Once again, the crowds turned out by the thousands to aspire, inspire and perspire for the 7th Annual Pink Ribbon Run and Family Fitness Walk. As the sun rose on Mother's Day, Ontario Beach Park was already a hub of activity as our dedicated volunteers began to gather under a cloudless sky. “Staff” t-shirts were distributed and each enthusiastic soul… parking attendants, greeters, registrars, road marshals and others… took off running with their lists of objectives. By 9:00 a.m., the crowd had grown to thousands of runners and walkers made up of breast cancer survivors, friends, family members, moms, dads, kids, and teams of all sorts.

As the runners took their marks, spirits soared and the crowd quieted. BANG! And they were off! Congratulations to the winners of the race and to the throngs of people who followed. There was hardly a dry eye as spectators eyed the participant’s back signs… walking/running in honor or in memory of a loved one. The crowd buzzed with excitement and, as one runner, Karen Morris, put it, “The day was glorious (sunny and warm), the field of participants large and excited, and the scenery was lovely waterfront vistas in the Charlotte Beach area. These features, however, could not trump a bittersweet aspect of the event. The statistic that one out of every eight women will contract breast cancer hits very close to everyone’s home.”

Morris ran in memory of her friend, Marcia McDowell, who died of breast cancer this past year and in honor of another friend, Lila Bluestone, who is a six year survivor.

This was the best year ever… in both spirit and spunk! This year’s participants raised over $125,000 in net proceeds in support of the work of the Breast Cancer Coalition of Rochester! See p.18-19 for the photo montage and list of supporters!
Our Executive Director

Holly Anderson

The Breast Cancer Coalition was recently excited to learn that we have been selected as one of ten community-based breast cancer organizations from around the state to receive funding from the New York State Department of Health for our PALS Project. The PALS (Peer Advocates Lending Support) Project is a program that would provide a peer mentor and a pack of goodies to those who are newly diagnosed with breast cancer in the Greater Rochester Region.

Having 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 empowering, to many of those who are newly diagnosed.

The PALS mentors will serve as role models and will help those just beginning the journey to gain an understanding of the language of breast cancer and its treatment, identify support services in the community, direct them to appropriate programs and resources, and listen in a patient, non-judgmental manner.

According to New York State Department of Health Cancer Registry, there are approximately 600 new incidences of breast cancer each year in Monroe County. This is our targeted population, along with a smaller number of individuals living in our surrounding counties. We anticipate serving a wide spectrum of the newly diagnosed from all walks of life, as well as some who find us later on during their course of treatment.

continued on page 26

Save the Date!

Breast Cancer Coalition of Rochester presents:
The Fifth Annual Terri Schmitt Legislative Reception

Thursday, August 21, 2008
4:00-7:00 P.M.

Meet with our elected representatives and members of the breast cancer community in a relaxed, open forum. Light refreshments will be served.

The Breast Cancer Coalition of Rochester
840 University Avenue Rochester, New York

RSVP to BCCR by August 14th at (585) 473-8177
“I get by with a little help from my friends.”

Friendship Blossoms at BCCR
written by Pat Battaglia

“I get by with a little help from my friends.” John Lennon’s words ring true no matter who you are or where you are in life, but they take on a special meaning in the face of a breast cancer diagnosis. There is a bond that exists between women who travel this road together, a feeling of camaraderie and mutual trust among those who have faced similar fears. Sometimes that link deepens into true, lasting friendship. This point is beautifully personified in the bond between Pat Foucht and Bev Levy, who met by chance through their involvement with BCCR.

Bev was in mid-treatment when she first stopped by the BCCR office, which was located on Park Avenue at the time. She wanted information, and liking what she saw, expressed an interest in volunteering for the organization. Shortly after that visit, she received a phone call asking if she’d like to join the group from BCCR for Advocacy Day on their annual bus trip to Albany to speak with legislators. She was delighted to accompany them.

Sitting near Bev on the bus was Pat, who had also connected with BCCR by walking into the Park Avenue office one day. The two began to talk and found they had a lot in common. Their diagnoses, although not exactly the same, were similar. There was much to share. Both women have two grown children, a son and a daughter each, who are close to each other in age. Each has a connection to Canada; Bev was born there, as was Pat’s mother. Their husbands share an interest in sailing. “We both talk a lot,” laughs Pat, and they filled the time on that long bus ride getting to know each other.

After Advocacy Day, the pair became members of the Artists Committee with the Rare Chair Affair (which has since evolved into the ArtRageous Affair). “We thought it would be interesting to work with artists,” says Pat. Their closeness and rapport grew as their involvement with BCCR continued. With a smile, Bev recounts that “After we became more active, we’d drag our husbands in to help at events.” She then adds, “They enjoy the people they’ve met.” The two couples now get together regularly and enjoy such outings as dinners, RPO concerts, and sailing trips. Because of their mutual interest in the issues surrounding women with breast cancer, Pat and Bev are active members of BCCR’s Advocacy Committee.

The two women accompany each other to their yearly mammograms. At one of these visits, Bev was called in to get her results before her friend, even though Pat had finished first with her screening. Their husbands were in the waiting room as the women sat and wondered what the delay could mean. Pat urged Bev to leave. “No,” Bev replied, “I won’t leave until you find out.” It was finally revealed that a paperwork snag had caused the holdup, and Pat was fine. “Talk about support,” Pat says of her unwavering companion.

Two years ago, a diagnosis of fallopian cancer threw Bev for another loop. It has meant more surgery, more treatment, and more uncertainty for her. Pat has been by her side throughout her ordeal. “Nobody really understands what you’re going through until they’ve gone through it themselves,” says Pat of her resolute commitment to her friend. Bev is grateful, saying that “Pat has been very supportive, as have many BCCR members” continued on page 8
Our Tenth Annual Breast Cancer Advocacy Day in Albany with the NYS Breast Cancer Network

Advocacy Day 2008 - Kelli Schwert

This is a poem about Advocacy Day when we arose in the morn and hopped on the bus bleary-eyed at 5:00 a.m., for at least the most of us.

We had a mission to accomplish tasks to do, people to meet and, hopefully, with our stack of evidence knock those peeps in Albany offa their feet.

Our missives were color-coded (lavender, goldenrod, azure) our objective was tried and true, to have understanding, support, ACTION and not to stand long in a queue.

Good news! The elected-officials were receptive impressed with our organizational skills I was there a smiling representation of a horrible disease that kills.

I say that in jest, of course ’cause I’ll never be happy to have it. My mets* is chewing up my body like a voracious, underfed rabbit.

However, we got their attention! We shared our info and talked everyone told their story and our representatives listened and at the marble halls we gawked.

I’ll surely make the next trip no matter when it is even if I’m tied to an IV pole or tired out like this.

*Metastatic Breast Cancer

This poem has been condensed. For the full version please see our website’s advocacy page at www.bccr.org

written by Eileen McConville

We all thought we knew what we were getting ourselves into when we signed up to take a bus to Albany on April 8th for the New York State Breast Cancer Advocacy Day. We knew we’d be getting up when it was still dark in order to get to the bus by 5am. We knew we’d be meeting up with women and men from other New York State grassroots breast cancer organizations to hear about what bills the Network has asked us to speak to our legislators about. We knew it would be a long, tiring day, and that we wouldn’t get home until it was dark out again!

