On July 2, 1997, thirteen women met at the home of Sylvia Cappellino to create a new organization focused on the needs of those diagnosed with breast cancer. Those present certainly realized the importance of the journey they were about to embark on. But it’s doubtful they foresaw the major force their fledgling group would become.

By October of that year, the group was meeting at Valley Manor Apartments and worked diligently to become incorporated as 501(c)3 organization. Late that year, the Breast Cancer Coalition of Rochester was born.

Office space expanded to a small location on Park Avenue, and on to a larger space on University Avenue, and from there to our current facility just down the road. Our support offerings for survivors have grown from informal gatherings to professionally facilitated groups small and large, to one-to-one BC101 sessions.
Twenty years. Just writing those two words is awe-inspiring.

In the quiet last days of December 2017, our organization officially began its 20th year. And this January, our Board of Directors will convene to begin charting the course for what’s to come. But first, I want to take a look back.

In the last few months, many of you were invited to participate in a marketing survey sent by our research partner and good friends at Martino Flynn. We wondered what your thoughts are about the organization we’ve so carefully constructed over these last twenty years. We wondered how we are seen in the community and what you think of our mission, our logo, our name, and a multitude of other things. We definitely wondered about ways we might improve. We asked specific questions to help us get to the heart of what we need to know as we move forward. Foremost in our minds is how best to serve you, the survivors of breast and/or gynecologic cancers, as well as those who love and care about you.

Twenty years is a milestone to be sure. We think it’s the right time to do this self-assessment and consider everything from our name, our logo, our mission, and what these things mean to our community. We found it gratifying that so many of you took the time to respond. We are still compiling results of those surveys and, as always, continue to welcome any thoughts you wish to share. Stay tuned as we pore over your insightful responses.

Moving forward, we envision a concentrated commitment made by staff, volunteers, advocates, and activists, all impacted by a diagnosis of breast or gynecologic cancer in some way, as we work to provide exemplary support and education programs to those coping with these cancers. We aspire to build upon our vibrant, compassionate community of survivors so that others will have a place to find solace. By doing so, we aim to inspire and enhance the lives of those coping with breast and/or gynecologic cancer. We do this by empowering them to face demanding and challenging situations with knowledge and strength. Sound like a plan? Perspire. We’re working on it! As always, send your thoughts, ideas and suggestions to us at the Coalition.

And, yes, still at the top of our list of priorities is “cure it!”

* The theme of our annual Pink Ribbon Walk & Run, “Aspire, Inspire, Perspire” applies to everything we do! Save the date for our run/walk on Mother’s Day 2018!
At age 45, Zoë Kent has her hands full as a single mother of two sons: Ethan, age 17, and Robert, age 14. Fortunately, she and her ex-husband Wayne co-parent as a solid and loving team. Her mother, Rima, is a force of compassion and wisdom in Zoë’s life. And her fiancé Kevin is not only supportive, he is an active member of a cohesive family unit. Breast cancer was not part of the plan for any of them.

But in April of 2017, Zoë Kent noticed a discharge from her left nipple. She didn’t think much of it at first, but when it didn’t go away, she decided to mention it to Kevin. He was the one who first felt the lump. “I’m not a doctor,” he said, “but I think you should get this checked.”

So Zoë scheduled a mammogram. When that was completed and the results seemed suspicious, she underwent an ultrasound, followed by a biopsy. As an adoptee, Zoë’s genetic information is unavailable, and she made the decision to undergo genetic testing that day. “It was a very long morning,” she said quietly. When it became clear that this was going to be more than a simple mammogram, Zoë called Kevin, who left work and sat in the waiting room at the imaging center throughout the long morning. A couple days later, the pathology report confirmed their worst fears: the diagnosis was breast cancer.

“I just can’t do this,” Zoë recalled saying to Kevin after they learned the news. He responded, “Just take one day at a time. You can’t look ahead.” “And that’s what helped me,” Zoë shared.

The pathology report also included some important information about Zoë’s particular type of cancer: it was hormone-receptor positive; in other words, estrogen and progesterone fueled its growth. It was also HER2 positive, which means that Human Epidermal Growth Factor 2 (HER2) was another contributing factor in the growth of her tumor. Three weeks later, the genetic testing results revealed no high-risk familial mutation was involved in Zoë’s cancer.

Zoë consulted two surgeons, chose one of them, then met with a medical oncologist. Taking the size and the pathology of the tumor into account, and considering the fact that the health history of her birth family is unknown (despite favorable genetic testing results), Zoë’s medical team agreed that doing chemotherapy first, followed by surgery and radiation, would be best for her.

At the time, Ethan was a junior in high school, while Robert was in the eighth grade. Having settled on her treatment plan, Zoë and Wayne made the decision to inform their children together. They gathered for a family dinner and broke the news gently but honestly. Ethan quietly took his mother’s arm with a look of deep concern on his face, while Robert broke down in tears, recalling his open heart surgery three years earlier for a cardiac abnormality. “I don’t want Mom to die,” he sobbed. Zoë and Wayne reassured both boys that the months ahead might be difficult, but treatment would offer the best assurance that their mom would be with them for many years to come.

The boys’ school counselor and teachers were informed about the situation as well. All were compassionate and supportive. Still, there was one day when Zoë’s phone rang; it was Robert, in tears, calling from school. “Mom, I’m just so worried about you. I can’t concentrate in school, I can’t think clearly,” he wept.

“Yes, it’s very scary,” Zoë replied, “but I’m getting treatment and it’s all for a reason.” She stayed with her son on the phone until he was able to go back to class. Cancer touches every member of a family, each in their own way, and the learning curve is steep for all involved.

But progress is made one step at a time, and laughter is often the best medicine at many points along the way. The jokes have surpassed the tears in Zoë’s family. Her nickname of “Baldini” went by the wayside when chemo was done and her hair started growing back. Her sons now lightheartedly refer to her as “Hairy” with her post-chemo growth. Zoë joins in, laughing right along with her.
Project LEAD 2017 - Training Informed and Effective Advocates

The Advocacy Committee’s mission is to support legislation aimed at helping those in the breast and gynecological cancer communities throughout the ten-county area served by the Coalition. I have been a member of this Committee for about two years. As an independent, grassroots organization, the Coalition supports the missions of several national advocacy groups including the National Breast Cancer Coalition (NBCC), a research and lobbying group in Washington DC. Last May, I was among seven committee members who attended NBCC’s Leadership Summit. It was three days of science and advocacy lectures followed by a full day meeting with our elected representatives on Capitol Hill. During the conference, I learned about Project LEAD, an NBCC education program for breast cancer advocates, and was determined to attend.

Project LEAD’s purpose is to train advocates for many possible roles: from sitting on grant committees with doctors and researchers, to working on NBCC assigned projects, to one-on-one advocacy in healthcare settings and more. The need for trained cancer advocates is growing, as their presence at the table is often required for research centers to obtain funding and grants. Some Project LEAD graduates, knowledgeable about cutting-edge science, serve on the Department of Defense’s Breast Cancer Research Program, which addresses high risk/high reward research projects that may be our best hope for viable treatments and ultimately a cure.

So, armed with letters of recommendation and having finished an extensive online pre-course, I flew to San Diego last July to dive into the science of cancer. I joined an impressive group of students and an outstanding faculty from top-notch hospitals and research facilities.

The faculty presented topics starting with basic science through genetics and mutations; epidemiology; clinical trails and study design; and breakthrough discoveries that seem promising to treat cancer. In the evenings, we had assigned homework and study groups that facilitated both learning and new friendships. As a final project, each study group collaborated on a PowerPoint presentation and presented it to all advocates, staff, and faculty on the last day. Some of the faculty sat in on work sessions on this project and gently nudged us toward thinking more clearly about our assigned topic. The results from all groups were phenomenal and presentations were followed by a graduation ceremony.

It was an intensive five days, but some of the most valuable time I have spent in my life. I am proud to be a member of Project LEAD’s 2017 advocacy class.

Seeking LGBTQ breast or gyn cancer survivors to participate in focus group discussions

We at the Coalition have been working for the past year to determine the need and interest in programs speaking to LGBTQ breast and gynecologic cancer survivors. Please lend us your time and attention as we continue this process. RSVP required.

Contact Program Director, Jennifer Gaylord at 473-8277 or jennifer@bCCR.org to register for a focus group or for more information.
From Lives Touched, Lives Celebrated
-By Carol Holtz-Martin
(Recently Retired Pastor and Breast Cancer Survivor)

Hope

Hope can pop up when you least expect it. As one example, over the years I have grown less than enthused about my husband doing the laundry, especially my clothes. I received this text from him recently: “I did the laundry and – in accordance with federal law - I put nothing of yours in the dryer.” Progress! Hope for communication between the species!

