



# Michelle's Place

## The Women's Breast Cancer Resource Center

QUARTERLY NEWSLETTER

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

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*The Michelle's Place Newsletter is published quarterly by the Staff of Michelle's Place.*



## From the President

MARILYN WATSON

We have finished another October filled with its customary excitement and madness for Breast Cancer Awareness. Our Michelle's Place staff and volunteers have outdone themselves once again! As you look through the pictures in this edition you will see some of the highlights of the past month including events at the high school and college level raising awareness in young women.

As 2009 comes to a close and we look back on what we have accomplished, we are thankful for what we have been able to do in an unstable economy. On the other hand, we had hoped to have 1,000 Michelle's Place Angels and have fallen far short

of this which kept us from doing even more for the women in our community. If you have not become an Angel yet, please sign up as your \$10 monthly donation can do so much to help us accomplish our mission at Michelle's Place.

As of September 30<sup>th</sup>, we have provided 4,442 services to the community. In 2009, we have strived to provide frequent, consistent contact with and personal assistance to our participants going through treatment along with navigating those who have been recently diagnosed ensuring their needs are met. We continue to offer a variety of self help and support groups for women and their families along with free meditation, exercise and stress management classes. Two sessions of our Wellness Program were conducted this year and we started offering online videos of our educational

online videos of our educational seminars. Our Pink Ribbon Assistance Program is gearing up to provide even more support to women and their families during the upcoming holiday season.

We have also broadened our exposure in the community with more speaking engagements and health fair participation than ever before. Additionally, some of our funds have been raised by third party groups this year providing more avenues to share the Michelle's Place mission.

I would like to thank you for the support that you have given to Michelle's Place this year and for sharing the Michelle's Place mission with others. I look forward to 2010 and the new challenges we will face. 🌸

**Marilyn Watson**  
*President of the Board*





## From the Executive Director

**KIM GOODNOUGH**

Just as the newsletter was going to print the U.S. Preventative Services Task Force released a very troubling breast health related study.

In brief, the study suggests that routine screening mammograms are not necessary in women less than 50 years old and they should only be done every two years for women 50-74 years old. The study also stated that the benefit of breast exams by doctors is unknown and that performing monthly self-breast exams are of no value. Since it's release, Michelle's Place has been active in voicing our concern over these new recommendations. Although this new recommendation will generally not be accepted by most physicians, government run health programs could potentially accept this guideline and uninsured, low-income, under-

served women will not have access to potentially live-saving breast health services. How will this impact Michelle's Place? The need for free and low-cost breast health services will increase. Women will be diagnosed with later stage breast cancer and need more support services. And, our education and outreach programs will need to increase so women are aware of the benefits of early detection. As a supporter of Michelle's Place, you know that educating young women about breast health has always been a priority and that being your own best advocate for your health, regardless of age has been our priority. This recommendation

has set our efforts in advocacy back 20 years. Women of all ages get breast cancer and women of all ages should be provided access to breast health services. Please join us in our efforts to serve women and their families dealing with breast cancer. Write your local government official and tell them you do not support this recommendation. Be sure they know that young women do get breast cancer and that screening mammograms, education and access to care are all factors in saving women's lives.

**Thank you for your support.**

I wish you all a very happy and healthy holiday season. *Kim*

## For the Kids!



Michelle's Place recently made room for a little fun in the Resource Center. We realized that kids had no place to go when mom was trying on wigs or prosthesis or just finding comfort from a volunteer. So, Jamie did some creative shopping and made what was once just an empty space, a welcome refuge for little ones!



Go Pink was created for businesses who wanted to raise money and support for Michelle's Place during Breast Cancer Awareness month. It sparked an amazing campaign of awareness and giving! For as little as \$1 a ribbon, customers wrote their name on a pink paper ribbon and businesses posted the ribbons on their walls, doors and counters! From our local breast center to the local volleyball teams....the community was inspired! More than 5,000 ribbons were sold and displayed throughout our community!



Chapparel H.S. Volleyball Team vs. Great Oak H.S. hosted "Play for a Cure"

New Life Chiropractic



The Breast Center of Temecula Valley.



## October Awareness Events



Hemet Hospice volunteers working at Wild Women



Red Hatters are ready to get wild!



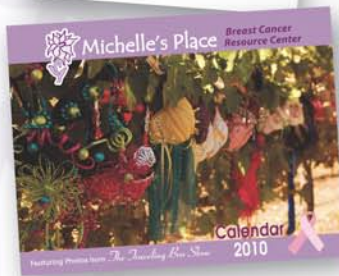
More Wild Women!

### The Traveling Bra Show

included more than 50 bras hand crafted by local women to encourage breast cancer awareness. More than 800 ladies attended the Wild Women of Wine Country luncheon and voted for their favorite bra. The 12 bras with the most votes are featured in the **Traveling Bra Show calendar**, now available for \$10.00 each. All proceeds benefit Michelle's Place.



