On Wednesday, April 5, the Coalition held an Award Ceremony to honor the recipients of a $50,000 breast cancer research grant and our first $25,000 pre/post-doctoral grant, fulfilling the 2016-17 goals of our Breast Cancer Research Initiative. Elizabeth A. Repasky, PhD., Professor of Oncology at Roswell Park Institute received a grant to study chronic stress in the promotion of tumor progression in breast cancer. Michael J. Lukey, Post-Doctoral Trainee in the Department of Molecular Medicine at Cornell University, received funding to identify the impact of specific enzymes in the improvement of outcomes in triple negative breast cancer.

At the end of last year, the Coalition received ten proposals from Cornell University, Syracuse University, The University at Buffalo, Roswell Park Cancer Institute and Roswell Park Alliance Foundation. The Committee did not receive proposals from the University of Rochester. The proposals were distributed to the Research Advisory Board, a team comprised of medical and research professionals as well as breast cancer professionals.
That’s how it feels to many of us following a diagnosis of breast cancer … any cancer, really. We’ve seen it time and time again at the Coalition. The realization that, “if I could get cancer, anyone could get cancer.”

Awake: to arouse from sleep or a sleeplike state

We begin to notice things we may not have paid attention to before. Things we eat. The quality of our sleep. What we lather on our heads or on our faces. What we put on our lawns. What we do to our food - our meat, our chicken, our plants - all for bigger, better, more productive crops. What we add to everything. We think about what might be lurking in our water and in the particulate of the air we breathe. Cancer does that to us. It can cause us to question everything we knew or thought we knew. Cancer wakes people up.

Awake: to make active; to stir up

It has been eighteen years since I was diagnosed with breast cancer, yet I still question the circumstances that resulted in my own Stage III disease. I remember asking each of my physicians what they thought may have caused my breast cancer. After all, I was 40 years old, physically fit, primarily vegetarian, and in perfect health otherwise. “We don’t know,” was the response more often than not, but each of those trusted physicians played along and theorized with me what may have gone wrong.

Awake: to become conscious or aware of something

A phrase I heard a lot in those days was “genetics loads the gun but environment pulls the trigger.” My doctors carefully explained that, in my case, “genetics” wasn’t referring to an inherited gene mutation passed from family member to family member but, rather, the misfiring of the genes in general. It was a lot to take in. There was general consensus that environment, in whatever way, likely played a role.

What I found in the Founders of the Breast Cancer Coalition was a group of awakened women. Many have since died of their disease. Their widowers and children and mothers and fathers have taken up their swords and shields. More than anything, they want to be sure the women - and men - left behind do not face the same fate.

The Coalition is about support and education, yes. It’s about a path back to wellness, too. But we also spearhead exciting advocacy and research initiatives. Our vibrantly awake Advocacy and Research Committees extend an invitation to you. Please reach out to us and find out more about our upcoming Meet & Greets for these crucial committees. We welcome you!
She could have allowed cancer to unravel her life. But she didn’t. Instead, Jennifer Ulrich, a retired professional organizer, took a proactive stance. Having lost her mother to ovarian cancer and her father to prostate cancer, Jen, as she prefers to be called, has learned to take charge of the factors under her control. Although genetic testing did not reveal a familial connection to either of her parents’ diagnoses, she has long been conscientious about arranging checkups with her gynecologist and annual mammograms. In the fall of 2015, Jen elected to undergo an oophorectomy – removal of the ovaries – as a preventive measure. “I just felt this was a good strategy,” she shares. Her mammogram was scheduled one week afterward.

Due to her very dense breast tissue, Jen was used to frequent call-backs after her mammograms for additional imaging, as well as the occasional biopsy. All had turned out to be no cause for alarm. So when a biopsy was performed after her 2015 mammogram, Jen took it in stride. When she asked her radiologist whether this new finding – and another area of concern that was discovered in the process - were suspicious for cancer, her answer was affirmative. Two days later, the diagnosis was confirmed: both areas of suspicion proved to be cancerous. “I was not the least bit surprised,” Jen notes.

Her primary care doctor referred her to a surgeon, and Jen was soon scheduled for a mastectomy to take place five weeks later. “I felt like a deer in the headlights,” she recalls. “What I wanted was to have the surgery as soon as possible.” A week before her procedure, while leafing through the printed information she received at her surgeon’s office, Jen discovered a Coalition brochure; she quickly called and scheduled a BC101* session. “I wish I’d done it so much earlier,” she recalls. “Holly (Anderson) is perfect in her job. There were no questions I could have asked that she hadn’t already experienced or researched herself. That was very helpful as I was leading into the surgery phase.”

The long days of waiting finally passed, and Jen’s surgery was performed in January of 2016. About two weeks later, she walked into her first Brown Bag* session and has been a regular attendee ever since.

Chemotherapy was the next step in her treatment, and when the time was imminent for Jen to lose her hair, she took action. “I made an appointment with my hairdresser, who was just wonderful. She kept the shop open after work and buzzed my hair,” Jen recalls with a smile. Some friends had accompanied her. “We laughed through the whole thing and took pictures. I couldn’t control the cancer and I couldn’t control the chemo and the side effects, but I could control when I lost my hair.”

With her newly shorn head, Jen had fun with hats. “My favorite hat was my straw fedora. I loved that one,” she grins. “That made the experience less painful. People didn’t know I didn’t have any hair, but they saw that straw fedora and commented on it. A little girl came up to me one day in the store and said ‘That’s a neat hat!’”

Jen’s first three chemotherapy treatments went fairly uneventfully. After the fourth one, her blood counts dropped to risky levels and she was hospitalized. Upon her release, she was ready to begin a new regimen: twelve weekly treatments with a different chemotherapy drug. This was in the plan from the beginning and wasn’t a result of her hospitalization.

Recalling her chemotherapy days, Jen has high praise for the nurses at her treatment center. “They went over and above their clinical expertise, which was amazing in itself,” she marvels. “They knew all the tricks, all the techniques, all the out-of-the-box thinking to get you through the side effects. If I had questions or problems, they had three or four suggestions.” Jen came to view her chemo days as “spa days”, in which she was surrounded with care and attention.

With eleven of the twelve treatments behind her, Jen was again hospitalized; this time with a case of pneumonitis. When testing revealed that an allergic reaction to her chemotherapy drug was the likely cause...
The Advocacy Committee has been closely following the new administration and watching how things have been unfolding as they relate to healthcare and research. Many of the organizations that we regularly monitor such as Breast Cancer Action and the Environmental Working Group have been somewhat quiet in their advocacy efforts while waiting to see what happens in Washington, D.C. over the next few months.

Locally, our committee continues to follow the Medical Marijuana legislation and how it is benefiting patients in Rochester. We were very pleased to hear that Columbia Care, a medical marijuana dispensary that has four locations throughout New York State, including Rochester, will be adding home delivery to their services. This will make it easier for qualifying patients to have access to the medicine.

Another item on our agenda has been gearing up for the National Breast Cancer Coalition’s 2017 Advocate Leadership Summit, which will take place from May 20th through the 23rd in Washington, D.C. This year, seven Advocacy Committee members will be traveling to D.C. for the event and we’re all very excited to meet other advocates from across the country and learn new skills.

The Summit will be filled with speakers addressing a wide range of topics, skill building, message training, and strategic planning. May 23, 2017 will once again be a Lobby Day on Capitol Hill.

Some highlights of the 2017 Advocate Leadership Summit will be ways to:
- Network with the most highly-committed and motivated group of leaders ever assembled in the world of breast cancer;
- Interact with scientists, thought leaders, innovators and visionaries in small, intimate groups;
- Get dynamic, world-class, advanced leadership training;

On January 8th, some of our committee members attended a screening of *Eating You Alive*, a documentary highlighting many of the reasons why so many Americans suffer from chronic illnesses and what we can do about it. The makers of this film present a strong case that a whole-food, plant-based diet can not only prevent but reverse a number of diseases. It also addresses the environmental impact of our food industry and states that we could cut our carbon footprint by 55% by eating a plant based diet. And the movie scrutinizes the inhumane treatment of animals that are raised for food.

Regardless of who you are or what type of diet you consume, the take-home message of this film is that we can all benefit from eating our vegetables and, ideally, making them the focal point of our meals. And that’s something that can be incorporated into individual lifestyles in a number of ways.

After our Advocacy Committee meeting on February 1st, we watched *Forks Over Knives*, a film claiming that most and possibly all chronic diseases can be controlled or, in some cases, reversed by not eating animal products and processed foods. The main story lines follow the lives of Dr. T. Colin Campbell, and Dr. Caldwell Esselstyn, both pioneers in research. Dr. Campbell is a nutrition scientist at Cornell University and Dr. Esselstyn is the top surgeon and head of the Breast Cancer Task force at the Cleveland clinic. Their research led them both to the same conclusion: diseases like heart disease, diabetes 2, and

**Become An Advocate!** Attend an Advocacy Committee meeting, held the first Wednesday of each month.
**Advocacy Updates**

**Advocacy Chair Update continued**

- Hear about research on prevention and breast cancer metastasis as well as on cutting-edge topics in the areas of systems change and health care delivery;
- Understand the Administration and Congress in preparation for Lobby Day;
- Learn best practices from other leaders who are implementing their state and individual action plans.

We’re looking forward to sharing the information we learned once we get back! 

---

**Movie Night continued**

even some forms of cancer could be prevented, and possibly reversed, with a plant based whole foods diet.

The film features several people who had chronic disease, and their journey of healing through this recommended diet. This film was very informative and thought-provoking, and it has changed many people’s way of living.

Thomas Edison said, “The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of the disease.”

Both films were informative in different ways. Both address the nutritional component of disease and the healing process. And both are intended to make you carefully consider your nutrition and the dietary changes you may – or may not – want to make.

---

**A Personal Journey continued**

of her condition, her last treatment was canceled. Steroids were helpful in soothing Jen’s irritated lungs, and the road to recovery from this condition was a slow but steady uphill climb.

Shortly after chemo ended, Jen began daily radiation treatments. “I didn’t really mind it all that much,” she recalls. “It was very brief – in and out in about half an hour total.” By the time six weeks of radiation ended, autumn was just around the corner. “I had a really wonderful fall,” Jen recalls, although she does admit that her high energy level was due to the steroids she was taking for a few months. When this therapy was finished, Jen shares, “What I experienced was a little bit of a letdown. My energy level decreased.” But with minor adjustments, she has found that that “…it’s totally manageable.”

“I’m in the process of trying to get more informed about myself,” Jen continues. “I just started taking the Mindfulness course here at the Coalition and I like it. It’s tough for me. I’m an action person. That mindfulness is a tricky thing but I’m working on it. I woke up fairly early today, I really escape into the colors, into the project, and into thoughts of who it’s going to be for.” A long-time participant in an initiative of the Webster Quilt Guild that provides handmade quilts for our PALS* paks, Jen also produces her own quilts, giving most of them away to her fellow survivors or others who may be in need of a tangible reminder that someone cares. “That’s how I channel my energies now,” she notes. “If I’m having a down day and I can get myself to my sewing room, I quickly pick up energy. I get into the project, and in the end, I always feel better. It just feeds my spirit.”

