Lives Touched, Lives Celebrated - By Pat Battaglia

It was a chilly October evening, and a daylong drizzle was just beginning to subside, but inside the Coalition it was warm and welcoming. Candles were lit and the aroma of mulled cider filled the air as members of our survivor community, their friends, family members, supporters, and caregivers gathered for the annual Lives Touched, Lives Celebrated. Each year, as October draws to a close, this event reminds us of the true reasons Breast Cancer Awareness Month garners such widespread attention: this disease has touched far too many lives in far too many ways. We gather to foster healing and hope, and to

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ARTrageously Determined to Redefine Pink - By Cindy Dykes

The atmosphere was festive on Saturday, September 26, 2015, as we celebrated our 14th Annual ARTrageous Affair at the Holiday Inn Downtown (formerly the Rochester Plaza Hotel). The 475 guests at this sold out event, assisted by more than 60 volunteers, mingled amid pink balloons, extraordinary artwork, themed gift baskets, pink bubbly and colorful centerpieces by Kittelberger Florist, all to support our efforts to “Redefine Pink.”

From our loyal supporters, to our dedicated ARTrageous Affair Committee, to the many artists, vendors, businesses and individuals who gave their time, talent, goods and energy, we are honored to say THANK YOU for helping to make this year’s gala our most successful yet, raising more than $150,000 for the Breast Cancer Coalition. We especially wish to express our gratitude to our Premier Sponsor, Excellus BlueCross BlueShield, and to our Gold Ribbon Sponsors – Generation Capital Management; Martino Flynn;
Welcome to 2016! Many of us are now on the other side of grateful giving (and receiving) and are ready to turn the calendar page to a fresh beginning. Most of our staff members and volunteers have come to cherish this time of year. Program activity tends to calm as the season of gratitude beckons. Our attention is drawn to friends and family as, in case we’ve forgotten, we again come to realize the preciousness of time. This is the season that allows us to reflect, rejoice and (YES!) begin planning for what comes next.

We began 2015 with a move down University Avenue to our new home. While wanting to ensure safer parking, larger program space, and cozy, quiet corners for conversations about upcoming decisions, it also came with a significant cost, as moves often do. As we were unpacking boxes in our new home, an organization similar to ours in Albany - Capital Region Action Against Breast Cancer (CRAAB) - was making the reluctant but unavoidable decision to close due to lack of funding. These are difficult, scary times for many nonprofit organizations.

A couple of years ago, in preparation for our move, we launched an Annual Fund. Our hope was that those unable to participate in giving through United Way or events such as our Pink Ribbon Run & Walk might be inspired to take advantage of an enclosed envelope and give generously in honor or in memory of a friend or family member. And many of you have. Thank you!

“At times, our own light goes out and is rekindled by a spark from others. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” -Albert Schweitzer

The Breast Cancer Coalition of Rochester serves so many people with so many different challenges, diseases, perspectives and stories. Our small, local organization brings together vast experiences through shared meals, healing arts, creative writing, cutting edge research, peer mentors, vital advocacy, and comprehensive education programs. On the surface, the people we serve seem to come from diverse and disparate backgrounds, but when you dig deeper, when you really consider the human experiences of each person, suddenly their differences disappear into the things they hold in common. Families. Jobs. Friends. Questions. Anxiety. Resilience. Breast cancer.

The Breast Cancer Coalition of Rochester is essential. The Coalition provides the most comprehensive resources, education, support, and advocacy to women and men in our
A breast cancer diagnosis presents a major life challenge, no matter what a person’s life story may have been before that point. When Norreen Pelusio faced her own diagnosis, she had already overcome many formidable obstacles in her life, and the manner in which she lived – and continues to live - her life before and after breast cancer adds meaning to the word “survivor.”

In 1999, Norreen’s husband, who had recently turned forty-two, passed away suddenly. While in the depths of grief, she had, in an instant, became the sole parent of their four children, who ranged in age from fourteen months to twelve years of age. “That first year was just trying to breathe, trying to keep things as normal as I could for the kids, even though there was a big missing piece,” Norreen recalls.

As the long days following this loss turned into weeks, months, and eventually a year, Norreen, now the sole provider for her family, decided to return to school. With children in nursery, elementary, middle, and high schools, she pursued her own education part time. For six years, Norreen juggled the joys and challenges of parenting while being a student, graduating from community college, enrolling in a four-year college, and ultimately obtaining her degree in speech and language pathology. During this time, her father’s health steadily deteriorated. At around the same time she received her degree, he passed away. Norreen, in her grief, found herself unable to focus on the student teaching program in which she was enrolled, and withdrew. “I was really, really hard on myself,” she observes. “I actually thought, ‘I’m such a failure,’ even though I had just earned this degree.”

In an effort to take a step away from the whirlwind of the past six years, Norreen accepted a job as an examiner for the Department of Human Services. As time went by, she came to the realization that the stress of her heavy caseload was taking a toll on her health and, seven months into a one-year probationary period, began to think of leaving that work to continue her education. “I felt I had a calling to be a nurse,” she reflects. Toward that end, she scheduled routine medical visits to prepare for leaving her job and losing the benefits it carried.

One of those visits was with her gynecologist. It was this doctor who first felt the lump in Norreen’s breast and referred her for a diagnostic mammogram. After a long day of testing, Norreen returned home to await the results of her biopsy, a copy of Voices of the Ribbon from the imaging center in her hand. When the call came to confirm her breast cancer diagnosis, she reeled. Newly engaged and thinking of buying a home with her fiancé, the news hit especially hard; leaving her job was now out of the question.

Telling her children about her diagnosis was a priority, and Norreen chose to approach each child separately. Given their wide range of ages and individual natures, this enabled her to gauge their reactions in a safe, distraction-free manner. And as she moved through the months of treatment that lay ahead, each did respond according to their nature.

“Courage is not the towering oak that sees storms come and go; it is the fragile blossom that opens in the snow.”

~Alice Mackenzie Swaim

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Ever the observant mother, even in the midst of cancer treatment, Norreen did her best to guide her children through those difficult days, seeking the help of family members, teachers, and counselors when needed.

Having learned about the Coalition at the diagnostic center, Norreen, accompanied by her mother, soon attended a Brown Bag Friday lunch. “It was great to see the women there, because it was like ‘wow!’ - they had breast cancer but here they are! It gave me the hope and the courage to say, ‘I can do this.’” Another take-away from her.
Estrogen-mimicking chemicals called parabens, which are commonly found in an array of personal care products, may be more dangerous at lower doses than previously thought, according to a new study. The findings, published online October 27 in Environmental Health Perspectives, could have implications for the development of breast cancer and other diseases that are influenced by estrogens. The study also raises questions about current safety testing methods that may not predict the true potency of parabens and their effects on human health.

Parabens are a class of preservatives widely-used in consumer products like shampoos, cosmetics, body lotions, and sunscreens. The chemicals are considered estrogenic because they activate the same estrogen receptor as the natural hormone estradiol. Studies have linked exposure to estradiol and related estrogens with an increased risk of breast cancer, as well as reproductive problems. As a result, the use of parabens in consumer products increasingly has become a public health concern.

How much parabens might contribute to breast cancer risk is unclear. “Although parabens are known to mimic the growth effects of estrogens on breast cancer cells, some consider their effect too weak to cause harm,” says lead investigator Dale Leitman, a gynecologist and molecular biologist at University California, Berkeley. “But this might not be true when parabens are combined with other agents that regulate cell growth.”

However, existing chemical safety tests, which measure the effects of chemicals on human cells, look only at parabens in isolation and fail to take into account that parabens could interact with other types of signaling molecules in the cells to increase breast cancer risk. “Scientists and regulators are using potency estimates from these kinds of tests and are assuming they are relevant to what goes on in real life. But if you don’t design the right test, you can be off by a lot,” says co-author Ruthann Rudel, a toxicologist at Silent Spring Institute.

