A diagnosis of breast cancer can sear to the very heart and soul of a person. But it doesn’t stop there. Family members, loved ones, and friends often feel lost, confused, and fearful. Medical providers employ both expertise and compassion in untangling the complexities of each individual case, often ignoring their own needs while offering the best possible care to their patients. Communities and workplaces struggle with repeated absences of irreplaceable members. A cancer diagnosis has a ripple effect from the person who will never unhear the words, “You have breast cancer,” and ever outward.

It is the human story that we honor in a special event we call Lives Touched, Lives Celebrated. Held once a year, it is intended to nurture heart and soul of all who join us on this thoughtful, contemplative, and uplifting evening. We honor survivors and all who have walked alongside them through the uncertain territory of diagnosis, treatment, and beyond. We remember the ones who are no longer among us. We celebrate and nurture the wellsprings of strength within each person.

This year’s Lives Touched, Lives Celebrated will take place on Wednesday, October 26 at 7pm. The evening begins with a candlelight walk on University Avenue. Afterward, we regroup within the warmth and light of our gathering room, where the strains of music soothe; the words attendees have written on cards to honor a friend, loved one, or care provider are read aloud, interspersed with poetry readings; and a spiritual leader is called upon to offer her thoughts on healing, hope, and celebration.

This year, our guest speaker will be the Reverend Mary Ramerman of Spiritus Christi Church. As someone who is familiar with the deeper territory within each person, her words will shine a light on those places to reveal the goodness and humanity that reside there, regardless of the religious affiliation (if any) of those gathered. These are the places from which we draw strength in adversity. These are the places cancer can never reach.

This event is free, no reservations required. Come join us.
As the leaves begin to turn their vibrant shades of red, yellow, purple, orange, pink and magenta, there seems to be a spring in the steps of those coming and going through our doors at the Coalition. The nights have become cooler and the days, now shorter, less hot and hazy. It's the perfect time of year for long walks in the crisp air, or to enjoy mulled cider or spiced tea with a friend. Yet with the changing of the season and the turning of another calendar page, comes the realization that many of us have survived another week, month or year with cancer in our rearview mirror. And try as we may to keep eyes ahead, we can't help but notice cancer is still lurking in that rearview mirror; sometimes creeping closer than feels comfortable.

Survivorship angst. It's the rare survivor who doesn't feel that nagging feeling from time to time when faced with a symptom that could, might possibly, (oh, please, no) be related to cancer. That unrelenting back or hip pain; the headache that doesn't go away; the abdominal discomfort that seems unrelated to anything eaten; the persistent cough. And most will experience doubt about whether or not to report their symptoms. Whom do you call? Your medical oncologist? Your surgeon? Your primary care provider? A trusted nurse, nurse practitioner or physician assistant? And at what point do you involve them? When to report such symptoms is referred to as decisional distress by Wendy Harpham, MD, a doctor of internal medicine trained in Rochester, NY, now living in Texas. A cancer survivor of 25 years, Wendy understands decisional distress from both sides of the stethoscope. She blogs about her experiences as a patient and her perspective as a physician to help other cancer survivors become Healthy Survivors who get good care and live as fully as possible. And though we hope everyone facing a diagnosis will eventually have cancer in their rearview mirror, her strategies are also helpful to those with cancer still in the vehicle, who will be continuing treatment throughout their lives.

As a 17-year Stage III breast cancer survivor, I have reached for my laptop in the middle of the night more than once pursuing answers to nagging questions about symptoms, real and imagined. I know firsthand that sometimes night seems to go on forever. I have learned the value of talking minor symptoms through with friends met in my early days at the Coalition. Though I have other people in my life that I love and trust, there is nothing like these friends who share a history of cancer; they have had similar experiences and understand what is lurking in the back of my mind. Our discussions sometimes begin a description of what is happening, evolving to, “What if…” We know how our minds work.
With the arrival of 2016, Carrie Dailor anticipated a significant year. She looked forward to the tenth anniversary of her breast cancer diagnosis in October. “It meant that I was possibly so far out from everything that in a way I would be safe from cancer forever,” she shares. An MRI in January would be just another part of her ongoing surveillance.

In 2006, Carrie was 35 years old when she found a lump in her breast. She knew she had to act and scheduled a visit with her gynecologist, who did a needle aspiration of the area and immediately sent her for an ultrasound. The imaging was followed by a biopsy of the area, and the next day, the results confirmed Carrie’s worst fears; the diagnosis was breast cancer.

Carrie consulted several doctors, including an oncologist who recommended chemotherapy prior to surgery. Determined to deal with her cancer in the surest way possible, she followed this suggestion and began treatment.

Chemotherapy was difficult, but it had the desired effect. “It was good to see that the tumor was shrinking, shrinking, shrinking,” Carrie recalls, “and it was almost down to nothing toward the end [of chemo].” She proceeded with a lumpectomy, followed by six weeks of radiation therapy. Because her cancer was estrogen receptor positive, meaning its growth was fueled by this hormone, Carrie was prescribed a five-year regimen of the estrogen-antagonist medication tamoxifen.

But she wasn’t content to focus only on her own healing. Carrie had found the Coalition during a Google search shortly after receiving her biopsy results. “I sent an email explaining my initial diagnosis and requested information on any resources that the Coalition might have available,” Carrie remembers. She quickly connected with Holly Anderson, who “…emailed back, explaining how it might be helpful to have someone sort of ‘walk me through’ what I might expect over the next few weeks... She reassured me that I wasn't alone, and we set up a time to meet.” The rest is history.

Carrie forged connections with other survivors at Coalition gatherings. She joined a young survivor program called “Sister Sak” that offered one-to-one support and a bag of comfort items to newly diagnosed women. This program, founded by a young mother who had faced breast cancer, eventually came under the wing of the Coalition. With the passage of time, the idea was incorporated into our current PALS Program, which offers similar support to survivors of all ages, and Carrie is now a PALS mentor. Through the Coalition, she has developed close friendships with a group of survivors who still meet for dinner and other social events.

Having represented the Coalition on two occasions at a national conference sponsored by the Young Survival Coalition, Carrie has written about her experiences for past issues of this publication. As a volunteer for our organization in a number of different capacities, she is always willing to lend a listening ear to young women diagnosed with breast cancer. Carrie’s approaching ten-year anniversary was truly a cause for celebration.

But first, there was that January MRI to get through. A mammogram in July 2015 had not revealed any areas of concern. This time, the results were less clear, and the radiologist, erring on the side of caution, recommended a biopsy, which was performed quickly. To Carrie’s dismay, a new cancer was found; one with different biomarkers than the first one. It wasn’t a recurrence of the original tumor; it was a completely new cancer.

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The mission of the Advocacy Committee is to create and maintain relationships with local, state, and national officials so that we may have opportunities to advocate for and lend support to breast cancer relevant bills and public policies.

Most recently, our committee planned and hosted the 13th Annual Terri Schmidt Legislative Reception. Building and nurturing relationships with our elected officials at the local, state, and national levels is essential to what we do and this yearly reception is the perfect opportunity for our committee and the Coalition’s survivor community to say thank you, as well as a chance to update our legislators on issues important to those affected by cancer.

The primaries were held on Tuesday, September 13 and we’ve been keeping an eye on the results. We will invite the winners to the Coalition for an informal meeting with the Advocacy Committee. This will allow us to introduce ourselves and inform these upcoming lawmakers about the work of our committee. We will also introduce them to the Coalition and let them know what our organization has to offer their constituents. Meetings like this lay the groundwork for future relationships with our elected officials; relationships that are central to our mission.

