

Celebrate Life! 11th Anniversary Breast Cancer Survival Center

Providing Post-Treatment Support and Education

September 2010 Volume 11, Number 2

www.breastcancersurvival.org

Coming Events

Supportive Discussion Groups Fall 2010

Norwalk Community College.
September 14, 28; October 12, 26;
November 9, 23. All at 6 p.m.
Fairfield County Women's Center,
Room 116, West Campus, Norwalk CT

Soleil Toile Supportive Discussion Group

Sept. 21; Oct. 19; Nov. 16
6:30 – 7:30 p.m.
24 Post Road East, Westport, CT

Special Speaker Series:

Samantha Heller, M.S., R.D., C.D.N.

Author: *Get Smart, Samantha Heller's
Nutrition Prescription for Boosting Brain
Power and Optimizing Total Body Health*

Topic: Chemo Brain.

www.hellerhealth.co

www.hellerhealth.com

Chris Terenzio, B.S., ACE.

Topic: Healing after surgery;
fall prevention; keeping bones strong and
muscles flexible.

www.bootcamp-ct.com

Adair Wilson Heitmann, BFA.

Topic: Guided imagery and meditation.

www.adairheitmann.com



*For specific speaker dates,
be sure you're on our event e-mail list. Not
sure if you are? E-mail us at cancersurvival2@aol.com
and give us your information.*



Thanks to Novartis Oncology for generously underwriting this newsletter.

Editor: Marti Baker

Celebrate Life! To Feature Lilly Pulitzer Fashions

And Radio Talk Show Host Lisa Wexler As Celebrity Emcee

The 11th annual BCSC fashion show and brunch, to be held Sunday October 3, 2010, at Shore & Country Club in East Norwalk, will showcase fashions by Splash of Pink, the Lilly Pulitzer signature store in Westport. Splash of Pink owner Amy Cesaratto of Southport, said about this new collaboration with BCSC, "Lilly Pulitzer has been a long-time advocate for breast cancer awareness, so I am delighted we're providing the clothes for this year's Breast Cancer Survival Center fashion show."

Amy and her husband Marc opened their Splash of Pink business eight years ago in Playhouse Square in Westport, and it has become the "go-to" place in the area for people to get Lilly. "One of the things that makes the Lilly Pulitzer brand so special is that it invokes happiness in customers," said Amy. "Women often recall which 'Lilly' they wore for a memorable occasion, and look forward to purchasing a 'Lilly' for their daughters and granddaughters, making it an intergenerational experience."

Lilly Pulitzer has partnered with the American Cancer Society through the sale of the Murfee Scarf in recognition of how women's lives are deeply affected by breast cancer. More than just the pink and green prints that most people associate with the Lilly Pulitzer line of clothing, the Oct. 3 show promises to feature several surprises, including a line of work-



out clothing. As always, the fashions will be worn by superstar models who are all cancer survivors. Handsome male models from the Gedney Agency in Fairfield will serve as escorts for the models.

Another exciting part of this year's event is the appearance of WSTC1400/WNLK1350 radio talk show host and Westport resident, Lisa Wexler, as emcee. Lisa, whose program airs daily from 4 to 6 PM, is a practicing attorney as well as sister of one of TV's Real Housewives of New York City, Jill Zarin. She's also the author, with her mother and sister, of *Secrets of A Jewish Mother*. BCSC is truly fortunate to have someone as multitalented as Lisa as emcee of our event this year.

**FOR THE FIRST TIME, RESERVATIONS
MAY BE MADE ONLINE AT OUR
WEBSITE VIA PAY PAL:
www.breastcancersurvival.org**

Profile of: Marlene Stern

BCSC Board Member/Survivor/Entrepreneur

Marlene Stern is a genuine “can do”



individual. From her move to the United States from the Philippines, as a twenty-four-year-old nurse, in 1984, to her recovery from breast cancer in 2001, Marlene

has said, “I can do it.” And she does. Learning to believe in herself from her grandmother’s knee, Marlene married her beloved Jeff and started a family here in the United States, launched a real estate business and conquered her fear of cancer. In her 2006 memoir, *Look-*



ing Into the Mirror, Marlene describes growing up in a modest home in the Philippines and tackling difficult life challenges even when she was a young girl.

