

VOICES of the ribbon

Breast
Cancer
Coalition of
Rochester

Volume 9 Number 3

Autumn 2008

5th Annual Terri Schmitt Legislative Reception



Presentation of the NYS grant secured by Senator Mike Nozzolio. From Left to right: Joyce Wichie, Jean Lazeroff, Rebecca Solomon, NYS Senator Mike Nozzolio, Phyllis Connelly, Lori Griffin, and Holly Anderson.



Jennifer Sanfilippo representing Governor David Paterson presenting Joyce Wichie and Holly Anderson with a proclamation from the Governor

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Proof that Breast Cancer has NO political boundaries!

As Co-Chair of the Breast Cancer Coalition of Rochester from 2000-2002, Terri Schmitt brought a seemingly endless amount of energy and vivaciousness to her work. Her political background as former Rush town supervisor was invaluable to us. Her ability to get to the heart of the matter, whether it was about organizational growth, issues of advocacy, or the introduction of a new bill, was a tremendous gift. Terri guided us through the process with her sense of fairness and her

amazing wit. It was only fitting, when trying to think of a way to commemorate her life in a meaningful way, that we name our Legislative Reception in her honor.

On a beautiful evening in late August, Jean Lazeroff, Chair of our Advocacy Committee, welcomed legislators, legislative staffers, BCCR members, members of Terri's family, and members of the wider Rochester Community to our 5th Annual Terri Schmitt Legislative Reception. As the sun began to set, a lively crowd

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VOICES of the Ribbon

The Newsletter of the
Breast Cancer Coalition of Rochester

Our Mission is to provide support to those touched by a diagnosis of breast cancer, to make access to information and care a priority through education and advocacy, and to empower women and men to participate fully in decisions relating to breast cancer.

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Our Executive Director



Holly Anderson

The Breast Cancer Coalition of Rochester consists of individuals from all walks of life and represents everyone regardless of political persuasion. Though breast cancer is very much a political issue, we are not a bipartisan organization. We are a nonpartisan organization. We do not, as an organization, endorse candidates. We are deeply appreciative of them all. We

*“We are able to
accomplish our goals
by coming together
to discuss the issues.
The political aisle
disappears. The table
widens. There is room
for everyone.”*

are grateful to live in a Democratic Republic whereby elected officials are in office because they represent the majority of people who voted them in. Let me restate that. They represent the majority of those who actually showed up to vote them in.

Not-for-profit organizations involved with advocacy/legislative issues, in our case healthcare and environment, care very deeply about these issues. We need elected officials with a willing ear on both sides of the political aisle and the Breast Cancer

Coalition has them. We are grateful to them for listening to our concerns and acting upon them. We have come to understand that, overwhelmingly, elected officials are dedicated public servants who have committed this period of their lives to affecting change. Political office is a tough career choice. Most of us at the Breast Cancer Coalition stand in awe of these public servants as they, both sides, navigate the insanely sick gauntlet brought forth at election time. Political ads are 30 or 60 second sound bites that must capture the intensely important work accomplished or needing to be accomplished by that candidate. Too often, these ads attack opponents and play on the fear, frustration and anger felt by a community, and a nation living in challenging times.

In the case of our presidential/vice presidential candidates, I can see outstanding qualities in all four potential leaders... and I can also see shortcomings. Is there ever a perfect candidate? I respect one rebel friend, a Democrat who was unabashedly for Clinton, as she argues against becoming "a party puppet." Obama does not automatically get her fist bump. I remember another friend's words of conviction last year as he backed Guliani. Self-described as "a devout Republican", my friend worried McCain was a loose cannon. Today McCain is a maverick. And so it goes. What can

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THERMOGRAPHY: A Replacement for Mammography? Not Likely.

Periodically, we receive inquiries about the use of thermographic imaging in the detection of breast cancer. Thermography uses a special camera to measure the temperature of the skin on the breast's surface. It is appealing to many women because it is non-invasive and uses no radiation. Thermography is based on 2 concepts: 1. Because cancer cells are growing and multiplying very fast, blood flow and metabolism are higher in a cancer tumor. 2. As blood flow and metabolism increase, skin temperature rises.

Thermography has been available for several decades, but no study has shown that thermography is a good screening tool to detect breast cancer early, when the cancer is most treatable. Both the National Cancer Institute and the American Cancer Society do not recommend thermography as a replacement for mammography. Thermography may be used to supplement mammogram information and help identify cancers that are close to the skin, however thermography does not find cancers that are deeper in the breast and does not detect small cancers.

We asked Dr. Avice O'Connell, Director of Highland Breast Imaging, to address this issue in more depth and she was kind enough to oblige.



Avice M. O'Connell, MD,
FACR
Associate Professor, Clinical
Imaging Sciences
University of Rochester
Medical Center
Director, Women's Imaging
Highland Breast Imaging

Sources:

Frances Arena MD,
et al, Proceedings of
ASCO, The Use of
Digital Infrared Imaging
in the Management of
Inflammatory Breast
Cancer, submitted for
publication, May 2002

The large number of different imaging modalities for breast cancer detection is indirect evidence that none of them is perfect. A perfect screening tool would be 100% sensitive and 100% specific. 100% sensitive means that every cancer would show, and 100% specific means that every positive test is truly cancer. This is the Holy Grail for screening, but there is no such test.

The best we have, the gold standard for detection of breast cancer, is mammography, which is approximately 85% sensitive but only about 25% specific. Another often quoted statistic is that 20-25% of breast cancers are missed in dense breasts especially in the under 50 age group.