I want to take a moment and give a shout out to all the current members of this hard working committee:
Kathy Guglielmi
Dennise Webster
Rebecca Solomon
Marianne Sargent
Cynthia Nelson
Leni Rayburn
Ayanna Jackson
Margie Micca
Phyllis Connelly
(our Queen Mum)
Rachel Burke
Holly Anderson

Please join us at the Coalition on the first Wednesday of any month from 4:30-5:30 as the Advocacy Committee meets to talk things over and figure out ways to take meaningful action.

Biologics, potential immunotherapy targets, sophisticated genome studies, advocacy and political strategy - all were components of the National Breast Cancer Coalition’s Advocate Leadership Summit held in May in Washington DC.

Focusing on NBCC’s Deadline 2020 campaign to end breast cancer by the year 2020, this annual summit updates attendees on their “overarching strategic approach” to cure, and ultimately prevent, breast cancer.

In three days of presentations by leading researchers, high points abounded. The ways in which research on metastasis differs from studying early stage disease were examined, highlighting the increasing understanding of “mutation load” and new research models in development to tackle the how, when, and why of metastasis.

The immune system was described in detail, and the potential for targeted therapies to block tumor growth.

New biomarkers are being identified. New drugs are being partnered in combination therapies. But we remain in a climate where limited research funds are difficult to obtain.

Data access and gathering DNA can increase our understanding of genomic patterns, aiding the detection of tumor markers, but serious issues arise regarding confidentiality and the use of personal genetic databases.

Advocacy workshops discussed how mass media and, increasingly, social media are key factors in information dissemination and political influence. Do you have anything to say to your elected representatives? Email and FaceBook hold the greatest impact.

Ending with a mock political convention drafting NBCC’s suggestions to the new president, an advocate panel shared ways the research landscape might change depending on who is in the White House in 2017. Nevertheless, advocates will continue working to achieve the goal we all share: an end to breast cancer.

NBCC’s Advocate Leadership Summit is held yearly in May and is an open conference. Details of the 2016 Summit workshops, and dates for 2017, can be found at Deadline2020.org
Local legislators and aides from across Western New York gathered at our facility for the 13th Annual Terri Schmitt Legislative Reception on August 10, 2016 to meet our survivor community, network, and to keep apprised of our legislative advocacy work.

The event, open to the public and established as a high point on many legislators’ calendars, serves to put human faces and stories to the statistics and media attention that keeps breast cancer in the news. Named for former Rush Town Supervisor Terri Schmitt, who died in 2002 at the age of 43 and was an active public policy voice in the Coalition’s early history, the reception helps draw attention to the fact that, beyond a sea of pink, we still lose 40,000 lives each year to this disease. Many are also surprised to learn of the increasing number of young women being diagnosed.

Dan Deckman, Terri’s son, addressed the room and spoke of his mother as a warrior who faced situations head-on and worked to improve the world she saw around her; a woman, he said, “who lived life to the fullest.” He reiterated that “…improvements in genetic testing, screening, and treatment are not enough. We need

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The Coalition’s Breast Cancer Research Initiative has the dual goal of funding Upstate New York researchers who are investigating ways to prevent the disease from occurring, and those who seek to understand and ultimately thwart the metastatic process whereby the disease spreads to other sites within the body. The reasons for funding studies exploring metastasis are clear. Dominique Boller, our Research Coordinator, explains that “There is a significant absence of data when it comes to the tracking of initial metastatic diagnosis. Only Stage IV [when the disease is metastatic at diagnosis] information is captured. Metastatic occurrences that are stage O – III (at initial diagnosis) are not measured… The Coalition’s Research Initiative recognizes the gap in metastatic breast cancer data and supports innovative research that not only seeks a cause and a cure, but also searches for breakthroughs in the prevention of breast cancer metastasis.”

The Coalition has a new collaborator in our goal of understanding and preventing metastasis. The Breast Cancer Network of Western New York (BCNWNY)*, a community-based organization serving the Buffalo area, collected funds to promote research and contributed them to our own Research Initiative to further the understanding of metastatic disease. Rob Jones, the Treasurer of BCNWNY who works with the organization in memory of his wife, Colleen, kindly agreed to share the story behind this newly formed collaboration.

Pat Battaglia: How did your organization’s decision to fund research into advanced breast cancer come about?

Rob Jones: We wanted to take a step that would make BCNWNY more purposeful. We were already good at the education and support parts of our mission, but after another breast cancer loss within our group, we decided to commit time and resources to metastatic research. We want to make that a bigger part of our focus.

Pat: Was it difficult to collect these funds?

Rob: No. Our organization is relatively small but filled with passionate people. By participating in the Coalition’s Research Initiative, we hope to further inspire our community to make time and financial contributions to our cause. Once people are more aware of what we are up to and hear the message, I really hope they will contribute directly to this fund.

Pat: What factors helped you decide that collaboration with our Initiative was the best use of the funds you gathered?

Rob: When we created our research fund, we never thought about the mechanics of how it would work. Once we had the resources available, we thought about how we would identify recipients and the answer was obvious. I was aware of the Coalition’s Research Initiative as a result of my late wife’s memorials being directed there. I had also attended a Grant Awards Ceremony and was overwhelmed with the Coalition’s ability to put such generous contributions directly into the hands of the doctors doing the research. Instead of BCNWNY trying to create our own process to identify research recipients, it made much more sense to partner with the Coalition and contribute to their initiative. And that partnership will be more than just monetary, because we’ve been invited to be part of the determination process, too.

Continued on next page
Pat: What do you hope researchers will be able to accomplish in terms of understanding metastatic breast cancer?

Rob: Well, ultimately, we all want this puzzle put together. And we know that of the millions of dollars raised in the name of breast cancer each year, only a small percentage is used for metastatic research. It is certainly disappointing that we don't have more answers for what causes metastatic disease in 30% of survivors but not in the other 70%. I often wonder about how all researchers can be better networked to share findings and information.

What I love about this initiative is that it is specific to metastatic research and guarantees the donor that 100% of their donation gets there. And I love that our organizations can collaborate on behalf of a group that is underserved.

Pat: Thank you, Rob, and to all in BCNWNY who work so tirelessly to further our understanding of advanced breast cancer. This collaboration is a welcome and constructive step for those in our region who live with advanced breast cancer and those who care about them. *http://www.bcnwny.org/

Funding continued

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**National Resources for Those Living With Metastatic Breast Cancer**

**MBCAlliance**

Led by patient advocates including people diagnosed with metastatic breast cancer, and their caregivers, this alliance of professionals and lay people has three goals:
- To increase knowledge of metastatic breast cancer to ensure uniform access to care,
- To build understanding of metastatic breast cancer among those diagnosed, their families, health care providers researchers, and policy makers
- To advocate for progress in research to extend life, enhance quality of life, and ultimately end death from this disease

Learn more at www.mbcalliance.org.

**Metastatic Breast Cancer Network**

Founded in 2004 by Jane Soyer and Nina Schulman after their diagnoses of metastatic breast cancer to counteract feelings of isolation from the mainstream breast cancer community, the MBCN is a national, independent, nonprofit, all-volunteer patient advocacy group dedicated to the unique concerns of the women and men living with metastatic breast cancer. Their extensive website offers a wealth of resources, including a downloadable flyer called “13 Facts Everyone Should Know About Metastatic Breast Cancer.”

Find this group at www.mbcn.org.

**METAvivor**

With the stated mission to transition metastatic breast cancer from a terminal diagnosis to a chronic, manageable disease with a decent quality of life, METAvivor is the only organization in the US that exclusively funds metastatic breast cancer research through a scientific peer-review process. This volunteer-led, nonprofit organization began as a support group and has evolved to focus primarily on public awareness and raising funds for research, while encouraging those living with metastatic breast cancer to establish support programs in their communities.