To better reflect what goes on in real life, the researchers looked at breast cancer cells expressing two types of receptors: estrogen receptors and HER2. Approximately 25 percent of breast cancers produce an abundance of HER2, or human epidermal growth factor receptor 2. HER2-positive tumors tend to grow and spread more aggressively than other types of breast cancer.

The researchers activated the HER2 receptors in breast cancer cells with a growth factor called heregulin that is naturally made in breast cells, while exposing the cells to parabens. Not only did the parabens trigger the estrogen receptors by turning on genes that caused the cells to proliferate, the effect was significant: The parabens in the HER2-activated cells were able to stimulate breast cancer cell growth at concentrations 100 times lower than in cells that were deprived of heregulin.

The study demonstrates that parabens may be more potent at lower doses than previous studies have suggested, which may spur scientists and regulators to rethink the potential impacts of parabens on the development of breast cancer, particularly on HER2 and estrogen receptor positive breast cells.

“While this study focused on parabens, it’s also possible that the potency of other estrogen mimics have been underestimated by current testing approaches,” says co-author Chris Vulpe, a toxicologist who is now at the Center for Environmental and Human Toxicology at the University of Florida College of Veterinary Medicine.

Since people come into contact with multiple chemicals every day through consumer products, understanding how mixtures of hormone-mimicking chemicals and growth factors interact to promote cell growth might better reflect a person’s potential cancer risk from exposure. In particular, one area of increasing concern is how exposure to multiple chemicals during critical periods of development including puberty and pregnancy increases a person’s susceptibility to breast cancer later in life.

Reprinted with permission from the Silent Spring Institute: http://www.silentspring.org/
In October of 2015, the Advocacy Committee held a movie night and screened Pink Ribbons, Inc., a 2011 National Film Board of Canada documentary about the pink ribbon campaign. The film, directed by Léa Pool and produced by Ravida Din, is based on the 2006 book Pink Ribbons, Inc: Breast Cancer and the Politics of Philanthropy by Samantha King.

A documentary of the manner in which some companies use pink ribbon-related marketing to increase sales while contributing only a small fraction of proceeds to breast cancer related causes, or use "pinkwashing" to improve their public image while manufacturing products that may be carcinogenic, the film points out that of the millions of dollars raised for breast cancer research, not enough money goes toward prevention or exploring possible environmental links to the disease. Pink Ribbons, Inc. features interviews with critics of the pink ribbon campaign, researchers and cancer patients, as well as cancer fundraisers. It was a very eye-opening film and the discussion afterward was interesting and animated. Copies of Pink Ribbons, Inc. are available in local libraries for those interested in viewing it.

Medical Marijuana Update from the Drug Policy Alliance of New York

After months of pressure from patients and advocates, Governor Andrew Cuomo signed a bill on November 11th that will expedite access to medical marijuana for critically ill patients. In June, with overwhelming bipartisan support, both houses of the legislature passed A.7060 (Gottfried) / S.5086 (Griffo), directing the state to establish a program to help critically ill patients, including many with cancer, obtain emergency access to medical marijuana as soon as possible. The bill instructs the state to issue patient cards as soon as possible to those who qualify under the provisions of the law, making it clear that they are medical marijuana patients and affording them some protection from law enforcement and child protective services.

Since New York State’s medical marijuana law passed over a year ago, not one patient in New York State has been able to access this medication. Our state’s medical marijuana program is slated to become operational in January of 2016.

Environmental Concerns

Advocacy Committee members have been following the activity of several environmental groups, keeping us updated on current issues to see which of them might be compatible with our mission.

The Silent Spring Institute, the Environmental Working Group, and the Collaboration on Health and the Environment are just a few that have been of interest to us. There are numerous areas that each of these groups focus on and one issue in particular has come up in several places. The Safe and Accurate Food Labeling Act of 2015 (a.k.a. the DARK Act or Denying Americans the Right to Know) is a bill that would keep states from issuing mandatory labeling laws for foods that contain genetically modified organisms, often called GMOs.

The Safe and Accurate Food Labeling Act of 2015, which passed 275-150 in the House, would instead create a federal standard for the voluntary labeling of foods with GMO ingredients. The bill is in the senate right now and so far it has been read twice and referred to the Committee on Agriculture, Nutrition, and Forestry. Potential links between certain GMO’s and cancer is the reason the Advocacy Committee is following the bill.

Talking it over and getting things done!

If the above issues - or any other issues significant to those affected by breast cancer –interest you, join us at the Coalition on the first Wednesday of any month from 4:30 to 5:30 as the Advocacy Committee meets to talk things over and figure out ways to take meaningful action! 

*Breast Cancer Action coined the term pinkwashing as part of their Think Before You Pink® campaign. It refers to a company or organization that claims to care about breast cancer by promoting a pink ribbon product, but at the same time produces, manufactures and/or sells products that are linked to the disease. (Source: http://thinkbeforeyoupink.org/before-you-buy/)
Lee Alger
-By Pat Battaglia

Living... with advanced breast cancer

Having faced a diagnosis of breast cancer in January of 2012, Lee Alger was grateful to move beyond her diagnosis and treatment. But cancer can be unpredictable. In April of 2015 Lee learned her disease had, in her own words, “creeped its nasty little head in again”; it had metastasized to her bones and a few lymph nodes near her lungs. “At first, it was extremely scary,” she recalls. But with her indomitable spirit, Lee forged ahead.

“Once I processed what was going on,” she continues, “I sat down with my doctor and my ‘baseball team’ as my Dad would call them - my sisters and nieces – [and] we asked tons of questions.” New treatments were recommended, and Lee underwent a regimen of oral chemotherapy and radiation to the skull bone. With the support of her “baseball team” and her newfound friends at Common Ground - the Coalition’s networking group for those living with metastatic breast and gynecological cancers - Lee emerged from her treatment buoyant at the news she received: the visible signs of the disease in her bones were gone, and her lymph nodes showed significant improvement. “It worked!” she exclaims. “I am grateful for each morning I wake and I look forward to tomorrow. I am optimistic of my future and feel blessed to be watching my son grow.”

Lee is gratefully taking one day at a time. “I am living for today with a great attitude and very positive and happy. I am not worrying about the small stuff. I have learned to speak my mind, no filter,” she laughs, and continues in a reflective vein, “I feel free, as odd as that sounds... I have met the most beautiful, loving and compassionate people on this journey.”

For those who also find themselves living with metastatic breast cancer, Lee sums up her advice in one word: “Live!” To be quite honest, she has a few more, well chosen words. “Breathe, cry, scream and have a great team of doctors...” Having run the gamut of emotions on her walk with this disease, Lee has gained a new perspective. “Every day is different,” she shares, “listen to your body and mind. Talk to ladies who know how you feel, like the Coalition’s Common Ground lunch group. We all help each other in happiness and sadness.”

Sharing the journey with others whose stories are similar can be uplifting and empowering. Those who find themselves facing a diagnosis of metastatic breast or gynecological cancer are welcome to join Common Ground, which meets at noon on the first and third Thursdays of every month. As Lee Alger has found, you will have the support of others who “get it” as you move through uncertainty and find unexpected joys while living with this diagnosis; special emphasis on Living.
"You gain courage, grace, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."

