Kim and Mike Riccio

Honorary Chairs of the 2016 ARTrageous Affair Breast Cancer Gala

On a late September evening, Kim Riccio addressed the assembled crowd at our 2016 ARTrageous Affair while her husband, Mike, stood steadfast behind her. As Honorary Chairs of the event, the couple had covered a lot of ground since Kim’s breast cancer diagnosis nearly two years earlier.

In 2014, Kim was celebrating her 49th birthday at a local restaurant when she received an unexpected but life-changing phone call from her radiologist. She had undergone a diagnostic workup the day before and, “Quite honestly,” she recalls, “I thought it was just something we were going to have to watch.” But the diagnosis was breast cancer, and, as Kim puts it, “I was floored.”

Kim underwent surgery, chemotherapy, and radiation. In her surgeon’s office, she spotted a copy of Voices of the Ribbon, but her mind was awash, and she left the newsletter behind. Then her brother, who had worked on Coalition fundraisers conducted by a local hockey organization, said, “I’ve heard good things [about the Coalition].” Kim decided to call us.

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First a look back: In October, many of us at the Coalition had the pleasure of attending the Third Annual Multidisciplinary Breast Cancer Seminar right here in Rochester. This event was developed and produced by Physicians and Laypersons Educational Associates of Greater Rochester New York (PLEA of GRNY) an organization founded by mother and son physicians, Dr. Ruby Belton and Dr. Douglas Belton Jr. PLEA of GRNY represents a union of multidisciplinary breast cancer care physicians, other medical caregivers, and laypeople. This seminar offered us a chance to learn about emerging trends in breast cancer treatment, as well as receive updates about current treatments. The multidisciplinary approach meant that physicians specializing in diagnostic radiology, surgical oncology, medical oncology, radiation oncology, plastic surgery and survivorship presented on topics about their specialty areas throughout the evening. It was a treat to have many of our well-known providers front and center at the dais or on the panel. We also heard from a lawyer who presented on the legal aspects of Governor Cuomo’s new screening/diagnostic law taking effect in January 2017.

The Fourth Annual Multidisciplinary Breast Cancer Seminar will be held Wednesday, October 11, 2017 at 5:00 p.m.

And a look forward: Speaking of Governor Cuomo’s new screening/diagnostic law (S8093), this legislation requires that coverage for screening and diagnostic imaging for the detection of breast cancer, including diagnostic mammograms, breast ultrasounds, or magnetic resonance imaging (MRI), must be provided by insurers without being subject to annual deductibles or copays. This measure offers great relief, especially for those with dense breasts. The law also requires that breast imaging/screening facilities offer extended hours (evenings and weekends) to make it easier for those who work regular daytime hours to get their screenings. These changes make New York State breast cancer screening laws the most progressive in the nation, ultimately improving access for all women. Please reach out to us if you need more information about this law and its impact on you.

Finally, a word about the rising concern that our new president and his administration will repeal the Affordable Care Act (ACA) - the message is being delivered LOUD AND CLEAR: eliminating the ACA without first crafting a replacement would create major hardships throughout the health care system, with the impact felt first and foremost by the citizens of our nation. There have been frequent attempts to repeal the ACA in the
In 2007, Jean Weber was a fitness specialist and personal trainer in the Chicago area. Hers was a frenetic but fulfilling schedule, working with clients through a health club offered by a local hospital system, lecturing in her community on the importance of exercise, and being “Mom” to three, ages 13, 11, and 8.

At 40 years of age, Jean was no stranger to regular breast cancer screenings. She was just 18 when a tumor in her left breast was surgically removed and found to be benign. This put her on a lifelong course of regular mammography; at first every three months, then twice yearly, and finally, annual screenings were sufficient.

Jean and her husband had settled their young, growing family on the outskirts of Chicago in 1999 and built a good life. With yearly mammograms as a reminder of her increased risk for breast cancer, Jean dedicated herself to a healthy lifestyle, eating well and exercising regularly. As her children grew, so did her career in fitness; it became a life mission to which she was well suited. “I was in the best shape of my life,” Jean recalls, looking back to the day in 2007 when she found a lump in her left armpit.

Jean acted quickly, consulting her internist. She was immediately referred to a surgeon, who found another lump in Jean’s breast. He performed a biopsy, and a few days later the diagnosis was confirmed: it was breast cancer.

This news came on a Wednesday. Jean, anxious to deal with her cancer, scheduled her lumpectomy for the following Friday. She also learned that chemotherapy would begin soon after surgery, to be followed by radiation. As Jean and her husband struggled to cope with it all, she realized she had one day – Thursday – to inform her clients that she would be unable to continue working with most of them for the next few months. “It was a pretty big blow and a huge shock, especially because I was so physically active, and all I did was take care of my health.”

It was an emotional scene at the health club when Jean broke the news. A good friend walked up to her, gave her a hug, and said “I’m a thirteen-year survivor and you’re going to be one too.” Jean was grateful. “That was probably the best thing anyone could have said to me,” she affirms, and the love and support continued to flow from many others. “I felt like I had witnesses to what was going on in my life, and when people said something that was helpful, it meant a lot.”

Jean’s lumpectomy went as planned. Nine lymph nodes were removed, six of which were found to be cancerous. Six days later, her surgeon implanted a port and chemotherapy began shortly afterward. The regimen began to take its toll, but Jean was resourceful. Two months before her diagnosis, she had been certified as an oncology exercise specialist, and she used her expertise while coping with her own treatment. Her reduced activity level included almost-daily runs and working with two clients whose training didn’t involve physical work on her part. This was not her usual approach. “I used to get down on the floor and exercise with a lot of my clients,” Jean notes. But keeping some of her old routine felt good. “I needed to not fall off the grid. I needed to know I was still alive. As long as I had that paycheck coming in, I felt like I was still okay.”

But losing most of her income was a significant change for Jean and her family. “It was a very, very difficult predicament for my husband to be in,” she emphasizes, “because I can’t stress enough the cost of cancer.” He struggled to pay the bills while Jean focused on surviving.

Two weeks before chemotherapy ended, Jean met with
On October 5th, the Advocacy Committee met with several political candidates and held an abbreviated meeting. We then treated ourselves to delicious dishes brought by each committee member as we viewed the film, Resistance. This 2014 documentary by Michael Graziano explains the emergent crisis of antimicrobial resistance.

Since the advent of penicillin and the creation of many more antibiotics, we’ve felt unafraid when a loved one gets an infection; they’ll soon be well with the help of a doctor’s prescription. But the prevalence and overuse of antibiotics in our food supply and other consumer products has caused a global crisis of antibiotic resistance; harmful microorganisms are evolving to the point where antibiotics are no longer effective against them. Antibiotics, including triclosan, can be found in furniture, clothing, kitchenware, and toys. Triclosan is also used as a pesticide.

Once again, people are dying from infections run rampant in their bodies; infections that were once easily treatable with antibiotics. Beginning in 1995, Finland and other European Union countries began limiting, then banning the use of antibiotics in meat and poultry. Currently, less than 1% of staph infections in those countries are traceable to the food supply. The United States Food and Drug Administration is just now considering limiting or banning the use of antibiotics in food and personal care products.

The Advocacy Committee holds movie nights on occasion and they’re fun and informative. Are you interested in joining us? Email info@bccr.org for more information, or to receive notice of our next movie night. ➝
While most women and men with a diagnosis of breast or gynecological cancer will one day leave their treatment behind, some will live with their disease for the balance of their lives. Most of those with metastatic breast cancer enjoy a good quality of life, even while facing ongoing treatment and difficult decisions. But there are some who are suffering. Patients with metastatic disease should have choices, options, and control over their lives; they do not want to burden their families.

On November 3, 2016, four members of the Advocacy committee traveled to Utica to attend a workshop on New York’s Medical Aid in Dying Act. The purpose of the workshop was to explain the details of the act and to discuss the pros and cons related to the topic. New York State Senator Diane Savino and Assembly member Amy Paulin sponsored this act, which was introduced in the State Legislature in May 2016 and passed in the Assembly Health Committee. The bill is currently under revision and, In January 2017, will be re-introduced to continue the process.

The intent of this proposed legislation is to provide the option of medical assistance in dying for mentally competent, terminally ill patients in New York State. Five states currently have similar laws and three more are in the process of creating their own. There are several countries with this type of legislation in effect. All recognize that this is a highly individual choice.