Access this group at www.metavivor.org.
Those diagnosed with breast cancer almost universally experience a steep learning curve. They quickly discover that there is no simple one-size-fits-all approach to this disease. Complicating the situation is a set of variables determined by the pathology of the tumor that guides treatment decisions. For this reason, in a roomful of survivors, each story will be different. Each set of tumor characteristics and prognostic indicators combined with individual life situations, health histories, and personal preferences result in a difficult but remarkable diversity. Difficulty arises from the diagnosis and its treatment - there is no easy way through breast cancer, however early it is caught. But absolutely remarkable are the unspoken understanding among survivors and the unparalleled mutual support they offer regardless of individual differences.

Conversations among survivors who gather at the Coalition often swirl around the features of each diagnosis. Terms such as hormone-receptor positive, HER2 positive (or negative), lymph node negative (or positive), and triple negative are mutually understood and carefully explained to newcomers by those who have faced these different scenarios. The steep post-diagnosis learning curve largely involves developing a working knowledge of these terms, among others, and those who schedule a Breast Cancer 101 session receive a solid grounding in the language of breast cancer.

A new terminology to classify breast cancer, increasingly utilized by health care professionals and lay people, has made an appearance on pathology reports. Through the use of various molecular techniques, particularly gene expression profiling, four subtypes of breast cancer have been identified: luminal A, luminal B, human epidermal growth factor receptor 2 (HER2)-enriched, and basal-like. Interestingly, this new system corresponds closely (but not completely) to the more traditional clinical and pathological features. While the receptors and HER2 negative. Luminal B tumors are predominantly hormone-receptor positive and HER2 positive as well. HER2-enriched breast cancers are HER2 positive and, by and large, hormone receptor negative. Most basal-like tumors are the type of breast cancer known as triple negative; they lack hormone receptors and do not overexpress HER2. However, not all triple negative tumors are identified as basal-like by gene expression, and not all basal-like tumors are triple negative. The same inconsistency holds true for the other subtypes as well. This incomplete overlap of systems highlights the need for further efforts toward more precise identification. It is a work in progress.

The terminology on a pathology report can be confusing, but coming to an understanding of what it all means helps you become a full partner in your treatment decisions. Although the new classification system is still revealing its usefulness, knowing your breast cancer subtype is one of many tools available to help you and your oncologist determine the best treatment plan for you. To further clarify things, you can also consult your pathologist, whose name and contact information is available on your pathology report.

As things currently stand, this new terminology does not replace the old. It is part of a combination of clinical variables that yields more useful information than either system alone. Looking ahead, it is likely that portions of several different tumor marker sets will be incorporated into a more comprehensive system. It is hoped that better role of this recently developed system continues to evolve, pathologists consider it a way to better understand the biologic diversity of breast cancer and clinicians have found it has the potential to more accurately assess individual prognosis and help guide treatment decisions.
When Lori DeCarlis scheduled a visit with her gynecologist, she may have felt stressed and a little embarrassed that the reason for this visit was urinary urgency, but cancer was not on her mind. After listening to her symptoms, Lori’s doctor performed an ultrasound, which revealed a mass. A biopsy followed quickly, and the next morning, the doctor phoned Lori with the results - the diagnosis was endometrial cancer.

Things continued to happen quickly. While Lori reeled from the news, her doctor scheduled a surgical consultation. Lori, anxious to have the cancer removed as quickly as possible, followed through with this appointment. She learned she was a good candidate for a minimally-invasive laparoscopic hysterectomy, and the procedure was scheduled. Suddenly, time seemed to slow to a crawl.

“I had difficulty waiting for the date of surgery,” Lori reflects. But she didn’t stand still. During those long weeks of apprehension, Lori called the Coalition and scheduled a “Cancer 101” appointment. She was able to discuss her situation in the comfort and privacy of our facility, and we, in turn, introduced Lori to our free programs for those diagnosed with breast or gynecological cancer. Soon, she was warmly welcomed at the Brown Bag table and our evening support groups. As a retired woman who had just sold her home and was considering becoming a Florida “snowbird”, Lori found downsizing and relocating to be emotionally challenging. Throwing cancer into the mix added to her inner turmoil, and Lori found a good measure of comfort and reassurance both among old friends and newfound companions at the Coalition.

The long-awaited day finally arrived, and “The surgery was performed without any difficulty,” Lori recalls. To her great relief (and ours), the cancer was entirely removed with a good margin of healthy tissue surrounding it for added assurance. Radiation was then recommended, and Lori initially balked at the invasiveness of these treatments but consulted with a radiation oncologist. She had a long list of questions for this doctor. “He very patiently and thoroughly explained the pathology report, the treatment recommendations and their rationale. Then he said it was my decision.” Feeling her concerns had been heard and addressed, Lori opted for radiation. She remains grateful for the compassion of her radiation oncologist, as well as the nurses who helped see her through a phase of treatment that she found uncomfortable.

In the wake of her diagnosis and treatment, Lori is living her life with clarity, making healthful food choices, faithfully exercising at the Y, and meeting the milestones of her life with renewed purpose. Facing her mortality was unsettling, to say the least, but Lori gets by (as the song goes) with a little help from her friends. “I am grateful that the cancer was diagnosed early, for the support of this wonderful organization, the Coalition, and my good friends who were so helpful.”
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.

All Healing Arts programs are offered free to survivors of breast or gynecologic cancer.

Advanced registration is required for all Healing Arts programs and each class is limited to 14 survivors.

Weekday Healing Arts Programs
Gentle Yoga
a popular program facilitated by Susan Wood, is offered in six week sessions on Monday evenings and Tuesday mornings and afternoons.

Qi Gong
Offered on Wednesday afternoons in six week sessions throughout the year. Qi Gong is facilitated by Raphaela McCormack.

Mindfulness & Meditation
Offered in four week sessions with Estalyn Walcoff on Thursday afternoons or with Siobhan LeGros on Wednesday afternoons.

Saturday Healing Arts Programs
Gentle Yoga
Back by popular demand - our four week Saturday yoga is offered with instructor Raksha Elmer.

Nia Movement
Four week Saturday Nia Movement with Jane Pagano is a mind/body movement that embraces elements of Tai Chi and dance.

Fluid Motion
Four week Saturday Fluid Motion with Tracey Boccia is a movement-based class helpful for those managing lymphedema and others.

Tai Chi
Our four week Saturday tai chi is a martial art using small flowing movements.

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

Expansion of the Healing Arts Initiative has been made possible by grants from The Greater Rochester Health Foundation and Excellus Blue Cross Blue Shield

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, Theo Munson, 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.

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 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, November 4. Please call to be added to the invitation list.
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.

**BC 101**

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 enroll in the program after your own diagnosis, or if you would like to become involved as a mentor. See page 12 for PALS Program updates.

**Tuesday Night Breast Cancer Support Group**

This discussion-based group, led by Joan Mitchell, meets on the 2nd and 4th Tuesday evening of each month from 5:30-7:00pm. Join others coping with breast or gynecologic 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. Gather support, network and discuss your journey with others diagnosed with breast or gynecologic cancer. 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 regrowth...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.

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.

**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 Thursday 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 an RSVP is needed.
“Advice is a dangerous gift,” wrote J.R.R. Tolkien, and his stories, as all good allegorical tales do, carry real-life meaning. The struggle of dealing with unsolicited advice in the aftermath of a breast or gynecological cancer diagnosis is a topic that resurfaces time and time again at the Brown Bag table. While practical tips gained through personal experience - such as carrying a voice recorder to doctor’s appointments or how to tie a head scarf - may be useful and welcomed, much advice carries the assumption that the “advisor” knows more than the “advisee” and, despite being offered with good intentions, can be disempowering. It is best offered sparingly, if at all.

Our PALS mentors prioritize presence over advice. Offering advice comes naturally to most of us, often to the detriment of those we strive to help, and is a trap that’s far too easy to fall into. Presence involves listening attentively and asking questions intended to clarify the situation; it requires time and patience. A mentor may offer suggestions based on thoughtful dialogue with the newly diagnosed person, but they never begin a sentence with “You should…” or “If I were you, I would….”

