How Lucky We Are!
written by Niki MacIntyre

There is nothing more uplifting during these gray winter months then enjoying a good, well-earned party. We did our best to gather together the best group of volunteers that any organization ever had and fete them with a Volunteer Recognition Party. We simply don’t have enough words to convey our appreciation for these good people, so we thought we’d thank them with food and drink. St. Patrick’s Day presented the awesome opportunity to let our volunteers know how “lucky” we are to have them.

In addition to honoring all our volunteer superheroes, we awarded special kudos to several hard-working volunteers who have shared so much of their time and energy with us. We were pleased and honored to present Joyce Wichie with the 2009 “Above and Beyond” award to thank her for truly going above and beyond on behalf of the Breast Cancer Coalition. In addition to serving as

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If it is Spring in Rochester, you can rest assured that breast cancer advocates are hard at work. Among the emerging crocuses, daffodils and forsythia are both seasoned and emerging breast cancer advocates ready to pound the pavement and knock on doors, all in an effort to ensure that our elected officials and our community-at-large are informed about breast cancer and breast cancer issues. It is true what you’ve heard. Breast Cancer exists all year long, not just in October.

On a recent chilly morning, twenty-three breast cancer advocates, including a Rochester RazorShark Basketball Team member, hopped a bus at 5:00 a.m. and made their way to Albany. Why? They were joining the New York State Breast Cancer Support & Education Network (NYSBCSEN) for our Annual Breast Cancer Advocacy Day. The NYSBCSEN is comprised of twenty-three grassroots, community-based, breast cancer-related organizations and advocacy groups. Each year, our member organizations provide support and education services to over 100,000 people affected by breast cancer in communities that stretch from Buffalo to Long Island. In Albany, we gathered in The Well of the Legislative Office Building to hear experts from across the state speak about our priority issues. (Story, page 6)

In February, we sent two of our young breast cancer survivors, Jen Schoen and Carrie Dailor, to the 10th Annual Conference for Young Women Affected by Breast Cancer, held in Atlanta, Georgia. The psychosocial and medical issues are fundamentally different for women under the age of 45 than those of their older post-menopausal counterparts, as is the impact of the diagnosis on family, friends, partners and children. Jen and Carrie spent three days learning about the latest medical, psychosocial and practical information from nationally acclaimed breast cancer experts. They attended workshops relevant to the recently diagnosed, those who have completed treatment, and those living with metastatic disease. They were also given plenty

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In her career as a professional health care advocate, Yvette Jackson is comfortable helping others navigate serious health issues. But the tables were turned when she was faced with her own diagnosis of breast cancer. Yearly mammograms were a matter of course for her, and on several occasions, benign cysts were detected and removed. Then, with no sign of anything to raise concern, Yvette went for a routine mammogram that led to her life-altering diagnosis.

“At first, I was numb,” she says. “I was going through emotions, but I couldn’t identify those emotions.” Despite her background as an advocate for others, she found it difficult to advocate for herself. A self-supporting woman who lives on her own, Yvette faced financial difficulties as a result of her diagnosis. For a time, money issues took center stage, and pushed more personal concerns aside. To help cope with the demands of frequent doctor appointments, Yvette gratefully relied on her daughter and a cousin to accompany her, regarding them as her “voice.” They listened and asked questions as she pieced together the strategy to fight her cancer.

In her medical team, Yvette found people who genuinely cared about her. Through diagnosis, surgery, chemo, and radiation, she came to see her health care providers as a group of professionals who clearly saw their work as more than just a job. She established genuine human connections with them, forging a therapeutic alliance that became another step forward on the path to healing.

During the months of treatment, Yvette developed coping mechanisms for dealing with the fears and the hard days. In the same manner that she had worked constructively toward resolving her financial problems, she began to work on the emotional issues that she had set aside. Scrapbooking and journaling became her outlets, and Yvette found her spirituality taking on new depth as she relied on her faith to help her through. In her words, she began to “turn a negative into a positive,” and turned her focus inward toward the mind/body/spirit connection. After all, she notes, “If your spirit is not well, you can’t be well.”

She had finished chemo and was in radiation when she attended her first Brown Bag Friday lunch. She had never been part of a support group before, and Yvette was apprehensive, uncertain about what to expect. Overcoming her doubts, she walked into the lunch that day feeling a complicated mix of emotions, and remembers that the experience was “uplifting.” She was among a group of women who listened with respect and empathy to her concerns. It was a safe place to express her fear, anger, and uncertainty. “There is therapeutic value in one supporting the other,” she says. Brown Bag lunches became her steady date every Friday at noon, and she treasured those times, leaving with all the positive energy she had gathered in the group to strengthen her throughout the week.

Yvette references Brown Bag Friday in the above story.

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!
I received an email from Holly at the BCCR wondering if I would be interested in attending the Young Women Affected By Breast Cancer conference in Atlanta. I read it and instantly smiled to myself. I had just listened to Barbara Brenner speak on NPR debating the terminology of a cancer “survivor”, as often used to mention someone who has received a cancer diagnosis. Barbara felt that the term “survivor” was a label of false hope and suggests that the cancer is behind them and they are cured. She felt that she was no better than someone who had lost their battle with the disease, just luckier. It was an interesting perspective on a topic that has become very widely debated in the past few years with no resolution, and I didn’t quite know how I felt about it. Was I okay being called a survivor? I would soon find an answer to this question.

We arrived early into Atlanta on Thursday and as soon as the doors to the Sheraton opened it was like the parting of the seas…PINK seas. I’m not sure if it was Carrie or myself but I heard a small gasp and I thought “well, okay…here we go!” I’ve never been one to identify myself by a certain article of clothing, a logo, symbol or signature color, and suddenly I found myself surrounded by pink luggage, pink scarves, pink ribbons, pink sneakers, pink hats. Pink was everywhere! I didn’t own anything pink. Would I not fit in? Would I stick out like a sore thumb? Would anyone know that I too had my own journey with breast cancer, because I’m not decked out head to toe in pink? These thoughts were quickly laid to rest upon registration and the branding of the green lei. Each member in attendance of the conference was given a lei to wear in a specific color, signifying their connection to the conference, such as if you had had breast cancer and years since diagnosis, high risk for breast cancer, medical provider, or care taker to someone with a breast cancer diagnosis. I had been branded. I was giving the same looks I was getting back. “She looks to be my age, she has a lot more hair than I do….I wonder how far out she is, did I pull off a head scarf that well”?

Day one of the conference we were introduced to 900 of the attendee’s, the largest turnout in the 10 years of its existence. We listened to many knowledgeable speakers, doctors, legislative representatives and young women who have been affected by breast cancer. They spoke of cancer survivorship being up 12 million from 3 million in...
In February, I had the opportunity to go to the Young Survivor Conference in Atlanta. The attendance included over 900 young survivors, from 42 states, and 8 countries. For the first time ever, I was seeing faces that I could relate to. And on one hand, it is so tragic that this many and more young people are affected, but on the other hand, what a great opportunity to embrace what we all went through together.

