A NEW YEAR, A NEW LOCATION: SETTLING IN & READY TO ROLL!  Open House and Ribbon Cutting on January 21, 2015

-by Cindy Dykes

In grand style and with pardonable pride, we celebrated the recent move to our beautiful new home at 1048 University Avenue in Rochester by holding a Ribbon Cutting Ceremony and Open House on January 21. More than 200 enthusiastic program participants, neighbors, friends and supporters arrived to take a tour of our warm, welcoming new facility and learn about the additional opportunities we are now able to offer to those seeking our assistance after a diagnosis.

In addition to providing easier access to parking for clients, our upgraded facility has enabled us to expand the programs and services we offer at no charge to those in our community touched by a breast or gynecological cancer diagnosis. Our popular Healing Arts Initiative has grown to include two daytime sessions of Gentle Yoga, as well as new weekday offerings of Qi Gong and Mindfulness and Meditation.

As we settle into our new home, we encourage you to stop in and see what’s happening at the Coalition. Take a look around, check out our resource

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Spring is officially here and, believe it or not, the lilacs and roses are close behind. The days are getting longer, the sun warmer, and lengthening evenings allow us time for deep reflection. On these beautiful days, we find ourselves drawn into philosophical discussions about where we’ve been and where we’re going. At the Coalition, eyes and ideas are very much focused forward. Though change occurs frequently throughout life, BIG change for us began over a year ago when we opened our doors to women with gynecological cancers. The biggest change occurred with a move to our new home at 1048 University Avenue in January. We have increased our opportunities to serve those impacted by what some of us have come to think of as the big diversion: cancer.

The great thinker Blaise Pascal observed that diversion is one of the greatest spiritual dangers of our age. But diversion can only keep the “big questions” about the meaning of life at bay for so long. Following a life-threatening illness, people are often hungry to engage in intelligent dialogue about the purpose and meaning of life. Pascal argued that people need to understand the larger context of their lives in order to determine how to live. As people confront everyday dilemmas, they begin to ask probing questions that eventually lead to ultimate questions about life, death, morality, value, meaning, and purpose. At least that’s how it goes around here, at our Center, at gatherings of the women, men and families engaged in various stages of diagnosis, treatment, recovery and, sometimes, loss following a diagnosis of cancer. One need only attend Brown Bag Friday to experience these ideas firsthand. Philosophy and philosophizing knows no limits in any of our program offerings here at the Coalition.

“In the end, people don’t view their life as merely the average of all its moments—which, after all, is mostly nothing much plus some sleep. For human beings, life is meaningful because it is a story…”-Atul Gawande, Being Mortal: Medicine and What Matters in the End*

Cancer can be a reminder to live in the moment, the here and now, and to appreciate the everyday; to see your life as a story unfolding, with chapters yet to be written. Cancer allows us to reach out to others when introspection and dark thoughts may threaten us. It gives us permission to celebrate the mundane, the perfectly ordinary, and to recognize and rejoice in the extraordinary. For some of us, cancer is a wake-up call to focus on our own health and, in some cases, redefine what it is we believe about health. For others, a diagnosis of cancer calls into question how we want to live our one, wild, gloriously beautiful life.

What’s your story? How are you living your life today? Whether you are new to the Coalition or have been part of our existence for many years, we welcome you with open arms. Join us! ☺

*This book is the selection for our June Book Club on Thursday, May 25 at 6:00 pm
In the world of breast cancer, there are no easy diagnoses. There are no simple journeys. In a disease that presents with so many variables, each diagnosis is as unique as a fingerprint. And whether the diagnosis comes at an early, intermediate, or late stage, those affected face difficult questions, many without easy answers.

I learned these things when I faced my own diagnosis, and it was brought home to me with renewed meaning when I witnessed the experience of a longtime friend. Years ago, I met Miriam Steinberg on a baseball field; she had arranged a baseball group for members of the homeschooling organization to which we both belonged. I immediately liked this woman who gently guided the children through the game in a fun, non-competitive atmosphere. Years later, we crossed paths again when our children attended the same high school. But it was more recently that another bond was forged; the mutual experience of a breast cancer diagnosis.

In 2011, Miriam went for a screening mammogram. When no areas of concern were immediately detected, she breathed a sigh of relief and went about her busy life with her husband Lou Spezio, her two children, Jake and Rachel, and her work at a local charter school. Ten days later, she received a phone call from the imaging center. Some calcifications had been noted and more images were called for. “Of course, at that point, I went to worst case scenario, because that’s just how I operate,” Miriam remarks.

Further imaging revealed a cluster of calcified cells. At that point, a biopsy was recommended and completed in short order. Two days later, the results were back: the diagnosis was lobular carcinoma in situ (LCIS). Miriam had never heard the term before.

“You’ll be OK,” said the voice on the phone delivering the news. “But we do want to remove the cells.”

I didn’t really understand what she was talking about,” Miriam recalls. “I said ‘Well, it’s carcinoma in situ. Carcinoma — it’s cancer, right?’ I didn’t quite get it.”

Miriam quickly called her trusted family doctor, who took a break from her busy schedule to provide an explanation and ease Miriam’s fears a bit.

Lobular carcinomas occur in the milk-producing lobules deep within the breast. The term in situ means that the cancerous cells are contained within the tissue where they originated and have not emerged through the wall of cells lining the lobules to invade healthy surrounding tissue. Because of the non-invasive nature of this situation, some consider LCIS to be a pre-cancerous condition. Dr. Susan Love, in the latest edition of her book*, speaks of the shift in terminology from “pre-cancer” to “non-invasive cancer,” a more accurately descriptive term, but perhaps not as easily understood. Regardless of the term used to describe it, Miriam’s diagnosis raised a unique set of questions and difficulties.

After talking with her doctor, Miriam felt a little more prepared to deal with what lay ahead. “It was the best bad news I could have gotten,” she acknowledges. To cap off the conversation, her kind physician had given Miriam a phone number and strongly suggested she make the call; it was the number for the Breast Cancer Coalition.

Miriam made that call and attended a BC101 session. “When I first sat down with Holly [Anderson, Coalition Director and BC101 Facilitator] and told her the story from start to finish, she was so present, knowing the things that I felt and the stage of disease I’m dealing with,” Miriam remembers. This helped clarify the situation and empowered her to face the decisions and uncertainties that were to come.

Knowing of my diagnosis, Miriam also called me. What impressed me, as I listened to her remarkable story, was the thoroughness with which she teased out the potential impact of each decision that lay before her. And in this thoughtful manner, she forged ahead.

The recommended surgery was minimally invasive - an excisional biopsy, which removed all the affected cells. “What was fascinating to me,” Miriam recalls, “was that they were talking about cells. It was incredible to me how they can pinpoint something so tiny.” The pathology results showed clean margins; the entire questionable area had been removed. But hard questions remained. Miriam’s medical oncologist explained to her that a diagnosis of LCIS means an increased lifetime risk for developing invasive disease. And now, as someone living with a known risk factor for breast cancer, Miriam had some options to consider. It was a heavy load to bear: “My head was spinning and I felt like I couldn’t take in any more information.”

The confusion and uncertainty didn’t prevent Miriam from reaching out to her family and friends; she sought the continued on page 29
Phyllis Connelly, also known as the “Queen Mum” of the Coalition, has been a much loved and revered leader for our organization on many levels since joining our group after her own breast cancer diagnosis in 1999. Her energy, compassion, and capacity for asking questions that get right to the heart of the matter have served this organization and our survivor community well. Phyllis’ gentle and often lighthearted manner might make her seem, at least at first glance, to be a soft-spoken woman. But with her direct, honest nature and deep intelligence, she has made waves at the local, state, and national levels on behalf of those affected by breast cancer. Hers is a friendly voice, but one that will not back down from the truth.

As Chair of the Advocacy Committee in its early years, Phyllis’s knowledge of the issues important to those affected by breast cancer earned her the respect of legislators at the local, state, and national levels. Closer to home, her fellow committee members learned much from Phyllis’ direct but non-confrontational style. “I was so impressed with her legislative knowledge when we all traveled to Albany and Washington,” recalls Pat Foucht, a committee member during those early days.

In time, Phyllis became Chair of the Coalition’s Board of Directors. With the right combination of savvy and kindness, she led the organization through a phase of tremendous growth, all the while maintaining her advocacy work. It was a formidable balancing act, but Phyllis made it look manageable – and even fun. Supporting her all the way was her husband, Jack, who became a beloved, jovial presence at Coalition functions. It was obvious that this pair was well suited to each other and cared deeply for one another.

“Her gentle spirit and wealth of knowledge is immeasurable. Phyllis was able to appear in many political arenas with a comfortable swagger that was so inviting to others,” says Melisande Bianchi, who, after learning the ropes from Phyllis, eventually chaired the Advocacy Committee herself. Beyond her legislative acumen, Phyllis was always ready to extend a helping hand to those facing a new diagnosis of breast cancer. Melisande remembers this side of her as well. “She was my contact person in 2003, when I was diagnosed. She is my mentor, my leader and my friend.”

When she turned the reins over to a new Board Chair, Phyllis maintained her strong presence on the Advocacy Committee, and was the one to turn to with questions relating to legislative matters.

Marianne Sargent had the best of teachers as she began her work in the Advocacy Committee. She eventually chaired that group, a position she holds to this day. “I was impressed with Phyllis’ interactions with fellow advocates and our elected officials,” says Marianne. “She took the time to thoroughly explain the issues to the newbies. We learned the ‘what and why’ of the legislation we were asking them to support. Most of all, Phyllis taught us how to advocate… Her caring manner along with her knowledge of individuals and issues created a great model for those of us who have followed her.”

