Happy New Year! Did it feel as wonderful for you to change the calendar from 2020 to 2021 as it did for us? 2020 was a challenging year, to be sure. Shall I leave it at that?

As the last days of 2020 approached, all of us at the Breast Cancer Coalition had, in many ways, already moved on to 2021. After all, our slate of offerings for the new year began to take shape as the leaves started to change during those first cool nights of August.

We began our planning, as we do every year, with a look at the feedback offered through our consistent evaluation process. Which programs were well-attended? Which had the steadiest attendance? Which were so popular they had wait lists? In the section of our evaluations asking what else participants would like to see, which suggestions appeared the most? It doesn’t end there though. Considering feedback from program evaluations isn’t perfect because this only takes into account the thoughts of those who participate in these programs. Simply put, if we only offer blue programs, perhaps only those who enjoy blue will participate. What about those who love yellow? Or red? We would never hear from them. Are you following me? We also think deeply about those who might not find blue helpful or interesting at all. This is an invitation to all the yellows, reds, and others who would like to see different program offerings. What if your idea is shared by a multitude of others on the sidelines? Please reach out to share your thoughts with me at holly@bccr.org.

Our program offerings are just part of the planning for 2021. Our Advocacy and Research Committees never missed a beat in spite of COVID-19. Virtual meetings and conferences actually worked well for most participants. Still, we wondered about those without the technology that allowed for this participation. We continue to miss some important familiar faces. Though we are not at a place where we can be together safely yet, we do feel the time is coming. It gives us a sense of hope. We hope you feel it too.

As we move forward with our virtual programming, one thing is certain. We miss your physical presence here at the Coalition. We were able to get to know so many of you because you stopped in to see us. Whether newly diagnosed or a longtime thriver, your presence reminded us of why we exist at all. Some of you arrived early for programs or events, or lingered afterward. You stopped by for extra brochures or newsletters because you noticed a medical office that didn’t have these materials. You wanted to peruse our hat cupboard or check out our resource center… or you were just in the neighborhood. Noticing this planted a seed. We’ve realized that this is how you got to know each other too. To that end, virtual as it may be for now, look for more opportunities to get to know each other informally in 2021. This is how we foster community.

Join us as we march confidently into this new year!

— Holly Anderson
Jean Weber and her young family had recently moved from New York City to a small town in northern Illinois when Jean found a large lump under her arm while shaving. Her primary care physician referred her to a general surgeon who diagnosed breast cancer. Jean soon underwent a lumpectomy and axillary node dissection. The surgeon then referred her to a local oncologist for additional treatment, but even before she saw the oncologist, Jean decided to get a second opinion in Chicago, fifty-five miles away. She talked to friends, did some research, identified a breast cancer expert, and made an appointment. To her surprise, the local oncologist was supportive when she told him about the second opinion. He smiled and asked her to “say hello for me” to the doctor she’d be seeing - he had trained with that expert. The two physicians collaborated, and Jean felt secure getting chemotherapy and radiation treatment at the small but highly regarded hospital near her new home.

In contrast to Jean, Pamela Polashenski, MD, was well connected to the local medical community when she was first diagnosed with breast cancer in 2016. As Chief Medical Officer at Clifton Springs (NY) Hospital & Clinic, Pam knew and respected the oncologist on staff, and completed her initial treatment at Clifton Springs Cancer Center, which is part of the Lipson Cancer Institute of Rochester Regional Health (RRH). After Pam’s breast cancer metastasized in 2018, she decided, with the support of her oncologist, to seek a second opinion at a major cancer center. She used professional contacts to identify a breast cancer specialist, Rachel Freedman, MD, MPH, at Dana-Farber Cancer Institute in Boston, Massachusetts. Getting an appointment was quick—within a week—and her records were transferred through the electronic records system used by both RRH and Dana-Farber. Pam and her husband drove to Boston for the first of two in-person appointments. Dr. Freedman confirmed that Pam was getting optimal therapy for her type and stage of cancer. When Pam’s cancer continued to progress, Dr. Freedman identified a clinical study in Syracuse for which Pam qualified. Pam received treatment there, just an hour from her Wayne County home, while her local oncologist and her Dana-Farber oncologist coordinated her care. Pam now keeps Dr. Freedman in the loop via email updates and virtual visits while she continues treatment in Clifton Springs.

Seeking a second opinion for a cancer diagnosis or treatment is a common practice that is supported by almost all physicians, says Alissa Huston, MD, a medical oncologist in the Comprehensive Breast Care program at Pluta Cancer Center in Rochester, New York. Dr. Huston gives second opinions and has patients who consult other providers for second opinions, locally and out-of-state, and fully embraces both situations. She encourages people not to be shy about suggesting a second opinion to their provider, and says a second opinion works best when the two doctors have an interchange. Dr. Huston might even suggest to a patient who is struggling with a treatment decision that getting a second opinion would be beneficial. If a patient asks her for a recommendation, she is happy give them the names of specialists for their particular diagnosis or help them choose from a list of physicians they have discovered in their own research.

According to Dr. Huston, academic centers like the ones in Rochester have a “built-in” system for second opinions: they conduct weekly multidisciplinary tumor board meetings for breast cancer. A case report for each patient who has had a diagnosis of breast cancer in the preceding week is presented to specialists in breast cancer imaging, pathology, genetics, surgery, oncology, and radiology. As many as twelve physicians attend these “tumor boards,” including up to four medical oncologists. Unusual diagnoses and complex cases get a comprehensive review, and relevant clinical studies are identified.

A small retrospective study from South Carolina indicated that multidisciplinary breast tumor boards can provide a valuable diagnostic second opinion, especially for patients whose primary care is in rural areas. As a result of tumor board review, additional cancers were identified or the pathologic interpretation was changed for thirty of the seventy patients in this study. In Dr. Huston’s

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Those who turn to the Coalition after a recent diagnosis of breast or gynecologic cancer may come from diverse backgrounds, but they share a good deal of common ground. While navigating through uncertain territory, they have found the inner power and outer resources to see them through. Each year, the personally-written stories and powerful portraits of six members of our survivor community are debuted at the ARTrageous Affair Gala, and

**BETSY C.**

**A Path to Healing**

A few years ago, I went for my annual mammogram. This resulted in further imaging and a biopsy. When I heard the words, “You have breast cancer,” it was as if I was hit with a ton of bricks. I felt isolated. But then I reached out to the Breast Cancer Coalition, for it offered what I needed: companionship through this crisis and a path to healing.

"I reached out to the Breast Cancer Coalition, for it offered what I needed: companionship through this crisis and a path to healing."

- Betsy C.

As a child, I participated in the Big Sisters program, and was matched with three different Big Sisters at different times. I parallel those experiences to my breast cancer experience. I see the events around my mastectomy as my first Big Sister, who took me horseback riding and tobogganing, but this was not as much fun. Like my second Big Sister, breast reconstruction was a short encounter. My third Big Sister and I had a wonderful relationship and she remains my Big Sister to this day. After five months of chemotherapy and beginning a daily hormone medication targeting my estrogen-based cancer, I found a wonderful resource that I parallel to this third “sister”: the Coalition. This organization is in it for the long haul.

The tools and resources of the Coalition are helping me heal. I have taken Fluid Motion classes and Gentle Yoga sessions, learned how to cope with the side effects of my hormonal medication through Surviving and Thriving on Aromatase Inhibitors, experienced the support of other survivors at Brown Bag lunches, and attended the 15th Annual Cindy L. Derfenger Advanced Breast Cancer: Tools for the Journey seminar.

And there’s so much more. As an Advocacy Committee member, I’ve met with lawmakers in Albany to discuss important issues for survivors. I am connected with others who are also in it for the long haul. As an adult in crisis with a breast cancer diagnosis, I found the resources at the Coalition to make my path one of healing; a journey dramatically better.

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**KAREN F.**

**Support and Companionship Along the Way**

My journey with cancer began quietly in February of 2018 when I discovered a small mass in my left breast. Unsure of what to make of it, I scheduled an appointment with my doctor, and thus began a whirlwind of diagnostic tests. After undergoing a lumpectomy to remove what was presumed to be a benign mass, I was diagnosed with a form of breast cancer called invasive ductal carcinoma.

At the time, our four children were young adults. My focus was on my family, my daughter’s upcoming May wedding, and my full-time work as a Registered Nurse. Hearing the word “cancer” felt like such a heavy weight. I processed my diagnosis privately, with the exception of family and a few friends.

Two weeks before undergoing a mastectomy and reconstructive surgery, I was introduced to the Coalition by a friend who had also
then featured at our Lived Touched, Lives Celebrated event before being added to the display gracing the Coalition’s walls. This group of inspiring survivors, along with their heartfelt words, is representative of the hundreds who turn to us each year after a life-altering diagnosis. We are honored to include the most recent additions to our gallery of images and experiences here.

This year’s subjects were kindly photographed by the talented Lisa Gresens: lisagresens.smugmug.com

"Eager for support, I reached out to the organization and found caring, knowledgeable fellow survivors ...

- Karen F.

been recently diagnosed with breast cancer. Eager for support, I reached out to the organization and found caring, knowledgeable fellow survivors who offered their support in the most tangible ways. They freely gave me their time in conversation, education, and supportive communities. I was blessed with items of comfort in my PALS Pak to help me in my recovery. The Coalition helped me carry the burden of my cancer.

In my survivorship, I’ve found the space to look up and be strengthened in my faith and to live more intentionally. Some of my favorite ways to engage with other survivors have been the Brown Bag Friday lunch group and the PALS mentoring program. Becoming a mentor has allowed me to walk alongside others in their cancer experiences. The Coalition has been a rich resource in my survivorship and I am so grateful!

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ANNE M.