You may get the idea that I think the world of our PALS mentors. And you would be right. If you or anyone you know could use the help of one of them, please contact the Coalition. And if you are a survivor considering joining this phenomenal group of mentors, please email me at pat@bccr.org


When our Outreach Coordinator, Lori Meath encountered Maja Milicevic-Klugh at the Xerox Chili ’n Dog Fundraiser in the Fall of 2015, the two reconnected as old acquaintances. Maja had worked as a bartender in Honeoye Falls with Lori’s daughter. “People were dazzled by her efficiency, competence, and strength,” Lori recalls. An engineer by profession, Maja is a standout in a male-dominated field. With her excellent work ethic, she had found her niche at Xerox.

After the fundraiser, Maja recruited some of her Xerox friends to join her at our Holiday Open House. She has since volunteered on the committees for all three of our major fundraising events: the Pink Ribbon Run and Family Fitness Walk, the Tee’d Off at Breast Cancer Golf Tournament, and the ARTrageous Affair.

Always looking for ways to improve process and service, Maja holds herself to high standards. An exemplary team player by nature, she has spent long hours contributing her ideas during the planning stages of our fundraisers, garnered some excellent donations, and been on hand to do whatever was needed during events that are crucial to our organization’s continued presence.

Maja has also been an ambassador for the Coalition at area festivals and health fairs. “People want to work with Maja,” Lori shares. “She makes a few hours in the booth fun and interesting as she strikes up conversations with anyone who walks by. She is a wonderful listener and has a great sense of humor.”

This brilliant, confident young woman, who also works as a model for the Friel Agency, has become a beloved presence at the Coalition. For Maja’s energy, her commitment to our mission, her readiness to take on hard work, and her endlessly compassionate heart, we are deeply grateful.

The human soul doesn’t want to be advised or fixed or saved. It simply wants to be witnessed — to be seen, heard and companioned exactly as it is.

When we make that kind of deep bow to the soul of a suffering person, our respect reinforces the soul’s healing resources, the only resources that can help the sufferer make it through.”

~ Parker J. Palmer
Evening Seminars:  
A Wealth of Information

There are many rewarding aspects of my position as Program Director here at the Coalition. One of the most satisfying parts is making the monthly educational seminars happen on the fourth Wednesday of every month (except November and December). These evening seminars, which run from 7:00 to 9:00 pm, are free of cost, open to the entire community, and provide an opportunity to learn from experts about topics ranging from the long-term effects of chemotherapy, to reducing your risk of recurrence, to how shamanism can fit into the contemporary healthcare setting. Most importantly, these seminars empower survivors with information they can use to make informed choices about their healthcare and self-care.

These seminars could not happen without the help of our volunteers who serve as greeters, impromptu room setup, or clean-up crew at the end of the night. And of course we cannot forget the speakers who donate their time to prepare and present such wonderful and informational talks. We are fortunate in Rochester to have such a large pool of experienced professionals who are willing to take time out of their incredibly busy schedules to speak at the Coalition.

Looking forward to 2017, we are exploring the possibilities and the opportunities to bring the best speakers to our organization to talk about the subjects our survivor community needs and wants to know about. We have set in motion plans for presentation topics such as healthy home and healthy food, the history of breast cancer treatment, the role of your gynecologist in breast cancer care, and more. Please watch for our post card seminar announcements, read our Voices of the Ribbon newsletter to find out what evening seminar topics are on our schedule, and join us the fourth Wednesday of the month to learn, grow, and take charge of your health!

Executive Director continued

My wish for every one passing through the doors of the Coalition is that each will connect with a kindred spirit who will be there through thick and thin, worries and relief, angst and resolution, as my friend is for me. Someone with whom to celebrate the highs and lows of cancer survivorship. Someone to travel with on the road to Healthy Survivorship. That person can be found here, in this place humming with life.

Have you attended an evening seminar? Healing Arts workshops? Writing workshops? Mindfulness & Meditation? Brown Bag? A networking/support program? Your Healthy Survivor counterpart may be right next to you.

Let us help you find each other.

1. www.wendyharpham.com

Jennifer Gaylord
For several years, the Coalition participated in the Eat Well Live Well (EWLW) Challenge through the Rochester Business Alliance and Wegmans. The two-fold goals of the initiative, designed to be incorporated into a workplace setting, were for participants to take 10,000 steps per day as measured by a pedometer (the rough equivalent of walking five miles) and to consume five servings of vegetables and fruit daily. Pedometers and an on line system to track individual progress toward these goals were provided by Wegmans.

Because breast cancer survivors face unique challenges due to surgery and treatment, we modified the EWLW goals. Our participants were encouraged to wear their pedometers while going about their normal activities to determine a baseline level of activity that they could gradually improve at their own pace. A similar approach was used regarding produce consumption, taking into account those with poor appetites due to treatment. Improvements were applauded and any setbacks that occurred during the rocky road of cancer treatment and recovery were received with compassion and encouragement; some version of “We know what you’re going through. This is hard. You know your own limits and you’re doing great.”

Step by step, most participants began to see overall improvements; the support and camaraderie of the group made it an enjoyable experience. Members gathered for group walks at local parks; shared information about farmer’s markets and other sources of fresh, local produce; and offered success stories and healthy tips on line to their EWLW companions. Our group was co-facilitated by Alison Currie, who ensured the website was easy to navigate for all, and Kathi Johnson, who regularly sent beautifully worded, inspirational emails to participants. Brown Bag lunches became an opportunity to gather one-half hour early to participate in more structured activities such as dancing, tai chi, and “Shake Your Soul” (led by Rosemarie Jaouen). Thanks to Amy Weetman, a hooping instructor, we even learned how to hula hoop! Most saw EWLW as an eye-opening experience and adopted healthy habits that lasted beyond the end of the program.

We at the Coalition are gauging interest in a new program of our own, one that fosters healthy living in a mutually supportive manner for survivors, whether in treatment, recovery, long-term survivorship, or while living with advanced cancer. Let us know if this idea intrigues you. Would you consider participating in this type of group? Your thoughts are important to us. Call 473-8177 or email info@bccr.org with the subject line Eat Well Live Well.
Chocolate Olive Oil Cake with Ganache

Take any celebration to a new level with this cake. Made with almond flour, this is a moist, dense, decadent cake, while all-purpose flour yields a lighter crumb.

Cake Ingredients
2/3 cup olive oil, plus more for greasing pan
6 tablespoons unsweetened cocoa powder, sifted
1/2 cup boiling water
2 teaspoons vanilla extract
1-1/2 cups almond flour or 3/4 cup plus 1 tablespoon all-purpose flour
1/2 teaspoon baking soda
Pinch salt
1 cup sugar
3 eggs

Ganache Ingredients
5 tablespoons of milk, cream, or nondairy milk
1/2 tablespoon olive oil
4 oz. good quality dark chocolate, chopped

Adapted from the book Nigelissima by Nigella Lawson. Copyright © 2013 by Nigella Lawson.

- Preheat the oven to 325 degrees F.
- Grease a 9-inch springform pan with a little olive oil and line the base with parchment paper.
- Measure and sift the cocoa powder into a small bowl and whisk in the boiling water until you have a smooth, slightly runny paste. Whisk in the vanilla extract and set aside to cool.
- In another bowl, combine the almond (or all-purpose) flour with the baking soda and salt.
- Put the sugar, olive oil, and eggs into the bowl of a freestanding mixer with a paddle attachment (or other bowl and whisk arrangement of your choice) and beat together vigorously for about 3 minutes, until you have a pale-primrose, aerated, and thickened cream.
- Turn the speed down a little and pour in the cocoa mixture, beating as you go, and when all is scraped in, slowly tip in the flour mixture.
- Scrape down and stir a little with a spatula, then pour this dark liquid batter into the prepared pan. Bake for 40-45 minutes or until the sides are set and the very center, on top, still looks slightly damp. A cake tester should come up mainly clean but with a few sticky chocolate crumbs clinging to it.
- Let it cool for 10 minutes on a wire rack, still in its pan, then ease the sides of the cake with a knife and spring it out of the pan. Top with ganache while still warm, then cool completely.