~ Eleanor Roosevelt
As the Breast Cancer Awareness month of October, 2015 was drawing to a close, the American Cancer Society (ACS) released new guidelines for breast cancer screening. Their previous guidelines, in existence since 2003, recommended annual screening mammograms for all women at average risk for breast cancer beginning at age 40. The newly issued guidelines suggest annual screening mammograms begin at age 45, with bi-annual screenings from age 55 and on. Women between the ages of 40 and 45 will have the option to undergo yearly screenings after discussion with their doctors, who will inform them of the risks and benefits of mammography.

This news adds fire to the ongoing debate about when and how often to undergo screening mammography. The controversy intensified in 2009, when the US Preventative Services Task Force (USPSTF) released its own set of guidelines recommending biennial screening for women age 50 and older. For women between the ages of 40 and 49, the decision to screen should be individualized. In short, the advice is to talk to your doctor.

Through it all, the American College of Radiology, the professional medical society of radiologists, has remained steadfast in their recommendation that all asymptomatic women begin annual screening mammograms at age 40. Its grassroots Radiology Advocacy Network issued a call to action in late October 2015 in support of proposed legislation establishing a two-year moratorium to delay implementing the USPSTF recommendations for screening mammography.

The benefits of mammography are self-evident: detecting cancers as early as possible in their development, when they are most treatable, is the goal that has been attained by many. But mammography isn’t perfect. There can be false positives, where something that looks suspiciously like a cancer turns out to be benign upon further testing - a highly stressful situation for many. Very low-risk cancers can be detected and subsequently treated that may have never caused health problems; this is known as overtreatment. But, since it isn’t currently possible to determine which early-stage cancers will progress and which will not, all are rightly considered to be a threat, and all are treated.

And cancers can be missed. Some have found themselves diagnosed with advanced disease that slipped under the radar through years of regular screenings. According to the American Cancer Society, “Despite substantial increases in the number of cases of early-stage breast cancer detected, screening mammography has only marginally reduced the rate at which women present with advanced cancer.”

All three agencies based the formulation of their disparate guidelines on solid evidence. Differences can arise when the same information is reviewed in a different

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Jennifer J. Griggs, M.D., M.P.H.
Talks About Intraperitoneal Chemotherapy

The Rochester-born doctor Jennifer Griggs is a medical oncologist the University of Michigan in Ann Arbor and a professor in the Department of Internal Medicine, Hematology/Oncology Division at that facility. While maintaining a practice focused on breast cancer, she co-authored a recent study published in the Journal of Clinical Oncology* entitled Use and Effectiveness of Intraperitoneal Chemotherapy for Treatment of Ovarian Cancer, in which researchers came to the conclusion that, although the use of this form of treatment increased between 2003 and 2012, fewer than fifty percent of eligible patients received it. Furthermore, increasing its usage may be important in improving ovarian cancer outcomes.

Dr. Griggs kindly agreed to explain intraperitoneal therapy and some of the issues surrounding its use for our readers.

Dr. Griggs: Delivering IP chemotherapy is not trivial from the patient’s standpoint or that of the health care team. If the treating physician and the support staff do not believe that the benefits outweigh the risks, it will lead to lower use rates of IP chemotherapy in some centers than in others. It is also possible that patients may decline IP chemotherapy, but the variation seen by treatment setting is not likely due to variation in patient preferences by site. The first step to addressing underuse of IP chemotherapy is making medical providers aware of the underuse of this therapy. Next, physicians and health care teams need to understand and address the barriers to the use of IP therapy. Collaboration between centers that have more experience and those that have less experience is one way to increase the use of this important type of treatment.

Pat: What is intraperitoneal chemotherapy and under what circumstances might it be recommended?

Dr. Griggs: Intraperitoneal (IP) chemotherapy is chemotherapy administered directly into the spaces surrounding the organs in the abdomen and pelvis after ovarian cancer. It is recommended only for women in whom surgery was successful in removing all or nearly all visible tumor deposits. That is, it is not given if a lot of cancer was left behind after surgery. There are other women in whom IP chemotherapy is not recommended, including women who have a lot of adhesions, or scar tissue, from previous surgeries or pelvic or abdominal conditions such as endometriosis or a ruptured appendix earlier in life. Also, IP chemotherapy is not given alone, but rather along with intravenous (IV) chemotherapy.

Pat: How does the risk versus benefit profile of IP chemo compare to that of IV chemo?

Dr. Griggs: Because most ovarian cancer recurrences happen in the pelvic and abdominal area, IP chemotherapy allows the chemotherapy to be delivered in higher concentrations in the same areas where the disease tends to recur. It does require placement of a catheter to deliver the chemotherapy into the peritoneal cavity, and the catheter itself can cause complications. The chemotherapy itself can be associated with discomfort or pain, although management of symptoms is part of a patient’s care. In addition, the risks of IP chemotherapy may outweigh the benefits in patients who have problems with their kidney function. Finally, patients with IP chemotherapy do not receive IP chemotherapy alone, but rather receive both IP and IV chemotherapy, so it’s not a matter of IP versus IV chemotherapy but rather IV versus IV and IP chemotherapy.

Pat: What is the report you co-authored concludes that IP chemo may be underutilized among eligible patients. What factors do you feel contribute to this and how might this situation be changed?

Dr. Griggs: The report you co-authored concludes that IP chemo may be underutilized among eligible patients. What factors do you feel contribute to this and how might this situation be changed?

Pat: What do patients with ovarian cancer need to know when...
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 or 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.

The Lymphedema Awareness Network

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 information or to register, please call the Coalition at 585-473-8177 or e-mail info@bccr.org

Peer Advocates Lending Support: PALS SM

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.

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, March 4. Please call to be added to the attendee list.

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 from local colleges, 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

Thursdays:
Mindfulness & Meditation with Estalyn Walcoff

Please visit www.bccr.org for the 2016 Healing Arts Program Schedule and Registration Guidelines.

The expansion of the Healing Arts Initiative was made possible by The Greater Rochester Health Foundation
In so many lives, there is an event, a moment, a specific time after which we are never the same. For me, that day was June 23, 2003 when I received the phone call saying, “it's cancer.” I felt as if what was left of my carefree youth ended on that day. Somehow, I felt I had become smaller. I thereafter embarked upon an unwelcome new beginning full of fear, tears, doctor’s appointments, procedures, drains, discomfort, scars; a new body to get used to. Next was a call to Holly Anderson, who compassionately talked me off my dark ledge and connected me with other young survivors. These women, only a few short steps ahead of me on their journeys, demonstrated strength and courage. I had just met them, yet they openly shared with me their cancer experiences - losing their hair, buying wigs, considering reconstruction options - and they always did so with humor. These angels showed me that there was light at the end of the tunnel, that I would regain my strength and lightheartedness. This was another new beginning, one full of support, encouragement, healing, and I’d like to think acceptance of my diagnosis (but I’m still working on that one).

The years flew by, as they do when you’re raising kids. As my little ones grew and gained more and more independence, I felt myself drawn back to the Coalition - another new beginning. I started volunteering in the Coalition’s office, where there is always plenty of useful work to be done. I loved being in such a warm and positive environment filled with healing practices and exercises in self-discovery. I then took on the part-time role of Research Administrator, meeting the dedicated members of the Research Committee and many of the research grant recipients. I dove headfirst into understanding the stringent grant proposal process that leads to the Coalition’s funding of cutting-edge breast cancer research. I ran in the Pink Ribbon Run. I volunteered for the ARTrageous Committee, where I was a first year recruit learning the ropes of a well-oiled event team.

When Laura Albert, the Coalition’s Program Coordinator, decided to leave her position to relocate to Buffalo, another new beginning was offered to me. Excited to expand my reach, I gladly accepted. I embrace this new beginning and welcome the opportunity to serve the Coalition’s survivor community with compassion, dedication and energy! I am truly grateful to be on this journey with all of you. I encourage you to stop in or call anytime to introduce yourself or chat about our program offerings!