But what we maybe didn’t know was that the day would be filled with a range of emotions, information, laughter and fun. Some of us even were invited to the Capitol building by Senator Nozzolio to get a bird’s eye view of the Senate while they were in session!

Yes, Advocacy Day is serious business, where we discuss important bills and initiatives with our elected officials. But many of the senators, assembly members and their staff have become good friends and supporters of the BCCR, and we truly look forward to these opportunities to sit next to them.

This year we asked our elected officials to support two bills:

- One related to health insurance coverage for the treatment of lymphedema by certified lymphedema therapists.
- And one to establish a statewide health tracking and biomonitoring program that will help compare health data and environmental data in order to track cancer and other diseases on a geographical basis.

There are also three policy reforms the Network is calling for:

1. Expansion of the Breast and Cervical Cancer Treatment Program

2. Building health literacy capacity.


We know that the current bills and initiatives on our agenda may take some time to get passed into laws and policies, but we will willingly get on that bus as many times as we have to in order to see that happen!

If you’re interested in learning more about these state initiatives, please contact the BCCR at 473-8177 or visit the NYSBCN website at www.nysbcsen.org

continued on page 8

Our advocates in Albany.
April is Advocacy Month at BCCR!!
written by Jean Lazeroff

After meeting with state lawmakers and their aides in early April, eleven members of the Advocacy Committee and Board of Directors woke before dawn and headed to Washington, DC for four days of learning and advocacy at the National Breast Cancer Coalition’s Annual Advocacy Training Conference. This year breast cancer advocates from all over the United States as well as other nations gathered at the Marriott Renaissance Hotel from April 26th to April 29th to listen to informative plenary sessions, attend stimulating workshops, and bring NBCC’s legislative priorities to our representatives on Capitol Hill.

Each year the NBCC establishes legislative priorities that are shared with lawmakers on Lobby Day. Progress on these priorities is then monitored by NBCC and breast cancer advocates throughout the legislative session. This year NBCC’s legislative priorities are: 1. Guaranteed access to quality health care for all, 2. $150 million in fiscal year 2009 for the Department of Defense Breast Cancer Research Program, 3. Enactment of the Breast Cancer and Environmental Research Act and, 4. Preservation of the Medicaid Breast and Cervical Treatment Program.

Guaranteed access to quality health care for all has been a top priority for NBCC since the organization was founded in 1991. At this year’s conference NBCC’s president, Fran Visco, unveiled the NBCC framework for quality health care. She told the audience that a health care system that is built on this framework will:
• Provide a basic benefits package that is comprehensive and based on sound scientific evidence;
• Maintain continuity of coverage;
• Be efficient and cost-effective;
• Be fully-funded through shared financial responsibility;
• Be sustainable and affordable.

The health care system must be accountable to the users and the public. A system must be established to:
• Evaluate and support development of medical evidence for health interventions upon which coverage will be based;
• Support ongoing and continuous comparison of interventions to ensure access to appropriate and cost-effective health care;
• Modify and expand current benefits, as appropriate, based on evidence.

The presentation of NBCC’s framework for quality health care was followed by the Presidential Politics and Health Care plenary session where representatives of Senators John McCain, Barak Obama, and Hillary Clinton responded to questions for the moderator regarding their candidate’s proposal for health care reform.

Priority #1

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continued on page 8
“Advanced Breast Cancer: Tools for the Journey”

Once again, those living with advanced breast cancer, along with the friends, family and care providers who support them, turned out for the fifth annual Cindy L. Dertinger “Advanced Breast Cancer: Tools for the Journey,” our annual seminar focusing on the latest treatment and management of metastatic breast cancer.

While extensive support and information networks are in place for those with primary breast cancer, it has been more difficult for those with metastatic disease to find the resources they need. Last year’s media frenzy surrounding the discovery that Elizabeth Edwards’ breast cancer had metastasized to the bone made it painfully clear to the public that recurrence does indeed happen and that some of us will not get to walk away following treatment for primary disease. This seminar, held at the Memorial Art Gallery each year and sponsored by M&T Bank and Assemblymember Susan John, was the place to hear the latest information about what treatments are available and what is just over the horizon.

Moderated by Dr. Jennifer Griggs, Director of the Breast Cancer Survivorship Program at the University of Michigan, the afternoon began with Cecilia Lawlor, MS, NP of the Pluta Cancer Center, who presented “Emerging Medical Therapies,” followed by Dr. Susan Bukata, a specialist in Orthopedic Oncology at the University of Rochester, who presented “Treatment of Bone Metastases.” Dr. Timothy Quill, Director of the Center for Ethics, Humanities and Palliative Care at the University of Rochester, presented “Living Life Fully: Maximizing Quality of Life in All Phases of Treatment.” Presentations about living with Metastatic disease were given by breast cancer survivors Ann Ellis and Laurie Pask. Following the midday break, participants learned some yoga poses and meditation from Susan Meynadasy, our yoga teacher extraordinaire.

Thanks to all of our amazing presenters, along with all of you who attended, it was an afternoon of enlightenment and illumination that, hopefully, gave many of us the tools needed to tackle the journey ahead with optimism and hope.
Funding Provided by:
M& T Bank
Assemblywoman Susan John

Community Cosponsors:
Jon Dertinger
Cancer Resource Center of the Finger Lakes
Gilda’s Club of Rochester
Highland Breast Imaging
Lipson Cancer Center
Pluta Cancer Center
Roswell Park Cancer Institute
Wilmot Cancer Center

Committee Members:
Holly Anderson
Tracy Brown
Sara Cardillo
Mary Casselman
Jon Dertinger
Michelle Gasbarre
Niki MacIntyre
Joanne Janicki
Therese O’Connor
Barb Pifer
Bob Riter
Carmen Signorino
Sue Swift
Susan Vetter
Bev and Pat continually nurture their friendship, keeping up their warmhearted communication through talks on the phone and doing pleasant things together. "We feel comfortable sharing with each other," comments Bev, and Pat adds "We've made a social relationship out of a nasty situation."

BCCR provides a gathering place for women who've heard the fateful words, "You have breast cancer," to meet others who've been down the same road. The support gained during this life changing experience is priceless. Many friendships have had their beginnings in this safe, nurturing space. For Bev, it's been "...so helpful to have Pat and BCCR," and Pat sums it up perfectly by saying "At BCCR, everyone understands." It isn't a guarantee that those who turn to BCCR will find a soul sister, but it's certain that they will be empowered to face their diagnoses with a strong group of women standing behind them; women who've "been there."

We were able to thank our legislators this year for two very important pieces of legislation that the Network had been advocating for over the last several years; the Health Research Science Board will now have three breast cancer survivors as voting members, as well as three non-voting breast cancer survivor members. And the Survivor Support Initiative was passed this last year, which authorizes the awarding of grants by the commissioner of health to community-based organizations which provide counseling, education and outreach programs to persons diagnosed with breast cancer.