To make the ganache:
- Place the chopped chocolate bits into a bowl.
- In a small pan, bring the milk and oil to a boil, then pour the over the chocolate, stirring until smooth and velvety.
- Let it cool slightly and thicken a little, then spread it over the top of the cake.

Overnight Pumpkin Pie Steel-Cut Oats

Wake up to the fragrance of pumpkin pie and a hot, delicious breakfast waiting for you.

Ingredients
1 15 ounce can pumpkin puree
1-1/2 cups uncooked steel-cut oats
1 tablespoon pumpkin pie spice
1 teaspoon cinnamon
1/4 teaspoon salt (to taste)
4 cups water
2 cups milk (dairy or non-dairy alternative)
2 tablespoons dark brown sugar
1 tablespoon vanilla extract

- Place all ingredients in a slow cooker and stir to combine.
- Cover and cook on low for 8 hours.
- Stir well before spooning into bowls.
- Top with additional brown sugar (if desired) and a drizzle of milk.
- Leftovers can be refrigerated in a covered container; reheat in the microwave with a few teaspoons of milk for 3 minutes, stirring halfway through the process.
- Yields 6 1-1/4 cup servings.
The 14th annual ‘Tee’d Off at Breast Cancer’ Golf Tournament got off to a wet start at Brook-Lea Country Club on July 25th. Another sold out tournament resulted in eight brave teams teeing off early on that rainy morning, with most of the golfers finishing after a few rain delays. After a one-hour delay, the remaining teams headed out on the course for a soggy 1:00 shotgun start. By the second hole, the skies brightened and the rest of the afternoon was warm and dry, much to the delight of golfers and Coalition volunteers alike.

The high spirits on the course continued inside the clubhouse as the golfers returned to enjoy dinner and prizes after purchasing raffle tickets for a wide array of donated items. We wish to express our gratitude to the many golfers, sponsors and donors whose generosity made this event possible, especially our first ever Presenting Sponsor, Signet Management, whose combined support resulted in this being the most successful tournament yet, raising more than $38,000 in net profit for the Coalition.

Special thanks to the enthusiastic efforts of the planning committee, led by co-chairs Sean Patton and Lee Cordero, and joined by Deb Allen, Holly Anderson, Pam Bovenzi, Sylvia Cappellino, Cindy Dykes, Dee McCreary, Margie Micca, Maja Milicivek-Klugh, Patty Potter, Susie Smith, and Kim Toombs. Of course, we could not host a successful event like this without the help of volunteers and staff who worked at the event: Marcy Lazio, Lori Meath, Betty Podlesh, Sarah Rollinson, Brenda Tartaglia, Allie Trachtenberg and Connie Zeller.

We hope you will join us next year for the 15th Annual ‘Tee’d Off at Breast Cancer Golf Tournament on Monday, July 24, 2017, at Brook-Lea Country Club.

Please visit our website, www.bccr.org for 2016 Tournament results.
14th Annual Tee'd-Off at Breast Cancer Golf Tournament

PRESENTING SPONSOR - $5,000
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Windsor Cottage

Event photos included here taken by Ria Tafani, official photographer of the Coalition. Thanks, Ria!
As one of the newest staff members, I’ve learned a lot about the Coalition and about breast cancer. And I still have a lot to learn, of course.

Take, for example, a meeting I recently attended of volunteers who worked at our “Pink Ribbon Run” last Mother’s Day. The purpose of the meeting was to discuss what worked well, what we might want to change for future events, etc.

I assumed that we would go around the room and talk about event basics, like crowd flow and management, food service, and so forth—and we did. But there was so much more.

Being the Breast Cancer Coalition, with its warm and welcoming atmosphere, many people around the table also shared their personal stories about how breast cancer has affected them. A few mentioned a recent anniversary—when they were diagnosed, when treatment ended—to a round of applause every time someone shared the good news.

It wasn’t just a post-event meeting; it was a de facto support group. It occurred to me that many of our meetings have a dual purpose: the stated one and the underlying one, which is the very reason for our existence—to help those impacted by a diagnosis of breast cancer. Even those gatherings not expressly billed as a support group can offer support, empathy, and companionship.

It’s no wonder participants and volunteers keep coming back, year after year. I can’t think of a better testament to all the wonderful things that happen here—or better evidence of what a wonderful organization this is to raise money for. These funds ensure that, until breast cancer is no longer a threat, the Coalition will be here for those who must reluctantly walk this road.

Please call (585) 473-8177 x308 or e-mail info@bccr.org for more information.

Since 2003, our Breast Cancer Research Initiative has awarded $625,000 in grants to area researchers. The Coalition follows the work of past grant recipients long after funding their proposals, and I am proud to share the achievements of our 2004 and 2007 awardees.

Dr. Paul Okunieff, MD, formerly with the University of Rochester, is currently Chair of the Department of Radiation Oncology, University of Florida, Gainesville. He and his group have twice updated the data from his original 2004 research entitled Shaped Beam Radiosurgery in the Treatment of Oligometastatic Breast Cancer, and the results have maintained consistency. His team is also repeating the original work and the data appears to be reproducing. Finally, Dr. Okunieff has developed some new technologies for early tumor detection and has a $1.7M grant to study the role that early detection and treatment of metastasis might play in prevention of new metastases.

2007 award recipient Dr. Monica Guzman, PhD., formerly of the University of Rochester, now Associate Professor of Pharmacology in Medicine at Weill Cornell Medical College, has been working on research that may have implications for breast cancer. Guzman’s team started screening leukemia cells based on the activity of parthenolide, a naturally occurring substance that is a noteworthy anti-inflammatory agent and may have applications in combating particular kinds of cancer. They suspect this substance will be active in different types of tumors such as breast cancer. In addition, Guzman is working with botanical gardens in New York and Ecuador to find other naturally-derived compounds and has evaluated strategies to deliver compounds such as parthenolide to the bone. To read more about Dr. Guzman’s work, please visit http://pubs.acs.org/doi/abs/10.1021/acs.jnatprod.5b00383 http://www.nature.com/leu/journal/vaop/ncurrent/full/leu2015343a.html

Please call (585) 473-8177 x307 or e-mail dominique@bccr.org for more information.
The Coalition is a very visible presence at summer festivals. Starting with Lilac in the Spring (attended by tens of thousands of people!), we have a presence at nearly every major festival in the Rochester area right up until the traditionally chilly Hilton Apple Fest in early October.

But did you know that we are also a big presence in the long months beyond festival season? We enjoy collaborative relationships with several outstanding agencies.

We work regularly with groups such as Anthony Jordan Health Center, Trillium Health, Gay Alliance of the Genesee Valley, Catholic Family Services, the Ibero-American League, Us Too, and Cornell Cooperative Extension.

Area businesses utilize us in employee wellness efforts.

Episcopal Senior Life Communities, Bausch & Lomb, the Town of Webster, U of R, Monroe Community Hospital, Bryant & Stratton, Discover, and Pittsford School District are just a few of the groups hosting us at employee fairs.

We work to make our community a better place to live.

I serve on the neighborhood of the Arts Business Association (NOTABA) and the Community Advisory Council for Anthony Jordan Health Center representing the Coalition.

Our newsletter reaches far and wide.

As part of quarterly newsletter deliveries, our Outreach Coordinator visits the three Cancer Centers and their satellite locations, imaging and health centers, hospitals, Gynecology offices, Plastic Surgery practices, LiveStrong YMCA locations, and Physical Therapy practices.