A Voice of Hope for Young Survivors

In March of 2017, I was 37 years old with an active two-year-old. As I was getting out of the shower after a run one day, I felt a mass on my right breast. I had my doubts this was anything serious, but called my OB/GYN the next day. When my doctor felt the lump, she immediately sent me for a mammogram, which was followed by an ultrasound and a biopsy. That same day, I was told I had breast cancer. I was terrified.

The next few weeks were a flurry of appointments. I met with a wonderful oncologist who recommended chemotherapy followed by a mastectomy then radiation. I opted for a bilateral mastectomy with reconstruction and found compassionate, talented surgeons. After surgery, I found a kind and knowledgeable radiation oncologist and began twenty-eight rounds of radiation. I had an immense amount of trust in my team of doctors, and for that I will always be grateful.

My family and friends rallied around me. I’d never felt so loved and supported in my life, and relied on people in ways I never thought I would. I’ve saved every card and letter I received. These acts of kindness really boosted my spirits, especially on days when I felt hopeless and scared.

I’m so grateful I was referred to the Breast Cancer Coalition by my oncology team. My Breast Cancer 101 session was a turning point for me; I felt heard, respected and loved. Afterward, I stayed for a Brown Bag Lunch. It was comforting to be surrounded by others who understood what I was going through. For the first time, I felt like a survivor rather than a sick person. I participated in several programs during my treatment: Yoga, Meditation and Voices & Vision. I am now proud to be a PALS Mentor, where I can be a sounding board and a voice of hope for others. Being sick changed the way I live my life. I’ve had a complete career shift and now work for an organization that supports individuals going through cancer treatment.

I am very fortunate to be healthy today and I don’t take this for granted. Nothing is promised and every act of kindness has a ripple effect. I hope I can be the light for others who face life’s challenges.

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Continued on page 22.

"My Breast Cancer 101 session was a turning point for me; I felt heard, respected and loved."

- Annie M.
ADVOCACY CHAIR UPDATE
By Kathy Guglielmi

Advocates in a Virtual World

In November, we as a nation voted in federal, state, and local elections. One of the missions of the Advocacy Committee is to form relationships with our elected officials. Our members meet informally with candidates to introduce them to the Coalition and its services, and to learn about their platforms and priorities. In 2020, our meetings focused on candidates for the New York State Senate and Assembly. There were several candidates running for the first time and the committee was able to meet virtually with ten of them. Our goal was to start creating good working relationships with them should they be appointed to office. We look forward to meeting with the successful candidates in both Albany and their district offices to continue our work together.

On the flip side of getting to know our officials is saying farewell to those with whom we have been working. In July, we mourned the passing of longtime Assemblyman David Gantt (see our autumn 2020 issue). In September, we said goodbye and thank you in 2020 fashion to retiring State Senators Joe Robach and Rich Funke. Being unable to convey our gratitude in person, committee members decorated their cars with streamers, balloons and placards before parading by each of the Senators offices with horns blaring and shouts of thanks and farewell to our longtime supporters. While it was not the same as meeting in person with them at our annual Legislative Reception, which was cancelled in 2020, the Senators, their staff members, and our committee members all had a great time with the COVID-19 version.

We appreciate the time spent by both candidates and incumbents to learn more about the Coalition. As 2021 begins, the Advocacy Committee members eagerly look forward to working with our elected officials on funding, research, and other issues relevant to our goal of eradicating breast cancer.
Epidemiology Explained

By Leni Rayburn

Last year, I had the opportunity to enroll in a three-part epidemiology course. Each session looked deeply at different aspects of the topic. Epidemiology is defined as the scientific, data-driven study of the pattern of disease distribution and risk factors, or causes of, disease in a specified population. In other words, epidemiology measures the risk of illness or death in an at-risk, or exposed, population compared to a matched, unexposed population.

There are three basic types of epidemiological studies: observational, cohort, and experimental. Each is appropriate to different needs of the researcher.

- **OBSERVATIONAL STUDIES** are used to obtain readily accessible data, which is useful for forming hypotheses, but all possible variables remain unknown. Case-report studies are a subgroup of observational studies involving one person’s case, so comparisons cannot be made. Cross-sectional studies, another subgroup, involve data from a single point in time; a snapshot. These are useful for generating hypotheses but cannot determine causations.

- **A COHORT STUDY** examines individuals enrolled by exposure status, and is observational over time. These studies can be prospective (looking ahead), retrospective (looking back in time) or ambidirectional (looking both forward and back in time). A case-controlled study looks at issues of safety, efficacy, and ethicality, while trying to figure out why some will benefit from a certain treatment or protocol while others may not.

- At the apex of scientific studies is the systematic review of randomized clinical trials. Clinical trials enroll patients to determine if a new treatment protocol or medication will be of benefit. These trials seek to eliminate biases, which are factors that may skew the scientific results resulting in a false outcome. Examples of such biases include systemic error of study design, misinterpretation of data, or poor selection of participants.

The best-known part of epidemiology is public health, such as in the context of COVID-19. This is epidemiology working for you, and its findings are vital to our well-being now more than ever. The facts, figures, ratios, percentages we hear on TV and in social media are data-driven figures taken from hospitals, epidemiologists, and public health officials; all are epidemiology-based. These particular scientists are instrumental in helping set policies for mask mandates, guidelines for restaurant and retail operations, and the opening and closing of certain businesses in hot spot areas. In Monroe County, we are fortunate to have Dr. Michael Mendoza as our Commissioner of Public Health. He has kept our citizens educated and informed regarding COVID.

Although we may be unaware, epidemiology is vital to our health and our lives in many ways; perhaps never more so than in 2020 and beyond. Wear a mask, social distance, and stay well!
COMMON GROUND:
Living with Advanced Breast Cancer

Fitting the Pieces Together
By Andrea R.

Andrea, one of the featured speakers at our Living with Advanced Breast Cancer: Tools for the Journey seminar in October, 2020, has been living with metastatic disease since August of 2019. She graciously allowed us to share her honest, heartfelt words in our publication.

Thank you for inviting me to share my story. I’m still learning how to cope, and Jennifer Gaylord encouraged me to be authentic. That’s one of the gifts of the Coalition – they empower everyone to be real and will sit with us through the worst.

For me, living with metastatic breast cancer feels like an alternate universe. It’s as though I was plucked from my happy life, crushed into a million pieces, then dropped back in. That drop had ripple effects that have touched every aspect of my life: from my family relationships to the relationship with my body, my mental health, my work, and my perspective on pretty much everything. None of this was my choice.

As a young mother, there have been many challenges to this diagnosis, and I can’t pretend I’ve figured out how to cope with them yet. I feel a lot of pressure to do my best at all times. I want to teach my children a lifetime of lessons NOW. I want to travel to all corners of the world NOW. I want to contribute a lifetime’s worth of positive change to Mother Earth and future generations NOW. So, in a way, the day to day grind doesn’t feel big or meaningful enough.

On the flip side, every moment is magnified because it is so precious. I know in my head that the day to day IS big and meaningful, and it IS how I pass on my wisdom. The same ripples that damaged the foundation of my life can also deliver swells of opportunity for connection in one wave. I’m still learning to recognize those opportunities and soak that into my heart.

Learning to sail in the storm of my thoughts and emotions has been an ongoing process. The Common Ground “Peeps” support group is “showing me the ropes” and has helped immensely. I’m realizing that I don’t always have to be brave, tough, a warrior, or a fighter. It’s okay to rest, grieve, and acknowledge my feelings of loss and anxiety; to give them space.

I’m not suggesting we abandon strength, bravery, tenacity, and a positive attitude. Those are important tools for healing. I AM suggesting we give ourselves permission to lay the armor down when it becomes too heavy.

To those who are newly diagnosed, there are a few wise words and ideas I grab hold of in my darkest moments. First, the pillar of what the Peeps embody is: there is life after diagnosis. You WILL laugh and dance and feel joy and gratitude again. I didn’t believe it at first, but it will happen with time. Yes, you still have time. More and

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more people are hitting a decade of life with metastatic disease. Why not us?

Secondly, while it is normal to panic and time-travel to the future and the past, keeping our minds focused closer to the present moment helps fend off those nightmares and increases our appreciation for the here and now.

The next one, which is my life preserver when I’ve jumped ship and all hope seems lost, is that new treatments are being developed right this second, and the litany of treatments available buy us time for the next big breakthrough.

Lastly, you have permission to grieve. Healing takes time and isn’t a straight line. We can experience grief and gratitude at the same time. Ask for and accept help from family, friends, your medical team, a support group like the Peeps, and therapists. Surround yourself with people who accept you and help you feel whole, because we need community.

I need a medical team that cares for my whole person, not just cancer cells. That means addressing my concerns with compassion and confidence, openness to all options, supporting mental health as much as physical health, and allowing space for my own advocacy. Authenticity is a key value of mine, so I need to feel comfortable being honest and have that respected. I am lucky to have incredible health care that fits the bill.

For friends, family, and supporters, invite and include me and let me decide if I’m up for it. Be flexible; understand I am sometimes triggered into fear and will need time to recover. Checking in is always appreciated. Continue to share your life moments, big and small, good and bad, so I can support you too. After receiving so much, I’m always looking for ways to pay it forward.

Living with advanced cancer is a roller coaster ride. I don’t like roller coasters. I can’t pretend I’ve got it all figured out. Can people intentionally find positives through this experience? Yes. I watch and learn from the Peeps as they live with joy and gratitude. Have I gotten there yet? No. I’m working on how to live authentically and with joyful intention. It’s an evolution. The most important thing for me is to enjoy my family and leave a lasting, positive imprint for them. So I continue to pick up my pieces, one at a time, day by day, and slowly put them back together.

“Learning to sail in the storm of my thoughts and emotions has been an ongoing process. The Common Ground 'Peeps' support group is 'showing me the ropes' and has helped immensely.”
BREAST OR GYN CANCER 101
These are one-to-one sessions to assist newly diagnosed individuals in managing the complex tasks and emotions of a breast or gynecologic cancer diagnosis. We empower 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 the individual formulates a personal strategy for making informed decisions. Also valuable for a gynecologic or breast cancer survivor at any stage of their journey.
Contact us for an appointment.