Phyllis was devastated when Jack passed away suddenly in 2011. The Coalition community rallied behind Phyllis and her
A Talk with Jan Dombrowski, M.D.
Radiation Oncologist and Director of Radiation Oncology at the Pluta Cancer Center - By Pat Battaglia

Since its establishment in 1975 at the former Genesee Hospital in Rochester, the Pluta Cancer Center has seen many changes. When the hospital closed in 2001, the Center remained operational in that location until moving to its current Henrietta facility in 2003, where it became the first nonprofit cancer center in New York State. In 2012, it merged with the University of Rochester’s Wilmot Cancer Institute. Through it all, the Pluta Cancer Center has consistently provided comprehensive, multidisciplinary cancer care while honoring the humanity of its patients. Dr. Jan Dombrowski, Director of the Pluta Center’s Radiation Oncology service, recently sat down with Holly Anderson, the Coalition’s Director, and me to share his views about the Center and its evolving role in the changing scheme of cancer care.

Pat: The mission of the Pluta Cancer Center is to provide compassionate, leading-edge cancer care in an environment that comforts, supports, and empowers patients and their families. What types of things that can be offered in a medical setting do you feel are most comforting/supportive/empowering to patients and families? How are these things incorporated into the patient experience at Pluta?

Dr. Dombrowski: That is the motto and the underpinning of the Pluta organization. We try to focus on bringing the patient into a warm environment, one where they feel secure. We have to bend for the patients, not have the patients bend for us. We’re working to put in an integrative oncology center to provide other types of emotional and physical support.

It goes anywhere from the tangible to the intangible. We go back and look at the things that are working; we go back and look at the things that aren’t working and try to fix those things. We’ve been blessed with generally good acceptance of what we’ve done, but there are things that we can tweak. Thankfully, the patients are clear enough. We very quickly hear when something doesn’t quite meet expectations and that’s been good for us.

It’s hard for me to point to any one particular thing. I think it represents a spectrum of responses, from building a place, making it free standing, making it hospitable and warm, getting the staff to embrace that, trying to marry that with technological progress when it’s appropriate and scientifically sound, to the integrative oncology. It’s a whole rainbow; a whole spectrum approach. It’s how you try to wrap all into one cohesive program.

Whether patients walk in here because they’re being treated for breast, prostate or lung cancer, they all want similar things regardless of what malignancy they may have: respect, attention, and attention to detail. Our mission has been to take innovations that could be replicated easily or accurately and do them well. It might have come from someone else’s research but we could employ it and employ it safely. One piece of good news from the University of Rochester acquiring us is we have access to that research now. So we have the ability to help patients here in the same environment, but if they want to participate in clinical trials, they can have access to them. Or we can steer them in that direction.

Pat: What is it about integrative services that makes medical people sit up and take notice of them, and make them part of the treatment plan for cancer patients?

Dr. Dombrowski: I think there are a couple of things that have done that, and it’s been a learning experience on both sides of the equation. Physicians have seen the benefits in terms of patients being able to cope; they’ve seen patients being more relaxed. Without a doubt, the most fundamentally popular thing we ever did was put a massage therapy program in here. I mean, it was an off the charts, 5-platinum-gold-record kind of thing within very short order. And we could see the benefit in the patient who was just at that ragged edge. The massage, the contact, the

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The FDA Grants Accelerated Approval for Palbociclib

-By Pat Battaglia

The Food and Drug Administration has granted accelerated approval of palbociclib (Ibrance) for use in combination with letrozole (Femara) for postmenopausal women with estrogen receptor positive, HER2 negative metastatic breast cancer. This occurred after the results of a phase II clinical trial were presented in April of 2014. Known as the PALOMA-1 Trial, this study enrolled 165 women who were divided into two groups. One group was treated with palbociclib and letrozole, the other received a placebo plus letrozole. Progression-free survival (PFS) for women in the first group was about 20.2 months, while women in the second group had a PFS of about 10.2 months.

FDA approval normally occurs only after the completion of longer, larger phase III trials, but due to the dramatic difference in PFS between the two groups in the study, accelerated approval was requested by Pfizer, the maker of the new drug. A phase III study – PALOMA II - will take place so that more can be learned about palbociclib, including overall survival rates of those treated with the drug. However preliminary data suggest a less significant median survival difference compared to PFS rates: 37.5 months for palbociclib and letrozole versus 33.3 months for letrozole alone.

The new drug has a novel mechanism of action in breast cancer treatment: it inhibits cyclin-dependent kinases 4 and 6, which are part of a complex mechanism involved in promoting the growth of cancer cells. Side effects of palbociclib include low blood counts (red cell, white cell, and platelets), nausea, irritation of the mouth and lips, hair loss, diarrhea, low appetite, vomiting, weakness, nerve damage, and nosebleeds. With a price tag of about $10,000 per month compared to the cost of letrozole, which costs hundreds per month, treatment with this new medication is an expensive proposition.

Lives matter more than costs, but considering a side effect profile that can adversely impact quality of life and an uncertain impact on overall survival, the big picture regarding this new medication is still unknown. Many are questioning whether accelerated approval was warranted. Stay tuned.

Sources:
http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045%2814%2971159-3/abstract
http://www.bcaction.org/2015/02/06/11012/

“...at great cost, I traveled through many countries, saw the high mountains, the oceans. The only things I did not see were the sparkling dewdrops in the grass just outside my door.”

- Rabindranath Tagore

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The Advanced Breast Cancer Seminar on April 24, 2015
something to look forward to that was part of being here that wasn’t related to being treated” would just get them that much further off the edge. It was palpable. If you’re an observer, you say “hey wait a minute, there’s something there”. And you know in your heart that can’t be in any way negatively affecting their overall care. Science also says this helps. It’s not fly-by-night - we know who’s doing it, we’ve got credible, experienced, trained people here, so it’s in a safe environment.

The patients have also accepted it. All of us have realized that the world is a very big place, that there are cultures and civilizations that do things differently, and no one group has any particular candle by all the answers. Maybe there are elements of programs like tai chi or meditation or relaxation that will help some. It’s not a one-size-fits-all approach. You take what you can use and you apply it. If you don’t like it, you don’t have to do it. But for those that it does benefit, it’s there.

At first, I thought, “How could it help?” But then you watch five, ten, fifteen patients and you realize. Sometimes I’ve said “I think it’s time you see Jean (Van Etten, Massage Therapist) again,” and that would just reset the clock for the patient.

You have to become a bit of a cheerleader. This is hard, hard therapy. Radiation therapy is oftentimes the last treatment that patients have to go through, and when we stop, I have to warn them that “You are now going to have the bizarre sense of ‘I hated it - I hated every minute of it - but I don’t want it to end.’” And so many feel that “I’m at the edge of the harbor and you guys are telling me you don’t have a map, you don’t know where the next lighthouse is, but you’ve got to leave now. How do I navigate that by myself?”

Holly: We had a survivor in just that situation at Brown Bag on Friday, and it was wonderful to hear women reassuring this woman that they knew how she felt. And you’ve described it beautifully. It’s a beautiful metaphor.

Dr. Dombrowski: I can’t take all credit for that, because that is similar to what the late Bart Giamatti, former President of Yale and former Baseball Commissioner, said to us as undergraduates at my commencement!

Pat: One last question: research into the causes and ultimate end of breast cancer is ongoing and seems so frustratingly slow at times to many of us. What new developments do you see on the horizon? What types of developments do you feel are necessary to get us where we need to be?

Dr. Dombrowski: It’s so painful when you watch the efforts that have led to the so-called molecular basis of malignancy. I think, in general, that’s where we’re going. You hear the term bantered around called “precision medicine”. And I get it. The concept is we’re now going to be able to look at the individual tumor and assess what genomic changes have occurred, and instead of one-size-fits-all, we’re going to do tailored treatment. But I will tell you that is frustrating, painful, and laborious. When you think you’ve got a handle on it, the next thing you find out is that there’s another variant, and this other variant really changes the whole game. That’s why it seems so frustratingly slow. We’re in the infancy of how to do that process, and we don’t do it very quickly. When you look at gene maps, or you look at cause/effect maps that they put out on a slide, it looks like a “this-is-where-we-fly” map on the back of an airline magazine. And you realize, how are you going to figure out which one of those it is, which one’s the real key? And the answer is, until we’re better and faster at it, I don’t think it’s going to come as fast as we want it to happen.

Now, from the radiation standpoint, I think the questions are going to be when do you need it, when do you not need it, what can we do to minimize the therapy, and can we treat less and achieve the same? Can we do it faster, with less impact upon the patient? I don’t think radiation will go away until we can find a way of achieving local control.

What I think we’re going to see will be better genetic understanding of this disease. That’s going on as we map the genome. That’s going to drive some of these decision processes. I hope we can get to a point where we can offer several batteries of tests where we can say your risk of developing cancer of the breast is low or it isn’t, and offer direct interventions from there.

I watch my colleagues who treat other diseases and they’re up against the same problem, because this disease is not one entity. It’s one result – a malignant cell - but I can’t tell you how many thousands of pathways there are to get to that one result. But I think molecular biology in the assessment of genetics and the assessment of risk and in planning and treatment is going to be big in the next decade.