I had the opportunity to hear speakers on breast cancer topics relevant to young women. I learned about “The Early Act” which was just included in the Senate Health Reform Legislation which educates and encourages young women to be familiar with their breasts. I learned that part of President Obama’s health plan is to eradicate denial of coverage for pre-existing conditions, such as breast cancer. We heard from a spokesperson from The National Cancer Institute (NCI), about recent progress in recommendations to doctors to treat the whole person, not just the body part. We also learned that, in early 2006, the standard recommendation for women of child bearing age is to make sure there is fertility counseling before treatment starts with options of fertility preservation, such as freezing eggs. This becomes so important, since, for example, Cytoxan (a chemotherapy drug) causes 70 to 90% ovarian failure.

I learned how important nutrition can be both during and after treatment to keep the body strong. Studies have shown that 20 to 30% of people have anxiety/depression up to 5 years post-treatment and how important it is to manage this stress through yoga and other relaxation techniques. One way to reflect on life after diagnosis is that the normal you once knew will not be the same, and how important it is to find and embrace your new normal. One suggestion was that you need to give yourself at least the same amount of time to recover from treatment as the time you spent in treatment. After treatment, the NCI has recommended that each person request from his or her doctor a Treatment Summary and a Follow-up care plan. NCI has good post-treatment information in their booklet, called “Facing Forward,” which can be found on their website, www.cancer.gov.

I learned so much from the conference and how far we have come.

Young Survivor Soiree Recap

Who doesn’t like chocolate? But did you know there are some health benefits associated with moderate consumption of dark chocolate? At our last Young Survivor Soiree in November, we had the opportunity to learn about the differing levels of cocoa and what it all means. Tracey also led the group in a discussion of Finger Lakes wines and the wonderful pairing of dark chocolate and red wine! We practiced the 5 S’s of tasting red wine and dark chocolate and learned that both grapes and cocoa beans have similarities in their growing, harvesting and finishing process! Three Rochester Chocolatiers graciously donated chocolate to be examined and enjoyed! Many thanks to Hedonist Artisan Chocolates, Affaire de Chocolat, and Watson’s Chocolates for their delicious samples of truffles, chocolate pieces and bars.

The group then enjoyed sandwiches and snacks while catching up and getting to know each other. It was difficult to tell which chocolate was the most favored, but I can tell you one thing … there wasn’t a morsel of chocolate left at the end of the evening!

BCCR will host 2 more Young Survivor Soiree’s in 2010!

The first is scheduled for Friday, May 14th and once again there will be a theme.

Hint: April showers brings May flowers!
Very early on the morning of March 9th, twenty-four breast cancer survivors and supporters from Rochester traveled to Albany for the New York State Breast Cancer Network’s Education and Advocacy Day. The BCCR contingent gathered with representatives from all over our state to focus on health care issues, which could affect breast cancer patients.

We began our day listening to a presentation by Mark Scherzer, an attorney and access to health care advocate. He spoke on the timely topic of “What is next in health care reform for New Yorkers?”

This was followed with a discussion of the concerns to be brought to our local legislators. As the discussion evolved, it was obvious that the topics were ones that could affect every state resident. Legislation is being worked on that would limit the out of pocket cost of certain prescription drugs. Insurance companies would like to create specialty tiers within their prescription drug formulas. If this occurs, patients would be forced to pay a percentage of the cost rather than a co-pay. Insured individuals could still pay hundreds or thousands of dollars a month in prescriptions to treat life threatening or chronic illnesses.

As cancer activists, we care about our environment. Research has shown clear connections between the numerous chemicals our bodies are exposed to and the increased incidence of chronic illnesses. Policies and practices that support safe and sustainable green purchasing is a must. The NYS Breast Cancer Network supports the adoption of legislation that will require state agencies to purchase commodities, services and technologies that minimize potentially adverse impacts on public health and our environment.

Bisphenol A (BPA) is an endocrine disrupting chemical that has had a lot of press in the past year. It is used in many plastic products and in the lining of canned goods. By mimicking estrogen, BPA can affect genetic processes and normal immune function. Low dose exposure early in life may predispose babies to health disorders later in life. Legislation banning BPA from children’s products has occurred in several counties across our state. Now it is time for the state to lead the way. A strong law would mandate the use of safe alternatives that have been tested by independent researchers.

After discussing these issues, we headed out to meet with our various congressman and senators. While BCCR members found a high level of support for our concerns, we also learned the challenges of turning a good idea into reality. As we enjoyed our snacks during the bus ride home, we shared our own stories and our impressions of the day. All agreed that is was a worthwhile experience.
NYS Advocacy Day... Items focused on:

Health care

Environmental issues

back on the road again...

Far left photo: Marlin Johnson, Phyllis Connelly, Senator Mike Nozzolio (54th District), Holly Anderson, and Patricia Cataldi

Near right photo: Megan Quinter, Marianne Sargent, Senator George Maziarz (62nd District), Candice Lucas, and Patti Jacobs

Jean Lazeroff, Holly Anderson and Assemblyman Bill Reilich (134th District)

From top left: Patti Jacobs, Jean Lazeroff, Holly Anderson, Marla Curtis

From bottom left: Patricia Cataldi, Marianne Sargent, Candice Lucas, Jean Lazeroff and Tracey Knapton

Judy Wood, Megan Quinter, and Candice Lucas talking with Ashton Martyi, a representative of Assemblymember Susan John (131st District)
Since the mapping of the human genome, there has been a scramble among biotech companies to patent specific genes. Patenting the genes gives the patent holder rights to the genes, its mutations, any future mutations, any research performed on these genes, and any therapies treating the mutations. In the case of breast cancer genes, Myriad, Inc. has owned our BRCA I and BRCA II genes since receiving a patent for these from the United States Patent and Trademark Office following the development of a test kit in 1994.

Approximately 10,000 genes, nearly one-third of the genes identified, have now been patented by biotech companies. Though everyone has BRCA I and BRCA II, only a very small percentage of the population carry the mutation on one or both of these genes. The BRCA I and BRCA II genes have significant meaning to those with a familial history of breast cancer because those who carry a mutated or altered BRCA I and/or BRCA II gene have an increased risk of breast and/or ovarian cancer.

As a result of this patent, people cannot send their genes to any other lab to be tested, studied, or researched for potentially life-saving therapies. No other research laboratory in the nation can legally look at these genes without Myriad’s permission. Myriad charges approximately $3,200 for the test.

In May 2009, many professional organizations, including the American College of Medical Genetics, American College of Obstetricians & Gynecologists, College of American Pathologists, American Medical Association, American Society of Human Genetics, Breast Cancer Action and March of Dimes and others joined forces with the American Civil Liberties Union (ACLU) filing a lawsuit seeking to overturn this patent giving them exclusive rights to our DNA. This past week a federal judge ruled in favor of the ACLU and others in this ground-breaking genetics lawsuit and found that the patents were improperly granted because the genes are products of nature, not an invention by Myriad, and therefore cannot be owned by a biotech company. This finding will have enormous implications for all biotech companies holding patents on human genetic material. Myriad is appealing the decision.

