



## BCC's Gabriella Patser Program

BCC provides free diagnostic and screening services for uninsured women under 40 years of age with a suspicious breast issue. For more information, call Rina Olea, Manager of Programs & Outreach, at (650) 326-6299, ext. 11.

For anyone over 50 years of age, we refer to the Every Woman Counts program offered by the State of California, at (800) 511-2300.

## Ongoing Programs Cont'd.

### Complementary Therapies

#### Healing and Guided Imagery

1st, 3rd (& 5th) Wednesdays, 5:30-7:00 p.m.  
Mary Horngren, certified medical hypnotherapist, guides this drop-in group through deep relaxation, healing meditations, and a sharing of healing stories.

#### Individual Life Coaching\*\*

2nd Saturday, 2:00-4:00 p.m.  
30-minute appointments or by phone  
Learn how coaching can empower you to reclaim your authentic self through three free individual sessions by phone or in person with Joanne Sperans, Volo Coaching founder and cancer survivor.

#### Group Life Coaching\*

2nd Saturday, 1:00-2:00 p.m.  
You will have the chance to go deeper into specific life topics with exercises designed to help you keep moving forward in your life to "be your most authentic self." Facilitated by Joanne Sperans, Volo Coaching founder and cancer survivor.

#### Mindfulness Meditation\*

1st Tuesday, 6:30-7:30 p.m.  
Mindfulness Meditation teaches you how to be fully present by helping focus your attention to the immediate experience, to bring calmness and clarity. Taught by Sharon Allen or Cheryl Branco, R.N., MPT, both stress reduction specialists. See calendar for scheduled topics.

#### Writing Your Way Through Cancer\*

2nd & 4th Wednesdays, 7:00-9:00 p.m.  
New session starts June 23  
This ten-session workshop, led by Karen Jandorf, offers a supportive environment for breast cancer survivors to write and share one another's work. No experience necessary. Class closes after first session for privacy of individuals' work.

## Special Programs/Events

### Healing Touch Clinic\*\*

Friday, May 7, 7:00-9:00 p.m. (40-minute sessions)  
Healing Touch is a non-invasive technique that utilizes the hands to clear and balance energy around the body. It often brings about a decrease in pain, relief of anxiety, and acceleration of the body's healing process. Sessions are conducted with the client fully-clothed. Wear comfortable clothes.

### Honoring Life: A Celebration & Remembrance\*

Tuesday, May 11, 6:00-8:00 p.m.  
Our 7th annual remembrance event, we come together to honor life, to remember those we have lost to breast cancer, and to celebrate the love and support we get from our friends, loved ones, and ourselves through this life journey. Light food/drinks provided.

### Mad Hatter Tea Party—Scarf Tying Demo & Hat Tips\*

Saturday, June 12, 10:00 a.m.-12:00 p.m.  
With Sandy Greenberg and Donna Spagna, Volunteers  
Create a new look and find your style as we present a summer alternative to wigs. Bring your favorite hat and/or scarf or select from the donated items at BCC. Hats will also be on display from The Next Step, A Woman's Boutique. Tea and snacks provided.

### Wig Workshop\*\*

Monday, June 14, 11:00 a.m.-3:00 p.m. (30-min appts)  
Presenting New Look Institute Hair Specialist Sima Hilde and her team of professionals  
This wig workshop is for those wanting to have their wig styled or cut by a wig specialist. Informal consultations are also available for those soon to undergo treatment. Bring your own wig – limit, one styling.

### Complementary Therapies Fair\*\*

Saturday, June 26, 8:30 a.m.-2:30 p.m.  
Our 4th annual daylong workshop intends to inform, inspire, and connect those touched by breast cancer to different therapies which can aid in their treatment or healing process. Tentative topics include: Reiki, Exercise, Art Expression, Organizing & Decluttering, Life Coaching, and the Raw Vegetarian Diet.

# Program Calendar

May/June 2010

\*RSVP requested  
\*\*Appointment required

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## New to Breast Cancer Connections?

Breast Cancer Connections (BCC) provides personalized information and support to people touched by breast cancer, in an atmosphere of warmth, sensitivity, and understanding.

**ALL OUR SERVICES ARE FREE OF CHARGE.**

Use this program calendar to connect to information about our special programs/events as well as ongoing programs and services. If you would like more details about any of these services or need emotional support, please call our Helpline at (650) 326-6686 anytime Monday through Friday 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m., or visit [www.bccconnections.org](http://www.bccconnections.org)

## Ongoing Programs

Please call (650) 326-6686 to RSVP and learn more, or visit our website at [www.bccconnections.org](http://www.bccconnections.org).