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Washington advocacy day cont.

Priority #2

$150 million for fiscal year 2009 for the Department of Defense Breast Cancer Research Program. As a result of NBCC’s advocacy and strong bipartisan leadership on Capitol Hill, more than $2 billion has been invested in this competitive peer-reviewed research program. This innovative program has changed the world of breast cancer research and the program’s unique grant opportunities have led to ground breaking scientific advances. Currently 214 bipartisan members of the House of Representatives and 57 Senators have signed letters supporting $150 million for this program in fiscal year 2009.

Priority #3

Enactment of the Breast Cancer and Environmental Research Act (BCERA). This bill was first introduced in 1999 and is long overdue for passage. This bill would establish a national strategy for investigating the impact of environmental factors on the development of breast cancer. BCERA would fund competitive, peer-reviewed, collaborative research through a process that includes consumer and community participation. This has broad bi-partisan support and was passed by the Senate Health, Education, Labor, and Pensions Committee. Senate Majority Leader Reid has vowed to get this bill passed this year. He has twice brought it to the Floor for a vote and each time one Senator has stopped the bill from moving forward. Fran Visco said "NBCC is confident that he (Reid) will be successful in overcoming this barrier so that this important bill can be passed this year."
calling all Artists!

use your
COURAGEOUS Imagination

and donate an
ARTrageous piece
of artwork to the

Breast Cancer Coalition of Rochester’s 2008
ARTrageous Affair.

Help the Breast Cancer Coalition continue to offer its many services to the women and their families in the greater Rochester area who are affected by breast cancer. Research grants, education, support and advocacy are all funded by your art donations.

Items may include 3-dimensional art and furniture, whatever your courageous imagination can conceive! Wall art is welcome as long as it is framed and ready to hang.

Copyright laws are the responsibility of the artist. The Breast Cancer Coalition of Rochester is not responsible for copyright infringements on donated pieces.

For more information, e-mail kim@bccr.org or call (585) 473-8177.

Thank you!

Sponsor! Support! Attend!

the 2008 ARTrageous Affair  COURAGEOUS SPIRITS creative souls

Saturday, October 18th, 2008 at the Crowne Plaza Hotel
In 1998, award winning journalist Regina Brett was diagnosed with breast cancer. Regina had a prophylactic double-mastectomy. While going through chemotherapy and radiation treatments, she wrote extensively and candidly about her experiences in The (Akron) Beacon Journal. For that effort, Regina won the prestigious National Headliner Award in 1999.

In 2008, Regina was one of two finalists for the Pulitzer Prize for Commentary “for her passionate columns on alienated teenagers in a dangerous city neighborhood. Regina is also the winner of the 1996 first place humor writing award from the National Society of Newspaper Columnists. Regina also received the Batten Medal, awarded by Knight-Ridder “for lifetime achievement.” She has also received numerous writing awards from the Cleveland Press Club, Society for Professional Journalists and the Ohio Associated Press.

Regina has a bachelor’s degree in journalism from Kent State University and a master’s degree in religious studies from John Carroll University. She is also a past president of the National Society of Newspaper Columnists. Regina is married and has a daughter and two stepsons. Her columns, including the columns submitted for her Pulitzer Prize finalist award, can be accessed on the Internet at www.reginabrett.com.

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Regina Brett’s 45 Life Lessons and 5 to Grow On

1. Life isn’t fair, but it’s still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Don’t take yourself so seriously. No one else does.
5. Pay off your credit cards every month.
6. You don’t have to win every argument. Agree to disagree.
7. Cry with someone. It’s more healing than crying alone.
8. It’s OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won’t screw up the present.
12. It’s OK to let your children see you cry.
13. Don’t compare your life to others’. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn’t be in it.
15. Everything can change in the blink of an eye. But don’t worry; God never blinks.
16. Life is too short for long pity parties. Get busy living, or get busy dying.

17. You can get through anything if you stay put in today.
18. A writer writes. If you want to be a writer, write.
19. It’s never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don’t take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don’t save it for a special occasion. Today is special.
22. Overprepare, then go with the flow.
23. Be eccentric now. Don’t wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: ”In five years, will this matter?”
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Your job won’t take care of you when you are sick. Your friends will. Stay in touch.
Believe in miracles.

God loves you because of who God is, not because of anything you did or didn’t do.

Whatever doesn’t kill you really does make you stronger.

Growing old beats the alternative - dying young.

Your children get only one childhood. Make it memorable.

Read the Psalms. They cover every human emotion.

Get outside every day. Miracles are waiting everywhere.

If we all threw our problems in a pile and saw everyone else’s, we’d grab ours back.

Don’t audit life. Show up and make the most of it now.

Get rid of anything that isn’t useful, beautiful or joyful.

All that truly matters in the end is that you loved.

Envy is a waste of time. You already have all you need.

The best is yet to come.

No matter how you feel, get up, dress up and show up.

Take a deep breath. It calms the mind.

If you don’t ask, you don’t get.

Yield.

Life isn’t tied with a bow, but it’s still a gift.

Look Who Just Rode Into Town!

“Warrior” Horse

Horse Underwriters
Holly & Tom Anderson
Peg & Howie Jacobson

Horse Artist
Hollis Biggs Garver

Horse Donors

Gold ($2500)
Sue Vanderstricht

Silver ($1000)
Harvey & Marilynne Anderson
Richard & Melisande Bianchi
Dr. Christopher & Elizabeth Caldwell
James & Sylvia Cappellino
Melinda Goldberg & Ron Turk
Stephanie & John Manilla

Bronze ($500)
Richard & Patricia Chiarenza
Richard & Kathy Clark
Dr. Stamatia Destounis
Dr. Jennifer Griggs
Dr. Avis O’Connell & Tim O’Connor

Pink ($250)
Gary & Linda Acker
Griffin Anderson
Ian Anderson
Morgan Anderson
Zachary & Jamie Anderson
Mitch & Michelle Bessette
Nancy & Randy Bianchi
Angelo & Judy Bianchi
Lila Bluestone
Alex Cheek
Tom & Maria Cook
Sam & Marlene Dattilo
Wanda & Lee Edgcomb
Jack & Judy Gilbert
Susan Hollister
Dennis & Theresa Kennelly
Paul Martin
Mark O’Grady
Michael Ringrose
Paul & Cathy Shapiro
Joyce Wichie & Steve Berke
George & Janet Wolf

I wish I had known:

“That having the now-moved belly button “off” by a half inch would bug me (Had I known, I would have marked where I wanted it :-))” -Berry
Vitamin D and Breast Cancer

Vitamin D (also known as Vitamin D3, cholecalciferol, vitamin D2, ergocalciferol) has been in the news quite a bit lately as more research emerges demonstrating that people who are less exposed to sunlight and have lower levels of vitamin D as a result are more likely to develop breast cancer and other forms of cancer. More recently, some research has found that calcium and vitamin D may help protect premenopausal women against breast cancer, however more studies are needed. The most convincing evidence comes from studies of vitamin D and colorectal cancer, which have shown that higher levels of the vitamin can reduce the risk of developing and dying from colorectal cancer. Vitamin D helps the body absorb the calcium that is essential for good bone health. This is especially important for menopausal women and women taking an aromatase inhibitor to treat breast cancer, since bone loss can be a side effect of aromatase inhibitors. Good calcium absorption also can help reduce bone weakening caused by certain chemotherapy medications.