This is a controversial issue that is sensitive and complicated; the topic of death can be uncomfortable. Workshop panelists and speakers included professionals who represent both sides of the issue, pro and con. Legislators want to hear from people on both sides; their focus is to respect different positions, thoughts, and concerns to produce a strong bill.

New York’s Medical Aid in Dying Act

New York’s Medical Aid in Dying Act A.10059 (Paulin)/ S.7579 (Savino) would allow a terminally ill, mentally capable adult to request life-ending medication from a doctor that the person take at a time of his or her choosing (or never), should suffering become unbearable, so long as she or he can self-administer it.

The bill contains the following safeguards:

- Terminal illness and six month prognosis must be confirmed by two doctors
- If either doctor has concerns about the patient’s capacity to make an informed decision, they must make a referral to a mental health professional. Medication cannot be prescribed until mental capability is determined
- Two people must witness the written request, neither of whom can be someone who stands to benefit from the estate. Neither the doctor nor the professional who may provide competency determination can witness
- Prescribing doctors must comply with extensive medical record documentation requirements and make records available to the New York Department of Health (NYSDOH)
- Immunity from civil and criminal penalties and professional malpractice for those who comply with all aspects of the law
- Criminal law prosecution for those who violate the law
- Life insurance payments cannot be denied to the families of those who use the law
- No physician or facility can be required to participate; no patient can be coerced or forced to choose aid in dying
- Unused medication must be disposed of according to NYSDOH guidelines
- NYSDOH is required to issue a publicly available annual report

Regardless of where you stand on this issue, it is vitally important to talk to your family about your thoughts and wishes related to death and dying. For more information, email NY@compassionandchoices.org.

We value your input and would love to hear from you. Whether you have had your own experiences with people at the end of life or just want to voice your thoughts, email info@bccr.org. Please include advocacy in the subject line.
Cancer is characterized by its ability to metastasize. Metastatic, or advanced, cancer has spread from the place where it started to another site in the body.

There is a difference between invasive and metastatic cancer. In invasive cancer, abnormal cells have moved beyond their site of origin into the tissue immediately surrounding the area. In metastatic cancer, abnormal cells have begun growing in a different part of the body.

Metastatic cancer is the same type of cancer as the original, or primary, cancer, regardless of where it occurs. For example, breast cancer that spreads to the bones is metastatic breast cancer, not bone cancer. Under a microscope, metastatic cancer cells look the same as cells of the original cancer and often have the same features, such as the expression of certain proteins or the presence of hormonal receptors.

Cancers can evolve, and the "signature" of metastatic cancer may be different than the primary cancer. For example, hormone-receptor positive disease may become hormone-receptor-negative, or vice versa.

Occasionally, metastatic cancer is diagnosed before the primary cancer is found. In most of these cases, the primary cancer can be located. But for a few, the primary tumor is never found. It may be too small or might have completely regressed.

Cases of metastatic cancer fall into two groups: those whose initial diagnosis was Stage IV (in breast cancer, these represent between 6% and 10% of new diagnoses), and those who experience a metastatic recurrence after an early stage cancer.

Not all cancer recurrences are metastatic. If it recurs in the same part of the body as the primary cancer, it’s called a local recurrence. If it recurs near where the primary cancer was located, it’s a regional recurrence. These are treated differently than metastatic recurrences, or distant recurrences, in which the disease has spread far beyond the original cancer.

The National Cancer Institute’s Surveillance Epidemiology and End Results (SEER) database

Continued on next page
records new diagnoses, including cases that are metastatic at diagnosis. However, recurrences are not recorded, so the true number of those living with metastatic disease, including breast and gynecological cancers, is unknown.

9. Estimates suggest that 20% to 30% of all breast cancers will metastasize but the true numbers are not certain.* Additionally, the best estimates place number of people living with metastatic breast cancer at over 155,000. Recurrence rates for gynecologic cancers vary widely depending on the type and stage of diagnosis.

10. Those with metastatic disease will be in treatment for the rest of their lives, which can be long and fulfilling. Options are available for patients to deal with their disease and with the side effects of treatment. The primary goals of treatment are to control the growth of the cancer, to relieve symptoms, and to optimize quality of life.

11. The best treatment plans address both physical symptoms and the emotional impact of living with advanced cancer.

12. Those with advanced cancer generally want to be seen as the complex individuals they are, not simply as cancer patients. Many with metastatic disease have careers, travel, participate in enriching and educational experiences, and are fully engaged in their families and communities as productive and compassionate human beings. Many of them are members of our Common Ground group. If you or someone you know is facing metastatic breast or gynecologic cancer, call the Coalition for more information and some unparalleled support.

* mbcn.org/incidense-and-incidence-rates/

Sources:
www.breastcancer.org/symptoms/types/recur_metast
www.cancer.gov/types/metastatic-cancer
www.mbcn.org/
www.orfa.org/

My Bar of Soap
-By Janet Clark

I had a lovely bar of soap
which slipped to the shower floor,
It split with a jagged edge.
It wasn’t “in-tact” anymore.

The soap seemed a metaphor of my life,
When Cancer tore it apart.
It left me with ragged edges.
But, it gave me a new place to start.

I moistened the halves of soap,
And fit them back together.
With tender care i massaged the bar,
And healed the giant sever.

Just like the soap, with loving care
I became whole again.
Perhaps not the same as I once was,
But so much more than I might have been.

2017 LBBC Conference on Metastatic Breast Cancer

Friday, April 28- Sunday, April 30, 2017
Hilton Philadelphia at Penn's Landing
201 S Christopher Columbus Blvd
Philadelphia, PA 19106

This annual Conference offered by Living Beyond Breast Cancer features up-to-date information, support, and practical resources for those living with metastatic or stage IV breast cancer. For more information: email mail@lbbc.org.
I’ve been a “survivor” since the moment I learned I had cancer in 1990. I’ll always feel grateful for that term that kept me from ever feeling like a “cancer victim,” the most commonly used term back then. Yet before long, “survivor” wasn’t enough. It said nothing about my quality of life or my role in my recovery. What kind of survivor did I want to be?

That question led me to the term that has served as my guidepost since: Healthy Survivor, which I’ve defined as “A survivor who (1) gets good care and (2) lives as fully as possible.” My daily striving to be a Healthy Survivor has helped me achieve the best possible outcome, while helping me embrace life, whatever is happening medically.

Today I’m a long-term survivor, having added that hyphenated adjective five years after my diagnosis (there’s no universally accepted time frame yet). Even after all these years, a surprising challenge has been deciding when to report a minor symptom—such as a slight increase in fatigue or a mild new ache. Such symptoms are easily tolerated and easy to hide from other people. I’m torn between wanting to wait to tell anyone, in case the symptom will resolve on its own, and wanting a timely evaluation for something more serious. My urge to wait is fueled by many emotions, including the natural fear of unwanted news and desire to avoid the medical scene. Besides, I don’t want to waste my physicians’ time with what turns out to be a false alarm.

To minimize the stress, I give myself a target date—say, a week or two. If the symptom persists, I call my doctors. Should my symptom worsen before the target date, or if I’m worried, I call my healthcare team for advice. More than I want to avoid a false alarm, I don’t want to risk missing the opportunity to diagnose a problem that needs treatment.

For all patients, with or without a history of cancer, minor symptoms can be the first sign of a serious health problem. If not, they still can take a toll over time. For long-term survivors, the equation changes regarding the best time and best way to evaluate new symptoms.

Since Healthy Survivors are committed to dealing with minor symptoms in healthy ways, I report persistent minor symptoms. Doing so
In 2010, Niki (Monique) MacIntyre was a much loved and respected staff member at the Coalition. Having lost her own mother to breast cancer and supported three sisters who faced their own diagnoses (and are doing well), Niki had searched online for an organization to which she could devote her free time. She chose the Coalition as one that was, in her words, “close to my heart,” and was soon a frequent volunteer. When the need for a new staff member arose, Niki gladly filled the position. And we were glad to have her. By the time of her 2010 screening mammogram, she had been on our staff for several years.