But we are looking for something a bit deeper, I think. This is on my wall at home:

“Hope is the thing with feathers/ that perches in the soul/ and sings the tune without the words/ and never stops at all” ~Emily Dickinson

Antoine de Saint-Exuprey, author of the small classic The Little Prince, gives my favorite line in the book to the fox: “It is only with the heart that one can see rightly. What is essential is invisible to the eye.”

Hope is invisible to the eye. Hope is different than optimism. Optimism expects, even insists on the best possible outcome, on complete physical healing, on cancer gone for good. And who would wish for anything less?

And then there is hope that surprises by perching in our soul with wordless songs that we cannot quite catch. I remember a friend going through the worst time of her life, and telling two of us who were closest to her, “I’ve lost my hope. Nothing good will come my way again. I am done.”

We told her: “Then let us hold your hope for you, just until you can grab onto it again.” And, smiling faintly, she let us do that for her. One day many months later, she took us out to lunch to thank us. Picking up the check, she told us she was taking her hope back.

When hope seems to fail, it is not gone. Perhaps it is being held in hands so loving that you hardly notice their lifting it gently from your weary heart until your heart can open up to it again. Hope will return to you.

and PALS connections, to standing-room-only evening seminars, to healing arts classes – and much more. In 2014, we welcomed gynecologic cancer survivors to our support programs.

Most recently, our reach has expanded to include a number of counties surrounding Monroe, and many survivors throughout the region are able to participate in Coalition programs close to their homes.

Our founding mothers were tireless advocates and the Advocacy Committee continues in their footsteps, working to keep the interests of those affected by breast cancer foremost in the minds of lawmakers at the state, local, and national levels. Our advocates have long been a familiar and welcome presence in the offices of many of our elected representatives.

Since 2003, our Research Initiative has allocated over $750,000 to researchers throughout the region working on innovative projects to address primary prevention of breast cancer and to understand the metastatic process. These approaches offer the greatest hope to end breast cancer once and for all.

Our three major fundraising events - the Pink Ribbon Walk and Run, the Tee’d Off at Breast Cancer Golf Tournament, and the ARTrageous Affair gala - grew from humble beginnings. They now require small armies of dedicated committee members and volunteers who happily return year after year to ensure their success. Those who give of their time and talents have assured the Coalition stands on solid financial ground and can continue to offer programming free of charge for survivors. Our volunteers are our greatest treasure.

Holly Anderson first joined the group after her 1999 diagnosis of breast cancer. At the helm as our Executive Director since 2001, she has kept us focused and grounded as the organization evolved.

It’s been an incredible evolution, and we aren’t finished yet. The Coalition will continue until we realize the goal of our founding mothers: to see an end to breast cancer. We are forever indebted to these strong women as we continue to build on the foundation they laid twenty years ago.
Keytruda and Triple Negative Metastatic Breast Cancer  -By Pat Battaglia

According to data presented at the 2017 American Society of Clinical Oncology (ASCO) Annual Meeting in Chicago, two separate phase 2 clinical trials have shown the PD-L1 inhibitor, Keytruda (pembrolizumab) to be effective in patients with metastatic triple negative breast cancer, whether or not the disease has already been treated with other therapies. Patients in both trials experienced increased rates of tumor regression and disease stabilization. Interestingly, researchers found that patients responded to the therapy whether or not their tumors were found to be positive for PD-L1.

Keytruda is one of a class of drugs known as checkpoint inhibitors. These drugs block certain proteins made by some types of immune cells such as T cells.

PD-L1 is a protein on some normal (and cancer) cells. It binds to PD-1, a protein on T cells, which acts as an “off switch” that keeps them from attacking normal cells. Basically, it tells the T cell to leave this cell alone. Some cancer cells have large amounts of PD-L1, which helps them evade attack by the immune system. Keytruda and other checkpoint inhibitors help “unmask” cancer cells so the immune system can recognize and destroy them.

Phase 2 clinical trials are conducted in groups of several hundred participants to determine how well a proposed treatment might work, as well as its side-effect profile. Larger phase 3 trials are still needed to determine how – and whether – Keytruda will fit into treatment regimens for those facing metastatic triple negative breast cancer. It’s part of a long, complex, and necessary process to ensure the safety and efficacy of new treatments.

Sources:
www.meetinglibrary.asco.org/record/153044/abstract
https://www.fda.gov/ForPatients/Approvals/Drugs/ucm405622.htm
www.cancer.org/treatment/treatments-and-side-effects/treatment-types/immunotherapy/immune-checkpoint-inhibitors.html

Women with Metastatic Breast Cancer Needed for Whole-Food, Plant-Based Diet Study

A research group at the University of Rochester Medical center is recruiting women with metastatic breast cancer to enroll in a study investigating the effects of a strict whole-food, plant-based diet (no meat, no dairy, no processed foods) in women with metastatic breast cancer. Subjects must have stable, metastatic breast cancer, without any changes in their primary cancer treatments in the past 2 months, and be interested in a trial of a plant-based diet. The study will last 8-10 weeks and involve weekly office visits with study physicians, along with lab testing, PET/CT scans, and questionnaires. Three prepared meals daily will be provided. All food, testing, and study visits are provided at no charge.

If you, or someone you know, may be interested or have any questions, please contact the study coordinator Kelly Koch at (585) 341-9921 for additional information.
Jennifer Bergstrom
A Survivor’s Story
-By Pat Battaglia

Jennifer Bergstrom, who prefers to go by the name “Jen”, is 36 years old. She and her fiancé, Andy, are in the midst of plans for their May 2018 wedding. Jen is living with metastatic breast cancer and is happy to share her story here for others in our survivor community.

When she was first diagnosed with inflammatory breast cancer in July of 2016, Jen knew at the outset that hers was going to be a complicated journey. It was clear that the cancer was at least stage III and possibly stage IV. Breast cancer, like most cancers, is staged using a numerical system that ranges from 0 to 4, with the highest number indicating the disease has spread to distant sites within the body. Inflammatory breast cancer is an uncommon subtype that presents differently than most; instead of a lump, it shows itself as itching, irritation, a rash, or dimpling of the skin.

A few weeks later, in August of 2016, Jen learned that a small spot on her liver was a metastasis of her breast cancer. “It was tough to hear this news,” she shared, but the chemotherapy that had already begun “…continued full speed ahead as if nothing had happened.”

“I gave myself two choices,” Jen continued. “I could either sit and cry in the corner for the rest of my life or I could fight this beast and continue on with my life.” Thankfully, Jen chose the latter option. She joined our Common Ground group for those with metastatic disease, where she found unparalleled support and the camaraderie of others similarly diagnosed. The twice-monthly meetings of this group are a lifeline for Jen and others living with advanced breast cancer. “No one else understands it but another person that is going through cancer treatments,” she affirmed.

And her support at home is rock solid. “My friends, my family, and especially my fiancé and my mom help me through each day,” Jen gratefully acknowledged. “My mom texts me each morning and says good night to me every night. My fiancé Andy takes me to all my appointments, to chemo, and is with me every step of the way. He’s been absolutely amazing.”

To complete the picture, Jen thinks the world of her health care providers. “I’m really blessed to have the support I do,” she noted. For now, her chemotherapy continues. “The chemo makes me tired, but tired is okay because I’m still thriving.” Of course some days are harder than others. “Some days are emotional and sad, but today’s a good day so we’ll go with that,” she said, adding that “My silly sense of humor helps me cope.”

Ever willing to extend a helping hand to others along the way, Jen’s advice for those living with metastatic breast cancer is to “…seek out others. Go to support groups at the Coalition. Know that others are out there. We understand and we want to help. We are here to listen when and if you need to cry, yell, scream, vent, ask questions, or just need general support.”

In spite of all that’s on her plate, Jen lives a life of meaning and purpose. She is currently taking a short break from her full-time employment as an eligibility administrator for an insurance broker. She and Andy are working full-steam on their wedding plans and look with great anticipation to their special day in May. Life may become immensely complicated when living with advanced breast cancer, but it does go on. And it is still good.

Find Jen on her public facebook page: Jen’s Hike, life with IBC

“I could either sit and cry in the corner for the rest of my life or I could fight this beast and continue on with my life.”
There are as many ways of coping with cancer as there are people affected. But a common thread runs through the experiences of most cancer survivors: it’s generally accepted that a diagnosis of cancer is traumatic. Making treatment decisions and following through on them can seem like a series of impossible hurdles on an uneven course. And in the weeks, months, and even years that follow, many survivors experience repercussions.

Posttraumatic stress disorder (PTSD) develops after exposure to extremely stressful events and carries a specific list of diagnostic criteria. Among other things, it can manifest as sleep disturbances, gastrointestinal disturbances, intrusive thoughts, inappropriate anger or guilt, memory and concentration problems, and emotional numbing. Flashbacks or reliving events surrounding the traumatic experience while awake or asleep (in the form of nightmares) can also occur.