As Jen carries on, piecing together her life after cancer, we at the Coalition are grateful for her continued presence. In addition to sharing her unique perspective and profound wisdom at the Brown Bag table, she recently completed her PALS Mentor training and looks forward to extending her compassionate listening ear to those who are beginning their own walk with breast cancer. “Coming to the Coalition has really helped me stay connected and to be grateful; to look at stories of people who are long time survivors, who are putting their life to productive use for others, who are giving back – that’s the focus for me.”

---

“I felt like a deer in the headlights,”

Jen recalls.

---

*See pages10-11 for more information about BC101, Brown Bag, PALS, and all our support programs.
Holly Popiwny, an active member of the Coalition’s young survivor community, is a frequent flyer at our quarterly Young Survivor Soirees, our Common Ground gatherings, and a cheerful volunteer for our organization in a number of different capacities. She has been living with metastatic breast cancer since she was diagnosed with the disease in 2009 at the age of 41. Since that time, Holly has gone on to mentor others newly diagnosed with advanced disease, lending her compassionate listening ear, offering her experience as a guidepost, and opening the door to the larger support community that exists within the Coalition for those facing this lifelong journey.

Despite her young age, Holly is truly a long-time breast cancer survivor. In 1992, she was just 24 years old when she was first diagnosed with early-stage disease. A 2004 recurrence of her cancer was disconcerting, but did not prove to be metastatic. And since she found she is living with advanced breast cancer, she has continued to forge onward.

A first glance at Holly does not reveal the slightest clue that she is living with cancer. Going a little deeper, you will realize you’re in the presence of a warm, ebullient young woman; still no sign of someone who is facing ongoing treatment to check the spread of a lifelong, chronic disease. And that’s the way Holly prefers it to be. Although she will openly discuss her situation, she does not let her diagnosis define her.

Holly agreed to answer a few questions for our community of readers about living with advanced breast cancer, and what that means for her.

**Pat:** What have you learned along the way since your diagnosis?

**Holly:** I have learned that we need less awareness about breast cancer and more research. Too many women are dying of this disease.

**Pat:** Who has been there for you through this?

**Holly:** I have a very supportive circle of family, friends and support group friends. I also have the unconditional support of my four legged fur baby - my adorable little peekapoo, Nicky.

Continued on next page
Applying for Social Security Disability if You Have Breast Cancer
-From Deanna Power, Director of Community Outreach, Social Security Disability Benefits Help

If you have been diagnosed with breast cancer, it may eventually become impossible for you to continue working due to your treatments or complications. Or it may have happened already. The resulting lack of income adds financial worries to an already-stressful situation.

The Social Security Administration (SSA) pays monthly benefits to those with a disabling impairment. Women and men with breast cancer could qualify as long as their condition meets a listing in the Blue Book, the official SSA publication of disabilities, or are able to prove that they are too disabled to maintain gainful employment.

Meeting a Blue Book Listing
Breast cancer is referenced in Blue Book listing 13.10: Cancer--Breast. To qualify, you will need medical evidence showing that you meet one of the following criteria:
- You have small-cell carcinoma
- The cancer has metastasized to the chest, skin, or internal mammary nodes
- The cancer has extended past the collarbone and / or reached a minimum of 10 “auxiliary” (underarm) nodes
- The cancer returns despite treatment. Usually three months’ prescribed chemotherapy or radiation qualifies.

Sarcoma of the breast appears in Blue Book Listing 13.04. This rare cancer affects the connective tissue within the breast. If tests confirm that it has spread locally or continues to recur after antineoplastic therapy, the applicant will generally be approved for benefits.

Keep in mind that the Blue Book was written for medical professionals, so you may need to review its listings to determine if you medically qualify.

The Compassionate Allowances Program
Certain types of cancer qualify disability applicants for the Compassionate Allowances Program, which is intended to reduce the amount of time you have to wait for approval. Applicable conditions tend to be severe or advanced, so the review and approval process is completed in a matter of days instead of months.

You may qualify for a Compassionate Allowance if:
- Your breast cancer has reached Stage IV OR
- The cancer is inoperable OR
- The cancer is inflammatory (IBC)

You will not need to fill out any additional paperwork to qualify for a Compassionate Allowance. If you meet one of the above conditions, your claim should be processed in as little as two weeks. This unfortunately does not mean that you’ll receive benefits early, but your claim will not take 2+ years to process. The earliest that you can actually receive a payment is five months after you apply.

Medical Vocational Allowances
Even if your type or stage of breast cancer doesn’t meet any of the listed Blue Book conditions, you can still potentially qualify for benefits under a medical vocational allowance. A medical vocational allowance is where the SSA acknowledges you cannot work even without meeting its medical criteria. Your best chance of qualifying for a medical vocational allowance is by asking

Holly Popiwny continued

Pat: What aspect of living with metastatic breast cancer has been particularly challenging for you?
Holly: The most challenging part for me has been the support group friends that I have lost along the way. I have met some of the most inspiring women on this journey and it’s very hard when we lose someone.

Pat: Have you discovered unexpected gifts on this journey?
Holly: Yes! Again I will go back to my support group friends. I never expected to form such strong friendships and would not be where I am today without them.

Pat: What would you say to someone newly diagnosed with advanced breast cancer?
Holly: I would let them know that it’s a roller coaster of a ride. There will be black clouds but also sunny skies. It takes time but it’s all about getting used to a “new normal”.

Despite the fact that Holly’s life has taken some early and unexpected detours, she has let her inner light shine brightly into her world, and into the Coalition’s survivor community, and we are all better for it. 

Continued on page 18
Cancer-related cognitive impairment can be caused by a number of factors. It affects memory, executive function, attention, and processing speed and, according to the authors of a recent study conducted at the University of Rochester and published by the American Society of Clinical Oncologists in late 2016, more commonly occurs in those who have been treated with chemotherapy; hence, the term, “chemobrain”. Michelle Janelins, Ph.D. and a number of her UR colleagues designed and carried out a nationwide, multicenter study to examine the effects of chemotherapy on cognitive function in female breast cancer patients while addressing the limitations of previous studies with similar goals.

The findings of this study – the largest to date on this issue - came as no surprise to members of our survivor community. Of 581 breast cancer patients who had just completed chemotherapy, 45.2% reported cognitive decline on an assessment tool called the Functional Assessment of Cancer Therapy – Cognitive Function (FACT-Cog), compared with their pre-chemotherapy scores. 10.4% of the 364 age-matched control group members who had never been diagnosed with cancer had similar declines. Six months later, 36.5% of the cancer patients and 13.6% of the controls had FACT-Cog scores significantly below their initial assessments. It should be noted that the majority of those undergoing chemotherapy - 54.8% - reported no cognitive decline, and many who did experience symptoms were minimally affected.

Not all who are diagnosed with breast cancer will be recommended for chemotherapy. The decision rests between patient and doctor, taking into account the unique characteristics of each case. For example, factors such as the stage of disease, hormone receptor status, and HER2 status are considered. The primary concern is the survival value of chemotherapy for the individual, which, in many cases, can be considerable. A fully informed decision takes a look at the big picture, and when chemotherapy is recommended, it is in the best long-term interest of the patient.

Survivors regularly gather at the Coalition to share their experiences. It’s safe to say they are universally grateful to be alive. Still, some have noticed changes in the way their minds work; among these, some have undergone chemotherapy. When we asked members of our facebook community to share their post-chemotherapy cognitive experiences, we received a number of responses.

“A few months after I returned to work, we were in a meeting and a discussion started about the change to a tradename that had recently occurred,” wrote Barb Klube-Falso, who completed chemotherapy about two years ago. “I leaned over to my director and asked if he knew about this change. He looked at me with a look of shock - and probably concern - and said, ‘Yes, Barb, you did it when you returned to work. Don’t you remember?’ I had no recollection of the project. I had to go back through my emails, notes and binders and piece it all together. I still don’t remember it.”

Barb also recalled a time when she left her belongings in a locker at the YMCA before her workout. “A few hours later, I returned, and I literally had no idea where my clothes were… If I could blank out on where my gym bag was, what else could I forget? From that point forward, I learned to write everything down.”

June Weltzer-Frosino, a five-year-survivor, also shared her experience. “I’m a singer and I need to be able to remember lyrics to songs - both in English and
Karen Miltner, Volunteer Coordinator for the Smith Center for the Arts and former food writer for the Rochester Democrat and Chronicle, certainly isn’t defined by her diagnosis of endometrial cancer. But facing the disease and its aftermath has opened new vistas for her and, ultimately, for many in the Rochester community. She founded and facilitates the Lymphedema Awareness Network of Rochester (LANROC)*, a support/networking and educational group that meets monthly at the Coalition. Karen recently sat down with me to share her experiences.

**Pat:** Let’s start at the beginning. When were you diagnosed and what was your diagnosis?

**Karen:** I was diagnosed in the spring of 2012 with grade I, stage I endometrial cancer. My gynecologist called it garden-variety endometrial cancer. It’s the most common type and, as you may know, endometrial cancer is the most common gynecological cancer.

**Pat:** Where were you in your life when this happened?

**Karen:** I felt I was at the top of my world. Work was going well, I had been married about eight months earlier, I had a small catering business on the side that was doing really well, I was riding my bike regularly. I was in great health. I had no idea.

**Pat:** What was your first clue that something was not right?

**Karen:** My body was giving me some clues, but at 48 years old, I figured it was perimenopause. My periods had started to space out a little, but I was getting a lot more bleeding and passing big clots. That was one clue. And I had what I now realize was spotting, but I didn’t think anything of it. Another clue was a strange discharge, but I didn’t think much about that either. And intercourse was a little bit painful too.

When I went to my gynecologist, I credit her for being very astute. I had spotting that day and she said “This doesn’t look like anything, but let’s schedule an endometrial biopsy just in case.” Before that appointment came to be, the results of my pap smear came back. In rare instances, and mine was such an instance, it will pick up some abnormal cells from the endometrium. My gynecologist called me and said, “I’m going to go ahead and schedule a D&C.” I asked, “What could this be?” And she said “It could be endometrial cancer.” I’m like “What ELSE could it be?” and she said, “I don’t know.”

A couple days after my D&C, my diagnosis was confirmed. My gynecologist assured me that this is, for the most part, a very treatable cancer. But they don’t know at that point if it’s penetrated into the muscle or gone to lymph nodes, so there was a fair amount of anxiety.

I got in to see a gynecologic oncologist very quickly. Her standard procedure is a full hysterectomy and to take out some lymph nodes as well. My surgery was done laparoscopically, and I have to say it really was no big deal in the bigger scheme of things. Obviously, I didn’t feel good for a few weeks. A week-and-a-half, maybe two weeks after the surgery, I went back to the oncologist for the pathology report. That was a very happy day because they determined it was stage IA; there was nothing left behind and I got a pass from radiation and chemo. Huge relief!

Then it was clear sailing. I was thrown into instant menopause and honestly, even that has been very easy - some hot flashes, nothing bad. I don’t think my moods were affected. My husband jokes I’m as grumpy as ever. So the cancer part of the whole story went very well. There was a lot of fear and anxiety in the beginning, but once I got through the surgery, I did have a concept that I would be alright.