See pages 10-11 for a listing of all our programs.

**A Fond Farewell**

Laura Albert, our Program Director from May 2014 through October 2015, managed our program offerings with energy, commitment, and vision. With her assistance, we expanded our foray into social media and developed guidelines to ensure our program offerings are open to all who wish to participate. The fledgling Healing Arts Initiative took wings under her guidance. We gratefully bid Laura adieu and wish her continued growth and success in her new life in Buffalo.

**Thanks!**
Our annual PALS Mentor Meeting took place on November 12, 2015. The theme of the discussion was “Roses and Thorns”; the rewards and the challenges of being a PALS mentor. High on the list of challenges is when it takes multiple attempts for a mentor to make that initial contact with their mentee. Those facing a recent diagnosis are often overwhelmed with the time and travel involved in scheduling and attending multiple doctors’ appointments, as well as family concerns, employment issues, and decision-making. The mentor, who is offering the newly diagnosed person an opportunity to speak safely and confidentially with someone who’s “been there”, may be uncertain about how to proceed.

But patience and persistence most often pay off, and once the mentee has had a chance to speak with their mentor, the connection that is forged not only benefits the newly diagnosed person immensely, it is one of the “roses” of mentoring. To witness someone move through these life-altering circumstances and emerge stronger and more resilient than ever is definitely one of the perks of offering this type of support.

PALS connections are often made at a time when not all may be known about the newly diagnosed person’s situation. Things can, and sometimes do, change. When that happens, the mentor may feel at a loss as to how to provide support. This is where PALS mentor training can be especially helpful. Our mentors are trained in effective listening and communication skills and to understand the boundaries of their role as mentors. And they have the Coalition staff standing behind them as they put themselves “out there” for others.

There truly are many roses and some thorns along the path of mentoring, and it may not be for everyone. But for those who make the commitment to reach out a helping hand to others along the way, the rewards can be great.

Whether you’re seeking support or interested in offering it, you can contact me at pat@bccr.org to learn more about PALS.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

~Leo Buscaglia

“Was it you or I who stumbled first? It does not matter. The one of us who finds the strength to get up first, must help the other.”

~Vera Nazarian, The Perpetual Calendar of Inspiration

Enjoy the Breast Cancer Coalition Library
**Integrating Movement Into Your Life: A Question of Balance**  
*By Susan Meynadasy and Pat Battaglia*

Whether you’re recovering from cancer treatment or working at a sedentary desk job (or both), you may find yourself drained, exhausted, and stiff at the end of each day. Doctors often recommend daily activity as a way to enhance your recovery from surgery and counteract the effects of treatment. This is good advice for anyone, especially those whose jobs do not offer much movement away from the work station.

What can we do to balance the effects of treatment, or of a sedentary work life, with the need to move our bodies? First, we must change our own mindset, giving ourselves permission to take care of ourselves and our wellbeing before anything else. If our own needs and health are not a priority, it is easy to fall into sedentary habits. When that happens, the energy we do put forth will not be as efficient and productive; hence the feeling of exhaustion without having exerted one’s self physically.

Number one on every to-do list should read, “Take care of ME today.” The small changes we make can add up to big benefits.

Make sure at least once an hour to stand up, walk around, stretch your arms over your head, and take a few deep breaths. This releases stale energy and brings fresh energy in. Between these breaks, push away from any desk or table where you may be sitting, then roll your shoulders, close your eyes, and take a few deep breaths, inflating your lungs fully.

Creating a new mindset and remembering to do these simple things can be hard. Try setting a small alarm or writing yourself a reminder. Use the buddy system with family members or co-workers. One of our co-workers has a “tea time” every afternoon, and the idea is catching on. Get creative! You might just find others following your lead, your energy level improving, and your outlook a little sunnier. Sedentary workplaces may become the well-oiled entities they are meant to be.

The whole is only as good as the sum of its parts. Give yourself permission to take care of YOUR PART FIRST.

Susan shares the gift of yoga with the Coalition community as our Yoga Instructor and her artistic talents as our Graphics Coordinator. Pat is the PALS Project Coordinator and Newsletter Editor.

**What is a Dinner Bowl?**  
*By Megan Gordon*

In our house, they take the idea of a big, robust salad one step further and include some sort of protein and a base of either grains, soba noodles, couscous or leftover pasta. They often incorporate seasonal vegetables and something crunchy like toasted nuts or seeds. Perhaps even a little cheese or a mild dressing or sauce to liven things up.

I find that these quicker meals allow me to break out of the box more, and lose the focus on what ‘works’ together — instead focusing more on what sounds good. Cabbage, tofu and peanut sauce? Yes! Spinach, barley and bacon? Of course!

Dinner Bowls are great for many reasons. First, they can be a great ‘clean out the fridge’ strategy. Second: fewer dishes! Last, Dinner Bowls can be as customizable as you’d like for them to be, so if you’re into accommodating the pickier eaters in your household, this is an easy occasion for everyone to find something they’ll like.

Use the guide and the recipe on the next page to inspire your own creative dinner bowls!

Megan's Guide to the Deluxe Dinner Bowl

Choose Your Base: The best way to approach a Dinner Bowl is to think about what leftovers you have on hand. I rarely cook something up especially for one. If you have leftover rice, noodles, couscous or quinoa a Dinner Bowl is easily within your reach.

Find Some Protein: Certain people’s bodies crave protein more than others; I happen to be one of those people. So I love to top my Dinner Bowls with a little smoked salmon, leftover chicken, baked tofu, sliced hardboiled egg or even a bit of tuna.

Add Some Color: Cleaning out the crisper is gratifying, but so too is snatching up something pretty at the farmers market and chopping it up for your next Dinner Bowl. When I was getting a weekly CSA box, the produce I wasn't quite sure what to do with almost always ended up in a haphazard Dinner Bowl at some point during the week.

Flavor, Please! It’s great to use up your leftover grains and vegetables but at the end of the day, if your Dinner Bowl doesn’t taste delicious you’re not going to want to repeat the experience. Depending on the inclusions, perhaps you’ll try a robust peanut sauce or an herbed yogurt dip. Maybe a good hit of za’atar or harissa seems appropriate, or leave it to a simple lemon vinaigrette. Scavenge the condiments that get pushed to the back of the refrigerator and repurpose them into quick sauces (mix a bit of yogurt with Sriracha and you’re set).

A Little Crunch Goes a Long Way: I’m a big fan of different tastes and textures in my Dinner Bowls, so I love scattering some toasted nuts or seeds on top. Pepitas and sesame seeds are in heavy rotation as are walnuts or even flax seeds depending on what we’re including on that particular day.

Chicken Burrito Bowls

Ingredients

- 1 lb boneless, skinless chicken thighs, cut into bite sized pieces (could also substitute beef or tofu)
- 3 T. olive or coconut oil
- 1/2 - 1 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup diced bell peppers (add a diced jalapeno for a little zing)
- 1 cup uncooked long grain rice
- 1 14.5 oz. can diced tomatoes, drained
- 1 15 oz. can black beans, drained and rinsed
- 1 T. Chili powder
- 1/2 tsp. cumin
- 21/2 cups low-sodium chicken, or vegetable broth or water
- Salt & pepper to taste
- 1 cup grated cheese (monterey jack or cheddar)
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

For Serving (optional)

Freshly diced tomatoes, green onions, olives cilantro, cooked corn, avocados or guacamole, sour cream, tortilla chips

- Sautéé onions, garlic and peppers in 2 T. oil in a large skillet until soft
- Season chicken with salt & pepper. Add to pan and brown chicken over medium high heat. Remove from pan
- Add remaining T. oil and rice to pan, sautéing 2 minutes or until golden brown
- Stir in chicken mixture, black beans, canned tomatoes, broth and spices.
- Bring to a boil, reduce heat, cover and simmer until rice is tender, about 20 minutes
- Adjust seasonings if needed
- Remove from heat, sprinkle with cheese, let stand covered until cheese is melted.
- Divide into 4 bowls and add your favorite toppings.

