Regional Programs - By Tracy Brown

Fulfilling YOUR Needs – After piloting a successful Gentle Yoga program in Dansville, we scheduled a 4-week pilot of Gentle Yoga for Bath!

Healing Arts - Gentle Yoga Continues
In May, we started another free 6-week session of Gentle Yoga classes for breast and gynecologic cancer survivors in and around Dansville. Classes are led by yoga instructors Kate Drake, RYT/ORT, and focus on reducing stress, fatigue, and pain.

A Second Healing Arts Pilot
In June, we began a free 4-week pilot session of Gentle Yoga classes for breast and gynecologic cancer survivors in and around Bath. These classes, also led by Kate Drake, foster a supportive and therapeutic environment for survivors to meet.

June 9: Healthy Choices - Breast Cancer Survivors & Nutrition
(Batavia, NY)
Rochester Regional Health - United Memorial Medical Center's Amy Miller, a registered dietitian, presented on how eating a healthy diet and getting the right amount of exercise could help lower the risk of breast cancer recurrence.

Community Co-sponsors:
Senator Michael H. Ranzenhofer (New York State 61st Senate District) Rochester Regional Health - United Memorial Medical Center

Covering such a large area has its challenges. (Don’t worry, we’re up for it!) And with your help, we’ll be everywhere you need to be at just the right time. So let’s hear from you. How would you like to help us reach more regional survivors and give them the support they need? There are many ways you can help. Call us!

Save the Date! ‘Tee’d Off at Breast Cancer Golf Tournament
Our 14th annual golf tournament will take place on July 25 at the Brook-Lea Country Club in Rochester. Call us at 585-473-8177 if you would like to learn more!
Peg Jacobs — We met Peg Jacobs at a survivor round table discussion hosted by State Senator Cathy Young in Dansville last fall. Peg’s an active lady, a hiker and paddler who had little time for a breast cancer diagnosis. Her boundless energy is inspiring.

In October of 2014, Peg Jacobs of Dansville went for her routine mammogram. Faithfully keeping a promise to a close friend who was lost to breast cancer years ago, Peg had made this appointment every year since turning 40. As usual, the mammogram appeared normal. Due to her dense breast tissue, Peg’s radiologist always followed up with an ultrasound. This time, the right breast was fine, but the left revealed a problem. A biopsy was performed immediately, and the next day her doctor confirmed her suspicions: it was breast cancer.

A whirlwind of medical appointments began. Peg’s primary care physician fast-tracked her paperwork, and she was quickly sent to Rochester for an MRI. She called the office of a breast surgeon who agreed to see her early the next morning. Peg learned that, with her diagnosis, she could opt for either a lumpectomy or a mastectomy. She chose the lumpectomy, and that was scheduled for the following week. The surgeon removed the tumor and three lymph nodes; thankfully, the nodes were clear. After her morning surgery in Rochester, Peg was home in Dansville by lunchtime.

In less than three weeks, she had moved from diagnosis through surgery. “It was like bing-bing-bing!” Peg shared at the survivor round table.

After consulting with her medical oncologist, Peg decided to have the OncotypeDX test to determine if she might benefit from chemotherapy. A low score was returned, so she felt safe in foregoing this treatment. Her radiation oncologist presented three choices: one week of radiation (twice per day); three weeks of radiation; or six weeks of “less intense, but more drawn out” radiation treatments. Peg opted for the three-week protocol.

“What can Regional Breast Cancer Survivors Access Now?”

Breast Cancer 101 (BC101) allows a newly diagnosed person to pause and take a breath, to sit down and talk one-to-one with one of our trained staff members who can help review the available options and empower the individual to move forward in the best possible way. BC101 consultations usually take place at our facility, but our trained staff is available to talk on the phone if travel is difficult.

We’ve said it once, and we’ll say it again! Young Survivor Soirees are a GREAT way for younger breast cancer survivors to unwind, be pampered, and network with each other. Held four times per year on a Friday evening, past Soirees have included wine, chocolates, and cheese tastings; juicing for better health; meditation and massages; and more! Upcoming Soirees will be held on Friday, September 16, and on Friday, November 4. Email info@bCCR.org and request to be added to our invitation list – RSVPs are required!

Our Thirteenth Annual Terri Schmitt Legislative Reception will be held on August 10, 5:00pm – 7:00pm. This reception is held in honor of one of our beloved friends and fearless leaders, Terri Schmitt — former Supervisor of the Town of Rush. Terri worked tirelessly in support of our mission to make the eradication of breast cancer a priority through education and advocacy, and to promote and focus research into the causes, prevention, treatment, and cure of breast cancer. This reception provides an opportunity to discuss how we can work together to realize Terri’s dream. RSVP required.

Join us! If you have any questions, we are here to answer them! Contact the Coalition at 585-473-8177 or visit our website at www.BCCR.org/programs/ to learn more about all of our free programs for survivors.