In retrospect, I think people should know what signs and symptoms they might want to watch for. And I think the question “Do you know what the possible symptoms of a GYN cancer might be?” should be part of the conversation between doctors and patients.

*Continued on page 18*
This ground-breaking program provides information, support, and empowerment for those taking aromatase inhibitors who are experiencing the side effect of joint pain. Our first session is underway and is proving to be a great success! Please look for a registration email for our next session, which will be held on the following dates:

Thursdays, June 8, 15, 22 and July 20, 2017 at 5:30 - 7:00pm

For more information, please contact Coalition Program Co-Directors Jennifer Gaylord or Beth Miller at jennifer@bccr.org or beth@bccr.org or by calling 585-473-8177.

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 or with Siobhan LeGros on Thursday afternoons.

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.

Surviving & Thriving on Aromatase Inhibitors

This 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, June 16. 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.
At the Coalition, we’re all about forging connections. Survivors meet other survivors at our networking groups - Brown Bag and our evening support/networking groups – as well as through healing arts classes, Voices and Vision, out Book Club, and volunteering for our fundraising and community events. A true sense of community develops among those who have been diagnosed with breast and gynecologic cancers, encompassing all ages, all stages, and all forms of the disease. How does PALS fit into this picture?

PALS connections look a bit different from the informal connections that naturally develop when groups of survivors gather. In truth, both formal and informal networking is central to the Coalition’s mission, and both are strongly encouraged. In PALS, we carefully match mentors to those newly diagnosed or in treatment. Our mentors serve as compassionate listeners and role models for their mentees. They are knowledgeable about resources available within the Coalition and the community at large. They provide a safe, confidential space for those newly diagnosed or in treatment to work through difficult emotions. And they have the Coalition standing behind them as they perform these roles.

These are just some of the reasons why our mentors are carefully trained. And we treasure this group of survivors. They may wish to mentor for altruistic reasons, but they do, in fact, gain a great deal from helping others along the way.

Our latest mentor training session was held on January 28, 2017, and we welcomed thirteen newly trained mentors into our fold. They represent a wealth of experience, and offer their hard-won wisdom to those who have unwillingly set out on their own walk with breast cancer.

A hearty welcome to our new trainees and deep gratitude to all our mentors!
At the Coalition, we often talk about the fact that each of us is an individual. We cannot look to statistics and generalities when we consider our diagnosis and treatment choices. Those outside of the world of breast cancer may sometimes lump all breast cancer survivors together in the same group, but we know that this is not the case. My estrogen-receptor positive invasive ductal carcinoma is not my co-worker’s triple negative cancer. My surgical choice was based on my preferences, the size of my tumor, my openness to receiving radiation, and frankly, what would let me sleep at night. Someone else in my situation could quite likely have made different choices. And they would be good choices. Luckily, with our amazing oncology medical care here in Rochester, the professionals see us as individuals and treat each of our particular breast or gynecologic cancer in a very specific, individualized way, tailored to the facts of our situation and our individual needs.

Because we are all individuals, each of us has varying support needs after a cancer diagnosis. The Coalition strives to meet these individualized needs with diverse program offerings including Brown Bag, an informal support/networking group; more traditional support groups; Mindfulness and Meditation classes; yoga sessions; a book club; our Voices and Vision writing group; educational evening seminars on a broad variety of topics; and more. Most importantly, we offer a community of individuals who “get it” in a place where you can be comfortable, accepted and supported.

Come join us this spring! Try a new program or come back to a class or a group that you have enjoyed in the past. Our doors are open.

Are you on our mailing list? Learn more about how the Coalition can support YOU.

Contact Jennifer at 585-473-8177 or jennifer@bccr.org

Upcoming Events & Programs at the Coalition 2017

**Wednesday, May 24**
Kristin A. Skinner, MD  
*History of Breast Cancer Treatment*  
7:00pm

**Wednesday, June 28**
Marlene Dattilo, CFP & Paula Martin, CPA  
*Financial Boot Camp For Survivors*  
7:00pm

**Wednesday, July 26**
TBD  
7:00pm

All events unless otherwise noted are at:
THE BREAST CANCER COALITION  
1048 University Avenue

Questions?  
Contact the Coalition at (585) 473-8177 or email info@bccr.org
A Plant-Based Diet

Following Mom’s Advice - By Pat Battaglia

Your mother was right: eat your veggies, they’re good for you. And throw in some fruit, legumes, nuts, and seeds for good measure. Consuming mostly plant-based foods is a strategy encouraged by many in the oncology community as a way to help reduce your risk for developing certain cancers, support your immune system, help you feel well during treatment, and promote healthy survivorship. But what, exactly, is the “plant-based diet” you may have heard about?

As it turns out, it isn’t an exact science. A plant-based diet is different things to different people. For some, it means maximizing the amount of plant foods eaten while minimizing foods from animal sources. Others may forego animal products entirely. And there are a wide range of options in between. For most, plant-based eating isn’t an all-or-nothing approach and doesn’t mean making a major lifestyle change.

Ideally, a plant-based diet emphasizes the positives—consuming nutrient-dense whole foods derived from plant sources while minimizing amounts of meats, dairy products, eggs, added fats, and refined foods. A moderate amount of evidence backs up claims that this approach to eating can help lower rates of obesity (a risk factor for certain cancers), diabetes, heart disease, high blood pressure, and overall mortality.

It’s one thing to read about the benefits of a plant-based diet; it’s another to incorporate healthy changes into long-established eating patterns without feeling guilty about occasional indulgences in less-than-healthy food choices. Or worse, without the emotional overload of feeling your dietary habits may have contributed to...
your cancer.

The development of cancer is a highly complex, poorly understood process that depends on a multitude of factors, not all of which are known. In other words, IT’S NOT YOUR FAULT. Among the health-promoting strategies within our reach, eating well stands out as one that’s easily accessible to everyone. The plant-based diet concept can be used as a template to develop a personal approach to healthy eating that’s palatable and sustainable, regardless of individual food preferences or dietary restrictions. It isn’t the occasional slice of pizza (or two or three), or chocolate chip cookie, or glass of wine that determines your general health status; your overall patterns of self-care and mindful eating are what carry the day.

The New American Plate, promoted by the American Institute for Cancer Research4, emphasizes plant foods and portion control. Picture a dinner plate. In this model, at least two-thirds of the plate should be filled with foods from plant sources. The remaining one-third can contain animal foods like meat, fish, poultry, eggs, or dairy products. It’s an easy graphic to understand and illustrates the ease of making small dietary changes, one plate at a time.

If you’re currently in treatment for cancer, consider consulting a registered dietitian specializing in oncology for personalized advice; one should be on staff at your treatment center. Those beyond active treatment may still have access to this resource if they’re being monitored on a regular basis by their oncology team.

Most who are in good health can adopt strategies such as the New American Plate or simply resolve to work toward the goal of consuming five servings of vegetables and fruits per day. And now that spring is here, what better motivation is there to take in the sights, sounds, tastes, and smells of the nearest farmer’s market? Bring home some colorful produce to try - your mother would be proud of you! ☺

2. www.forksoverknives.com/what-to-eat/
3. www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288

---

Cherry Soft-Serve Ice Cream
By Somer McCowan, The Abundance Diet

**Ingredients**
- 4 medium-sized bananas, cut into 1-inch pieces and frozen
- 1 cup frozen cherries
- 1/2 teaspoon vanilla extract
- 1 tablespoon to 1/4 cup unsweetened almond milk, as needed
- 2 tablespoons mini vegan chocolate chips

**Instructions:**
- In a food processor, combine the frozen banana pieces, cherries, and vanilla extract.
- Process until creamy, adding almond milk one tablespoon at a time as necessary.
- Pulse in the chocolate chips. Serve immediately.

For this and more healthy recipe ideas visit https://www.forksoverknives.com/recipes/

---

Boston, Walnut & Grape Salad
Created by Holly Anderson, this tried and true recipe will stand on its own for lunch or make a delicious side salad for dinner.

**Ingredients**
- 2-4 small heads Boston or butter lettuce, washed & torn in bite-size pieces
- 2/3 - 1 cup walnut pieces
- 1 cup Feta cheese (Israeli or French feta works best)
- 1 cup seedless grapes (red or white), sliced in half
- 5 tablespoons walnut oil
- 2 teaspoons white wine vinegar
- 3 tablespoons olive oil
- 1 cup fresh peeled oranges, divided into sections and cut into thirds
- 1 cup hearts of palm
- Salt & pepper

**Instructions:**
- In large bowl, toss together lettuce, walnuts, crumbled feta and grapes.
- In small screw top jar, combine oils, vinegar and freshly ground pepper and salt to taste. Shake well until dressing appears creamy.
- Drizzle dressing over salad, add oranges and hearts of palm, and toss just before serving.

Also try with avocado!
survivor advocates (see sidebar). The Research Review Panel gathered on February 16, 2017 to discuss the proposals, finalize scores, and make their recommendations. The projects are evaluated on scientific merit and adherence to Coalition research goals based on innovation, approach, impact on breast cancer, and the ability to generate data for further research.

Executive Director Holly Anderson presented the Advisory Board’s recommendations to the Coalition Board of Directors, who then voted to fund the recommended proposals. This process culminates in the Research Award Ceremony, in which grant recipients are presented the first half of the award funds and introduced the public. In August, the researchers will submit progress reports to the Coalition and receive the second half of their grant funding.

A New $25,000 Pre/Post-Doctoral Research Grant

Last summer, the Research Committee revised our Request for Proposals and the Guide for Proposal Review and, in the process, created a $25,000 grant for Pre/Post-Doctoral students. Inspired by the work of 2013 award recipient Dr. Ryan Dawes (formerly of the University of Rochester) and 2016 recipient Nythia Kartha (a PhD candidate at Cornell University), both graduate students at the time of their research grants, this new award offers pre/post-doctoral students an opportunity to test their hypotheses, conduct groundbreaking research, be published, and encourage grant involvement among their research colleagues.

The Coalition’s Research Initiative has distributed $702,424 to Upstate New York researchers since 2003. These grants, unusual for a nonprofit grassroots organization, focus on breast cancer cause, prevention, prevention of metastasis, and cure. They are an integral, tangible part of the Coalition’s commitment to eradicate breast cancer.
When Holly Anderson approached me about joining the Research Committee as a survivor/advocate, I agreed when she assured me a scientific background isn’t necessary. Still, I was nervous about it.

My own research experience includes scouring the web for information about my own stage 3 triple-negative breast cancer diagnosis three-and-a-half years ago. But my involvement with the Coalition predates my diagnosis. About six years ago, I facilitated Voices and Vision. Since I was diagnosed, I’ve attended many Brown Bag Fridays, monthly seminars, and have become involved with the Research Committee.

Before participating on the Research Review Panel this year, I helped update the Request for Proposals and the Reviewer Guidelines, attended two practice review sessions, and went with other committee members to visit the labs of both researchers who were funded last year. We toured their labs and heard their mid-year reports.

