

Celebrating Hope In breast Cancer Survivors

July 31, 2008 is Moving Day for the OakWood Breast Care Center

As you know, in March of 2007, the Susquehanna Breast Care Center became the OakWood Breast Care Center when Dr. Angela Soto Hamlin joined with Dr. Stephen Milito and OakWood Radiation Oncology. They combined forces in order to offer a comprehensive cancer center to this community. Their vision is fast becoming reality as construction on the new addition at OakWood Radiation Oncology is coming to completion.

July 31, 2008 is moving day. The breast center will be closed the 31st and August 1st to pack, move, and settle in at the new location. **Beginning Monday August 4, 2008 the OakWood Breast Care Center will be seeing patients in the new office which is located at OakWood Radiation Oncology, 880 Century Drive in Mechanicsburg.**

The breast center will continue to provide all of the same services, including physical therapy. Mammography and ultrasound become available at our office in the fall of 2008.

This is an exciting time for everyone involved in the joint effort to bring this community a comprehensive cancer center. It will have the most experienced physicians offering the most current treatments with the most up to date equipment and technology, in one convenient location. Hope to see you there.

WHERE IN THE WORLD IS CATHRYN HINTZE?

Cathryn started coming to the CHICS support group back in 2000. She came looking for women who had gone through this journey on breast cancer before. From the group she got "this is what happened to me, and this is how I dealt with it" side, which she found very helpful. She had stopped coming to the group for about a year and then returned again with a reoccurrence in a lymph node in 2004. About that time a friend of hers was also diagnosis and Cat was her driver. Cathryn has since been diagnosis in Nov 2007 with metastatic breast cancer. When asked if she would return to the group, she responded probably not. She also now shares caretaking of her father and Tuesday nights is her night to cover.

Cathryn remarked: "I think the whole reoccurrence thing is a crap shoot. Roll the dice: did the surgery and chemo get it all, or has it snuck out to attack elsewhere later?" She is currently taking chemotherapy every 3 weeks. She remarked that the positive part of this was that as time passes and the cancer reoccurs, our knowledge and treatments have been improving. So there is a better chance that the right combo of drugs will keep you going. Cathryn remarked: "We who have cancer live at the same rate as everyone else: one day at a time."

So where is Cat, she can be found at her day job, working as a Research Librarian at the Harrisburg Campus of Harrisburg Area Community College. She still works full time; the college has been gracious to work around her

chemo schedule. As you can tell from the picture, Cat does not hide the fact that she is undergoing treatment.

When we first talked about doing this article, it was to track down and see what happened to people that stopped coming to the support group. Then I got worried that it might be depressing. It was great meeting up with Cat again, enjoying her smile, her positive attitude. There are more women living with breast cancer than I think we can imagine. I think it is great to see women, like Robin Roberts of Good Morning America and Senator Edwards wife out there in people's faces. A friend of mine once said you have a better chance of being hit by a car, in a car accident or even having a heart attack than dying of breast cancer. When I asked my oncologist, "How long do you think this drug I am taking will work." "He looked at me, he had no real answer, but he could tell me that he had a woman, on that same drug for 11 years. That seems positive to me. And now he is looking for a new drug for her.



I would like to catch up with more of you who have taken a break from CHICS for whatever reason. Please contact me lfeldser602@yahoo.com

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CHICS MISSION STATEMENT

The Celebrating Hope In breast Cancer Survivors support group aims to meet the extended needs of persons dealing with breast cancer by offering

HOPE both during and after breast cancer for a better life

EMOTIONAL SUPPORT

through listening and sharing **ADVOCACY** for patients and their family members

INFORMATIONAL SUPPORT

through educational events

CELEBRATION of disease milestones and survival

CHICS – Celebrating Hope In breast Cancer Survivors – is a support group for breast cancer survivors, their families and caregivers. We meet on the second Tuesday of every month from 6:30 pm to 8:00 pm in the waiting room of the Oakwood Breast Care Center (previously Susquehanna Breast Care Center), 3 Walnut Street, Lemoyne. Sometimes we have speakers, sometimes a fun program and sometimes just talking among ourselves. Whatever the program, there is always time for networking and sharing experiences with breast cancer. It is not necessary to tell us you are coming. You may just show up and participate.