PALS PROJECT
Breast Cancer Coalition
In this peer mentoring program, individual breast and gynecologic cancer survivors reach out to those who are more recently diagnosed, 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.
Call today to learn how to join the program and be paired with a mentor who has been there, or if you would like to become involved as a mentor.

HEALING ARTS
Healing Arts programming is offered in block series of 4 - 6 weeks throughout the year. Call or email us today if you are interested in registering for these beneficial offerings.

Gentle Yoga
Gentle Yoga includes breathing exercises, gentle and restorative yoga postures, and mindfulness exercises. Yoga activates a relaxation response and can help relieve feelings of anxiety and can help people with cancer reconnect with their body. The goal of the class is to relax, be mindful, and to improve range of motion and flexibility.
Classes are 75 minutes in length. Participants benefit most when they are present for the full duration of each class.
Rochester (virtually via Zoom)
• Monday morning and evening
• Tuesday morning and afternoon
• Saturday morning
• Sunday morning
All Region (virtually via Zoom)
• Monday evenings
• Wednesday evenings

Mindfulness & Meditation
A way of connecting with your natural state of mind and breath to calm the mind. The goal is to improve your ability to relax, concentrate, and be aware of the present moment. Classes are 1 hour and 15 minutes.
Rochester (virtually via Zoom)
• Offered Tuesday or Thursday afternoons and Saturday mornings
All Region (virtually via Zoom)
• Wednesday evenings

Tai Chi
An ancient martial art that consists of a series of small, specific movements combined with deep, relaxation breathing. Tai Chi’s goal is to improve your ability to relax and de-stress, and has other benefits such as decreasing falls in the elderly and reducing arthritis. Classes are 1 hour and 15 minutes.
Rochester (virtually via Zoom)
• Saturday mornings and Thursday afternoons

Qi Gong
A traditional Chinese practice combining meditation, controlled breathing, and movement to balance the flow of energy (qi) within the body. The goal is to improve overall health, combat stress, and promote healing. Classes are 1 hour and 15 minutes.
Rochester (virtually via Zoom)
• Thursday afternoons or Saturday mornings

Voices & Vision
An engaging writing class for those interested in thinking creatively while recording personal experiences, memories, feelings, and thoughts. Each week you will respond to prompts that challenge you to reflect on the broader aspects of life’s journey. For those interested, there will be opportunities to share your writing with the group.
Rochester (virtually via Zoom)
• Offered throughout the year.

Call us at (585) 473-8177 or email us at info@BreastCancerCoalition.org if you have any questions, want to enroll in a class, or want to be added to our mailing list.
GIVE AND GET SUPPORT

Breast & GYN Cancer Group
Gather, support, network, and discuss your journey with others diagnosed with breast or gynecologic cancer. Professionally facilitated.
Register online.

Rochester (virtually via Zoom)
• Discussion Group: 2nd and 4th Tuesday of the month, 5:30-7:00pm.
• Discussion Group: 1st and 3rd Thursday of the month, 5:30-7:00pm.

All Region (virtually via Zoom)
• Discussion Group: 2nd and 4th Monday of the month, 5:30-7:00pm.

Brown Bag Discussion Group
Each week a group of breast and GYN cancer survivors gather to discuss a wide variety of topics. Register online.

Rochester (virtually via Zoom)
• Fridays at 12:00noon.

All Region (virtually via Zoom)
• 2nd and 4th Thursday of the month, 12:00noon.

LGBTQ+ Breast & GYN Cancer Group
This monthly group offers support to LGBTQ+ breast or gynecologic cancer survivors and their partners. Professionally facilitated.
Register online.

Rochester (virtually via Zoom)
• Discussion Group: 4th Wednesday of the month, 5:00-6:30pm.

Common Ground:
Living with Metastatic Breast or Gynecologic Cancer
Join others coping with a diagnosis of metastatic breast or gynecologic cancer. Professionally facilitated.

Rochester (virtually via Zoom)
• Discussion Group: Thursdays, 1:00-2:30pm. Although the discussion is topic-based, all concerns of those present are addressed.
Register online.

Common Ground Partners:
Professionally facilitated group for partners/spouses of those living with metastatic (or advanced) cancer.
Register online.

Surviving & Thriving on Aromatase Inhibitors
Through increased movement, stretching exercises, and nutrition, this ground-breaking program provides information, support, and empowerment for those prescribed aromatase inhibitors* who are experiencing joint pain or other side effects. (*Estrogen blocking medication prescribed for hormone receptor positive breast cancer.)
Register online.

Rochester (virtually via Zoom)
• Wednesdays: January 6, 13, 20, and February 17, 10:00am-12:00pm
• Saturdays: March 13, 20, 27, and April 24, 10:00am-12:00pm.

Registrants must commit to all four sessions in a series.
This program is supported with funds from the State of New York Department of Health.

Parent Networking Group
This discussion-based group supports parents who are coping with the unique challenges as they face their adult child’s breast or gynecologic cancer diagnosis. Professionally facilitated.
Register online.

Rochester (virtually via Zoom)
• Discussion Group: 1st Tuesday of the month, 5:30-7:00pm.

Although we remain open, for your safety we are pleased to offer all our programs virtually during the COVID-19 crisis. Our schedule remains fluid as we react to ongoing social distancing guidelines. Please contact us for program updates.

In addition, we recognize that not all of you have the technology that allows full participation from your homes. Please ALWAYS feel welcome to reach out to any of us by phone. We are here for you too!

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Evening Seminar
Evening Educational Seminars bring information and education to our survivors and community friends. They take place on the fourth Wednesday of each month. Register online.

Rochester (virtually via Zoom)
January 27, 7:00pm: "Mind, Body, Spirit: Explore Mindfulness and Meditation, Acupuncture and Forest Immersion," presenters: Deb DeNome, Certified Forest Therapy Guide (Forest Immersion); Rick Lynch, RYT-500 (Mindfulness & Meditation); Aizhong Li, PhD, MS, BS, L.Ac (Acupuncture & Acupressure)

Book Club
If a traditional support group isn’t for you but you still like the idea of participating in a supportive community join our monthly Book Club. Register online.

Rochester (virtually via Zoom)
4th Thursday of the month, 6:00-7:30pm
• January 28: Ask Again, Yes by Mary Beth Keane
• February 25: The Alice Network by Kate Quinn
• March 25: The Great Believers by Rebecca Makkai.

Lymphedema Awareness Network (LANROC)
For anyone living with lymphedema. Caregivers, lymphedema therapists, medical personnel, and those at risk for developing lymphedema are welcome. Professionally facilitated. Register online.

Rochester (virtually via Zoom)
2nd Wednesday of the month, 5:30-7:00pm

Program Director Update

A Fond Farewell
By Jennifer Gaylord

It is hard to believe that this is my final column for Voices of the Ribbon! I want to take this opportunity to thank all of the survivors, volunteers, Board Members, Coalition supporters, and of course my fellow staff members and Holly for all the wonderful experiences and unwavering support I have been lucky to have over the past five years as Program Director. Although I am proud of all the Coalition’s program offerings that I directed, I do have my favorites.

My fondest moments as Program Director have overwhelmingly been those in Brown Bag Friday. The camaraderie of this ever-changing group of women and the circle of support they give to each other has been amazing! I will never forget the fabulous birthday celebration for EJ, Terri’s “sentence enhancers”, Amy’s youthful wisdom, Jen’s intelligent reflections, and so much more. I will miss my Brown Baggies!

Another favorite moment at the Coalition involves the Common Ground Peeps and arranging for a special Thanksgiving feast for them each year. I loved bringing in my wedding china and festive tablecloths to make it a special event for these special ladies. I have missed seeing the Peeps over this past year!

I will never forget my pride (and exhaustion!) at the conclusion of each Advanced Breast Cancer seminar; every evening educational seminar; Lives Touched, Lives Celebrated; and Young Survivor Gatherings. I will miss planning these special programs for the Coalition’s survivor community.

I feel blessed to have been part of such an impactful organization. I sincerely appreciate the time I have had with all of you and value your friendship and the wisdom you have shared with me.

Thank you for all your support!

Jennifer
experience, though, the treatment plan she recommends is usually the same or similar to the one recommended at another major academic center. Sometimes, she says, there is a minor refinement in how the treatment is given or there is a regional difference in treatment recommendations that she then discusses with the patient to help them decide what makes the most sense for them.

Patients who come to Dr. Huston for second opinions often travel from outlying areas, including rural communities, and their questions to her are, “Is my local doctor giving me the same treatment recommendation that the academic doctor would? Can I get the best available treatment and receive that treatment close to home?” Sometimes a person needs a second opinion about their diagnosis as well as advice on treatment. Rochester native Stephanie Tubman was living in the Upper Peninsula of Michigan when she noticed one of her nipples was slightly inverted. As Stephanie discussed in October 2020 on the WXXI News show, Connections with Evan Dawson, she was a healthy thirty-three-year-old at the time, and was vigilant in her own healthcare because her mother had experienced a cancer diagnosis. Stephanie’s physician assistant ordered a mammogram, which the local radiologist judged to be normal. Stephanie was relieved and tried to put her worries out of her mind. But a few months later, she realized the changes in her breast were getting more pronounced. Stephanie decided to get a diagnostic second opinion and researched her options online. The nearest specialty breast cancer center was the Breast Clinic at the Mayo Clinic in Rochester, Minnesota; a seven-hour drive from her home. She called Mayo’s new patient phone number and set up an appointment. Stephanie requested her patient records from her local doctor and hand carried them to her appointment, as required by her local doctor and hand carried them to her appointment, as required by Mayo. The doctors there determined immediately that Stephanie had breast cancer. She and her husband were able to move temporarily to Minnesota and work remotely for the nine months of her treatment, which included neoadjuvant chemotherapy as part of a clinical trial, surgery, and radiation. Stephanie finished treatment in fall 2020. She is back in Michigan and doing well.