Notes:

Brown rice may also be used, cooking time will need to increase according to package directions.

If using leftover rice or other grain, omit the rice and broth from the above directions and place cooked rice or grain at bottom of bowl before serving.

Makes 4-5 servings.

Adapted from Number2Pencil
http://www.number-2-pencil.com/2014/05/22/one-pan-chicken-burrito-bowls/
Parkleigh; Schiano Law Office, P.C.; Towpath Bike; URMC Division of Plastic Surgery; and the Wilmot Cancer Institute’s Comprehensive Breast Care at Pluta. Thank you once again to Glen Moscoe Jewelers for providing the fabulous Pink Balloon Grand Prize, and congratulations to Patti Engleman, the lucky winner of the exquisite Blue Topaz and Diamond pendant.

Mistress of Ceremonies, Ginny Ryan, and Auctioneer, Howie Jacobson, encouraged the crowd to bid high on an array of silent and live auction items. The guests heard stories from those touched in some way by a breast cancer diagnosis, including Honorary Co-chair Kitty Van Bortel, along with this year’s award recipients: Assemblymember Harry B. Bronson, presented with the Harriet Susskind-Rosenblum Advocate’s Spirit Award; and Marcia Krebs, MD, who received the Laurie Pask Heart & Hands Award.

This year’s Warrior Auction, celebrating the breast cancer warriors among us, raised a record-breaking $42,850, with guests raising their paddles to help fund the P.A.L.S. (Peer Advocates Lending Support) Project that matches peer mentors with those dealing with a recent breast cancer diagnosis, providing one-to-one connections during the difficult journey.

The charismatic Howie Jacobson kicked off the live auction with a lovely painting of a “Bristol Barn,” an original acrylic by Lorraine Staunch. The live auction also included a stand-up paddle board package, Buffalo Bills football and Buffalo Sabres/Rochester Americans hockey packages; a “Wine Enthusiast” package, featuring a whimsical metal and Jerusalem slate wine serving table, handcrafted by John Hendry; a Cape Cod inspired “Serenity Cottage” bench, handpainted by Kathleen Rouvina Ouellette; a Nantucket Getaway for two; a Xerox Rochester International Jazz Festival package for two; and, back by popular demand, the First Friday Faeries Sweet Treats, delivered each month in 2016 to the lucky staff of this year’s high bidder, Dr. Howard Langstein.

Gap Mangione and his band entertained our guests and kept them moving on the dance floor.

We hope you will consider joining us next year for another night of celebration and reflection at the 15th Annual ARTrageous Affair, to be held on Saturday, September 24, 2016 at the Holiday Inn Downtown.

Story continued from cover
Poised for the party!

Artists John Hendry & Lorraine Stauch

Elegant ladies perusing the beautiful artwork

PATRONS
Holly and Tom Anderson
James Byers and John Lee
Patricia and Richard Cataldi
John A. DiCaro and Paula LaManna
Dr. Carol B. and Mr. Elmer C. Henretta
Jan Miller
Honorable Karen Morris
Lorraine Stauch
ARTISTS


DONORS


ARTISTS

Holly Anderson
Karen Ashbaugh (pictured above)
Donna Beane
Patty Bellohusen
Pam Bernstein
Melisande Bianchi
Sue Catalano
Michelle Cook
Cindy Dykes
Jennifer Gaylord
Nancy Germond
Melinda Goldberg
Joanne Hammond
Karina Hauza
Cheri Maillie
Donna Peterson
Patti Prato
Brenda Tartaglia
Connie Zeller

COMMITTEE MEMBERS

EVENT CO-CHAIRS:
Patricia Cataldi
Jessica Nightingale

DONORS

Holly Anderson
Karen Ashbaugh (pictured above)
Donna Beane
Patty Bellohusen
Pam Bernstein
Melisande Bianchi
Sue Catalano
Michelle Cook
Cindy Dykes
Jennifer Gaylord
Nancy Germond
Melinda Goldberg
Joanne Hammond
Karina Hauza
Cheri Maillie
Donna Peterson
Patti Prato
Brenda Tartaglia
Connie Zeller
We put much effort and time into outreach in order to connect people who are facing a breast or gynecological cancer diagnosis with our programs and services. Wrapping up an incredibly busy October, I know that we went far beyond that simple goal.

October is open enrollment time. Employee health fairs abound, offering opportunities to talk about screening, insurance mandates, genetic concerns, and our services. October is our peak community fundraiser month. Nearly 60 efforts were held on our behalf. Our presence at many gave us opportunities to educate on the “Think Before You Pink”* initiative, encouraging consumers to be informed about where their charitable dollars are going. We work to dispel “the myth of the big pink pot”; the notion that, somehow, donations “to breast cancer” will make their way to us and to local women.

October is a month when merchants jump on the pink band wagon. In addition to instilling some healthy cynicism (Look- pink gizmos for a cure!!) it gives us a chance to toot our own horn regarding the effective, responsible way we use the money we are given to help Rochester area survivors. We thank those who give locally, and encourage transparency and clarity when hosting a benefit event.

October is indeed Breast Cancer Awareness Month. Pink, pink everywhere does nudge women to take charge of their own health and to be advocates for their daughters, sister, moms, and friends. Heightened awareness encourages a grass roots activism to insist that the labels on our food and personal care products are accurate and honest so we can choose the safest consumer goods. Hearing the stories of proud survivors and those lost to the disease reminds people that while much has been accomplished, there is much work to be done.

October gives us a chance to be in front of hundreds of people who, right now, don’t know they or someone they love may need us someday. The Coalition is in this effort for the long haul. For us, every month is Breast Cancer Month.

*Thinkbeforeyoupink.org

In It For the Long Haul

It was mid-September, 2011, and members of the Coalition staff were busily searching for a photographer for the upcoming ARTrageous Affair, which was right around the corner - on October 1, to be exact. Lori Farr, a local photographer and friend of the Coalition, knew of a local woman, another professional photographer who had attended the gala the prior year and provided us with some excellent pictures. Lori connected the gifted Ria Tafani with Holly Anderson and the rest is history.

The photographs Ria took that evening captured the bright spirit of our ARTrageous gala, and the bright spirit of Ria captured our hearts. With her warm, outgoing nature and her natural ability to engage with her subjects and bring out the best in them, she was a perfect fit for our organization. Ria’s high level of professionalism and knowledge of her chosen field have resulted in a collection of exquisite photos that tell the story of our organization, and contains priceless images of so many courageous people who make up the Coalition community.

Holly Anderson, our Director, eloquently sums up Ria’s many contributions: “She is a talented, creative artist who captures her subject beautifully with her lens. Be it a handful of helium balloons at the ARTrageous Affair, a foursome of rascals at the Tee’d Off at Breast Cancer Golf Tournament, the euphoric faces of women crossing the finish line at the Pink Ribbon Run and Family Fitness Walk, the spirited faces of the survivors sharing their stories at the Advanced Breast Cancer Seminar: Tools for the Journey, or those contemplatively reflecting at Lives Touched Lives Celebrated, Ria is always there, quick to capture just the right image at just the right moment.” Ria’s photos of so many events have graced numerous issues of this publication.

It’s been said that a picture is worth a thousand words. Considering the countless number of photographs Ria has contributed to our organization, that adds up to innumerable volumes. Although we could speak volumes in return to honor this skilled, accomplished artist, these few words will have to suffice: thank you, Ria, from the bottom of our hearts!