To her great surprise and dismay – and ours – the mammogram that year detected abnormalities, and Niki was soon diagnosed with breast cancer. In her case, the cancer was hormone-receptor positive and HER2 positive; these breast cancer biomarkers vary from one person to the next and guide treatment decisions. Niki’s long walk with the disease began with chemotherapy and continued through a bilateral mastectomy, radiation, and treatments with the medications Herceptin and Tamoxifen. Through it all, she relied on her family – especially her husband Steve – and the supportive Coalition community to help see her through. “I knew a lot of strong women [through the Coalition] and believed from the start that I would survive. They had been my heroes, and now I was one.”

But this hero would continue on a walk that few of us take. Early in 2013, she noticed some spotting. “It was strange,” she recalls, “because I had been through chemo and was taking Tamoxifen [a medication that blocks the effects of estrogen].” After consulting with her gynecologist and undergoing a diagnostic workup, Niki was shocked to learn she had uterine cancer. Her breast cancer had not spread - this was an entirely different cancer.

A complete hysterectomy and oophorectomy followed soon afterward. “It was tougher than I thought it would be,” Niki shares, and the road to recovery was a long one. It was six weeks until she was able to function at a level that was near normal for her. Fortunately, the pathology results were favorable. Niki’s cancer was stage I, which meant it hadn’t spread into any other areas in her body and no further treatment was necessary.

The irony of her situation hasn’t escaped Niki. “In my weird world,” she remarks, “it was a stage I uterine cancer versus a stage III breast cancer. But the uterine cancer was a big deal.” Healing from her hysterectomy took longer than healing from her bilateral mastectomy, which was a relatively straightforward procedure, as Niki did not opt for surgical breast reconstruction. And different types of cancers are staged differently, so to compare one to the other is like comparing apples and oranges.

As she healed, Niki found renewed inspiration in her Coalition connections. “The uterine cancer was definitely a setback,” she acknowledges. “It was like I had taken one step forward and now it was three steps back. Once again, I looked at all the strong survivors and knew that was what I wanted to be.”

Niki has healed and life has taken her down new paths. After retiring from the Coalition, she resumed her volunteer status and has become a PALS mentor. And she relishes her new role as a grandmother. Through the triumphs and challenges of everyday life, she continues to rely on a skill set refined through misfortune, but applied for good. “The years are going by,” she muses, “I still get tired. I’m still on Tamoxifen. I make an effort to live more healthfully. I’m very aware of the good life and appreciate being here, just being alive, for whatever happens. That never goes away.”

A Survivor’s Story: Niki MacIntyre
-By Pat Battaglia

Living With GYN Cancer
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 2017 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, March 3. Please call to be added to the invitation list.
BC 101 & GYN 101

These one-to-one sessions assist the newly diagnosed in managing the complex tasks and emotions of a breast or gynecologic 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.

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 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.

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.
Emotions can run the gamut after a cancer diagnosis. From feeling frightened and vulnerable, to fledgling feelings of empowerment while gathering as much information as possible, to awe and wonder at the beauty of life that might have gone unappreciated before, the oft-used roller-coaster analogy is a perfect fit for many. There’s just so much to process – overwhelming amounts of information and competing, conflicting emotions - and one very healthy approach is to share your thoughts with someone who is caring and empathetic. This is where PALS mentors are invaluable.

Our mentors set aside time to listen to those who are newly diagnosed, in treatment, or coming to terms with a “new normal”. They offer a confidential listening ear so those who are struggling may speak honestly as they work through difficult decisions and emotions. Phone and face-to-face contacts are the norm, and electronic communication is increasingly being used to “check in”, offer messages of support, and answer brief questions. Mentors don’t replace caring family and friends; they honor the circle of support already in place and add a new layer to it.

Listening is a key skill that is stressed in our mentor training sessions. Because when a person feels they have truly been heard, they feel safe, understood, and validated; and that provides a good foundation to work through the complexities of facing cancer.

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Our next PALS mentor training session will take place in January at the Coalition. If you are a survivor interested in committing time to those who are newly diagnosed, in treatment, or coming to terms with a “new normal”, they offer a confidential listening ear so those who are struggling may speak honestly as they work through difficult decisions and emotions. Phone and face-to-face contacts are the norm, and electronic communication is increasingly being used to “check in”, offer messages of support, and answer brief questions. Mentors don’t replace caring family and friends; they honor the circle of support already in place and add a new layer to it.

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Our next PALS mentor training session will take place in January at the Coalition. If you are a survivor interested in committing time to those who are newly diagnosed or struggling, email pat@bccr.org for more information on our requirements for mentors. If you’re facing a recent diagnosis or struggling with cancer-related issues, call 473-8177 and talk to Jennifer, Beth or me. We will listen. And if you need a mentor, we’ll let you know how you can get connected.

**PALS Mentor Training: January 28, 2017 Join us!**
Program Co-Director’s Update

Who is that woman? That is a question I have been asking myself over the last year-and-a-half. It is also a question that many of you may have been asking as well. On March 2, 2015, I was healthy. Just two days later, I was a woman with breast cancer. I was scared. I was confused. I didn’t know where to turn. Luckily for me, I had a strong support network of co-workers, friends and family, as well as a good medical team to help me through the early days of my diagnosis.

Then my diagnosis was revised, and I knew I needed more help. That’s where Holly Anderson and the Breast Cancer Coalition entered my journey. I came in for a BC101 session, which really helped educate and empower me to make wise decisions.

After chemo and my surgeries, I began to take advantage of the programs here at the Coalition. Educational seminars helped keep me current with what I could do to manage my cancer and all its effects. Now that I was physically healing, I also sought out opportunities to mend my bedraggled spirit. Brown Bag, Mindfulness and Mediation, Qi Gong, and a Young Survivor Soiree were instrumental in helping me process the heavy emotional strain that my cancer diagnosis brought. These programs also brought women into my life that helped me to heal on a deeper level. Their smiles, tears, humor, advice, and inspirational stories helped me mend and gave me strength.

I really wanted to repay all of the kindnesses I received during treatment. I began by volunteering at the Coalition, and when the opportunity arose to job-share with Jennifer, I was thrilled. I would be able to facilitate for others the very same programs that helped me when I needed them most. Many thanks to those who have gone out of their way to teach, welcome, and congratulate me. I am honored to be part of such a special place! ☺

Great News!
We will soon be launching our long-awaited program, Surviving & Thriving on Aromatase Inhibitors
This ground-breaking program will provide information, support, and empowerment for those taking aromatase inhibitors who are experiencing the side effect of joint pain.

Why are we doing this?
Check www.bccr.org/category/updates/to find out!

Upcoming Events & Programs at the Coalition 2017

Wednesday, January 25
Thomas M. Campbell, MD
Diet and Lifestyle Changes and Cancer Survival
7:00pm

Wednesday, February 22
James Woods, MD
Gynecologist’s Role in Breast Cancer Care
7:00pm

Wednesday, March 22
Kristin Skinner, MD
History of Breast Cancer Treatments
7:00pm

Friday, April 7
The 14th Annual Cindy L. Dertinger Advanced Breast Cancer:
Tools For the Journey
Memorial Art Gallery
1:00 - 5:00pm

BROWSE, BORROW & READ
Enjoy the Breast Cancer Coalition’s Resource Library

Are you on our mailing list?
Learn more about how the Coalition can support YOU.
Contact Beth at 585-473-8177 or beth@bccr.org
For Our Children and Grandchildren

Studying the Effects of Chemical Exposures on Adolescents - By Pat Battaglia

Healthy YOU

The rapid body changes of adolescence mark a key stage in human development – and more. The Silent Spring Institute considers this time to be a “window of susceptibility” to chemical exposures. The rapid division of breast cells in adolescent females combined with an increased sensitivity to environmental chemicals may sow the seeds for the development of breast cancer later in life. Noting the fact that few studies have focused on chemical exposures during puberty, the Silent Spring Institute, in collaboration with the University of California at Los Angeles, Fox Chase Cancer Center, and University of Chile, has launched its Early Life Exposures in Latina Adolescents (ELLA) study to find out whether exposures to common environmental chemicals during puberty could increase a young girl’s chance of developing breast cancer as an adult. By addressing this gap in research, all parties involved in this study seek answers to important questions for future generations.

