



# Michelle's Place

The Woman's Breast Cancer Resource Center

[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.*

Happy New  
Year from the  
Michelle's Place  
Staff and  
Volunteers!



## President's Message


As I am writing the December's newsletter article, I am amazed that 2007 has gone by so fast. We have rejoiced in many blessing bestowed on Michelle's Place this year. However, we have also suffered personal losses.

We are saddened by the loss of Angel Rutherford. Angel was many things to Michelle's Place –she was our friend; a Board member; an active volunteer; and, a fighter for living life by her terms – even to the end!

Throughout Angel's struggles, she continued to

teach us all valuable life lessons. Angel continually reminded us that Michelle's Place mission was significant and mattered to those going through breast cancer. She taught us to value every moment; take the time to enjoy each day; spend time with the most important people in our lives; accept the things that can't be changed and change those that can. I know Angel has become our Angel in Heaven and will continue to bestow her wisdom by guiding Michelle's Place and most likely throwing in a little sense of humor, so she can teach us to

continue to laugh, whether it is a little or a lot.

We are so thankful that Angel chose to spend her precious time with us and for all of the effort she put into Michelle's Place. We thank you, Angel, for sharing your life with us! 

Sincerely,

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



## From the Executive Director

**KIM GOODNOUGH**

*Happy New Year!*

**T**hank you for all your support in 2007. Michelle's Place is blessed with an amazing support system that allows us to provide the resources women need. This year we were able to provide just about 5,000 services to women and their families dealing with breast cancer. We are

proud of the work we do and feel blessed to have the opportunity to serve them.

For the New Year we look forward to starting some new programs. The nutrition program is an exciting new program that will include a six week course in making healthy choices in our community in regards to fitness, food and overall health. All for free! Our speaker series will continue each month providing information about breast health and prevention. We are looking forward to launching a new aspect to our care coordinator program. Currently, the Care Coordinator program provides breast health care to women who are uninsured, under 40 years old and who have a symptom of breast cancer. Each of these women are navigated through the medical process and provided support as needed. If a woman is over 40 years old, uninsured and needs a

screening mammogram or other breast health care service, we refer them to a clinic that provides these services free through the State of California. The new component of our program will provide this same medical navigation to all women who call our Center and need breast health care. This new component will allow us to help women through the confusing and often times frustrating process of medical appointments, answering questions, and understanding their fears. The City of Murrieta has approved \$10,000 in grant funding to launch this program. Our hope is that we can help more women receive timely and appropriate healthcare.

We are all looking forward to a great 2008!

*Kim*



*Temeku Hills Country Club  
Monday, October 8, 2007*

Thank you to all the sponsors and participants of the 6th annual Celebration of Life Golf Tournament. The event net totals were just more than \$56,000. Everyone had a great time.

Thank you again to our presenting sponsor, San Diego County Credit Union. And to all our sponsors who made the event possible: Outback Steakhouse, Vantage Oncology, Lippert Region-Arbonne International, Abbott Laboratories, Kathie Taylor, Golden Triangle Optometrics, J.F. Shea Construction,



## Volunteer Corner

**CHERYL LEBOWITZ**  
**VOLUNTEER**  
**COORDINATOR**

**W**ith 2007 drawing to a close, I look back over the past year with a mixture of emotions.

My sadness comes from the loss of two friends, volunteers at Michelle's Place, who lost their courageous struggle with cancer. Even while fighting their own battle, they were there to help others, giving support and strength. Both Angel and Pam will be missed, but never forgotten.

My joy comes from having so many wonderful volunteers

at Michelle's Place. Fortunately, most of our 'seasoned' volunteers have stayed on and remain devoted to our mission. As well, we have quite a few new volunteers that have joined us, and are already making a difference.

My admiration for our volunteers is based on their never-ending range of abilities. So often, just when something is most needed, one of the volunteers steps up with a great idea, a talent we didn't know about, or just the determination

to get it done. And, it happens.

I am so proud of our volunteers. I receive many calls, and letters, from people who have been helped by our volunteers, expressing gratitude for the kindness they were shown when they called or came in, and, how much better they felt afterwards.

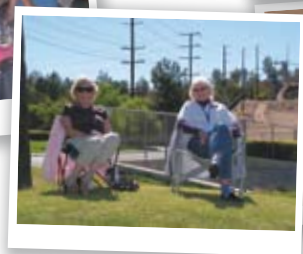
And, I feel blessed, every day, to be a part of this wonderful organization.