The standard recommendation is that people younger than 50 get 200 international units of vitamin D per day. 400 international units per day is recommended for those aged 50-70, and 600 international units per day is recommended for people older than 70. The typical multivitamin contains 400 international units of vitamin D. Adults who want to reduce the risk of broken bones should take 400-800 international units daily, along with calcium. Vitamin D also is found in food products such as fish, eggs, and fortified milk and cereals (see box). The human body also produces vitamin D when exposed to sun, something many Rochesterians would love to see more of!

Too much vitamin D -- more than 2,000 international units daily -- can lead to having too much calcium in the blood. Over time, calcium deposits can affect soft tissues such as the heart and lungs. Other risks include kidney stones, nausea and vomiting, confusion, muscle weakness, poor appetite, and weight loss. Enjoying safe sun for 15 minutes at a time a few times a week and incorporating a vitamin D-rich diet can lead to enhanced health!

Sources:
The Breast Journal, May-June 2008
University of Chicago, San Diego (http://www.ucsd.edu)
Living Beyond Breast Cancer (www.breastcancer.org)

Turn to back page for a delicious recipe high in vitamin D.

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Vitamin D-rich foods include:

- wild salmon 3oz. = 420 IU
- atlantic mackerel 3oz. = 320 IU
- sardines 1 can = 250 IU
- shrimp 3oz. = 150 IU
- skim & 1% milk 1 cup = 100 IU
- shitake mushrooms 4 items = 260 IU
- fortified yogurts 1 cup = 80 IU
- fortified cereals; multigrain cheerios 1 cup = 40 IU; post bran flakes 1 cup = 40 IU;
- kashi vive 11/4 cups = 80 IU

Supplement Suggestions:

- Multi vitamin - 400 IU
- For those taking extra calcium:
- Citrocal + D
- Caltrate 600-D+

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1. Incorporate vitamin D-rich food
2. Supplement daily with vitamin D
3. Enjoy safe sun 15 minutes on hands a few times a week
Radiation on a Rainy Day

Lazy summer rain kisses pavement
as I walk from car to gantry
I know where shade on any other day
will have wandered by the time I leave.

Enslaved in the ritual, I brave the rain
to enter a room bathed in shadows.
Soft lights, gentle music, and hard science await
with a table on rails and monstrous equipment.

Today’s technicians position my body carefully,
referencing doctor’s orders.
They retreat behind thick walls. Watching. Listening.
Exposed, I cannot hide. I must lie very, very still.

The gantry responds with alien grace to computer programs
tailored to my body, my shape, my former privacy.
A buzzer warns of piercing rays and I lie very, very still,
imagining the day when I can leave and stay away.

Free at last - until tomorrow - I chuckle at people
hurrying through cold rain to my exit.
Last year I’d have sported an umbrella, knowing full well
hair would wilt despite ample gel and spray.

A smile shines behind my eyes because velvet fuzz
has grown into baby fine softness, half an inch long.
Too short to style, this is a different kind of freedom.
No need to hurry or worry about umbrellas today.

Instead, I slip through the falling sky towards my car,
naked face upturned, defiance and acceptance dancing through my thoughts.
A moment of optimism catches me and with moisture in my eyes
I finally sense a glimpse of sunshine to come.

Angela Patterson, 2007

Diagnosed with breast cancer in March 2006, Angela Patterson gave birth 10 days later. Enduring chemotherapy and then radiation with an infant in the house taught her how resilient the human spirit can be. Writing essays and poetry helped her cope. Now in full remission, Angela volunteers with the Breast Cancer Resource Center in Austin, TX and reminds people whenever she can how beautiful and strong they are.

Read Angela’s blog at: http://angelthepinktiger.blogspot.com

Thank you Angela for sharing this beautiful poem with us!
My 14 day trip to Tanzania, Africa to climb Mt. Kilimanjaro was a once in a lifetime experience. The local guides and porters were extremely knowledgeable and kind. Our group of 23 cancer survivors and associated family members required the assistance of 47 porters to transport all the necessary gear, tents, food, etc. for our eight day climb. Each individual was responsible for carrying their own equipment for the day but it goes without saying that we had the easier task.

The daily hiking, at a minimum 6 hours, was challenging yet fun. Of course if you are in active treatment, we strongly recommend that you speak with your healthcare team before beginning any exercise program or new physical activity.

Don’t worry about being a yoga novice – we are pleased that women of all experience levels come together in one class. Remember, this class is tailored to meet the needs of breast cancer survivors at different stages in their journey. For example, some women find that using a chair for certain positions help them reap the benefits of the particular pose.

Susan shared that yoga participants are also introduced to “mindful eating” – usually with a piece of chocolate as the food of focus. In our hurried world, how many of us eat lunch at our desk, or grab something on the go? Mindful eating is one way to slow down and appreciate the food that fuels our bodies.

I learned that women are coached through a soothing relaxation at the end of every class. What a wonderful way to wind down! We all can use some good relaxation techniques!

continued on page 17

Alison Currie Climbs Mt. Kilimanjaro

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continued on page 17

Alison Currie Climbs Mt. Kilimanjaro

My 14 day trip to Tanzania, Africa to climb Mt. Kilimanjaro was a once in a lifetime experience. The local guides and porters were extremely knowledgeable and kind. Our group of 23 cancer survivors and associated family members required the assistance of 47 porters to transport all the necessary gear, tents, food, etc. for our eight day climb. Each individual was responsible for carrying their own equipment for the day but it goes without saying that we had the easier task.

The daily hiking, at a minimum 6 hours, was challenging yet fun. Of course if you are in active treatment, we strongly recommend that you speak with your healthcare team before beginning any exercise program or new physical activity.

Don’t worry about being a yoga novice – we are pleased that women of all experience levels come together in one class. Remember, this class is tailored to meet the needs of breast cancer survivors at different stages in their journey. For example, some women find that using a chair for certain positions help them reap the benefits of the particular pose.

Susan shared that yoga participants are also introduced to “mindful eating” – usually with a piece of chocolate as the food of focus. In our hurried world, how many of us eat lunch at our desk, or grab something on the go? Mindful eating is one way to slow down and appreciate the food that fuels our bodies.

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I learned that women are coached through a soothing relaxation at the end of every class. What a wonderful way to wind down! We all can use some good relaxation techniques!
On Friday of the week the ice-cap of Mount Kilimanjaro melted, I entered a hospital for removal of part of my left breast. Although I was not nearly as well endowed as the African mountain, I suspected that our losses had similar causes. When I audited one of David Orr's environmental studies classes several years ago, I had scribbled in my notebook, “Human society is embedded in nature. When we abuse nature, we are compromising our own well-being as well.”

