

# BREAST CANCER SURVIVAL CENTER

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

*Scenes from 2008 Survivors  
Celebrate Life! Fashion Show*



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: Difficult Times Don't Last Forever

Sometimes, the problems you must face are more than you wish to cope with, and tomorrow doesn't seem to offer any solutions.

You may ask yourself, "Why me?" but the answer is sometimes unclear. You may even tend to feel that life hasn't been just or fair to burden you with such obstacles.

The roads any of us choose to follow are never free of bumps or curves, but eventually the turns lead to a smoother path ahead.

Believe in yourself and your dreams. You will soon realize that the future holds many promises for you.

Remember...difficult times don't last forever.

--Geri Danks

## Coming Events

### Special Speaker Series

November 25, 6 p.m.

#### Relieving Stress – During the Holidays and Beyond

Presenter: Nina Marino, L.C.S.W., BCSC  
Clinical Director

Fairfield County Women's Center, Room 116, West Campus

Norwalk Community College, 188 Richards Avenue, Norwalk, CT

### Supportive Discussion Groups 2009

January 13, 27; February 10, 24; March 10, 24; April 14, 28; May 12, 26; June 9, 2009; 6 p.m.,

Fairfield County Women's Center. A light supper will be served.

### Soleil Toile Supportive Discussion Groups

January 20; February 17; March 17; April 21; May 19; June 16, 2009  
6:30-7:30 p.m.

24 Post Road East, Westport, CT

### One-day Retreats for Survivors and Family Members

April, May, September 2009

### Weekend Retreat for Survivors

October 16, 17, 18, 2009

Mercy Center, Madison, CT

### Tenth Annual Celebrate Life! Fashion Show and Brunch

October 4, 2009

Shore and Country Club  
East Norwalk, CT

### Breast Cancer Awareness Month Candle-lighting Ceremonies

October 2009

For information: (203) 857-7304, e-mail [cancersurvival@aol.com](mailto:cancersurvival@aol.com), or see us on the web at [breastcancersurvival.org](http://breastcancersurvival.org)

Thanks to The Reddus Foundation for generously underwriting this newsletter.

## Yale Genetics Counselor Speaks on Hereditary Breast and Ovarian Cancer

Danielle Campfield, M.S., recently gave a presentation on hereditary risk factors for breast and ovarian cancer for the Breast Cancer Survival Center.

Ms. Campfield has significant experience in hereditary cancer syndromes and is the host and moderator of an online network for women with a hereditary predisposition to breast and ovarian cancer.

She lectures at the high school and professional level and has written several articles on hereditary cancer syndromes and genetic testing including an article on "The Role of Genetic Testing for the Newly Diagnosed Breast Cancer Patient."

Highlights of her presentation:

- The majority of cancer cases are not attributable to hereditary causes, said Ms. Campfield. However, there are factors which can increase the probability that the cancers in a family may be hereditary, such as early onset of cancer, more than one primary (new) cancer in an individual, the same cancer in two or more close relatives on the same side of the family, and related cancers (such as breast, ovarian, and pancreatic cancer) found in the same family.

- Individuals of Ashkenazi Jewish ancestry are also at greater risk for hereditary breast and ovarian cancer.

- Several gene changes (mutations) have been discovered which predispose individuals to breast and ovarian cancer, explained Ms. Campfield. Available data suggests that women who carry mutations in the BRCA (Breast Cancer) genes are at a significantly higher risk to develop breast or ovarian cancer.



Genetic testing for these mutations has become clinically available within the past fifteen years. Individuals who learn they have the BRCA1 or BRCA2 mutation are offered special surveillance and risk reduction options.

For more information on genetic testing, contact the Cancer Genetic Counseling Center, 203-764-8400. The web address is [yalecancer-center.org/genetics](http://yalecancer-center.org/genetics).

*Ms. Campfield is currently a genetics counselor with the Yale Cancer Genetics Counseling Program. She received her bachelor's degree in biology and psychology from Case Western Reserve University in Cleveland, Ohio and her master's in Human Genetics and Genetic Counseling in 2004 from Sarah Lawrence College in Bronxville, New York.*

*She is board certified by both the American Board of Genetic Counseling and the American Board of Medical Genetics and is a member of the National Society of Genetic Counselors.*

# BCSC Launches 10th Year of Service

The Breast Cancer Survival Center, launched with a discussion group at Norwalk Community College in 1999, is entering its 10th anniversary year of providing education, information and support for breast cancer survivors and their families.

Long before survivorship issues hit the news, the center has helped survivors and their families answer the question, "My treatment has ended; now what do I do in terms of exercise, nutrition, and general wellbeing after cancer?"