As a first-time reviewer, I worried that my scores would be so far off the mark that I would be embarrassed. But I need not have worried. It wasn’t that I was never off the mark, it was because the environment established was one of exploration and honest discussion.

This year there were twelve reviewers: six scientific and six survivor/advocates. Each proposal was scored by four reviewers: two scientific and two survivor/advocates.

The order of reviewer comments is important: first scientific reviewer, second scientific reviewer, followed by the two survivor advocate reviewers. The first scientific reviewer presented a powerpoint presentation that outlined the proposal, noting its strengths and weaknesses. This power point was invaluable. Following the four presenters, all reviewers were invited to discuss the proposal, which often brought forth different perspectives, resulting in lively discussion. We were all grateful for the opportunity to adjust our scores up or down at the conclusion of discussion.

I especially appreciated hearing one of the scientific reviewers comment over lunch that she did not completely understand one of her assigned proposals and had to look up a lot of information. Her acknowledgment somehow made me feel better about my own lack of understanding and the average five-to-seven hours I spent on each proposal. I’m impressed that some of our scientific reviewers traveled from Buffalo, Syracuse, and Ithaca to arrive for an 8:15am start time. All of them volunteered their time out of their busy schedules.

I was wowed not just by the proposals, but also by our scientific reviewers. The Review Day experience leaves me deeply respectful of cancer research scientists’ expertise, their passion, and the equipment/technology necessary to expand the frontiers of cancer research. I appreciate being part of the Coalition’s goal to find the strongest proposals – those that “would be innovative enough to yield significant breakthroughs and provide preliminary data for the scientist to apply for larger grants.”

Check out the Coalition’s web page (www.bccr.org) for more information.
Pat: The symptoms of gynecologic cancers are subtle and are likely to be something else, but shouldn't be ignored. It’s all part of being aware of what’s going on in your body.

Karen: I have a much greater awareness now of other symptoms in my body. Not to be alarmist, but just to be aware. My cancer has given me a lot of empathy for people who have to fight much harder than I did. I have so much respect and awareness now because now I know a lot more cancer survivors than I did before. I’m grateful for all those things.

But there is a part of this that I wasn’t expecting, and that’s lymphedema. As I was home recovering, I had some swelling, but what concerned me was this sense that from the waist down, I felt like I had the flu. Things felt heavy and my skin felt tight. And that got worse, even though everything else from the surgery was going along swimmingly. My oncologist had told me that lymphedema was a risk factor with this surgery, but she also said, “You’re low risk.”

About five months after I was back at work, we flew to Atlanta for a wedding. The next day I woke up and part of my leg looked like it was blown up. I called the gynecologist and described it, and she said, “That’s lymphedema.” We cut our vacation short and came home early so I could start treatment right away. And I’ve had a very good outcome. It’s been more than two years since then and I really haven’t had a problem. I’ve been very fortunate.

Pat: And now you’re facilitating a fantastic group – LANROC – to empower others with the condition.

Karen: I started LANROC because I was looking for a group like that and I couldn’t find one. My physical therapist helped me come here [to the Coalition] and get it going. I wanted to include not only cancer survivors, who are the largest population of people with lymphedema, but also people with primary lymphedema because of a congenital defect. You may get there from different directions, but it’s the same disease. I have learned so much from people there, who share great information and experiences. They come in with good questions. I had never run a support group before so I had no idea what I was getting into. I had a feeling it was the kind of experience where you pass the Kleenex box around.

Pat: That’s not the way we do it here. The kleenex is available, but this isn’t your mother’s support group!

Karen: Not at all. We support each other with information-sharing and stories and questions and laughter and sometimes anger. There are some difficult emotions that come in the room, but people deal with them in such a constructive way. I really enjoy every single person who comes in.

Pat: We were so glad to adopt this program and help make it all happen.

Karen: Thank you. Everybody’s been so great to work with here. I could not have asked for a better situation. It’s beyond what I ever imagined.

I will tell you that, just past our first anniversary, my husband had a heart attack. Again, we were very, very fortunate. He had no permanent damage, he’s recovered nicely, and he’s been the poster child of cardio rehab. So we say we’ve got the “in sickness” part out of the way.

Pat: And now you’re working on the health part.

Karen: We’re cruising on the health thing.
Indomitable Dina  -By Lori Meath


How could you not love Dina Marcoccia?

I first lassoed Dina to work a few shifts “womanning” our table at the ten-day Lilac Festival in 2014. She was anxious to give back to the group that had been a steady hand in the face of the breast cancer storm she had faced the previous year. The thick, dark crown of locks she had been known for was returning at last - wiry now, and with more grey than she liked, but returning all the same. She was a ball of enthusiasm, and struck up conversations easily. Her openness about her treatment and recovery was a gift to people who stopped to talk, and I admired how she deftly turned even the most difficult recollections into challenges she had met and overcome. Her no-nonsense approach demonstrated how Dina approached everything in life.

Over the next two years, we spent many hours together, sitting at health fairs and festivals. We basked in the sunshine, cowered in the rain, and (twice) shivered in sharp wind driven snow and icy pellets (right up until she read my mind and proclaimed “*blew this *blew”). Even in that moment, as the wind pummeled us and scattered our display, we doubled over in laughter at our predicament. We never missed a chance to work together.

We also argued. It was beyond each of us how the other could be as politically “wrong-thinking” as we clearly were! But early last year, all of that took a back seat as Dina at last got an answer for the persistent, sometimes debilitating “sinus infection” that had plagued her through the holidays. Two years after her initial diagnosis, her breast cancer was on the move and had taken up residence in her brain and other places.

After a few well-deserved tears, Dina was off to battle (an analogy that worked for her). With her usual “get ’er done” attitude, she gathered her team, dug in, and juggled like a pro; work, her mom, her social life, volunteering, her pup Maddie, treatment. Losing her hair –again! Amassing a great hat collection- again! She meant to win.

But cancer doesn’t play fair.

Dina worked full time until just a few weeks before her death during Christmas week in 2016. She also attended her brother’s concerts, traveled for a wedding, helped out at a fundraiser, and made plans “just in case” for her dear mom and beloved Maddie. In late October we shared spicy chicken wings and laughed –hard– at her new gray hair sprouts, growing willy-nilly, and a crazy “soul-patch” of black hair at the back of her head. We shared choice words about cancer. We argued a bit about the upcoming election. We hugged. And we cried.

Farewell, my dear friend. ❧

Friends Remembered...

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

Josephine Agnello
Tammy Elberti
Russell Gugino, DDS
Ann Gugliemo
Dina Marcoccia
Bonnie Turner

Tributes Welcomed

Would you like to write about someone you have lost to breast or gynecologic cancer? We welcome submissions from friends and family members and are particularly interested in stories about how they touched and changed your lives.

Please send your submission (200-400 words) with a digital photograph to Pat Battaglia, Voices of the Ribbon Newsletter Editor, at pat@bccr.org.

We would be happy to honor your loved ones.
Another winter has come and gone. The work of the Coalition continues. As we gear up for another round of health fairs, festivals, and fundraisers we are always looking forward, onward, creating, learning, growing and helping.

We don’t have to look “behind” very far for a reminder of why what we do requires our continued energy and commitment. We need only remember those who are not here anymore to continue the effort; the ones we lost to a cruel disease that just doesn’t follow the rules of common decency.

The news we share in the community is so familiar to us, and yet, it is brand new and VITAL for those we meet who may not even know yet that they will need us. Your face, presence, and message can be lifeline for someone else. Do you have some time to volunteer this year? Can you share your message of support and encouragement? Let’s talk…

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

Share the wealth, spread the word, become part of an effort that cannot be done without YOU!

Lori Meath
Outreach Coordinator’s Update

In my travels throughout our region, I’ve learned about various support groups available for survivors in different cities and towns. Some are cancer specific (i.e., breast cancer); others are open to all cancer survivors. A few allow caregivers or family members to attend alongside survivors.

As I meet group leaders, I’m occasionally invited to come to a meeting as a guest. I’m honored to make a short presentation and join in the conversation, but I’m really there to listen. Who are these survivors? Why do they come together? What are their biggest concerns right now? What are their plans, their hopes, the next steps in their journeys? What do I need to learn from them to serve survivors in their communities?

Sometimes the group is large, but on other occasions, only a handful are assembled. The conversation becomes more intimate. Members share secret worries and reveal a truth in all of its frailty. And yes, sometimes the deepest dives unearth a blazing strength, one that comes forward even under the toughest of diagnoses, saying, “It’s been hard, but I’m still here. I am staying here in this moment and that’s what’s most important right now. I am here. I am alive.”

The meeting ends and the warmth of survivor hugs lingers on my shoulders as we part. In a short amount of time I have witnessed the power of what it means to be a survivor, to be alive. I have learned what is important. I return home.

Tracy Brown
Regional Outreach Director’s Update

“We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home.”
~ Australian Aboriginal Proverb

~ Joni Mitchell

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

Share the wealth, spread the word, become part of an effort that cannot be done without YOU!
in foreign languages. Since going through chemo, I have a mental block, or inability to memorize the lyrics... Just two weeks ago, I sang at a recital and had to hold and utilize my music. I never had to do that before I had the cancer.”

In 2014, Kim Toombs took a leave of absence from her teaching career while undergoing chemotherapy. When her treatment ended, she noticed a difference. “I felt like I was walking in fog. I still do some days,” she told us. When Kim returned to work, the challenges continued. “I had to have a list to make sure I covered all the information and points I wanted to cover. I have taught the same subject for twenty-nine years! I never had that problem pre-cancer.”

Kathy Fiorella finished her chemotherapy in March of 2010 and expressed her thoughts on its after-effects. “Ever since, I have been experiencing severe brain fog, forgetfulness, and an inability to concentrate on anything. I think the hardest part of all of this for me is that I can’t seem to focus when my kids are talking to me, and I know it’s frustrating them almost as much as it’s frustrating me.”

To add another dimension to this discussion, Katherine Beese shared her post-cancer challenges as someone who did not undergo chemotherapy. After a lumpectomy and radiation, she began a course of hormonal therapy, as her tumor was hormone-receptor positive (it was fueled by estrogen and/or progesterone). “Exactly one month after starting [the hormone therapy drug], I hit a brick wall, cognitively speaking... I couldn’t think of words, I couldn’t remember familiar processes, my ability to multitask became greatly reduced, and I became distracted so that getting through the steps of a routine task became difficult. I have been off [the drug] for almost three years now and much of my cognitive function has returned, but not completely. I was 40 years old when I was diagnosed and am 48 now, so I’m sure that natural hormone changes are a part of the continued symptoms.”

The UR researchers acknowledge the effects of stress on those who are diagnosed with cancer. They observed that, even before chemotherapy started, participants had lower baseline FACT-Cog scores than did the control subjects. Data collected during this study is still being evaluated, and more information will be released as it becomes available. Additionally, a select group of study participants is being followed on an ongoing basis to learn more about long-term outcomes. The effects of hormonal therapies on cognitive abilities were not measured by this study, although other studies have noted a small but measurable increase in cognitive issues among women treated with these therapies.