Everyone agreed that I was an unlikely candidate for the disease. There was no family history of breast cancer, and I had eaten carefully and exercised vigorously all my life, had two pregnancies and had breast-fed my children. Cancer was an unbelievable and unwelcome surprise.

During the week which began with the announcement about Kilimanjaro’s icecap and ended with my surgery, a sense began to grow within me that these were not disconnected events. Since 1912, the ice fields described by Ernest Hemingway as “wide as all the world, great, high, and unbelievably white in the sun” have lost 82 percent of their ice, and it is predicted that these great glaciers may be gone entirely by 2020. Scientists attribute this both to climate change and to other human activities, such as the clearing of forests by farmers, and the setting of fires by honey collectors trying to smoke bees out of their hives.

Researchers are scrambling to collect core samples of Kilimanjaro’s glaciers, to store in freezers until more sophisticated technology is available. It has been suggested that it might be possible to cover the mountain’s ice cap with a kind of prosthesis: a bright white cover (inspired by those used in England to protect cricket fields from the elements) to serve as a membrane to seal the glaciers, prevent evaporation, and reflect solar radiation.

It has always puzzled me that the appeals I have received over the years from various cancer organizations emphasize “finding a cure.” Although I am the last person who would suggest that researchers abandon that goal, I have always wondered why the wording isn’t something else: “Help us find the cause of cancer,” for example. I would like researchers to discover what toxins were in the food I ate or the water I breathed, what radiation bombarded me--so that a single healthy cell went haywire. Grateful as I am for the medical skill that has cured me, to neglect what scientists call the “etiology” of a disease sounds like a case of what my grandmother, who grew up in the days before automobiles and garages, called “locking the barn door after the horse is stolen.”

The snow will never sculpt the top of Kilimanjaro again, nor will my missing few ounces of flesh be restored as good as new. I cannot claim that the change in my own profile will have nearly the impact that Kilimanjaro’s will have. In the case of the mountain, it is predicted that visits by tourists and climbers will begin to dwindle, and that the local economy will be undermined, melted along with the snow.

But I have decided to claim Kilimanjaro as a partner in loss, and take some comfort in acknowledging my solidarity with her. We have been connected through our vulnerability. We are soul-sisters.

(c)2005 Talking Leaves
Summer/Fall 2005
Volume 15, Numbers 2 & 3
Deep Ecology, Permaculture, & Peace

A Creative Outlet For Breast Cancer Survivors

In February, Genesee Pottery, a program of The Genesee Center for the Arts and Education, started an Introductory Pottery Class for Breast Cancer Survivors. The class is conducted by an experienced instructor who has also recently experienced breast cancer, and is offered for the cost of materials only.

In the first class, six enthusiastic students learned to throw simple clay forms like bowls, mugs, and plates on the pottery wheel. They also hand-built delightful scent bottles from clay pinch pots. Along the way, there were frank discussions of breast cancer experiences and mutual support among all members of the group.

The second ten week class session started in late April with a full complement of ten students. This class will be ongoing, with four class sessions per year. For more information, call the Genesee Pottery at (585) 271-5183.
Our Fundraising Friends

Spares & Strikes Bowl Over Breast Cancer...

The 6th Annual Bowl for the Cure was held on Friday, February 15th at Clover Lanes. Rochester WBA Director, Kathy O’Neill is proud to announce that this year’s benefit was a tremendous, inspiring success and shattered past records, raising $5,680.00!

96 teams stepped up once again to show their love and support for those afflicted with Breast Cancer. There were 14 breast cancer survivors on hand that received pink carnation corsages (thanks to the official florist of the Rochester Bowl For the Cure, Dave Schum of Schum’s Florist) and a bottle of wine to start the evening off!

The night was packed with exciting raffles to take chances on, golf outings and many more outstanding raffle items! There were 50/50’s as well as Silent Auction items, and many gifts that were handed out throughout the evening as way to say Thank You to the participants!

Local radio station Fickle 93.3 also stepped up to help strike out breast cancer. On hand were: George “Ace” Acevedo, Marti Casper, Bob Kirk and their promotion team. Also, joining as an Honorary chairperson this season was the COO of the Rochester Red Wings, Naomi Silver!

Barb Pifer represented BCCR again this year, talking with participants, distributing literature and even joined in on the bowling!

Many thanks to all the wonderful volunteers that offered a hand for the night.

Save the date for next year - February 20th 2009

Memories From Victor High School’s Think Pink Dance

These special teens from Beth Thomas’s leadership class at Victor High School chose breast cancer research as their focus for the fall semester, brainstorming ideas to raise money. They began with a tailgating party before their homecoming football game complete with pink ribbon shaped cookies and a kisses to beat cancer booth. They then finished the semester with a Christmas dance they called the Think Pink Dance. These creative seniors raised $1,370.00 to donate to the Breast Cancer Coalition. These altruistic young leaders are definitely destined for great things!

We have recently been made aware of phone and door-to-door scams falsely representing the BCCR in our area.

Please rest assured that we DO NOT make solicitation phone calls or go door-to-door asking individuals for financial donations.
And finally Susan spoke of one of the most important elements of this class: the kind support attendees show and give to one another. See, the women who enjoy Gentle Yoga at BCCR understand that not only is the woman on the mat next to them enjoying the benefits of the experience, but she’s also a breast cancer survivor.


To learn when the next six-week Gentle Yoga session begins, call 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 Tracy Brown at Tracy@bccr.org.

Thanks!

I wish I had known:

“To cut my hair short BEFORE it began falling out from chemo.” -Berry

Recent Events Here at BCCR

BCCR’s Executive Director, Holly Anderson and Chairman of the Board, Joyce Witchie present Dr. Niccoletta Sacchi with a 2009 Research Grant Award of $40,000.

PC Update continued

BCCR’s March program on Sentinel Node Biopsy with Dr. Christopher Caldwell.

BCCR’s May program panel discussing “Family Matters”. Miriam Iker, Ph.D., Jay Natoli, L.C.S.W. and Elizabeth Russell, L.M.S.W.

BCCR’s March program on Sentinel Node Biopsy with Dr. Christopher Caldwell.
Close to 4,000 people joined us and enjoyed our 7th annual Pink Ribbon Walk/Run.

Event Director:
Debra Bonsignore

Race Director:
Bix DeBaise

Committee:
Holly Anderson
Benita Aparo
Melisande Bianchi
Maria Biemiller
Margie Bonsignore
Traci Cahill
Kathy Clark
Phyllis Connelly
Cindy Dykes
Kim Kircher
Jan Miller
Charles Mullen
Barb Pifer
Luann Weinstein
Joyce Wichie

For more great photos and the lists of our much valued volunteers and prize donors/supporters see page 25.

Devoted dad watches kids while mom runs.