Rachel Freedman, Pam Polashenski’s oncologist at Dana-Farber, says there are several ways patients come to her center for second opinions: some are referred by their own providers, others may call or fill out an online form on their own, or sometimes a friend or family member will urge them to contact Dana-Farber. Getting an appointment does not usually delay treatment.

“We are committed to getting patients into our clinics quickly, as we know this is a stressful time. Most patients are offered an appointment within a few days,” she says. Before the appointment, Dana-Farber will collect medical record information and request imaging and pathology slides and reports. The new patient office then creates a packet for her to review in preparation for the patient’s visit. After the visit, she closes the loop with the patient’s other providers.

Dr. Freedman says that before the Covid-19 pandemic, patients wanting second opinions came to her from all over the country and the world. Travel restrictions and the dangers of traveling for those with impaired immunity have decreased the number of people she sees from outside the northeastern United States. However, new consultations can now happen virtually for patients in some states. The process for making an appointment and gathering medical records is the same. Dr. Huston agrees that travel limits imposed by the pandemic have increased the number of second opinions given virtually. A review of data and a discussion of treatment recommendations can be done remotely, but talking to a patient in person is still preferred. For a surgical second opinion or a discussion of reconstruction options, examining the patient is much more important, she says.

Shortly after finishing her treatment in Illinois, Jean Weber moved to Rochester, NY, and established relationships with oncologists in the Rochester Regional Health system. Unfortunately, her breast cancer recurred, and Jean had a lumpectomy. When the surgical margin was found to be too narrow for comfort, her surgeon, Robert Tripp, MD, and oncologists Julia Smith, MD (now retired) and Jeffrey Haynes, MD, recommended further surgery. Jean had questions about this approach, and her cousin, a surgical Physician’s Assistant, arranged a phone consultation with a surgeon at Memorial Sloan Kettering (MSK) Cancer Center in New York City. The MSK physician agreed with her Rochester doctors, and Jean had the additional surgery. She has this suggestion for those considering a second opinion: “If it will ease your mind, get a second opinion. You are doing your due diligence—because this is your life.”

Jean Weber, breast cancer survivor

References
Survivors of breast cancer, especially those whose tumors were estrogen-receptor positive, are often advised by well-meaning friends and family members to avoid soy foods. This myth persists despite evidence to the contrary.

It is true that soybeans contain a significant amount of phytoestrogens, which are plant-based compounds similar to human estrogen, but there are important differences. While early studies conducted in mice models suggested that phytoestrogens may have contributed to the growth of estrogen-receptor-positive breast cancer tumors, further research has shown that humans and mice metabolize these compounds differently. More recent studies revealed that breast cancer rates are lower in Asian countries, where soy foods are a staple, than in the United States. The overall body of evidence indicates that unprocessed soy foods, eaten in moderation, do not increase the risk of breast cancer recurrence. Sue Czap, RD, a registered dietitian at the Integrative Oncology and Wellness Center of the Wilmot Cancer Institute, says “Statements issued in 2012 by the American Institute for Cancer Research and the American Cancer Society said that moderate intake of soy is safe for patients with hormone sensitive breast cancer.”

It may be helpful to know that soy is not converted to estrogen in the body. No single food is capable of the type of hormone disruption that may lead to cancer growth.

Although foods derived from whole soybeans can be part of a healthy eating pattern, processed soy isoflavones contained in products such as protein powders, nutritional bars, some meatless entrees, and dietary supplements have not been evaluated in large, randomized clinical trials, and their effect on cancer growth is unknown. These may be listed on ingredient labels as ‘soy protein isolate’ or ‘soy protein concentrate’ and are best avoided, at least until more is known about them. “Be a label detective,” advises Czap.

Whole soy foods include such things as edamame, tofu, soy milk, miso, and tempeh. “Moderate intake of soy foods is one to two servings a day,” Czap shares. Some examples of serving sizes for these foods are one-half cup of edamame, one cup of soy milk or one-quarter cup of tofu. Soy-based condiments and by-products such as soy sauce, soybean oil, and soy lecithin are also regarded as safe, Czap confirms, and do not contain appreciable amounts of phytoestrogens.

For those taking Tamoxifen or an aromatase inhibitor, studies do not show any harmful interactions between soy and these anti-estrogen medications. In fact, a few studies suggest there may be some benefit to consuming soy foods in these cases, but more research is needed to confirm this.

“Instead of being fearful of food, I encourage patients to become empowered by their food choices,” says Czap. “Adding more plant-based foods to the diet can be an empowering choice. Foods based on whole soybeans are a plant-
Food choices are personal, and fortunately there is a wide array of healthy foods to choose from. Soy foods are just one option among many. Breast cancer survivors who choose to consume small-to-moderate amounts of whole soy have solid evidence to alleviate any concerns they or others may have about their risk of recurrence. And an informed choice is an empowered choice.

1. https://www.roswellpark.org/cancertalk/201905/should-cancer-patients-avoid-soy
2. https://www.cancernutrition.org/2018/03/30/is-soy-safe-for-cancer-patients/
FROM THE REGIONAL SERVICES DIRECTOR

Updates from the Region

By Miriam Steinberg

In an effort to keep people even more connected during COVID, our regional programming has been opened to all survivors region-wide. This has allowed people the opportunity for cross-participation in programs. For example, survivors in Geneva can join programs occurring in Batavia, while those in Dansville can participate in Geneseo or Rochester.

Keeping people connected and informed are two of the many goals of our Support and Networking Groups. Regionally, there are two groups serving breast and gynecologic cancer survivors. One is the Support/Networking group that began in Geneseo and now meets remotely via Zoom. It is facilitated by Sarah Covell, a Licensed Mental Health Counselor who also is on the counselling staff at SUNY Geneseo. This group meets by Zoom on the second and fourth Monday of each month at 5:30pm. The other group is the Brown Bag Discussion Group, which meets on the second and fourth Thursday of each month at noon. It began in Batavia in January 2020 but now we meet remotely using Zoom.

A couple of our regional facilitators have also joined us at the Brown Bag group recently: Rick Lynch, who facilitates our regional Mindfulness, Meditation, and Relaxation program in Canandaigua and Margaret Newland, who facilitates our Gentle Yoga program in Geneva. This gave them the chance to talk to participants about their programs and the benefits they offer.

It has been great to see people from all over the region signing up for programs and trying new things now that travel time and location is not a factor. This was also apparent at the last two Regional Evening Seminars, both of which were held remotely by Zoom. A total of 275 people attended those seminars from all over the ten-county region we serve. In the midst of a global health crisis, this is indeed turning into a silver lining.

REGIONAL OUTREACH

To learn more about our region and programming, contact Miriam at (585) 473-8177 x 310 or Miriam@BreastCancerCoalition.org

REGIONAL SURVIVOR SPOTLIGHT

Owen Toale

By Miriam Steinberg

In 2016, Owen Toale was interviewed for a Survivor Spotlight article that appeared in the spring issue of our newsletter. Four years later, here we are with Owen again for an update.

Owen Toale was diagnosed with breast cancer in 2001 after his wife noticed that one of his nipples was inverted. He brushed it off at first, but with his wife’s encouragement, Owen called his doctor, who sent him for an ultrasound. Once the results were viewed, a mammogram was immediately ordered. The radiologist who read the mammogram said something that Owen never expected to hear: “I believe you have breast cancer.” Naturally taken aback, Owen nevertheless began to set his plan of action in place. He saw a surgeon. Then, following a biopsy, he had a mastectomy.

The surgical pathology report confirmed a diagnosis of breast cancer. Owen followed up with an oncologist, who recommended a hormonal medication: the oral drug Tamoxifen. All was well until fifteen
months later, in 2003, when blood work and CT scans revealed the breast cancer had returned. At this point, Owen underwent thirty-seven radiation treatments.

During one of his routine oncology follow-up appointments in October of 2011, Owen waited in the exam room. He was expecting the usual type of visit. But, as the doctor approached the room, Owen noticed he didn’t look the same. Upon entering the exam room, the oncologist told Owen that his breast cancer had metastasized to his lungs.

Thus began a different hormonal treatment that kept Owen’s disease in check for several years. Then, in October 2015, a CT scan revealed some slight tumor growth. He began a new course of treatment involving injections, at first weekly, then monthly, before being moved to progressively longer periods between shots.

Owen’s treatment is continually being evaluated and tailored to his needs. His injections are now four weeks apart. Bone scans, which he had been receiving every three months, now occur every six months. CT scans and blood work happen every three months, always on a Wednesday. Then he returns the following Monday to learn the results. His wife accompanies him on all these ‘results’ visits. Waiting for results is hard, Owen admits. However, he’s been going to his treatment center for such a long time, he has developed a great rapport with the staff there. One particular nurse practitioner is a favorite of his due to her straightforward attitude. Owen says she’ll walk in and say straightaway, “Your scans look good.” From that point forward, everything else he hears is “icing on the cake.”

Still, Owen doesn’t downplay the stress he feels before, during and after his scans and blood work. Always contemplating whether or not something new will be found, then playing out each scenario in his head, he wonders, “Are all my affairs in order? How bad will it be if I do have tumor growth?” One of his biggest concerns is longevity. He is determined to see his three grandchildren grow up.

Owen speaks to his oncologist and nurse practitioner, both of whom have been with him for over eighteen years, metastatic for nine of those years, and has never needed chemotherapy. He considers himself fortunate in this regard, and is thankful there has been no growth of his tumors in the past nine years.