Thank you Dr. Dombrowski, for your time and eloquence, and especially for your deep concern for your patients. ☺
Breast Density and Imaging: The Emergence of a Self Advocate - By Margaret Micca

Since 2013, New York State has required health care providers to inform women when imaging reveals dense breast tissue. What to do with that information remains a matter of debate and personal choice. Dense tissue presents imaging challenges and has been associated with an increased risk of breast cancer.* Here is the story of one woman who, after receiving notice of her dense breast tissue, decided to be proactive and met some discouraging roadblocks. But she forged onward, becoming a strong self-advocate in the process, and has written her story to share with and inspire others.

I have lived with the fear of breast cancer every day of my life. I have a family history of the disease: my mother, an aunt and a first cousin had breast cancer. I have extremely dense, cystic breasts which puts me in a “high risk” category and requires breast self-exams every three months, a mammogram every year -sometimes twice a year - and ultrasounds two to three times a year. The mammogram appointments were always an experience of anxiety, fear and worry.

About a year ago, my mammogram results were a letter stating that because of my extremely dense breasts I should ask my gynecologist to submit documentation to my insurance company to have an MRI approved. My gynecologist agreed and submitted the documentation, not once but twice. Each time the request was denied. I knew I could not stop there, so I questioned how much it would cost to pay out of pocket for either genetic testing or an MRI; it was an outrageous amount of money. I would not settle for a mammogram alone. I had to find a different route. I had to be an advocate for myself.

In November of 2013, I had a mammogram that indicated “normal” results. As I left the breast clinic, there was a sign in the waiting area announcing a talk on genetic testing, and I jotted down the date and time. I’m so glad I went to this talk. Listening to the genetic counselor, I realized that even though I was at high risk for breast cancer, I still might not be approved for an MRI. After everyone else had gone, I asked the speaker if she would be able to help me. She asked me to make an appointment with her. At my consultation, we dug deeply into my family history and found that I met the criteria to qualify for an MRI. My gynecologist again submitted the required documentation, this time including a letter from the genetic counselor. After some time, my request was approved. By then it was January. Since my daughter was getting married in May, I wanted to schedule the MRI as soon as possible. But I had just had a mammogram in November and was told I would have to wait six months. Six months from November would be…MAY!

The MRI was scheduled two weeks before the wedding and the results were in a day later. It was a phone call no one ever wants to receive: “You have breast cancer.” Timing is never good for this news, but talk about emotions flying all over the board! Because my family could never get the day back, the plan was to enjoy the wedding to the fullest, then take care of me. That is exactly what I did.

I began consulting with surgeons, and one said that my MRI showed good news and some challenges. My cancer looked to be at an early stage, but after a lumpectomy, I would continue to have screening mammograms only. I remember asking, “I have now been diagnosed with breast cancer - would I now qualify for an MRI?” The answer was “No.” I decided to overcome this obstacle by having a double mastectomy. There is no way I could continue to live

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Breast Density At A Glance

Breasts are composed of fibrous and glandular (fibroglandular) tissue and fatty tissue.

Breast density is classified on a four-level scale by radiologists:
1. Almost entirely fatty tissue (About 10% of women are in this category)
2. Scattered areas of fibroglandular density (About 40% of women)
3. Heterogenously dense breasts (About 40% of women)
4. Extremely dense breasts (About 10% of women)

Women in categories three and four are considered to have dense breasts. The American College of Gynecologists cites studies that indicate a slightly increased risk of breast cancer for those with dense breasts.

Fibroglandular tissue appears white on a mammogram. So does cancer, which can make mammography less accurate for those with dense breasts. Ultrasound and magnetic resonance imaging (MRI) can help detect cancers that can’t be seen on a mammogram. Both have a higher rate of false positive results, so the benefits must be weighed against the risks.

Other factors besides density can affect breast cancer risk. Talk with your doctor about your individual risk.

For more information:
The American College of Radiologists: www.acr.org
The American College of Gynecologists: www.acog.org
Erna’s Hope - By Pat Battaglia

Erna Lewis was living a quiet, purposeful life here in Rochester when, in 2005, she was diagnosed with ovarian cancer. After undergoing surgery and chemotherapy, she was determined to resume her life. Unfortunately, the disease recurred in 2006. Erna participated in a trial at Roswell Park Cancer Institute in Buffalo in which her body was heated to 103 degrees before chemotherapy drugs were administered. Afterwards, in the resolve to help others through the fear and uncertainty of ovarian cancer, she founded Erna’s Hope, a nonprofit organization dedicated to educating women about the signs and symptoms of the disease and supporting those faced with the diagnosis. Central to the mission of this organization was – and still is - the distribution of “Comfort Bags” to the newly diagnosed, along with the sale of handmade beaded bracelets featuring the color teal, the signature color for ovarian cancer.

New clients continued to find Erna’s Hope, and fundraising events were sponsored, gaining the attention and support of local media to help spread the word about the group. Then, in 2007, Erna underwent more chemotherapy for her disease. Later that year, she and her husband, Scott, moved to Arizona, where her treatment continued. Afterward, declared to be in remission, Erna resumed her outreach work in her new home town, even as she continued making bracelets and kept in close contact with the organization she founded here in Rochester.

In January of 2008, the disease returned once again. More chemotherapy didn’t dim her spirits or stop her work on behalf of those diagnosed with ovarian cancer. Sadly, Erma passed away in March of that year. But the organization she founded here in Rochester continues in her honor and memory, and offers its services to women who have been diagnosed with ovarian cancer.

If you or someone you know is facing an ovarian cancer diagnosis, you can call Erna’s Hope at (585)865-6941. Or find them on the web at ErnsaHope.org. Teal bracelets are available here at the Coalition. Stop in, call us at 585-473-8177, or email info@bccr.org for more information.

Gynecological Cancer Resources - Compiled by Pat Battaglia

The Western New York Ovarian Cancer Research Project was formed to empower area women through education, awareness, and support. The Coalition is proud to be one of the resources listed on their site. www.wnyovariancancerproject.org/

The Foundation for Women’s Cancer promotes awareness, education, and research about female-specific cancers including gynecological cancers and breast cancer. www.foundationforwomenscancer.org/

The Ovarian Cancer Research Fund has a mission “to fund scientific research that leads to more effective identification, treatment, and ultimately a cure for ovarian cancer.” The site offers a wealth of information on ovarian cancer and all types of gynecological cancer. Click the “About Ovarian Cancer” tab at the top of the page to learn about the disease. From this page you can follow the “About Women’s Cancers” link to learn about other gynecological cancers. www.ocrf.org

The Ovarian Cancer National Alliance exists to “connect survivors, women at risk, caregivers and health providers with the information and resources they need. We ensure that ovarian cancer is a priority for lawmakers and agencies in Washington, DC, and throughout the country. We help our community raise their voices on behalf of every life that has been affected by this disease.” www.ovariancancer.org/

The Centers for Disease Control offers information about gynecological cancers. Their Inside Knowledge campaign raises awareness among patients and health care providers about these types of cancers. www.cdc.gov/cancer/gynecologic/

The National Cancer Institute is a comprehensive resource for all cancer types, including gynecological cancers. Check their A to Z listing of all cancer types and click on the one you wish to learn more about. www.cancer.gov/cancer_topics/types/alphalist

The American Cancer Society also offers an alphabetical listing of cancer types from which you can choose the one you wish to explore further. www.cancer.org/cancer/ showallcancertypes/index

The Coalition maintains a comprehensive list of resources that covers such things as financial aid, legal assistance, wig providers, transportation, and much more. Call 473-8177 for more information, or email pat@bccr.org.

If you know of any additional resources that have been helpful to you, or have personal experience with any of those listed above, we’d love to hear from you. Your feedback is important to us.
Our Programs at the Breast Cancer Coalition of Rochester... all FREE of charge!

BC 101
These one-to-one sessions assist the newly diagnosed in managing the complex tasks and emotions of a breast cancer diagnosis, empowering them to be self-advocates as they proceed through treatment, recovery, and survivorship. Our professional facilitators provide a safe, comfortable atmosphere where information can be absorbed and assimilated while each individual formulates a personal strategy for making informed decisions.

Tuesday Night Breast Cancer Support Group
This discussion-based group, led by Joan Mitchell, meets on the 2nd and 4th Tuesday evenings of each month from 5:30-7:00pm. Join others coping with breast cancer, share your experiences, and lend your support. No registration is required.

Thursday Night Breast Cancer Support Group
This discussion-based group, led by Peg DeBaise, LMFT, meets on the 1st and 3rd Thursday of the month from 5:30-7:00pm. This group is perfect for those who are newly diagnosed with breast cancer, or for those within the first two years following the end of treatment. No registration is required.

Brown Bag Fridays
Any given Friday at noon finds a group of survivors of breast or gynecologic cancer conversing over anything from making treatment decisions to hair loss and funky re-growth...from the latest clinical trials to our own locally-funded research initiative...from prosthetics to bathing suits...and on and on. Feel free to drop in for this non-traditional support group. Bring your lunch and we will provide delectable desserts.

Book Club
If a traditional support group isn’t for you but you still like the idea of participating in a supportive community following a breast or gynecologic cancer diagnosis, join our Book Club, led by Pamela Emigh-Murphy, Carol Moldt, Jill Richards, Angelique Stevens and Karen VanMeenen, which meets on the 4th Thursday of the month, from 6:00-8:00pm. Prior sign-up is encouraged. Call us or visit us at www.bccr.org for details and latest book selections.