~By Pat Battaglia
Building trust. I find myself repeating those two words to myself as I travel throughout the Finger Lakes Region of Central and Western New York. It’s critical to build trust with the women and men we talk to as we continue to expand our outreach.

We want to build trust with community stakeholders – the existing groups and organizations engaging the same people we intend to reach. We want to build trust with medical providers serving these “new to us” communities. We want to build trust with our new friends and advocates who support the Coalition’s outreach efforts.

We need to build trust with breast cancer survivors.

How do we do begin? Our answer: by having real conversations. By listening and learning. By being honest and consistent. By having the courage to ask questions, and remaining open to new ideas and collaborations.

When we held our regional breast cancer survivor round tables in the fall, we told participants, “We’re here to learn from you. We’re here to listen. Let’s talk about what’s here now, and what could be added to help create a stronger, better connected survivor community.”

When I meet with a regional community member – perhaps staff from a human services agency, or a provider at a treatment center – I ask them to tell me about the community they serve. What needs do they perceive? What is working? What is missing?

We trade information. They learn about what we can offer now. Breast Cancer 101 sessions can be done by phone for those who cannot travel. Those who are newly diagnosed can be connected to a PALS mentor, and our upcoming mentor training is enrolling survivors throughout the region. Our educational seminars are held in the evening, allowing for time to travel into Rochester. Survivors carpool into Rochester for our yearly Advanced Breast Cancer Seminar and our quarterly Young Survivor Soirees.

There is work we can do now, and much work to be done as we move forward.

So let’s continue the real conversations, because it is in the discussion of what exists now, and what could be done in 2016, that will determine how meaningful the support will be for survivors living in our regional communities.

Please call (585) 473-8177 x310 or e-mail tracy@bccr.org for more information.
Where the path closed down and over, through the scumbled leaves, fallen branches, through the knotted catbrier, I kept going. Finally I could not save my arms from thorns; soon the mosquitoes smelled me, hot and wounded, and came wheeling and whining. And that's how I came to the edge of the pond: black and empty except for a spindle of bleached reeds at the far shore which, as I looked, wrinkled suddenly into three egrets — a shower of white fire! Even half-asleep they had such faith in the world that had made them — tilting through the water, unruffled, sure, by the laws of their faith not logic, they opened their wings softly and stepped over every dark thing.

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.

Esther Flynn
Pat Mandina
Irene Oyer
Christine Riesenberger
Gwen Turner

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 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@bcrr.org. We would be happy to honor your loved ones.

Egrets — Mary Oliver
Our Fundraising Friends

The Power of Pattitude

Our dear Coalition friend Pat Mandina fought breast cancer more than once, but her incredible spirit was dubbed “Pattitude” by those who knew and loved her.

Pat’s son Jonathan surreptitiously created an online fundraiser selling bracelets and T-shirts sporting the “Pattitude” message. Friends from near and far purchased and modeled the items and posted their uplifting thoughts and heartfelt best wishes to Pat on Facebook. A dedicated Facebook-er, Pat continued to enjoy the messages and the love reflected back to her each day.

Pat, your Pattitude continues to inspire all who loved and admired you and Jonathan’s gift in your name of $2,456 will help many.

Giving “Cheer”fully

New York Icons Cheer & Tumbling is one of Rochester’s newest training facilities for cheer athletics. Young people from age 3 through adult leap, lift, and tumble with grace and enthusiasm. This high energy facility also works to instill a strong work and community ethic. A Tumble-a-Thon in October raised $550 through per-skill pledges which was proudly presented to our Coalition.

The “Heights” of Generosity

The same passion that sends dedicated golfers out in the early morning hours, rain, wind and stifling heat is brought into the benefit tournaments many of them do. Somehow, it seems that these folks (not unlike bowlers!) are able to gather raffle gifts, prizes, sponsors, donations, and enthusiastic supporters for every charitable event they undertake.

We are so fortunate to have been “adopted” by the dynamic golfers of Sodus Bay Heights Golf Club. This year, they once again produced a day of great food, sunshine, incredible raffles and auction items. These fun-loving and generous people dedicated their incredible donation of $9,707 to the Breast Cancer Coalition to assist area women on their journey through breast cancer.

HUGE thanks to organizer Sharon Lilla, all of her helpers, and the beautiful Club for all of your hard work, and most of all, your hearts.

Oktoberfest at the Cottage

Shoppers at home consignment specialty store Windsor Cottage were treated to an autumn afternoon of Bavarian pretzels, vintage steins and adult beverages on October 24 all to benefit the Breast Cancer Coalition. Owner Peggy Growney’s family has been deeply affected by breast cancer as have of several staff members. Windsor Cottage’s afternoon of shopping and fall fun raised $500!

Bill Gray’s “Philly”-anthropy

Our friends at Bill Gray’s kept their October effort not only local, but also specific and transparent. Ads for the Awareness Month effort stated clearly that fifty cents from each “Philly” chicken or steak sandwich would be donated to the Breast Cancer Coalition of Rochester for the month of October. Bravo for your very successful campaign, the donation of $3,499.32 and also for your commitment to good fundraising practices.
Some Local Good Sports

The combined efforts of CrossFitBoomTown, Crossfit ESC, and Baby Bump Academy result in an annual event of strength and old fashioned play with the October Kalsu For a Cause/Flip for Breast Cancer. Friends and family pledge and cheer as their favorite amateur athletes lift weights and flip giant tractor tires to benefit the Coalition. This year’s fun netted a $970 donation!

- Each year the Fairport Softball Boosters honor the Coalition with a donation from their “Strike Out Cancer” campaign. This year, organizer Deb Genteel was proud to report that the teams’ T-shirt and BBQ sales resulted in a gift of $300.

- St. John Fisher’s Women’s Soccer team held a weekend of games to benefit select local charities. In honor of Coach Tracy Britton, a breast cancer “thriver”, the Coalition received a great donation of $142.

- The Wednesday Night Women’s Hockey League of the City of Rochester held a donation-based charity scrimmage at the end of September and donated $380.

- The ladies of Blue Heron Hills Golf Club in Macedon love to play golf, love to share a day in the sunshine with friends, and love to donate to local charities. Thanks for this year’s gift of $160.

- The love for two mother/survivors of the Hilton Girls JV and Varsity Volleyball teams inspired their October 6 Dig for a Cure game. Sporting and selling T-shirts designed by Coach Elaina Foley, the young ladies also accepted dedications to honor or remember others. They raised an amazing total of $1077.54. Way to go, ladies!

- The behind-the-scenes dedication of a school team’s sports boosters is the heart of High School athletics. Parent and longtime booster Kim Wigley has dedicated her efforts to Livonia Jr. Bulldogs Football for many years. Under Kim’s direction this dedicated group makes sure that the young people have the equipment they need, but also that area resources are supported. We are so grateful for this year’s gift of $757.16.

- The combined Harley/Allendale Columbia women’s Volleyball Team is a powerhouse of athletic talent and community service. We were humbled and grateful to receive the proceeds of this year’s Dig Pink JV/Varsity Volleyball totaling an impressive $1530.78.

Rain, Rain Go Away!

There were deep dark clouds with the dawn of August 20. The winds of not-so-nice weather were in the air as Sharlane Maclisaac and her crew scrambled with last minute arrangements for the Breast Cancer Rally/Golf Tournament at Clifton Springs Country Club. Could they get in nine holes before the skies betrayed them? Disappointingly the answer was a resounding “no”, and the rain, thunder and hail that ensued made lakes out of water features on the course. In the true spirit of golfers the party went on, and a Chinese auction and hole sponsorships raised an impressive $2865.81. Here’s hoping the sun shines on this great group next year!