We’ll be watching.
The 2010 program calendar is chocked full! For 3 months we have been diligently working to fill all 52 weeks of the year with programs designed to educate, support, and inspire those who are a part of our community.

Our educational evening seminars which are held the 4th Wednesday of each month are loaded with talented presenters featuring very appealing topics. In January we featured a presentation regarding Complementary Therapies with Deanne Bevin. In February, Dr. Kristin Skinner spoke about the history of breast cancer and how far we have come from the first radical mastectomy in 1882 – present. In March, Dr. Marcia Krebs presented “Long Term Effects of Chemotherapy” to a record-breaking crowd. For those turned away, we do have the presentation available for loan on DVD. A few more topics to wet your pallet for our 2010 seminar series: Nutrition and Breast Cancer with RD, Jennifer Kerr and a community forum with a panel of presenters to discuss the new mammography guidelines. These seminars are a hallmark of the Coalition and our goal is to represent emerging topics that will offer additional information and guidance to those who attend.

We also have a full year of breast cancer support groups scheduled into the program calendar including our Tuesday and Thursday evening support groups, as well as our Young Survivor Networking Group. Each are open to those who have a diagnosis of breast cancer – no matter the stage or age!

Our “non-traditional” support groups, Gentle Yoga and the Voices and Vision Writing Workshop, are scheduled into their Monday and Tuesday slots respectively. Each of these programs are only able to accommodate a specific number of participants, and because of their popularity, a waiting list is usually required. What a wonderful “problem” to have! If a 6 week commitment for these programs is too long for your personal schedule, we also offer a special Saturday 4-week session of Gentle Yoga at different times throughout the year. We will also be offering a special 3 week Sampler of Voices and Vision to those who have never had the opportunity to take this program in the past, or could never commit to 6 weeks (see page 14 for more information).

In addition to our monthly support group for those living with...
The year begins anew with health fairs and community fundraisers. Nancy Germond helped with the University of Rochester Health and Wellness Fair on, once again, a very cold and snowy day. We’ve come to accept that whatever day this Fair is scheduled for is the day that winter is roaring. Patty Reed, Mary Jo Deichmiller, Linda Gaylord, and Nancy Germond worked tirelessly at the “What Women Want” Weekend selling raffle tickets to benefit BCCR. Rose Agins shared a free weekend Sunday hosting our table at the Gilda’s Wellness Walk, and Betty Miller brought her good will and upbeat outlook to the over 60 women who took advantage of the free breast screening day at Highland Breast Imaging. Mary Carafos was our liaison for the popular “Pink the Rink” high school hockey event that raised, along with much appreciated donations, breast cancer awareness.

My job is wonderful. I get to work with all these good women doing all these good works.

We were a jovial and intrepid group who hopped on the bus to Albany for Advocacy Day. The “crack of dawn” start time didn’t deter our enthusiasm and determination as we headed to the State Capitol to visit our representatives. Our merry band consisted of Mary Kroll, Mary Ellen Vollmer, Judy Wood, Jody Dietz, JoAnn Popovich, Patti Cataldi, Olga Borodin-Russell, Marla Hamilton, Marlin Johnson, Patti Jacobs, Lori Griffin, Jean Lazaroff, Eileen McConville, Marianne Sargent, Phyllis Connelly, Holly Anderson, Megan Quinter, Patsy Robertson, Anne DaSilva Tella, Candice Lucas, Tracey Knapton and Niki MacIntyre (yes, I happily joined the bus crew). The next bus trip will be in 2012 – why don’t you plan on joining us.

Even though the winter snows are here, I know that quick enough the sun will be bright and the flowers will be blooming. Sunshine and blooms usher in the Pink Ribbon Run/Walk and the Lilac Festival. Please pencil these two May events on your calendar (May 9th for the Run/Walk and May 14th through May 23rd for the festival) because they both require so much support from our volunteers. If you have never had a chance to help out before, do think about doing it this year. Just send me a note, I’d love to hear from you.

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

Volunteer SPOTLIGHT

Kathy Raeside

Lights, Camera, Action!

written by Tracey Knapton

It was 6:45pm on May 27th, 2009, and I had just begun my position as program coordinator at BCCR 2 weeks prior. A large crowd began gathering for our educational evening seminar when suddenly a woman appeared with a video camera and began setting up to tape the presentation. As I was still new to my position, I wasn’t aware of who this woman was and why she would be setting up her camera? I soon introduced myself and met our Volunteer in the Spotlight, Kathy Raeside!

BCCR realized years ago that there is so much great information disseminated from our presenters at our monthly seminars that it would be fantastic to capture the presentation on DVD and add them to our resource library. For the last 3 years, Kathy has generously offered her time each month by video taping each and every seminar. Not only does she tape them, but she then takes the time to convert them into DVD format for our community to use. There have

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of opportunity to network and explore issues of concern with other young women. Read about their experiences as first-time attendees of a breast cancer conference on page 4.

Breast Cancer advocates are a tireless, well-informed bunch. In May, ten more advocates will make their way to Washington DC for the National Breast Cancer Coalition’s Advocacy Training conference where they will have four days of intense learning about new and emerging breast cancer therapies, differences in proposed healthcare plans, media influence, comparative analysis, and how breast cancer advocates can help to change the current paradigm. You will read about our experiences in future issues of Voices of the Ribbon.

After a few years of attending advocacy trainings, many of us have found that we think differently about the issues. Following discussion and examination of all we learn, it is not uncommon to begin to question how we have been influenced to think about breast cancer. We are continually challenged to examine each of the issues from an evidence-based perspective. Though a new diagnostic test may be touted as the answer, what are the answers really? What are the questions even… and who decides? Though a new therapy may seem like the answer to everything, we are taught to weigh the facts carefully. How much time to progression of disease or death did a particular therapy buy? At what cost and how do we pay? Was it quality time or were the side effects of the drug or disease marred by what seemed to be inevitable? How does hope fit into all of this? Rest assured these discussions are ongoing. And every year, new faces from the Greater Rochester Region join the dialogue.

So if you have ever donned a ribbon, run a race, walked a walk, climbed a mountain, bought a blender, copped a cap, or participated in the myriad other opportunities to support the cause of breast cancer, consider making a different sort of difference. Become an advocate. This is a great time to join us. We will greet several new members at the next Advocacy Committee meeting, always the 2nd Tuesday of the month at noon. Think about joining us… and then DO IT! Right here. At the Coalition. Free parking. Free ideas. A world free of breast cancer. That’s our goal.