Common Ground:
Living with Metastatic Cancer Discussion Group
For those living with metastatic breast or gynecologic cancers, we offer a discussion group on the 1st and 3rd Thursdays of the month at noon.* Led by Peg DeBaise, LMFT, the discussion is topic-based, although all concerns of those present will be addressed. Lunch and beverages are provided so RSVP is needed. *January meetings will be the 8th and 22nd.

The Lymphedema Awareness Network of Rochester
LANROC provides awareness, education, and peer support for anyone living with lymphedema. Caregivers, lymphedema therapists, medical personnel, and those at risk for developing lymphedema are also welcome. This group, facilitated by Karen Miltner, meets from 5:30 to 7:00pm on the second Wednesday of each month.
For more information or to register for our programs, please call the Coalition at (585) 473-8177

**Peer Advocates Lending Support: PALS**

In this peer mentoring program, individual breast cancer survivors reach out to those who are new to the disease, providing the reassurance of one-to-one contact with someone who’s “been there”, helping them connect with needed resources, and instilling confidence during a difficult time. Please call to learn how to be enrolled in the program after your own diagnosis, or if you would like to become involved as a mentor.

*See page 13 for PALS Program updates.*

**Voices & Vision: A Writing Workshop**

This well-loved group gives people with breast or gynecologic cancer an opportunity to explore and express their feelings through writing. Led by professional instructors: Elizabeth Johnston, Pamela Emigh Murphy, Angelique Stevens and Karen VanMeenen, these workshops run in five week cycles on Tuesday evenings. Seating is limited, and advance registration is required.

**The Healing Arts Initiative**

*This initiative is an opportunity to learn a new modality or practice a complimentary healing course to relax, de-stress, and exercise.*

**Gentle Yoga**

A popular program taught by Susan Meynadasy, a registered yoga trainer, is offered on Monday evenings and Tuesday mornings and afternoons. Limited to 14 survivors of breast or gynecologic cancer, these classes run in six week sessions. Advance registration is required.

**Qi Gong**

Now offered on Wednesday afternoons in six week sessions throughout the year. Qi Gong is facilitated by certified instructor, Raphaela McCormack. This class is limited to 14 survivors of breast or gynecologic cancer. Advance registration is required.

**Ongoing Healing Arts Sessions**

Courses run in four-week sessions and are open to 14 survivors of breast or gynecologic cancer. Advance registration is required.

**Saturdays:**

- Gentle Yoga with Raksha Elmer
- Nia Movement with Jane Pagano
- Fluid Motion with Tracey Boccia
- Tai Chi with Nancy Gillespie
- Art Therapy with Joyce Kliman

**Thursdays: NEW!**

- Mindfulness & Meditation with Estalyn Walcoff

*Photo sources: www.freestockphotos.com*

The expansion of the Healing Arts Initiative was made possible by The Greater Rochester Health Foundation

Please visit www.bccr.org for the 2015 Healing Arts Program Schedule and Registration Guidelines.

**Young Survivor Soiree**

A young survivor may identify with those who have faced breast or gynecologic cancer in the midst of a career climb, or while raising children, or perhaps with those whose family plans have been derailed by treatment. Four times a year, we hold these soirees as an informal way to connect with others who have walked a similar path. **The next soiree will be Friday, June 6th.** Please call to be added to the invitation list.
**Program Coordinator’s Update**

Laura Albert

“Meditation is a mind-body process that uses concentration or reflection to relax the body and calm the mind. It has been defined as the intentional self-regulation of attention, a mental focus on a particular aspect of one’s inner or outer experience.”

- American Cancer Society

**Welcome to a new year in our new home!**

As the Coalition community adjusts to our new 2015 calendar, we are pleased to announce additional healing arts classes during daytime hours. Thanks to continued funding from the New York State Department of Health and new funding from the Greater Rochester Health Foundation, we’ve been able to add additional gentle yoga, mindfulness & meditation and qi gong during the week. Feel free to cut out this page and stick it on your fridge as a reference. Remember, all healing arts classes are open to women with breast or gynecological cancers.

To maximize our ability to serve all, and in response to many suggestions offered through our evaluation process, we have implemented changes to our registration process. Registration is offered by email for one session at a time.

Our space allows for twelve to fourteen participants, depending on the needs of the particular class. Due to the popularity of these classes, registration for Healing Arts will operate on a lottery system. See process below.

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- When a program registration email is sent, please respond to me at laura@bccr.org within three days to indicate your interest in a particular session. You will be asked to include your full name, address and phone number. This is imperative, as I will be juggling multiple Healing Arts programs.

- Indicate your desire for the session day/time. If more than one session is offered in a particular time period, you are welcome to submit first, second and/or third preferences, increasing your chances of participation.

- You will receive a confirmation email with your status on day four following the e-mail invitation.

- If your name is not selected, you will be placed on a waiting list and notified when a slot opens.

- Registrations received after the enrollment period will be accommodated whenever possible. (e.g., if there is no wait-list they will be added).

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**Our attendance policy is as follows:**

- Sessions are four to six weeks in duration
- No more than one class per session may be missed
- If a participant misses more than one class and wishes to enroll in the next scheduled session, they will be wait-listed pending an available spot
- Make-up classes are not offered
- Drop-ins to other sessions are not allowed

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We understand that illness and unforeseen circumstances arise, however those on waitlists, able to commit to all sessions, have been unable to participate due to full enrollment. In fairness to them, we must maximize the opportunities for all.

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To learn more about our support programs and the information available at BCCR, please contact Laura at 585-473-8177 or laura@bccr.org

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 Laura Albert at laura@bccr.org

**Thanks!**

Please visit www.bccr.org for the 2015 Healing Arts Program Schedule.
Our 2015 PALS Mentor Training session, scheduled for April 18, may be in the past by the time you read this. But as I write, the roster is full and the agenda is being set. It will be a half-day session full of informative and supportive presentations, and even a little fun thrown into the mix. But our intent is serious. We place a high priority on training mentors before they are connected with newly diagnosed for several reasons.

PALS mentors reach out to newly diagnosed women and men at a time when they’re particularly vulnerable. Fear, uncertainty, grief, and a whole host of difficult emotions can come into play. While there are many common denominators among those who go through a breast cancer diagnosis, each individual experience is unique and deserves to be honored. While PALS matches are made with the intent of bringing two similarly diagnosed women together so that the more experienced one may support the other, no two experiences are exactly alike. One of the goals of training is to provide new mentors with the tools they may need to reach out to another from a place of mutually shared experience while respecting their differences.

There is a procedure in place by which most newly diagnosed women are connected with a PALS mentor. It is enormously helpful for mentors to understand how that works.

Mentoring is a time commitment. By committing to a training session, mentor applicants demonstrate their willingness to take the time to understand this program. That easily translates into taking the time to talk with a newly diagnosed person.

Finally, mentoring can be a risk. When a mentor uses his or her own difficult experiences and hard-won wisdom to help another, it can bring up old emotions. This can be cathartic, or it may take time to process. Just as we at the Coalition live by the ideal that no one should face their diagnosis alone, we also feel that no one should enter into a mentoring relationship alone. We’re here for you, whatever side of the equation you may be on.

Congratulations to our newest group of mentors! And deepest thanks to the entire group! You are the heart and soul of PALS.

* PALS - Peer Advocates Lending Support
Whether you're in treatment for cancer, in the recovery phase, or have moved beyond into years of good health, the recommendations for optimal health are no different from recommendations for anyone who wants to be healthy: exercise, eat a balanced diet including at least five servings of fruit and vegetables a day, maintain a healthy weight, avoid tobacco and limit the amount of alcohol you consume. Of course, these axioms have a special meaning for those facing cancer or who are on the road to recovery. There is some evidence that these measures may reduce your risk of recurrence.* While no one should ever feel guilty that lifestyle choices contributed to their cancer, practicing good self-care is one way to take an active role in your overall well-being.

But what does eating well look like in daily life? There is a preponderance of advice on what cancer survivors should and shouldn’t eat. Much of it is of questionable reliability and focuses on the “shouldn’t”: cut fat from your diet, don’t eat sugar, eliminate processed and junk foods, and much more. While the intent is good, taken to an extreme, this approach can feed guilt and feelings of deprivation. It may even lead to a downward spiral of binge eating, resulting in more guilt and further deprivation.

What if we were to focus on what we CAN eat? We are fortunate to live in a time and place where an
The Abundance Model

abundance of good, nourishing food is readily available. So instead of worrying about the effects of the poor choices we may all make from time to time, how much more healthy is it to look at what we’re doing that’s right? This is the abundance model.

According to the UCSF Medical Center, choosing, preparing and eating food with the abundance model in mind has many benefits. Among them there are the pleasures of delicious choices, a wide variety of tastes, eating ample portions, not feeling limited, not counting calories and eating when hungry.** This is much more likely to leave you feeling full and satisfied, nourishing the heart and soul as well as the body.

If problems arise or you have special dietary needs, the dietician at your local cancer center can be a great resource. You may need to lose weight or gain weight, have food sensitivities, or be unable to consume certain foods during treatment. In any case, focus on the things you can eat and enjoy them to the fullest.