Volunteers deliver to salons, Urgent Care facilities, cafes, small businesses, fitness facilities, groceries, and the Rochester Public Library system to be distributed among 31 library branches. Whew!

I like to keep moving. When I’m not in the office you’ll find me rolling on down the highway: heading east to Geneva, west to Batavia, or south to Bath. I’ll zip over to Geneseo and up to Medina to scout out venues for future programming. I’ll dash down to Dansville to welcome the latest group of survivors to a Gentle Yoga class. Occasionally I’ll stop off in Canandaigua and try to catch the seniors playing Euchre at the senior center. (One of these days I’ll find the courage to join a game!) Along the way, I meet great people – survivors of all ages who attend our programs, become PALS mentors, and volunteer to help us at events. I talk to nurses, physicians, hospital staff members, in imaging departments, and at treatment centers. I connect regularly with colleagues who support our regional outreach and programs.

The Coalition has increased our number of regional educational seminars, and we continue to pilot programs in cities outside of Monroe County. If we are going to serve more survivors in our region, we must keep moving. We must keep seeking ways to reach survivors in need of our support.

I invite you to join us in our efforts. Get on board – it’s one heck of a good ride!
“I felt a bit defeated with the news,” Carrie admits. The first diagnosis had been a cause for soul-searching, while the second deepened that introspection. “For the past years, I have been searching high and low as to what I could have done differently… Is it my deodorant? Is it what I’m eating?” Carrie wondered. “But after having a new cancer develop, it made me stop and realize there was nothing I could have done differently to prevent this. So, in a strange way, I feel like I can stop searching and just be, and for that I feel more settled.”

Carrie is grateful that her annual MRI screening detected this new cancer at a very early stage, and chemo was not needed. Her only surgical option this time was a mastectomy, and she made a thoroughly considered decision to undergo a bilateral procedure with reconstruction. But there was some uncertainty as to which reconstruction procedure would be best for her; due to her previously radiated tissue, her options were limited.

Ever the self-advocate, Carrie met with three different plastic surgeons and learned that each had varying recommendations and differences in their approach. “My job is quality assurance,” she notes, “and I have to see all my options and then pick from that. That’s how I feel confident in making a decision.” Seeking multiple opinions and thoroughly exploring all available alternatives reinforced Carrie’s certainty in her choice. “It gave me confidence and determination going into surgery, which in turn, I believe, helped me in my physical and emotional recovery.”

Carrie sought the input of a PALS mentor who had chosen one of the recommended reconstruction paths. She also connected with a long-time friend who, coincidentally, had recently undergone another procedure she was considering. The mentor had now become the mentee. Carrie describes how “…the strength and inspiration that comes from talking to someone that has already experienced the surgery is invaluable.” Based on her discussions with her health care team, and with the first-hand experiences of survivors to inform her, Carrie opted for DIEP flap (deep inferior epigastric perforator artery) reconstruction, a complex microsurgical technique in which skin, fat, and blood vessels are moved from the abdomen to the chest.

It was a long day of surgery, and an extended recovery time afterward. Carrie attributes her smooth recovery and healing - both physically and emotionally - to her support system of family and friends. “Many times you hear cancer survivors described as warriors,” Carrie reflects, “but I truly feel that sometimes the real warriors are not the ones going through the recovery, but the ones that are in the wings providing support. They were the ones that had to wait eight hours for my surgery to be complete. They were the ones providing encouraging words of support and not letting their own fears or worries come first.” Her husband, Pete, has been stalwart. “From my first diagnosis ten years ago and to my more recent diagnosis, my husband has been by my side from each tear I cried, to every medical appointment, to supporting my treatment decisions, to finding the perfect words to give me hope and take away my fears, and to look beyond my scars and make me feel loved. Cancer is a major life interruption and my husband has never complained about how unfair all of this is and he never has been the victim. For his unconditional love I am forever inspired and grateful.”

For four weeks following her surgery, Carrie was enveloped in the love of her family. Her mother took time off from work and her two sisters, who live out of state and have busy lives and families of their own, flew into Rochester. Each took a “shift” during Carrie’s recovery, ensuring that she had to do nothing other than focus on her healing. “There is something so special about having your mom there to comfort you with her reassuring words, gentle care and endless support and there is a bond with sisters that you don’t need to explain. The love and comfort I felt from their presence is something that I am forever grateful for.”

Carrie’s gratitude extends to the “…many compassionate doctors that provided me with guidance along the way and so many friends and family that were supportive with their visits, meals and words of support.”

With her surgery now behind her, Carrie is rebounding. Each day brings new healing and new energy. She has returned to work and maintains her connections in our young survivor community. Healing isn’t a direct path, and Carrie confides that “My struggle is how to maintain a level of privacy, but still be able to help anyone else that’s going through it.” Still, she offers her story to our community because “…it is worth sharing my story if it can give hope to someone.”

There is a theme that resounds throughout the ongoing story of Carrie Dailor. “If I had to pick one word to sum up my feelings in the last few months, it is grateful,” she reflects. And we at the Coalition are grateful for the continued presence and good health of this compassionate, intelligent advocate for herself and others.

Thank you, Carrie!
A Tribute to Fran Norman  -By Pat Battaglia

Fannie Buckner Norman, known as Fran to her family and friends, was born in Tennessee and moved with her siblings to Rochester at the age of fifteen. A 1963 graduate of East High School, Fran became her family’s first professional storyteller, and her inspirational poetry and stories were often published in About Time Magazine. Soft spoken and private, Fran was beloved by many, including the friends she found at the Coalition after her breast cancer diagnosis. She became a treasured member of our Voices and Vision writing group. Family members share that Fran “...always had a kind word. In her loving and unique way, she impacted her family, friends and the people around her one soul at a time.” Although she departed this life on June 10, 2016, Fran lives on in the hearts of many, including her Coalition companions. 

I … A Woman

By Fran Norman

I have known the best of times
I have known the worst
I have smiled at life’s beauty
...... at its ugly I have cursed

I have stroked and pampered a baby
I have caressed and loved a man
I have faced “no you can’t do it” opposition
With … “Oh yes, but I can”

I am soft
Yet, I am strong
I am compassionate ….. but not weak
I am feminine ….. but not helpless
I am gentle ….. but not weak

I am intelligent ….. but not a know it all
I am still a student ….. at the school of life
cherishing each victory

Sometimes I get an “A” in being a woman
Sometimes I get an “I” for incomplete

My quest is never a “D” for
Does not DESIRE to be better
Does not Dream of life’s delight
Dispirited, Dreary, Discouraged
Drowning in defeat
I … A Woman give life my all

I … A Woman

By Fran Norman

When one hears the term “internship,” days filled with paperwork and miscellaneous tasks often come to mind. My internship at the Breast Cancer Coalition of Rochester was a vastly different experience. While I actively worked and coordinated the organization’s participation in local festivals and health fairs, one substantial difference from what I expected comes to mind: Holly’s “big idea,” a project that each intern works on over the course of the summer that the intern can really make their own.

My “big idea” summer project was working on the development of a program that addresses arthralgia (joint pain) due to aromatase inhibitor usage in post-menopausal women with hormone receptor positive breast cancer, which represents about 70% of all breast cancer diagnoses. I’ve always loved researching and admittedly read cancer journals in my spare time, so the opportunity to delve into researching a new (to me) problem was right up my alley! I uncovered a wealth of information on joint and muscle pains as well as other symptoms secondary to aromatase inhibitor therapy. The new program will focus mainly on the issue of joint pain, which can be debilitating and interfere with day-to-day activities, and is comprehensive in addressing the problem through education and other approaches.