There are many adjunctive tests which are used to improve the sensitivity and specificity rates of mammography and find tumors which might otherwise go undetected until they grow much larger. The most common is ultrasound, which increases the diagnostic accuracy of mammography alone to 91%. Magnetic Resonance Imaging (Breast MRI) is expensive and not covered for screening except in high risk women. It also requires injection of contrast material. Thermography would be a possible adjunctive test to be used in screening along with mammography and sometimes ultrasound.

Thermography has been used for many decades, but fell into disrepute because of a lack of both sensitivity and specificity and had too many false positives and false negatives. However, it has recently enjoyed a revival thanks to new infrared technology and advanced computer hardware and software. What was called Thermography is now known as Digital Infrared Imaging (DII).

Thermography is essentially a heat-map of the breast using ultra-sensitive infrared cameras linked to computers which can detect and display high-resolution images of temperature variations. Slight changes in regional breast temperature may be one of the earliest signs of breast cancer. There are instances where an area of increased temperature on a thermogram predicted an underlying cancer. There was also a report years ago that 30% of patients with an abnormal thermogram will get cancer within 5 years, so the technology may deserve a reevaluation. Of course, many benign conditions such as infections and inflammation may also increase the temperature of the breast. Therefore, this is very much an adjunctive test, since, despite its limitations, the only proven screening test is mammography.

Thermography is not currently available at our screening clinics. It is also not covered by most insurance plans. ☺



Framework for Health Care Health Care for ALL *written by Patsy Robertson*

Though the Breast Cancer Coalition is a member organization of the National Breast Cancer Coalition and the New York State Breast Cancer Network, we maintain our independence and autonomy, we are a grassroots community-based organization.

National Breast Cancer Coalition (NBCC) launched its Framework for a Health Care System Guaranteeing Access to Quality Health Care for All at its annual Advocacy Training Conference April 26-29.

This Framework developed after bringing together varied stakeholders and groups concerned about the state of health care in America.

This Framework serves as a guide for comprehensive health care reform legislation addressing coverage for all. Such a system covers everyone and pays for all the care an individual needs—care that is effective both in efficacy and cost AND based on quality evidence.

Coverage would be equivalent to the most comprehensive plan available to Members of Congress through the Federal Employees Health Benefit Plan. Such a benefits package would cover care that is based on the best scientific evidence and is cost effective. Care not meeting these criteria would not be covered unless provided as part of a clinical trial or further developed as evidenced based.

Financing the system is based on shared responsibility so all parties—individuals, employers and government would be required to pay their fair share. Based on personal financial abilities, individuals will be required to contribute.

Since NBCC believes health care is a basic human right, coverage is guaranteed to all—an eligible individual is one who is present in the United States. The extent of coverage would vary based on the reason for presence and duration of stay. Some groups like short term visitors may not be eligible for all coverage.

WHAT'S NEXT

During our visits to our Congress members in April, we presented this Framework asking them to consider its concepts for a new health care system. NBCC President Fran Visco had already briefed key Congressional leaders. In addition this Framework was presented to Presidential candidates.

How Can you Become Involved?

If you believe our health care system requires changing, let candidates for Congress know. The entire House of Representatives is up for election. Contact the candidates to ask them to consider these concepts. Take a look at what the candidates for President say. What about 47 million people without health care? Begin the conversation with your family, friends and neighbors. This is the time to start a discussion.

RESULTS EMANATING FROM THIS FRAMEWORK

- ✓ Reduce over- and under-use of care.
- ✓ Include educated consumers in all decision-making.
- ✓ Government would introduce strategies to reduce current costs of healthcare and savings would go to coverage.
- ✓ Government would develop and implement strategies to simplify current system and reduce duplication, inaccuracies, inefficient record keeping and provide system-wide inter-operable electronic recordkeeping.



Prior to development of this Framework, NBCC established Core Values which must be inherent in any system. These follow:

ACCESS

Individuals must be able to get all the care she/he needs when needed including meaningful access to evidence-based interventions.

INFORMATION

Individuals must receive information that is evidence-based, objective, complete and correct.

CHOICE

Individuals must have some choice of doctors and care.

RESPECT

Our health care system must treat the whole person, not just person's disease.

ACCOUNTABILITY

Standards regarding care must be clear, uniform and enforceable. Patients have a right to sue if the basic human right to health care is violated.

IMPROVEMENT

System must have methods for measuring what is and is not working so individuals must have access to well-designed and efficiently-run clinical trials and must have coverage of all routine costs associated with participation in such trials.

5th Annual Terri Schmitt Legislative Reception continued from cover.

had gathered to break bread, sip wine, and enjoy an array of treats prepared especially for them. Mostly, those who gathered were anxious to share thoughts and concerns about breast cancer and breast cancer issues with our elected officials (and those who represent them) in a relaxed, informal setting. All left utterly satisfied that this event was, yet again, an overwhelming success.

Though New York State Legislators were called back to Albany that week for 11th hour budget matters, it didn't keep most of them from stopping in to say hello, take a quick tour, and visit with constituents, including some who had never had the opportunity to meet their elected officials before.

Terri Schmitt's son, Dan Deckman, joined by his wife, Laura, spoke of his mother's contribution to the breast cancer cause. Dan, who was a college student when his mom died of breast cancer in 2002, shared how much breast cancer had devastated his family. *"My sister, Chelsea, was six when my Mom was diagnosed with cancer..."* Holly Anderson, the Coalition's Executive Director, thanked the legislators for the efforts they have made towards breast cancer issues on behalf of the hundreds of people living with breast cancer across the state and country.

