

BREAST CANCER SURVIVAL CENTER

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(203) 857-7304
cancersurvival@aol.com
www.breastcancersurvival.org

A Non-Profit Organization Providing Post-Treatment Support and Education for Breast Cancer Survivors and their Families

Hold on to Warm Weather a Little Longer in BCSC Flip Flops



Please let us know of others who would like to receive this quarterly newsletter.

Editor's Note: We cannot provide medical advice. Consultation with your doctor is your best source of medical information.

Inspiration: Never Let Go of Hope

One day you will see

That it all has finally come together.

What you have always wished for

Has finally come to be.

You will look back and laugh at what has passed

And you will ask yourself,

"How did I get through all of that?"

Just never let go of hope.

Just never quit dreaming.

And never let love depart from your life.

--Jancarl Campi

Hang on to Warm Weather in...



NEW	<input type="checkbox"/> Flip Flips, circle one: (white) (pink)	\$10.00 pair
	Size (circle one): S, M, L, XL	
	<input type="checkbox"/> Sport socks: (white)	\$10.00 pair
	<input type="checkbox"/> Trouser socks: (black)	\$10.00 pair
	Shipping, with any order	\$ 3.50

My Name (please print) _____

Address _____

City, State, Zip _____

Please make checks payable to Breast Cancer Survival Center and mail to: BCSC, 4 Drummers Trail, Old Saybrook, CT 06475. Thank you.

Fall Preview Issue

Breast Cancer Survival Center

Providing Post-Treatment Support and Education

Sept. 2008 Volume 9, Number 2

www.breastcancersurvival.org

Coming Events

Special Speaker Series

Kickoff September 23: Breast Cancer Clinical Trials

Presenter: Kris Diana, National Cancer Information Service

October 14: Genetics and Breast Cancer

Presenter: Danielle Campfield
Yale Cancer Genetics Department

Chat and Chew/Speakers Series

October 28; November 11, 25; December 9

All begin at 6 p.m., Fairfield

County Women's Center

Room 116, West Campus
Norwalk Community College
188 Richards Avenue
Norwalk, CT

Soleil Toile Discussion Group

September 16; October 14;

November 18; December 16

6:30 - 7:30 p.m.

Soleil Toile

24 Post Road East

Westport, CT

Weekend Survivors Retreat

October 17, 18, 19

Mercy Center

Madison, CT

See inside for registration form

Ninth Annual Celebrate Life!

Fashion Show and Brunch

October 5, Shore and Country Club

East Norwalk, CT

See inside for event invitation

Breast Cancer Awareness Ceremonies

October 20, 6:30 p.m., Celebrate Life! concert, Westport Town Hall Auditorium;

October 26, 7 p.m., St. Joseph College, West

Hartford; October 28, 6:30 p.m., Milford

City Hall Auditorium

See inside for registration form.

Thanks to our wonderful supporters for generously underwriting this newsletter.

One Survivor's Story

By Susan Santangelo

Ten years ago, on July 30 at 1 p.m., my life changed forever.

An annual routine mammogram at Norwalk Radiology seemed to be taking forever. I was impatient to get dressed and get back to work for an important meeting.

Then, my doctor, a personal friend, walked in and took my hand. She had tears in her eyes, and said the words every woman dreads hearing, "You have breast cancer. We need to schedule a biopsy to confirm the diagnosis, but I don't think there's much doubt. You'll have treatment, and then you'll be fine."

Fast forward to October 30, 1998, my last radiation treatment at Norwalk Hospital. To celebrate, some friends hired a silver stretch limousine to take me the Cancer Center.

The valet car parkers and the medical staff said they'd never seen anything like that before. I was done with cancer. I was fine.

Except...I wasn't. Not completely. Not the way I was before. Every little ache or pain signaled the fear: Is the cancer coming back in another place in my body?