There are five recognized types of stress disorders: Normal Stress Response, Acute Stress Disorder, Uncomplicated PTSD, Comorbid PTSD, and Complex PTSD. Each has its own signs, symptoms, and therapeutic options, and only a trained professional can issue an accurate diagnosis.

A 2016 study found that 82.5% of those diagnosed with early-stage breast cancer (stages I-III) showed one or more symptoms of PTSD during the time between diagnosis and the beginning of treatment, although only 3.6% received a medical diagnosis of the condition. One year later, these numbers had decreased, but were still significant: 57.3% exhibited symptoms, while 1.7% were diagnosed with PTSD. The researchers took into account circumstances other than breast cancer such as prior trauma and illness among study participants, but concluded that breast cancer was the primary cause for signs of PTSD in the survivors they studied.

When cancer enters the picture in a previously healthy person, it can challenge the core assumptions through which she or he navigated their daily life. Individual responses to a cancer diagnosis are complex, varied, and affected by a host of factors such as previous life experiences, the coping skills of the person affected as well as their family and friends, and the availability of health care and social support.

PTSD and other traumatic stress reactions are not a sign of psychopathology; they are normal responses to abnormal circumstances.

Whether a cancer patient moves beyond active treatment or remains in treatment for the duration of their life, follow-up appointments, imaging, and/or scans, can trigger the resurfacing of trauma symptoms. For those who have undergone chemotherapy, certain foods that produced nausea during treatment may continue to do so long afterward. And surgical scars are a constant reminder. It is impossible to forget an experience with cancer. Still, while most cancer survivors exhibit immediate reactions after diagnosis, these typically resolve without severe long-term consequences.

Survivors, as a rule, are resilient.

People often reevaluate their values after a traumatic experience, and this is true of cancer survivors. This soul-searching can foster resilient...
Clinical trials are fundamental to improving the prevention, diagnosis, and safe and effective treatment of cancer. They are a primary source of hope for increasing the treatment options for women diagnosed with gynecologic cancer. However, enrollment in phase III NCI Cancer Therapy Evaluation Program clinical trials designed for women with gynecologic cancers declined 90% from 2011 to 2016, according to the Society of Gynecologic Oncology (SGO).¹

The SGO cites three factors that have contributed to this downturn: budget reduction and stagnation at the National Institutes of Health (NIH), the consolidation of previously independent oncology research groups for budget purposes, and a shift in emphasis to smaller biomarker-driven studies, with a resulting reduction of clinical trials.²

Participating in a clinical trial offers patients access to new drugs and interventions before they are widely available. Trial participants receive their health care from leading physicians in gynecologic cancer research, who provide close monitoring and follow-up care. If the new treatment approach is found to be helpful, the first to benefit are study participants. And patients in clinical trials make valuable contributions to our knowledge regarding effective therapies for gynecologic cancer.

Important recent advances in treating gynecologic cancer include the addition of chemotherapy to radiation in the treatment of cervical cancer, which has resulted in a 40-50% improvement in survival rates; and the adoption of intraperitoneal chemotherapy in advanced ovarian cancer, increasing survival from 50 months to 65 months.¹ Incremental advances are the hallmark of progress against cancer, and these improvements in treatment can only occur as the result of clinical trials.

Medical science has amassed a wealth of knowledge about genetic factors and molecular signatures that drive gynecologic tumor cell growth. Without clinical trials, this academic knowledge cannot be translated into effective therapies and preventive strategies that will improve patient outcomes.

Patients and advocates can make their voices heard. As House and Senate leaders negotiate spending packages, it is critical that our Congressional Representatives continue to hear the importance of increasing funding for NIH. This year, both the House and Senate Appropriations Committees made recommendations for a two-billion-dollar increase to NIH. Phone calls, letters, and emails to your representatives in support of increasing funding for the NIH can emphasize the economic growth that these funds would generate in addition to advancing the care of those diagnosed with gynecologic cancers in our country.

The Society of Gynecologic Oncology calls for a five-fold approach to address the situation:

1. Immediately increase funding for the National Cancer Institute for clinical trials.

2. Establish Annual Summit for Clinical Trials in Gynecologic Cancer, with members to include oncology groups, lay advocates, and other stakeholders. The purpose of this summit would be to increase the number and availability of trials for patient access.

3. Create a partnership at the National Center for Advancing Translational Sciences/NCI for the development of multi-site phase I and phase II clinical trials.

4. Establish a Clinical Trialist Career Development Program and develop grants to increase investment in young investigators, who represent the future in gynecologic cancer research.

5. Make gynecologic cancers a priority in any biomarker development programs supported by the National Institute of Health.

2. www.sgo.org

Additional resources:
- http://www.foundationforwomenscancer.org/clinical-trials/
**This ground-breaking program provides information, support, and empowerment for those taking aromatase inhibitors who are experiencing the side effect of joint pain.**

Our fourth session is underway and is proving to be a great success! Please look for a registration emails for our upcoming sessions, which will be held throughout 2018. **Note: registrants must be able to commit to all sessions.**

For more information, please contact Coalition Program Director Jennifer Gaylord at jennifer@bccr.org or by calling 585-473-8177.

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**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, Elizabeth Johnston, Kathy Simpson, Nancy Steinkamp, Angelique Stevens, and Karen VanMeenen, these workshops run in five week cycles on Tuesday evenings. Seating is limited, and advance registration is required.

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**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.

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**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, and is facilitated by Raphaela McCormack.

**Mindfulness & Meditation**

Offered in four-week sessions with Estalyn Walcoff or Siobhan LeGros on Thursday afternoons.

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**Weekend Healing Arts Programs 4-week sessions**

**Gentle Yoga**

Saturday Yoga is offered with instructor Raksha Elmer.

Sunday Yoga is offered with instructor Sunni Ingalls.

**Fluid Motion**

Saturday Fluid Motion with Tracey Boccia is a movement-based class helpful for those managing lymphedema and others seeking range of motion improvement.

**Tai Chi**

Saturday Tai Chi with Jean Frances Sica is a martial art using small flowing movements.

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**Dream Life Design**

Five-week Saturday session, April 7 - May 5. Karen Spaiches and Lori Mulligan lead this empowering creative journaling class.

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

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**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.

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**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.

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**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.

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**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.

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**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.

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**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.
In the thirteen-plus years I have participated in the support community at the Coalition, I have seen many faces come and go. I’ve heard stories that broke my heart and many more that reaffirmed the resilience of the human spirit. Whether gathered at the large, full tables of Brown Bag, the smaller and more intimate settings of our evening support groups, perhaps one of our healing arts classes, volunteering with fellow survivors, or the one-to-one connection offered by a PALS mentor, those who are struggling to make sense of their breast or gynecologic cancer diagnoses and navigating unfamiliar territory begin to see a way forward.

At the heart of every interaction between longer-term survivors and the newly diagnosed is kindness. Survivors tend to feel a shared humanity with those whose worlds have recently been turned upside down by a cancer diagnosis. They freely give of themselves to ease the burden for others more recently diagnosed. The reasons they do this are captured beautifully in Naomi Shihab Nye’s poem, Kindness, which is excerpted here:

Before you know what kindness really is you must lose things, feel the future dissolve in a moment like salt in a weakened broth…
Before you know kindness as the deepest thing inside, you must know sorrow as the other deepest thing. You must wake up with sorrow. You must speak to it till your voice catches the thread of all sorrows and you see the size of the cloth…
Then it is only kindness that makes sense anymore.

Their innate kindness coupled with our training is what makes our PALS mentors a force to be reckoned with. 💬

The next PALS Mentor Training Session will be on Saturday, February 3 at the Coalition. For more information, contact Pat Battaglia at pat@bccr.org.
Program Co-Director’s Update

Happy New Year!

Make YOU a priority this year!

Sign up for one of the Coalition’s many Healing Arts Initiative programs. You might try Gentle Yoga, Mindfulness & Meditation, or perhaps you may be interested in our monthly Book Club. Continue with a class that you already enjoy here at the Coalition or mix it up and try something new!

During 2017, we expanded our program offerings to better serve you and meet your needs. Evening Mindfulness & Meditation classes and Sunday morning gatherings for Gentle Yoga were added to our schedule. Several sessions of Surviving & Thriving on Aromatase Inhibitors have been well received and will continue throughout the new year. And, in addition to a new daytime offering of our beloved Voices & Vision writing group, we will bring back the artistic journaling class, Dream Life Design. To round it out, our plans are well under way for focus groups to explore offering an LGBT support group.

For complete information on all the Coalition’s program offerings, see pages 10 and 11.

If you have questions about any of our programs, or would like to be added to our email list to receive notification about enrollment opportunities, please contact Jennifer Gaylord at 473-8177 or at jennifer@bccr.org.