While the abundance model doesn’t preclude some of the choices you may make, such as avoiding hormone disrupting chemicals in the foods you buy, it emphasizes the positives. As spring unfolds and the tables and stalls of local farmers markets begin to fill, take a stroll and see the variety of colors, shapes, and textures. Inhale aromas both delicate and strong. Sample to your heart’s content when it’s offered. Or do the same in your local grocery store. Choose what appeals to you and have fun preparing and serving your creations. And if a rich dessert is your idea of heaven — or a piece of chocolate or a few gummy bears - enjoy that too. Nourish your heart and soul as well as your body. ☾

* www.nccn.org/patients/resources/life_after_cancer/nutrition.aspx
**www.ucsfhealth.org/education/breast_cancer_self-care_and_recovery/nutrition/index.html

Spring Carrots with Apricots and Pistachios

Ingredients

2 bunches green-topped carrots, peeled and cut into small chunks (about 2 lbs)
3/4 cup water
1/3 cup diced dried apricots
Shredded zest of 1 lemon
6 large garlic cloves, diced
Salt and freshly ground black pepper to taste
1 T. unsalted butter
Juice of 1/2 a lemon
1/3 cup shelled and crushed salted pistachios

• In a 12-inch skillet, combine everything but the butter, lemon juice and pistachios. Bring to a simmer, cover, and gently cook about 8 minutes, or until carrots are barely tender.

• Uncover and boil until cooked through and the liquid becomes a glaze coating the carrots. If making ahead, stop here, cover carrots and refrigerate, reheat when ready to continue with next step.

• Taste for seasoning, then stir in butter. Turn into a serving bowl and sprinkle with lemon juice and pistachios.

Variation: Create a creamy, low-fat soup by bringing 8 cups of vegetable or poultry broth to a boil with the already glazed carrots (add the butter but hold back the pistachios and lemon juice). Puree. Season to taste. Top with a dollop of yogurt, then sprinkle each serving with pistachios and lemon juice.

Recipe from Lynne Rosetto Kasper:
http://www.splendidtable.org/recipes/spring-carrots-apricots-and-pistachios
center and gift shop, view the gathering spaces we now provide for our groups, large and small, and chat with staff members who will be happy to answer your questions and direct you to the programs and services you need most.  ➤
Ribbon Cutting

Welcome one and all to the Coalition’s new home!

Event photos taken by Ria Tafani

Barbara Segel catching up with Dore and Don Udavchak

Carrie Block (right) with daughter Katelyn & her boyfriend Nick Errigo

Carol & Elmer “Al” Henretta with Susan Meynadasy

Helpful material abounds! Jean Rosier perusing our resource center

Above, guests browsing in our new gift area
Greetings! For those I haven’t met yet, please stop in and say hello the next time you visit the Coalition. I am Brigid Ryan, Director of Development and Special Events. I came to the Coalition in January, just after the move to our new location. I have spent most of my career in the not for profit sector, with extensive experience in fund development, special events, volunteer management, marketing, and public relations. Just prior to the Coalition, I was the Manager of Volunteers and Special Events at the Rochester Philharmonic Orchestra.

My focus at the Coalition is to grow corporate sponsorships as well as to enhance the donor cultivation program and grow our special events. We have some wonderful supporters and friends, and I would like to work together with them to extend our reach.

I understand how important volunteers are to not for profit organizations, and have the utmost respect for all who freely give of their time. To that end, I am on the Board of Directors of the Women’s Foundation of Genesee Valley and the Board of Trustees of the Henrietta Library. Outside of work, you may find me at a charity fundraiser or a networking event. I am actively involved in the Association of Fundraising Professionals Genesee Valley Chapter, the Rochester Area Administrators of Volunteer Services, and the Rochester Women’s Network.

My husband and I have lived in Henrietta for 12 years. I am originally from Buffalo, and go back often to visit my family. In my spare time I love to read, bake, do Pilates, and walk in the fresh air.

It has been wonderful getting to know so many of you at the Open House in January, and again just recently at the Volunteer Appreciation celebration. As our events season ramps up, I look forward to working more closely with our wonderful volunteers.

New Beginnings, New Developments

Thank you to these generous donors who raised their paddles to help cover the cost of furnishings, window treatments and other necessities to help make our new house a home!

GOLD RIBBON $5000+
Meghan and Joseph Bucci
Rebecca and John Bucci
Audrey and Burton Gordon
Katherine Macbeth

BRONZE RIBBON $1000-$2,499
ACL Associates
John A. DiCaro and Paula LaManna
Debbie and Tom Fraser
Anne Kress and Ned Davis
Marilyn Ling, MD
Katherine Macbeth
Theresa and Donald Mazzullo
Posy Seifert, DO
Stephen Vega, MD and Madelyn Garcia

PINK RIBBON $500-$999
Holly and Tom Anderson
Melisande and Richard Bianchi
Barbara Clark
Avice O’Connell, MD and Timothy O’Connor, MD

WHITE RIBBON $499 & under
Frank and Linda Argento
Mark Assini and Mary Ann Clarno
Anne and Mike Bishop
Deborah Blizzard, MD and David Messinger, MD
Maia Colacci
Rachel Conley and Tim O’Herron
Marilyn and Gene Curley
Amy and Scott Edwards
Honorable Joseph Errigo and Mrs. Kathy Errigo
Chip Evra
Gateway and Company
Lori and Dan Harrington
Wade Hedegard, MD
Alissa Huston, MD
Howie and Jonna Jacobson
Mickey Mann and Stephen Atterbury
Barbara and Thomas Mruczek
Elizabeth Osta and David VanArsdale
Jim and Judy Redmond
Kristin A. Skinner, MD
Francine and Tony Tramonto
Patty and Paul Van Der Sloat
Claudia and Dan Walsh
Randi L. Winterman
**Volunteer SPOTLIGHT**

**Mary Gross**  
-By Pat Battaglia

Since her breast cancer diagnosis in 2006, the smiling face of Mary Gross has become a familiar one at the Coalition. During her breast cancer journey, she was a regular at the Brown Bag table, not only sharing her story but listening intently and offering kind, supportive words to others. She eventually resumed her busy work schedule and despite the challenges that presents, Mary continues to cheerfully pitch in for the Coalition whenever she is able.

Until 2008, the Programs Committee was a part of the Coalition, and Mary’s voice on that committee was one of compassion and concern as she helped shape our support and education programs. Not only did she bring new ideas to the table, she brought a willingness to follow through on them. Mary participated in the first Eat Well Live Well session run by the Coalition, leading group walks that were enjoyed by all participants. She was also among the first group of trained PALS mentors. Her kindness, patience, and giving nature, along with her characteristic smile, have brightened the day for those to whom she has extended a helping hand.

An avid bowler, Mary has been an integral part of the annual Bowl for the Cure since its beginning. This event, run by her friend Kathy O’Neil, has raised thousands of dollars on behalf of local women with breast and gynecological cancers, and Mary has done her part to make it happen. At the 2015 event, she captured the evening’s fun in photographs to share with those unable to attend.

Mary has assisted at community outreach events such as the Lilac Festival and neighborhood health fairs, where her working use of Spanish has been immeasurably helpful in communicating our mission to the Hispanic population. She freely shares her own breast cancer story in the hope of leading others to much needed programs and services at the Coalition.

*Continued on page 20*

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**Outreach Coordinators' Update**

“*In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.*”  
- Marianne Williamson  
Lori Meath

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**How Can We Help You?**

The Coalition is a multifaceted organization. A local resource for your church, club, workplace, or fundraising group, we offer presentations appropriate for schools, church groups, medical offices, and workplace wellness initiatives. As Outreach Coordinator, I am available to speak at your group meeting, lunch-and-learn, or health fair.

Some of the topics that can be tailored to your group’s needs are:

- **Breast Cancer Coalition Programs and Services:** What do we do? Who do we serve?
- **Breast Health Awareness:** What do you need to know?
- **Screening Recommendations and Advances:** We participate in local free screening initiatives.
- **Reducing Daily Exposures to Known Toxins in Everyday Life:** Taking proactive steps to help safeguard our health.
- **Healthy Habits and Cancer Risk Reduction:** No one’s cancer diagnosis is their fault, but minimizing risks is a good idea.
- **Be a Smart Consumer:** Know where your donation goes and make it count.
- **Think Before You Pink:** Know what marketing for a cause means and make informed purchasing decisions.

The Coalition is a remarkable presence in our community. If you, a friend, your neighbor, or your loved one ever face a breast cancer diagnosis, knowing where to start for information and support can be comforting and empowering.

**For medical care providers**, when a patient in your practice needs intensive support, a ready listener, and the companionship of others who have “been there,” knowing where to direct them is the best way to help.

**For area clergy**, when you know that women in your congregation are not taking advantage of screening services...

*Continued on page 20*
The review panel for the Coalition’s 2014-2015 Breast Cancer Research Initiative convened at the Genesee Valley Club on Thursday, February 12, 2015. Six scientific reviewers from Cornell University, the University of Rochester, SUNY Upstate Medical, and Roswell Park Cancer Institute and five survivor / advocate reviewers representing the Coalition discussed and scored a total of seven proposals. Categories scored included Innovation, Approach, Significance/Impact, Environment, and Feasibility/Qualifications. Non-reviewing members of the Research Committee were present to observe and assist as needed.

After the day’s discussions, the panel agreed to recommend the highest scoring proposal for funding. Once a few points were clarified with the applicant, a funding recommendation was written for the Executive Director and taken to the board at their February meeting. With board approval, the Coalition granted Zheniqiang Yao, MD from University of Rochester Medical Center $50,000 to fund the proposed research. Applicants not funded will receive feedback highlighting the strengths, weaknesses, and key discussion points for their proposals. An award ceremony and public announcement of the Coalition’s grant occurred on Tuesday morning, March 24, 2015.