Betty Miller and Dee Miller (no relation)

Debra Bonsignore, Maureen McGuire, Marti Casper and little helper draw Wii raffle winner

Connie Schmeer and family
INSPIRE, close to 4,000 people joined us and enjoyed the beautiful weather for our 7th annual Pink Ribbon Walk/Run.

Cheryl Kieffer with the Wii she won at the Pink Ribbon Run

A big thank you to our sponsors!!!

Wegmans
WROC 8
Warm 101.3
Fickle 93.3
Clark Moving & Storage
FOX WUHF
Freetime Magazine
MIKAREN Media
Medved
Tom & Maria Cook
Shopping Bag Advertiser
Rochester Business Journal
Joe Bean Coffee

Denise Graver and Jeanette Atkinson, friends forever.

Senator Joe Robach, Isabella Fusilli and Assemblymember Susan John
Our Programs at the Breast Cancer Coalition of Rochester

For more information or to register for our programs, please call the BCCR at (585) 473-8177

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.

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 12 breast cancer survivors. Advanced registration is required.

Brown Bag Fridays

At the Breast Cancer Coalition! Any given Friday at noon finds a group of women conversing over whatever they brought to eat and a delectable dessert provided by BCCR. 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.

The Sister Sak Project

The Sister Sak Project was started by a group of young survivors who wanted to help each other in their journey with breast cancer. This project provides young women diagnosed with breast cancer a gift bag filled with comfort items delivered by a young survivor and a network of support dedicated to their unique concerns. Please call for a referral and Sak of your own!

Men’s Night

Facilitated by Jay Nittoli, LCSW, this group is for men whose wives, daughters, sisters, mothers or significant others have been affected by breast cancer. It meets on the 4th Thursday of every month from 6 to 7pm at BCCR, 840 University Avenue, Rochester, NY 14607. Please call (585) 473-8177 for more information.
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 2nd and 4th Thursday mornings each month at the BCCR. Participation in this group requires pre-registration.

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.

Young Survivor Networking Group

The Young Survivors Networking Group is a hopping! 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.

Breast Cancer Coalition of Rochester Support Group

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.

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.

BC 201

Modeled after Breast Cancer 101, these are one-on-one sessions for those who have been diagnosed with advanced breast cancer. New issues arising about diagnosis of breast cancer are dealt with on the same one-to-one basis as in BC 101. Maintaining a nurturing and supportive environment while providing a sounding board for treatment modalities and other issues is all part of BC 201.
Book Review

By Pat Battaglia

Media reports about breast cancer are often conflicting and confusing. Is the rate of occurrence truly rising and how do we measure that? We also hear about chemical contaminants, emitted from a vast array of sources, which find their way into the air we breathe, the water we use, and the food we eat. What, if any, is the connection to cancer incidence? Is there anything we can do about it?

In pointed and well-documented detail, Sandra Steingraber leads us on a journey to find the answers to these questions in her book, Living Downstream: An Ecologist Looks at Cancer and the Environment. As a scientist, researcher, writer, cancer survivor, and poet (she has published a volume of poetry entitled Post Diagnosis), Ms. Steingraber brings the whole of her background into this book. In vivid, lyrical language, she moves between scientific investigation and deeply personal accounts of the effect cancer has had on her life and those of her loved ones. In the process, she weaves a thread that binds them decisively. Powerful words about the scholarly combine with soul-searching reflection, lending weight and depth to each other.

The book's title recalls a fable about villagers living along a river who notice an ever-increasing number of drowning people caught in the current and valiantly work to rescue them. They never think to look upstream to see who is pushing these unfortunates into the water. The existing approach to treating cancer is likened to this tale. However, “…many leading cancer researchers acknowledge the need for an ‘upstream’ focus,” and “…this book is a walk up that river.”

An astounding array of chemicals is released into the environment, exerting an effect on many layers of life forms. Intricate cellular processes are disrupted, and much of this is observable by scientists. Still, there is more that needs to be discovered, as the author freely admits, and much that may never be known. Although “…uncertainty is too often parlayed into an excuse to do nothing until more research can be conducted,” it is no reason for inaction. Ms. Steingraber urges a human rights approach to the release of toxins, in which the right of individuals to a clean environment is paramount. From such options as sustainable farming practices and placing the onus of demonstrating the safety of chemicals on those who disperse them, there is much that can be done. These types of changes will not be easy, but “…difficulty should not be used as an excuse to do nothing.”

Cancer exerts profound changes in our world on many levels; from the global, to the regional, to the cellular, to the personal. We are not powerless in this process, and Ms. Steingraber encourages her readers to take action. This begins by exercising the right to access specific information regarding the release of chemicals under Right to Know Laws. A well-crafted and informative afterword provides a thorough guide for doing this. Published in 1997, there are certain to be updates that can be added to this framework, but it provides an excellent place to start.

As the environment is forever altered by chemical contamination, life is forever altered by a cancer diagnosis. Anyone whose life has been affected by cancer can hear the truth in these words: “Like a jury’s verdict or an adoption decree, a cancer diagnosis is an authoritative pronouncement, one with the power to change your identity…Each of these diagnoses is a border crossing, the beginning of an unplanned and unchosen journey.” All types of cancers are considered in this book, and many issues regarding breast cancer are examined. Heredity, hormonal factors, and environmental factors all come into play in a complex disease process that affects far too many of us. “In the Unites States, nearly one million years of women’s lives are lost each year…” to breast cancer. In the face of this sobering analysis, there is no room for complacency.

This eloquent, thought-provoking book conveys a sense of the complexity of the problem that chemical contamination poses in the global community. It imparts an appreciation of the intricate connections between human activity and all living beings on the planet. And it empowers the reader to act on this knowledge.
Arlyn Grossman

The Breast Cancer Coalition of Rochester is mourning the loss of Arlyn Grossman, a longtime friend, volunteer, and tender advocate for those coping with metastatic breast cancer.

Arlyn was diagnosed with Stage IV breast cancer twenty-three years ago at the age of thirty-four. The disease had already spread to her lymph nodes and bone. Her two children, Debbie and Peter, were eight and four years of age at the time. An inspiration to many, Arlyn often counseled others who were newly diagnosed with metastatic breast cancer. Her quiet sense of calm, as well as her longevity in coping with the disease, provided encouragement to so many of her breast cancer sisters. Arlyn took the difficult moments and challenging trials of breast cancer and turned them into opportunities for others to join her on what otherwise might have been a lonely journey. Her sense of community and her triumphant spirit was most evident when she presented on the topic “Living with Metastatic Breast Cancer” at our Advanced Breast Cancer: Tools for the Journey Annual Seminar in April 2007, and while sharing her experience with others as a participant in our Living with Metastatic Breast Cancer Support Group.

Arlyn lived a vibrant life, volunteering as a docent for the Susan B. Anthony House, the Landmark Society, and the Breast Cancer Coalition of Rochester. She obtained a Bachelors of Science in Nutrition and Food Science from Cornell University and worked as a Diet Technician at local nursing homes, hospitals and, more recently, Meals on Wheels. She was also a reader for WXXI Reachout Radio.