The winning bra is... Mardi Bra!



Sherri and Laurie at Motox for the Cure



What a sport you are Fill! Motox for the Cure



Motox for the Cure



Dogtopia's Dog Wash



Teresa, Sarina and Candi... Team Michelle's Place Survivors



Spaghetti Dinner hosted by Carole and Monty Conrad



Andrea and Megan at the 2009 Race for the Cure

### Michelle's Place MISSION STATEMENT...

Michelle's Place provides emotional and educational support to those living with breast cancer and facilitates services for breast cancer.

### VISION STATEMENT...

To be a support to those living with breast cancer.



Many thanks to all those who participated in our 8th Annual Celebration of Life Golf Tournament. The day was once again a huge success! Team Pole Position Raceway walked away with 1st prize. Nimmo Construction took 2nd place and Indyme Solutions team took 3rd place.

### Thank you to our sponsors for their ongoing support of our Mission:

**Presenting Sponsor:** Vantage Oncology

**BBQ Sponsor:** Abbott Vascular

**Cart Sponsor:** Pole Position Raceway and Bill & Marilyn Watson

**Goodie Bag Sponsors:** Hemet Hospice Volunteers and Ramona VNA San Diego County Credit Union and Lee Wayne Corporation

**Hole Sponsors:** California Pizza Kitchen, Pole Position Raceway, Kim England, Professional Hospital Supply, Habitat For Humanity, LNK Industrial, Inc., Jim & Judy McKay, Steve King, Indyme Solutions, Inc., Ken Taylor, Golden Triangle Optometrics

**Tee Sponsors:** Dee Dillon, Pat Utenheimer, Elsinore Valley Municipal Water District, Nimmo Construction, Jack & Anita Fleming

**Sign Sponsor:** DH Graphics

**Photo Sponsor:** Steve Eldridge

### Event Snaps:



The Women's Club of Temecula Valley.



Sonya and Dick Linden are ready to go!



Wyatt and Wayne Watson look ready for golf!




Paul, Mike, Jeff, Gary and Kim getting ready to hit the green!



*Maria Dalmacio, NP-C*

## Michelle's Place welcomes Maria Dalmacio, NP-C to their Executive Board.

**M**ichelle's Place is excited to welcome Maria to the Michelle's Place Executive Board. Maria has over 25 years of experience as a Nurse and Nurse Practitioner. Maria works for Breast Link of Temecula Valley with Dr. John West and Dr. Helen Mabry to provide breast care and cancer risk assessment counseling to women and their families. Maria graduated from the

nursing program at the University of San Francisco with a Bachelor's Degree in Nursing and the Air Force ROTC program at San Francisco State University where she was commissioned as an officer in the United States Air Force Nurse Corps. Maria's assignment as an Air Force nurse was to March AFB in Riverside CA, where she gained experience on a multi-service surgical unit, which included all areas of surgical specialties and Obstetrics unit, which included labor and delivery, postpartum and newborn nursery. She then spent the next 20 years working at various hospitals in the Inland Empire and San Diego area as a Clinical Staff Nurse where she further refined her skills in caring for women and infants. In 2007, she obtained her Masters Degree in Nursing from California State University – Dominguez Hills and became a Family Nurse Practitioner. Maria is board certified by the American Academy of Nurse Practitioners and by the American Nurse Credentialing Center. *Welcome Maria!* 

## CALENDAR OF EVENTS

**December 12, 9am - 3pm**

### Season's Fair at the Four Season's Lodge in Murrieta

Find some fabulous holiday gifts at the Michelle's Place Season's Fair. Over 30 vendors will offer a wide range of handmade gifts, jewelry, wellness products and more.

**December 13, 2pm - 5pm**

### The Musician's Workshop

will host a small holiday celebration for the donors and participants of the Pink Ribbon Assistance holiday giving program. Recipients will receive their gifts, enjoy refreshments and even a visit from Santa!

**Thanks to** grant funding from the Verizon Foundation, Michelle's Place has had the ability to professionally record, edit and make available for viewing through the website, the educational seminars presented this last year. This allows the community access to these very important educational topics. The seminars currently available for viewing include Breast Thermography, Back on Track, Lymphedema and Inflammatory Breast Cancer. Other presentations that will be available soon include topics such as breast reconstruction, breast cancer clinical trials and information on cervical cancer. Check the Michelle's Place website for a complete list of educational seminars. And, for 2010 Verizon Foundation awarded Michelle's Place another year of funding to provide more educational seminars to the community.

# Donation list 2<sup>nd</sup> Quarter Fall 2009

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**In Memory of Helen Taylor**  
New Life Christian Fellowship

**In Memory of Joan Beck**  
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**In Honor of Janelle & Sarah**  
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**In Honor of Swannie's 50<sup>th</sup> Anniversary**  
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**In Celebration of Ardis Burns**  
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