Thank you to the Advocacy Committee, including Chair Jean Lazeroff, Past Chair Mel Bianchi, and committee members Phyllis Connelly, Rebecca Solomon, Pat Foucht, Patsy Robertson, Bev Levy, Eileen McConville, Lori Griffin, Anne DaSilva Tella, Marianne Sargent, Holly Anderson and Niki MacIntyre for their amazing efforts. And thank you to the community, including our elected officials, for taking the time to meet with us. Especially heartwarming was to see both sides of the political aisle represented. Breast cancer truly has no political boundaries.

Terri would have loved it!



Christine Rumfola and Sarah Clark



Ann Ellis and Olga Borodin Russell



Jean MacArthur and Sylvia Cappellino

Quotes taken from Dan Deckman's moving speech in tribute of his mother Terri Schmitt

"As many of you know, my mom loved public service. She thrived in the notion of elected office as a platform for good in our world." -Dan Deckman



Jean Lazeroff, Lila Bluestone, Monroe County Legislator Travis Heider, Dan and Laura Deckman



Below: Ann Blaise and Phyllis Connelly enjoying the reception.



Senator Joe Robach, Holly Anderson, Amy Weetman, and Lori Griffin

"For, at the heart of the matter, the issues that touch people's lives most intimately and bear the greatest relevance in their decision-making rarely fall into convenient political categories. My mom understood that in a uniquely natural way." -Dan Deckman

A Personal Journey

Kathi Burton *Surviving with Hope and Gratitude*

written by Pat Battaglia

It was supposed to be a routine mammogram. Kathi Burton's baseline mammogram a few years earlier



Kathi Burton

had been completely normal. Two years later, the result of her next mammogram was uncertain, but additional testing produced a diagnosis of oil cysts. She breathed a big sigh of relief and went on with her life. Another year went by and the time came again for a screening. Kathi felt in charge. She was taking good care of herself, and fully expected a clean bill of health. "I didn't see it as a lifesaver," she says and chose not to wait in the office for the result.

Two days later, she received a phone call that would begin a series of life-changing events. Micro-calcifications had been detected in her breast, and she would need to return to the lab for more testing. "I felt as though my heart would beat right out of my chest," Kathi recalls, and not wanting to agonize another minute about the possibilities, she immediately drove to the lab.

A very supportive technician greeted Kathi and showed her the X-ray films. In Kathi's colorful words, "It looked like it was peppered with buckshot," referring to the appearance of the micro-calcifications. This was followed by what seemed to be an interminable stay in the waiting room. She watched as other women were called back one by one and then left the office quickly, presumably with good news. Seeing this, Kathi's spirits rose. When her turn came to speak to the radiologist, the tech led her to a tastefully decorated room. Two objects sitting side by side on a table drew her attention; an artificial orchid and a box of tissues. The purpose of the room was clear to Kathi, and she broke down and cried to the tech, "What did I do wrong?" The tech held her hand and replied, "You didn't do anything wrong."

When the radiologist arrived, she told Kathi that her mammography results were inconclusive, and that the next step would be a biopsy, to be done then and there. "What does it all mean?" asked Kathi, and her doctor answered that it was standard procedure for a case such as hers. "I'm scared," was all she could say, and the tech reassured her that her feelings were very normal.

Two days later, Kathi received a phone call with the result of her biopsy; she had early stage breast cancer. "No!" she cried. "This can't be happening to me!" The doctor told her that one in eight women will face this diagnosis in her lifetime. "We don't know why," he said to allay any sense that she was somehow to blame for her cancer, and continued, "Your mammogram did what it was supposed to do." Her cancer had been detected at an early stage. As difficult as it seemed, it was now time to think about finding a surgeon.

A few days later, as fate would have it, a woman knocked on her door seeking donations for a breast cancer walk. The conversation revealed this woman was a fellow survivor. Kathi felt an immediate connection to her and shared her story. The woman told Kathi about the need for support in a time like this, and about the Breast Cancer Coalition of Rochester. Having been a member of support groups in the past for other circumstances, Kathi knew that it was exactly what she needed this time around. "It was a real no-brainer for

me," she smiles. She immediately went to her computer and looked up the

"I felt like I belonged"

BCCR website.

The following day she called BCCR. She received the gentle reassurance she needed and was told about Brown Bag lunches, where survivors gather every Friday to eat, talk, laugh, and sometimes cry. The very next Friday, Kathi joined the group at the Brown Bag table, where she found the catharsis she needed. Words fail in describing the indescribable feeling of being in a roomful of women who have faced, or are facing similar fears and challenges, and the simplest words often say the most. "I felt like I belonged," is Kathi's summation of that afternoon. To be able to air her feelings and validate her emotions in such a safe place was a powerful experience. Regarding the complex emotions that follow in the wake of a breast cancer diagnosis, she feels that "You need to get it up and get it out. If you keep it all inside, it does all harm and no good."

Kathi did her homework and found a surgeon she could trust. Her operation was scheduled for Halloween

day. Good news was soon to follow in her surgical pathology report. The margin between the cancerous tissue and the edge of the specimen was found to be free of any stray cancer cells, which meant in Kathi's case that no further treatment would be necessary. Naturally, she was elated. But she couldn't help feeling a little unsure about returning to Brown Bag, where she had encountered women who were dealing with more extensive treatment than she had undergone. She expressed these feelings to Holly Anderson, who knew that Kathi's mammogram had detected an early stage cancer. Holly encouraged her to trust her inner voice and to come back. Having an early diagnosis doesn't mean a person doesn't deserve or need support, regardless of the stage of breast cancer. And as Kathi asserted "I know I would never have been able to get through this life-changing challenge without the support I have received from BCCR. I can go to this support group and cry or laugh- sometimes both. I know that I'm in the right place and am very grateful for the love and support I get there."