**“Breast cancer advocates are a tireless, well-informed bunch.”**

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**WE APPRECIATE YOU!**

BCCR would like to extend a BIG thank you to **Paula Martin**, of Martin & Wiener Certified Public Accountants, for her assistance with tax forms this year.

*Thanks Paula!*
**Food for sleep**

**Lighter evening meals**
- Whole grain pasta* with parmesan cheese*
- Mild chili with beans*
- Lean meats* & poultry* with vegetables
- Sesame seeds* sprinkled on salad greens with tuna* and whole wheat crackers*
- Scrambled eggs* with cheese*
- Hummus* with whole wheat pita bread*

**Relaxing bedtime snacks**
- Whole Grain Toast* with peanut butter* (preferably all natural)
- Warm milk* with a pinch of nutmeg
- A banana and chamomile tea
- Lowfat yogurt* with granola

**Foods and eating habits to avoid**
- Too much food (especially fatty, rich food)
- Spicy or acidic foods
- Too much fluid right before bedtime
- Alcohol right before bed
- Caffeine
- Smoking

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**High fat and heavy meals late prolong the work of your digestive system and can result in a poorer quality of sleep. Try these lighter evening meal suggestions:**

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**ZZZ... Create a relaxing sleep environment**

Try these: keep noise level down, turn off the computer and television. Listen to quiet relaxing music. Keep your room dark during sleeping hours. Lay an eyepillow over your eyes. A comfortable room temperature and plenty of ventilation also help to create a relaxing atmosphere.

**ZZZ... Develop a relaxing bedtime routine**

Simple preparations for the next day; enjoy a bit of light reading or soft music; & retiring at the same time each night (even on weekends). Taking a warm shower or bath & massaging your feet and scalp are also great ways to signal your mind and body it’s time to wind down.

**ZZZ... Get regular exercise**

Getting regular exercise can regulate the waking/sleep cycle. Refrain from vigorous exercise in the evening. However, restorative gentle yoga poses such as: Legs Up the Wall Pose (Viparita Karani)*, meditation and deep belly breathing help our body to wind down.

* Legs Up The Wall Pose: Sit next to a wall with the side of your body on the wall and your knees drawn into your chest. Next, while lowering your back onto the floor bring your legs up the wall. Slowly releasing your whole back onto the floor. Closing your eyes and breathing. You may wish to support the low back with several folded blankets placed close and parallel to the wall. You may also try different positions with your legs, with knees bent and soles of your feet together.

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Foods containing the amino acid Tryptophan aid in sleep. Tryptophan is the raw material the brain uses to build relaxing neurotransmitters (serotonin & melatonin). Calcium helps the brain use tryptophan to manufacture melatonin. A light snack high in complex carbohydrates, a little protein and some calcium help to promote sleep.

- Whole Grain Toast* with peanut butter* (preferably all natural)
- Warm milk* with a pinch of nutmeg
- A banana and chamomile tea
- Lowfat yogurt* with granola

*Foods high in Tryptophan

It takes about an hour for tryptophan to reach the brain, so plan your snack accordingly.
Advice for Those Newly Diagnosed, Navigating the Puzzle

Bob Riter's involvement in the breast cancer community began in 1996 when he was diagnosed with the disease at the age of 40. Unlike many men with breast cancer, Bob decided to be public about his diagnosis and did it by writing an essay about his experiences that appeared in the July 17, 1997 issue of Newsweek Magazine.

Since 2000, Bob has been the associate director of the Cancer Resource Center of the Finger Lakes (formerly known as the Ithaca Breast Cancer Alliance). Bob provides direct client service, offering information and support to people with all types of cancer. He also writes a regular column about living with cancer for the Ithaca Journal.

The first few days following a cancer diagnosis are like riding on top of a speeding train. You're hanging on for dear life and can't quite see what's ahead. Although every situation is somewhat different, this is what I generally suggest:

- **Focus on** one step at a time. If you're having a biopsy next week, focus on that biopsy and don't let your mind wander to what might happen next. It's easy to overwhelm yourself with thousands of "what if" questions.
- **Family members**, friends, and complete strangers will give you advice. Be wary if they say, "You should do..." Though well-intentioned, they don't know what's best for you. You do.
- **Remember that** cancer treatments change rapidly. The treatment that was standard three years ago may not be standard today. What you hear from people treated in the past is usually out of date.
- **We often talk** about cancer as a single disease, but there are over 200 types of cancer. Don't assume that what you hear about one type of cancer holds true for other cancers as well.
- **Survival statistics** are averages. They can be helpful if you want a general idea of what will happen, on average, to a large group of people with your disease, but they can't predict what will happen to you.
- **Don't hesitate** to get a second opinion if you think it might be helpful. Your doctor won't mind. (If your doctor does mind, you should get another doctor).
- **A new cancer** diagnosis is rarely a medical emergency. You generally have several days or even weeks to explore your options. (Some situations do require immediate attention - ask your doctor how long it's safe to wait before beginning treatment).
- **Don't begin** a radical "cancer curing" diet or major lifestyle change during treatment. Just eat sensibly and nutritiously, exercise moderately, and get plenty of rest. You can make whatever lifestyle and diet changes you want after treatment is over.
- **Medications** that control side effects have improved tremendously, but not every medication works equally well for each person. Don't suffer in silence. Tell your doctor when you feel lousy. Other drugs may work better for you.
- **Nearly everyone** undergoing cancer treatment experiences fatigue. It's probably the most common and least publicized side effect. Conserve your energy for activities that are most important to you.
- **Recovery** is not a straight line. You'll feel better one day; then you'll feel worse; then you'll feel better. Don't be discouraged by the down days.
- **The end of treatment** is not necessarily a time of celebration. For many people, it's the most difficult time because you want to get back to your old routine, but you still feel tired and blah. Be patient with yourself.
- **Don't blame yourself** for your cancer. It's usually impossible to say why an individual got cancer. And no one -- no one -- deserves cancer.
Voices of Hope, Visions of Healing

A diagnosis of breast cancer affects all aspects of a woman’s being. Complex emotions arise, and each individual develops her own particular mechanisms for coping with them. Many turn to journaling as an outlet, as it provides an immediate release of pent up feelings, as well as a means to sort through what can feel like a whirlwind of thoughts. Recognizing the power of writing as a means of self-exploration and healing, we at BCCR have developed Voices and Vision, a group of women who meet regularly to practice their writing within the safe boundaries of a supportive group of breast cancer survivors.

Under the guidance of a moderator who offers gentle prompts, participants explore their inner territory as they write short journal entries. Reading these entries aloud to the group is often done, but not required, and the privacy of all members of the group is honored. The topics vary widely, and are not always related to breast cancer. The intent of this program is for each participant to connect with her unique, innate vision, and to find a voice to express that vision.

Held on Tuesday evenings at the BCCR office from 6 until 8PM, Voices and Vision runs in six-week sessions. Those who wish to sign up can do so at the beginning of each session, with the understanding that it involves a commitment to attend at least five of the six classes.