Given the recent recommendation by the American Society of Clinical Oncologists that women taking aromatase inhibitors stay on them for 10 years, it has been incredibly exciting to work on such a current issue that could help so many women. Over the course of the summer, I was able to work on the different aspects that go into crafting an entirely new program, such as the grant writing process and meeting with professionals who might help lead the program. One of the most rewarding parts was not only helping to create a novel program, but also knowing it has the potential to help women very soon. Keep an eye out for it!
Mary Catherine “Kitty” Van Bortel, founder of the Van Bortel Group and major contributor to the Coalition, recently presented our Executive Director, Holly Anderson, with a check for $27,398 to support those touched by a diagnosis of breast cancer in our community. This wonderful gift was the result of Van Bortel Subaru’s “Share the Love” campaign, in which the dealership pledged to donate $250 to each customer’s charity of choice for every new and used Subaru vehicle purchased during December 2015.

The number of Van Bortel Subaru customers who chose the Coalition is testament to the generosity of our community and the advocacy of Kitty, a nine-year survivor of breast cancer who is well loved by many in our survivor community.

As the founder of the Van Bortel Group, which includes Van Bortel Subaru, Van Bortel Ford, and Van Bortel Chevrolet, Kitty owns one of the top selling Subaru dealerships in the nation, as well as one of the most successful Ford dealerships in a multi-state area. Her automotive group is now one of the fastest growing, privately held companies in the greater Rochester area. Kitty has been named the 2016 TIME Dealer of the Year, the most prestigious award a new-car dealer can receive, recognizing her as the nation’s most successful auto dealer who also demonstrates a long-standing commitment to community service.

We are deeply grateful to Kitty for her dedication to those in our community impacted by breast cancer, and as we thank her for her generous heart, we celebrate her well-deserved recognition!
Midvale Merrymaking

In sun, in rain, in blazing heat and chilly breezes, golfers play undeterred. This year the Midvale Golf Tournament to benefit the Breast Cancer Coalition enjoyed near perfect summer conditions, enticing nearly 60 golfers to join coordinators Dr. Luba Druin, Marcy Lazio and Betty Podlesh in this annual event.

After several years, the affair is a well-oiled machine, with just enough new ideas to keep it fresh. The array of donated raffle prizes never fails to impress. This year’s standout was a stunning basket heavy with fresh, organic produce!

Midvale’s hospitality and outstanding dinner options along with the unbridled generosity and enthusiasm of the players make this a truly special event. This year’s effort resulted in a donation of $4234 to be used in the Rochester community, FOR the Rochester community of men and women facing the challenge of breast cancer.

Amerks Boosters

The generous support the Coalition receives from the Rochester Amerks Hockey’s annual Pink the Rink game got a great “boost from their boosters”. A dedicated group of hockey fans who support the team throughout the season decided to support the team’s effort to support us! A lively Euchre tournament in mid-May raised $1000 which was presented to our interns, Sarah Rollinson and Allie Trachtenberg, at an Amerks Booster Club meeting in July. The interns spoke about the valuable role community groups play in keeping all of our services and programs free of charge.

Supportive Sisters

The young women of RIT’s Zeta Tau Alpha Sorority have a deep commitment to supporting those dealing with breast cancer, both at the national and at the local level. We are honored to once again receive a generous donation from this group of college women in the amount of $300.

Bringing It Home

Chris Washington is one of the power houses behind the efforts of the ROC City Mustangz in their efforts to support local charities including the Coalition. Once again this year, Chris and his helpers organized a very successful bowling event, held on May 20 at the Henrietta Bowl-a-Roll. At the event they also honored our own dear friend and volunteer Dina Marcoccia, who they had come to know when she represented the Coalition at a previous event. Dina’s story and her latest bout with breast cancer “brought home” the reality of the value of their contribution. This Breast Cancer Awareness Bowling Event raised $750 to support our programs and services.

Ongoing Efforts

We have been adopted!

Breasted Yardbird: a whole free-range smoked chicken served with pimento mac’n cheese, cornbread, with Three Head’s Brewing stout BBQ sauce.

New to the Neighborhood of the Arts is Nosh, filling a former warehouse on Russell Street with sumptuous food and drink and a welcome commitment to the neighborhood and the City. Servers at Nosh are trained to speak knowledgeably about a handful of local charitable organizations that are honored with a “signature dish”. Purchase of one of these special culinary tributes results in a donation to the charity!

We are thrilled to be represented by the delicious and organic Breasted Yardbird and were pleased to receive our first check for $120.

Welcome to the Neighborhood, Nosh. And thanks!

Leonard's Express, Over the Road

In an ongoing campaign taking four impressive pink tractor trailers across the country and donating a penny a mile, Leonard’s Express has once again honored us with a quarterly donation. Travels of these custom painted rigs raised $1301 this quarter and over $4000 so far this year.

That’s a LOT of miles!
We're looking forward to these incredible community fund-raising events! Check bccr.org for details.

**Our Fundraising Friends**

**Upcoming Efforts**

**Pink Sapphire Affair for Breast Reconstruction Awareness Day**

Building on two past successful BRA* Day events that featured a wonderful combination of education, celebration, a fun fashion show and art, the staff at **Vega Plastic Surgery and Med Spa** are planning a “Pink Sapphire Affair” for Thursday, October 9. This fundraiser will feature fashions by Chicos and delectable food offerings from the kitchen at The Strathallen.

**BRA Dazzle!**

What do you get when you pair bras creatively be-dazzled by area artists and local male celebrities? A rollicking good time for a great cause!

Don’t miss the second annual BRA Dazzle celebration to be held on November 10 at the Radisson Rochester Riverside. Produced by the energetic women of FemCity Professionals, it’s a night of hilarity, great auction items, touching speakers, and truly dazzling party.

**Subtypes of Breast Cancer continued**

Diagnostic and prognostic biomarkers will improve patient outcomes and guide therapy choices that are becoming increasingly individualized.

Facing an array of unfamiliar, changeable terms after a breast cancer diagnosis can be a daunting proposition. Your health care providers are there to answer your questions. The Coalition’s survivor community can help you form those questions and is also here to shine a light on what living through breast cancer looks like in human terms - in the caring presence and words of those who have lived through it or are living with it. We’re just a phone call away. Call us. We’re listening.

1. breast-cancer-research.biomedcentral.com/articles/10.1186/s13058-015-0520-4
3. nature.com/modpathol/journal/v23/n2s/full/modpathol201033a.html
4. mayoclinic.org/diseases-conditions/breast-cancer/in-depth/breast-cancer/art-20045654?pg=2

**Pink RIBBON RUN & FAMILY FITNESS WALK**

JOIN US NEXT MOTHER'S DAY!
SUNDAY, MAY 14, 2017
GENESEE VALLEY PARK
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 June 30th will be included in the winter newsletter.)

We apologize for any errors and/or omissions on our donor pages. Please notify us if a correction is in order.

*CORRECTION: The donors listed in the summer issue were first quarter donors not fourth quarter.