Kathi did come back and continues to bring us hope in her words and actions. She's a regular at Brown Bag

on Fridays, where she openly and warmly empathizes with the group, both newcomers and long time attendees. As the newest member of the Programs Committee, she has found an outlet for her desire to pay forward the support and encouragement she has received at BCCR. She urges women to have their yearly mammograms and do regular self-testing without fail; her routine mammogram turned out to be a lifesaver. Mammography isn't perfect, she will acknowledge, but it's the best tool we have, and it does save lives. "You have to give yourself permission to take care of yourself," is her empowering message. She has come to know that the specifics of a diagnosis will differ from one person to the next, but cancer is always devastating. In her words, "The feelings and fear from that diagnosis don't just go away. The good news is that there is a place to go where women and men can find others who know what they're going through." BCCR is that place for Kathi and for anyone affected by breast cancer.

In spite of the difficulties that followed in the wake of her diagnosis, Kathi is grateful for the lessons she's learned along the way. "Pay attention to what life is about," she says. "Every time you wake up in the morning, you have another chance at life." ♡

Our Warrior Horse Donors

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Tiffany and Peter Mays stopping by to greet our horse.

Read about all the wonderful fundraising events our friends have been sponsoring in the next newsletter!

Program Coordinator's Update



Tracy Brown

To learn what recorded seminars may be available in our DVD library, please call Tracy at 585-473-8177.

Are you on our mailing list?

Is your e-mail address and/or phone number a part of our listing?

Please send us your information for our mailing list so that we can offer e-mail news as well as print news.

Send your information (full address or just your other details) to Tracy Brown at tracy@bccr.org

Thanks!

One of the most satisfying aspects of my position here at BCCR is preparing for our educational seminars that are held on the fourth Wednesday of every month (with the exception of November and December). These free evening seminars, which run from 7:00 to 9:00pm, provide our entire community an opportunity to learn about topics ranging from sentinel node biopsy; to how to access assistance from oncology social workers, elected officials, and legal aid; to recent updates in breast reconstruction.

We carefully choose our topics after considering various issues, such as relevancy, presenter pool, program history, and timeliness, as in the case of featuring an author. An important factor is the feedback we receive – from our seminar evaluations, from our Brown Bag Friday lunch crew, and from the other support groups and their facilitators. For example, it was brought to our attention that nutrition was something that our BCCR community wanted to learn more about. Within days of hearing this, we were able to secure a registered dietician specializing in oncology who presented on nutrition during and after breast cancer treatment a few weeks later. We endeavor to quickly serve our community's needs when possible.

Another important factor is the availability of speakers. In Rochester, we are fortunate to have such a large resource of experienced professionals from the various centers and institutions who take time out of their incredibly busy schedules to present at our Center. We often begin our search for the appropriate presenters six to twelve months in advance. These men and women come to BCCR not only to educate attendees on their particular areas of expertise, but also to encourage our community to seek the best information available when making medical and health care choices.

The volunteers who help make our evening seminars such a great success are invaluable. They serve as greeters, staff the check-in tables, and help clean up, often staying until 10:00pm in an effort to restore our space back to original set-up. Another volunteer and breast cancer survivor has graciously recorded many – if not most – of our evening seminars so that those who might miss an event can borrow a DVD from our library and learn more about the topic presented. Other volunteers have written short recaps for our newsletter. Certainly our program quality is strengthened by the dedication and enthusiasm of volunteer support.

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Executive Director's column continued

each/all of these candidates teach us? In the words of the great Buddhist nun and teacher, Pema Chodron. "If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher." When all is said and done, neither political party is going to disappear. When all is said and done, come January, we must begin with an open heart.

The Breast Cancer Coalition consists of many people with strong political viewpoints on both sides of the political aisle. Legislative work is not for the weak. It is a long, arduous process. We are able to accomplish our goals by coming together to discuss the issues. The

political aisle disappears. The table widens. There is room for everyone.

I admire anyone who stops to reflect on their words before they say them. Thank you for considering that others may feel as passionately as you about a different candidate. Finally, I am deeply appreciative to those of you who actually make the effort to participate in the political process in a way that best reflects your perspective. You are the ones who will make the greatest difference. ♡

This column reflects my own personal viewpoint and is not necessarily the viewpoint of the Breast Cancer Coalition of Rochester.

Recent Events Here at BCCR

Afternoon Tea



Kate Chace, Mary Lundberg, and Ann Ellis enjoying refreshments and the company of friends at the Advanced Breast Cancer Tea.

An Afternoon Tea for women living with metastatic breast cancer was held here at BCCR on Saturday, August 8. What a delightful day! Guests sampled both hot and iced teas, lemonade, Macha Green Tea Cookies, chicken tarragon and cucumber-cream cheese finger sandwiches, delicious scones, and fruit salad. There were “Tea To Go” party favors, great conversation, and a lot of love and compassion! Even more special were the connections made at the Tea. Women shared their joys and concerns over refreshments, made plans to keep in touch, and learned that they can always come to BCCR for support. Mark your calendar – the next Tea will be held on Saturday, February 14, 2009! Call Tracy at 473-8177 for more information.

An Evening of Art & Collage



Dore Udavchak working on her special project

August’s Healing Arts Initiative found BCCR members working with personal photographs, colorful paper and stamps, poetry and other accents to celebrate where they came from and who they are today.



Pat Battaglia enjoying the evening.

The 6th Annual 'Tee'd Off at B

"A Little Rain Wasn't Going to Ruin the Spirit of the Day!"