Jennifer Gaylord

Upcoming Events & Programs at the Coalition 2018

Evening Seminars

Wednesday, January 24
Sharon Gullo, Psychiatric Nurse
Mind, Body, Spirit: Coping with Anxiety, Grief, Depression and PTSD After a Cancer Diagnosis
7:00pm

Wednesday, February 28
Eugene Storozynski, MD
Cardio-toxicity of Breast Cancer Treatments
7:00pm

Book Club

Thursday, January 25
Life Reimagined: The Science, Art, and Opportunity of Midlife by Barbara Bradley Hagerty
Facilitator: Holly Anderson
6:00pm - 8:00pm

Thursday, February 22
The Distance Between Us by Reyna Grande
Facilitator: Ren VanMeenen
6:00pm - 8:00pm

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

Book Club

If a traditional support group isn’t for you but you still like the idea of participating in a supportive community following a breast or gynecologic cancer diagnosis, join our Book Club, led by Pamela Emigh-Murphy, Carol Moldt, Theo Munson, Jill Richards, Angelique Stevens or Karen VanMeenen, which meets on the 4th Thursday of the month, from 6:00-8:00pm. Prior sign-up is encouraged. See the latest book selections listed in the next column of this page.

Call us or visit us at www.bccr.org for details.

BROWSE, BORROW & READ

Enjoy the Breast Cancer Coalition's Resource Library
PTSD and Cancer, continued

responses such as a renewed sense of purpose, increased bonding with family and community, and increased charitable giving and volunteerism. The key to such growth is a solid social supports and relationships, which can be protective against traumatic stress. To paraphrase John Donne's famous quote: no survivor is an island.

Support/networking groups provide a safe place for survivors to share experiences and learn from others facing similar situations. Research shows that these groups can help people with cancer feel less depressed and anxious and become more hopeful. Groups offered at the Coalition – Brown Bag Fridays, Tuesday Evening and Thursday Evening Support/Networking Groups, and one-to-one support offered by our PALS Mentors – are a way for survivors to talk about their concerns confidentially, and perhaps differently than they have been able to before.

Survivors also rely on family members and friends who are experiencing their own traumatic stress reactions. As a result, personal relationships can sometimes become strained. Clear, compassionate communication requires the expenditure of emotional energy that may be in short supply on both sides of the equation. It’s important to know that not all issues can be resolved right away. Sometimes just talking about how things are going and acknowledging difficult feelings will help everyone involved feel their concerns have been heard. It’s a good first step.

Despite the best support, there are some who may still see themselves as damaged. Others may see the world as unpredictable or unsafe. Persistent feelings of hopelessness or despair, or any other PTSD symptoms that don't go away, should be evaluated and treated by your medical team.

PTSD was originally identified as a condition in combat veterans. Increasingly, it is being recognized as affecting those traumatized by a number of circumstances, including cancer. Acknowledging this can be the first important step on the long road to healing. Most survivors do not end up defining themselves or their lives by their trauma. The fact that so many are ready and willing to reach out to others is arguably the most universal characteristic of a cancer survivor.

A Personal Journey, continued

kids. “We have a great sense of humor – all of us,” she grinned.

With chemo finished and surgery now on the horizon, and with the advice of her surgeon to guide her, Zoë opted for a lumpectomy. On the day before the October surgery, Zoë and Kevin learned an offer they had placed on a house had been accepted. Her answer to those who question her timing is to smile and say “I want to keep my mind busy.”

Two weeks after her lumpectomy, Zoë met with her surgeon, who greeted her with a smile. “We have no evidence of disease,” she said. “Chemo worked very well.” Zoë and her family celebrated the good news.

Radiation therapy, which began in early December, ended shortly after the turn of the year. Still, there are hurdles ahead for Zoë. Infusions of Herceptin, a drug to address the HER2 aspect of her cancer, will continue every three weeks through July of 2018. Hormonal therapy will be ongoing for several years.

Through it all, we at the Coalition will continue to walk alongside Zoë. Our connection with her began when a neighbor of Rima's strongly suggested giving the Coalition a call. So, shortly after her diagnosis, we first heard Zoë's voice on the phone. “And it's been wonderful,” Zoë smiled when speaking about the time that has passed since the day she picked up the phone, dialed our number, and scheduled a BC101 session. Zoë showed up for that one-to-one session with Rima by her side. It was there that they first heard about Brown Bag Friday lunches. Zoë chuckled when she remembered wondering what it was about, and pictured a group of women “…sitting outside with their brown bag lunches.”

The next Friday, Zoë and Rima came together to Brown Bag. Zoë has been a regular at the weekly gathering ever since, as often as her treatment will allow, occasionally accompanied by Rima. Thankfully, not only does Brown Bag meet indoors (although participants have occasionally gathered outdoors in warm weather), women bring their lunches in all sorts of containers – sometimes even a brown bag!

“T’m a big believer in silver linings,” Zoë emphasized. Despite all the dark clouds that have crossed her path in the past year, each one has had its silver lining. Her family has been challenged beyond the norm, and remains strong. Zoë will be on hand to celebrate Ethan's high school graduation this spring. They now have a new place to call home. There are a number of treatments available for Zoë's particular form of cancer and, while there are side effects to deal with, each treatment has been effective. Zoë has become a beloved regular at the Brown Bag table, where she has not only formed strong bonds with her fellow survivors, she has inspired many with her resilience and gentle humor.

We at the Coalition will always be grateful Zoë found us. No dark cloud can ever dim her brilliant light.
Pledge Sheet

You may also register and fundraise online at bccr.org!

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

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Participant’s Name

Total Amount Enclosed $ 

You may also register and fundraise easily online at bccr.org!

You may also register and fundraise online at bccr.org!

FOR OFFICE USE ONLY

Registration $ _____

Pledges $ _____

Raffle $ _____

Total $ _____

Cash $ _____

Checks $ _____

Charge $ _____

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Entered in Database

Bib #

Cash $ _____

Check (Please make payable to Breast Cancer Coalition of Rochester.) $ _____

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Number

Expires

Amount Charged $  

Name on Card

Credit Card Signature

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

The Pink Ribbon Run is the premier “women-only” race in Greater Rochester. Women, of all ages and abilities are welcome to participate in the 5k road race. Our course is certified to be accurate by the USATF #NY13102KL.

All participants must read and sign the attached liability waiver.

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

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

Prizes
$300 to overall winner and a $200 bonus to Course Record Breaker (17:22). Additional prizes for age groups, survivors and fundraisers. Visit bccr.org for more information. Per USATF guidelines, gun time will be used for all prizes and net time will be provided as a courtesy to runners.

Cost
$25 All pre-registrations. $35 Day-of registrations. Fees are waived for those raising $50 or more. Form on reverse side must be filled out and signed by all participants.

How did you hear about this race?
☐ TV  ☐ Radio  ☐ Print Ad  ☐ Direct Mail  ☐ Other:
☐ Please send me more information about Breast Cancer Coalition and other program events  ☐ Please contact me about volunteer opportunities

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

All participants must read and fully understand the above waiver and sign on the reverse side.
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There’s nothing we won’t do for you!

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Hand-lettered and embellished original artwork by 2017 contributing artist, Andrea Nasca

2017 ARTrageous Affair
An ARTrageously Good Time
- By Cindy Dykes

Our 16th Annual ARTrageous Affair was held on Saturday, October 14 at the Holiday Inn Rochester Downtown. It was another sold out event, with 490 registered guests and more than 50 volunteers who mingled amid the pink balloons, extraordinary artwork, themed gift baskets, pink bubbly and colorful table centerpieces donated by Kittelberger Florist. All were there with one purpose: to support our efforts to “Redefine Pink.”

From our loyal supporters, to our dedicated ARTrageous Affair Committee, to the many artists, vendors, businesses and individuals who gave their time, talent, goods and energy, we are honored to say THANK YOU for helping to make this year’s gala a success, raising more than $160,000 for the Breast Cancer Coalition. We wish to express our gratitude to all our event sponsors, especially the Presenting Sponsor, Van Bortel Subaru, Ford and Chevrolet. Thank you once again to Glen Moscoe Jewelers for providing the fabulous Pink Balloon Grand Prize, and congratulations to Lucy Pietropaolo, lucky winner of the dazzling diamond earrings.

Guests heard stories from those touched in some way by a breast cancer diagnosis; including honorary co-chairs, Honorable Joseph and Mary Beth Morelle, along with this year’s award recipients: Candice Lucas, PhD, presented with the Harriet Susskind-Rosenblum Advocate’s Spirit Award; and Alissa Huston, MD, who received the Laurie Pask Heart & Hands Award.

Mistress of Ceremonies, Ginny Ryan, and Auctioneer, Howie Jacobson, encouraged the crowd to bid high and often on a wide array of silent and live auction items. The live auction featured remarkable art pieces, fantastic trips, sports and entertainment packages. The coveted First Friday Faeries Sweet Treats went to two high bidders, as did the ever-popular stay at the Nantucket Inn.