Arlyn is survived by her husband, Bob Grossman, and her children, Debbie and Peter. She will be missed.

Afternoon Tea

Coming this summer...

The Breast Cancer Coalition of Rochester will be hosting a tea especially for women living with metastatic breast cancer.

Look for more information coming soon!

Friends Remembered...

Marilynne Anderson
Arlene Enright
Cheryl Greuer
Mary Johnson
Joni Singer
Linda Williams

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 Meynadas, BCCR Voices of the Ribbon Newsletter Editor, at susan@bccr.org.

We look forward to hearing from you!
Human Touch for Patients
Human Touch, launched an on-site chair massage program at the Elizabeth Wende Breast Clinic in fall of ’07. Patients waiting for their mammogram results or who are there for diagnostics are now able to have a 10 to 20 minute chair massage during their wait time for a dollar per minute. The Licensed Massage Therapists donate 10% to local breast cancer charities every month. One of the charities is The Breast Cancer Coalition of Rochester. Surveys of the patients who received a massage indicate 100% of them are pleased with the program. Following are some of the comments from the surveys:
“It is a positive gem in a difficult experience”
“What a wonderful treat today… I forgot where I was for a while—THANK YOU SO MUCH!”
Contact Kim at 755-6622.

Stephanie Seitzinger, an LMT (Licensed Massage Therapist)

I wish I had known:
“That I could have asked for a physical therapy referral to help with range-of-motion problems.” - Berry

CancerCare Connect® is a national non-profit organization that offers free, professional support services to anyone affected by cancer. Their programs, which include counseling, education, financial assistance and practical help - are provided by trained oncology social workers and are free of charge. Founded in 1944, CancerCare now reaches out to more than 97,000 people each year. Its website receives more than 2.1 million hits annually.

They offer free telephone workshops that cover a variety of topics. In July, 2008 they will be offering Managing Treatment Side Effects: Supportive Care. There is no charge for these telephone workshops and they can also be accessed online.

For more information, contact CancerCare Connect at 1-800-813-4673 or www.cancercare.org. A listing of featured programs is available by calling 1-888-337-7533. Selected workshops can be accessed by logging onto www.cancercare.org/podcasts.
More race memories...

Our race volunteers...

Marybeth Allyn
Griffin Anderson
Harvey Anderson
Holly Anderson
Ian Anderson
Morgan Anderson
Tom Anderson
Zachary Anderson
Cindy Andrews
Megan Andrews
Dan Andrus
Benita Aparo
Danielle Ayers
Liz Bailey
Jane Beamish
Steve Beke
Michele Bessette
Haley Biemiller
Kenny Biemiller
Maria Biemiller
Morgan Biemiller
Margie Bonsignore
Sam Bonsignore
Linda Brenner
Kathi Burton
Traci Cahill
Cheyenne Callerane
Bianca Camillaci
Lisa Camillaci
Diane Campoli
Marisa Campoli
Francesca Capototaro
Jerlynn Capototaro
Lia Capototaro
Evan Carrier
Ann Casey
George Cedeno
Mary Gross and team
Tris DiFulvio and team
Mary Beth Weinmann
Lindsay Weinmann
Joyce Wichie
Kaylee Zaffuto
Armanda Zardzewlala
Paul Zimmerman

Mary Gross and team

Lindsey Ingraham
Kathy Mielke
Kathy Toole
Tom Toole

Thanks to our prize donors/supporters

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BJs - Henrietta
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Build A Bear
Crabtree & Evelyn
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Dunkin Donuts
Galleas Tropical
Greenhouse
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Rockcastle Florist
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Ed Oliver
Emmett Ozminowski
Jim Ozminowski
Barb Ozminowski
Bryan Pelkey
Sandy Perrone
Vince Perrone
Melissa Peters
Barb Pifer
Donnie Pifer
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Becky Wagner
Debbie Wagner
Angela Wambach
Kathy Wambach
Kathy Weber
David Webster
Mary Beth Weinmann
Nancy Weinmann
Mike Weinpress
Lindsay Weinmann
Lauren Weinmann
Carol Wheeler
Joyce Wichie
Kathy Williams
Jason Wormley
Deb Wyspianski
Mary Tole
Tom Tole
BCCR is unique in that we have developed an astounding sense of community whereby members have come to know each other through our current programs. We are far more than a database of numbers and checked-off forms. We have already identified and informally utilized many breast cancer survivor “PALS” who possess the skills and experiences to be trained and to offer support to other survivors who are new to navigating their present status/condition with breast cancer.

The Breast Cancer Coalition of Rochester is the only full-scope breast cancer organization in the Greater Rochester Region. We primarily serve Monroe and the six surrounding counties of Wayne, Ontario, Livingston, Wyoming, Genesee and Orleans. As a result of our collaborations with our local cancer treatment facilities, and because we focus exclusively on breast cancer clients and survivorship issues, we believe we are in the best position to meet the needs of this population and to offer services and support to those newly diagnosed with the disease. We were thrilled to learn that the New York State Department of Health agreed to fund this important project!

Participants in the PALS Project are immediately invited to participate in a vibrant, diverse, empowered community of survivors. Right here at the Breast Cancer Coalition.

The PALS Project is a wish shared aloud by many. They have expressed, verbally and in writing, a longing for a companionship program that would help them find each other. Not just each other, but groups of “each other.” This project is able to facilitate that connection. Through the personal, initial contact the project fosters, we hope to plant seeds of support and understanding that will continue to grow through treatment, recovery, and well into well-lived survivorship years.

The PALS Project is a new offering that would build on the success of six of our current programs: Breast Cancer 101, Breast Cancer 201, Brown Bag Fridays, the Sister Sak Project, Young Survivor Networking Group and the Advanced Breast Cancer Support Group, all of which have resulted in a number of informal, successful, peer support relationships.

We are grateful to those in our community who wrote letters of support for this project including Sue Swift of Highland Breast Imaging, Kristen Skinner, M.D. and Carmen Signorino, MSW of the Comprehensive Breast Cancer Center at the University of Rochester’s James P. Wilmot Cancer Center, Susan Vetter, LSW of the Pluta Cancer Center, Therese O’Connor, MSW of the Lipson Cancer Center, and Lisa Bowdey of the Health Partnership of Monroe County.

If you are interested in becoming a PALS mentor, please contact us at (585) 473-8177 or e-mail us at info@bccr.org. Training will be provided.

The Community Cancer Collaborative
Presents:
A Celebration of Life
August 23, 2008 at Frontier Field
3:30 – 5:30pm – Free Picnic, Food, Games
7pm – Red Wings Game
*Fireworks after the game*

Please contact Niki MacIntyre at 473-8177 for game tickets and to RSVP for this special day!