On Monday, July 21, 2008 golfers braved Mother Nature, all in support of the Breast Cancer Coalition of Rochester's 6th Annual 'Tee'd Off at Breast Cancer' Golf Tournament. The tournament started at noon with beautiful blue skies shortly interrupted by a course clearing lightning & thunderstorm that



lingered briefly soaking everything in sight. After a short rain delay the tournament continued with the remainder of the afternoon being sunny and dry. Gauging by the good natured joking and competition, the rain certainly did not 'dampen' the spirit of the day!

Guests were treated to pizza from Savastano's Pizzeria & Bakery at registration, cookie delights from KOKOPELLI a la carte and Savoia Pastry Shoppe, lunch at the turn and a wonderful steak & chicken dinner. A plethora of wonderful prizes from our generous donors

thrilled award and raffle winners, along with exceptional service from Shadow Lakes Golf & Racquet Club. (Please see donor list below.)

For the 6th year Lee Cordero & Sean Patton have co-chaired this event, along with help from their faithful committee members: Sylvia Cappellino, Betty Cordero,

Barb Pifer, Remo Rossi, Lissa Schaefer, Susie Smith, Jerry Valentine & Holly Anderson. We appreciate our guests who traveled from as far away as Florida and Massachusetts, and from all around New York State - we couldn't be happier having them spending their day with us for this event.

We could not do what we do without the support of our friends who come out time after time to support the work of BCCR for our local community, and we extend our sincere thanks to all! ☺

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Breast Cancer' Golf Tournament



Left to right: Steve Berke, Larry Lloyd, Ida Schreiner, and Donnie Pifer.

Board member Mel Bianchi (far left) sharing laughs with friends.



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Melinda Goldberg with friend Sharon Sands visiting from Florida.



Tournament Results:

1st Place Women's Flight (67 ... -5)

Susie Yarnell, Maggie Kril, Joan LeRoy & Joy Florczak

1st Place Men's Flight (59 ... -12)

Nick Berno, Ryan Morgan, Colin Byrnes, Brian Haefner

1st Place Mixed (57 ... -14)

Amy Hagler, Darlene Hadlund, Tom Cater, Corey Monks

Closest to the Pin

Women #3 Darlene Hedlund 9' 6"

Men #9 Chris Palin 8' 3"

Longest Drive

Women #4 Maggie Kril

Men #18 Nick Berno



Kari Crawley and Mindy Hopper showing their signing abilities.

Thanks to Beth Abdallah for sign interpretation

All photos of Golf tournament provided by Kate Melton, Rochester Magazine

wonderful donors:

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The Sister Sak Project



The Sister Sak Project was started by a group of young survivors who wanted to help each other in their journey with breast cancer. This project provides young women diagnosed with breast cancer a gift bag filled with comfort items delivered by a young survivor and a network of support dedicated to their unique concerns. Please call for a referral and Sak of your own!

BC 101



This program provides information and support to those who are coping with a breast cancer diagnosis. The goals of the program are to assist participants in managing the complex tasks and emotions of a breast cancer diagnosis and to empower women to be their own self-advocates as they proceed through treatment, recovery and survivorship. Our professional facilitators are eager to provide a safe, comfortable atmosphere where information can be absorbed and assimilated, while formulating a strategy for coping with each individual's breast cancer experience.

Peer Advocates Lending Support: P.A.L.S.SM

Peer advocacy is at the core of the philosophy behind the Breast Cancer Coalition of Rochester. Women supporting women, partners supporting partners, families supporting families, all are central to this organization that is unique to the western New York region. Breast cancer survivors reach out to those who are new to the disease and also to their significant others, helping them connect to resources in the community, providing a foundation of caring and working hard to instill confidence and comfort in the face of a difficult time. Please call the BCCR to learn how you can become involved as a mentor, or if you would like to be enrolled in the program after your own diagnosis and receive the support you need and a pack of goodies.



Young Survivor Networking Group



The Young Survivors Networking Group is a hopping! The YSNG is co-facilitated by Miriam Iker, a clinical psychologist who specializes in children, families and adult women, and Amy Weetman, a young survivor specializing in peer support. Together they address issues including the impact of breast cancer on families, children, and careers. The Young Survivors Networking Group meets on the **third Thursday at noon** of every month. This is a drop-in group and there is no need to call ahead.

Voices & Vision: A Writing Workshop for People with Breast Cancer



This exciting program gives people with breast cancer an opportunity to explore and express their feelings through writing. The warm and supportive group is led by a professional instructor. Not only has writing proven to be very therapeutic for breast cancer survivors, but this program is getting rave reviews! Workshops run in six week cycles on **Tuesday evenings** and advanced registration is required. This workshop is limited to 12 participants.



Book Club

What if a traditional support group isn't for you, but you still like the idea of participating in a supportive community following a breast cancer diagnosis? Join our Book Club! The BCCR Book Club will meet the **4th Thursday of the month**, from 6:00-8:00 p.m. Participation is limited and sign-up is required. To reserve your seat and learn the next book selection, call Tracy at BCCR.

NEW!

Program Coordinator's Update continued

As BCCR plans for 2009, we are exploring the possibilities and the opportunities to bring the best speakers to our organization to talk about the subjects YOU want to know about. At the time of this newsletter printing, we have set in motion plans for presentation topics such as: the role of the oncology social worker; NIA (neuromuscular integrative action) exercise, which is "a blend of yoga, martial arts, and dance" [1]; breast MRI; family matters; and more. And as you know, the future can bring many changes and opportunities, and we remain flexible to "tweak and

refine" our evening seminar repertoire as we move into and through 2009.

I hope that you will watch for our post card announcements, read the Voices of the Ribbon newsletter to learn what evening seminar topics are scheduled, and join us the fourth Wednesday of the month to learn, grow, and be better prepared as you move forward in the wise care of yourself.