My personal journey led me to other breast cancer survivors, women I never would have met if I had not been diagnosed. I learned that I was not alone. In fact, as one of my new friends said, "The doctor says you're done, but you're really beginning a new phase of your care." Out of that group of survivors came the Breast Cancer Survival Center.

For more than nine years, BCSC has been the only non-profit direct-service organization in Connecticut -- and one of only a handful in the

United States--exclusively devoted to supporting post-treatment breast cancer survivors and those who love them. We provide safe, confidential meeting places where survivors, their families and friends can join with others to build emotional support after treatment ends.

Our services include supportive discussion groups, a buddy program for doctors' appointments and mammograms, a quarterly newsletter, expert speakers in the field of cancer and wellness, awareness events, weekend and day retreats, a resource library and a web page.

Thousands of survivors and family members have benefitted from our programs over the years.

Our all-volunteer organization is totally dependent on financial support from donors like you. This year, we need your help more than ever, as demands for our program services continue to expand.

Survivors to Model October 5

Celebrate Life!, our October fashion show and brunch, is our primary fundraiser of the year. We are asking supporters such as you, who believe in the importance of what we do, to be sponsors of our event. Your tax-deductible donation will help cover our costs, and all sponsors will be acknowledged prominently in our fashion show program and publicity.

Thank you for your kindness and generosity. We can't do it without you.

A Cup of Comfort

By Sheryl Kraft

When an email arrived in my inbox on Feb. 14 of this year, I was shocked. No, it was not an anonymous love letter extolling my beauty and brilliance, but it may as well have been.

Congratulations!" it read. "Your story, The Friend Who Came and Went," has been nominated as a finalist in our contest." Contest?

As a writer, I am continually busy. If I'm not writing an article, I'm researching one. And if I'm not researching one, I'm exercising my mind to come up with the perfect angle, the perfect story, the perfect new idea. There are so many things whizzing through my head on any given day that remembering all I've done is oftentimes impossible.

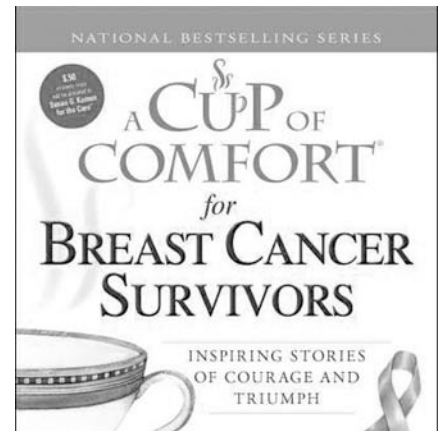
Apparently, in one of my writing frenzies, I entered a contest back in September of 2007. Oh, yes, I remembered a bit about it...it was for a new anthology: *A Cup of Comfort for Breast Cancer Survivors*. Adams Media (the Cup of Comfort publisher), working in partnership with *Redbook Magazine*, would select a grand-prize winner plus three runner-up winners, with the results and excerpts to be published in the October Redbook. In addition, the grand-prize-

winning story, which would open the anthology, would be awarded \$5,000, with a matching amount to be donated to Susan G. Komen Breast Cancer Foundation.

And the essay? One written about a year before, which had made the rounds to all the major women's magazines and was met with a resounding "thanks but no thanks." I even got an encouraging and complimentary response from *O Magazine*, but alas, no promise of publication. Discouraged, I tucked it away in my file cabinet, the drawer that I sometimes turned to when I wanted to revisit ideas that had been rejected.

Naturally, I was thrilled. The story, about my best friend Shelley (who had died of breast cancer years before), would finally be heard. I immediately contacted Shelley's daughter, Arielle, to tell her the good news and then called Shelley's parents in Florida. As desperately as I missed Shelley, it was a comfort to me - and I'm sure, to her family - to know that the story of our remarkable friendship would be kept alive in print.

The essay was not the grand prize win-



ner, but it did receive the honor of second-runner-up. I'm so thrilled to share it with the world.