*Wishing everyone a very healthy 2008.*





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**Thank You!**

*"To all the wonderful ladies at Michelle's Place, For the third year in a row, your heaven-sent program is allowing me to get my yearly mammogram. And for the 3rd year in a row, it's been my honor and great pleasure to speak with the lovely women who run this program!"*

*Thanking everyone from the bottom of my heart. Michelle's Place is a true lifesaver! With deepest gratitude, always...."*

**The Michelle's Place October Awareness**

campaign began just four years ago providing women who were uninsured and over 40 years old with a screening mammogram. We have been asked many times, "why pay for mammograms for the over 40 population, when the State has a program for that?" The answer is simple; because it is successful. In the four years we have implemented this program we have averaged 50 mammograms a year. We have had the opportunity to educate women about their breast health and increase their awareness about early detection. And for four different women, we saved their lives. Through the October Awareness program, we have helped in the diagnosis of four women who otherwise may not have found their cancer in its' early stages. Many of these women did not qualify for the State program "Every Women Counts" and others didn't know it existed. We take the opportunity of October Awareness month and educate and provide breast health resources. Thank you to all of you for your donations and to the Rose Foundation for sponsoring this program for the last two years. 🌹

**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.

**Save the Date!**



**Call or Email Today to Reserve Your Foursome or To Be a Sponsor:**

**951-304-1280 info@michellesplace.org**

**SCGA Golf Club  
Monday, October 20, 2008**

# Introducing A New Program:

## Michelle's Place Nutrition Program

*Eat Right, Stay Fit and  
Live Healthy*



**T**he purpose of the Nutrition Program is to encourage women in the community to live a more healthy life. Eating healthy, exercising on a regular basis and practicing good breast health will lead to early diagnosis or possibly prevent breast cancer. The program will allow women to familiarize themselves with what the community has to offer to assist them to live a more healthy lifestyle.

The program will include a six week course three times a year. Just a few of the weekly topics include: Breast Cancer Education, Cooking nutritionally, Exercise and Fitness, Self-defense, Alternative health choices and how to shop organic.

The program is completely free, Space is limited to 25 women for each 6 week course. For more information on the program or to sign-up, visit the Michelle's Place website at [www.michellesplace.org](http://www.michellesplace.org)



**Would you like weekly newsletters from Michelle's Place?** The Executive Director sends a weekly e-newsletter each Monday that keeps you up-to-date on the current happenings at Michelle's Place, as well as volunteer opportunities and events. If you would like to be included on the email distribution list, please send an email to [kgoodnough@michellesplace.org](mailto:kgoodnough@michellesplace.org).



**Now available! Donate online!** Visit the Michelle's Place website and click "Make A Donation" you will be directed to a secure website powered by Google. You can choose to donate to one of our programs directly, in memory of someone or give a general donation.

## CALENDAR OF EVENTS

*Save The Date!*

### 7th Annual Michelle's Place Celebration of Life Golf Tournament

**SCGA Golf Club**

**Monday, October 20, 2008**

Call or Email Today to Reserve  
Your Foursome or To Be a Sponsor:  
951-304-1280  
[info@michellesplace.org](mailto:info@michellesplace.org)

### Ongoing support services:

1st Wednesday of each month at 7pm  
– Self-Help group for women recently diagnosed and currently going through breast cancer.

NEW! 3rd Wednesday of each month at 1pm – Join our new daytime self-help group for women recently diagnosed and currently going through breast cancer.

3rd Saturday of each month at 10am  
– Kids Connected – a support group for children ages 5-18 who have a parent with cancer. For more information on Kids Connected, visit their website, [www.kidsconnected.org](http://www.kidsconnected.org).

Every Wednesday at 10am – Le Bed exercise class for women with limited mobility due to recent a mastectomy or breast cancer treatment. Fun, easy, and free!

Check the Michelle's Place website for a complete calendar of events, speakers and classes available through Michelle's Place.

If you would like to receive this newsletter via email, that ability is now available, please email kim at [kgoodnough@michellesplace.org](mailto:kgoodnough@michellesplace.org) to start receiving the newsletter electronically.



**Michelle's Place**  
The Woman's Breast Cancer Resource Center

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