**In Honor of:**

All Coalition Volunteers  
Holly Anderson  
The Wedding of Meg Love & Eric MacKey  
Iona MacKey  
Holly Anderson  
Jennifer Ulrich  
Dr. & Mrs. Ed Bailey  
Betty Podlesh  
Melisande Bianchi  
Lorraine Niger  
Cheryl Bovard  
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Rose DiRienzo  
Betty & Michael Puleo  
Louise Donovan-Kingston  
Mary & Joseph Shanahan  
Irene Dykes  
Deb & Jim Allen  
Holly Anderson  
Patti Cataldi  
Virginia Hart  
Susan & John Turiano  
Connie Zeller  
Dorothy Ecklund  
Cheryl Quinn  
Stephen Frye  
Ed Oliver  
Patricia Gallo  
Rudy Tydelski  
Stephanie Gebo  
Linda & Robert Lagree  
Theresa Giffi  
Virginia & Brad Grover  
Ellen Hague  
Douglas Hague  
Marilyn Sue Hasson  
Hasson Wood Turnings  
Sue Heinke  
Sharyn Leahy  
Dr. Carol Henretta  
Janet Clark  
Connie Miller  
Jean Mowry  
Caroline Mirrione  
Gia Allen  
Susan Nill Kidera  
Holly Anderson  
Cheryl Thompson  
Fran Norman  
Holly Anderson
Mary DiAngelo
Melinda Glauser
Dotti Humm
Rosemarie Jaouen
Karen Rabinowitz
Carol Serio
Renee Wilson

carol ort
Teri Vieira

Gertrude Palma
Laura Eberstein

Mineva Robbins
Carol Wood

Stephanie Scism
Marilyn Clarke

Kathy Skeual
Anonymous

Patricia Wacienga
Cathy Kauffman

Anne Purcell White
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Judy Wood (of California)
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Eleanor Wulff
Linda Auer

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Marla Spina
Breast cancer survivor Paula Richardson has shared her experience with her coworkers at CWT (a contract company of Paychex) and spoken of the support she was able to receive through the Coalition. In recognition of that support and in keeping with their practice of supporting local non-profit groups, Paula’s department put together a basket brimming with items we offer in our PALS packs. The blankets, journals, notecards, tea, and lotions will be given to those newly diagnosed and the teas and cups will benefit our programs. Gifts of the heart are always most welcome.

Jeffrey Travis generously donated office supplies.

In 2013 a soft-spoken young woman named Michelle Sanderson created a single stunning full sized quilt and decided to auction it for the benefit of the Breast Cancer Coalition. This unexpected gift lead to a cherished relationship that has blossomed and grown.

Since then, Michelle and her mom Pat have donated several quilts for our Artrageous Affair (one of which won the Artists “Best in Show” title) and begun a movement of quilt artists who create breathtaking lap size quilt gifts for women seeking support from the Coalition.

Following a many-month process, Michelle, Pat, and their fellow artists of the Webster Quilt Guild recently presented us with over 65 colorful and unique gifts for those newly diagnosed. These artful gifts of the heart will be cherished and loved.

Our Fundraising Friends

From Friends to PALS...

Our Wishes Fulfilled

The Coalition’s Wish List appears in every issue of Voices, and we are often touched deeply by the individuals and groups who make it their task to fulfill those wishes. Recently we were visited on separate occasions by two young men whose arms were full of the items they knew we needed.

Jeffrey Travis generously donated office supplies.

Donations continued

Josina Stagliano
Charlene Stankey
Dorie Starks
Miriam Steinberg
Subaru of America - Share the Love
Mark Sweers
Shirley Taccone
Mary Tachco
Elaine Tette
Cheryl Thompson
Jill Tompkins
Towpath Bike
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Kelly Weidman
Angela Wilkin
Carol Willits-Brown
Amy Yehl
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Janis Zimmer
Zonta Rochester Foundation

Gifts in Kind:

Tracey Brown
Sandra Frankel
Mary Lamb
Sandy Leary
Cheri Levine
Torren Masiangelo
Susan Palomaki - Lucas Greenhouse
Jaimee Slate Coles
Jeffrey Travis

Shirley Cox feels fortunate indeed to be healed from her bout with breast cancer and wanted to share some of the same comfort items she received after her diagnosis. She brought in items for PALS packs, as well as some small gifts to be passed on. She also mentioned how incredibly helpful and cherished her own PAL mentor, Maureen Kingston, had been!

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Planned Giving
Helping in the Best Way I Can
-By Harry Snyder, Brockport NY

My wife Christine died of breast cancer in 1999, leaving behind her two sons and our daughter Elizabeth, who was 5 years old at the time.

I remember all too well the days and nights when it was just the two of us and there was no other support for my wife. How she could have used a place like the Coalition to help her in her journey.

About a year after her mother died, Elizabeth decided to make some breast cancer cards to sell at her school. She made about $30.00. I called the Coalition so we could give them the money my daughter raised. This was the first time we met Holly Anderson, and Holly made Elizabeth feel like she had donated the most money in the world. My daughter was in the first Pink Ribbon Run, and has been in every one since, helping to raise money for this worthy cause.

I was thinking one day of how I could help the Coalition. Remembering the organization in my will was one of the best ways I could think of to help. People leave money in their wills for many things. Have you or your mother, daughter, granddaughter, wife, friend or co-worker been helped by the Coalition? Then maybe you, too, should think about leaving a gift for the Coalition in your will.

The Coalition has grown so much since I first became involved, and I want to help them continue their fine work. For Holly, Barb, and Deb of the Coalition; for all of you who are reading this; and especially for Elizabeth, who I hope never needs the Coalition; and finally, for Christine, so that she would be proud of what we have done; you are the reasons why I’m naming the Breast Cancer Coalition of Rochester in my will. ☺

If you would like more information on remembering the Coalition in your will, you may contact us in a number of ways. See below.
to find a cure. Legislation that directs resources, or controls pesticides, or helps educate people on the realities of breast cancer are important as we work toward ending this devastating disease.”

Over a light buffet and beverages to suit all tastes, both veteran and new legislators and staffers had a chance to catch up on pending issues, from the progress on implementation of New York State’s Compassionate Care Act that legalizes medical marijuana - in which the Coalition was a key advocacy partner - to Federal research appropriations threatened with flattened or reduced funding.

The greater Rochester area, unlike some areas of the country, generally enjoys health-related legislative support from policy makers on the local, state and national levels.

### The Coalition’s Current Wish List

<table>
<thead>
<tr>
<th>THE COALITION’S CURRENT WISH LIST</th>
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<tbody>
<tr>
<td><strong>A cure for breast cancer</strong></td>
</tr>
<tr>
<td><strong>Books:</strong> about breast, gynecological, prostate or testicular cancers and lymphedema for women, men, children, families (2010 or later)</td>
</tr>
<tr>
<td><strong>Office supplies:</strong> copy paper (white, 8½ x 11), white notepads (plain-Staples or Office Max), Post-It notes, mechanical pencils with erasers</td>
</tr>
<tr>
<td><strong>Breast Cancer Research postage stamps</strong></td>
</tr>
<tr>
<td><strong>Gift cards ($10-$25):</strong> Wegmans, Tops, DiBella’s, Staples, Target, Barnes &amp; Noble, Michaels, pizza, gas, 10-ride RTS bus passes (available at Tops or Wegmans)</td>
</tr>
<tr>
<td><strong>Paper products:</strong> paper towels (Viva), napkins, cups for hot and cold beverages, small and medium plates (no Styrofoam products), unscented tissues</td>
</tr>
<tr>
<td><strong>Tablecloths 70x90 and 70x108 (white, sage green, pink)</strong></td>
</tr>
</tbody>
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*The following items are needed specifically for PALS Paks: (all items must be new)*

| Journals |
| Soft socks |
| Sleeping masks (unscented or lavender scented) |
| Herbal or green teas in unopened containers or boxes (No loose tea please) |
| Lanyards |

*Let us know what you would like to see in the PALS Pack.*

| Batteries (D and AA) |
| Beverage pitchers, kitchen/dish towels (neutral colors) |
| 8½ x 11 inch slant back clear acrylic sign holders, vertical and horizontal |
| Cleaning & storage: plastic or glass food storage containers, zip-style storage bags (quart & gallon), aluminum foil, plastic wrap, trash bags (13 and 33 gallon), disinfectant wipes |
| Matching LG washer/dryer (contact the Coalition for specs) |
| Unscented laundry detergent, unscented dryer sheets |
| Large watering can |
| Durable, straight-leg 10’ by 10’ pop-up tent with sidewall pack (contact the Coalition for details) |
| Hand-held tally counters (4 needed) |
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.

Join us, Thursday, December 1, 4-6pm for our Holiday Open House