Current breast cancer treatments are effective, but pose ongoing challenges for many. The day is certain to come when the disease will be managed with minimal side effects, but until then, many will deal with a reality that is decidedly not pretty and pink. We are grateful to our survivor community for speaking up about an effect of chemotherapy that impacts their quality of life. Stories such as theirs drive the search for safer therapies and dependable ways to cope with the more difficult aspects of cancer’s aftermath.

We will continue to listen to survivors and all who are affected by breast and gynecologic cancers. What is your story? What helped you through? Are you still struggling? Call us.

We’re here. ✉️

1. www.cancer.net/navigating-cancer-care/side-effects/attention-thinking-or-memory-problems
2. ascopubs.org/doi/abs/10.1200/JCO.2016.68.5826

It’s no secret that, while survivors are grateful to be alive, many have noticed changes in the way their minds work; particularly those who have undergone chemotherapy.
Our Fundraising Friends

Fundraising ideas we hadn’t heard before…

For Ann Link, as for many women, losing her hair during treatment was distressing. She became a master at creative headscarf designs which regularly inspire compliments. But to her great surprise, so does her bald head! Ann at one point exclaimed “If I had a dollar for every person who told me what a great looking bald head I have…” and a fundraiser was born. She posted a gorgeous picture of her smiling face-“au naturale”- on Facebook with a nudge to donate one dollar (or more) to the Coalition in honor of her smooth head. As she completed chemo, the donations rolled in, eventually totaling a terrific $855. Best of luck on your recovery, dear Ann. And thanks for inspiring such smiles and generosity!

Estelle Hitzfield has remained close with her “a crazy fun” high school class. At their most recent reunion, Estelle and another classmate took on a historical date challenge collecting donations from their friends. Estelle won the challenge, and donated her winnings of $100 to us on behalf of the Bishop Kearney class of 1971.

There are witches in the air! A group of high-spirited women took to Rochester’s Park Ave area on a Rochester Pedal Car tour in late October. Costumed for the season, they invited donations to benefit the Coalition from other revelers on the balmy fall evening. This inaugural Witches Night Out collected $400!

Hands of Healing

With twenty-one locations in four counties, the reach of the healing hands and heart of Lattimore Physical Therapy is far and wide. A variety of events and challenges in recognition of Breast Cancer Awareness month raised the enthusiasm and donations of staff and clients. We were stunned to receive a very generous and completely unexpected gift of $4016.11 representing the efforts of this ever-growing local group. Thanks for your investment in our communities!

Thanks, Neighbors

Webster’s hometown grocery Hegedorn’s offered shoppers a chance to recognize a friend or family who has dealt with breast cancer with an October tribute wall. Donations for this effort raised $138.

Living a Legacy Life

Directors and members of Legacy communities, present Lori Meath with the proceeds from their October open house celebrations

Each Legacy Senior Living Community location strives to become a vital, involved part of the larger community and offers frequent opportunities for residents to take part in enriching activities. When planning for October breast cancer recognition month, friendly competition between locations lead to activities such as raffles, baking, pink flamingo flocking, musical entertainment, crafting, and wine tasting. Eight locations contributed a whopping total of $6575.39 in the form an oversized “check” which is displayed at the Coalition office. A huge thank you goes out to the energetic staffs and giving residents of the Legacy locations at Clover Blossom, Parklands, Park Crescent, Erie Station, Cranberry Landing, Willow Pond, Fairways and Village Wood.

We are happy to provide newsletters or other program information for your event with notice. We also love to hear the details about how your group makes fundraising fun. Let us know what you have planned! And if you provide some details and/or a photo with your gift, we will use them in our newsletter.
Our Fundraising Friends

**Our “Good Neighbors” at Xerox, Mary Jo Deichmiller and Maja Milicevic-Klugh**

In what has become a tradition and a true favorite of employees and Coalition staff, the Good Neighbor Committee at Xerox Webster once again presented their annual Chili-n-Dogs celebration. Competition was spirited as employee “chefs” created every possible variety of chili. Submissions included bean; chicken, sausage, game or beef based; vegetarian; super spicy, gently seasoned and the untraditional but popular white. A sumptuous lunch including a home-made dessert could be purchased for a modest five dollars. Half of the proceeds, totaling $2000 were given to the Coalition.

**Building on last year's wildly successful event, the professional women of FemCity Rochester put their varied talents to use to produce a fashion show unlike any other. Enlisting thirteen area male celebrities to model artist created bras, BRAdazzle was a poignant mixture of hilarious runway antics and inspiring presentations by Rochester survivors Jody Dietz and Mary Beth Allyn. The women spoke eloquently of the challenges of breast cancer as well as the value of the Coalition's services.**

**CREATING MORE THAN JUST GOOD LOOKS**

Our friends at Maxim Salon on Park Ave. raised $180 for the Breast Cancer Coalition this October. Calling the campaign “Show Your Strength” salon clients wrote heart-felt messages of support and encouragement for women who come to the Coalition office and offered a donation. These messages have been shared and were most welcome gifts of the heart. Maxim also provided discount coupons for women who are facing hair styling challenges post treatment.

**High Flyers**

Ignite Cheer and Tumbling insists upon hard work and deep dedication to bring out the very best in its young athletes. Giving back to the community is part of that discipline. The tumblers and flyers presented their best work to family and friends to raise $1000 for the Coalition this fall. Thank you!

**Bundle up- It’s Chili n Dogs**

School athletic teams are increasingly encouraging students to begin a habit of philanthropy in their early years. The lessons learned as young people become aware of the needs and challenges of others are invaluable.

The Livonia Junior Bulldogs football team dedicates a game each year to those who have faced breast cancer. This year’s contest raised another impressive donation of $545.90.

The young ladies of the Harley-Allendale Columbia Volleyball “dig” making a contribution to their community! Team Mom Tia Howard coordinated the breast cancer recognition effort at the girls’ October 18th match. We are touched and grateful for this effort and thank you once again for your support. The team raised $967.85!

“IT SURE HITS CLOSE TO HOME” said Hilton Girls Volleyball coach Elaina Foley-Braun. Breast cancer has affected her mom as well as the mother of one of her players. The girls competed to design a t-shirt for their annual Pink game and the winning design (shown at right) was printed on a limited edition shirt that was sold in October. The dedicated young women presented us with a gift of $507.40.

**Find more fundraising friends on page 30**
Our Fundraising Friends

Happy Surprises, Gifts From the Heart

The gifts that arrive quietly in the mail, through our website, or in our Paypal account are often unexpected but always appreciated. Kudos to the following for your generous donations:

- The EMTs, Paramedics, and Staff at American Medical Response of Rochester/Corning $350
- ARC of Monroe County $145.42
- The staff at the wonderful Park West Women’s Health practice $527
- East Rochester Teachers Union October activities $333
- Fairport Savings Bank “Bucks for BCCR” $175
- Five Points Correctional Facility Inmate Click-Click Sales $250
- Genesee Valley Pennysaver Breast Cancer Awareness page $150
- The staff of Greater Rochester Enterprises presented a 2016 donation of $255
- American Assoc. of Women in Community Colleges at MCC “I Care” & “Pink in the Atrium” $245
- Underberg & Kessler Casual Jeans Day $164
- Wicked Jeeps of Western New York $310
- Canandaigua Emergency Squad $198.45
- Victor Junior High School Faculty salad luncheon $332
- Rochester School for the Deaf $20
- City of Rochester IT department $400

Vega Plastic Surgery
Pink Sapphire Affair

Dr. Stephen Vega and the staff of Vega Plastic Surgery and Med Spa touch the lives of our survivors every day, and are known for their compassion and reconstruction artistry.

Vega Practice Manager
Madelyn Garcia created an elegant and memorable charitable event on October 9 at the Century Club to benefit the Breast Cancer Coalition. Enlisting the help of dear friends (survivor) Susanne Perrone and musician Diane Habib they accomplished what normally takes a committee a year of planning.

Proceeds totaling an astounding $16,200 were dedicated to the PALS (Peer Advocates Lending Support) Program of the Coalition. One of our most utilized services, PALS provides a specially trained peer mentor to provide ongoing support as well as a practical and appreciated PALS comfort item “pack” for those newly diagnosed.

The Coalition cannot adequately express what this partnership means to us and to the approximately 150-200 newly diagnosed people we assist each year. From the bottom of our hearts- thank you!

Showing Strength and Character

The students of the Faust USA Karate School sported pink karate belts and donated to honor a long-time member facing breast cancer.

With a motto of “We are on a quest to be our best!” and at least 60 members participating, the school raised $1600. It was donated with a note that read, “We are truly thankful for your organization and its services”. And we are grateful for your support!

A “Tradition” of Caring, a Way of Doing Business

Customers at the family-owned pair of Tradition Automotive dealerships in Newark and Geneva presented a “Sign Our Suburban” campaign in honor of Breast Cancer Awareness month. Vehicle buyers were encouraged to sign a large white suburban with a bright pink marker offering a tribute or good wish. Tradition donated for each signature, after polling customers to choose a charity. We are proud to have received over 50% of the votes, and pleased to accept a donation of $3470 on behalf of the Tradition dealerships and their customers.

Lori Meath accepts the generous donation from co-owner, Dario Hodge and sales associate, Brenda Delyser
The name of the individual honored or remembered is shown in **bold** type. The Breast Cancer Coalition thanks donors for these gifts made since our last listing. (Donations made after December 31st will be included in the summer newsletter.)

