todd

Martin Sabath
Edgewood Estates Homeowners Association, Inc.

Kelli Schwert
Kenneth L. Elder Trustee
Jean T. Lazaroff
James R. Putnam
Dr. Susan M. Wright

Janet Stager
Jo Ann Fitzgerald
Glenn Gerstner
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Mary H. Graupman
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Kathryn M. Palladino
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Christopher Stager
Katherine Stager
Laurie A. Tepper
Carroll Wilcox
Karen Wilcox

Barbara A. Staub
Shirley M. Brennan
Kathleen E. Bridgeman
Donald R. Duemmel
Carol J. Eisenberg
Betty J. Gaffney
Rose Harrigan
Maryann Hartter
Rita A. Hummell
Marie H. Kelly
Kodak Retirees Friday Morning Breakfast Club

Christopher Paine
Patrick Randisi
Kimberly P. Stolp
Charles Twamley
Casey Zimmer

Friend's Circle $50-$999
Stephen M. Ashe
Deedee Corcimiglia
Louis Costanza
Brian Glitch
Duane Glover
Bonnie Guon
Keith Kretovic
Michael Lasch
Jose Lopez
Michael McKnight
Rebecca Miller
Zachary Ochs
Julie H. Odenbach
Sheila Rivers
Timothy Rosenzweig

Strike Out Cancer - Geneseo Women’s Softball
Janet Waller

Pink Ribbon Circle $100-$499
Kelly Adam
Israel Alvarez
Kimberly Andujar
American Rentals, LLC
Rachel Axelrod
Timothy Barnhart
Debra Braman
Donophan Clyburn
Michael Cronin
Paul Cummings
Embrasse-Moi LLC - Kristine Lannazzi
Brian Fanning
Kevin Granison
Michael Graver
Traci Harasymchuk
Clyde Horn
Michael Holloway
David Kazarov
Gail Kourofsky
Mark Lavere
Daniel McInerney
Frank Marshall
Keith Martin
Daniel Moran
Donald Morley
Waldemar Nieves
Gergory Olear
Jim Oliver
Sean O’Neill

Advocate's Circle $500-$999
Jeffrey Chartrand
Ashby Madison Hair Salon - Jennifer Lewandowski
Bishop Kearney - Pasta Dinner
Suzanne Campbell
Chicken Barbrque - Gates Chili Peer Leadership Class
Duke Energy
Simon and Josephine Bratman Family Supporting Foundation, Inc.
Marlin Johnson Rebounds
Joseph Moriarty
Sodus Bay Heights Golf Club - Luncheon
Gail Sullivan, Jewelry by GEM
Joyce Zappie, Ruby Rd. Clothing Co.
Manley Smith
Mark Veltz
Douglas Wagenhauser

Visionary Circle $1,000.00-$4999
Howard Clink
Girlsspa-parties - Amber Perez
Lynn Ann Poladino-Demott
Karl Pratt

BCCR Fundraising Event Donations Gifts In Kind
Cabot Cheese
Jackie Enright
Bruce Frank
Linda Gaylord
Kim Kircher
Staples
Temple Beth El
University of Rochester Women’s Caucus
Zeta Tau Alpha, RIT
The Zone 94.1

United Way Donations
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Michele Bessette
Curtis S. Signorino

Julia Ulrich
Sylvia E. Rose

Lori Warner
Jean MacArthur

Beverly Wilkin
George and Betty Dunn
Jane Reed

Contributor's Circle $1-$49
Dennis A. Asselin
Jackie Bidell
Alviron Evans
Eric Gertin
Mary F. Gilligan
Nancy Grossman
Christine E. Henningsen
packet of information. Don’t assume they will be told about the wonderful programs and services we provide. And let us know how you heard about the Breast Cancer Coalition. Please send us an e-mail, a note, or even a Facebook posting and tell us how you got connected.

This year marks the 13th year of existence for BCCR. There is no organization in this part of the state quite like ours. We continue to be the only full-scope independently-operated, community-based organization focused exclusively on Breast Cancer in the Greater Rochester Region. We ask that you continue to tell others about our work… offer your support in any way you can… and join the effort to eradicate breast cancer. Please read through this issue to learn about the amazing things we are doing to help end this disease. We are a powerful group. You can help us become more powerful. Please join us.

What I Wish I Knew continued

“I wish I knew how long it would take for my hair to grow back.”

“Stay positive, surround yourself with people who love you and are supportive – you can fight this! Don’t give up!”

“Pick one person you trust to advise you. Tell your well-meaning friends that the most helpful thing for them to do is for them to listen to you and trust your intuition. Breathe and know that you are not alone.”

“Seek out people who will help you get as much information as you can and help you to feel empowered to be in control of your life at a time when it may feel out of control. Use BCCR as a resource… the women I met there were sources of information, friendship and strength!”

“Slow down and get educated about your options. Get second or even third opinions. This is your life – don’t be rushed.”

“Breathe, don’t be railroaded into decisions based on fear. You have time to research your options.”

Friends Remembered...

Jennifer Azzolina
Sandy Czudak
Olive Eccles
Inez Law

Tributes Welcomed

Would you like to write about someone you have lost to breast cancer? We welcome submissions from friends and family members and are particularly interested in hearing stories about how they have touched and changed your lives.

Please send your submission with a digital photograph to Susan Meynadasy, BCCR Voices of the Ribbon Newsletter Editor, at susan@bccr.org.

We would be happy to honor your loved ones.
Wednesday, December 8, 2010
Holiday Open House
4:00 - 6:00pm

2011 Evening Seminars to come!

All events unless otherwise noted are at:
THE BREAST CANCER COALITION OF ROCHESTER
840 University Avenue
(Between Culver and Goodman)

Questions? Contact the BCCR at (585) 473-8177
Our larger pin, above, is in color on wood and measures 2 inches square. The smaller pin, shown below, measures 1 1/2 inches square and is also in color on wood.

Both pins are designed and handmade by artist LisaBeth Weber and available only at the Breast Cancer Coalition!

Stop by at 840 University Avenue in Rochester or call us at 585-473-8177 for more information or to order one or more! The cost is $10.00 each. We do accept Paypal as well as most major credit cards.

Take Action!

Become a Supporter of the Breast Cancer Coalition of Rochester by making a gift today!

Your donation will ensure that you will receive a subscription and invitation to all general meetings, educational forums, and special events. Additionally, you will help support our goal of creating an active voice in the Greater Rochester Region in the fight against breast cancer through advocacy, education, and support.

Name
Address
City State Zip
Phone
E-mail
☐ I am a breast cancer survivor

☐ $5000 Founder’s Circle
☐ $1000 Visionary Circle
☐ $500 Advocate’s Circle
☐ $100 Pink Ribbon Circle
☐ $50 Friend’s Circle
☐ $25 Contributor’s Circle
☐ $ Other

☐ I am not able to make a donation at this time but would like to be on your mailing list.

I would like to make an additional gift of $______

In ☐ Honor of
☐ Memory of

Please send notification of my gift to: (name and address)

Payment Choice
☐ Check, Money Order  ☐ Visa/Master Card/AmEx

Amount Enclosed $______

Credit Card No.
Expiration
Signature
Name on Card

Gifts of $100 + receive a complimentary Comfort Heart.

Remember the BCCR Library:
Browse, Borrow, Read!

Breast Cancer Coalition of Rochester
840 University Avenue Rochester, New York 14607
(585) 473-8177; www.bccr.org
BCCR cordially invites you to our Holiday Open House.

Wednesday, December 8, 2010
4:00pm to 6:00pm