Her 2001 breast cancer diagnosis ultimately led her to the Breast Cancer Survival Center, which would not only offer her emotional support but inspire her to become one of the Center’s most active advocates. Because support group meetings and retreats gave much needed comfort during her post-treatment days, Marlene designated all net proceeds from the sale of *Looking Into the Mirror* to BCSC.

Marlene says that as a survivor and through the Breast Cancer Survival Center, “I have learned how survivors treasure life, and now I have more goals, more purpose and more I want to accomplish.” A major donor and fundraiser for BCSC, Marlene participated in the annual Celebrate Life! fashion show as a model in 2005. Through that experience she says she able to “pick up with the rest of my life” after cancer and focus on the future.

Marlene says of her personal journey, “Along the way, I have learned that, no matter what you want to do, you can do it if you work hard.” She says the people she met at the Breast Cancer Survival Center helped her realize she was not alone and could go on and get on with her life.

Marlene Stern lives with her husband Jeff and her children Kenneth and Elizabeth in Stamford.

BCSC is grateful for her tireless support on behalf of cancer survivors everywhere.

Adair Heitmann Provides A Meditative Path

Adair Heitmann is truly a woman of the world. Born in Connecticut, Adair lived in three different countries before she was five years old. Daughter of a minister, she traveled where her father’s work took the family, and at an early age, became aware of diverse populations and cultures.

Early on, Adair says she began to understand that “a person can be several things all at once, and through self-awareness, can find creative solutions to life’s challenges.” For Adair, the means through which she found the ability to tap into her own resources was meditation.

A graphic artist and writer, Adair says that when her sister was visiting her at Syracuse University in the late 1960s, she told Adair about Transcendental Meditation. Adair was intrigued, did some research and, soon after, decided to make it an integral part of her own life.

Through her study of TM and Transactional Analysis, Adair says her mind opened to “reflective and introspective solutions” and her self-awareness allowed her to see the patterns in her

decision-making which influenced her choices. “I began to trust my own inner barometer and found I could wear many different hats at the same time.” As head of Adair Design Associates, “I could incorporate my business life with my fine art life, but I needed to find a focus for the spiritual part of me.”

In 1990, Adair opened The Center for Creativity and Wellness in Fairfield, thereby bringing the many facets of her life together. “I wanted to integrate creativity and wellness by paying forward the wonderful experiences I’d had while learning about meditation.” Adair further attributes her interest to her studies with dream expert Jack Johnson and MSW Susan Bender, whose Stamford-based workshop, Feed the Soul, was a critical source of inspiration. For over fifteen years the Center offered programs in stress management that included dream workshops, meditation practices and personal journaling.

Now, as Community Education Liaison at the Pequot Library in Southport, Adair works on numerous projects including overseeing the

re-design of the library’s website. As a writer, Adair serves as facilitator for the Fairfield Public Library’s “Just for Writers” workshops, and as a breast cancer survivor, her work, *Bless This Breast*, won a Best Manuscript award in 2007 from the Harvard Medical School.



Adair says, “I love to work with fellow survivors at BCSC meetings” where she leads meditation sessions. “Helping people navigate life during troubled times is the essence of this work.” Through dream analysis Adair says “the power of adversity and anger can be made into allies and through meditation and guided imagery, emotions can be modified.” To visit Adair’s website click on www.adairheitmann.com.

SPRING ZUMBATHON BENEFIT A BIG SUCCESS

The Edge Fitness Club of Fairfield was the scene of a BCSC fundraiser on May 22 for those who wanted to enjoy the fun – and exercise – of Zumba’s Latin dance rhythms combined with exercise moves, and wanted to help breast cancer survivors too.