In addition to the Tuesday evening gathering, we are pleased to offer a Sampler Session of Voices and Vision in July. This will take place on three consecutive Saturday mornings: July 10, July 17, and July 24, from 10AM until 12 PM. Those who would like to experience Voices and Vision without committing to a six-week schedule can choose to attend one, two or all three of the workshops.

To sign up for either the Tuesday Evening group or the Summer Sampler session, please call Tracey at the BCCR office: 473-8177.

COMMON GROUND

If you are Living With Metastatic Breast Cancer and would like an opportunity to share experiences, laughter and friendship while connecting with others who are LIVING with it too, please join us for our latest offering:

COMMON GROUND is an informal, staff-supported networking group for those with Advanced/Metastatic Breast Cancer that will begin with a 30 minute presentation by a guest expert, followed by an hour of chatting, catching up, networking and getting to know each other.

COMMON GROUND is not a support group in the traditional sense and is not meant to take the place of a support group, or group or individual counseling. It is offered as a creative alternative that we hope will provide a forum for unstructured discussion and socializing.

This is a pilot program to gauge interest in an ongoing group. This group will meet at the Breast Cancer Coalition at 3:30 p.m. on the following dates:

- May 13
- June 10
- July 8
- May 27
- June 24
- July 22

You do not need to RSVP. You do not need to attend every session, although you are welcome to do so and we hope that you will!
### The Connection Between Cosmetics and Breast Cancer

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<th>Chemical</th>
<th>Carcinogenic</th>
<th>Disrupt Hormones</th>
<th>Source of Exposure in Cosmetics</th>
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<td>Animal Mammary Gland Carcinogen</td>
<td>Human Carcinogenic Risk Classification</td>
<td>Disrupts Endocrine System/ Estrogenic</td>
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<td>Benzene</td>
<td>X</td>
<td>IARC Known; NTP Known</td>
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<td>Bisphenol A</td>
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<td>IARC Probable; NTP Known</td>
<td>Cosmetic containers/packaging</td>
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<td>1,3-Butadiene</td>
<td>X</td>
<td>IARC Probable; NTP Known</td>
<td>Rubber sponges for applying cosmetics</td>
</tr>
<tr>
<td>1,4-Dioxane</td>
<td>X</td>
<td>IARC Possible; NTP Reasonably Anticipated</td>
<td>Petroleum-derived contaminant formed in manufacture of shampoos, body wash, children's bath products and other soaping cosmetics</td>
</tr>
<tr>
<td>Ethylene Oxide</td>
<td>X</td>
<td>IARC Known; NTP Known</td>
<td>Fragrance</td>
</tr>
<tr>
<td>Musks, synthetic (cyclohex, ketone, ambrette, muskone, tuberose)</td>
<td>X</td>
<td>IARC Known; NTP Known</td>
<td>Fragrance</td>
</tr>
<tr>
<td>N-Nitrosamines</td>
<td>X</td>
<td>IARC Possible; NTP Reasonably Anticipated</td>
<td>Chemical reactions occur over time in the product to produce nitrosamines, usually found in creams, lotions, shampoos and conditioners</td>
</tr>
<tr>
<td>Nonylphenol</td>
<td>X</td>
<td>IARC Known; NTP Known</td>
<td>Lotions and a wide range of other products</td>
</tr>
<tr>
<td>Parabens (butyl, ethyl, methyl, propyl)</td>
<td>X</td>
<td>IARC Known; NTP Known</td>
<td>Antibacterial agent, preservative and antimicrobial used in creams, lotions, ointments and other cosmetics</td>
</tr>
<tr>
<td>Petroleum (polycyclic aromatic hydrocarbons, PAHs, are common contaminants)</td>
<td>X</td>
<td>IARC Possible; NTP Reasonably Anticipated</td>
<td>PAHs are petroleum contaminants found in petroleum jelly, lipsticks, baby lotions and oils found in 1 in 14 personal care products</td>
</tr>
<tr>
<td>Phthalates (di-n-butyl- (DBP), di (2-ethylhexyl)- (DEHP))</td>
<td>X</td>
<td>NTP Reassonably Anticipated</td>
<td>Nail polish, fragrance</td>
</tr>
<tr>
<td>Phacelant extract (progesterone main constituent)</td>
<td>X</td>
<td>NTP Reasonably Anticipated</td>
<td>Hair conditioners, shampoos and other grooming aids, particularly marketed to women of color</td>
</tr>
<tr>
<td>1,2-Propylene Oxide</td>
<td>X</td>
<td>IARC Possible; NTP Reasonably Anticipated</td>
<td>Fragrance</td>
</tr>
<tr>
<td>Titanium Dioxide (dioxin is a by-product of manufacturing and a contaminant)</td>
<td>IARC Known; NTP Known</td>
<td>Sunscreens and mineral make-up; use of titanium dioxide nanoparticles a possible threat to human health</td>
<td></td>
</tr>
<tr>
<td>Triclosan (dioxin is a by-product of manufacturing and a contaminant)</td>
<td>IARC Known; NTP Known</td>
<td>Antibacterial used in soaps, toothpaste, mouthwash and other personal care products</td>
<td></td>
</tr>
<tr>
<td>Urethane (ethyl carbamate)</td>
<td>X</td>
<td>IARC Possible; NTP Reasonably Anticipated</td>
<td>Hair care products (moussettes, gels, sprays), sunscreens, nail polish, mascara, foundation</td>
</tr>
</tbody>
</table>

Note: 1,4-dioxane, PAHs, dioxin and n-nitrosamines will not appear on product labels because they are contaminants and formed in manufacturing or through chemical reactions in the product.


ii. International Agency for Research on Cancer (IARC) carcinogenic risk classification is based on evaluation of potential tumor development at all sites, not only breast/mammary tissue. Categories include: Known, Probable, Possible and others. The National Toxicology Program (NTP), within the National Institute of Environmental Health Sciences of the National Institutes of Health, provides carcinogenicity ratings based on scientific evidence in both animals and humans. Categories include: Known, Reasonably Anticipated and others. (Report on Carcinogens, Eleventh Edition; U.S. Department of Health and Human Services, Public Health Service, National Toxicology Program.) Not all chemicals have been rated by IARC or NTP.

iii. To date, neither the NTP nor IARC have classified most endocrine disruptors as carcinogens in humans. List of endocrine disruptors from: Brody JG, Rudel RA (2003). Environmental pollutants and breast cancer. Environmental Health Perspectives 111:1007-1019.

The Breast Cancer Fund identifies - and advocates for elimination of - the environmental and other preventable causes of breast cancer. For more information and to obtain free copies of their guide, “State of the Evidence” please visit www.breastcancerfund.org
As Spring Approaches...

We take a moment to look back with fond memories of our 2009 Holiday Open House.