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

We hope you will consider joining us next year for another night of celebration and reflection when the 17th Annual ARTrageous Affair returns to the Holiday Inn Rochester Downtown on Saturday, September 29, 2018.

For more memories from this year’s event on please turn to pages 18-19
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- J.P. Morgan
- Radiation Oncology at the Lipson Cancer Center
- RDHB CPAs
- Lucy Pietropaolo, winner of pink balloon grand prize

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**Event Chair**
- Patricia Cataldi

**Committee Members**
- Holly Anderson, Suzanne Barber, Donna Beane, Patty Bellohusen, Melisande Bianchi, Carol Campbell-Jenkins, Sue Catalano, Cindy Dykes, Nancy Germond, Fiona Goddard, Melinda Goldberg, Joanne Hammond, Karin Hauza, Lauren Henry, Ayanna Jackson, Michelle Lindsay, Cheri Maillie, Debbie Masters, Dee McCreary, Margie Micca, Maja Milicevic-Klugh, Jessica Nightingale, Donna Peterson, Patti Prato, Becki Schirmer, Carol Serio, Kim Smith, Cecelia Spinelli, Brenda Tagatlia, Kim Toombs, Anne Townsend

**Artists**
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Thomas and Maria Cook, Joan Grela, Jim Byers and John Lee, Kathryn Meredith, Assemblyman Robert Oaks, Dr. James Wood

Our dedicated volunteers that helped make this year’s Gala a night to remember!
Small Steps

-By Pat Battaglia

We at the Coalition too often hear from those who’ve been recently diagnosed, “I did everything right!” People who have eaten well, exercised faithfully, and minimized stress in their lives can – and occasionally do - find themselves facing a cancer diagnosis. Some may wonder how much control we have over our health. After all, despite our best intentions, the environment and our genetics can influence our susceptibility to disease, including cancer. But the good news is that we have more control than we may think.

A healthy lifestyle carries many benefits. In addition to lowering risks for cancer and other diseases, it can result in increased energy, better sleep, maintaining or moving toward a healthy weight for each individual body type, and the emotional satisfaction of taking charge of the things that are ours to control.

Several years ago, we collaborated with the Rochester Business Alliance and Wegmans in providing our own, slightly modified version of their Eat Well Live Well program. Inspired by the program’s well-thought-out guidelines, we adapted them to the needs of our survivor community. The goals were simple: to raise levels of physical activity and to increase the amount of fresh produce consumed. Each participant tracked her progress against baseline measurements. Participants cheered each other on while working to achieve their personal goals. For some, it was a life-changing experience that illustrated how much progress can be made one step at a time.

As we move into the New Year, the thoughts of many people turn toward setting new goals, and those that foster health and wellness are often at the forefront of these good intentions. Here are five small steps that made a big difference for some of our Eat Well Live Well participants:

1. As you go through the day, **note how many servings of fruit and vegetables you consume.** Set the goal of adding one more serving. For instance, if you usually eat two servings, aim for three.

2. **Eat mindfully.** Take small bites and appreciate the complex flavors of your food as you chew thoroughly and savor each mouthful.

3. **Start each day with a walk** (weather permitting) and remember to pause long enough to smell the roses, breathe the fresh air, or listen to birdsong along the way.

4. **Park your car at the far end of the parking lot** wherever you go. It can add up to hundreds of extra steps taken each day.

5. **Be kind to yourself.** The overall purpose of setting health goals isn’t day-to-day perfection; it’s progress over the long run that matters.

What is one small step you can take today?
Curried Red Lentil Soup

¼ cup extra virgin olive oil
1 medium yellow or white onion, chopped
2 carrots, peeled and chopped
4 garlic cloves, pressed or minced
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon smoked paprika
½ teaspoon dried thyme
1 large can (28 ounces) diced tomatoes, drained
1 cup red lentils, picked over and rinsed
4 cups vegetable broth
2 cups water
1 teaspoon salt or more to taste
Pinch red pepper flakes
Fresly ground black pepper
1 cup chopped fresh collard greens or kale, tough ribs removed
Juice of ½ to 1 medium lemon, to taste

Warm the oil in a large Dutch oven or pot over medium heat until it shimmers. Add the chopped onion and carrot and cook, stirring often, until the onion is translucent (about 5 minutes). Add the garlic, cumin, curry powder and thyme. Cook, stirring constantly, until fragrant (about 30 seconds). Pour in the drained diced tomatoes and cook for a few more minutes, stirring often.

Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook 30 minutes, or until the lentils are tender.

Remove the pot from heat and stir in the juice of half of a lemon. At this point, you may puree all or part of the soup in a blender if you desire.

Add the greens and cook just until wilted. Season to taste with more salt, pepper and/or lemon juice. Serve immediately. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

Adapted from cookieandkate.com.

Cottage Pie

*Similar to Shepherd’s Pie, but that is traditionally made with lamb.

1 lb. lean ground beef or ground turkey
1 medium size onion, diced
2 Tbsp. Worcestershire Sauce
1 cup beef broth
1 medium carrot, peeled & sliced (optional)
1 cup mushrooms (optional)
Salt & Pepper to taste

For the mashed potatoes you will need:
4 medium size potatoes-peeled and quartered
1-2 Tbsp. butter
¼ cup milk

Brown the beef (or turkey) in a skillet and drain off the fat. While the beef is starting to cook, start boiling the potatoes and let them boil for approximately 20 minutes. Add onions and Worcestershire sauce to the browned beef. Let the onions cook a little and then add the beef broth, carrots and mushrooms. Bring to a boil, then let it simmer for approximately 15 minutes. While that cooks, the potatoes should be ready to mash. Drain all the water off the potatoes, then add the butter and milk and mash them. Pour the meat and vegetable mixture into the bottom of a casserole dish. Spoon the mashed potatoes on top and spread evenly with a fork. Bake at 350 degrees for approximately 30 minutes or until the top is golden brown. Serves 4 - 6

This dish works great with just about any vegetables added. Or omit all of the vegetables and just have meat and potatoes. To save time, purchase mashed potatoes in the produce or dairy section of your favorite grocer.
Research Administrator’s Update

New Grant Proposals Will Be Reviewed: Research Committee Members Provide Invaluable Input

As part of its mission, the Breast Cancer Coalition of Rochester funds innovative research to help end breast cancer. In February 2018, scientific, clinical and survivor/advocate members of the Research Committee will meet to review the proposals submitted for the Coalition’s next round of grants.

Since 2003, the Coalition has awarded more than $750,000 to support researchers in western and central New York who are exploring causes, prevention, metastasis, and a cure for breast cancer. Previous selected proposals have studied such topics as the role of chronic stress in promoting tumor progression, the impact of specific enzymes on outcomes in triple negative breast cancer, and reactivation of certain dormant genes to inhibit the growth of specific tumor cells.

The work of the volunteers who make the Coalition’s Research Initiative possible is invaluable and immeasurable. While the review panel’s scientific advisors assess the accuracy and logic of the proposals, survivor-advocates provide their crucial patient perspective. All devote their own time not only to examining the proposals assigned to them for review, but spend an entire day in Rochester to present their evaluations and comment on all of the submissions.

The work of the Research Committee helps the Coalition in its goal to support investigations into potential discoveries that can eradicate breast cancer. We’re deeply grateful to all the members of the Research Committee for their dedication, collegiality, contributions throughout the year, and positive responses when asked to serve on the Review Panel.

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

Committee Members Attend Research Retreat at Roswell Park - By Helene Snihur

On Nov. 9, 2017, Research Committee members Alison Currie and Lisa Smith joined Holly Anderson and Helene Snihur to attend the First Annual Breast Disease Site Research Group Retreat at Roswell Park Cancer Institute.

Twenty-three researchers gave presentations on their studies and investigations into pathology, pharmacology, cancer genetics and genomics, immunology, biostatistics and bioinformatics, microbiology, surgical oncology and breast surgery. The scientists and clinicians, who represented both Roswell Park and the University of Buffalo, presented their projects in one of five topic areas: mechanisms of failure of therapies for breast cancer; immune regulation; novel approaches; signaling pathways; and epigenetics.

The attendance of our Committee members was possible thanks to the invitation of Gokul Das, Ph.D., Associate Professor of Oncology and Co-Director of Roswell’s Breast Disease Site Research Group. Dr. Das received a Coalition grant in 2014 for his research into how the major tumor suppressor p53, whether normal or mutated, affects the function of Estrogen Receptor Beta in responding to tumors.

Dr. Das gave an update of his study at the retreat, noting how his current findings suggest that the estrogen receptor-p53 axis can be a potential new therapeutic target. Other presentations covered such topics as immunotherapy of metastatic breast cancer; microbes and microbial products as potential therapeutic agents for breast cancer treatment; the roles of the USP44 gene and of N-CoR (nuclear receptor coressor) in Triple Negative Breast Cancer; and targeting the G protein coupled receptor GPR161 in Triple Negative Breast Cancer.