Edge event coordinator Brianna Ricks and BCSC Board Vice President Barbara Pearson Rac reported more than \$2500 was raised, thanks to several hundred people participating. This second Zumbathon to benefit BCSC was a non-stop, two-hour outdoor event marking

what may become another great annual opportunity to not only get into cardio dancing but to raise breast cancer awareness as well. Three cheers to all who came and contributed! And special thanks to Barbara and Brianna, who made it happen.

Splash of Pink

A LILLY PULITZER® SIGNATURE STORE

The Breast Cancer Survival Center Cordially Invites You to Attend

THE ELEVENTH ANNIVERSARY

Celebrate Life!

BRUNCH AND FASHION SHOW

Superstar Models: Survivors of Cancer

Fashions: Splash of Pink, A Lilly Pulitzer® Signature Store

SUNDAY, OCTOBER 3, 2010

Registration: 11:45 a.m. • Brunch: 12:00 • Fashion Show: 1:15 p.m.

The Shore and Country Club, Gregory Point, East Norwalk, Connecticut

R.S.V.P. by September 23, 2010

Please use the enclosed response card.

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

The Breast Cancer Survival Center is a Non-Profit Organization Providing Post-Treatment Support and Education for Survivors and Their Families.

Celebrate Life!

ELEVENTH ANNIVERSARY BRUNCH AND FASHION SHOW • OCTOBER 3, 2010

Platinum Sponsor: \$5000 Donation — Benefits: Name on all event materials, including program cover, press releases and web page. Full-page color ad on inside front program cover; logo on gift bags; 8 tickets to event; table signage; company banner displayed at event; thank you in BCSC newsletter.

Gold Sponsor: \$2500 Donation — Benefits: Name prominently featured in event program, web page, and other printed materials; full-page color ad in event program; 6 event tickets; table signage; thank you in BCSC newsletter.

Diamond Sponsor: \$1000 Donation — Benefits: Name featured in event program, web page and other printed materials; ½ page program ad; 4 event tickets; table signage; thank you in BCSC newsletter.

Emerald Sponsor: \$500 Donation — Benefits: Program recognition; ¼ page program ad; 2 event tickets; table signage; thank you in BCSC newsletter.

Pearl Sponsor: \$250 Donation — Benefits: Program recognition, 1 event ticket

Individual Tickets: \$65 per person (8 guests per table)

I would like to place a tribute ad in the program book (*Please see enclosure for details*)

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 further information, please call (203) 857-7304, or e-mail cancersurvival@aol.com.

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 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 20, 2010.

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

**Directions to
Shore and Country Club,
220 Gregory Boulevard,
East Norwalk, CT
Clubhouse 203-838-7507**

From New Haven Area: Take I-95 South to Exit 16. At the end of the exit, turn left onto East Avenue. While continuing on East Avenue you will go under a railroad underpass. Go straight through the light staying left around the cemetery. Turn right as you go past the Wachovia Bank onto Gregory Boulevard. Continue on Gregory Boulevard, passing a large monument. Follow the two yellow "NO OUTLET" signs to the end of the road. You will then see the entrance gate to THE SHORE AND COUNTRY CLUB.

From New York Area: Take I-95 North to Connecticut to Exit 16. At the end of the exit, turn right onto East Avenue. While continuing on East Avenue you will go under a railroad underpass. Go straight through the light staying left around the cemetery. Turn right as you go past the Wachovia Bank onto Gregory Boulevard. Continue on Gregory Boulevard, passing a large monument. Follow the two yellow "NO OUTLET" signs to the end of the road. You will then see the entrance gate to THE SHORE AND COUNTRY CLUB.



P.O. Box 701
Fairfield, CT 06824

(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

Celebrate Life!

**11TH ANNIVERSARY
Brunch & Fashion Show
October 3, 2010**

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...

I Will Love The Light
For It Shows Me The Way.
Yet I Will Endure The Darkness
Because It Shows Me The Stars.

— *Og Mandino*