Taylor Squires & Emily Scripps

Carl Foucht & George Wolf

Grace Cooper
As Spring Approaches...
We take a moment to look back with fond memories of our
Clara, Amy & Ryan Connell
Jim Redmond & Pat Foucht
Mary Ellen Vollmer, Betty Miller & Dee Miller
Wishing Tree
Patsy Robertson, Mike and Judy Henry
Ann Ellis
Lila Bluestone
Wishing Tree
Open House
metastatic breast cancer, we will be offering a program beginning in May called Common Ground Café (see page 14 for more information). This pilot program will offer those living with advanced stages of breast cancer the opportunity to gather together informally and connect. There will be a scheduled half-hour presentation from a local professional offering their services as we learn something new! Perhaps a quick lesson in water coloring or deep breathing exercises and modified yoga poses? What a wonderful way to be in community.

And if you still haven’t found a fit for yourself in any of the above programs, there is always our monthly book club! If you enjoy reading, call at the beginning of each month to find out what the title is for that particular month. Read the book at your own pace throughout the month and then meet at the Coalition on the fourth Thursday of each month from 6-8pm. Our facilitator-led book club is always a wonderful way to connect with other survivors. The book titles range from best-selling fiction to biographical memoirs.

As you can see, we have a very full year of offerings! It is my hope that all who are interested are able to take part in them and receive exactly what one may be needing in their lives at that moment. If you have any questions about any of these programs, please do not hesitate to contact me at tracey@bccr.org or ask for Tracey when you call 473-8177. Warmly, Tracey

A traditional support group isn’t for you. Do you still like the idea of participating in a supportive community following a breast cancer diagnosis? Join our Book Club!!! You only need to read the book of the month at your own pace then meet for discussion on the 4th Thursday of the month.

**APRIL BOOK CLUB**

**The Art of Racing in the Rain**
By: Garth Stein

*Discussion Date:*
Thursday, April 22
from 6-8pm

*Facilitator:*
Carol Moldt

**MAY BOOK CLUB**

**Three Cups of Tea**
By: Greg Mortenson and David O. Relin

*Discussion Date:*
Thursday, May 27
from 6-8pm

*Facilitator:*
Barbara Lovenheim

Sign-up is required. To reserve your seat and learn the next book selection, please call Tracey at 585-473-8177.
1971, the passing of the Early Act Grant to fund education for young girls and the importance of optimal breast health and prevention. We were encouraged to develop our own wellness plan and expressed the importance of stress management.

I picked three breakout sessions to attend, the first; We Are What We Eat: Fighting Cancer One Meal At A Time. Nutrition is something I feel lacks in our after treatment care and was so excited to learn from Nancy Waldeck, a chef, as well as a breast cancer survivor herself. We learned how to prepare and serve delicious and healthy choices and I signed up for Nancy’s weekly recipe blast called the Friday 5. I just got the first email recipe orange shrimp over citrus couscous…can't wait to try it! http://www.tasteandsavor.com/fridayfive.html

As a triple negative breast cancer survivor, I was eager to hear Dr. Ruth O’Reagan A Closer Look: Triple Negative Breast Cancer. She spoke of updated information on treatments, its causes and the latest research findings to date. I left feeling a little let down and frustrated. The medical society needs to be more focused in on this aggressive form of breast cancer that is taking the lives of primarily young and a large percentage of African American women. Dr. O’Reagan stressed that women affected by triple negative decrease the risk of recurrence by switching to a low fat diet of less than 15% daily intake and exercise.

We finished up our sessions with Body Image: Breaking through the mirror. I fell in love with Lillie Shockney the minute she began speaking. One minute she had us laughing with stories of prosthetic nipple malfunctions and then in tears to hear her regale her own story of facing a mastectomy and the tender moment with her husband the day the bandages came off. I was reminded to appreciate and never take for granted the people I have met throughout this journey, to learn from my experiences and to laugh harder than I could possibly cry.

On the last night of the conference they held a 10th Anniversary Bash with celebratory drinks, dancing and desserts. And as my weekend was coming to an end, and I watched all the young woman around me laugh, dance and possibly for a moment forget their battle with cancer, I knew we all had something so strong and powerful in common. We survived being told we have breast cancer, we survived our surgeries, treatments and scans. We have survived every wave of nausea, every strand of hair loss, and every fear that one day it may return. I’m proud to call myself a survivor, and I don’t think anyone in that room, that night, would disagree with me!

Jen Schoen

Jen’s story continued

Carrie Wozniak

Carrie’s story continued

I learned so much from the conference and how far we have come. I often think about my Aunt Pat, who had breast cancer in the early 1980s. I think about how alone she must have felt. There were no pink ribbons, no support groups for young women, there was no awareness and no one talked about it. My heart goes out to my Aunt and all other women who faced this before we did. I left the conference feeling fortunate to have been part of such an extraordinary event which offered such support and openness about this disease, and the young women it affects.

Arriving at the conference, surrounded by pink suitcases, pink scarves, pink shirts, and pink hats, I was pretty skeptical as to what to expect and feel. But, I walked away with a bit more understanding of the significance of pink in the underlying support it lends to not feeling so alone when dealing with this very scary disease.

Carrie Wozniak

Sweet Treats From Wegmans!

Thank you to Cheryl Bear and all her co-workers at Wegmans East Avenue for the two big baskets of cookies we received as part of their United Way kick-off event. Attached to each cookie was a handwritten note with words of hope and encouragement. Those in our programs enjoyed the cookies and were touched by the heartfelt messages.
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.

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!

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.

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.

COMING SOON!

Common Grounds Coffee Hour

See page 14 for details
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.

Peer advocacy is at the core of the philosophy behind the Breast Cancer Coalition of Rochester. Women supporting women, partners supporting partners, families supporting families, all are central to this organization that is unique to the western New York region. Breast cancer survivors reach out to those who are new to the disease and also to their significant others, helping them connect to resources in the community, providing a foundation of caring and working hard to instill confidence and comfort in the face of a difficult time. 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 and receive the support you need 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.

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 Tracy at BCCR.

COMING SOON!

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.

BC 101

This program provides information and support to those who are coping with a breast cancer diagnosis. The goals of the program are to assist participants in managing the complex tasks and emotions of a breast cancer diagnosis and to empower women to be their own self-advocates as they proceed through treatment, recovery and survivorship. Our professional facilitators are eager to provide a safe, comfortable atmosphere where information can be absorbed and assimilated, while formulating a strategy for coping with each individual’s breast cancer experience.