Building on an existing study involving 500 early-teenage Latina girls in Santiago, Chile, who investigators have followed since age four, ELLA scientists are measuring the girls’ exposures to three commonly used endocrine disruptors:

- **PFOA** (perfluorooctanoic acid), a highly fluorinated chemical commonly used in food packaging and non-stick coatings on cookware.
Spaghetti Squash Casserole w/ Ricotta & Spinach (Beef, optional)  

From the kitchen of Holly Anderson

**Ingredients**
- 1 large spaghetti squash (about 5lb.), halved lengthwise and seeded
- 1 T olive oil
- 1lb. of ground beef (optional)
- 1-2 c. spaghetti or tomato sauce
- 15 oz. ricotta cheese
- ¼ tsp. nutmeg
- 1 egg, large
- 4 c. chopped baby spinach + 1 c.
- ½ c. parmesan cheese + ½ c.
- 6 garlic cloves + 1, minced
- Salt & Pepper
- 2 c. mozzarella cheese, grated
  (about ½ pound)

**Prepare Spaghetti Squash:**
- Preheat the oven to 400 degrees F.
- Cut squash in half and place in rectangular baking dish cut side up, brush with olive oil and bake for 50 minutes.
- Cool slightly. When cool, fork the squash into strands and place in bowl.

**Prepare Ground Beef (if using):**
- Brown ground beef until nearly done. Discard fat.
- Add six cloves of chopped garlic and continue browning until beef is done.
- Mix in 1 c. chopped spinach. Add 2 c. spaghetti or tomato sauce and heat thoroughly. (If not using beef, briefly sauté garlic then stir in spinach until wilted. Add sauce.)*

**Prepare Cheese Mixture:**
- In bowl, mix 4 c. of chopped spinach with 15 oz. of ricotta cheese and ½ c. Parmesan cheese. Add 1 clove of chopped garlic.
- In separate bowl, gently beat egg with fork and add to mixture. Add nutmeg, salt and pepper.
- Stir in spaghetti squash. Mix thoroughly.
- Mix grated mozzarella and ½ c. of Parmesan cheese and set aside.
- Layer ½ of squash mixture in bottom of casserole. Layer ground beef/sauce mixture on top of that. Layer remaining squash mixture on top of that. Top w/ mozzarella and Parmesan cheese mixture.
- Bake at 350 degrees F. for 45 minutes.

*Experiment! Try sautéing chopped mushrooms and/or eggplant in place of the ground beef.

**Endnotes:**

- BBP (butylbenzyl phthalate), a type of phthalate found in flexible plastics and vinyl flooring.
- Zeranol, a synthetic hormone widely used by the beef industry in both the US and Chile.

By tracking the effects of exposure to these chemicals on breast development, both in young teenage girls and in animal experiments, ELLA scientists are the first to look at the influence of environmental chemicals on breast density in adolescent girls and how this might increase the risk of developing breast cancer later in life.

Endocrine disruptors are substances that mimic hormones or otherwise interfere with their normal function. They may turn on, shut off, or modify hormonal signals or receptors, with a wide range of potential health consequences. Many endocrine disruptors have been linked with developmental, reproductive, neural, immune, and other problems in wildlife and laboratory animals.²

More than 200 synthetic chemicals have been associated with mammary gland tumors in animal studies. Women are routinely exposed about half of these chemicals in their everyday lives through multiple avenues, from industrial sources to consumer products.¹

The ELLA study is funded through the Breast Cancer and the Environment Research Program (BCERP)³, a National Institutes of Health program focused on breast cancer prevention and environmental health. Learn more about the ELLA project by visiting silentspring.org/ellastudy. This easy-to-navigate site includes important information on endocrine disrupting chemicals – what they are and what they do – as well as a resource section with fact sheets for avoiding breast carcinogens and endocrine-disrupting compounds. The site also features an English-Spanish blog to highlight significant news items, stories, and preventive action tips.

We owe it to ourselves and to future generations to pay attention to the progress of this study. ↷

1. silentspring.org/ellastudy/
2. nieshs.nih.gov/health/materials/endocrine_disruptors
3. nieshs.nih.gov/research/supported/centers/breast-cancer/
The 15th Annual ARTrageous Affair on Saturday, September 24, at the Holiday Inn Rochester Downtown, was another sold out event. 480 guests and more than 60 volunteers mingled amid pink balloons, extraordinary artwork, themed gift baskets, pink bubbly, and colorful centerpieces by Kittelberger Florist, all supporting our efforts to “Redefine Pink.”

From our loyal supporters, to our dedicated ARTrageous Affair Committee - led by co-chairs Patti Cataldi and Jessica Nightingale- 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 $170,000 for the Coalition. We wish to express our gratitude to all our event sponsors, especially Presenting Sponsor, Van Bortel Subaru, Ford and Chevrolet.

Guests heard stories from those touched by a breast cancer diagnosis, including honorary co-chairs, Kim and Mike Riccio, along with this year’s award recipients (pictured left): Senator Michael F. Nozzolio, presented with the Harriet Susskind-Rosenblum Advocate’s Spirit Award; and Judy Zeeman-Golden, LCSW, who received the Laurie Pask Heart & Hands Award.

Mistress of Ceremonies, Ginny Ryan, and Auctioneer, Carol Ritter-Wright, encouraged high bidding on an array of silent and live auction items. We kicked off the live auction early following a surprise performance by members of the Rochester City Ballet (donated by John Lee and Jim Byers) with a “Dance of the Nutcracker” package. The live auction also included wonderful artwork, trips, sports and entertainment packages, along with the ever-popular First Friday Faeries Sweet Treats. The grand
You may also register and fundraise online at bccr.org!

Pledge Sheet

Ask your friends, neighbors, relatives, co-workers and others to sponsor you! Complete this form and collect the pledge money when pledges are made. Checks must be made payable to Breast Cancer Coalition of Rochester and all check numbers must be recorded in the column below.

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Women only

- [ ] 5K Runner
- [ ] Walker
- [ ] Female
- [ ] Male

- [ ] I am unable to participate, but please accept my donation of $______

I have read and fully understand the liability waiver on the reverse side.

Signature

First Name

Last Name

Address

City

State

Zip

Phone

E-mail

Age on May 14, 2017

Are you a breast cancer survivor?

- [ ] Yes
- [ ] No

Raffle to win an Apple Watch Series 2

- [ ] $5 for 1 ticket
- [ ] $20 for 10 tickets
- [ ] Other amount:

- [ ] Cash
- [ ] Check (Please make payable to Breast Cancer Coalition of Rochester.)
- [ ] American Express

- [ ] Mastercard
- [ ] Visa

Number

Expires

Amount Charged $______

Name on Card

Credit Card Signature

Date

*With fundraising minimum. See reverse side for t-shirt details.
Registration & Information

The Pink Ribbon Run is the premier “women-only” race in Greater Rochester. Women, of all ages and abilities are welcome to participate in the 5k road race. Our course is certified to be accurate by the USATF #NY13J02KL.

The Family Fitness Walk (2.3 or 3.6 mile options) is open to all men, women and children, walkers, strollers, joggers and fitness enthusiasts.

All participants must read and sign the attached liability waiver.

When
7:15 AM Registration
9:00 AM Family Fitness Walk Start Time
9:30 AM 5k Race Start Time

Where
Genesee Valley Park @ Roundhouse Pavilion.
Shuttle Parking Available - Marketplace Mall - North Lot at Jefferson Rd. & Hylan Dr. (between Macy’s & Penney’s).
Parking also available adjacent to the Park on Moore Rd.; look for signs.
Handicapped Parking ONLY in Genesee Valley Park.
Please view and print maps of the Race, the Walk and all parking locations online @ www.bccr.org

New This Year!
Fundraise $50 or more to receive an event t-shirt at packet pickup. Any remaining shirts will be sold for $10 at the event.
Fundraise $100 or more to receive a tech shirt at packet pickup. Any remaining shirts will be sold for $20 at the event.
Fundraise $1000 or more to receive a Pink Fitbit Flex 2 (now swim-proof).

Pledge Sheet Continued

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Liability Waiver

I certify that I am physically fit, have sufficiently trained for participation in this event and have not been advised otherwise by a qualified health care provider. I acknowledge that running a road race is potentially a hazardous activity. I assume all risks associated with running/walking in this event. These risks include, but are not limited to, those caused by terrain, water, weather, actions of participants, volunteers, spectators and/or producers of this event and lack of hydration. I hereby assume the risks of participating in the Pink Ribbon Run Women’s 5K and Family Fitness Walk. I hereby take action for myself, my executors, administrators, heirs and next of kin, successors and assigns as follows: a) release and discharge from any and all liability, damage, property theft or actions of any participation in this event or my traveling to this event, the Breast Cancer Coalition of Rochester, the County of Monroe, the City of Rochester, the Erie Canal Heritage Trail, the University of Rochester and Marketplace Mall, all sponsors, event directors, volunteers and all municipalities in which the event is conducted; b) indemnify and hold harmless the persons or entities mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of my actions during the Pink Ribbon Run and in any other activities connected with it in which I may participate. I understand that no roller blades, bicycles, iPods, music players, running strollers or dogs are allowed in the fitness walk. I also give full permission for use of my name and photograph in connection with this event. I understand that all entry fees are non-refundable.