Most of the medical community and cancer advocacy groups had focused on research and prevention.

Only recently has interest turned to the many millions of survivors whose lives have been drastically altered by the experience of having cancer.

More than 4,000 individuals have been touched by our programs that include:

- Weekend and one day retreats for survivors, spouses and daughters
- Twice a month supportive discussion groups throughout the year

- Breast cancer awareness ceremonies to honor those who have had breast cancer

- *Celebrate Life!* fashion show and brunch, featuring models who are all survivors

None of us who were involved in the initial survivor focus groups in 1999 could have predicted how simply asking the question, "Now what?" after treatment ended could have built the momentum that birthed a not-for-profit.

Starting a new 501(c) 3 non-profit organization was the furthest thing from anyone's mind at the time. But as more survivors began to speak up and express their needs, and as we researched existing breast cancer programs in Connecticut, we were all astonished that no one was doing anything at that time for survivors.

There were a handful of other post-treatment programs – one in Pennsylvania and another in New Jersey – but none in Connecticut. Thanks to the helping hand of Norwalk Community College and then president, Bill Schwab, who had been living with cancer himself for

many years, we were able to begin offering support services in a donated space on the NCC campus in mid-1999.

Although we had received press coverage about the program starting, that didn't guarantee attendees. How astonished we were to walk into the NCC conference room and find it packed with survivors. Some had finished treatment years ago but still had unanswered questions, and others had recently finished their chemo and/or radiation. One woman came directly from her last treatment at Norwalk Hospital. Amazing.

How far we have come since that initial meeting – expanding with special speakers so survivors could ask questions and get answers from the experts; weekend and day retreats; this quarterly newsletter and a web page; awareness events; a buddy program for doctors' visits and mammograms; our wonderful fashion show. We have had survivors tell us that being a model in our show marked a turning point for them after treatment ended. "Last year at this time, I was bald," one woman said. "Now, I'm a superstar model wearing beautiful clothes and having my hair done."

## Paul Newman

1925-2008

The Breast Cancer Survival Center mourns the passing of friend and supporter Paul Newman.

His generous donations through the Newman's Own Foundation enabled BCSC to provide education and support to countless survivors and their families.

## A Healthy Recipe for Leftovers

### Open-Faced Turkey Sandwich

1 package (10 oz) white mushrooms  
 3 tsp. canola oil, divided  
 ¼ cup minced onion  
 1 ½ Tbsp. flour  
 1 cup fat-free, low sodium chicken broth  
 Freshly ground black pepper, to taste  
 2 cups leftover stuffing  
 12 oz. leftover roast turkey, thinly sliced

Stem mushrooms. Place stems in a saucepan with 1 cup water. Boil until liquid is reduced to ¼ cup. Set aside this "broth" to use later. Thinly slice the mushroom caps.

Heat 2 teaspoons of oil in a non-stick skillet over medium high heat. Saute onion until lightly browned, about 5 minutes. Add sliced mushroom caps. Mix in flour. Cook 30 seconds, stirring. Pour in chicken broth.

Remove mushroom stems from "broth" and squeeze out their juices into a bowl. Discard stems. Add juices and "broth" to the skillet,

and bring to a simmer. Cook, stirring, until gravy is slightly thickened and cinnamon brown, about 2 minutes. Add pepper to taste, transfer gravy to another pan and keep warm. Wipe out skillet.

Form the stuffing into four 4-inch patties, using ½ cup of stuffing for each. Heat remaining oil in skillet. Saute patties until brown and crisp on both sides, about 8 minutes. Remove from heat.

Place a patty on each of 4 plates. Top each patty with one-fourth of the turkey. Ladle some hot gravy on top. Garnish with leftover cranberry sauce.

Makes 4 servings. Per serving: 361 calories, 14 g. total fat (3 g. saturated fat), 32 g. carbohydrates, 26 g. protein, 3 g. dietary fiber.

Source: American Institute for Cancer Research ([aicr.org](http://aicr.org))



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

## Take a Survey, Win a Prize

Be one of the first 20 to reply and win a pair of *Sock it to Breast Cancer™* socks

### Evaluation of the Breast Cancer Survival Center Newsletter

How long have you been receiving the Breast Cancer Survival Center newsletter?	
Have you attended any BCSC programs that have been discussed in the newsletter? If not, why?	
On a scale of 1-3 please rate the following: (1= very good/relevant, 2= somewhat, 3= needs improvement/no relevance)	
Relevance of articles	
Clarity and accuracy of material	
I feel better informed after reading the BCSC newsletter	
The newsletter makes me feel connected to other survivors	
Design of newsletter	
Please complete and mail to: BCSC, PO Box 701, Fairfield, CT 06824 Or e-mail to: <a href="mailto:cancersurvival@aol.com">cancersurvival@aol.com</a>	Comments:

## BCSC Awareness Events Inspire

BCSC's ninth annual brunch and fashion show, *Celebrate Life!*, featured 16 superstar models, all cancer survivors, wearing beautiful clothes from Talbots in Westport. Soleil Toile was presented with the Celebrate Life Community Hero Award for generously providing space for BCSC to host a monthly supportive discussion group for survivors. A highlight of the event was a live auction of jewelry donated by Tiffany's.