CHICS BOARD OF DIRECTORS

Betty Breidenstine

Karen Cavanaugh

Diane Funston

Chris Rineer

Linda Sterling

Teri Walker

Carol Cohen *honorary board member*

Below are some statistics I pulled off of the www.femera.com website.

- Over 200,000 women are diagnosed with breast cancer every year.
- One person is diagnosed with breast cancer every 3 minutes.
- One person dies of breast cancer every 14 minutes
- People over the age of 50 account for 76% of breast cancer cases.
- There is over a 97% five-year survival rate when localized breast cancer is caught before it spreads to other parts of the body.
- Approximately 65,000 women complete their last round of tamoxifen annually.
- Approximately one third of women with estrogen receptor-positive breast cancer experience a recurrence. Over half of these occur more than five years after surgery.



Making Strides Against Breast Cancer Annual Walk ~ Mark Your Calendars ~

The Making Strides Against Breast Cancer walk hold its 11th annual walk on Saturday October 18, 2008 on City Island.

Anyone interested in walking with the Oakwood Breast Care Center Cancer Support Team, please e-mail the support group at chics17043@yahoo.com or call Diane Funston at 717-737-2530.

If unable to attend and you would like to dedicate a tribute to a survivor or some that had lost their battle, you can make a donation of \$20.00. This donation will be used to post a sign in that persons name which will be displayed along the walk route, please contact chics17043@yahoo.com or contact Diane Funston, facilitator.

CHICS WEBSITE

CHICS will soon have a website. You will be able to access the website for upcoming meeting dates/times and speakers, upcoming community events, newsletters and links to other organizations. We will keep you posted on the progress as we move forward in having the website developed and implemented.

UPCOMING COMMUNITY ACTIVITIES AND EVENTS

American Cancer Society (1-888-227-5445)

Look Good Feel Better - Register by calling 1-888-227-5445

July 9... American Cancer Society Capital Area 4:00pm-6:00pm
Aug 13... Hershey Cosmetic Surgery 1:00pm-3:00pm
Sept 8... Sadler Health Center Carlisle 6:00pm-8:00pm
Oct 10... Carlisle Regional Center 6:00pm-8:00pm

2008 Making Strides Against Breast Cancer Harrisburg —Saturday Oct 18th City Island

PENNSYLVANIA BREAST CANCER COALITION

Take a Swing Against Breast Cancer! The PBCC is working with the PA Association of Community Bankers to hold **charity homerun derbies** in 11 of the state's minor league baseball stadiums. These events take place throughout the **month of July, 2008** and will raise not only money, but awareness, in the fight against breast cancer. Sponsors, teams and volunteers are needed. Or just come cheer on the hitters! For information regarding these events please contact Heather Hibshman at the PBCC 1-800-377-8828 ext 101 or heather @pabreastcancer.org or access the website at pabreastcancer.org or pahomerunderby.org.

JULY 1 – YORK

JULY 7 – STATE COLLEGE SPIKES

JULY 8 – READING PHILLIES

JULY 15 – HARRISBURG SENATORS

JULY 26 – LANCASTER BARNSTORMERS

July 26 - 8:15 am 4th Anniversary 5 Mile Fresh Burst Listerine Run and 5K Walk in Lititz PA

Join area runners and walkers at Johnson & Johnson to benefit the PBCC. Registration fee is \$20 before July 15th. After July 15th, fee is \$25. 100% of the registration fees will be donated to the PBCC. The first 500 people to pre-register are guaranteed goodie bags and t-shirts. Prizes and a Health & Wellness Expo will also be available on this fun-filled day! For more information or a registration form, contact the Johnson & Johnson Fitness Center at 717-627-9473 or visit their website, www.freshburstrun.com.

August 23 - 8:00 am until 4:00 pm Fun, Fit & Fabulous! A Conference for Women of Color at the Hershey Lodge

Stop by the PBCC's info table. Presented by Highmark Blue Shield, this is a one-day women's health forum

designed to help women of color have a greater hand in their health by making healthy lifestyle choices. Contact Sarah Lightman at 800-377-8828 ext 107, sarah@pabreastcancer.org or <http://www.funfitfabulous.com/index.html>.