All participants must read and fully understand the above waiver and sign on the reverse side.

How did you hear about this race? ❑ TV ❑ Radio ❑ Print Ad ❑ Direct Mail ❑ Other:

❑ Please send me more information about Breast Cancer Coalition and other program events ❑ Please contact me about volunteer opportunities
I miss Mimi more than words can say. We grew up together. We were each other’s Maids of Honor. Our families vacationed in Vermont and Maine together. We shared annual trips to Skaneateles and countless meals at each other’s homes. She and her husband Bernie have always been my son Thomas’s special aunt and uncle.

Her first breast cancer diagnosis came just days before her 29th birthday in 1993. She had her first mastectomy and reconstruction. No chemo. No radiation.

Her next diagnosis came in the fall of 2011. She had her second mastectomy and reconstruction on my husband’s and my 27th wedding anniversary. This time, there was chemo, then radiation. She lost all of her beautiful, naturally curly hair. They say her cancer came back a third time, but I don’t think it ever went away the second time.

Her third diagnosis came on my birthday in May 2013. It was a Saturday. Both of our husbands were doing yard work, so Mimi and I decided to go out shopping and for lunch. We had such a great day! When she got home, she got the phone call from her doctor and waited until the next day to tell me – she didn’t want to spoil my birthday!

That was so Mimi, always putting others first. She was kind, honest, funny, compassionate, generous, loving, and giving. We shared SO many good times over her short 50 years. We shared private jokes. We had key words that could dissolve each other into fits of laughter. She put her Dad’s dentures in her mouth and smiled at me…game over! Neither of us could stop laughing!

Shortly after her third diagnosis, she and Bernie decided that with the support of Visiting Nurse Service Hospice care, she would stay at home for as long as possible. She was still thinking of Bernie, of me, of my Thomas, and our nieces, Margaret and Charlotte. She liked it when we sat on her bed and chatted. More than once, I fell asleep on the bed with her. We brought her strawberry milkshakes from Abbott’s (her favorite). Close friends would come over and visit. We’d get take-out for dinner and eat it in the bedroom with her.

Bernie took such good care of Mimi, she was able to stay home right to the end. Mimi passed away on a Sunday morning in early September 2013. Losing Mimi has left such a big hole in my heart. Her Bernie, or Da as we call him, feels the huge loss every single day. There are many others who feel that loss still.

Just about a year and a half after losing Mimi, I was diagnosed with breast cancer. Because I had a few risk factors that put me in the “high risk” category, I went for an MRI in January of 2015. In April of that year, I had a double mastectomy and reconstruction. No chemo. No radiation. Mimi’s history is part of what put me at high risk. I like to say that Mimi saved my life. I am doing well now, except for missing my little sister. God bless Mimi…always my sister.
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A delighted Christine Hall, winner of the pink
ribbon balloon grand prize diamond and
amethyst ring donated by Glen Moscoe
Jewelers with table mates Lee Cortese
and Dorothy Hall

Karen Staples, artist

Sue Catalano, artist committee
member and Cheri Maillie, artist committee
chair

EVENT CO-CHAIRS:
Patricia Cataldi & Jessica Nightingale

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Amy Weitman
Ron Williams
Susan Wood
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Karen Zeller
Roger Zeller

ARTrageous Affair continued

finale of this year’s live auction was the ethereal “Bella Forza,” an original painting created especially for this event by the acclaimed local husband and wife team, Cordell and Rachel Cordaro. This piece inspired the event invitation and posters, created by the talented team at Martino Flynn. After “Bella Forza” was presented to the top bidder, a limited number of signed posters were also auctioned off.

Gap Mangione and his band returned to keep our guests moving on the dance floor.

We hope you will consider joining us next year for another night of celebration and reflection at the 16th Annual ARTrageous Affair on Saturday, October 14, 2017 at the Holiday Inn Rochester Downtown.

OUR GENEROUS PATRONS

Holly and Tom Anderson
Stephen Atterbury and Michelle Mann
Mary and Dennis Bassett
Jim Byers and John Lee
Patricia and Richard Cataldi
Maria and Tom Cook
Thomas and Debbie Fraser
Bethann and JR Miller
October was an exciting and educational month for the Research Committee. The group visited the laboratories of Dr. Sharon Evans, PhD at the Roswell Cancer Center and Dr. John Schimenti, Ph.D. at Cornell University.

**Evans Laboratory**

The Roswell Cancer Center visit on October 20th was organized and informative. Our committee members met with grant recipient Dr. Sharon Evans, Ph.D. and Judith Epstein, Ph.D., Director of the Grants and Foundation Office. Attendees listened to a presentation by Dr. Evans concerning the grant-funded research progress. Committee members also met with the Roswell Park Cancer Institute research team:

- Amy Ku, PhD/MD
- Michelle Appenheimer, PhD
- Scott Abrams, PhD
- Tracey O’Connor, PhD
- Andrei Bakin, PhD
- Colin Powers, MD
- Daniel Fisher, PhD

Pertinent questions from committee members sparked discussion concerning the details of the research investigation and Dr. Evans' goals for the project. The visit ended with a tour of the Evans laboratory and research facility.

**Schimenti Laboratory**

At the Cornell lab visit on October 27th, our committee members were met by lab assistant and graduate student Nithya Kartha and Dr. John Schimenti, PhD. An informal presentation by Ms. Kartha followed, explaining her progress so far, her goals for the research, and the road ahead. Dr. Schimenti offered his feedback and provided a tour of the lab, where our group was able to see examples of Kartha’s work. We were also given a chance to view live breast cancer cells through the microscope, and were introduced to other graduate students in the lab working on ovarian cancer research.

These lab visits, conducted six months into each grant recipient’s research work, are a requirement of the Coalition’s Research Grant Initiative. They allow our committee a chance to listen to researchers, ask questions, and see the impressive facilities where the important work of breast cancer research is being done.

Please call (585) 473-8177 x307 or e-mail dominique@bccc.org for more information.
Outreach Coordinator’s Update

As I write this, the late October sun is working to burn off the night’s heavy dew. It was an early morning for me; I drove 40 minutes to talk with a local company’s dedicated employees who had raised money for the Coalition all month.

The days of these workers are full and often stressful. Most likely, each faces his or her own problems every day; perhaps they have a heavy heart for a family member or friend facing a health crisis or other challenge. Yet, they used their own time to create signs and flyers, organize spirit and team building events, become more knowledgeable about breast cancer, take part in office challenges, pay to wear jeans, design and wear pink T-shirts – all for us! They invested their hearts and their money into our local Coalition. As they said, “everyone knows someone” with breast cancer. Indeed.

It is an honor to thank these good people. It is exciting when someone calls to discuss a fundraising idea. It is satisfying to let people know how much even a small effort means to us and to the hundreds of people who need the Coalition’s programs and services each year. And it makes me so very proud to say with great assurance that their donation is welcome, valued, and will be used wisely to care for people in their communities facing the challenges of cancer.

It’s not just about “awareness”. It’s about people. All year long. And on behalf of the cancer survivors we serve every day, I offer my thanks and gratitude to all who support us so generously. ☸

For more information on how you can help, please contact us!

LOCAL OUTREACH
call (585) 473-8177 x304 or e-mail lori@bccr.org

REGIONAL OUTREACH,
call (585) 473-8177 x310 or e-mail tracy@bccr.org

Regional Outreach Director’s Update

My “New Year” started this past September 1st, marking one year of our regional outreach. We are well into year two now – in the middle of developing our 2017 regional educational seminar calendar, and getting ready for more sessions of Gentle Yoga in select cities and towns in the region.

Still, a new year is upon us, and I’m excited about new possibilities at our fingertips. In addition to Gentle Yoga, educational seminars, and a supportive networking group, what other Coalition programs can we bring to survivors living to the east, west, and south of Monroe County? What will make the greatest positive impact, and in which communities?