A Fairfield County remembrance ceremony and concert in the Westport Town Hall auditorium was part of Westport's annual Make a Difference Week and included well-known professional performers: Jodi Ann Keogan, Culver Casson, and Steve Magnuson, Young dancers from Just Dance Studios in Norwalk were hugely entertaining.

The Hartford County ceremony in the Connor Chapel at St. Joseph College in West Hartford was filled with luminario bags, each with the name of an honoree.

A New Haven County ceremony held in the

auditorium of Milford City Hall included luminario bags placed around the stage by Milford Boy Scout Troop 1. Survivors, family members, and other supporters were treated to a performance by the Select Vocal Ensemble of Joseph A. Foran High School.

Barbara Schaefer, one of our superstar models this year, donned her chef's hat and apron and baked dozens of apple pies and sold them in her office to raise money for the Breast Cancer Survival Center. They were such an immediate hit, she had to bake more to keep up with the demand.

Black Rock Wine and Spirits, on Black Rock Turnpike in Fairfield, selected a variety of wines and decorated the bottles with pink breast cancer ribbons. A portion of the proceeds from the sale of these wines was donated to the Breast Cancer Survival Center.

BCSC board member Linda Michaud held her popular "Fairfield Bunco for Breast Cancer" for the second consecutive year.

## Thank You

Many people made our ninth annual *Celebrate Life!* Fashion show and brunch such a wonderful success: Guest hosts Robert Laska, publisher of *The Connecticut Post*, and BCSC board member Sara Brown; the staff from Talbots in Westport, DMS Hair Design and Headliners Total Hair and Body Care for the hairstyling and make-up. Our fabulous fashion stylist, Meredith Gray, whose expertise made the show run so smoothly. Viola Kaproski for the beautiful table centerpieces. Special thanks to Marianne Laska for writing the clothes descriptions and the fashion show script. Great job!

From The Gedney Agency, our handsome male escorts Craig Henneberry, David Menna and Laimondo Trowell. A special thank you to Craig Shoop of The Gedney Agency, who's made this event happen for the past nine years, and to the guest escorts for this event, Joshua Gay, Tyler Gay, and Paul Trupp. We're so grateful to Jim Hutchinson and the entire staff at Shore and Country Club, who make the brunch more delicious every year. And to Marti and Bob Baker, our event hosts, and Stephanie Ross, our photographer.

Thanks to all our wonderful sponsors: *The Connecticut Post*, Diamond Sponsor; Tiffany's, Soleil Toile, Catherine Sbriglio, J.M. Lummis & Company, and Dr. and Mrs. Anthony Volpe, Emerald Sponsors; Meredith Gray, The Riverside Realty Group, Fairfield County Bank, Sapphire Sponsors; Marilyn Goldblum, Penny Griffith, Stuart and Stephanie Ross, Mary-Ellen Andreana, Shirley Friefeld, Irene Friedman, Ann and Don Bolt, Kathleen Achorn, Martin and Margaret Wusik, Patty Kondub, Angela de Lara, Michael and Parna Santangelo, Tom and Suzy Santangelo.

A big thank you to Sheryl Kraft, whose essay was featured in the newly published *A Cup of Comfort for Breast Cancer Survivors*. Sheryl donated copies of the book to BCSC, and sold and autographed copies for guests at the fashion show. Special thanks to our own Marlene Stern, who also autographed and sold her book, *Looking Into The Mirror*, about her experience with breast cancer, on Oct. 5. The entire proceeds from the sale of this book goes to benefit BCSC.