Over the course of his life, Owen has been successful and accomplished many things. An avid golfer, he is proud of his hole-in-one in 2019. He works at his golf club’s pro shop two days a week during golfing season and plays every chance he gets. As a veteran, he’s committed to the VA and volunteers there once a week. Owen has also been an active participant in several Coalition programs. He particularly enjoys the Regional Brown Bag Discussion group, which currently meets virtually via Zoom. He shared that he misses us at the Coalition and enjoys opportunities to be in a room of survivors sharing experiences. He is also a member of the Coalition’s Regional Community Outreach Committee: a group of people from the nine-county region surrounding Monroe who work to ensure our regional programming continues. Owen enjoys staying busy!

Upon being diagnosed, the first thing Owen did was to look for studies or articles about male breast cancer, but he had trouble finding any. He also found that not much has been done to investigate why men get breast cancer. He has come to realize that if a cure is found, it will be found for all; it will not be gender-specific. Instead of thinking about himself as a man in a woman’s world, he began seeing himself as a breast cancer survivor.

At first, it was tough for Owen to attend support groups. When he’s the only man in the room, he has to remind himself not to think in terms of gender, but of shared experiences. Sometimes, he says, he almost feels as though he’s trespassing. He’s found folks are afraid of speaking up because he is a man. However, he’s noticed that female breast cancer survivors get comfortable with him quickly once they hear his story. He’s attentive and considerate of other people’s feelings in the group, and that has been reciprocated. Owen says he doesn’t know what he would have done these past several years without the Coalition.

Owen doesn’t ever want to give up this fight. He thought he was on borrowed time years ago, but he’s determined to live his life to the fullest; he’s a busy guy with a lot to do. And, lucky for him and us, he and his oncologist are working together to keep him going.
Research Doesn't Stop Either

Like all of the Coalition's activities, our Research Initiative has adapted to the challenges presented by the COVID-19 pandemic during 2020.

For example, the public ceremony and press conference for grant award recipients is usually held at the end of March or beginning of April – the exact time frame when pandemic cases started climbing and lockdowns began. Though there was no formal gathering for the recipients of the 2020 grants, the awards announcement was still made to the media and Coalition stakeholders by news release, social media, and the Coalition newsletter.

Research labs were among the pandemic closures last spring, including those in which both the 2019 and 2020 grant recipients worked. Understandably, the Coalition gave extensions to the researchers so they could finish or start their research once their labs reopened.

The Research Committee has been meeting via Zoom, and even made a virtual visit to the lab of 2020 faculty grant recipient Dr. Isaac Harris. In addition, Dr. Harris and the 2020 trainee/fellow grant recipient, Matthew Lee Tan, gave slide presentations on their work to the committee via Zoom.

Some organizations have suspended or postponed awarding new grants. But members of the Coalition’s Research Committee are currently in the process of reviewing proposals submitted for funding in the 2021 round of grants. Looking ahead, no one is sure or can predict what will happen this year. But like all our support groups, programs, and events, the Coalition's Research Initiative adapts and moves forward.

Lichtman Foundation Awards Grant to the Breast Cancer Coalition

The Breast Cancer Coalition is pleased to announce that the Marilyn Lichtman Foundation awarded us a grant in the amount of $40,800 to support the Breast and Gynecologic Cancer Navigation Program – including Breast Cancer and Gynecologic Cancer 101s and 201s coupled with the PALS Program – for 2021.

“We are extremely grateful to The Marilyn Lichtman Foundation for their support through this grant,” said Holly Anderson, the Coalition’s executive director. “Fundraising this year during the Covid-19 pandemic has been quite challenging. The grant from the Lichtman Foundation will help us to continue to provide Breast Cancer and Gynecologic Cancer 101s and to continue the PALS Program throughout the next year.”

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Join us in raising funds that stay LOCAL!
Mother’s Day Weekend • Fri., May 7 - Sun., May 9, 2021 • Virtual!

Anyone, anywhere can help support those in our community touched by breast or gynecologic cancer!

Hit your favorite trail, stay in your neighborhood, hop on a treadmill – whatever you choose, stay safe and have fun!

Register by April 5th to be guaranteed a t-shirt!

For more information and easy online registration and fundraising visit www.BreastCancerCoalition.org

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### 2021 PINK RIBBON WALK & RUN

#### REGISTRATION

<table>
<thead>
<tr>
<th>First and Last Name:</th>
<th>Team name (if applicable):</th>
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**ARE YOU A BREAST CANCER SURVIVOR?**
- [ ] Yes
- [ ] No

**ARE YOU A GYNECOLOGIC CANCER SURVIVOR?**
- [ ] Yes
- [ ] No

**SHIRT SIZE (select one):**
- [ ] Adult S
- [ ] Adult M
- [ ] Adult L
- [ ] Adult XL
- [ ] Adult 2XL
- [ ] Adult 3XL
- [ ] Youth S
- [ ] Youth M
- [ ] Youth L

**PAYMENT:**
- [ ] CASH
- [ ] CHECK (payable to the Breast Cancer Coalition of Rochester)
- [ ] AMERICAN EXPRESS
- [ ] MASTERCARD
- [ ] VISA
- [ ] DISCOVER

**NAME ON CARD:**

**CARD NUMBER:**

**EXPIRES:**

**SIGNATURE:**

**DATE:**

**CSV:**

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**EVENT REGISTRATION:**

- [ ] Pink Ribbon Walk Registration ($25)
- [ ] Pink Ribbon Run Registration ($25)
- [ ] One Lucky Family Entry
  - [ ] $10 donation per entry
  - [ ] Additional Donation of $ _______

**TOTAL AMOUNT ENCLOSED:** $ ____________

Thank you for supporting our mission!
ALL PARTICIPANTS MUST READ & AGREE TO THE FOLLOWING:

I certify that I am physically fit and have not been advised otherwise by a qualified healthcare provider. I acknowledge that walking and running are potentially hazardous activities. I assume all risks associated with walking/running in this event. These risks include, but are not limited to, those caused by terrain, water, weather, actions of participants, spectators and/or producers of this event and lack of hydration. I hereby assume the risks of participating in the Pink Ribbon Run Walk & Run. 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, all sponsors, event directors, 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 Walk & Run and in any other activities connected with it in which I may participate. I give full permission for use of my name and photograph in connection with this event. I understand that all entry fees are non-refundable.

By signing below, I agree to the waiver and that I am 18 or older, or that I have the authority to register this participant and agree to the waiver for them.

Printed Name: ___________________________ Signature: ___________________________
Welcome '21!
Valerie J. Pasquarella, Development Director

The new year is here! The arrival of 2021 brought with it the hope that life would return to ‘normal’ – whatever that means to each person. Big changes to daily life did not necessarily come with the turn of the calendar page. Yet, even amidst the uncertainty, there are steadfast certainties.

The Breast Cancer Coalition is still here and continues to offer programs and services to survivors. Our fundraising events will continue too. Ironing out the details of these events will be an ongoing process this year as we move forward with our 2021 Pink Ribbon Walk & Run, ‘Tee’d Off at Breast Cancer Golf Tournament’, and ARTrageous Affair. Stay tuned!

Another certainty: the United Way campaign is continuing this year. The United Way of Greater Rochester has been raising money for our community for more than 100 years. This year’s campaign may look different because many of us continue to work remotely. If you are working from home, you can still make your United Way contribution, and designate the Breast Cancer Coalition, donor option #2334, by visiting their website at uwrochester.org/Donate.

The Coalition also continues its annual campaign. Please consider making a gift, or perhaps becoming a GEM – Giving Every Month. Monthly gifts offer a steady and cost-effective source of funding to help ensure our programs and services will continue. No contribution is too small. Just $10 per month will support one of our Tuesday or Thursday evening networking groups. A gift of $25 per month covers the cost of 10 gift cards for PALS Paks.

As always, if you have questions about making a gift, contact us at (585) 473-8177. Thank you for your continued support of the Coalition. We couldn’t do what we do without you!

DONOR SPOTLIGHT:
KEN MULLEN AND DAUGHTER SUE MULLEN

Giving to the Breast Cancer Coalition can be a family affair. This is true for Ken Mullen and his daughter, Sue. Ken’s wife – Sue’s mother – died from breast cancer in January of 2017. She was unaware of the Coalition, and did not have the opportunity to participate in our programs and services. Sue learned about the Coalition a couple of years later and said, “I don’t know if my mom would’ve taken advantage of the programs at the Coalition. She was a very private person, but I think it would’ve been a good resource for my dad, my brother and me.” Sue attended a Coalition Café in 2019 to learn more, and she and her dad became donors that same year.

Why do you give to the Breast Cancer Coalition?

Ken: I was introduced to the Breast Cancer Coalition by my daughter, Sue. My wife had died from breast cancer in 2017. I learned all about the good things the Coalition was doing for survivors. I thought it was a good cause to give to. I hope that other women will be able to benefit from the Coalition’s programs and services. I hope that they are aware that there is a place to go for help – outside the doctor’s office – if they ever receive a breast cancer diagnosis.

Sue: I knew a little bit about the Coalition through friends. I learned more about it after my mom passed away from breast cancer. I wanted to do something good in her memory, and so I attended one of the monthly Coalition Cafes to learn more about volunteering, as my time with Kodak was winding down. I’ve been pleased to donate to the Coalition through the annual Pink Ribbon Walk & Run.

What would you tell other people about why they should give to the Coalition:

Ken: It’s a worthwhile cause. Give for the good they are doing in the community. It has been especially important for me to continue my giving during the pandemic. Everyone is suffering during this crisis, but the Coalition has still needed support. I can’t stop donating to them now.

Sue: It’s important for someone who has been diagnosed to be with people who have experienced the same thing you are going through. Family can try to help and support, but if they haven’t gone through it, there are limits as to what they can do. It’s helpful to be in a place with others who know what you are going through, who have been through it themselves and gotten to the other side, and who can offer support and guidance. It’s also important to give to local organizations. We’ve received calls from national cancer organizations asking us to give, but we tell them we are already giving to a local organization, where we know the money stays in the community.
Deb H.