There isn’t always a clear answer, and that’s why we so deeply contemplate our regional efforts. Our Rochester model works so well locally, but what will work in a rural community or in a smaller town? What adjustments might we need to make for success? What collaborations can we create? These questions are why we make talking to survivors and community stakeholders a priority.

I grew up in a small village in Western New York. I understand that resources can be limited, but roots are deep. Tight-knit communities come together to care for survivors, helping out in any way they can. I believe there is room for our programs, too. It’s up to us to learn what is needed in each unique community, and then find the right way to deliver it. ☸

Attention Regional Survivors & Stakeholders! Call 585-473-8177 x310 or email tracy@bccr.org for more information on how you can help support our regional outreach.

Share the wealth, spread the word, become part of an effort that cannot be done without YOU!
Even while seeking support, Jean offered compassion and wisdom to others.

really valuable for me to be able to give back.” In fall 2011, she became a patient care technician at Rochester General Hospital. Then, in early 2012, she began training to become a phlebotomist. Jean was in her element, working with patients in a health care setting.

Winter rolled into spring, and in late June, Jean's doctor found two lumps in her right breast. Thankfully, both proved to be benign. But Jean was still unsettled. She called her oncologist and asked, “If a get a mastectomy and reconstruction, will I ever be able to know if the cancer came back?”

“Yes,” came the answer. “You'll be able to feel it on the skin surface.” Jean's mind was made up. She made her case to her doctors, who came to support her decision, and Jean had received radiation, the expander process was not working for her. Jean and her surgeon decided that latissimus dorsi flap reconstruction would produce a better result. (This procedure involves harvesting tissue from the back to create a breast mound.) The surgery was done in the midst of Jean's first semester and, due to her extended recovery, she took a leave of absence from the program. It would be a year before she could re-enroll.

In May of 2013, Jean found a lump on the skin of her reconstructed breast. On biopsy, it proved to be a recurrence of her breast cancer. The day Jean received this news happened to be her last day as a patient care tech; she was to begin the following week as a phlebotomist. “Nothing was going to interrupt my life again.” Jean was determined. And, once again, life had other plans.

Surgery was scheduled quickly at Jean's insistence and the lump was removed. But the cancer was found to have spread to the chest wall. The margin of healthy tissue around the cancer was too small for the surgeon's comfort, and Jean was not a candidate for more chemotherapy or radiation. More surgery was recommended.

“You've got to be kidding me,” was Jean's reaction to the prospect of yet another surgery. But she knew it was absolutely necessary. And because her cancer was fueled by estrogen, Jean also underwent a hysterectomy and oophorectomy three months later. By then, 2013 was drawing to a close. So, we hope, was Jean's long walk with breast cancer.

Jean is now a full-time caregiver for her aging father. Through her losses, her true self remains intact. "I've had all these parts of me taken. But the inside has gotten stronger because of it... No one can take my spirit away. It's just not possible because I've been through so much now and I use every bit of that experience.”

Whether caring for her father, giving and receiving support at the Coalition, or reaching out as a PALS mentor, Jean gives one hundred percent of herself to all she does. And we are one hundred percent grateful for the presence of Jean in our survivor community and in our hearts.
Healthy Survivorship continued

The Radiation Waiting Room  -By Susan Herron Sibbet

They bring us to this pastel room,
point to the lockers,
point to the dressing rooms.

It could almost be a gym,
only there’s a wheelchair, there’s Health News,
there’s a complicated flower jigsaw puzzle,
there are romance novels to borrow
in case you will be returning often.

We change into gowns that tie in the back;
some of us get to keep on our shirts,
some our pants;
we all wear shoes.

Those of us who have come so often
wait comfortably,
take care of the new ones,
offer answers, directions, suggestions.

Only we are careful not to say
how long we’ve been coming
or what we have or
what they’ve done
or are about to do.

A Beacon of Hope continued

And we listened. Kim was scheduled for a Breast Cancer 101 session,
matched with a PALS, a mentor, and became part of the Coalition’s
supportive community of survivors. “It’s great to be able to have the
experiences of other people here to help you,” Kim reflects. And her own
experience has had some measure of recompense. “I appreciate life in a
different way.”

In the summer of 2016, Kim and Mike were approached to be Honorary
Chairs of the ARTrageous affair, and Kim agreed, “…as long as I don’t have
to speak. Mike can do the speaking.” Then, in early September, the pair
vacationed in Colorado. As they were hiking one day, Kim started thinking.
She turned to Mike. “I need to do that speech, even though it scares the
daylight out of me. I need to do it.”

And Kim did it. She stood before the crowd at the ARTrageous Affair
with Mike behind her, supporting her with a steady hand. “When you receive
a diagnosis of breast cancer, you feel like you’ve been thrown adrift in a storm
and you don’t know which way to turn,” she said. “For me, the Breast Cancer
Coalition was a lighthouse, a beacon of safety.” She thanked the attendees for
their support and urged them to continue “…so we can keep the light shining
for others.”

First, Kim overcame cancer. Then she overcame her fears to speak at
the ARTrageous Affair. We are grateful for her gentle wisdom and her softly
shining light among us.

Wendy S. Harpham, M.D.  continued

gives me the best chance for timely
evaluation of serious problems. And
I’ve ended needless worry if the
minor symptom turns out to be due
to a minor problem, as it so often
does. Addressing minor symptoms
helps me live as fully as possible
today, tomorrow and every day.

*Wendy S. Harpham is a doctor of internal
medicine who writes a blog on Healthy
Survivorship. For more information, visit
www.wendyharpham.com. Her books are
available at many popular outlets and online.

We encourage you to visit
Dr. Harpham’s blog on Healthy
Survivorship, a space where
patients, families, and healthcare
professionals can exchange ideas
and work together to overcome
obstacles to getting good care and
living as fully as possible.

We are deeply grateful to Dr.
Harpham for her contribution to
this issue of our newsletter.
They’ve Done It Again!

How can we express the impact that these diligent fundraising friends have had on our programs? Each year, their well-oiled machines shine as they tackle the myriad of details involved in producing major fundraising events. At the helm of each of these groups is a dynamo of an individual, backed by a team of equally enthusiastic helpers. To one and all—truly inadequate THANK YOU!

Batavia Downs

The sun shone and a welcome breeze cooled humans and animals alike on a steamy Wednesday evening in August at Batavia Downs Racing Track and Casino. There was great food and laughter, good-natured rival betting, dramatic harness racing, a Silent Auction, and even a few triumphant winners!

Once again this year, we were warmly welcomed by the incredible staff at Batavia as well as our “hosts” Richard and Melisande Bianchi. This much-anticipated event provided a wonderful evening for all who attended and resulted in an incredible gift of $7,065.

Doug Phelps/Windjammers

With an infectious smile and a waggish sense of humor, Doug Phelps could (as my grandmother used to say) “sell ice to the eskimos”. Part ringleader, part cruise director, Doug seems to have the ability to motivate large numbers of people to rally around a cause. Lucky us— that cause is our own Breast Cancer Coalition! This sixth annual bowling event was hosted for the first time by Henrietta’s Bowl-a-Roll Lanes. The location change did not deter Doug’s army of friend volunteers from pulling off a festive fall afternoon. There were more, and more creative, auction items; abundant pizza, and a wealth of door prizes and an endless supply of energy and dedication. Many gathered at Windjammers on Lake Ave. in the evening for the best wings around and the presentation of a check for $5700. Well done, as always, dear Doug!

*S this year’s donation brings the “Bowl’s” total contribution to over $27,300.

Sodus Bay Heights Golf Club

Golfers at Sodus Bay Heights are treated to a postcard-worthy view and an ever-present lake breeze. Clearly that nurtures their philanthropic attitude! Each year, their breast cancer recognition tournament grows a bit under the guidance of Sharon Lilla, and we are deeply grateful that they have committed to keeping most of their donation local. A great day of sunshine, a cool breeze, delicious meal, creative raffles, good friends, good golf, and good humor resulted in this year’s stunning $10,359 gift to the Coalition.