Outreach continued

programs, it can be helpful to dispel myths and allay fears.

If your service group wants to make a real difference for local women facing a difficult time, you need to know that your hard work and donation DO matter, are appreciated, and used wisely.

Contact Lori@bccr.org to receive multiple copies of our quarterly newsletter and/or program brochures delivered to your business, or to arrange a presentation on a topic of interest. I look forward to hearing from you!

Queen Mum continued

family as they sought to understand, heal, and move forward. Due to the couple’s close ties to the Coalition, family and friends gathered at our Center to share memories that were powerful, poignant and often quite funny. It provided a glimpse into the workings of this phenomenal family and benefitted all who were present.

Rebecca Solomon, another tireless Advocacy Committee member, beautifully sums up Phyllis’ work: “There are those individuals whose knowledge and passion become the guiding forces for the actions that move us all forward. Phyllis Connelly’s quiet wisdom, knowledge of the legislative process, and passion for teaching and engaging others built a solid and powerful foundation for the Advocacy arm of the Coalition that exists today. Coalition advocates are recognized locally, and at both the state and at the federal level for taking on issues related to breast cancer and health care in general - an achievement created in large part through the efforts of this extraordinary woman.”

Phyllis is all of that, with a warm smile and quick joke to boot. As she begins to step away from her advocacy work, she leaves it in the capable hands of those she has trained so well. Phyllis has left an indelible mark on the breast cancer community and in our hearts. Although she is scaling back her advocacy work, we take comfort in knowing that her presence among us will continue.

Cheerio, Queen Mum!
Sheri Maloney was an extraordinary woman. Her striking beauty and sparkling presence belied her long, arduous walk with breast cancer. She dealt with each new phase of her journey, and each new treatment regimen prescribed, in a matter-of-fact manner; as another obstacle to be overcome so she could resume her busy life. First and foremost, she was “Mom” to four growing children, and her overarching goal was to keep life as normal as possible for them. In accomplishing that goal with grace and determination, she never denied her disease, but put it in its place. Sheri never let cancer define her relationships with her kids — or with anyone else. During all the times she was quietly fighting for her life, she remained fully present in the day-to-day moments of her family and experienced the joy of fostering the growth of her children. Sheri’s calm strength and unwavering tenacity form the bedrock of her life’s journey. These are the things that remain, the places that cancer can never touch.

Friends Remembered...
We celebrate all who set an unwilling foot on this path. Most who face a breast cancer diagnosis will walk through and beyond their experience. These pages are dedicated to the ones whose light and wisdom have inspired and guided us for a while, and who will never be forgotten.

Dory Driss
Sheri DelMonte-Maloney
Thenetta McDew
Kimberly Piraino Miller
Jean Nolan
Victoria Ranno

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 stories about how they touched and changed your lives. Please send your submission (300-500 words) with a digital photograph to Pat Battaglia, Voices of the Ribbon Newsletter Editor, at pat@bccr.org.

We would be happy to honor your loved ones.

Breast Density continued

my life on that emotional roller coaster ride of worry and anxiety. My surgeons estimated that my cancer had been there for years, even though my mammogram report said “normal” 6 months prior to my MRI.

I share my story in the hope of helping others. There are many women with dense breast tissue. I urge those who receive a letter stating they have dense breasts to follow up with their doctor and find out whether they are among the group of women who, like me, have extremely dense breasts. There are different levels of density, and this matters. Having dense breast tissue increases your risk of getting breast cancer.* Dense tissue appears white on a mammogram. Lumps both benign and cancerous also appear white, making mammography less accurate in women with dense tissue. Insurance companies must reevaluate who they approve for MRIs. This type of testing could save lives.

I will be thankful every day of my life that my cancer was caught at an early stage. If I had not gone to the genetic testing talk and had continued to be denied by my insurance company for an MRI, where would I be a year from now? I don’t even want to know!

Breast Density continued

* http://jnci.oxfordjournals.org/content/92/6/443.full
Students Helping the Community

- We always appreciate the efforts of young people on our behalf. Too many have been touched by a diagnosis of breast cancer affecting someone in their lives.

- The students of Siena Catholic Academy raised $186 in honor of those dealing with this diagnosis.

- The Greece Odyssey Student Government also recognized Breast Cancer Awareness month with a $70 contribution to us.

The Art of Caring

- Nuno felting is a fiber art technique creating beautiful fabric from the most basic of materials; raw, fluffy, unspun wool. Jeanne Byrnes of Pittsford creates beautiful scarves using this technique, and chose the Coalition to receive a percentage of her sales from an even at Mendon Center School. She honors her friend Susie with her donation of $139.40.

- Artist Cheryl Kleist is a long time friend of ours and shares the fruits of her handmade jewelry and pashmina scarf sales each year. Thanks once again Cheryl, for your gift of $200 this year.

For the Love of “Mom”

In 2007, Marisa Mercone was stunned when her mother, Gail Palluconi, was diagnosed with breast cancer. Not only was Marisa’s mom her pillar of support, Gail played a similar role in the lives of family, friends, and colleagues, who all know her as “Mom”. This circle of friends and family rallied to her side as she dealt with her initial treatment and recovery, only to face a recurrence in 2012. Once again, Gail’s extended “family” stepped in to do, as Marisa says, “anything that needed doing.”

S&S Fitness in Hamlin is Marisa’s second home and extended family. After teaching classes at S&S for over fifteen years, Marisa says that owners Sandy and Scott Haug and colleagues Lisa Brown and Kellie Burke were anxious to do something to show their support for Gail and Marisa, and also for the caring community that had seen Gail through her journey. Building on their passion for fitness and fun, they held a Zumbathon and determined that all money raised would be donated locally in Gail’s honor. With the ambition and talents of Maryanne Vaccaro and Christine Provost, large numbers of donations from local businesses in start-up funds, food, and raffle prizes rolled in. Support from over thirty area businesses meant a half-day of music, decorations, and dancing for over fifty gym participants who each paid a $20 registration fee. Festive t-shirts were created by the committee and donated by S&S. In the first two years, nearly $4000 was raised.

In October of 2014, the group held its third event. Coalition staffer Alison Currie was able to stop by, and she reported that it was hard to leave. The energy was infectious! When Marisa called the following Monday morning, still exhausted and in awe of the event that grew to honor her mother, she was thrilled to report that $1758 had been raised.

Gail faced a second recurrence in November of 2014, and after surgery and therapy is once again getting back to her busy life with her husband Maurizio, children Marisa, Gino and Stefan, and her many, many friends. Gail, your strong and kind heart has made you a “mom of many”. We wish you well and thank you for inspiring those who love you to offer such a great gift to the Coalition.

Our Fundraising Friends

Jeanne Byrnes

Artistic Jewelry and Scarves

Gail Palluconi with longtime friend Maryanne Vaccaro
Our Fundraising Friends

Some Like It Hot, Some Not
Manufacturing space once again became the best restaurant in town when culinary wizards of Xerox Webster Bldg. 208 held their annual Chili ’n Dogs event (editor’s note: this is probably my favorite event each year). Five dollars buys a bowl of any kind of chili imaginable, lovingly created by one of over thirty (mostly male) "crockpot jockeys." The meal would not be complete without a grilled hot dog and accompaniments including any one of dozens of dessert choices. Over twenty themed raffle baskets as well as a charter fishing trip guaranteed brisk and spirited sales of raffle tickets. A special addition this year was a gigantic banner honoring survivors. It was created by Eugenia Marano, a survivor herself. We cannot thank the caring and fun loving folks of the Webster Fuser Business Center Café for another successful event and a gift of $4,000.

Dice and Bust for Breast Cancer
The tireless Lindsay Schreib of Cycle Stop in Henrietta has once again produced a day of riding the roads, great food, music, laughs, plentiful raffles and big giving with the fourth annual Dice & Bust motorcycle run. Riders covered ninety miles on a cool day in September, stopping along the way for rest and refreshment at area taverns, ending the trek at Nashville’s on West Henrietta Rd. As in past years, the good folks at Nashville’s donated the space and the food for the event that featured some impressively imaginative raffle baskets. Lindsay’s mom, Judy Schreib is a breast cancer survivor and the inspiration for this much anticipated event. Another amazing gift of $4,415 means the world to the Coalition.

Workplace Esprit
• The opportunity to “dress down” and sport pink is a fun and easy way to offer a contribution to the Coalition. The staff at LeRoy High School enjoyed their day and raised $235.

• Much appreciation goes to the ongoing efforts of Ben and Emily Cummings. This latest check from their company Rapid Crush Products adds $488.70 to their donation total!

• Way to go, Lon Lockwood Electric of Webster! Technicians sported pink show covers and handed out pink pens in October. Each completed call resulted in a Coalition donation. Thanks for your effort; we appreciate your $200 gift.

• Several October events at our neighbor RF Communications served to educate staff, show support for friends dealing with breast cancer and raise money to support the Breast Cancer Coalition. Their enthusiasm showed when they presented us a check for $507.45. Great work!

• Staff at Greater Rochester Enterprises “adopts” the Breast Cancer Coalition as a charity of choice each year. Throughout the year, morale boosting and donation raising events are held throughout the building. They were proud to offer a GRE record donation of $5,415 at the end of 2014. Nice work!

• The Livingston County Department of Social Services Morale and Activities Committee honored a colleague facing breast cancer by dedicating several events to fundraising for the Breast Cancer Coalition. Your gift of $394. will be used to provide supportive programs and classes to women facing a similar challenge.