### Emotional Support

#### Helpline

Our Helpline is answered by a caring voice weekdays 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m. Helpliners are here to listen and help connect you with appropriate resources.

#### Buddy Program (Peer Support)

Volunteer survivors are matched with you, according to diagnosis or topic of your choice, to give support and share experiences.

#### Counseling/Therapists\*\*

A team of qualified therapists with experience helping women with breast cancer offer one or two sessions at no cost.

#### Newly Diagnosed / In-Treatment Support Group\*

Saturdays, 3:00-4:30 p.m.  
This ongoing group offers women recently diagnosed with breast cancer and in treatment the opportunity to express concerns about their diagnosis and treatment. Facilitated by Marcie Pais, MFT.

#### Recovery & Renewal Support Group\*

1st & 3rd Saturdays, 1:00-2:30 p.m.  
This ongoing program is for anyone who has completed treatment for breast cancer and is now focusing on continued wellness. Facilitated by Hildy Agustin, Psy.D. with various guest speakers/topics.

#### DCIS Support Group\*

Alternate Thursdays, 12:00-1:30 p.m.  
This group is for women diagnosed with DCIS (Ductal Carcinoma In Situ). Facilitated by Merry Astor, MFT, at her office in Los Altos.

#### Metastatic Support Group\*

Mondays, 6:30-8:30 p.m.  
This group addresses the unique concerns of women living with advanced breast cancer. Facilitated by Debbie Rosenberg, LCSW, and Marcie Pais, MFT.

#### Triple-Negative Support & Networking Group\*

3rd Saturday, 11:00 a.m.-12:30 p.m.  
This group is for anyone with triple-negative breast cancer (TNBC) in any stage of their survivorship. Facilitated by Hildy Agustin, Psy.D.

#### Couples Support & Networking Group\*

2nd & 4th Tuesdays, 6:30-8:30 p.m.  
This group explores issues that arise for couples living with breast cancer. Partners welcome individually, too. Facilitated by Debbie Rosenberg, LCSW.

#### Young Women's Networking Group\*

1st & 3rd Tuesdays, 7:45-9:30 p.m.  
Come to connect and share experiences and resources with other young women affected by breast cancer. Facilitated by Ann Rivello, LCSW.

## Medical Info & Practical Help

### Weekly Q&A Session

Thursdays, 5:30-7:00 p.m.  
A physician or nurse from various breast cancer specialties is available to address medical questions and concerns. A therapist facilitates and staff/volunteers help connect you with other resources. See calendar for scheduled speakers.

### Personalized Research/Breast Health Educator\*\*

Noma Collins, Ph.D., can help you by researching and explaining medical information at whatever level you desire, from simple pamphlets to your pathology report and more.

### Medical Appointment Preparation\*\*

A trained BCC volunteer will assist you in preparing for an upcoming medical appointment by working with you to create an organized list of your questions and concerns.

### Megan Lynch Memorial Library

Come peruse our extensive collection of reference materials, journals, and circulating books relating to all areas of breast cancer, open weekdays 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m.

### Comfort Totes

For those newly diagnosed breast cancer or a recurrence, come in to BCC and pick up a complementary tote bag filled with comforting handmade products, safe cosmetics, and information on BCC's programs and services.

(See also **Complementary Therapies** and **Special Programs** on back page)