Clifton Springs Golf Club

In another fine example of the power of golf to bring out the best in people, Clifton Springs Golf Club has again dedicated part their annual effort to the Coalition. This year super-organizer Sharleen MacIsaac was recovering from some foot surgery and secured the help of Linda Pearles to make the “Rally” an exciting evening of golf, dinner, fun, auctions, and PINK. In support of their sister survivors, the Club raised a donation of $3443 for the Coalition this year.

Cycle Stop

Cycle Stop is an iconic Henrietta family owned business, and the spirit of community giving is strong. In addition, Lindsay Schrieb’s own mom Judy is a proud breast cancer survivor. This year, for the ninth time, Lindsay again motivated dozens of fellow riders and area businesses to join her for a Ride day that featured some feisty weather conditions. The diehard cyclists ended their day with a gathering at the Moose Club to swap stories and dry out. Clearly not deterred by weather, the event raised $5750!

The ongoing effort of Leonard’s Express has taken their special pink painted trucks over many, many miles this year. This quarter’s donation of $1295 brings the 2016 total gift to greater than $5600!
Our Fundraising Friends

“Brewbies” Pub Crawl

Adrienne Schleigh rallied friends, family, and neighbors to join her in a lively October evening of exploring Fairport’s taverns. Specials at each location, raffles, and event T-shirts created by Crazy Dogs assured that all had a terrific evening. Held in their minds and hearts were two women who have been role models of strength and spirit throughout their breast cancer experiences; Pam Delp Polaschenski and Neoma DeCroce. The memory of Neoma and the ongoing journey of survivor Pam are indeed honored by the success of this effort and the generous donation of $2933.70.

You May as Well Laugh

Vinnie Paulino’s approach to life is one of raucous laughter whenever possible. The area comic is well known in our area, and often the ringmaster of local comedy events including Rochester Show Presents: a late night adult variety/comedy show. Vinnie had to dig deep for the humor in the months surrounding his mom’s breast cancer diagnosis this year. His response was an adults-only event on October 23 dubbed the “Breast Show on Earth” and proceeds benefitted the Coalition. We are proud to receive his donation of $600 in honor of his very special mom Barbara Pauline.

Unexpected Delightful Donations

- Bloomfield’s Nedloh Brewing has quickly taken its proper place in the area’s small brewery, local food, local hops, local music, local investment scene. Owners Nate and Josie Holden bring their youthful energy to everything the gorgeous facility undertakes. On a Friday whim, they held a fine Saturday celebration/recognition of breast cancer awareness month and survivors. Their hastily planned effort raised a generous gift of $525. Wow!

- Hosting a gathering of friends in her home, Amy Kircher held her own recognition of October’s awareness month. We were deeply touched when Amy quietly mailed a donation of $705.

- Kickin’ back in jeans on a Friday is a time-honored workplace way to raise charitable dollars. The staff of Underberg & Kessler in downtown Rochester enjoyed such a day this October and was pleased to offer the proceeds of their effort, $164, to the Coalition.

A Workplace Vision of Giving

- It must have been quite a sight at CooperVision work sites on Friday, October 21. In recognition of October’s breast cancer awareness month, a significant number of the 1100 employees paid $1 for the privilege of wearing pink. Thanks to a great display of rosy hues, CooperVision was proud to present the Coalition with a check for $800.

- October’s fundraising campaign at Henrietta’s Sage Rutty location culminated in an employee Lunch-n-Learn in late October. Throughout the month, a variety of activities served to educate and motivate employees and recognize workers who had faced the impact of a diagnosis within their family. Outreach Coordinator Lori Meath was pleased to speak with the group and honored to accept their donation of $708.75 to the Coalition.

- Upstate Vape once again dedicated a portion of the proceeds from all pink merchandise sold to the Coalition. We really appreciate the October effort on our behalf, which raised $585.

You May as Well Laugh

Vinnie Paulino

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Find more fundraising friends on page 31
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 September 30th will be included in the spring newsletter.)

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

### In Honor of:

**Holly Anderson**  
Maura Steed

**Sylvia Cappellino**  
Ann Mazzarella

**Chrysa S. Charno, PA**  
Ellen Taylor Bacon

**Janet Clark**  
James Waddington

**Mr. & Mrs. John Cook**  
Janet Salter

**Katelyn Dyer**  
Mr. & Mrs. Kevin McGuire

**Marlene & Greg Gargan 50th Wedding Anniversary**  
Peg Morris

**Wendy & Kevin Guifre Wedding**  
Jackie & Rick Howitt

**Shirley Isaac**  
Anne Lehman

**Diane Mazzarella**  
Ann Mazzarella

**Mary & Wes Micket 40th Wedding Anniversary**  
Joyce Wichie & Steve Berke

**Judy Rohrer**  
Ann Mazzarella

**Linda Tomarchio**  
Carol & Robert Menchel

**LuAnn Weinstein**  
Clarice Speier

### In Memory of:

**Linda Ashe**  
Christine Rodman

**Margaret Mary Cook**  
Janette Salter

**Margaret Mary Croghan**  
Kathleen Fierthaler

**Martin Cumming**  
Deanna Erwin

**Ruth D’Emanuele**  
Marcie Shapiro

**Catherine DiPasquale**  
Jordan Millner

**Patricia Niger Forest**  
Arlene & Robert Ball  
Helen Crown  
Linda & Gary Kircher

Joaanne Mudge  
Sherry Ralston  
Florence Shea

**Connie Genca**  
Linda & Gary Kircher

**Carol Henretta**  
Doreen & Edward MacDonald

**Kathleen Husband**  
Judy & David Ballerstein  
Betty & Preston Bortell  
Nancy Champlin  
Leslie Cohn  
Mary Ann Degroot  
Mary & Wendell Discher  
Maureen & Donald Galvin  
Marilyn Husband  
Mary Jean & Bob Keeler  
Shirley Munson  
Janet & John Salzer  
Elizabeth Thomsen  
Diane Van Lare

**Coleen Jones**  
Rob Jones

**Jon J. Kammerdiener**  
Peggy Yenson

**William W. Kane**  
Mary Ellen Kane

**Mary Kummerow**  
Carole & Tony Lipani  
Lauren & Rich Nathan

**Cathleen M. Lista**  
Delores Dentiino-Schum

**Patricia Mandina**  
Ann Mazzarella

**George Natale**  
Ann Marie Abbamonte  
Gina Amico  
Linda & Rich Amico  
Mary Ann Benincasa  
Shelley & Jeffrey Bierworth  
Michael Cagnina  
Elizabeth & Frank Carnevale  
Cheryl & Dave Chivaros  
Ethel & Bill Farash  
Carolyn & James Innsalaco  
Carla & William Kraemer  
Mark & Bunny Mazziocchetti  
Bob Morgan  
Paula Niger  
Emily & Joe Petronio  
Judith Rossi  
Town of Irondequoit Staff  
Terri & Joe Tarmino  
Mary Watler

**Fran Norman**  
Linda Gaylord

Vince & Marie Russo

**Phil Oloverd**  
Linda & Richard Cooper

**Sallie Parsons**  
Mildred Brady  
Phyllis Connelly  
Sally Dickerson  
Greece Athena Sunshine Club  
Tes Hornberger  
Sue Hulbert  
Molly & Rich Ives  
Jackie & Del Jandrew  
Rita & Gene Johnson  
Lakeview Garden Club  
Barbara Lindenmuth  
Dorothy Lindsay  
Barbara & Rob Noble  
Phillips & Pearson Families  
Ann & Bob Riemer  
Marianne Sargent  
Judy & Chuck Schindler  
Kathy Wurzer  
Carol Zollweg