# Do Your Holiday Shopping Order Form

## BREAST CANCER SURVIVAL CENTER

Providing Post-Treatment Support and Education

*Sock It to Breast Cancer!™ sweat shirts*

*Sock It to Breast Cancer!™ socks*

*Sock It to Breast Cancer!™ T-shirts*



Selection	Quantity	Price	Total
Sweat shirt, pink S, M L, XL, 2XL (circle one)		\$25.00	
Socks			
Trouser socks, black, white, pink		\$10.00	
Sport socks, white		\$10.00	
Long-sleeved T-shirt, white S, M L, XL, 2XL (circle one)		\$20.00	
Shipping	Under \$20 \$20 and up	\$ 2.50 \$ 4.50	
<b>TOTAL</b>			_____

My Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone/e-mail \_\_\_\_\_

I Would Like to Donate \$500, \$250, \$100, \$50, \$25, Other \_\_\_\_\_

**Please accept my tax-deductible contribution to help provide support and education to breast cancer survivors and their families.**

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

Donations are tax-deductible to the fullest extent allowed by law.

## Thank You

Our fashion show raffles were especially wonderful this year, thanks to the donations of: Betsy Santangelo, Mr. and Mrs. Max Marshall, Mary Lou DeLuca, Silver Ribbon, Barbara Murray, Douglas Cosmetics, Liberty Andretto of Lia Sophia Jewelry, Cindy Perham, and Linda Michaud.

We couldn't do this event every year without our wonderful, loyal volunteers: Lynore Aaron, Marianne Laska, Laura Sydney, Linda Michaud, Sara Brown, Tilda Brown, Barbara Pearson-Rac, Barbara Murray, Cindy Perham, Claudette Apple, Lynn Murray, Craig Shoop, Joe Santangelo, Marlene and Jeff Stern, Donna Schaefer, Carolyn Delmedico, Mary Hunte, Gina Garcia, Kate Mrozek.

Thank you to our new friends, The Redduds Foundation and Kenneth and Lanie Spence. Your generosity is appreciated more than you can ever know.

For our October awareness ceremonies, special thanks to:

**In Westport:** First Selectman Gordon Joseloff; Second Selectperson Shelley Kassen; Jodi Keogan; Culver Casson; Steve Magnuson; choreographer Kat Eggart and the dancers from Just Dance Studios – Michelle Finan, Maggie Feakins, Ariel Steinglass, Liv Coe, Jenna Westrup, Natasha Gabbay, Stacy Berlin, Jaime Lapa, Erica Teitelbaum, Morgan Goldberg, Sam Bortniker, Emily Kopas, Morgan Goldberg, Annie Brag, Jackie Kkerames; pianist Dan Hague; the Make a Difference Organizing Committee, especially Barbara Pearson-Rac; Frank Rac; stage manager Courtney Thomas; Dianne Clark; Nicholas Mariconda; the Staples High School Key Club.

**In West Hartford:** Sister Beth Fischer; Diane Burgess; Father Ed Dempsey; readers Melissa Smith, student, and Dr. Nancy Billias, SJC Professor of Philosophy

**In Milford:** Marianne and Bob Laska; the staff of the Mayor's office and Mayor James Richetelli; the members of the beautiful Foran High School Select Ensemble: Jenna Riccio, Liz Herring, Melissa Kandrach, Miriam D'Andrea, Anna Bailey, Jennifer Yee, Kendall Thomas, Christina Immediato, Camden Torello, Rachel Altieri, Carla Lynch, and leader Theresa Voss; Teltre Ditale from the Milford Young Woman's Club; Milford Boy Scouts Troop 1: Jacob Wilczek, Matt Oullette, Dylan Leonard, Jason Savisky, Kage Distasio, Jonathan Stellato, Mark Bluemer, Dan Murray, Pierce Holvek, Frank Trowbridge, Thomas Kennedy, Michael Trowbridge, Diego Paige, James Geib, Zachary Mulling, John Lawless, Christian Loffhouse, and Scout Leaders Michael Healy, Mark Krom, Harry Bluemer, Mark Loffhouse, Tim Savisky, Betty Podpolucha, Pete Murray, and Kevin Dunlevy.

# Fashion Show a Success

**Survivor models raise awareness and show they look great after cancer**

The ninth annual *Celebrate Life!* Fashion show was more successful than ever as survivors modeled fashions from Talbots before a cheering audience of family and friends.

Thanks to all who contributed and helped raise funds to support our programs for the coming year. The great looking models are: Mary Ann Nilan, Milford. Doreen McGehee,

Milford; Laurie Trupp, Stratford; Kim Gay, Stratford; Patty Loux, Stratford; Judith Krone, Westport; Adair Heitmann, Fairfield; Suzanne Barry, Trumbull; Renee Janssen, Fairfield; Barbara Schaefer, Stratford; Marti Carroll, Shelton; Sherri Goldman, New Canaan; Lisa DeAsi, Ridgefield; Clare Cochran, Stamford; Karen Smith, Norwalk. In the photo below, Carmen McPherson is not pictured.

## Scenes from 2008 Survivors Fashion Show



photos by Joe Santangelo and Stephanie Ross