The retreat ended with a discussion among the researchers about collaborating on research and grant proposals.

Roswell Park, which was founded in 1898 as the nation’s first cancer center, has 313 faculty members and almost 600 research projects currently underway.
Lauren Won - By Nate Stone

In the battle of Lauren vs Cancer, Lauren won. Not because of a miracle of healing as we all prayed. Not because she hated the phrase “lost her battle with cancer.” But because it did not defeat her. Throughout her nineteen-month battle, cancer did not take her smile. It did not take her sense of humor. It did not take her love of life and family. It did not take her quick wit. It did not take her beauty. It did not take a single thing that made Lauren, Lauren. She fought, and she fought, and she fought.

Lauren slipped peacefully from this world with her hands clasped in her mother’s hand and in my mine, surrounded by her incredible family in a room full of love.

Early in her hospital stay, Lauren and I knew things weren’t great and some tough discussions had to be made. Late one evening, when family had gone home and we enjoyed a bit of quiet between the never-ending interruptions for medicine, vital signs, and blood draws, Lauren turned to me and said, “I just don’t want to leave you.” The words stung. I didn’t want her to leave me either. To leave her family. Her friends. There is certainly a massive hole that has been left. There will never be anyone like Lauren Morelle. She was bigger than life. She shone brighter than the sun. In the words of her beloved Hamilton, she was inimitable; she was an original.

However, the fact is, there is no way she could ever leave me. She is everything I am. She is everything our children are. And so, she is not going anywhere.

I love you, Lauren Bauer Morelle. You stole my heart. As I told you many times, some people search their entire lives for what we have. I am so fortunate to have had these twelve years with you, my sweet girl, and I wouldn’t trade them for the world.

I love you more than I have ever found the words to say to you. 

“Nothing can dim the light that shines from within.” -Maya Angelou

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.

Doris Amick
Kimberlee Brock-Loomis
Betty Caulkins
Mary Randall
Larry Redmond
Margaret Wischmeyer

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@bcr.org.

We would be happy to honor your loved ones.
It is my full-time job (and pleasure!) to let the world know about the wonderful Breast Cancer Coalition. I also present about breast cancer and prevention strategies, good health practices, the importance of a good support system, and pink washing, but my primary focus is to bring/keep the good work of the Coalition forefront in the community’s minds and hearts. I also act as the liaison for the more than one hundred community fundraising efforts held on our behalf each year.

And yet, what brings people to us is often a personal invitation offered to someone who has been recently diagnosed. We can never underestimate the courage it can take to walk through these doors for the first time! And that is where you come in so often.

Do you know of someone at your workplace who is or has been dealing with breast or GYN cancer? Offer them a ride to the next evening seminar! Someone at your book club or church? Tell them about how much you benefit from your Gentle Yoga class here! Your child’s teacher, scout leader, or friend’s mom? Recount what you experienced at your 101 here, and how relieved you felt to know you had found the people who TRULY understood, and could walk with you, eyes and hearts wide open, through your cancer journey, wherever it took you.

YOU do this for us every day, when you volunteer and when you are simply alert for the possibility of someone YOU can touch directly. Keep up the good work!

YOU are our very best outreach!

For more information on how you can help, or to request to be added to the Coalition’s regional programs notification list call:

LOCAL OUTREACH (585) 473-8177 x304 or e-mail lori@bccr.org
REGIONAL OUTREACH (585) 473-8177 x310 or e-mail tracy@bccr.org

As our regional program offerings continue to increase, and as I look at the 2018 calendar, I’m excited to meet the survivors who will enroll in our programs. While we often have returning participants, I’m encouraged by the new faces I see when a program opens. The word of the Coalition’s work is spreading!

How do we get the word out, especially in regional communities? We participate in select health fairs and events. We look for opportunities to increase our newsletter distribution – and we make sure our newsletters are delivered to locations throughout the region. We count on community stakeholders to share our information with their audience.

We count on others.

It’s wonderful when survivors ask, “How can I help? What do you need?” Not only does it warm our hearts, it helps us stay energized so we can do our work. Volunteers are the reason we succeed. Without them – without YOU – we could not go as far as we do.

What can you do? It might be winter now, but when better weather arrives, we will definitely need volunteers to represent the Coalition at regional events. This might mean two to three hours on a weekend at a FUN festival, or a couple of hours at a fair in the evening. It could mean picking up newsletters at the Coalition and delivering them to an office in Batavia or Geneva. It could mean distributing program flyers to storefronts in Dansville. It could mean the difference between a survivor learning about the Coalition… or not.

So in this colder season, think of warmer weather and warming our hearts. Call me to learn how you can help the Coalition this coming summer, because we need YOU!

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

Sodus Bay Heights Breast Cancer Charity Tournament

The course at Sodus Bay Heights Golf Club is nestled along the breathtaking Lake Ontario shoreline. Club members take great pride in the facility itself, but also in the sense of community that prevails. That community spirit led members to start a charity golf tournament to support breast cancer services and research twenty-two years ago. As the tournament grew in size, so did the donation, which for many years was directed to a national organization. At the urging of several members who had benefitted from the services of the Breast Cancer Coalition, the proceeds from this annual event have been kept local for the past several years!

Under the guidance of member Sharon Lilla, this tournament now includes women, men and mixed teams in a four-person scramble format. Breakfast and lunch are supported by generous sponsors so that teams can enjoy a full day on the course in (ideally) the sunshine. Creative raffle baskets invite even more giving and inspire good natured competition!

This year’s Charity Tournament on August 28 resulted in an amazing donation of $8,582.45 and will allow us to continue to support our survivors and seek to eliminate this terrible disease.

A Day of Pampering and Good Deeds

“If you want a job done, ask a busy person.” Nurse and mother Rachel Compton certainly fits the definition of a busy person!

Rachel arranged a lovely Saturday celebration of women at the Del Monte Lodge on October 28 to benefit the Coalition as well as introduce nearly twenty home based businesses run by women. Local vendors from companies such as LipSense, Scentsy, Thirty-One, Monat, and others each donated a gift to a dazzling raffle basket. This day of relaxation and pampering raised $920. Thanks Rachel, for your hard work and for a wonderful Women’s Day Out.

Park West Women’s Health

A newer employee of the busy Park West Women’s Health practice (and the third Wendy at the office!) took their annual jeans day fundraising effort a few steps further this year for the Coalition. Her fellow workers were delighted by her pumpkin painting challenge and delectable baked goods and her extra efforts resulted in an impressive donation of $1,000.

Flaherty’s Honeyoye Falls Golf Tournament

Brilliant sunshine; open green vistas with the Bristol Hills in the distance; scores of hometown friends, games, libations, and raffles. A perfect day of golf, all for a great local cause.

The patrons and staff of Flaherty’s Three Flags Honeye- Falls location work and play hard and are big supporters of many community efforts and agencies. This year’s July 16 tournament was held at the Lima Country Club course and benefitted the Breast Cancer Coalition.

Dozens of great raffle items produced lively ticket sales and multiple game challenges kept golfers on their toes along the course. And after eighteen holes, sunburned golfers were rewarded at Flaherty’s restaurant/pub with a complimentary post tourney feast.

This hometown effort of the heart raised $4095.

(Outreach Coordinator’s Note: One of the liveliest and hardest working helpers at this wonderful event was Hannah Kline. Hannah was a vital part of this and several past charity tournaments. Her sense of humor and fun were evident in her course games and heckling. Tragically, Hannah was killed in a car accident just hours after this event. She is sadly missed.)

Honoring a Friend and Survivor

Our neighbors and longtime supporters at Hot Shots Beach Volleyball honored the cancer journey of their friend and ours, Pam Polashenski with a day of great volleyball on their sand courts on July 1. Pam is an inspirational survivor and good friend to many, and has inspired at least three fundraisers benefitting the Coalition!

Thanks to Hot Shots and all who supported Pam, for this gift of $500 in her name.

Taking Care of Their Community

American Medical Response in cooperation with Match Play Custom Apparel raised $1,160 in recognition of Breast Cancer month. Attractive pink ribbon T-shirts were designed by Paramedic Kuo Downing-Reese and offered for sale to employees in both short and long sleeved Ts and hoodies and in guy-and-work-friendly black.

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Doug Phelps, one of our two very favorite bowlers (the other being Kathy O’Neill!) has once again motivated scores of his fellow merry makers, business friends, and customers; obtained over one hundred raffle prizes; solicited sponsors for all of the lanes at Bowl-a-Roll for his October 21 event; and raised $9,672 for the Coalition in the process! Through the years, this “gentle” man has become a dear friend of our Coalition and one of our biggest supporters.

Doug’s “committee” is comprised of friends and family who dedicate weeks to helping him create a day of good times and good work. Special thanks to: Chris Colocillo, Margaret Cousins, Chris English, Laurie Selover, Kirk and Donna Alexander, Jim and Sandi Robinson, Dave and Kathy Phelps (who raised a great guy!), Michelle Asher, LeAnn and Mike Reister, Lenny and Terry Rideout, Jaime Beck and Marisa Gilbert.