**Terri Schmitt**  
Timothy & Jessica Deckman  
Jane & John Schmitt

**Elizabeth Smith**  
Gale Vanniel

### Third Quarter Donors

Scott Adair  
Linda Alex  
All Jacked Up, Inc.  
Deb Allen  
Grace Allen  
Shane Allen - *94.1 The Zone*  
Ally Financial Inc. Community Relations  
Catherine Ambler  
Kary & Ned Amyot  
Jane Anderson  
Anonymous  
Ashley Engraving - *Ann Marie Lipari*  
Bajorek Agency Inc.  
Jennifer Bastian  
Anna Bauer  
Patty & Mike Bollohusen  
Joyce Wichie & Steve Berke  
Eric Bieber  
Mary & Charles Bisuito  
Blue Heron Golf Club - *Tom Mayberry*  
Jodi Bodine  
Cheryl Bovard  
Sandra Braverman  
John & Amy Brawdy-Cardo  
Dawn Breen  
Dawn Brown  
Mabel Brown  
Meghan Bucci
Julianne Buenting
Robin Bullock
Carolyn Burke
Roberta Buttino
Nancy Caccamise
Joan & Quentin Call
Jo Ann Campbell
Marcia Campbell, DVM
Campers at Sun Valley
Mary Carafos
Dmitry Chuprun, MD
Heather Ann Clemens
Clifton Springs Country Club
Mary Conlon
Emily & Ben Cummings
Debra Ellen Curtis
Cycle Stop, Inc.
Heather Dale
Pat D'Ambrosia
Bill Darcel
Dorothy Dattilo
Lori Davis
Demay Labor
Josephine Digregorio
Karen DiMarco
Heather Doyle-Faticone
Kevin Koby & Luba Drouin
Jane & Ken Duke
Margaret Dunn
Dunn Management Group, Inc.
Dynalec Corporation
Carol & Michael Eagan
Dianne Edgar
Linda & Jon Edinger
Emcor Services - Bethlehem Service Corp.
Martha Erhardt
Kathleen & Joseph Errigo
EZ Bottle and Can Retrieval Center
Marilyn Falzone - Blue Heron Hills
Rally For The Cure
Lisa & Joe Fiorie
Mary Ann Fitzgerald
Maggie & Ken Flynn
Nikki & Steve Fornarola
Barbara Fox
Frederico Wrecking Company
Snjezana Fulton
Kimberly Gardiner
Marsha Gardner
Brenda Garlock
Geneseo Rowing Club
H. Claire Gladwell
Mary Ann Graus
Bonnie Guon
Kathryn Haers
Pat & Jim Hancock
Joyce & Warren Heilbronnner
Victoria Hines
Kathryn Hoekelman-Wissler
Laurel Hoskins
Beverly House
Howe & Rusling, Inc. - Marie & Vince Russo
Norah Howland
Carol Hubbard
Noreen Incavo
Betsy Indivino
Eileen Jachles
Elizabeth Jackson
Sondra Jenis
Mark Schrader & Jennifer Bowen
Jerry's Auto Sales & Service, Inc.
Johnson Fruit Farms
Sandra Karpen
Tara Kavanagh
Margaret Kavesh
Joanne Kelsey
William and Sheila Konar Foundation
Josephine Kress
Harriet Kurz
Jean Landischoot
Kathleen Larson
Donna Laundry
Marcy & Chuck Lazio
Deborah Lazio
Carole Lee
Leonard's Express
Lessord Chrysler Products, Inc.
Letchworth Pines
Donna Liebentritt
Sharon Lilla
Frances Lombardini
Sharlene Maclsaac
Paula Martin
Kathryn McBride
Midstate Bakery - Chuck Lazio & Dan Camelo
Midvale Golf & Country Club
Midvale Womans Association
Amy Miller
Lucy & Leonard Miraglia
Ruth Mixon
Mary Muench
Nagendra Nadaraja, MD
Nesbitt & Williams
Jennifer Nichiporuk
Carole Oaks
Avice O’Connell, MD
Olenga LLC
Christine Optis
Elizabeth Osta
Joanne Paladinino
Joyce Paley
Joanne Palmatier
Kirsten Palmeri
Margaret & Michael Paradise
Parkside Diner
Mary & Ed Parrone
Linda Pearles
Dorothy Pecoraro
Lori Peloquin
Kathy Pierce
Elizabeth Pindi
Betty Podleshe
Cathy Post
Angelo & Agatha Prestigiacomo
Lisbeth Rank
Reliant Community Federal CU
Joan Rhodes
Margaret Rider
Paula Roberts
Marla Russo
Hedria & Bob Saltzman
Teresie Schmidt
Frederick Schneider
Thomas Schul
Jean Scott
Carolyn Sheild
Susan Short
Nicole Simonetti
Judy Sinclair
Louise Slaughter
Joanne Sortino
Juleen Squires
Janet Stadt
Donna Stein
Mary Stevens
Todd Stevens, Jr.
Kim Stolp
Nancy Streaker
Sylvan Learning Center
Lauren Tappel
Karen Taylor
Marianne & Douglas Taylor
The Benevity Community Impact Fund
Jacqueline Thompson
Thrift Stores - Scott Peters
Treatment for your Panes - Debbie Williamson
Trillium Health - Meg Russell
Lori & Dave Uhazie
Shelley Usatynski
Sam Valeriani
Kitty VanBortel Dealer of the Year
Vance Family Reunion
Nan Vanee
Debra & Joseph Vater
Mary Lynn Vickers
Vision Automotive Group
Mary Wadsworth
Walworth Animal Hospital
Lisa Wasson
Joan & Ronald Weetman
Joyce Wegener
Robert Weichbrodt
Stephanie Wilcox
Amy Wildhack
Martha Winsor
Kathy & Richard Wissler
Karen Wozniak
Denise Wren
Gail Yander
Dr. Wende W. Young
Beverly Zimber

Gifts in Kind:
Cheryl Bovard
Tracy Brown
Kelley Colangelo
Shirley Cox
CWT - Paula Richardson
Lori Davis
Kathy Lindsley
Veronica Miller
Saint Marianne Cope
Parish Prayer Shawl Ministry Team
Emily Stauring
All events unless otherwise noted are at:
The Breast Cancer Coalition of Rochester
1048 University Avenue

Questions?
Contact the Coalition at (585) 473-8177 or email info@bccr.org
THE COALITION’S CURRENT WISH LIST

- **A cure for breast cancer**
- **Books:** about breast, gynecological, prostate or testicular cancers and lymphedema for women, men, children, families (2010 or later)
- **Office supplies:** copy paper (white, 8½ x 11), white notepads (plain-Staples or Office Max), Post-It notes, mechanical pencils with erasers
- **Batteries** (D and AA)
- **Beverage pitchers, kitchen/dish towels** (neutral colors)
- **Cleaning & storage:** plastic or glass food storage containers, zip-style storage bags (quart & gallon), cold beverages, small and medium plates (no Styrofoam products), unscented tissues
- **Journals**
- **Individually wrapped “Gin-gins”** Hard ginger candies
- **Sleeping masks** (unscented or lavender scented)
- **Herbal or green teas** in unopened containers or boxes (No loose tea please)
- **Unscented laundry detergent, unscented dryer sheets**
- **Hand-held tally counters** (4 needed)
- **Jars**
- **Matching LG washer/dryer** (contact the Coalition for specs)
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- **Unscented laundry detergent, unscented dryer sheets**
- **Hand-held tally counters** (4 needed)
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Our Fundraising Friends

**Beyond the Education Basics**

- **Brooks Hill Elementary School**
  Staff once again delighted their students by displaying a dazzling array of pink hair extensions and highlights in honor of their third annual “Think Pink” fundraiser. Organizer Patty Scarlata enlisted the help of Jennifer Orcutt and Cheryl Hardenbreck of Chateau Hair Designs (who donated their services!) for the highlighting as well as staffers Heather Strack and Lori Seidel who deftly added the pink locks. Patty’s own mom, Mary D’Angelo, was one of the Coalition’s earliest members. Thanks to Brooks Hill for their gift of $600.

- **Livingston Blue Squirts**
  Their designation is “squirt”. These are the 10 and under youth hockey players of Geneseo Youth Hockey. But on and off the ice, they are small forces to be reckoned with! The Blues dedicated their match against a Rochester squirt team to Breast Cancer awareness and donated a wonderful $350 to the Coalition.

- **VSAAC/UR Football Homecoming Weekend**
  The Varsity Student Athlete Advisory Committee (VSAAC) of the University of Rochester is comprised of two reps from each of the school’s 21 athletic teams. In honor of Meliora Weekend the group coordinated several philanthropic efforts including fall basket raffles to benefit the Breast Cancer Coalition. With the campus filled to overflowing with students’ families, the raffle was an overwhelming success, raising $1089!

- **Pink in the Field Soccer**
  Churchville-Chili Youth Soccer’s U12 team under the guidance of Scott Cullen has honored October’s breast cancer recognition month with their third annual “Pink in the Field” tournament. The young women played under sunny autumn skies, wrapping up their season and gathering a $667 donation for the Coalition!
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.

SUNDAY, MAY 14, 2017 GENESEE VALLEY PARK

REGISTER TODAY!