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

### In Honor of:

**Annemarie Adamus**  
Lyndsay Fitzmaurice

**Holly Anderson**  
The Camaione-Lind Family  
Colette McConnell

**Joanne Andrews**  
Carrie Andrews

**Kathy Arnold**  
Jeff, Yvonne, James, Carolyn, Jennifer & Zachary

**Andrea Baldwin**  
Rebekah Bjork

**Colleen Bartoo**  
Mary Jane Kosel

**BCCR Board of Directors**  
Holly Anderson

**BCCR Staff**  
Holly Anderson

**BCCR Staff & Volunteers**  
Suzanne Snedecker, PhD

**Mel & Richard Bianchi**  
Trish Stuver  
Joan & Thomas Wamp

**Mary Ann Borrelli**  
Cecelia Nolan

**Marta Brewer**  
Janice Smith

**Leslie Buck**  
Vicki Charles

**Sue Callan**  
Lori Busch

**Mary Carafos**  
Michael Carafos, MD & Mark Joseph

**Patti Cataldi**  
Anonymous  
Sandy Kolupski

**Janet Clark**  
Anonymous  
First Congregation Church UCC - Morning Circle

**Carol Coffta**  
MKS Instruments, Inc.

**Kathy Cook**  
Barb Bonelli

**Linda & Richard Cooper - 50th Wedding Anniversary**  
Marcia Stern

**Kenneth Dean**  
Steron

### Donations ending December 31, 2016

**Pam Delp-Polashenski**  
Sue Delp  
Adrienne Schleigh

**Cathy Dolan**  
Janice Smith

**Marguerite Dynski, SSJ, MD**  
Connie Schmeer

**Joan Fama**  
John Fama

**Wendy Ford**  
Linda Ballard  
Amy Pierce

**Grace Gallina**  
Elaine Spaul

**Beatrice Genese**  
Anonymous

**Jonathan Green**  
Claudia Mack

**Christine Hall**  
Barbara Clapp

**Kim Harwood**  
Jolene Bak

**Shelia Hill**  
Judy Maile

**Tricia Jordan**  
Leah Root

**Marcia Krebs, MD**  
Patti Popielec

**Elizabeth Kohler**  
Gretchen Harris

**Jean Lazeroff**  
Valerie TEhan

**Bev Levy**  
Joanne Eccles

**Lipson Cancer Center - Radiation Oncology**  
Gwendolyn Williams

**Alyssa Lozipone**  
Sheri Lozipone

**Sandy MaLuta**  
Anonymous

**Charlotte McCabe**  
Jolene Bak

**Margie Micca**  
Sandy Kolupski

**Betty Miller**  
Jill Corey

**Jenek Mitchell**  
Judith Mayka

**Marlene Morrison**  
Nancy Mesolella

**Jacqueline Muoio-Mazzilli**  
Geraldine Muoio

**Jeannie Muoio-Salamone**  
Geraldine Muoio

**Megan Neumann**  
Jolene Bak

**Karen Nolan**  
Anonymous

**Tracie Norman**  
Edith & Peter Rich

**Karen Orrico**  
Sue & Chuck Stiles

**Dianne Palumbo Plowman**  
Paulette Briskie

**Susanne Perrone**  
Mary Lou, Bill, & Elena Loper

**Holly Popiwny**  
Beth & Rick Arndt  
Patty & Mike Bellohusen  
Terry & Bill Brueckner

**Martha Price**  
Robin Pulver

**Paula Richardson**  
Linda & Dave Wiener

**Ana Rienier**  
Marianne and Scott Sargent

**Barb Santucci**  
Pat Sinatra

**Rita Savella**  
Mary Rinere

**Roslyn Schmidt**  
Hannah Solky

**Arline & Warren Seideman**  
Beth Kirschner

**Kathy Simpson**  
Dorothy Lindsay

**Susie Smith**  
Anne & Rod Smith

**Rebecca Solomon**  
Pat Sinatra

**Joan Stratton**  
Diane Dennon

**Lynn Steenberg**  
Becky & Pete Auyer

**Graham & Ellen Thompson**  
Janet & Jack Salzer
Kim Toombs  
Theresa Christopher  
Angie Vullo  
Ashlee McLoughlin  
Mary Jo & David Webster  
Colleen Joseph  
Ellen White  
Linda Bryant  
Donna Willett  
Anonymous  
Linda Woodruff  
Ashlee McLoughlin  
Tina Woodruff  
Ashlee McLoughlin  
Caim Youngblut  
Patricia Maus  
Sandy Zimmer  
Mary Keller  

**In Memory of:**  
Genevieve Agostinelli  
Mafalda Agostinelli  
Catherine Anderson  
Lorraine Pellegrino  
Kathy Arnold  
Jeffrey Arnold  
Jacque Ater  
Kathie & Anthony Finks  
Andrea Baldwin  
Rebekah Bjork  
Ruth Bean  
Mary Bean  
Joyce & Dan Dalton  
Judy & Larry Schulman  
Gail, Beverly, Tammy & Pamm Surdam  
Linda Betters  
Mary Kane  
Patricia Bonino  
Heather Sagman  
Judy Buchanan  
Ray Buchanan  
Lila Busch  
Paula Busch  
Elsie Chapin  
Christopher & Radka Chapin  
Dr. Ann Connors-Adler  
Cathryn Kwit  
Neoma DeCroce  
Adrienne Schleigh  
Anna DelCorvo  
Mary & Don Alhart  
Maryann DeSantis  
Connie & John Ventura  

Helen Foster  
Bette Olender  
Stephaine Gebo  
Jan Pettie  
Eileen Gould  
Kathryn O'Neill  
Arlyn Grossman  
Robert Grossman  
Pat Haralambides  
Anne Townsend  
Dr. Carol Henretta  
Mary Graham  
Linda Jones  
Margaret Herman  
Gregg Herman  
Nancy Infantino  
Bruce Zicari, Sr.  
Ana Jackie  
Kris Hunt & Dee Miller  
Mrs. Janaklimma  
Gokul Das  
Holli Kinney  
Phyllis Connelly  
Wendy Klaufhn  
Sue Sharp  
Lisa Kubby  
Judy Emerson & F. Woody Packard  
Cynthia Kovolyan Janetakos  
Sally Hill  
Paul J. Maier  
Gail Maier  
Carmella Majka  
Barbara LaManna  
Pat Mandina  
Ann Mazzarella  
Dina Marcoccia  
Nancy Phillips  
Kim Miller  
Dee Miller & Kris Hunt  
Elda Moyer  
Gary Campanaro  
Cheryl Cantwell  
Katrina Connelly  
Genesee Regional Bank  
Margaret Heberger  
Karla Jean Iannucci  
Michael Greenebaum  
Ivana & Mark Greenwell  
Lorraine Militello  
Liz & Pearce Sloan  
Elizabeth Ann Musclow  
Holly & Tom Anderson  
Cindy & Bill Ansbroe  
Joyce & Steve Berke  
Katrina & John Campanaro  
Carolyn & Arthur Carafos  
Patti & Dick Cataldi  
Phyllis Connelly  
Mary Ann Fitzpatrick  
Teddy Foster  
Robyn Harter  
Anne Marie Holland  
Renee Lane  
Kelly Lewandowski  
Tammy & Frank Margan  
Mary Beth McGarrah  
Charlene & Ken McNeil  
Lisa Miller  
Joyce Austin & Jim Olsen  
Donna Ross  
Beth Smith  
Elaine & Tom Strecker  
Marylou & Reiner Strecker  
Joanne Tavernia  
George Natale  
Margaret Antonacci  
Patty Niger Forest  
Linda & Gary Kircher  
Fran Norman  
Patty Bellohusen  
Leni Rayburn  
Edith & Peter Rich  
Bea Rapowitz  
Bert Rapowitz  
Kathy Parker Raeside  
Tracey Dello Stritto  
Shirley Parker  
Sallie Parsons  
Mary Stiffler  
Laurie Pask  
Arthur Hengerer, M.D.  
Mary Jane Patella  
Kathy & Anthony Iacovangelo  
Caterina Picciolo  
Margie & John Micca  
Caroline Rogers  
Patricia Font  
Donna Maslyn  
Terri Schmitt  
Timothy & Mary Allyn  
Jill Corey  
Betty & Bob Miller  
Marie Schmitt Dibley  
Betty & Bob Miller  
Jen Schoen  
Carrie Dalor  
Kathie & Anthony Finks  
Terry & Paula Sheehe  
Karen Schreckendgust  
Barbara & Gustav Apai  
Susan Schumacher Trippodo  
Jan Schumacher  
Barbara Sorenson  
James Huether  
Christine Snyder  
Sue & Leah Sharp
<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>James Stendardo</td>
<td>Donna Stendardo</td>
<td>Elner Jean Taylor</td>
</tr>
<tr>
<td>John Taylor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delores Thompson</td>
<td>Anonymous</td>
<td>Cynthia Francis</td>
</tr>
<tr>
<td>James Huether</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apolonia Topper</td>
<td>Irmu Pylshenken</td>
<td></td>
</tr>
<tr>
<td>Kathleen VanMeenen</td>
<td>Sharon VanMeenen</td>
<td></td>
</tr>
<tr>
<td>Deborah Wittenberg</td>
<td>Mary Cunningham</td>
<td></td>
</tr>
<tr>
<td>Joyce Zelin</td>
<td>Judy Zelin</td>
<td></td>
</tr>
</tbody>
</table>

### Annual Fund Donors

Anonymous (22)
Scott Adair
Debra Adriance
Mafalda Agostinelli
Air Affair Chili U12

**Pink the Field**

Nancy Alamo
Joan Alberti
Allstate Foundation
Kristin Alton
Ambit Energy

American Association for Women in Community Colleges - MCC
American Medical Response of Rochester & Corning
Ameriprise Financial
Tim Anderson
Marie Andes
Carrie Andrews
Arc of Monroe County
Alexander Arce
Mary Ann Asam
Association of Rochester Police & Area Law Enforcement Retirees
Mary Atwell
Pauline Augello
Judy Babbitt
Caroline Bailey
Caroline Bailey
Linda Ballard
Karen Bancroft
Concetta Barilla
Carol & John Barnash
Batavia Downs Racing
Kathy Battaglia
Marlyn Beice
Julie Belfiore
Patty Belohusen
Mary Ann Benincasa
Ashley Bennington
Toby Berke
Barbara Berman
Bethany Presbyterian Church
Anne Bishop
Kathleen & William Blackmon

Jeffrey Bocach
Barb Bonelli
Connie Bottaro
Darlene & Bruce Bozard
Virginia & Tom Braun
Tiffany Brecker
Brewbies Pub Crawl
Bright Funds Foundation
Paulette Briskie
Arnold & Delores Broker
Brooks Hill School
Carley & Zack Brown
Yvette Brown
John Bruning
Joseph Bruno
Elaine and Joe Bucci
Kelley Ayn Bucci
Ray Buchanan
Molly Buckley
Nancy Buckley
Lori Busch
Ellyn Caiazza
Mary Eileen & Joe Callan
Alisa Camp
Adele Campbell
Lillian Campbell
Canandaigua Emergency Squad
Ellen Gandela
Elizabeth Cannon-Bailey
Mark Cappellino
Jennifer Carver
Janelle Castellana
Jill Castle
Angela Cataldi
Patricia Cataldi
Radka & Christopher Chapin
Michelle Chin
Theresa Christopher
Patricia Chuhta
Corinne Cino
City of Rochester IT Department
John Clifford
Amy Cohen
Anthony & Jackie Colicchio
Maureen Collins
Barbara Compa
Grace Conklin
Mary Ann Conley
James Conlin
Mary Conlon
Patricia Cooper
Jayne Cooper
Cooper Vision
Jill Corey
Thomas Corsell
Maria Costanza
Marjorie Cseplo
Phyllis Curnick
Phyllis Curnick
Rosa DAueto
Beth D’Ambrosio
Robin Damrad - Frye
Mary Dangler
Judy Darling
Gokul Das
Nancy Davis
Joan de R. O’Byrne
Christina Dean
Barry Deane