# May 2010

# June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>ALL BCC SERVICES ARE FREE OF CHARGE</b></p> <p>RSVP requested for (*) programs; Appointment required for (**) programs</p> <p>BCC's extensive breast cancer library and internet resources are available Monday through Friday, 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m.</p>					<p><b>1</b></p> <p>Recovery &amp; Renewal Group* 1:00-2:30 p.m. "Naturopathic Remedies"</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p><b>3</b></p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p><b>4</b></p> <p>Mindfulness Meditation* 6:30-7:30 p.m. "Loving, Kindness, and Compassion"</p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p><b>5</b></p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p><b>6</b></p> <p>DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&amp;A Session 5:30-7:00 p.m. Jennifer Vickerman, R.N. Oncology Nurse Merry Astor, MFT Therapist</p>	<p><b>7</b> <i>Special Program</i></p> <p>Healing Touch Clinic** 7:00-9:00 p.m. (40-minute sessions)</p> <p>Provided by the Palo Alto Healing Touch Community</p>	<p><b>8</b></p> <p>Group Life Coaching* 1:00-2:00 p.m. "Setting Intentions: Who &amp; How You Want to Be"</p> <p>Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments)</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p><b>10</b></p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p><b>11</b> <i>Special Event</i></p> <p>7th Annual Honoring Life: A Celebration &amp; Remembrance* 6:00-8:00 p.m.</p> 	<p><b>12</b></p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p><b>13</b></p> <p>Weekly Q&amp;A Session 5:30-7:00 p.m. Jane Marmor, M.D. Radiation Oncologist Suzanne Olson, MSW, LCSW Therapist</p>	<p><b>14</b></p>	<p><b>15</b></p> <p>Triple Negative Support &amp; Networking Group* 11:00 a.m.-12:30 p.m.</p> <p>Recovery &amp; Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p><b>17</b></p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p><b>18</b></p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p><b>19</b></p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p><b>20</b></p> <p>DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&amp;A Session 5:30-7:00 p.m. Denise Ching, M.D. Breast Oncology Surgeon Barbara Kirsch, Ph.D. Therapist</p>	<p><b>21</b></p>	<p><b>22</b></p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p><b>24</b></p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p><b>25</b></p> <p>Couples Support &amp; Networking Group* 6:30-8:30 p.m.</p>	<p><b>26</b> <i>Last session</i></p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p><b>27</b></p> <p>Weekly Q&amp;A Session 5:30-7:00 p.m. Melinda Telli, M.D. Medical Oncologist Suzanne Olson, MSW, LCSW Therapist</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p><b>31</b></p> <p>BCC Closed Metastatic Support Group* 6:30-8:30 p.m.</p>					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want to see video clips of our programs? Interested in volunteering? Want to learn more about BCC services? Visit our website at <a href="http://www.bcconnections.org">www.bcconnections.org</a></p>	<p><b>1</b></p> <p>Mindfulness Meditation* 6:30-7:30 p.m. "Healthy Pleasures and Mindfulness"</p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p><b>2</b></p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p><b>3</b></p> <p>DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&amp;A Session 5:30-7:00 p.m. Mike Turbow, M.D. Medical Oncologist Merry Astor, MFT Therapist</p>	<p><b>4</b></p>	<p><b>5</b></p> <p>Recovery &amp; Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p><b>7</b></p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p><b>8</b></p> <p>Couples Support &amp; Networking Group* 6:30-8:30 p.m.</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>Weekly Q&amp;A Session 5:30-7:00 p.m. Steven Bates, M.D. Plastic Surgeon Therapist TBA</p>	<p><b>11</b></p>	<p><b>12</b> <i>Special Program</i></p> <p>Mad Hatter Tea Party* 10:00 a.m.-12:00 p.m.</p> <p>Group Life Coaching* 1:00-2:00 p.m. "What Do You Love About Your Life?"</p> <p>Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments)</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p><b>14</b> <i>Special Program</i></p> <p>Wig Workshop** 11:00 a.m.-3:00 p.m. (30-minute appts.) With Sima Hilde and her team of Hair Specialists from New Look Institute</p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p><b>15</b></p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p><b>16</b></p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p><b>17</b></p> <p>DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&amp;A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D. Breast Oncology Surgeon Barbara Kirsch, Ph.D. Therapist</p>	<p><b>18</b></p>	<p><b>19</b></p> <p>Triple Negative Support &amp; Networking Group* 11:00 a.m.-12:30 p.m.</p> <p>Recovery &amp; Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p><b>21</b></p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p><b>22</b></p> <p>Couples Support &amp; Networking Group* 6:30-8:30 p.m.</p>	<p><b>23</b> <i>First session</i></p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p><b>24</b></p> <p>Weekly Q&amp;A Session 5:30-7:00 p.m. Shane Dormady, M.D. Medical Oncologist Heather Levy, Ph.D. Therapist</p>	<p><b>25</b></p>	<p><b>26</b> <i>Special Event</i></p> <p>4th Annual Complementary Therapies Fair** 8:30 a.m.-2:30 p.m.</p>  <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p><b>28</b></p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p><b>29</b></p>	<p><b>30</b></p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p><b>Save the dates!</b></p> <p>BCC's Annual Breast Cancer Conference: <i>Sharing Knowledge, Creating Hope</i> on November 6, 2010, from 8:30 a.m. to 5:00 p.m. Location and speakers TBA. Hosted by Healing Journeys, in partnership with BCC, <i>Cancer as a Turning Point, From Surviving to Thriving</i> is a FREE two-day conference for anyone touched by breast cancer, on October 9 &amp; 10 at the San Mateo Performing Arts Center. For online registration and more info, visit <a href="http://www.healingjourneys.org">www.healingjourneys.org</a>.</p>		