PALS PROJECT

Friends & Family Support Group
Kelli Schwert

Kelli Schwert, a long-time member of our breast cancer community, passed away in February at the age of 39. As the popular adage directed, she lived, she loved, and she laughed. Kelli was one of the most complex women to ever cross our threshold and she battled breast cancer with tooth and nail, but every now and then she took a vacation from her disease. With her oncologist’s blessings, Kelli would be off to seek another adventure. She was drawn to the water. She loved to kayak. She lived for the ocean. She collected shells, rocks, beach glass and other treasures of the sea, and carried them back to us in the form of earrings or necklace, stitched on to books, imbedded in polymer clay- whatever Kelli could imagine- artistically shaping these found items into a spectacular reflection of where she had been. Though others might have abandoned these sojourns in favor of less strenuous activities, Kelli used being on and at the water’s edge as a way of grounding herself. Of staying here, rooted to the earth. She stayed in each moment… finding balance between actively fighting the disease… and not thinking about the disease and the disease’s limitations.

Though Kelli participated in many programs at the Breast Cancer Coalition, it was our writing workshop Voices & Vision that nourished her spirit and spoke to her soul. Kelli participated in every six-week session from the day this program began in June 2006 until just this past December when she became too ill to participate.

The following piece was written by one of her Voices & Vision friends, Lisa Cook.

I want to write about Kelli, but I feel so choked up that I don’t know if I’m ready for words. Working on a photograph today and finally finding its voice, I thought of Kelli.

My method is to take the picture and then put it up on my computer screen and work at it until it speaks to me. Sometimes the images speak, right out of the camera, but this picture taken a few weeks ago, refused to communicate until today. It is a glorious sunset taken at the top of Cobbs Hill. I saw this beautiful sky and grabbed my camera and headed for the hill because I knew I would find something interesting there to place in the foreground.

Seeing me poised with my camera they gave a quizzical look and decided I was harmless. Snap- I caught them. Later I uploaded to the computer and edited until the image was black and white and very dark. The dark tone gives it a somber, half-hidden, reverent quality.

Yes, if I had the power to change the story, there is a cure for Kelli, and her story goes on and on.

From Karen Destino:

There is a song from the musical “Wicked” called “Because I Knew You”. To paraphrase part of it:

We’ve heard it said That people come into our lives for a reason
Bringing something we must learn And we are led to those who help us most to grow
If we let them And we help them in return
It well may be That we will never meet again
In this lifetime So let us say before we part
So much of us Is made of what we learned from you
You’ll be with us Like a handprint on our hearts
And now whatever way our stories end
We know you have re-written ours
By being our friend...
But because we knew you
We have been changed for good!

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No, why did I think of Kelli? Well, that wonderful, glorious sky has the power of magic and the couple strolling without a care is what I wanted for Kelli. In my mind, she is there, always laughing and making irreverent jokes, with her lower lip puckering out just a little, doing her special voices in the story. The black and white of the image gives it a timeless quality, like giving Kelli all the time in the world.

Yes, if I had the power to change the story, there is a cure for Kelli, and her story goes on and on.

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So much of us Is made of what we learned from you
You’ll be with us Like a handprint on our hearts
And now whatever way our stories end
We know you have re-written ours
By being our friend...
But because we knew you
We have been changed for good!
Lucille Clifton

The Breast Cancer Coalition was sad to hear of the passing of Lucille Clifton in February. Lucille, who was raised in Depew, New York, was an acclaimed poet who published seven poetry collections through local publisher, BOA Editions. With the assistance of a grant provided by Borg Imaging, BOA Editions and the Breast Cancer Coalition, Lucille, a breast cancer survivor, was brought to Rochester for a standing-room-only event held at the Memorial Art Gallery. As part of the grant, BOA Editions reprinted her book The Terrible Stories, which included poems written about her breast cancer experience. These books were provided free-of-charge to breast cancer survivors all across New York State with assistance from the New York State Breast Cancer Network. Lucille was the recipient of the National Book Award for Blessing the Boats: New and Selected Poems 1988-2000 as well as many other awards and recognition. You may read more about Lucille at BOA Editions website www.boaeditions.org

Blessing the Boats
by Lucille Clifton

(at St. Mary’s)

may the tide
that is entering even now
the lip of our understanding
carry you out
beyond the face of fear
may you kiss
the wind then turn from it
certain that it will
love your back. May you
open your eyes to water
water waving forever
and may you in your innocence
sail through this to that

Laurie Biggs Meyers

The Breast Cancer Coalition was sad to hear of the passing of Laurie Biggs Meyers. Laurie was the sister of Holly Biggs Garver, our former Voices of the Ribbon editor. We join Holly in mourning Laurie’s loss and send blessings to Laurie’s husband, family and friends. Laurie was the inspiration for many pieces of artfully-painted furniture created by Holly for our annual ARTrageous Affair and we have come to know Laurie through the stories shared by her sister. The following quote was read by Holly at a celebration of Laurie’s life.

“There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief and unspeakable love.” -Washington Irving

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 look forward to hearing from you!
When she’s not greeting produce shoppers at the Pittsford Wegmans or cheering on the Rochester Red Wings at Frontier Field, Kathy O’Neill divides her seemingly endless supply of energy among an impressive list of causes. A woman with superb bowling skill, she earned an induction into the Rochester Women’s Bowling Hall of Fame in 2005. But Kathy is not content to simply keep racking up those strikes and spares. In 2003, she directed the first Bowl for the Cure fundraiser in the Rochester area. This is a national event begun in 2000 by the United States Bowling Congress and the Bowling Foundation, in partnership with the Susan G. Komen Breast Cancer Foundation. Kathy has overseen the local tournament, held each February for the past eight years, distributing the earnings at both the local and national levels. The Breast Cancer Coalition of Rochester has been the recipient of a portion of these earnings, and as the event has grown tremendously since its beginnings, these resources have been instrumental in the local fight against breast cancer.

Whether advocating for beneficial legislation, supporting advances in research, or providing programs and services to those who are coping with breast cancer, Kathy O’Neill’s ability to respond to the needs of the community has been enhanced by the funds from Bowl for the Cure. Beginning with a $175 check that was presented to BCCR in 2003, bowlers earned $7000 for our organization this past February! Over $29,000 has been put to good use by BCCR for those affected by breast cancer since Kathy introduced Bowl for the Cure to the Rochester area. It has become a major event, with raffles and silent auctions to augment the earnings and add to the fun. In 2003, 20 teams of 60 bowlers showed their support. At Clover Lanes this past February, there were over 100 teams, approximately 400 individual bowlers, knocking down pins to help others. Holly Anderson, BCCR’s Executive Director, was an Honorary Co-Chair of the 2010 Bowl for the Cure, along with Marti Casper of the radio station, Fickle 93.

Kathy’s devotion to worthy causes earned her the Rochester Press-Radio Club’s Volunteer of the Year Award in 2009. Her spirited commitment to fighting breast cancer has earned her a special place in the hearts of many at BCCR. The funds raised by Bowl for the Cure have helped immeasurably in the lives of many local women, along with their families, friends, and caregivers, as they have struggled with the repercussions of a breast cancer diagnosis. For her dedication, generosity, and upbeat, “can-do” spirit, Kathy O’Neill is a treasure.