On behalf of the hundreds of people who benefit from our free programs all year, we thank you for your incredible efforts on our behalf!

**Batavia Downs - Bigger and Better in Every Way**

Enjoying what has become a favorite annual event, over fifty staff and friends of the Coalition headed west for an evening of top-notch harness racing and gaming at the updated Batavia Downs Gaming and Hotel.

Joining dozens of the friends of Melisande and Richard Bianchi (Mel is on our Board of Directors) we filled the Clubhouse and savored a sumptuous buffet and cheered on the horses and drivers on an idyllic August 2 evening. In addition to our race and dinner package, guests enjoyed generous free play in the casino and an opportunity to bid on sports memorabilia, furniture and other unique items.

Boosting this year’s fundraising effort was the generous support of the horse trainers and jockeys who donated their earnings for the evening to the Coalition! The entire Batavia Downs family was thrilled to present us with a stunning gift of $11,320.07.

**Knucklehead Brewing**

IPA beer aficionados were treated to a special limited release brew and given the chance to donate to the Coalition in the process. Throughout the late summer and into autumn our friends at Webster’s Knucklehead Craft Brewing donated $1 from each draft sold. This delicious campaign raised $682

**Ongoing Efforts**

<table>
<thead>
<tr>
<th>Leonard's Express</th>
<th>Nosh Restaurant</th>
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<tbody>
<tr>
<td>third quarter, Penny a Mile $1,288.32</td>
<td>second quarter, Coalition Signature Dish $856</td>
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</tbody>
</table>

**Quiet Efforts, Great Results**

Each year for the past three, we have received a check from the people who own Upstate Vape. We discovered that they designate 10% of all October sales of any pink item to be donated to the Coalition. This year the sales of these items resulted in a record $1,814 gift!

From various October Breast Cancer month fundraisers around our area, we received much-appreciated gifts from the following:

- Cornell Jeweler’s October watch battery promotion $754.95
- City of Rochester IT Department ‘100 pink ribbon cookies’ and ‘Pay to Wear Pink’ $265
- Sage Rutty & Company organized by Maggie Vescio $1250
- Ortho Clinical Diagnostics Women’s Leadership Initiative coordinated by Renee Marble $1,175
- Gold’s Gym Webster $362
- Rochester NY Airport Firefighters IAFF Local 1636 T-shirt design and sales $585
- Ridge Road Fire Department $138
- Atria Senior Living Bake Sale $129.25
- Mendon Physical Therapy $500
- Companion Care of Rochester (our neighbors!) raffles $154
- Dunn Management coupon pages $107
- Monroe Community College Residence Life Bake Sale orchestrated by student Ebony Huntley $42.40
- Ignite Cheer and Tumbling $750
- Blue Heron Hills Golf Club $315
- The Source Fine Jewelers Jewelry cleaner promotion $105.25
- Lima Primary School $50
- Lily Santiago “Hope Is the New Pink” Show at Club 140 Alexander $100
- YellowJacket Racing and Fleet Feet Sports proceeds from Pumpkins in the Park $850
- ROC City Mustangz Perfect Pony Car Show (first all - mustang car show!) $1,000
Our Fundraising Friends

Creating Beauty in Many Ways

The kind and compassionate professionals at Quatela Center for Plastic Surgery bring healing care to many in our breast cancer survivor community through expert reconstruction. This October that same spirit inspired them to have several beautiful custom jewelry pieces designed to raise money for the Coalition.

These exclusive necklaces and bracelets were designed by the talented folks at Dripping in Gems and 100% of the proceeds from their purchase benefitted the effort. Client and staff response was enthusiastic and we were thrilled to receive Quatela’s donation of $1,626.48.

Charity WERQ at Midtown Athletic Club

The music and lights pulsed as over seventy pink clad athletes danced and sweated in an energetic 90 minute HiLo aerobic class on October 19. Instructors Monique Ricci, Laura Chase, Sarah Lustig and Christine Kull rotated leading the masses though their paces.

In addition to the wonderful donation of $1,450, we also received a most welcomed collection of adult coloring books, scarves and journals for our PALS packs. These items will be enjoyed by our survivors during the time of doctor visits and treatment.

Churchville-Chili Flag Football

The young athletes of the Churchville-Chili Flag Football and Cheerleading undertook a full scale effort to raise money for the Breast Cancer Coalition this past October.

Boasting near 100% participation, they played their matches sporting dazzling pink socks or pink bows. They also took time to learn about breast cancer and the effect a diagnosis had on the families of their friends and teachers. In November they caravanned en masse to the Coalition where they listened attentively to the ways their donation helped survivors in their own communities.

Local channel 13 WHAM ABC covered their visit. We appreciate the efforts of this terrific group of young people and their parents, and thank them for their gift of $1,000.

Inspiring Success on the Field, the Court, and in the Water

The young players of the Perinton Youth Hockey Blades 9U AA Squirt Minor team were thrilled to compete in their first-ever tournament in Ohio this October. Sporting their pink-taped sticks they took to the ice with an extra push from Head Coach Tim Fink that any goal would be rewarded with a donation to the Breast Cancer Coalition. With a bit of help from the parents, put together a wonderful donation of $325. Great work, players!

Penfield Youth Football and Cheer put their spirit into an October fundraising campaign called “Coins to Conquer Cancer”. Players and cheerleaders (grades K-7) collected their change to support the Breast Cancer Coalition of Rochester.

The athletes wore their pink to practices and brought in envelopes full of change they collected. Together, the youth raised $1340 and their success was matched by Coach Kristyn Scibenski’s employer, Medtronic. The combined gift of $2,680 was presented to honor those community members and loved ones who are fighting or have lost the battle with breast cancer.

The young women of the combined Harley and Allendale Columbia Volleyball team coordinated a variety of small fundraising efforts throughout October to present a generous donation of $1,200 to the Coalition at their match on October 25. The players have undertaken this effort for the past several years, and this was their largest offering. These dedicated players and stand out students put their “all” into everything they do!

Continuing a tradition for the Spencerport Girls’ Swim Team, Boosters President Wendy Dunn coordinated the annual Pink in the Pool to recognize Breast Cancer Awareness month. Each year, this spirited event recognizes the families in the Spencerport community who have faced a diagnosis of breast cancer. This year’s Pink in the Pool raised $1,000 for the Coalition.

A field of pink greeted fans at the October 3 Fairport Field Hockey game. In addition to pink jerseys and socks, pink balloons purchased by fans and players honored loved ones affected by breast cancer with a message of support.

Coalition Director Holly Anderson was on hand to accept a gift of $250 and help to launch the balloons into the blue fall sky. It was an inspiring sight for all!
Our Fundraising Friends

**Being Neighborly**

Our good friends at Xerox Good Neighbors Community program once again hosted their annual Chili and Dogs lunch to benefit two local charities including the Breast Cancer Coalition. This chance for employees to whip up a batch of their “nearly famous” personal chili recipe results in over thirty unique offerings ranging from vegetarian and white chicken to sausage, venison and beef bowls. Served with the requisite red hot, a side of chips and a delectable homemade dessert choice for just $5, this event is a favorite with the Xerox crew as well as the Coalition’s Outreach Coordinator, Lori Meath. The creative raffle baskets are always a hit and ticket sales were brisk.

Thanks to Maja Milicevic-Klugh and Mary Jo Deichmiller (also active Coalition volunteers), Don Miller, Mark Smith, and Bob Cook for being the movers and shakers who put this great event together! This year’s event raised $2,000 for the Coalition.

**Pittsford Cheer**

The young ladies of Pittsford Cheer held a contest in September to design a dazzling pink hair bow to honor a cheer mom’s breast cancer fight.

The designs were submitted anonymously and featured such elements as polka dots, ribbons, and sparkles. The competition was fierce and the winning design was turned into hair adornments for the girls to wear proudly throughout October. Each entry fee was given to the Coalition and several of the cheer moms contributed as well.

Thanks, girls, for your donation of $248.

**Get It Straight!**

Orthodontist Dr. Terry Giangreco is well-known in our community for his generosity and the care he provides to deserving teens who could not otherwise afford vital orthodontic work.

Dr. Giangreco, his four fellow dentists, and their staff also adopt several other community causes throughout the year, and we are honored to receive the donation of $3,250 from the Get It Straight Orthodontic practices in Rochester, Pittsford, and Macedon.

**A Gift of the Hands and the Heart**

Quilters bring small bits of fabric together stitch by stitch to create masterpieces of color and design. Even the smallest coverlet requires many hours of painstaking close work. To create a queen-size piece combining several techniques into a breath-taking heirloom “Opportunity Quilt” called on the skills and talent of a large part of the Henrietta Quilt Club.