Finding My Way Through Ovarian and Breast Cancer

My cancer journey began in the 1980’s, when my mother and paternal aunt were each diagnosed with ovarian cancer, then breast cancer. I always believed I might be facing the same diagnosis.

Nevertheless, when I heard a doctor tell me I had cancer, I was shocked. For two invasive lobular carcinoma in my left breast. I opted for a bilateral mastectomy, and the pathology revealed a different cancer in my right breast. Once again, I was fortunate in that I didn’t need any other treatments aside from a hormonal medication I take daily. I saw each diagnosis as a huge abyss; dark and scary, but something to be dealt with and then move on.

At the Coalition, I met other women who were also asking, “What’s next for me?” My answer is to be of service to my sisters in cancer. Monthly educational seminars at the Coalition have led me to make positive changes in my life. I am staying strong physically and mentally with Zoom Yoga classes and Mindfulness Meditation sessions.

At the Coalition, I met other women who were also asking, “What’s next for me?” My answer is to be of service to my sisters in cancer.

- Deb H.

Frances M.

Two Cancers, One Life-long Partnership

My walk with breast cancer began September of 2016. At my annual visit with my gynecologist of forty years, he detected a small irregular lump in my left breast. After a mammogram and biopsies, a diagnosis of breast cancer was confirmed and I was scheduled for a mastectomy. I also went through genetic testing, which was negative for any high-risk mutations. My surgery successfully removed all traces of the cancer and I did not require chemo or radiation. But that was not the end.

In September of 2019, at another checkup with my gynecologist, he suggested I have a biopsy for uterine cancer. As a result, I was diagnosed with endometrial cancer, grade I. A month later, in October, I had a complete hysterectomy. This time, my surgical oncologist recommended chemotherapy and radiation. I finished my chemo in early March of 2020, and my radiation treatments...
"I started attending Friday Brown Bag lunches...I see my involvement with the Coalition as being a life-long partnership."

- Frances M.

ended in late March. The COVID crisis was not yet at full strength, and for that I am very thankful.

Back in 2016, a friend of mine suggested I contact the Coalition. It was the beginning of a tremendous support system for me. I started attending Friday Brown Bag lunches, and am continuing those meetings online during the COVID crisis. I have served as a PALS Mentor on one occasion (so far), and have also participated in various Evening Educational Seminars, Gentle Yoga classes, and Mindfulness and Meditation sessions. I see my involvement with the Coalition as being a life-long partnership.

***

Barbara O.

Metastatic Breast Cancer: Finding Strength in Common Ground

My original breast cancer diagnosis was in 2005. I was 57, worked full time, and had two married children and five grandchildren. My mother had breast cancer at age 70, and I was told I was not at risk for the disease, as she was post-menopausal at her diagnosis. She passed away of other causes at age 88. I was in Syracuse for her memorial service when I received the call to return to the mammography center for additional imaging. It turned out I had breast cancer.

My tumor was very small and caught at an early stage. All indications were that surgery and radiation would take care of this cancer. “I’ve got this,” I felt. Surgery went well, but my sentinel lymph node could not be identified, so my surgeon removed twenty-nine more nodes; all were free of cancer. This was followed by a targeted form of radiation therapy called Mammosite. Through it all, I felt well and only missed a couple weeks of work. My oncologist said I needed no additional treatment. I accepted and agreed with her explanation of the factors to be considered. That chapter of my life was over.

Then, in August of 2017, pain under my right rib cage led me to follow up with my primary care doctor. I thought it might be kidney stones or something of that nature. After additional tests, it was a complete shock to hear I had metastatic breast cancer. So began this chapter of my life.

I had attended a couple of evening educational seminars at the Coalition, so I called to share my latest diagnosis. That is when I became part of the Common Ground group for those with metastatic breast or gynecologic cancer. This group of supportive women became a safe place to discuss my fears and anxiety. Sharing our laughter, fears, and sometimes tears makes each of us a little stronger. I know I am better for this group. We are and always will be there for each other.

***

"I became part of the Common Ground group ... Sharing our laughter, fears, and sometimes tears makes each of us a little stronger."

- Barbara O.

For more survivor stories visit our website: www.BreastCancerCoalition.org
Friends Remembered

We celebrate all who set an unwilling foot on this path, along with our friends and supporters.

Barbara Auld
Angelo Bianchi
Helene Cross
Sandra Gauthier
Patsy Robertson
Lee Rosenthal
Tammy Serio-Miller
Janet Stadt
Diane Craft Wilbert

Nancy Graziano

Excerpted from a tribute by Sandy Smith

Nancy and I met on Island Valley golf course. She was waiting along the fairway of the sixth hole to take her shot as another player was fitting around looking for her ball while talking on the phone. I took one look at Nancy’s face and said, “I know exactly what she’s thinking.” As I went on to learn, Nancy never held anything back or concerned herself if her facial expression gave her thoughts away. After that day, we became fast friends and found that going places and doing things was our common denominator.

Our golf group started as a group of strangers who found that we appreciated each other’s sense of humor, loved golf, and enjoyed food and wine. We would play nine holes and then have lunch. After Nancy joined the group, she would often whip up a lunch for us on the spot, the kind of meal most would have spent days preparing. We’d sit around her table and eat, drink, and laugh.

Nancy was happiest if there was something to cook, someone to cook for, a new place to dine, or when the mail came with new ads to peruse. She would literally give you the shirt off her back, unless it was the t-shirt I gave her that says, “I cook and I know things.”

Nancy had many dear friends and family. She has left us all with cherished memories and we send her up with peace and love.

Janet Stadt

By Pat Battaglia

A graceful dancer. A talented musician. A teacher who brought the joy of music to her students. A doting grandmother. A wise and insightful presence at the Common Ground table. A quick and easy laugh, and just as quick to shed tears of compassion. These are a few of the things that come to mind when I think of Janet Stadt.

Although her original breast cancer diagnosis was a long time ago, we didn’t meet until shortly after her disease recurred. I felt instantly inspired by this astutely observant individual who was free of pretense. We began our individual walks with advanced breast cancer at roughly the same time, and our talks together were helpful to me in ways Janet may not have fully appreciated. But I certainly did. Her manner of seeing right to the heart of any situation and her willingness to talk things through, including the difficult questions, inspired me to do the same.

I had the honor of interviewing Janet for our newsletter, and her full story is included in the autumn 2019 issue. She spoke about her oncology team, and how they inspired her to tackle those hard questions. But I have a feeling a gentle nudge was all that was needed for this uniquely perceptive, articulate person. And when the time came, she faced her own difficulties with grace and clarity.

Bon voyage, my friend. You made a difference for many. It’s my honor to be among those.
PALS Update

By Pat Battaglia, Associate Program Director

When the COVID-19 pandemic became our new reality, Coalition staff members brainstormed new ways to offer our programs and services remotely. As one result, our Breast and Gynecologic Cancer 101 sessions became one-to-one zoom meetings. Still, we wondered how to ensure each participant would now receive their PALS Pak, which were previously handed to the newly diagnosed at these introductory sessions.

In stepped our intrepid staff members, who began delivering PALS Paks to the homes of BC101 and GYN101 participants in a safe, touch-free manner. Ali Dennison, our Program Assistant has done the lion’s share of these deliveries, although a good number of drop-offs have also been made by Miriam Steinberg, Lori Meath, Jennifer Gaylord, and Holly Anderson. A few Paks have even been mailed to those in our region beyond driving distance from Rochester!

As I continue working from home, Ali has taken over assembling the Paks, and her skill and creativity in designing these one-of-a-kind gift bags has been deeply appreciated by those who have received them.

Here are just a few of the responses we’ve received from grateful PALS Pak recipients:

• Heavens! What unbelievable loot! It really made my day.
• Omigosh! The bag was dropped off tonight and it is exquisite!!! Everything is perfect and the literature is GREATLY appreciated.
• I want to thank you for the amazing bag of goodies that was delivered to my house. I absolutely love everything in it. It brought happy tears to my eyes.
• Today I received the package from Coalition. What a nice surprise! It is chocked full of love and goodies! The amount of effort and thoughtfulness really touched me. Thank you!
• Such a nice variety of comfort items! It instantly gave me the feeling that I’m not alone in this journey.

If a bag of items can so clearly convey our support for the newly diagnosed, then our ongoing efforts to deliver the Paks are worthwhile. Kudos to Ali for all her contributions – including the added mileage on her car – to our survivor community!

For more information on BC101, GYN101, and PALS, turn to page 10.

Melinda Goldberg

By Holly Anderson

I first met Melinda shortly after her mother, Harriet Susskind Rosenblum, died of breast cancer. Harriet, one of the organization’s founders, was Vice Chair of the Board of Directors when I first came to the Coalition.

At the time, Melinda worked in Development at Hillel School in Brighton and was quite knowledgeable about the Coalition because of her mother’s involvement. As the new Executive Director, I was balancing multiple roles, including development and special events, programs and services, grant writing, and my administrative responsibilities. Melinda frequently stopped in to see how I was doing and was always willing to share her wealth of knowledge.

After leaving Hillel School, Melinda turned to freelance grant writing. In late 2012, while my Dad was in hospice and nearing the end of his life, I reached out to her in near desperation for help. We had received a request for proposals for a program that was right up our alley. It was early December and the submission deadline was early January. Together, we wrote that grant. I dictated the program concept, goals, objectives, and measurement while at my father’s bedside. Melinda put all the pieces together, including the budget and budget justification, refining as she went along. The grant was approved and the PALS Project received its first funding.

Later, as we began building our development team, I often turned to Melinda for advice. As a result of her guidance, two major changes have taken place at the Coalition. The first was to move to a more efficient data management system. Looking back now, I wonder how our organization functioned without that system for as long as we did. The second change was to incorporate online bidding into our special events. In retrospect, this was the best move we could have made.