Lucille DeCastro
Mark Dechick
Tracey Dello Stritto
Diane Dennison
Michael DeRose
Lindsay Desimon
Carol Dethlefs-Mencl
Molly Deutschbein
Phyllis DiLiberto
Mary DiMonte
Marie Doell
Edward Dohring
Beth Dorschek
Dorothy Dunlap
Carol & Michael Eagan
East Rochester Teacher’s Union
Jane Elliott
Janet & Jerry Elman
Ely Fagan American Legion Auxiliary
Embrasse Moi, LLC
Jean Erskine
Estate of Elizabeth Thomson
Jocelyn Evans
Heather Evans
Alviron Evans
Excellus Health Plan, Inc.
Fairport Physical Therapy, P.C.
Fairport Savings Bank
Linda Fantigrossi
Nancy Farley
Colleen Farmer
Tammy Farrell
Martin Fass
Faust’s USA Karate
Leah Fedrizzi
Femfessionals Rochester
Jana Femia
Kathy Finnegan
Michael Finnegan
Arthur Fischman
Karen Fishback
Five Points Correctional Facility
Catherine Flannery
Jolene Pfeugler FLTG Fit Team
Christina Fodor
Mary Follmer
Jill Forman
Maria Fortuna-Nevin
Pat & Carl Foucht
Cynthia Francis
Yosequa Freeman
Charlene Fritz
Lori Frogetta
Nancy Gadziala, M.D.
Carol Gagen
Donna Gainsborough
Lisa Garvey
Rosemary & Thomas Geen
Bonny Geitlinger
Geneseo Valley Penny Saver
Geneseo Livingston Blues Squirt A Hockey - Pink the Rink
Shelley Gentile
Linda & William Geraci
Jacquie Alberga Germanow
Get It Straight Gives Foundation
Katie Giardino
Marcia Gitelman
<table>
<thead>
<tr>
<th>Andrea Gladstone</th>
<th>Colleen &amp; Robert Joseph</th>
<th>Judith Mayka</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold’s Gym</td>
<td>Lisa Joyce</td>
<td>James McAlpine</td>
</tr>
<tr>
<td>Nick Gonchoroff</td>
<td>Rita Kahuhe</td>
<td>Charlotte McCabe</td>
</tr>
<tr>
<td>Good Neighbor Community Program</td>
<td>Mary Keenan</td>
<td>Anne McCafferty</td>
</tr>
<tr>
<td>Xerox Chili-n-Dog</td>
<td>Mary Keller</td>
<td>Jean McCarthy</td>
</tr>
<tr>
<td>Amber Goodness</td>
<td>Josephtine Keller</td>
<td>Colette McConnell</td>
</tr>
<tr>
<td>Maysie Goodreau</td>
<td>Nancy Kennedy</td>
<td>Pat McCormick</td>
</tr>
<tr>
<td>Miles Zatkowsky &amp; Jane Gordon</td>
<td>Kory &amp; Erin Khuns</td>
<td>Joyce McDonough</td>
</tr>
<tr>
<td>Kaitilin Graniero</td>
<td>Amy Kirchner</td>
<td>Rhuel McElhatten, Jr</td>
</tr>
<tr>
<td>Nancy Gravitz</td>
<td>Mary Kirkendale</td>
<td>Gail &amp; Jerry McElroy</td>
</tr>
<tr>
<td>Virginia Gray</td>
<td>Jennifer Kirsch</td>
<td>Mark McFadden</td>
</tr>
<tr>
<td>Barbarr Gray</td>
<td>Megan Kist</td>
<td>Patricia McGuire</td>
</tr>
<tr>
<td>Greater Rochester Enterprise</td>
<td>Christine Klem</td>
<td>Chuck McKeever</td>
</tr>
<tr>
<td>Rosemary Greco</td>
<td>Mary Knapp</td>
<td>Mendon Physical Therapy</td>
</tr>
<tr>
<td>Green Worx Lawn Care</td>
<td>Dana Kinsley</td>
<td>Management PC</td>
</tr>
<tr>
<td>Susan Greenberg</td>
<td>Sandy Kolupscki</td>
<td>Madeline &amp; Frank Merkl</td>
</tr>
<tr>
<td>Richard Greene, MD</td>
<td>Mary Jane Kose1</td>
<td>Gary &amp; Wendy Mervis</td>
</tr>
<tr>
<td>Charlotte Greenwood</td>
<td>Kelle &amp; Jonathan Koss</td>
<td>Nancy Mesolella</td>
</tr>
<tr>
<td>William Grishaer</td>
<td>Deborah Kovacic</td>
<td>Mary Jo Meteyer</td>
</tr>
<tr>
<td>Robert Grossman</td>
<td>Beverly Kowaczky</td>
<td>Margie Micca</td>
</tr>
<tr>
<td>Virginia Gullo</td>
<td>Robert Kowaczky</td>
<td>Mary &amp; Wes Micket</td>
</tr>
<tr>
<td>George Gunn</td>
<td>Janice Kraft</td>
<td>Maja Milicevic-Klugh</td>
</tr>
<tr>
<td>Alyssa Gupton</td>
<td>Sharon Kraynik</td>
<td>Arlene Miller</td>
</tr>
<tr>
<td>Michael Gurell</td>
<td>Lari James Salon, Inc.</td>
<td>Rosemarie Milliman</td>
</tr>
<tr>
<td>Nancy Hackett</td>
<td>Donna Lascell</td>
<td>Sheila Mills</td>
</tr>
<tr>
<td>Cody Hannigan</td>
<td>Jay Lasher</td>
<td>Sandra Mitzner</td>
</tr>
<tr>
<td>Christin Harrington</td>
<td>Lattimore of Geneseo Physical Therapy</td>
<td>Patricia Monopoli</td>
</tr>
<tr>
<td>Jackie Harrington</td>
<td></td>
<td>Jim Bewley Monroe Sealers</td>
</tr>
<tr>
<td>Renee Harris</td>
<td></td>
<td>Lori Moore</td>
</tr>
<tr>
<td>Mark Harrison</td>
<td></td>
<td>Carol &amp; Bob Moore</td>
</tr>
<tr>
<td>Derek Harrison</td>
<td></td>
<td>Amanda Morabito</td>
</tr>
<tr>
<td>Sharon Hausknecht</td>
<td></td>
<td>Susanna Morgan</td>
</tr>
<tr>
<td>David Hayes</td>
<td></td>
<td>Joanie Morse</td>
</tr>
<tr>
<td>Hegedorn's</td>
<td></td>
<td>Laura Mullen</td>
</tr>
<tr>
<td>Debra &amp; P.J. Heindl</td>
<td></td>
<td>Elizabeth Mulvehill</td>
</tr>
<tr>
<td>Judy &amp; Michael Henry</td>
<td></td>
<td>Frances Muscatto</td>
</tr>
<tr>
<td>Gregg Herman</td>
<td></td>
<td>Nagendra Nadaraja, M.D.</td>
</tr>
<tr>
<td>Raul Herrera</td>
<td></td>
<td>Linda Nangreave</td>
</tr>
<tr>
<td>Laura Hetko</td>
<td></td>
<td>Antonietta &amp; Michael Nasello</td>
</tr>
<tr>
<td>Joseph Hicks</td>
<td></td>
<td>Jessica Nava</td>
</tr>
<tr>
<td>Jane Hill</td>
<td></td>
<td>Nedloh Brewing Company</td>
</tr>
<tr>
<td>Erin Hill</td>
<td></td>
<td>Hanh Nguyen</td>
</tr>
<tr>
<td>Paula Hutchings</td>
<td></td>
<td>Jen &amp; Dave Nicotelli</td>
</tr>
<tr>
<td>Estelle Hitzfeld -</td>
<td></td>
<td>North Greece Physical Therapy</td>
</tr>
<tr>
<td>Bishop Kearney Class of 1971</td>
<td></td>
<td>Brenda Northrup</td>
</tr>
<tr>
<td>Marguerite Holderle</td>
<td></td>
<td>Nosh Restaurant</td>
</tr>
<tr>
<td>Maria Holowka</td>
<td></td>
<td>Margaret O’Hare</td>
</tr>
<tr>
<td>Holtz Family Foundation</td>
<td></td>
<td>Bette Olender</td>
</tr>
<tr>
<td>Connie Hotchkin</td>
<td></td>
<td>Lynda Oliver</td>
</tr>
<tr>
<td>Lynn Housheknecht</td>
<td></td>
<td>Norine Orsini</td>
</tr>
<tr>
<td>Filomena Howell</td>
<td></td>
<td>Kalpana &amp; Satish Parikh</td>
</tr>
<tr>
<td>James Huether</td>
<td></td>
<td>Shirley Parker</td>
</tr>
<tr>
<td>Dotti Humm</td>
<td></td>
<td>Park West Women's Health</td>
</tr>
<tr>
<td>Lynne Huot</td>
<td></td>
<td>Edith Parris</td>
</tr>
<tr>
<td>Ignite Cheer Tumbling Center</td>
<td></td>
<td>Tania Pasternak</td>
</tr>
<tr>
<td>Irondequoit Home Services</td>
<td></td>
<td>Delores Pesto-Ziobro</td>
</tr>
<tr>
<td>JAC, Harris Corporation CS</td>
<td></td>
<td>Vinnie Paulino</td>
</tr>
<tr>
<td>Peg Jacobs</td>
<td></td>
<td>Nancy Pearce</td>
</tr>
<tr>
<td>Susan James</td>
<td></td>
<td>Denise Pearson</td>
</tr>
<tr>
<td>Cynthia Jankowski</td>
<td></td>
<td>Carol Peath</td>
</tr>
<tr>
<td>Skelly Jeffery</td>
<td></td>
<td>Lorrainie Pellegrino</td>
</tr>
<tr>
<td>Julie Jeffries</td>
<td></td>
<td>Lori Peloquin</td>
</tr>
<tr>
<td>Mary Jo Jesmer</td>
<td></td>
<td>Ruth &amp; Jim Perrin</td>
</tr>
<tr>
<td>David John</td>
<td></td>
<td>Susanne Perrone</td>
</tr>
<tr>
<td>Mary &amp; Richard Johnson</td>
<td></td>
<td>Mary-Ellen Perry</td>
</tr>
<tr>
<td>Kyle Johnson</td>
<td></td>
<td>Christine Perry</td>
</tr>
<tr>
<td>Jane &amp; Stuart Jones</td>
<td></td>
<td>Charmy Perry</td>
</tr>
<tr>
<td>Sheila Jones</td>
<td></td>
<td>Marie Personte</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Carrie Phillips</td>
</tr>
</tbody>
</table>
### Philoptochos Society - Greek Orthodox Church

- David Pierce
- Patti Popielec
- Virginia Pratt
- Avraham Presberg
- Christopher Preziosio
- Christie Pritchard
- Janet Provino
- Irma Pylyshenko
- Mark Raeside
- Jeffrey Raggi
- Lauren Ramich
- Suzanne Ramsey
- Leni Rayburn
- Susan Reindel
- Carol & James Reynolds
- Veronica & Joan Richardson
- Amy Rigatti
- Rochester School for the Deaf
- Roxanne Root
- Lee Rosenthal
- Bette & David Ross
- Janise Ross
- Nancy Roux
- Stacey Ruisi
- Virginia Ryan
- Barbara Saat
- Irene Saeva
- Sage Rutty
- Robert Salsbury
- Risa & Dan Saltzman
- Kathy Sampson
- Eleanor Santo
- Kristina Sarlouis
- Linda Sauche
- John Savino
- Sandra Sawdey
- Patty Scarlata
- Barbara Schaeffer
- Sean Schiano
- Judith Schilling
- Deborah Schmitt
- Judy Schumman
- Mary Anne Schum
- Patricia Scott
- Jean Scott
- Brenda Seaman
- SEI / Aaron's Inc.
- Lori Seidel
- Tracy Seligman
- Bernadette Shaheen
- Carol Cilano & John Short
- Michael Shotwell
- Karin Shull
- Cynthia Shuman, PT
- John Shuman, PT
- Wendy Sigillo
- Sheryl Silberman
- Teresa Sipone
- Karen Smith
- Patricia Smith
- Clifford W. & Bernie T. Smith
- Suzanne Snedeker, PhD
- Jackqulyn Sobieraski
- Lesa Sobolewski
- Sodus Bay Heights Breast Cancer Golf Tournament
- Sodus Bay Heights Ladies