Sheryl Kraft, is a free-lance writer in Wilton, CT. She received her MFA in non-fiction writing from Sarah Lawrence College in 2005. Sheryl is a twenty-year breast cancer survivor and frequent contributor to this newsletter.

We are thrilled that Sheryl is graciously donating copies of *A Cup of Comfort for Breast Cancer Survivors* to benefit the Breast Cancer Survival Center, and will be at our Oct. 5 *Celebrate Life!* fashion show to sell and sign copies of the book. Don't miss out. Reserve your copy now. E-mail at cancersurvival@aol.com. Sheryl's web address is sherylkraft.com.

Save the Date

**Saturday, Eighth Annual
Weekend Retreat**

October 17 - October 19
Mercy Center by the Sea,
Madison, CT.

Details enclosed



Providing Post-Treatment Support
and Education for Breast Cancer
Survivors and their Families

Apple Crisp

American Institute for Cancer Research

Canola oil cooking spray.

4 Granny Smith apples, cored and cut into thin slices or bite-size pieces

½ cup raisins

3 tbsp. apple juice

¼ cup whole-wheat flour

¼ cup old-fashioned rolled oats

¼ cup brown sugar

¾ tsp. ground cinnamon

¾ tsp. ground nutmeg

1 tbsp. cold butter, cut into small pieces

Preheat oven to 375 degrees. Coat 8-inch-square baking dish with cooking spray.

Combine apples, raisins, and apple juice in bowl; toss well. Transfer to baking dish.

In another bowl, combine flour, rolled oats, brown sugar, cinnamon and nutmeg.

With pastry blender or knife, cut in butter until mixture resembles coarse meal. Sprinkle the mixture over surface of apples.

Lightly coat top with cooking spray. Cover and bake 30 minutes. Uncover and bake for 20 more minutes, or until apples are tender. Remove from oven and let stand on wire rack at least 20 minutes. Cut into squares and serve warm or at room temperature.

Makes 6 servings.

Per serving: 170 calories; 2.5 g fat (1 g saturated fat); 39 g carbohydrates; 2 g protein; 4 g dietary fiber; 10 mg sodium.



Presents

8th Annual Weekend Retreat
 for Breast Cancer Survivors
 Fri. eve. Oct 17, - Sun. morning Oct. 19
 SeaScape
 The Mercy Center at Madison
 Madison, CT

Held on the shores of Long Island Sound, this retreat provides a relaxing, supportive and informal setting where Breast Cancer Survivors can reflect and talk about any issue or concern they may have following the completion of their treatment.

Facilitators: Nina Marino, LCSW, and Lee Ann Fallet, MA, CRC, OTR/L.

For the past seven years, Lee and Nina have been planning and leading retreats for the BCSC that have allowed participants to identify and explore opportunities for healing, self- discovery and personal growth in unique and creative ways.

Registration Fee: \$265 (includes two nights single-room lodging, six meals and all retreat activities.)

Registration Deadline: Postmarked by October 1, 2008 (space is limited)

For more information, please call 203-857-7304; e-mail us at cancersurvival2@aol.com or visit our web site www.breastcancersurvival.org

To register: please complete this form and mail with \$265 registration fee to: Lee Fallet, BCSC, 140 Ingleside Road, Fairfield, CT 06824-1908. Please make checks payable to BCSC.

Name _____

Address _____

Phone (Home) _____ **(Cell)** _____

E-Mail _____

The Breast Cancer Survival Center

Cordially Invites You to Attend

Celebrate Life!

Brunch and Fashion Show
Superstar Models: Survivors of Breast Cancer
Fashions: Talbots in Westport
Sunday, October 5, 2008
Registration: 11:45a.m
Brunch: 12:00 noon
Fashion Show: 1:15 p.m.
The Shore and Country Club
Gregory Point
East Norwalk, Connecticut

Diamond Sponsor: The Connecticut Post

R.S.V.P. by September 24, 2008

Reservations will be held at the door. Tax deductible to the extent allowed by law.

