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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 your-  
 self,*

*"How did I get through  
 all of that?"*

*Just never let go of  
 hope.*

*Just never quit dream-  
 ing.*

*And never let love  
 depart from your life.*

*--Jancarl Campi*

## Hang on to Warm Weather in...



- NEW** \_\_\_ Flip Flips, circle one: (white) (pink) \$10.00 pair  
 Size (circle one): S, M, L, XL
- \_\_\_ Sport socks: (white) \$10.00 pair
- \_\_\_ 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.**

## 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.

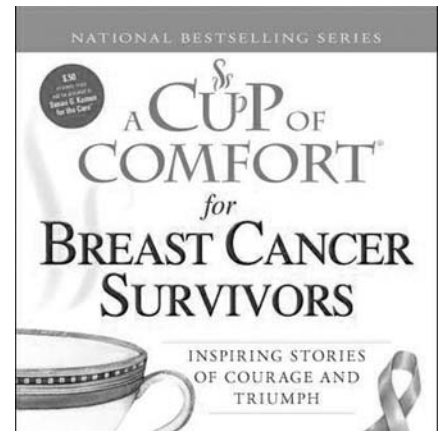
Apparently, in one of my writing frenzies, I entered a contest back in September of 2007. Oh, yes, I remembered a bit about it...it was for a new anthology: *A Cup of Comfort for Breast Cancer Survivors*. Adams Media (the Cup of Comfort publisher), working in partnership with *Redbook Magazine*, would 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](mailto:cancersurvival@aol.com). Sheryl's web address is [sherylkraft.com](http://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](mailto:cancersurvival2@aol.com) or visit our web site [www.breastcancersurvival.org](http://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](mailto: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](mailto: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](mailto:cancersurvival@aol.com)



[www.breastcancersurvival.org](http://www.breastcancersurvival.org)