### Association

- Elaine Spaul
- Spencerport Girls Swim Team - *Pink the Pool*
- Emelda Sporn
- Margaret Sprinkle
- John Sproul
- Anne Stavisky
- Mary Steinbugler
- Kathy Steiner
- Donna Stendardo
- Julie Steron
- Karen Stevens
- Sue & Chuck Stiles
- Meyer Stolberg
- Heather Strack
- Sue Sturman
- Trish Stuver
- Frederick Suter
- Mary Lou Swicklik
- Hechmatollah Tabechian
- Amrul Tahir
- Manh Tang
- **Taste of Technology**
- John Taylor
- Arlene Taylor
- Karen Teschner
- **The Harley School - HAC Volleyball Team**
- Barbara Thompson
- Delma & Michael Tomaselli
- Tompkins Bank of Castile
- Toomey's Express, Inc.
- Donna Torpey
- Daniel Tractenberg
- Tradition Geneva
- Tradition Newark
- Sharon Trest
- Susan Turiano
- Vestina Turner
- Kathryn Turner
- Janice Tuschong
- Linda Tydings
- Arna Tygart
- **U of R Varsity Student Athlete Advisory Committee**
- Dore Udavchak
- Underberg & Kessler LLP - *Casual Jeans Day*
- Unland Development Corporation
- Joan Updaw
- Upstate Vape
- Carolyn Vacanti
- James Vallino
- Mary VandellOgt
- Sheila VanKeuren
- Sharon VanMeenen
- Nancy Vanzetta
- Vega Plastic Surgery - *Pink Sapphire Affair*
- Grace Vella
- Joyce VenNiero
- Connie & John Ventura
- Jeanne & Thomas Verhulst
- Victor Jr. High Faculty
- Vision Automotive Group
- Gerald & Helen Wahl
- Mark Waldman
- Sherri Walker

### Gifts in Kind:

- Mel Bianchi
- Linda Callahan
- Kim Carlson
- Kelly Colangelo
- DiBella's Old Fashion Submarines
- Julie Fuller
- Audry Gartley
- Margaret Kavesh
- Linda Kircher
- Martha Landel
- Sandy Leary
- Cheri Levine
- Mental Health Association Creative Wellness Opportunities
- Dana Michael
- Jan Miller
- Lauren Morelle
- Ellen Nahmikian
- Judith Schilling
- Unity Medical Group Practice Managers
- Robyn Whittaker
- Sarah Wise & Family
Our Fundraising Friends

### Ongoing Efforts

**A Million Magnificent Miles**

A penny doesn't buy much anymore, but our dear friends at Leonard's Express Trucking have found a way to make that penny matter in a big way for the Coalition. In the Fall of 2015 they created and launched three dazzling pink over-the-road rigs to criss-cross the country as ambassadors for a cause close to the company heart. For each mile traveled by one of the trucks, one penny has been donated to the Breast Cancer Coalition. As of April 1, ONE MILLION MILES have been logged to benefit our programs and services.

One million miles. One million pennies. Ten thousand dollars and counting. Every penny counts!

**Sinking Their Teeth In**

The Get-It-Straight Gives Foundation is a charitable endeavor of the Orthodontic practice of Dr. Terry Giangreco and associates and has honored us with donations in the past. This year we were thrilled to receive $3300 from the group! Dr. G., your ongoing support means the world to us. Thank you!

**Fleet of Foot**

Once again this year, we are the recipients of the proceeds from Fleet Feet and Yellow Jacket Racing's Pumpkins in the Park races. “Boots” and Ellen Boutillier are generous community supporters and their ongoing support of our work is much appreciated. Thanks for your donation of $800.

**Helping to Keep Us on Track**

Western Regional OTB at Batavia Downs has honored us with an end of year contribution of $250.

### In Kind Donations

- **The Practice Managers** of the Unity Primary Care Groups gifted some of the most useful items on our Wish List. A huge assortment of storage bags and containers, wraps, foil, trash bags, paper goods. Batteries, office supplies and assorted gift cards over filled two large boxes. These gifts are so incredibly helpful!

- **The Arbonne group of Melissa Killeagh** donated four gift baskets brimming with skin care products for our Young Survivor Soiree. Arbonne takes great pride in offering products that have been carefully prepared to be as toxin-free as possible. The baskets served as coveted door prizes for our March event.

- **The Wise and Harbaugh families** collected a large number of the items the Coalition always needs. Their effort was in honor of Linda Fitz and in memory of Grant Wise. This wonderful donation is much appreciated!

- The young ladies of Webster’s FC Dynamos soccer club visited to learn about all of the services the Coalition offers. Under the direction of leaders Amy Peterson and Umbereen Mustafa, the girls—Caitlin, Aviana, Maddie, Isa, Gianna, Ella, and Jinan created cozy blankets for our PALS paks. Thank you ladies!

- **Karen Moscoe** was kind enough to donate an assortment of sumptuous pink table cloths for use at our public events and receptions. They complement our logo beautifully.

**The Power of Pink**

We were honored to be chosen as the designated local charity for Brighton Accessories 2016 Power of Pink campaign. This nationwide campaign offers three limited edition bracelets each October, generating a $10 donation for each bracelet purchased. Our friends at the Brighton store at Eastview Mall, led by Lauren Henry, became our ambassadors as they described the incredible services provided at the Coalition while promoting these special pieces. Lauren has also become one of the Coalition's valued volunteers. Thank you, ladies, for your support as well as a donation of $640.

---

*Cindy Dykes accepted the generous baskets from Melissa Killeagh*
Thank you to all of our 2016 ROC THE DAY Donors

Anonymous (10)
Karin Bachmann
Elizabeth Bailey
Patricia Battaglia
Marilyn Hasson ‘Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow.’” (Mary Anne Radmacher)
Marilyn’s quiet courage will always be an inspiration to me, and I’m sure to many others, and in that way her voice will always be heard.
Wishing you peace, Pat
Margaret Blackman
Jeanne Bracken
Gunhilde Buchsbaum
‘To women of the woods everywhere’
Mary Callan In Honor of Holly Anderson
Leigh Chute In Memory of Kathy Raeside
Susan Conner
Michelle Cook In Honor of Laurie Cook Love you Mom!
Arlene Cooper
Shirley Cox
Janet Dalke
Ned Davis
Daniel Deckman In Memory of Terri Schmitt
Karen Destino ALL MY DEAR FAMILY AND FRIENDS WHO HAVE LOST THEIR LIVES TO THIS DISEASE Thank you, BCCR, for all the you do for breast cancer. The support you give helps so many people who are dealing with this horrible disease. Your programs are so helpful. Thank you for being there for me when I needed it the most!
Jody Dietz
Cindy Dykes In Memory of Irene Dykes
Dianne Edgar
Marilyn Falzone
Donna Hart
Carol Holtz-Martin
Nona & Jim Maurer
Colleen Joseph
Donna Katz
Margaret Kavesh
Diane Kinnicut
Marcia Krebs
Mary Lamb
Cheryl & Mark Bovard
Patricia McCandlish
Bethann Miller
Susan Miller
Theresa Mulee Holly, I make this donation on ROC the Day in your honor. You are such a grace-filled presence in our community and a personal inspiration to me. I know that you are there if I need you, and that is true for BCCR as a whole. I just want you to know that I am grateful for what you do, and that I’m here if you need me! Hugs. Terry
Leah Noonan In Memory of Jennifer Schoen and Colleen Jones
Kathleen O’Brien
Julie Overbeck
Cynthia Rand
Vasana Rattanarath
Gail Richardson
Pamela Rosen
Paula Schmitt
Jane Scudder
Katherine Sears
Joel Stefl Jody Jerome and Helen Repsher
Joel Stefl Kenty Ann Brei
Jessica Tennant Rachel
Laura Thurner In Memory of Terri Jean Schmitt Your Mom is always in my heart, as are all of you. Lots of love! Laura & the Kids
Sheila VanKeuren
Lisa Waldman
Karen Wallace
Dennise Webster In Honor of Tracy and Amy
Nancy Weinmann
Connie Zeller In Honor of BCCR Staff & Board of Directors
Janet Zimmerman

2017 United Way of Greater Rochester Local Campaign Early Donors

Randy Allen
Edwin Arroyo
Emily Bassi
Scott Beasaw
Christina Brodie
Condenessa Barron
Christopher Brucker
Juanita Brueggmann
Samantha Carbone
Lafonda Carter
Kirstyn Cole
Amanda Couch
Cindy DeCarlo
Debra Delregno
Kimberly Federico
Michelle Frederick
Brianne Gauthier
Robert Giancursio
Keylee Giffilain
Kyle Goldsmith
Elmer Henretta
Joyce Kotvis
Christine Kuhn
Kristin Lane
Carol A. Le
Sandora Leiston
Timothy List
Ronald Malley
Anne Manella
Michael Piccolo
Lawrence Presha
Mary Reed
Paul Richards
Debra Rivera
James B. Scott
Tekoal Scott
Kaely Shepard
Chrystral Szewczyk
Joanna Urso
Nancy Vallier
Sheila VanGrol

Board of Directors:
Chair
Patricia Cataldi
Past Chair
Joyce Wichie
Strategic Plan
Brian Riley
Treasurer
Debra Rivera, CPA
Secretary
Charlotte McCabe
Advocacy Chair
Miriam Steinberg
Major Fundraiser Chair
Patricia Cataldi
Community Friends Chair
Mary Carafos
Audit Chair
Debra Kusse
Regional Community Outreach Liaison
Melsande Bianchi
Chair Emeriti
Sylvia Cappellino
Phyllis Connelly
President, Ex Officio
Holly Anderson
Staff:
Executive Director
Holly Anderson
Office Manager
Connie Zeller
Program Co-Directors
Jennifer Gaylord
Beth Miller
Associate Program Director
Pat Battaglia
Regional Outreach Director
Tracy Brown
Development Associate
Cindy Dykes
Research Administrator
Dominique Boller
Outreach Coordinator
Lori Meath
Graphic Designer
Susan Wood
Newsletter
Pat Battaglia & Susan Wood
Administrative Associate
Sarah Rollinson
Voices of the Ribbon
Published Quarterly by the Breast Cancer Coalition of Rochester
Tel. 585-473-8177 • Fax 585-473-7689 • E-Mail: info@bccr.org • Online at bccr.org

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

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

Join us!
Monday, July 24, 2017
Brooklea Country Club
891 Pixley Road
Rochester, NY
Individuals and Foursomes welcome