Hair with Flair
Several area salons recognized October’s Breast Cancer Awareness month by offering pink hair extensions for a small charge. Contributions were then offered to the Coalition to support our programs.

 Ericka Schramm’s Gallery Salon staff got in the spirit of pink for October by offering pink extensions. They also shared Coalition information in the salon. Thanks, ladies, for a contribution of $250.

 Shear Ego staff paid to wear pink as well as offering extensions, pink hair chalk, and pink pedicures one October weekend. Thanks for your $345 donation!

 Thanks also to Beyond Cuts of Webster for your generous donation of $160.
Dressed to a (Pink) Tee

- There seem to be no limits on the creative ideas for clever T-shirts for the cause. Local BBQ king Howie Nielsen created his own version in pink, and sales at both Sticky Lips locations netted $800 for the Coalition. (Howie, does BBQ sauce stain come out of a pink Tee?)

- Once again, we were honored with a donation from the hardworking firefighters of the Ridge-Culver Station. October breast cancer T-shirt sales resulted in a gift of $210. Thanks for your support!

- Our friends at Crazy Dog T shirts created a Tee and a You Tube video featuring our volunteer extraordinaire Mindy Sammon in honor of October Awareness campaign. Thanks to the Crazy Dog folks for $250.

- I Heart Radio’s popular 4th man Friday’s at Nola’s featured a pink awareness T-shirt on October 10. 95.1 personalities Kimberly and Beck host the event, and gave us $250 from the evening’s sale.

Fashionable Compassion

In recognition of Breast Cancer Awareness Month, the Rochester branch of Morgan Stanley Wealth Management produced an elegant fashion event for clients with the focus on raising funds for our Coalition. Models included the group’s financial advisors and support staff, dressed to “the nines” by local fashionista Joan Lincoln of Panache Vintage and finer consignment. Shannon Losey of Morgan Stanley coordinated the event, and she was pleased to present a gift of $850.

Michelle Raymond looking stylish

Spirits of Giving

As part of their health ministry, the kind folks at AME Zion church hold informational talks and collect donations to share with area groups doing good works. Thank you for once again selecting the Breast Cancer Coalition this October. We appreciate your kindness and a gift of $291.

Here’s To You, Mom

Michele Neuman is a proud eight year survivor and Coalition friend. Her boys, Trevor and Owen FitzSimmons recognized their mom’s cancer journey as they prepared for their Bar Mitzvah by volunteering at our Mother’s Day Walk handing out shirts at registration and parking cars on event day. On December 6, 2014 they capped their year of Bar Mitzvah preparation by offering a donation of $300 to the Coalition. Mazel Tov and thank you, gentlemen.

Does That Come in Pink?

Bagels, the cornerstone of the Panera Bread, sported pink in October locally. And for each pink bagel sold, the Breast Cancer Coalition received five cents. Nickels added up to a nice donation of $238.40. Pass the cream cheese!

Bugaboo Creek in Henrietta turned their famous Big Foot chocolate chip cookie pink for two weeks in October. All proceeds from the cookies were directed to the Coalition. We are grateful for this effort, which netted $246.

Working Out to Help Out

- The Rochester Athletic Club’s RAC for Women locations hosted pink themed class events throughout October to raise money for the Breast Cancer Coalition. Classes in Spin, Pilates, Turbo-kick and special T-shirts combined with generous personal donations raised an amazing total of $2907. Motivated by the beat of the music, the camaraderie of friends working together and a healthy sense of competition, the spirit and sweat of these women show a wonderful spirit of caring for women facing the challenges of breast cancer.

- Lululemon brand ambassador and yogi Ryan Barry hosted a Power Vinyasa class at her Breathe Yoga of Greece studio along with her business partner Carin Laniak. The group of over forty filled the room and dubbed the evening Flow for a Cure. Donations totaled $150.

- Begun as an event to honor the cancer fight of diver Sam Randall’s mom Mary continues, even after his graduation, for the Pittsford Swimming and Diving Team. With the support of Mark’s Pizzaria, Pittsford Dairy, and Mark McMann of Ballantyne RV, the team was able to raise $870 for the Coalition this year.

- October was the perfect time for Gold’s Gym in Webster to hold a world-record-attempt dance to Michael Jackson’s “Thriller.” Dancers in all age categories participated in the high energy event and raised $292 for the Coalition.

Divers l to r: Sydney Taylor, Michael Lillis, David Petrison, Michael Thiemel, Sean Riley. Adults l to r: Assistant Coach Marty Keating, Head Coach Rick Schmitt, Diving Coach Duane Green, Pittsford Athletic Director Scott Barker.
Donations ending December 31, 2014

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. Please notify us if a correction is in order.

In Honor of:
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Norine Enright  
Kaelley Malone

Joan Fama       
John & Patricia Fama

Wendy Ford     
Linda & Gerry Ballard
Amy Pierce

Patricia Forest 
Linda & Gary Kircher

Julie Hamm       
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Toni Nasello    
Eileen Meyers

Tina Navarre    
Kelley Ann Bucci

Jennifer & David Nicoletti 
Kathleen Thomas

Fran Norman    
Carol Holtz-Martin

In Memory of:
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<td>Linda &amp; Dave Wiener</td>
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<td>Cheryl &amp; Karl Simonson</td>
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<td>Susie Smith</td>
<td>Rod &amp; Anne Smith</td>
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<td>All Survivors</td>
<td>Betty Miller</td>
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<td>Karen Wallace</td>
<td>Kelley Ann Bucci</td>
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<td>The Women of UTC Retail</td>
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<td>The Women of Voices &amp; Visions</td>
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Genevieve Agostinelli  
Mafalda Agostinelli

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**Advocate’s Circle $500-$999**

- David & Pam Cooper
- Community Foundation
- Colleen Flaherty - *Flip for Breast Cancer*
- Melinda Goldberg & Ron Turk - *ARTrageous Affair Pink Sponsor*
- Greater Rochester Enterprise
- David Guadagnino
- Callan-Harris Physical Therapy
- Harris Corporation - RF Communications
- Ignite Cheer Tumbling Center - *Tumble-a-thon*
- McGinny’s Irish Pub
- Rapid Crush Products, Inc.
- Risa & Daniel Saltzman
- Morgan Stanley - *October Breast Cancer Awareness Month*

**Visionary Circle $5,000-$49,999**

- John Betlem Heating & Cooling - *ARTrageous Affair Silver Sponsor*
- Clifton Springs Country Club
- Ben Cummings
- Melissa Curtis - *Kaliu for a Cause*
- HAC Wolves Girls Volleyball - *Dig Pink*
- John D. & Seana L. Holtz Foundation
- Cynthia & Douglas Jack
- Julia Jeffries
- Valerie Lang, MD & Alexander Solky, MD
- Livonia Jr. Bulldogs
- RAC for Women - *October Pink Events*
- Lee Rosenthal
- Salvatore’s Old Fashioned Pizzeria - *October Pink Box Promotion*
- Wilmot Cancer Institute Radiation Oncology - *ARTrageous Affair Silver Sponsor*
- Women’s Council of Realtors
- Xerox Good Neighbor Community Program - *Chili & Dog Event*
- Yellow Jacket Racing
- Zumbathon

**Founder’s Circle $5,000+**

- Jim Alesi - *ARTrageous Affair Gold Sponsor*
- Legacy - *Goes Pink Event*
- The Men’s Room Salon & Spa
- Wegmans Food Markets - *Al Webster Retirement*
- Wilmot Cancer Institute, Comprehensive Breast Care at Pluta - *ARTrageous Affair Gold Sponsor*
- Windjammers - *October Breast Bowl Event*

**Pink Ribbon Circle $100-$499**

- Anonymous (6)
- Accelerated Mailing Services, Inc.
- Renee Ange
- Arc of Monroe County
- Pam & Allan Bernstein
- Beyond Cuts Salon
- Brenda Barkley
- Barbara Berman
- Jennifer Bowen & Mark Schrader
- Brooks Hill Elementary School - *Pink Hair Extensions*
- Bugaboo Creek Steakhouse - *Big Foot Chocolate Chip Cookie sale*
- Frank Buono
- Jeanne Byrnes
- Theresa Christopher
- Churchville-Chili Girls Soccer
- City of Rochester IT Department
- Nicole Collins
- Mary Ann Conley
- Alisa Cook
- Jayne Cooper
- Beth D’Ambrosio
- Robin & Lawrence Damrad Frye
- Marlene Dattilo
- Lynn Davis
- Joanne Eccles
- Trevor & Owen Fitz Simons
- Gallery Salon - *Think Pink Drive*
- Gastroenterology Associates of Rochester
- Geneseo Valley Penny Saver - *Breast Cancer Awareness sales promotion*
- Gear Resource Technologies, Inc. (Paul & Robin Suwijn)
- Kathy & Don Guglielmi
- The Harris Corporation, RFC JAC group
- Michael & Judith Henry
- Laura & Mitchell Hetko
- Joseph Hicks
- Larry & Dorothy Humm
- Ide Volkswagen
- Michelle Jaromin
- Mary Jo & William Jesmer
- Mary & Richard Johnson
- Cheryl Kleist
- Loren Kroll
- Jay Lasher
- Deh Leary
- LeRoy School - *Dress Down Day*
- Kathleen Little
- Camille Low
- Nona & Jim Maurer
- Mark McFadden
- Judy Meiller
- The Melting Pot
- Laurie Miller
- Monroe Seals Jim Bewley
- O’Dell Family Chiropractic
- Panera Bread