[1] Leiter, Gila, MD. "Find Fitness Bliss With NIA." *WebMD*. 19 May 2003. 5 September 2008. <<http://www.webmd.com/fitness-exercise/guidelfind-fitness-bliss-with-nia>>.

Pink Ribbon Run & Family Fitness Walk Top Fundraisers



Kristen Clark



Connie Schmeer



Nancy Trabold

Our Fundraising Friends



Left to right: Pat Flanagan, Kevin Stapelton, Riley Austin, Collin Lafayette (project manager), Adam Sisson (project manager), Jake Cwiklinski, Barb Pifer, Chad Christ.

On June 21, 2008, Barb Pifer, BCCR Office Administrator, was presented a check in the amount of \$3,875.70 from the Eastridge High School's S&E Marketing Class. The class, under the direction of Patrick Flanagan, held many fundraising events throughout the year all with the goal of not only supporting BCCR, but also promoting school and community spirit.

This project is in its 4th year and is based upon the popular TV show 'The Apprentice'. To date the S & E Marketing Class has raised over \$12,000.00 in support of women and families in our local community dealing with a breast cancer diagnosis. We are certain they will never hear the words, "You're Fired" from us!

GET READY TO SHOP FOR A GREAT CAUSE!

Second Bloom Corp., Fairport's Newest Consignment Shop is holding its 3rd annual Sunday fundraiser to benefit the Breast Cancer Coalition of Rochester.

Sunday, October 12th from 11:00am to 4:00pm at Second Bloom Corp., located at 1276 Fairport Road (near Fairport Friendly's).

40% of Total Pre-Tax sales will be donated to BCCR. Light refreshments and drawings for door prizes throughout the afternoon.

For more information and to donate door prizes, call Daria Reitknecht at 585-388-4330.



Donations ending September 30, 2008

The name of the individual honored or remembered is shown in **bold** type.
The Breast Cancer Coalition thanks donors for these gifts made since our last listing.
(Donations made after June 30th will be included in the winter newsletter.)
We apologize for any errors and/or omissions on our donor pages.

In Honor of:

Tom & Holly Anderson

30th Anniversary
Lee & Judy Adnepos
Robert & Christine Baker
Crystal Doody
Tom & Hollis Garver

Janis Becker

MaKenzie Morrill, T.C. Armstrong
Middle School

Melisande Bianchi

Nancy Caccamise

Ann Bishop

Xerox CLSSO Team

Edna Conners 103rd B'Day

Ann Callon

DC Chicks

Anonymous

Jim & Lisa DePalma

25th Anniversary
Al & Suzanne DiNoto

Mary Fiorito

Mary Molinaro

Grace Flores

Marianne Sargent

Karen Waldon Johnson

Tatyana Cortland Feasey

Marilyn Klass 75th Birthday

Marvin & Renee

Maureen McGuire

Women Involved Seeking Enrichment

Judy Rohrer

Jim & Sylvia Cappellino
Russ & Jean MacArthur

Jeanna Rowsam Birthday

Tom & June Morin

Alan Saiger & Ann Allen Wedding

Joe & Alice Gold

Kimberly Santaccessoria

Brian & Debra Lipszyc

Susie Smith Birthday

Kate Bishop
Cathy Bishop
Robin Vavrina

Michael Snyder & Brandy Gold Anniversary

Joe & Alice Gold

Helen Steciak

Bill & Laura Glasner

Kathy Sweers

Marianne Sargent

Kristin Warren

Rich & Beth Wood

Vicki Zeiser

Kristin Zeiser

In Memory of:

Marilynne Anderson

Jim & Sylvia Cappellino
Joseph & Tonia DeGroot
Gail & Bev Levy
Paula Martin

Ann Barbato

Josephine Agnello
Simon & Josephine Braitman
Adeline Bruno
Jim & Sylvia Cappellino

Starlene Bicek

Frances Baham
Kathy Coppeta-Williams
Leo & Josie DeLuca
Janice Dubey

Kathy Bronson

Edwin Bronson, Sr.

Mary Carroll

Barbara Hefke
Margaret McClellan
William & Linda Pasnak
Douglas Westveer

Mary Carrsee

Winfred Lyons

Mary Catalano

Adeline Bruno

William Consadine

John & Ann Parker

Ann Cristantello

Richard Bird
Carol Doxtader
Sue Fletcher
Amy Gaesser
Carol Gueli
Kathy Keogh
Fran McCarthy & Kyran
Richard Renehan
Paul & Diane Riesenberger
Bertha & Rosalie Rosini
Pat Smith

Margery DelPlato

Jerry & Diana Roethel

Masha Dembinski

Jack & Eileen Perry
Craig & Diana Bott
James & Joann Hurny
LaBella Associates, P.C.
Paul & Terri Mancini
Ronald & Arline Miller
Schlegel Electric Material, Inc.
Jean Voellinger
Mark Voellinger

Marie Anna DeTollo

Maggio Family

Renee Eck

Paula Zwirn
Kenneth & Dianne Paige

Cheryl Goeller

Joan Higgins
Rita Power

Jerry Greenfield

Jim & Sylvia Cappellino

Arlyn Grossman

Holly Anderson
 Bailey, Carr & Co., CPAs PC
 Arlene Cooper
 Cornell Cooperative Ext. of
 Monroe County
 Frank & Mary Ann DiMartino
 James & Sheila Dunnington
 Cathy Feinen
 Manny & Geraldine Fine
 Julius & Helen Fine
 Sue Gaffney
 Ted Garofolla
 Charles Githler
 Barbara Granite
 Earl & Rhonda Gurell & family
 Mel & Cindy Gurell
 Karen Haggas
 Sue Jaschik
 Jane Johnson
 Dennis & Linda Levandowski
 Frances Mann
 Jerry & Gail McElroy
 Michael & Linda Miller
 Thomas & Christiane Moughan
 Ron & Karen Newman
 Stuart & Joyce Porter
 Linda Shaffer
 Alan Spanjer
 Linda Terra
 The Orloski Law Firm,
 Richard Orloski
 Robert & Sandra Tombs
 Andrew Weidman