When Melinda joined our Board in June 2019, it felt to me like she had come home. Exceptionally efficient with her time and her words, she has the final say on any publication we produce for our special events. Her eagle eye regarding small errors, potential pitfalls, and how each detail fits into the overall picture has saved the day on multiple occasions!

Thank you, Melinda!

We deeply regret that a portion of our tribute to Melinda Goldberg, long-time volunteer and friend of the Coalition, was inadvertently deleted in our previous issue. Here it is in its entirety, with our apologies.
As the autumn of 2020 drew near, Coalition staff and ARTrageous Affair volunteer committee members were challenged to re-imagine our 19th annual gala, as an in-person event would not be possible. The result was a nineteen-day celebration that included an online auction and, on Friday, October 16, a special televised event on 13WHAM. Thanks to our sponsors, donors and auction participants, more than $115,000 was raised! Anyone who made a gift of $250 or more joined our ARTrageous Warrior Wall – a framed plaque that will be on display at the Coalition. This beautiful work of art features the event’s design, created by Flynn, as well as the names of these generous donors. This year’s Warrior Wall donors contributed more than $20,000 of the event’s total.

ARTrageous 2020: A Whole New Affair, broadcast on 13WHAM and streamed on 13WHAM.com, featured survivor stories, segments on the Coalition’s history, and the four pillars of our organization: advocacy, education, research and support. The televised event also honored our 2020 award winners - Deanna Dewberry, recipient of the Harriet Susskind-Rosenblum Advocate’s Spirit award, and Dr. Joel Yellin, who received the Laurie Pask Heart & Hands award. WHAM anchor Ginny Ryan served as the virtual emcee of the event, and SoccerSam and Linda Fantauzzo of Salvatore’s Old Fashioned Pizzeria, were the Honorary Chairs. With their help, the Coalition educated the audience about our mission and reached a host of new supporters.

A festive flare was added with our MASK-querade contest, in which people snapped selfies in their own mask creations and posted them on social media, tagging the Breast Cancer Coalition. In an extra special touch, Black Button Distilling created their Pink Power cocktail in honor of ARTrageous 2020. They donated a portion of each sale of the Pink Power cocktail kit to the Coalition throughout the month of October.

It takes a community to serve a community. Our heartfelt thanks to all who played a part in making our ARTrageous 2020 a great success!

*To view the ARTrageous 2020 televised program visit: https://bccr.org/artrageous-affair-gala/
CONGRATULATIONS!

Dr. Joel Yellin is presented the 2020 Heart and Hands Award by nominator, Linda Geraci, and Breast Cancer Coalition Board Chair, Patti Cataldi

ARTrageous 2020 Planning Committee
Suzanne Barber
Donna Beane
Melisande Bianchi
Carol-Camp Jenkins
Cindy Dykes
Fiona Goddard (Chair)
Jennifer Goldenberg
Melinda Goldberg
Ayanna Jackson
Nancy Kane
Debbie Masters
Margie Micca
Kim Toombs
Jennifer Townsend
Tracey Wilt

The winner of our MASK-querade, Katrina Gaspar, displays her creation

Congratulations Deanna Dewberry, the 2020 recipient of the Harriet Susskind-Rosenblum Advocate’s Spirit award

Coalition Champion Ginny Ryan did a phenomenal job hosting our special televised event on 13WHAM

Coalition staff manned the phones, taking calls from donors during our televised event.

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Past Board of Director members, all leadership & all we support
Deb Kusse
Holly Anderson
Ian Anderson
Morgan Hamman
Mel Bianchi
Maria Cook
Geraldine Del Monache
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Sylvia & Jim Cappellino
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Phyllis Connelly
Peg Jacobs
Jessica & Shahzad Mustafa
Margo & George Novak
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My mother, Margarite
Carol Anne & Gerald Warner
Dawn Boyce
Marianne & Scott Sargent
Mary Coniff
Mary Gross
Tom Cook
Maria Cook
Teresia Costanza
Peggy & Jim Donovan
Robin Gold
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Dr. Posy Seifert
Laura & Joel Yellin, MD
Judy Zeeman-Golden & John
Golden
Reinvent. Rethink. Recreate.

These are some of the buzzwords of COVID, along with the urgent directive: PIVOT!

Although we have not laid eyes on the faces of our many volunteers in many months, the call and the need for these tireless helpers has not gone away, only changed.

As we scrambled to create our first virtual Pink Ribbon Walk, what we needed most from our volunteers were their enthusiastic voices. We needed their families and friends (near and far) to register, to pledge, and to share our social media posts. We asked, and volunteers answered the call. The result was success beyond our wildest and most fervent hopes.

Likewise, our virtual ARTrageous Affair has surprised and delighted us with the results. Only weeks before the event, we could not fathom how and where we would gather silent auction items. So many businesses and artists who have generously supported the event for years were unable to donate. The answer came from within. Volunteers, including our Board of Directors PURCHASED beautiful items and gift cards from their favorite local artists and businesses and DONATED them to the event! In a delightful win-win situation, our favorite shops and eateries benefitted from the purchases and we had over 200 items/packages to offer to online bidders.

We are deeply grateful for the dedication and spirit of our valued volunteers, who have allowed us to continue serving the people who need us during these challenging times.

Thank you!

Who are these incredibly happy people? They are the friends and fellow merry-makers of Doug Phelps, one of our most ambitious and resourceful Community Fundraising Friends!

Undeterred by COVID, Doug and his crew reinvented his annual Breast Cancer Bowl AND pulled off a hastily-planned and incredibly successful golf tournament, both in October.

On October 5, Doug Phelps and friends gathered at Spencerport’s Salmon Creek Golf Course for his first-ever golf tourney. Graced with cool but comfortable weather, a grand day was had by all. In fact, the day was so well-received, Doug has booked his tournament date for next year!

Less than 2 weeks later, the 10th Annual Strike Out Breast Cancer tournament was held at Gates Bowl. In spite of concerns that sponsors and auction items would be scarce, Doug’s usual supporters and many new ones came through! With the artistic support of Doug’s tireless father and a well-oiled machine of helpers, Doug’s re-imagined tournament exceeded even the most optimistic hopes.

Gathering at their favorite local diner for a Facebook Live presentation, Doug and company unveiled the results of October’s hard work; $20,020 for the Breast Cancer Coalition!

Thanks Doug and friends!
CARE IN THE COMMUNITY

OUR LOCAL DEALERSHIP FOR AUCTION DIRECT USA IN VICTOR ONCE AGAIN HONORED ALL OF THOSE WHO FACE THE DIAGNOSIS OF BREAST CANCER BY SUPPORTING THE COALITION’S SERVICES. THEIR OFFICIAL RECOGNITION OF BREAST CANCER AWARENESS MONTH TOOK PLACE ON THE WEEKEND OF OCTOBER 24/25.

SMALL BLESSINGS

THANK YOU TO LAURIE PHILLIPS OF HOLY CLOAKS, WHO CREATES STUNNING CUSTOM STOLES FOR CLERGY IN OUR AREA. SHE HAS CREATED A BREAST CANCER AWARENESS STOLE CALLED ‘Laurie’s Hope.’ WE HAVE RECEIVED A $50 DONATION FOR HER FIRST SOLD PIECE WITH HER INTENTION TO DONATE LIKEWISE FOR EACH STOLE SOLD.

PINK THE WEEK

OUR YOUNG FRIENDS AT BAY TRAIL MIDDLE SCHOOL IN THE PENFIELD SCHOOL DISTRICT RECOGNIZED “PINK WEEK” EVEN AS STUDENTS ATTEND ON A STAGGERED SCHEDULE DUE TO COVID RESTRICTIONS. STUDENTS AND STAFF SPORTED PINK THROUGHOUT THE WEEK, AND OFFERED DEDICATION RIBBONS FOR ALL TO REMEMBER OR HONOR THOSE THEY KNOW WHO HAD FACED BREAST CANCER. THE GRADE LEVELS ALSO COMPETED IN “JAR WARS”. IN JUST ONE WEEK, THE BAY TRAIL SCHOOL FAMILY RAISED $803.07 FOR THE COALITION.

HONORING A SPECIAL FRIEND

PARK AVENUE BUSINESS OWNER MARY BASSETT OF MAE BEADS DELIGHTS IN SHARING HER BEAUTIFUL BEADED JEWELRY CREATIONS, BUT THIS YEAR MARY DECIDED TO HONOR HER OWN DEAR FRIEND AND BREAST CANCER SURVIVOR MEL BIANCHI BY CREATING A SPECIAL OCTOBER FACE MASK. MEL IS ONE OF OUR BOARD OF DIRECTORS AND LONGTIME VOLUNTEER FOR THE COALITION. MARY’S CROCHETED CREATION WAS SOLD DURING THE MONTH OF OCTOBER, WITH A PORTION OF HER SALES DONATED TO THE BREAST CANCER COALITION. THANKS, MARY, FOR YOUR GIFT OF $60.

COMMUNITY OF SERVICE

MASTER KIM’S TAEKWONDO INSTITUTE IS A ROCHESTER ICON, VOTED BY SEVERAL AREA PUBLICATIONS AS THE BEST IN ROCHESTER. THE EXCELLENCE FOR WHICH THE TRIO OF STUDIOS IS KNOWN IS ROOTED IN THE GOALS OF PROGRAMS THAT SERVE ALL AGES. THE ART OF TAEKWONDO IS BUILT UPON BUILDING CONFIDENCE, DISCIPLINE, RESPECT, FOCUS, AND CHARACTER. A PART OF THE RIGOROUS PROGRAMS AT ALL AGE LEVELS INVOLVES COMMUNITY SERVICE. FROM THE YOUNGEST ‘TAEKWONDOINS’ TO THE MOST SEASONED, ALL TOOK PART IN OCTOBER’S BREAST CANCER AWARENESS PROJECT. IN SPITE OF COVID GUIDELINES LIMITING CAPACITY AND REQUIRING MANY ONLINE CLASSES, THE INSTITUTE PRESENTED OUTREACH DIRECTOR LORI MEATH WITH A CHECK FOR $1525, EXCEEDING LAST YEAR’S SUCCESSFUL CAMPAIGN!