Program Book Form

Dear Friend,

Every guest at the Breast Cancer Survival Center fashion show will receive a program of the event. In support of our fundraising efforts, we are gratefully accepting tribute ads for this program, allowing businesses, friends and families to share their words of hope, pride, joy, thanksgiving and encouragement in honor of this year's fashion models and other breast cancer survivors.

The program size is 7-1/4 by 10 inches. A full-page ad is \$350; a half-page (7 1/4 by 5) is \$250; a quarter-page ad (3 1/2 by 5) is \$150. Business card size is \$50.

For those who wish to join our Well Wisher page, we will list your name on this special page for \$35 per individual or family name. (For example, The Smith Family, in Honor of Mary Smith.)

Yes, I would like to place an ad in the *Celebrate Life! Program*. Please check one:

- Full Page Ad: \$350
- Half Page Ad: \$250
- Quarter Page Ad: \$150
- Business Card: \$50
- Well Wisher Page: \$35;

Name _____
in honor of _____

Amount Enclosed \$ _____
(Ads fully tax deductible as allowed by law.)

Camera-ready ad via e-mail to cancersurvival@aol.com is most appreciated. Or, type or clearly print your ad copy and send it along with this form and your check made out to the Breast Cancer Survival Center. Ad deadline: September 15, 2008.

Thank you for your kindness and generosity as we celebrate these very special women.

Celebrate Life!

Brunch and Fashion Show

Sunday, October 5, 2008

___ **Diamond Sponsor: \$2,500** - Name on program cover, eight tickets, full page program ad, table signage

___ **Emerald Sponsor: \$1,000** - Six tickets, full-page program ad, table signage

___ **Ruby Sponsor: \$750** - Four tickets, half page program ad

___ **Sapphire Sponsor: \$500** - Two tickets, half page program ad

___ **Celebrate Life! Alumni Circle: \$100 per model** - One ticket and special program recognition

___ **Individual Tickets: \$65 per person**

I would like to place a tribute ad in the program book (Please use form at right)

I am attending in honor of _____ (name of model)

Please seat me with: _____

I cannot attend but have enclosed a contribution to help breast cancer survivors. All donors will be acknowledged in our Celebrate Life! program.

Name _____
Address _____
City, State, Zip _____
Phone _____ E-mail _____

Please make checks payable to Breast Cancer Survival Center and mail to Susan Santangelo, BCSC, 4 Drummers Trail, Old Saybrook, CT 06475. For information, please call (203) 857-7304, or e-mail cancersurvival@aol.com.



Celebrate Life!

Breast Cancer Awareness Month

Honor Those Who Have Been Diagnosed with Breast Cancer

Sponsored by the Breast Cancer Survival Center

www.breastcancersurvival.org

October 20, Fairfield County concert and candlelighting, Westport Town Hall

October 26, Hartford County ceremony, St. Joseph College

October 28, New Haven County ceremony, Milford City Hall

Milford:

6:30 p.m. Check-in

7:00 p.m. Candle-lighting
and reading of names

Westport:

6:30 p.m. Check-in

7:00 p.m. Concert

8:00 p.m. Reading of names

West Hartford:

7:00 p.m. Liturgy

7:45 p.m. Reading of names

Donation: \$5.00 per candle Additional Donation to Help Survivors \$ _____

In Honor of: _____

(Please Print Clearly)

Address _____

In Memory of: _____

Please read name(s) at: Milford, Westport, West Hartford

Requested by: _____

Address _____

*Please make donations payable, and
mail with this completed form, to:*

Breast Cancer Survival Center

4 Drummers Trail

Old Saybrook, CT 06475

Telephone: (203) 857-7304

E-mail: cancersurvival@aol.com

www.breastcancersurvival.org