The quilt was donated to the Coalition to raffle over the summer and fall at community events and festivals. $2,699 was raised through ticket sales, and the lucky winner was notified at the end of October. A talented quilter herself, Sally Maier of Webster donated the quilt back to us to gift to one of our program participants. The second drawing awarded Michelle Rechlmayr this gorgeous piece, coinciding with the tenth anniversary of her cancer diagnosis.

Our deepest appreciation to the incredible Quilt Club for a gift that keeps on giving!

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” -Marcel Proust
Donations ending September 30, 2017

The name of the individual honored or remembered is shown in bold type. The Breast Cancer Coalition thanks donors for these gifts made since our last listing. (Donations made after September 30th will be included in the spring newsletter.) We apologize for any errors and/or omissions on our donor pages. Please notify us if a correction is in order.

In Honor of:
All the Coalition Volunteers
Easton & Joanne Kelsey
Holly Anderson
Dorothy Pecoraro
Maura Steed
Lauren Hope Bernard’s Bat Mitzvah
Kim & Neal Holtzman
Gary & Ann Bischoping’s 50th Anniversary
Robert Lagree
Cyndee Czarnecki
Kristyn Scibienski
My Children & Grandchildren
Beverly Engel
Regina Harzinski’s 90th Birthday
Marie Personte
Kimberly Holtzman
Alice Palokoff
My Aunt, Cousin, Mother-in-Law & Sister-in-Law
Jeanine Lupisella
Don & Karol Marker’s 50th Anniversary
Robert Lagree
Susan S Miller
Barbara Bruning
Dorothy Nocek
Kristyn Scibienski
Nelia Pynn
Anonymous
Enid Ryen’s Special Birthday
Eileen S Goldman & Edward Testa
Marian Stickney
Barbara Warth
Barbara Swiecki
Knights of Columbus - Council 4812
Sherrie Valentino’s Birthday, in memory of her sister, Sue Henkel
Diane Campoli
Sharyn Leahy
Laina Valeriotti
Josephine Coccia
Luann Weinstein’s Birthday
Clarice Speier
Kelly Young
Charles & Jean Caskey

In Memory of:
Claire Allen
Holly & Tom Anderson
Doris Amick
Bonnie Berretta
Michelle Cacia
Sandra Falsone
Irene Bartash Berke
Holly & Tom Anderson
Carolyn Carafos
Vincent & Lois Alfieri
Holly & Tom Anderson
Anesthesia Associates of Rochester P.C.
Anonymous
Vasila Augustinos
George & Joan Carafos
Kathy Cretelle
C Andrew & Pamela Cudahy
Mary DeMatteo
L Dunn
Allison Fegley
Cynthia Gates
Deborah Giambonne
Louis & Marilyn Guadagnino
Martha & Robert Hart
Donald & Helen Heiler
James & Barbara Hurley
Bernard Iacovangelo
Arthur & Diane Jaskier
Roger & Carol Kirkpatrick
Sheila & Terry Klee
Mary Ann Labue & Cynthia Purmort & Family
David & Gayle Leicht
Nancy L Mesolella
Ron & Carol Mesolella
James Nickles
Elizabeth & Gilbert Proper
Scheduling Office
Jean Sacheli
Mary Schlitzer
Shelli Silvarole
Sophia Stathe
Mary Jo Toepfer
Eric & Andrea Vangellow
Will & Shelly Wilkins
John Carlin
Nancy Kuhn
Donald & Susan Merlau
Donna Merlau
Eileen Stowell, Joann Irish & Steve Irish
Darkiss Anne Crown
Laima Gallo
Elizabeth Davis
David & Anne Maries Davis
James Stadtmiller
Joanne Fletcher
Gary & Linda Kircher
Patty Niger Forest
Gary & Linda Kircher
Lynda Gomeski
Robert & Faye Frederick
Mary Adams Griffith
Agnes Griffith
Janice Hawryluk
Amy Button
Patricia Gallagher
Paul Gras
Roman Komunyatsky
Linda Lindenberg
Barb & George Murray
Michael & Cheryl Nowicki
Jean Oliver
Anthony Pelliccia
Judy Pray
Lynn & Sharon Selke
Timothy Thomas
Peggy Whiteford
Nancy Whiting
Walter Johnson
Valerie Christianson
Gary Flisnik
Beverly Kowalik
Sharon Marang
Amy Newman
Peter & Gloria Ottavio
Andrew Raus
Patricia & James Rozanski
William VanBuskirk
Matthew Weaver
Thomas A. Kanellis
Michelle Halloran
Doris Heyman
Craig Mirek
George & Alice Tsilibes
William Lavender
Laima Gallo
Adele G. Madden
Wendy Linville
Paul J. Maier
Gail Maier
Pamela Mastrella
Marlene Keily
Lucy Meleca
Gloria & Jim Perticone
Lauren Morelle
Holly & Tom Anderson
Conservative Party of Monroe County
Tom & Maria Cook
Carole Lombard
Thelma’s Mastectomy Boutique: A History - By Sandy Schwab, owner of Thelma’s

Thelma’s Boutique first opened in May of 1982. As a former nurse, I was inspired to help my breast cancer patients by creating a private place that was just for women. My Aunt Thelma had been a corsetiere and mastectomy fitter at Sibley’s Department Store for over 28 years.

We combined our talents to provide women with a wide variety of products and services relating to having a mastectomy, lumpectomy, augmentation, or other breast issues. After starting in a 400-square-foot building on East Main Street, we moved in 2000 to the house we still occupy at 251 Park Ave. Now employing five certified fitters and two full time office staff, Thelma’s is a provider with most major insurance companies and handles the associated billing for clients.

Thelma’s is just one part of the healing process while recovering from breast cancer. Our goal is to provide a warm and welcoming atmosphere. It takes time to discover what needs each woman might have, and listening is an important part of the service provided by our fitters. It’s all about each person’s lifestyle and personal tastes. Our philosophy is, “When a woman is ready to be fit she should have products available to her on that day so she can wear them home if she chooses.”

It’s a very rewarding job and a pleasure to work with the incredible women who come to us from all over the Rochester area as well as from other regions. People also find us on the internet at thelmasboutique.com. We have been told many times that “There’s no place like Thelma’s,” and clients have asked, “What would we do without you?”

I am pondering that very thought. Thelma passed on in 2012 and I have been managing the business for almost 36 years. I would like to retire, but wonder who would take my place. It has been a labor of love for all these years and I hope Thelma’s will continue to serve women for a long time.
A Fond Farewell

I was excited to join the staff of the Breast Cancer Coalition in January 2012 when there was an opening in the Special Events & Development department. As a program participant and volunteer, I was eager to take on an expanded role in helping the volunteer committees plan and organize our three major fundraisers: the Pink Ribbon Run & Walk, “Tee’d Off At Breast Cancer” Golf Tournament, and ARTrageous Affair. It has been my great pleasure working with and getting to know so many of our program participants and volunteers over the past six years, so it was with mixed emotions that I decided to retire at the end of 2017.

I will miss my co-workers, who have been so helpful and supportive. They are like family members, and the Coalition feels like my second home. I will also miss the frequent contact with so many of you who come to the Coalition for programs and events. But I look forward to keeping in touch as I plan to return to a volunteer role, serving on various committees. I know our volunteers will enjoy working with our new Special Events Director, Kim Smith, and I happily turn over the events to her capable hands.

Goodbye, for now.

THE COALITION’S CURRENT WISH LIST

- **A cure for breast cancer**
- **Books:** about breast, gynecological, prostate or testicular cancers and lymphedema for women, men, children, families (2010 or later)
- **Office supplies:** copy paper (white, 8½ x 11), white notepads (plain-Staples or Office Max), Post-It notes, mechanical pencils with erasers
- **Breast Cancer Research postage stamps**
- **Gift cards ($10-$25):** Wegmans, Tops, DiBella’s, Staples, Target, Barnes & Noble, Michaels, pizza, gas, 10-ride RTS bus passes (available at Tops or Wegmans)
- **Paper products:** paper towels (Viva), napkins, cups for hot and cold beverages, small and medium plates (no Styrofoam products), unscented tissues
- **Batteries** (D and AA)
- **Cleaning & storage:** plastic or glass food storage containers, zip-style storage bags (quart & gallon), aluminum foil, plastic wrap, trash bags (13 and 33 gallon), disinfectant wipes
- **Matching LG washer/dryer** (contact the Coalition for specs)
- **Heavy duty 10x10 pop-up tent with sides**

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Voices of the Ribbon is published quarterly by the Breast Cancer Coalition of Rochester for the purpose of providing encouragement and inspiration to those facing a breast cancer diagnosis, their supporters, and care providers.
In addition, it is intended to impart accurate, science-based information to enlighten and empower its readership.

SUNDAY, MAY 13, 2018 GENESEE VALLEY PARK