Indomitable Doug

The enthusiasm and drive of one passionate individual can be enough to create an entire movement of like-minded people to work for a cause. Such is the case with the inspiring Doug Phelps. Doug’s love for bowling, great food, good people, community service (and ladies in general!) lead him to create Windjammer’s Bowling Event five years ago. With the support of his co-workers at Windjammers (home of some of Rochester’s best chicken wings) this event has grown annually to its most successful year yet. Filling 36 lanes, Doug’s enthusiastic cohorts enjoyed food, gifts, raffles, door prizes and auction items, with many wrapping up their full day at Windjammers Bar & Grill on Lake Avenue.

Doug and his crew sported big exhausted smiles when they presented the Breast Cancer Coalition a check for $6300. Great work, all of you! Your efforts mean the world to us and the people we serve.

Duke Does It Again

An evening of Red Wing baseball was enjoyed by the employee families of Rochester’s Duke Company on August 31. From their perch in a lavish sky box, those attending were treated to an evening of fun and food as well as available raffles. Guests purchasing raffle tickets for some great items raised $1035 for the Coalition. That’s paying it forward!

News Flash!

Once again, we are thrilled to receive a generous gift from Western New York’s very own soccer team the Flash. Though officially based in Buffalo, the Flash are committed to making their Rochester home an even better place to live, work and play. Thanks to our friends at the Flash for their generous gift of $4113.
Our Fundraising Friends

Giving Back With Gratitude

Pat Battaglia, Holly Anderson, Kim Carlson and Laura Albert

When Kim Carlson was diagnosed with breast cancer in both breasts in July of 2015, she was given a packet of reading material that included information about our organization. Feeling emotionally fragile, yet too overwhelmed to read through the information, she reached out to her gynecologist, Dr. Elizabeth Morningstar, who acknowledged her fears and empowered her to reach out to the Coalition. "Call them. Trust me, they'll help. You'll see." So Kim picked up the phone, scheduled a BC 101, and reports that with that call came the turning point. "The Coalition made all the difference. The staff, the networking groups and the PALS program were all instrumental to how I ultimately dealt with my disease. I knew I had to do everything possible to spread the word about the BCCR." When friends insisted on hosting a fundraiser on her behalf, she relented only if part of the proceeds would come to the organization that helped her through the darkest days. Thank you to Kim and her friends for this gift of $500. Thank you to Dr. Morningstar for empowering your patients to be self-advocates. Sometimes we need a gentle nudge to take the first step.

Air Affair- Supplying Much More Than a Party

Scott Cullen's Air Affair business is just one aspect of the very busy life he juggles. Scott has been deeply involved with the Churchville-Chili Saints Hockey program as well as community soccer in Chili and Churchville. Air Affair sponsored U9 and U10 girls teams, known as the Chili Hurricanes and Chili Rampage, helping Air Affair to raise $312 for the Coalition again this year!

Doing What They Do Best

Salon ROC on Pattonwood Dr. put their scissors to work to benefit the Coalition on Saturday September 19. For a $20 donation to the Coalition, clients enjoyed a wash, cut and blow dry. For four hours, the staff snipped, shaped, and styled and was thrilled to donate a hard earned $1020 to the Coalition. The enthusiasm of the stylists for this effort was especially gratifying, and we thank them all for their work.

It All Adds Up

- Those bottles and cans lying around the garage can be put to great use! The St. Lawrence Boy Scouts of Troop 277 in Greece spent a summer weekend collecting, cleaning and turning in huge bags of them to raise $360 for the Coalition. Nice work, guys!
- The world lost an incredible woman in February this year when Sherry DelMonte-Maloney lost her fight with breast cancer. Her dear friend Jen Colicchio of Webster honored her friend with a bracelet sale resulting in a $200 donation to the Coalition.
- Care a Lot Child Care Center honored the women in their lives with a Breast Cancer Awareness month donation of $80.
- Each October the Genesee Valley Pennysaver recognizes the good work being done in the Valley to support families dealing with breast cancer. We are grateful for this year’s donation of $150.
- Click Spark of Henrietta, an internet lead specialist business, knows that the little efforts can land great results. Your donation of $47 is much appreciated!
- Rochester Woman Magazine is dedicated to making the lives of Rochester women richer, healthier and much more interesting. They are regular donors to the Coalition and we thank them once again for the proceeds of their October Launch Party- $250.

Lifting Themselves and Others

Bench presses. Dead Lifts. Squats. Members of Brockport’s Alpha Phi Omega service fraternity put their friends to work for the Breast Cancer Coalition on October 24. Participants at the campus fitness center paid to pump, and got a T-shirt in the bargain. These good sports raised $1272 for us, and we can’t thank them enough for their giving spirit.

Pink Pennies Add Up

In an ongoing campaign of support, awareness, and giving, our friends at Leonard’s Express have donated the first of quarterly contributions totaling $1826.29. The truly amazing aspect of this campaign is that this incredible amount is the collective effort of four custom painted pink rigs contributing one penny per mile travelled. Those pennies really add up!
For the Love of His Mom

When the very heart of the family is facing breast cancer treatment it affects every member of that family. Amy Christiano’s son Riley was deeply appreciative of the outstanding and compassionate medical care she had received at the Pluta Cancer Center, and also the love and camaraderie Amy had found at the Breast Cancer Coalition. Unbeknownst to Amy, Riley created a GoFundMe page, collecting donations from their Macedon area community. To Riley’s surprise and delight, he collected $3240, which was shared equally between the Coalition and Pluta. Amy, we know you are proud and touched by this effort; be well!

Riley displays his secret “go fund me page” with Lori Meath

Life Lessons Learned

- The “I Care” program of the **Women of MCC** sent us $423 in recognition of survivors.

- **Rochester School for the Deaf** once again held a Denim Day. Staff enjoyed the chance to “dress down” for a small fee which was donated to the Coalition. Thanks for passing on $125. It will be used well!

- For the second successful year, the staff at **Fairport’s Brooks Hill School** decided to “go pink”, sporting dazzling pink hair extensions for Breast Cancer Awareness Month. The proceeds from the sale of all that pink hair totaled $400. Teacher Patty Scarlata started the event to honor her mother and others dealing with breast cancer.

Hearts Wide Open

The friends, coworkers, clients and customers of Lindsay Schreib and Cycle Stop Inc. are dedicated motorcyclists. Most know Lindsay’s mom Judy well, and know that she faced breast cancer several years ago. So each year Lindsay gathers her troops once again to raise money for the Coalition. A long ride on a summer afternoon is capped by music, food, plentiful raffles and refreshing beverages. This year the efforts of this dedicated and fun loving bunch raised $3410. To all who ride and care- thank you!

Gifts in Kind

Gifts of time, handiwork, and services are an important part of how the Coalition accomplishes its mission. Thanks to the following whose donations of non-monetary gifts enhance the work we do:

Caring and Comfort

Albion School Family and Consumer Science teacher Kim Toombs and her merry band of students, put their sewing skills to work, carefully creating special post-surgical comfort pillows to be included in our PALS packs, which are given to all newly diagnosed women. We are grateful for their skill and hard work!

Kim Toombs and her “super sewers!”

Simple Symbols

Eastman School of Music community service group who funded and created hundreds of pink ribbon pins to be shared in the community in October.

Girl Scout Giving

Girl Scout Daisy and Brownie Troops 63056 and 63029 who made beautiful beaded key chains and bracelets for our survivors.

Project Pink

Students at St. John Fisher, who in addition to raising money also made pink survivor bracelets for us.