October 02 - 7:30 am until 6:30 pm Pittsburgh PA Governor's Conference for Women

Visit the PBCC's info table at this event. Visit the PA Governor's Conference for Women website for more info or to register. Sarah Lightman at 800-377-8828 ext 107, sarah@pabreastcancer.org or <http://www.pagovernorsconferenceforwomen.org>.

October 07 - 10:00 am until 4:00 pm Breast Cancer Leadership Training at the Harrisburg Hilton

This seminar, open to a limited number of women and men interested in the fight against breast cancer, helps activists build and strengthen their advocacy skills and gain ideas on how to fundraise for the PBCC. Class size is limited and selected applicants will be notified in September. Application can be found on web page listed Carol Burkholder 1-800-377-8828 ext 100, carol@pabreastcancer.org, http://www.pabreastcancer.org/conf_seminar.html.

October 7 - 6:00 pm at the Harrisburg Hilton Evening Reception

The Evening Reception honors our grassroots partners and their varied fundraisers - from dress down days to golf tournaments, from art shows to t-shirt sales. Join us for a night of refreshments, cash bar, speakers and networking. Contact Jennifer Fetich 800-377-8828 ext 101, jennifer@pabreastcancer.org, http://www.pabreastcancer.org/conf_legacy.html.

October 8 - 7:30 am until 3:45 pm at the Harrisburg Hilton PBCC Annual Conference

Held in Harrisburg every October, the PBCC hosts the only statewide breast cancer conference in PA. Hundreds of attendees participate in this highly-acclaimed event which offers Grand Rounds for Physicians and Healthcare Professionals, educational workshops, and the Pink Ribbon Awards Luncheon. This conference is designed for breast cancer survivors, medical professionals, community and corporate leaders, legislators and advocates. Contact Jennifer Fetich 800-377-8828 ext 101, jennifer@pabreastcancer.org, <http://www.pabreastcancer.org>.

According to CHICS Mission Statement, the Support Group exists to address “the extended needs of persons dealing with breast cancer by offering **hope, advocacy, emotional and informational support and celebration**”.

Is CHICS meeting those goals for you? Whether you are a newly diagnosed breast cancer patient or a ten-year survivor, The Board would like your input. *Please consider the items below and send your responses to CHICS. 3 Walnut Street Suite 100 Lemoyne PA 17043 or e-mail to chics17043@yahoo.com.*

CHICS Needs Your Input!

- Currently CHICS has a mixture of meetings with speakers, sharing/talking and celebrations (annual picnic and holiday gathering).
 _____ I appreciate this schedule of meetings. OR _____ I would prefer:
 More speakers More sharing/talking meetings More celebrations Others: Please list: _____
- List suggestions of **topics** or **speakers** for future meetings? Topics: _____
 Speakers (List areas of expertise and contact information): _____

- Other comments/suggestions to help CHICS meet your needs: _____

For information contact Diane Funston, facilitator, 737-2530. Please leave your name and telephone number and I will return your call.

**CHICS MEETING SCHEDULE
(MEETING TIME 6:30 P.M. to 8:00 P.M.)**

- July 8: Sharing/talking meeting
- August 12: Spa Escape presented by Melinda Schmitz.
Come and pamper yourself
- September 9: Dr DeRamon, plastic surgeon
- October 14: Karen Small, Nutritionist from Pinnacle Health

GET INVOLVED: We are in need of volunteers to help us with multiple tasks. If you are interested in helping plan our meetings, writing articles for the newsletter and/or helping with the newsletter mailings, assembling resource bags for newly diagnosed women, writing grants or helping in any way we would greatly appreciate any time you can give to us. Each of you have a talent we can use!

If you are able to help in any way please contact Diane Funston, facilitator at 737-2530 or email at chics17043@yahoo.com. Remember these are your meetings and we want to fulfill and meet your needs for education, advocacy and support! We are trying to increase our visibility to women and let people know that CHICS is here to meet the extended needs of persons dealing with breast cancer by fulfilling our mission statement (see CHICS mission statement on Page 2 of this newsletter).



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