TAKING PRIDE IN ROCHESTER

PRIDE PLUMBING OF ROCHESTER FOCUSED THEIR FUNDRAISING EFFORTS ON THE COMMUNITY THEY SERVE. THROUGHOUT THE MONTH OF OCTOBER, A PORTION OF ALL SERVICES PROVIDED WAS DONATED TO THE COALITION. IN ADDITION, THE COMPANY AGREED TO MATCH ANY PERSONAL CUSTOMER DONATIONS UP TO $25.

ROC ON!

DEDICATED CAR AFICIONADOS OF THE ROC CITY MUSTANGZ HAVE BEEN “QUIET” GIVERS TO THE BREAST CANCER COALITION.
for many years. Coordinated in their effort by Chris Washington, each year we have received a check from the group in the Fall; the result of car shows held in our area throughout the Summer months. In spite of COVID delays, the “show went on”, and we were thrilled to receive a check for $500 from the car club.

**CHEER-FILLED CHARITY**

Driven by the unbridled energy and enthusiasm of their students, the Rochester and East locations of **NY Icons Cheer** combined their efforts once again to raise money for the Breast Cancer Coalition. In a friendly but spirited rivalry, the teams within both schools competed in Jar Wars, collecting money from friends and family, and occasionally suffering “penalties” for the additions of “quiet money” to their coffers. The locations also offered a Pink Apparel catalog!

The winning teams in the Jar Wars competition were the Rising Stars from Rochester and Golden Girls from Fairport who enjoyed a special pizza party for their hard work. The real “winners” though, are the many, many families who benefit from the services and the programs offered at the Coalition. Icons, your gift of $3251 helps make all of what we do possible.

**IN HONOR OF MOM**

David and Monica Ambeau used the social media reach of their online business **The Rustic Peddler** to honor the cancer fight of Monica’s mom, Doris Chapman. In Doris’ name, they have donated $1040 to our Coalition! They were helped in their effort by friends/business owners Roots of Sonnenblume antiques, who conducted a successful basket raffle.

**GET THIS STRAIGHT!**

The long months of braces are followed by the diligent wearing of a specially fitted retainer to maintain the newly perfect smile. Unfortunately, retainers are incredibly appealing to family pets when left on nightstands, easily disposed of in a folded napkin after a meal, and will be squished in a pocket or purse!

Each October, this is good news for the Breast Cancer Coalition, thanks to the generosity of **Dr. Terry Giangreco and his staff at Get It Straight Orthodontics**. 100% of the fees from all lost or broken retainers benefits the Coalition. This year, thanks to the family pups, we are so fortunate to receive Get It Straight’s donation of $6125. Thanks to all of the parents who so generously supported this effort!

**PASSION, COMPASSION, AND TRUE ARTISTRY**

The physicians and staff at **Quatela Center for Plastic Surgery** are passionate about the work they do, and even more so about the people they serve.

In busy October, the center offered many opportunities to educate and raise money for charities that serve those with the disease. They also highlighted the issue of breast reconstruction in the aftermath of breast cancer treatment with a special **BRA (breast reconstruction awareness) Day**.

Thanks to booming ribbon sales in the office, we were honored to accept their donation of $2002.56. Thanks not only to the Quatela staff, but to the generous patients who supported these efforts.

**IT’S QUITE EXTRAORDINARY**

Ready or not, here comes Winter! But the customers of Ben Lee and **Schoen Auto** are ready, thanks to their annual **Regular Maintenance, Extraordinary Care campaign**. Throughout October, 10% of all preventative maintenance bills is donated to the Breast Cancer Coalition. Thanks to the whole staff at Schoen for their friendly, high-quality service and for your gift of $937.75.
SPIKE IT OUT!

Eyer Park provided the ideal setting for a feisty competition between the fierce competitors in this year’s Spike Out Breast Cancer Volleyball Tournament. Though displaced from their usual tourney location at Bathtub Billy’s, the teams were committed to this annual fundraising effort.

Congratulations to all on another great tournament, and to Chau Nguyen, who created extraordinary fare for the players. And thanks for your incredible gift of $1300!

FOR(E) A GOOD CAUSE

Beautiful Sodus Bay Heights Golf Club is typically the site of many charity tournaments throughout the year, including one produced just for our Coalition by Sharon Lilla and the women of the Club. Unfortunately, 2020 thwarted many of those plans.

In her July email letting us know that the event would go on in an altered form, Sharon said “We sadly don’t expect to raise the money we have in the past, but we hope that we can still be successful.”

Golfers came out in force on August 24, skirtsing threatening clouds to enjoy a wonderful, safe day outdoors. Lunch and Dinner were provided, with the option of take-away containers.

Successful they were! The tournament raised a RECORD $12,175.

AN UNEXPECTED GIFT

What a delight to receive a donation from two quiet heroes who spent time standing in front of their local Tops store to raise money for the Coalition! Thank you to Tops Friendly Markets in Hilton, who welcomed our benefactors. And thank you to Joe Lee and Shannon Zabelny for your effort and your lovely gift of $511.

Thank You to our Friends at Enterprise Holdings Foundation

The Breast Cancer Coalition is pleased to announce a $1,500 grant from Enterprise Holdings Foundation for the 2020 Virtual Pink Ribbon Walk and Run! The Foundation is the philanthropic arm of Enterprise Holdings, which, through its integrated network of independent regional subsidiaries and franchises, operates the Enterprise Rent-A-Car, National Car Rental, and Alamo Rent A Car brands.

“It is gratifying to know that our work is having an impact on our community and that Enterprise employees nominated us to receive this grant through the Enterprise Holdings Foundation,” said Holly Anderson, the Coalition’s Executive Director and President. “We are honored to have received this grant for two consecutive years, and it is particularly meaningful this year because of the challenges presented by COVID-19.”

The 2020 Pink Ribbon Walk and Run was held on Mother’s Day Weekend, May 8 – 10 as a virtual event, and raised more than $156,000. All of the money raised by the Coalition stays local and is used for programs and services for individuals in Western New York who have been touched by breast or gynecologic cancer.
IN HONOR OF:

**All breast cancer patients and survivors**
Mary Reed

**My Mother**
Avery Tempest

**Entire BCCR Team**
Maria Milileia

**Raynelle Adrianne’s Birthday Fundraiser**
Lisa Cathleen
David Colon

**Erin Agor**
Jody DeLoria

**Barbara Ames**
Nancy Kennedy

**Holly Anderson**
Eleanor Rusling
Maura Steed

**Mel Bianchi**
Eleanor Santo

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**Nicoletta “Nickie” Bianchi**
Michelle & Aldo Arbore
Marcy Hart
Margaret Charron & Kathy Patroske

**Paula Rae Bistany**
North Greece Auxiliary
Donna & Ken Preston

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*Continued on next page.*
Thank You Donors

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Wish List

- Dyson vacuum cleaner (Please, contact the office)
- Burt’s Bees Lip Balm (sealed, no mint)
- ear plugs (individually wrapped)
- journals for writing
- note cards, notepads (bound at top)
- sleeping masks, lavender or unscented only
- tea: black peoke, green, herbal, and flavored, in unopened boxes or tins (unopened packages of 20 or fewer)
- thank-you cards (unopened packs)
- computer paper, white
- Joann gift cards

BreastCancerCoalition.org
Winter 2021 • 35
Breast Cancer Coalition
Mission Statement

To cultivate community among those touched by breast or gynecologic cancer; to empower informed decision-making through education, support, and advocacy; and to advance research in our region with the goal of eradicating breast cancer.

Voices of the Ribbon is published quarterly by the Breast Cancer Coalition to provide encouragement and inspiration to those facing a breast and gynecologic cancer diagnoses, their supporters, and care providers.

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

Our in-house editor, graphic designer, writers, and support staff work together to ensure our publication is economically produced and our printers assure us that we are getting the best rates possible.

All contents of Voices of the Ribbon are the sole property of the Breast Cancer Coalition, and are not to be reprinted or copied, in whole or in part, without the express permission of the Editor. Direct all inquiries to pat@BreastCancerCoalition.org or phone (585) 473-8177. If you prefer to receive Voices of the Ribbon via email please let us know.

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E-Mail: info@BreastCancerCoalition.org
Online at www.BreastCancerCoalition.org

To keep up to date on all BCCR happenings, follow us on social media:

Breast Cancer Coalition Inclusion Statement:

Just as cancer does not discriminate, the Breast Cancer Coalition recognizes the importance of a culture that strives for diversity. We appreciate individual differences whether color, race, religion, political viewpoints, socioeconomic status, physical abilities, gender, gender identity, gender expression, and/or sexual preference. We are committed to increasing the diversity within the Coalition and welcome you to our safe, inclusive community.

Join us in raising funds that stay LOCAL!
Mother’s Day Weekend • Fri., May 7 - Sun., May 9, 2021 • Virtual!

Pink Ribbon Walk & Run

Anyone, anywhere can help support those in our community touched by breast or gynecologic cancer!

Hit your favorite trail, stay in your neighborhood, hop on a treadmill – whatever you choose, stay safe and have fun!

Register by April 5th to be guaranteed a t-shirt!

For more information and easy online registration and fundraising visit www.BreastCancerCoalition.org

TEE’D OFF
AT BREAST CANCER
GOLF TOURNAMENT

Monday, August 9
Locust Hill Country Club

• Staggered tee times starting at 7:30am
• Tee times assigned in advance (golfers can request specific time slots)
• Box lunch & beverages provided
• Online silent auction