Found & Fabulously Finished

Artist and Coalition Board member Pam Bernstein often creates new beauty from old bits of jewelry. Recently, she came upon a small unfinished quilt in a craft supply recycling store in Fairport. Skilled hands had started a beautiful piece and Pam knew that she could finish it! The completed wall piece now graces our Gathering Room, thanks to the talent of two crafters.
In Honor of:

Holly Anderson
Maura Steed

Mel Bianchi
Mary Ann Benincasa

Cheryl Bovard
Rosemarie Salvemini

Mary Carafos
Michael Carafos & Mark Joseph

Engagement of Jeremy & Danielle
Donna Noble

Jennifer Gravitz
Nancy Gravitz

Bonnie & Chick Koerner
Rosemary & David Cook

Pat Mandina
Deborah Barnes
Erik Harris
Connie Zeller

Kathy Mangione
Carol & Elmer Henretta
Michael Henretta
Marianne & Jeff Lamb
Esther & John Marino
Judy & Michael Marino
Lisa Marino

Terry Marino 90th Birthday
Carol & Elmer Henretta
Michael Henretta
Marianne & Jeff Lamb
Esther & John Marino
Judy & Michael Marino
Lisa Marino

Paula Martin
Kathy England
Mary Gorman
Christine Littlefield
Linda Marquardt

Leni Rayburn
Allan Rayburn

Carol Serio
Victor Serio

Rosemarie Sprague
Sheila Povoski-Butler

Lena Pride-Stephenson
i.e. Spa Indulgences

Wedding of Dr. Jessica Cataldi & Dr. Matthew Leroue
Janice SanAngelo

Wonderful Volunteers
Lori Meath

Yoga participants - Past & Present
Susan Meynadasy

In Memory of:

Ethel Agins
Cheryl Kuttner

Harvey Anderson
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Friends of Jim Alesi
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Karen Higman
Tom Hines
Kathryn Hoekelman-Wissler
Matthew Hordorf
Hot Shots Volleyball
Beverly House
Rebecca Hoyer
James Ingalsbe
Interlakes Oncology and Hematology, P.C.
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Angel Scheck
Terese Schmidt
The evening began with a candlelight walk on University Avenue. The dreary weather could not permeate the cheerful chatter, bursts of laughter, and warm feelings that pervaded the small crowd that made its way on a circular trek, beginning and ending at the Coalition. Once back at our facility and warmed by hot cider, attendees listened as the Reverend Melanie Duguid-May shared her reflections on healing, hope, and celebration. The gentle, soul-stirring strains of music provided by Lisa Winter and Drew Panipinto added their healing power to the mix.

It was an evening to remember those who have undertaken this unwelcome journey - those who have been diagnosed and move forward, forever altered by the experience; those who have been lost to the disease and their loved ones; those who offer the helping hands that all survivors depend on to see them through. The human spirit will heal and thrive in the aftermath of devastating circumstances, and while we nurture that, it is our hope that the day will come when our growth as human beings is fostered in other, more positive ways than living through breast cancer or witnessing a loved one face the disease. Until then, we will continue to gather.

Tribute cards filled out by participants in honor, memory, or celebration of one who has faced breast cancer or who has helped others along the way were read to the group. Tribute cards filled out by participants in honor, memory, or celebration of one who has faced breast cancer or who has helped others along the way were read to the group. The rain didn't put a damper on the spirit of the evening and the lovely candlelight walk.
facing treatment decisions involving IP chemo?

**Dr. Griggs:** Patients who have had surgery for ovarian cancer need to know if they are good candidates for IP chemotherapy—that is, they need to know if they have had most of the visible tumor removed, they need to know if they have good kidney function, they need to know if the chemotherapy will be able to move around in the space around the organs (that is, is the space free of adhesions), and if their team is experienced with placement and use of the IP catheters. Other good questions would include how symptoms from the IP chemotherapy will be managed and how the risk of infection will be decreased.

**Pat:** Understanding the issues involved can be so helpful to patients in communicating with their health care team. Thank you, Dr. Griggs, for taking the time to enlighten our readers.

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Dr. Griggs Interview continued

region affected by breast cancer, uniting us all in the face of our seemingly disparate experiences.

Though we have officially turned the calendar page, the Annual Fund is ongoing. If you have not yet done so, please consider a gift to this campaign. Generosity from community members like you is so important to the Coalition’s mission to support, educate, and advocate for every woman or man diagnosed with breast cancer. Any amount is appreciated and makes a difference in the lives of those we serve. However you choose to give, rest assured that your gift is important to all of us at the Coalition. We could never meet our mission without your support.

No matter what the differences may be in the details of our stories, in the end all of us hold common themes and patterns. Families. Jobs. Friends. Questions. Anxiety. Resilience. Breast cancer. Join the fight and fund the work. We are counting on you.
Upcoming Events & Programs at the Coalition

Wednesday, January 27, 2016
Evening Seminar
Empowerment: An Integrative Approach to Life While on Aromatase Inhibitors
7:00pm

Wednesday, February 24, 2016
Evening Seminar
7:00pm

Friday, March 4, 2016
The Young Survivor Soiree
6:00pm
RSVP required

Wednesday, March 23, 2016
Evening Seminar
7:00pm

Friday, April 8, 2016
The 13th Annual Cindy L. Dertinger Advanced Breast Cancer: Tools For the Journey Memorial Art Gallery
1:00pm

Questions? Contact the Coalition at (585) 473-8177

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## The Coalition’s Current Wish List

<table>
<thead>
<tr>
<th>Items</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>A cure for breast cancer</td>
<td></td>
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<tr>
<td>Books about breast cancer and lymphedema for women, men, children,</td>
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<tr>
<td>families (2010 or later)</td>
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<tr>
<td>Books about endometrial, ovarian, cervical, fallopian, or other GYN</td>
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<td>cancers (2010 or later)</td>
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<tr>
<td>Books about prostate or testicular cancers (2010 or later)</td>
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<tr>
<td>Copy paper, white</td>
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<td>Foam core (new)</td>
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<td>Gift cards: Wegmans, Tops, DiBella’s, Staples, Target, Barnes &amp; Noble,</td>
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<td>Michaels, pizza, etc.</td>
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<td>Paper products: napkins, cups for hot and cold beverages, small and</td>
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<td>medium plates (no Styrofoam products)</td>
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<td>Hand knit caps</td>
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<td>Scarves or bandanas</td>
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<td>Journals</td>
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<td>Soft socks</td>
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<td>Sleeping masks (unscented or lavender scented)</td>
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<tr>
<td>Herbal or green teas (no loose tea please)</td>
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<tr>
<td>The following items are needed specifically for PALS Paks:</td>
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<tr>
<td>(all items must be new)</td>
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<tr>
<td>Tablecloths 70x90 and 70x108 (white, sage green, pink)</td>
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<tr>
<td>Batteries, D and AA</td>
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<tr>
<td>Beverage pitchers, dish towels</td>
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<tr>
<td>8½ x 11 slant back clear acrylic sign holders, vertical and</td>
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<td>horizontal</td>
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<tr>
<td>Plastic or glass Food storage containers</td>
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<tr>
<td>Let us know what you would like to see in the PALS Pack.</td>
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**Mother’s Day**

**Pink Ribbon Run & Family Fitness Walk**

Genesee Valley Park

**JULY 25 2016**

**Tee’d Off at Breast Cancer Golf Tournament**

Brook-Lea Country Club

**SEPT 24 2016**

**ARTrageous Affair Breast Cancer Gala**

Holiday Inn Downtown
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.

MOTHER’S DAY Pink Ribbon Run & Family Fitness Walk

Sunday, May 8, 2016  
Genesee Valley Park

Breast Cancer Coalition of Rochester

Register and fundraise online at bccr.org