Fashion Show... A Fabulous Fundraiser For BCCR

In October of 2009 the Rochester Chapter of the Women’s Council of Realtors held its annual Fashion Show and Basket Auction at Locust Hill Country Club. The Breast Cancer Coalition was honored to be chosen, once again, as the recipient of funds raised from this fabulous event. Their mission states, “women will effect positive change in the broader community”. Indeed, they have done just that with their gift of $7,500. Thank you so much for your continued support.
Pink The Rink Raises Over $1,500.00 for BCCR!

On Friday, January 22nd the Pittsford Panthers hockey team hosted their first “Pink the Rink” game against McQuaid. The Panthers, outfitted in pink jerseys and socks, played a tight battle against their rivals at the Sports Centre at MCC. By the end of the night the team had raised over $1,500 for the Breast Cancer Coalition! Even though the Panthers lost the game that night they won our hearts. Thank you, Panthers!

Upcoming Fundraising Events

Z Car Club To Raise Funds for BCCR

To help support the Breast Cancer Coalition of Rochester, the Z Car Club of Rochester is hosting the Jonathan Krenzer Memorial All Japanese Car Show Saturday, July 10, 2010 from 10-4. The car show is part of a three-day event which will culminate on Sunday with car owners and guests driving the historic Watkins Glen International Race Track. The biggest of all Asian car shows in the Northeast will be held at the Webster-Fairport Elks Lodge, 1066 Jackson Rd. in Webster, NY. Nissan, Datsun, Infiniti, Toyota, Lexus, Scion, Honda, Acura, Mitsubishi, Subaru & more...all owners are welcome to bring their favorite car for display! Best in Show sponsored by Hoselton Auto Dealerships. Specialty venders, BBQ food, DJ music, prizes, raffles...a full day of fun! Spectators admitted at no charge, free parking available. Please come out to enjoy the show and support BCCR and the other organization benefitting from this fundraiser: the Rochester/Finger Lakes Eye and Tissue Bank. See www.zccr.net for details.

Marlin, Marlin, He’s Our Man!

As a forward for the Rochester RazorSharks Marlin Johnson is a tall guy. Over the last few months, as we have gotten to know him, we have learned that his height is not the only impressive thing about him. His passion and commitment that have solidified Marlin’s place in the BCCR community as a true supporter of the cause. Marlin approached us in the fall to tell us about his efforts to give back to the community. His plan turned into Rebounding for BCCR - a pledge to give $5 for every rebound he made during the 2009/2010 season to the Breast Cancer Coalition. Marlin also secured local businesses to match his pledge. We were so impressed with the outpouring of support for Marlin by BCCR women and their families! This time of year things can be dismal, and we’re all tired of being on the couch. A RazorSharks game offered an opportunity for a fun, carefree family outing. One attendee, and survivor, Kellie Thompson said that Marlin “is not only giving continued on page 29
Donations ending December 31, 2009

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 December 31st will be included in the summer newsletter.) We apologize for any errors and/or omissions on our donor pages.

In Honor of:

Holly Anderson
V. Sumati Devadutt
Maura Steed

Mel Bianchi
Kenneth Fisher

Peggy Civalier
Eileen Eck

Winnie Clark
Ruth Messinger

Barbara Compa
J&J Patchen

John Engel
Susan Meynadasy

Edward and Dorothy Graham – 50th Wedding Anniversary
Marcha and David Zimmerman

Lucy Jaromin
Michelle Jaromin

Susan Lenahan Kimberly
Dana Kimberly

Jean Lazeroff
Siemens Industry, Inc.

Lynn Lubecki
Daphne Futerman

Laurie and Larry Maier
Arlene and Donald Schneider

Patty Matthews
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Dee Miller
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money to help fund breast cancer research, he is giving us, the survivors, hope, laughter and the opportunity to make great memories! I am truly grateful and very proud to support Marlin and all of the Rochester RazorSharks!”. We certainly couldn’t ask for more than that.

I had an opportunity to sit down with Marlin to ask him what drives his commitment to the community, what he plans to do after he retires from the RazorSharks this year and about his upcoming fundraiser, Giving Back to the Community.

Marlin grew up in Rochester. Although his uncle played basketball for East High, Marlin chose to attend Ben Franklin High School. After attending an East vs. Franklin match, and watching his uncle play, Marlin started to take the game more seriously. He credits his high school coach, Trent Jackson, Sr., with being his mentor. The two remained close until Jackson passed away. After high school, Marlin played for Monroe Community College. Upon his retirement from the RazorSharks, Marlin intends to remain in the basketball world by coaching or refereeing. He also plans to continue his community work.

I was curious to find out why Marlin chose to give the proceeds from his fundraiser to the Coalition. Marlin responded that his son’s grandmother and his best friend’s mom had both been diagnosed, and happily both women are survivors.

Marlin recently Got on the Bus! to Albany with fellow BCCR members for Advocacy Day. When asked what he learned from the experience, he said he realized that the women who have survived breast cancer are true survivors. They have the courage to keep fighting, whether it is their own personal battle or the fight to pass legislation to keep other people healthy. He felt that our legislators have a very difficult job, and the Senators he met with showed a real interest in the Coalition’s cause. Marlin

agrees that more time should be spent educating the public on policies and legal procedures so that we can all have a better understanding of the legal process to pass legislature.

I asked Marlin if Rebounding for BCCR has changed his game. He told me that although it has not changed how he plays he has felt a responsibility to stay in very good physical condition and keep rebounding! He feels privileged to be able to put a smile on people’s faces and get energized when he sees fans supporting his efforts by wearing pink. As a matter of fact, every RazorSharks staff member proudly displays a pink ribbon pin or bracelet at each game.

As Marlin and I finished our conversation I asked him to tell me more about his upcoming fundraiser, Giving Back to the Community. Marlin told me that the event will consist of a three-day basketball tournament and a health fair for children and women. The event will be held July 23rd-25th at Franklin High School. Free dental cleanings and eye exams for children ages 7-14 will be offered and free mammograms for women will be available. Transportation to participating doctor’s offices will be provided. Marlin is looking for area businesses to contribute goods, services or money to make this event successful. Monies raised through the tournament and concessions will be donated to the Breast Cancer Coalition and a local Pop-Warner team. If you would like to help support this great event please contact the Coalition at 473-8177.

Come Visit Us at the Lilac Festival!

May 14th - 23rd
10:30am - 8:30pm
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
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E-mail
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☐ $5000 Founder's Circle
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☐ $100 Pink Ribbon Circle
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Breast Cancer Coalition of Rochester
840 University Avenue Rochester, New York 14607
(585) 473-8177; www.bccr.org

Gifts of $100 + receive a complimentary Comfort Heart.

Remember the BCCR Library:
Browse, Borrow, Read!
BCCR’s Basketball MVP!

A big roundball Thank You, to Marlin Johnson, a forward for the RochesterRazor Sharks who donated $5.00 to BCCR for each rebound he made this season.

Thanks Marlin!

For full story, see page 25