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- Camille Low
- Nona & Jim Maurer
- Mark McFadden
- Judy Meiller
- The Melting Pot
- Laurie Miller
- Monroe Seals Jim Bewley
- O’Dell Family Chiropractic
- Panera Bread

**Friend’s Circle $50-$999**

- Anonymous (2)
- Scott Adair
- Abundance Cooperative Market
- Linda Alex
- Andrea Esthetics
- Christine & Bob Baker
- Pat Battaglia
- Brighton High School JV Girls Soccer Team
- Chris Burger
- Barbara & William Carey
- Eileen Collins
- James A. Conlin
- Ruth Cooper
- Extra Credit
- Bev Crowell
- Jana Currie
- Gokul Das, PhD
- Arlene Davidson
- Margaret Donahue
- Marilyn & Sam Falzone
- Ruth Habicht - *Mercy Foundation*
- Arlene Gluchowicz
- Greece Central School - *Odyssey Student Government*
- Christine Henningsen
- Connie Hotchkin
- Mary Keller
- Sheila & Daniel Kinsky
- Kim Kircher
- Lillian Klingenberg
- Nancy Lopez
- Patricia Mannillo

**Payce Chemco Helping Fund CCA**

- Rapid Crush Products
- Ridge Culver Professional Fire Fighters Association Local #4176
- Johanna Ringwood
- Rochester School for the Deaf - *Denim Day*
- Jeannine & John Salamone
- Shear Ego Salon & Spa - *Pink Month*
- Helene Sheehan-Cross
- Siena Catholic Academy Student Council
- Carol & Raymond Stark
- Anne & John Stavisky
- Bill & Lisa Sykes
- Amrut R. Tahir
- Thursday Night Swing-In-Dance Community - *Pink Pig Campaign*
- Clifford W. & Bernie Todd Smith
- James Vallino
- Upstate Vape
- Carolyn Vacanti
- Anne VanGraafeland
- Sue Weisler
- Robert Westlake
- WHIHP - Livingston Co. Department of Social Services
- Robert Wigeston III
- Hans Witte
- Laura & Joel Yellin
- Brian Yirinec
- Zion Church
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A Personal Journey continued

collective wisdom of those who love her as well as those who have been through similar experiences. “The more I talked about it, the more I realized it’s okay to be upset and that was a huge part of helping me cope with it,” Miriam says. “Living with a risk factor is kind of a nebulous thing.”

Tamoxifen was suggested as a means to cut down the risk. After a great deal of research and soul-searching, Miriam decided to try it. She spent eleven months on the hormonal medication before side effects became too much to bear and, with her oncologist’s approval, she stopped taking it. Although tamoxifen is an excellent, time-tested medication for the prevention of breast cancer that’s usually well tolerated, individual tolerances vary widely.

Having taken her best shot with the medical route, other preventive measures involving lifestyle changes were suggested. But Miriam has always lived an active lifestyle. An avid bicyclist and kayaker, she has always made healthy eating choices. Knowing her next best options for prevention involved many of the things she was already doing was hard to endure. While she fine-tuned her already healthy approach, her equanimity in the face of this process and a lesson in acceptance, “I think it was a real lesson in giving up to think it was a real lesson in giving up to this process and a lesson in acceptance, dealing with everything that gets handed out from this point forward.”

Compounding the questions surrounding risk factors, there is the unknown impact of her father’s diagnosis. Miriam’s father is a ten-year survivor of male breast cancer. He had surgery, is doing well and, upon testing, was found to be negative for the BRCA gene, the mutation associated with increased breast cancer risk. Most breast cancers are random events, but a family history of breast cancer and to meet a whole group of wonderful women who are working so hard to eradicate this. Being involved in the Advocacy Committee has given me an outlet. I feel really fortunate to feel in my heart like maybe I’m doing a little bit to help out.”

In her involvement with the Coalition, Miriam has met women whose diagnoses were more advanced than hers. And she has spent time listening to their stories. “Women are strong,” she affirms. “First hearing that you have something along the breast cancer spectrum, I think you need to talk it out. It validates people’s feelings. And talking with people, by listening, I hear the same message: it’s totally okay to say what you feel.”

The breast cancer spectrum includes all who are affected. In talking honestly and listening to each other, we validate our emotions and experiences, which can lighten our burdens a bit. Miriam’s voice in this community is one of compassion and insight as she weds her way on a path strewn with difficult questions. The answers may be elusive, but she faces her conundrums with a pervading presence of mind. And that, to me, is the best way to move forward. ♦

Upcoming Events & Programs at the Coalition

Wednesday, April 22, 2015
Cynthia Angel, M.D.
Updates in Ovarian and Other Gynecologic Cancers
7:00pm

Friday, April 24, 2015
Living with Advanced Breast Cancer
Seminar: Tools for the Journey
The Memorial Art Gallery
1:00pm
(RSVP to Coalition required)

Mother’s Day
Sunday, May 10, 2015
Pink Ribbon Run & Family Fitness Walk
Genesee Valley Park
Walk: 9:00am, Race 9:30am
Pre-Registration Packet Pickup Dates:
Wed. 5/6 8am-7pm; Thurs. 5/7 8am-7pm
Fri. 5/8 8am-7pm; Sat. 5/9 8am-Noon

Wednesday, May 27, 2015
Marcia Krebs, M.D.
HER-2 Positive and Triple Negative Breast Cancers
7:00pm

Wednesday, June 24, 2015
Andrea Calloway & Alicia Coffin
Patient Navigation and Cancer Survivorship
7:00pm

Monday, July 27, 2015
’Tee’d Off at Breast Cancer’ Golf Tournament
Brook-Lea Country Club
Noon Shotgun Start

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All events unless otherwise noted are at:
THE BREAST CANCER COALITION OF ROCHESTER
1048 University Avenue
Questions? Contact the Coalition at (585) 473-8177

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Lori Meath
Newsletter
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Pat Battaglia
Seeking Nominations for 2015 Laurie Pask “Heart & Hands” Award

“Heart & Hands” is one of two awards presented at the Coalition’s annual ARTrageous Affair. This award is named for Laurie Pask, a registered nurse and a tremendously effective breast cancer advocate who graciously shared her story with others. Sadly, she died of the disease in 2008. The Heart & Hands Award is given to a care provider whose work exemplifies the balance of kindness, compassion, respect and science that Laurie demonstrated while providing care to her own patients.

To continue Laurie’s legacy of passion, hope and joy, we ask you to submit your nomination of a health care provider who exemplifies a “Heart & Hands” approach through individual and/or community care, for consideration to receive this year’s Heart & Hands Award at the 2015 ARTrageous Affair on September 26.

Please go to the Coalition website at www.bccr.org to download the nomination form. Submit the completed form to info@bccr.org, or mail it to: Award Nomination, Breast Cancer Coalition of Rochester, 1048 University Avenue, Rochester NY 14607. Nominations must be received by May 11, 2015.

This award was previously presented to:
Kitty Forbush, RN (2014).
Marilyn N. Ling, MD (2013)
Alexander J. Solky, MD (2012)
Sandra Sabatka, LMSW (2011)

Mark Your Calendars For These Upcoming Coalition Events!

MAY
Mother’s Day Park Ribbon Run & Family Fitness Walk
Sunday, May 10, 2015
Genesee Valley Park

JULY
Tee’d Off at Breast Cancer Golf Tournament
Monday, July 27, 2015
Brook-Lea Country Club

SEPT
ARTrageous Affair Breast Cancer Gala
Saturday, Sept. 26, 2015
Rochester Plaza Hotel

FOR MORE INFO OR TO REGISTER ONLINE VISIT WWW.BCCR.ORG OR CALL 585.473.8177

Take Action!

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

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

Name
Address
City State Zip
Phone
E-mail

☐ I am a breast cancer survivor

☐ $5000 ☐ $1000 ☐ $500
☐ $100 ☐ $50 ☐ $25 ☐ ___ $ Other

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

Gifts of $100+ receive a complimentary Comfort Heart

I would like to make a gift of $ __________
In ☐ Honor of ☐ Memory of

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

Payment Choice
☐ Check, Money Order ☐ Visa/Master Card/AmEx
Amount Enclosed $
Credit Card No.
Expiration
Signature
Name on Card

Breast Cancer Coalition of Rochester
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Voices of the Ribbon
Published Quarterly by the Breast Cancer Coalition of Rochester
Tel. 585-473-8177 • Fax 585-473-7689 • E-Mail: info@bccr.org • Online at bccr.org

Voices of the Ribbon
is published quarterly
by the Breast
Cancer Coalition
of Rochester for the
purpose of providing
encouragement and
inspiration to those
facing a breast cancer
diagnosis, their
supporters, and care
providers.

In addition, it is
intended to impart
accurate, science-
based information
to enlighten and
empower its
readership.

The Breast Cancer Coalition of Rochester Invites You to Join Us For

The 12th Annual Cindy L. Dettlinger
ADVANCED BREAST CANCER:
Tools For the Journey
“Living with Metastatic Breast Cancer”

Friday, April 24, 2015
Seminar 1:00-5:00pm
Reception 5:00-6:00pm
Memorial Art Gallery
500 University Avenue, Rochester, New York

Admission is free, however, seating is limited and reservations are required.
RSVP to the Coalition by Wednesday, April 10th 585-473-8177

For further details please visit www.bccr.org