BCCR presents:
‘Tee’d Off at Breast Cancer’ Golf Tournament
Monday, July 21, 2008
Shadow Lake Golf Course
Local funds & support for local women and families

For more information contact Barb at info@bccr.org.
In Honor of:

Cathy Bishop
Susie Smith
Robin Vavrina

Sylvia Cappellino
Ann Mazzarella

Rich & Kathy Clark
Shirley Anselm
Jacquelyn Canute-Goss
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Ann Mazzarella

Judy Rohrer
Ann Mazzarella

Nonny Shapiro 80th Birthday
Lois Fait

Sue Welch
Marianne Sargent

In Memory of:

Nick Agnello
Ann Mazzarella

Marilynne Anderson

Beverly Anderson
Marion Anderson
Elizabeth Miller
DC & LL Clark
Jack & Phyllis Connelly
Sam & Marlene Dattilo
Robert & Joyce Dietz
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Michael Piccirillo
Ronald & Mary Pluta
Robert & Leslie Randisi
David & Sue Reh
Joe & Joan Rotondo
Constance Schmeer
Stephanie Vaisey
Carolyn Vacanti
Charles & Susan Vacanti
Lynn Vacanti
Michael & Janet Vacanti
Bob & Karen Vay
Jerry & Joanne Viener
Warren & Jeanne Waldow
Joyce Wichie
Reyno & Dorothy Wojnowski

Dominic Antritano
Jim & Barb Zimmerman & family

Alexandra Bisbee
Ronald & Elaine Kane

Suzanne Clayton
Susan Miller

Shirley Comiez
Nancy Deans

Donations from January 1, 2008 to March 31, 2008

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 March 31st will be included in the autumn newsletter.)

Mary Coyle
Dominick & Marie Vaccaro

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Joseph & Lorraine Bronco
Tom Burke
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Bowl for a Cure  

Material Gifts:  
Jean Maier  
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The Skein Dames Knit & Crochet Club, Yardley, PA  

Dave Zimpfer  

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Pink Ribbon Run & Family Fitness Walk  
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Tom & Maria Cook

Tee’d Off at Breast Cancer Golf Tournament  
Elmwood Dental – Frank LaMar & James LaMar

Volunteer Service Donor’s:  
Lifetime Assistance

United Way Donations – Donor Choice #2334  
Anonymous  
Candice Kraemer  
Lisa Landry  
James Weidman

Many thanks to our volunteers Liz Rich and Karen Destino who represented BCCR at the recent Skyway Open.
Fall 2007 United Way Campaign

Teresa Bartolone
Deborah Christie
Tina Conibear
Bruce Conover
Sarah Cook
Judith DeHaven
Adair Eodice
Natalie Forty
Janice Goldman
Amanda Haessler
D’Allante Howell
Katie Hoy
David James
Steven Mazzaferro
Heather McClure
Mercede McNeill
Jennifer Myles
Daniel O’Dea
Mark Raeside
Chelsea Reynolds
Stephanie Shirley
Jaclin Truscott
Joseph Verdaasdonk
Joyce Wichie
Caitlin Zipfel

Pesticide Neighbor Notification Law

The Monroe County Pesticide Neighbor Notification Law became effective January 1, 2006. This law requires groups/individuals applying pesticides to provide certain types of notification to neighbors. Failure to comply with the law can result in fines.

There are four basic groups that must comply with this law. The primary notification requirement is listed for each group:

1. **Commercial Pesticide Applicators**, who previously were required to post lawn signs when applying pesticides, are now required to provide at least a 48-hour notice to neighbors (within 150 feet) of the property being treated with pesticides. This notification is required only when the applicator is using sprayed pesticides (liquid or aerosol) to the ground, trees, or shrubs. Use of granular products and certain other applications, including spot treatments of less than 9 square feet, are exempt from the 48-hour neighbor notification requirement.

2. **Landlords** (rental/apartments) within 150 feet of the property being treated will be notified by commercial applicators 48-hours prior to sprayed pesticides being applied. They are then required to inform the occupants of such dwellings 24-hours in advance of the pesticide being applied.

3. **Retailers** that sell products covered by this law are required to post signs near where pesticides are being sold informing homeowners about their requirement to use lawn markers.

4. **Homeowners** are required to place markers on their lawn if applying any form of pesticide (including granular) to more than 100 square feet of their property. It is also recommended that they inform their neighbors prior to application of pesticides, although the latter is not required. If homeowners utilize a commercial applicator, the company will take care of necessary notifications.

To report a violation or to have questions answered about the Pesticide Neighbor Notification Law, contact the Monroe County Department of Public Health at **753-PEST** (753-7378) or by e-mail at mchealth@monroecounty.gov. If reporting a violation, please be prepared to provide:

- date when product was applied
- approximate time when product was applied
- address where the product was applied
- name of company applying the product
- your name, address, phone number or e-mail, so the Health Department can follow-up if needed


Source: Monroe County website www.monroecounty.gov
Monday, July 21, 11:00 A.M.
Registration, shotgun @ Noon
"Tee’d-Off at Breast Cancer" 6th Annual Golf Tournament at Shadow Lake. $125 per person. Fantastic prizes! For more information or to register, please call BCCR at (585) 473-8177.

Thursday, August 21, 4:00-7:00 P.M.
Fifth Annual Terri Schmitt Legislative Reception. Come meet your elected officials and mingle with other members of the breast cancer community. Light refreshments will be served. RSVP required, however this event is free. Call (585) 473-8177.

Wednesday, August 27, 7:00 P.M.
Evening Seminar: Triple Negative and Inflammatory Breast Cancer (tentative topic)

Wednesday, September 24, 7:00 P.M.
Evening Seminar: Pathology

Wednesday, October 22, 7:00 P.M.
Lives Touched, Lives Remembered

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
O ur 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! We do accept Paypal as well as most major credit cards.

Take Action!

B ecome a Supporter of the Breast Cancer Coalition of Rochester by making a donation 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.

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☐ $100 Pink Ribbon Circle
☐ $50 Friend’s Circle
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☐ I cannot afford to make a donation at this time but would like to be on your mailing list.

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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 or more receive a free Comfort Heart.
Salmon, Shiitake Mushrooms & Wilted Greens  
Serves 2  
adapted from Nigella Bites

3/4 lb. salmon fillets, skinned and divided in two 
2 cloves garlic, minced
cooking spray (or olive oil) 
1 cup baby shiitake mushrooms, 
salt and pepper to taste 
cleaned and sliced
1 bunch mustard greens (or bok choy or kale) 
4 TBSP soy sauce
1 TBSP olive oil 
2 tsp sesame oil

1. Preheat the broiler and prep the fish: spray each fillet with cooking spray, and salt and pepper to taste.
2. Prep the greens by separating the stems from the leaves, and chop both roughly.
3. Heat the olive oil over medium heat in a large non-stick skillet. Fry garlic ever so slightly until it releases its fragrance, about 1-2 minutes. Add stems and mushrooms and give it a quick stir. Then throw the top on and let it steam away for 5 minutes.
4. Meanwhile, lay the fish in a broiling pan and stick it in the oven about 5 inches beneath the broiler.
5. Once the stems and mushrooms have steamed about 5 minutes, add the leaves, soy sauce and sesame oil. Cook until the leaves have wilted, about 2-3 minutes. Depending on the thickness of your salmon, the fillets should be ready by now.