Helen Madeline Jastran

John & Ruth McNally

Mary Johnson

Darrell Beardsley
 Babette Huber
 Kay Cotton & George Pringle
 Douglas Westveer

Moses Marlow

Gail & Bev Levy

Kim Miller

Rich & Beth Wood

Caroline Mirrione

Gia Tramonto

Eda Morabito

Frank & Jean Messina

Suzanne Noble

Valerie Beaman

Doris Payne Patz

Terri Sharpe

Barbara Rochow

John & Ann Parker

Vicki Rockefeller

Kelly Hermenet
 Mr. & Mrs. William Latz, Jr.
 Randy & Deborah Mayo
 Richard & Helen Moore
 Joan Morrissey
 Barbara Sheehan
 John & Joan Thomas, Sr.
 Mr. & Mrs. John Thomas, Jr.
 Wegmans Newark

Josephine Rouvina

Roger & Barbara Catlin
 East Rochester Rite Aid
 Palymra Elementary School
 Sunshine Committee

Douglas Sardina

Gail & Bev Levy

Joni Singer

Patsy Robertson
 Louise & Justin Vigdor

Dorothy Taylor

Kristin Zeiser

Bernice Underwood

Brian & Karen Schankat

Jeannine Valerio

Arieno & DeMura Family
 John & Susan Bakolas
 Bill & Eileen Beck
 Scott Beck
 Edward & Mary Jane Bizari
 Bonadio & Co., LLP;
 Scott Cresswell, James Zielinski,
 Stanley Konopko, Jeffrey Lewis,
 Heidi Caton & friends at
 Bonadio & Co., LLP
 William & Dolores DeCoste
 Jon & Linda Del Vecchio
 Emilio & Carol DiCataldo
 Louise Dominik
 Kathie Hinman
 Bernard & Patricia Iacovangelo
 Carmen & Palma Indiano
 Tony & Lyn LaFountain
 Pasquale & Antonietta Mallozzi
 Thomas & Maureen Morriss
 Ray & Bess Piarulli
 Larry & Judith Schulman
 Jean Simeone
 Ken & Nancy Speciale
 David & Karen Teske
 John & Anne Timpano
 Sylvia Visca

Don & Joan Werdein
 Mike & Elaine Wollschleger

Shirley Vitale

Adeline Bruno

Contributor's Circle \$1-\$49

Jeffrey Barner
 Timothy & Robin Flaherty
 Tatyana Cortlund Feasey
 Bonnie Guon
 Susan Jenkins
 Evelyn Kitson
 David & Debra Murante
 Mary Paille
 Richard & Joan Randall, Jr.
 Jamie Rottger
 Franz Schwenk
 Kenneth & Pauline Scullin
 Jean Simeone
 Loretta Sisca
 Anne Stocum

Friend's Circle \$50-\$99

Jennifer Barret
 EZ Bottle and Can Return
 James & Martha Fry
 Shira Goldberg
 Melinda Goldberg
 Mary Ellen Harkness
 Barbara Kimbrough
 Brian & Debra Lipszyc
 James & Nona Maurer
 Roxanne St. Pierre
 Marcel Secours
 Rich & Beth Wood

Pink Ribbon Circle \$100-\$499

Allen Creek School Staff Denim Day
 Sandra Crawshaw
 Lisa Curley
 Josephine DiPasquale
 Ingrid Ferrara
 Judith Jameson-Kellogg
 Ann McCarthy
 Maria VandenBrul
 Donna Beane
 Big Kids Productions-Patti Ronsvalle
 Anne Bishop
 Richard & Jan Corey
 Charlot DiLucia
 Chelsea DiLucia's Reach Out Project
 Eastridge High School Student
 Government Fundraiser –
 Douglas & Susan Allen
 Jean Campbell
 Lorraine Hulse
 Anna Ingrassio

Kenneth & Wendy Kanis
 Cheryl King
 Betty Mate
 Gregory Merrick
 Richard & Margaret Morse
 Michelle Simmons
 Emily Steinfeldt
 Tina Wagner
 Mary Walker
 Joseph & Joan Gerber Advised Fund
 Fairy Godmothers,
 Katie Shirley Closet
 Michael Frazer
 Greece Library Fashion Show
 Louise Dominik
 Harry & Patricia Lewis
 Kathleen Quagliata
 Sandra Monahan
 MCC Women's Basketball Team
 Nuts and Bolts Improv
 Maryann Platania
 Johanna Ringwood
 Second Bloom 'Gold Rush Party'
 Judy Bolt
 Richard Recchia
 The Source
 Second Bloom
 Dianne Spring
 Anthony, Francine & Gia Tramonto
 Elizabeth Treiber
 Uniland Development Company
 Deborah Urtz-Gleason
 Wegmans Food Markets
 Wegmans Food Markets - Newark

Advocate's Circle \$500-\$999

Creative Outlook
 Winslow Elementary Faculty & Staff

Visionary Circle \$1,000-\$4999

Annunciation Greek Orthodox Church
 Eastridge High School Senior
 S&E Marketing Class
 Victor High School Leadership Class

Founders Circle \$5,000 +

Material Gifts:

Carolyn & Dove Green
 Alyssa Gupton
 Fran Mann, Susie Partridge

**BCCR Fundraising Event
 Donations:**

Bowl for a Cure

Michael Frazer

Eastridge High School

Douglas & Susan Allen
 Jean Campbell
 Clarke Colegrove
 Lorraine Hulse
 Anna Ingrassio
 Charlene Ipacs
 Wendy Kanis
 Cheryl King
 Cheryl Lougheed
 Betty Mate
 Greg Merrick
 Douglas Morse
 Richard Morse
 Michelle Simmons
 Emily Steinfeldt
 Tina Wagner
 Mary Walker

Pink Ribbon Run & Family Fitness Walk

Verna Agnello
 Harvey Anderson
 Jill Belasco
 Jane Clancey
 Fowler's Chocolate Shop, Mary Pat
 Layer 8 Group
 Cathy Urich & Dan Grassel
 Magdalena Horwath
 Joe Bean Coffee -
 Kathy, Ben & Mike Turiano
 Dena & Aaron Jones
 Karen Moulton
 Pat Proietti
 Pauline Robinson
 Pat Stone
 Mary Lou Zeitvogel

**Tee'd Off at Breast Cancer Golf
 Tournament**

(See center spread pgs. 10 & 11)

In Kind Service Donors:

Lifetime Assistance
 Karen vanMeenen

**United Way Donations – Fall '07
 Donor Choice #2334**

Anonymous
 Candice Kraemer
 Lisa Landry
 Andrew Maltese
 David Pagel
 Marcel Secours
 James Weidman

Friends Remembered...

*Karen Lucas,
 WOC teacher*

*Terry Schultz,
 volunteer*

*Diane Hughes,
 mammographer*



Tributes Welcomed

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

Please send your submission with a digital photograph to Susan Meynadasy, BCCR Voices of the Ribbon Newsletter Editor,
 at susan@bccr.org.

We look forward to hearing from you!

Saturday, October 18, 6:00 P.M.

ARTrageous Affair, Rochester Plaza Hotel
\$125 per person. For tickets and more information,
please call BCCR at (585) 473-8177.

Wednesday, October 22, 7:00 P.M.

Lives Touched, Lives Celebrated

Friday evening, November 7, 6:00 - 8:00 P.M.

Young Survivor Soiree
(Stay tuned for details!)

Thursday, December 11, 4:00 - 7:00 P.M.

Holiday Open House

All events unless otherwise noted are at:
THE BREAST CANCER COALITION OF ROCHESTER

840 University Avenue

(Between Culver and Goodman)

Questions? Contact the BCCR at (585) 473-8177

Wear our pins proudly!



Our larger pin, above, is in color on wood and measures 2 inches square. The smaller pin, shown below, measures 1 1/2 inches square and is also in color on wood.

Both pins are designed and handmade by artist LisaBeth Weber and available only at the Breast Cancer Coalition!

Stop by at 840 University Avenue in Rochester or call us at 585-473-8177 for more information or to order one or more! We do accept Paypal as well as most major credit cards. ♡



Remember the BCCR Library:

Browse,
Borrow,
Read!



Take Action!

Become a Supporter of the Breast Cancer Coalition of Rochester by making a donation today!

Your donation will ensure that you will receive a subscription and invitation to all general meetings, educational forums, and special events. Additionally, you will help support our goal of creating an active voice in the Greater Rochester Region in the fight against breast cancer through advocacy, education, and support.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Fax _____

E-mail _____

- \$5000 Founder's Circle
- \$1000 Visionary Circle
- \$500 Advocate's Circle
- \$100 Pink Ribbon Circle
- \$50 Friend's Circle
- \$25 Contributor's Circle
- \$ Other

Gifts of \$100 or more receive a free Comfort Heart.

I cannot afford to make a donation at this time but would like to be on your mailing list.

I would like to make an additional gift of \$ _____

In Honor of _____

Memory of _____

Please send acknowledgement to: (name and address) _____

Payment Choice

Check, Money Order Visa/Master Card/AmEx

Amount Enclosed \$ _____

Credit Card No. _____

Expiration _____

Signature _____

Name on Card _____

Breast Cancer Coalition of Rochester
840 University Avenue Rochester, New York 14607
(585) 473-8177; www.bccr.org

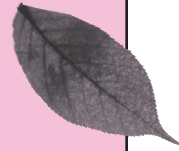
Breast Cancer Awareness Month

Please join Highland Breast Imaging, Health Partnership of Monroe County and the Breast Cancer Coalition of Rochester for a FREE mammogram screening day!

Free mammograms are provided for women who are 40 or older with little or no health insurance.

- Enter for your chance to win an overnight stay at The Lodge at Woodcliff
- A Reiki Practitioner and a Massage Therapist will be providing free 10-minute sessions
- Refreshments and music for a relaxing atmosphere

Saturday, October 25, 2008, 8:00am to 12:00pm
Highland Breast Imaging Center
500 Red Creek Drive
Rochester, Ny 14623
To schedule an appointment please call 487-3300



BATAVIA DOWNS RACING
1814

Silent Auction To Benefit the BCCR

Win a Jim Kelly signed Helmet

To help raise money for the Breast Cancer Coalition of Rochester, seasoned veteran drivers, with over 41,000 career wins and purse earnings of over \$400 million, will appear at the Downs once per week for a \$10,000 winner take all competition.

Wednesdays
From 5:45-7:00pm
September 10-October 29

Voices of the Ribbon

Published Quarterly by the Breast Cancer Coalition of Rochester

Tel. 585-473-8177 • Fax 585-473-7689 • E-Mail: info@bccr.org • Online at bccr.org

Breast Cancer Coalition of Rochester
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Rochester, New York 14607

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