



Michelle's Place

The Woman's Breast Cancer Resource Center

www.michellesplace.org

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

President's Message


In the first half of 2008, Michelle's Place has been very busy providing record amounts of services to women and families in our community. Through the hard work of our staff and volunteers, we have established an evening LeBed Exercise series; a local counselor for our Kids Konnected program; a new meditation group; and, a 6-week Wellness/Nutrition program.

Along with our staff and volunteers, we are so fortunate to have community groups and organizations supporting the work of Michelle's Place by hosting fundraisers or approving grants. In February, the Temecula Valley Women's Club hosted a cruise to Ensenada, which was a weekend of fun and fellowship. In April,

Michelle's Place participated in the 2nd annual Race for Humanity sponsored by 3rd District Supervisor, Jeff Stone. We are honored to be one of 5 recipients of the proceeds. In addition, at the Inland Empire Susan G. Komen Affiliate Survivor Breakfast we were presented as one of the grant recipients to fund our Navigation, Diagnostic and Nutrition and Health programs from April 1, 2008 to March 31st, 2009.

In January, Kim and I attended the Komen California Challenge at the State Capital in Sacramento. Along with all the California

affiliates, we visited Congressmen to address the challenges of the Every Woman Counts program. One modest victory, the eligibility age was lowered from 40 to 38. Although, we would like the program to be symptom driven rather than age driven, we have to take baby steps to educate and change the system.

As always, we appreciate your support. We could not meet these needs without your help. 

Marilyn Watson
President of the Board





From the Executive Director

KIM GOODNOUGH

The first quarter at Michelle's Place has been busy. Our very dedicated volunteers and staff have helped facilitate 1,100 services this quarter! This is the most services provided to date! At any given time, the Center is busy with volunteers assisting clients with wigs or providing comfort. Or

one of our many classes, such as Lebed may be happening in the back while a woman fills out an application for a free mammogram in the front office. It seems there is never a slow day at the Center anymore. The Wellness program and recently added meditation classes has been well received by the community and brought new people to our Center. By the end of the year we anticipate providing more than 8,000 services to women in the Inland Empire. The acts of kindness of those willing to support Michelle's Place through the countless hours given by volunteers; the generous donations; and, the support of our community are the backbone of Michelle's Place. Most times, the gifts of caring are jaw-dropping and awe-inspiring from those who believe in our Mission and give us the tools we need to assist those women and their families

dealing with breast cancer. We humbly thank you for all that you do for Michelle's Place from the creative fundraising ideas to providing the funds to allow for more programs...Thank you!

If you have any questions or comments about Michelle's Place programs and services, please don't hesitate to call or email at kgoodnough@michellesplace.org

Kim



Michelle's Place introduced the first 6 week Wellness Program in February. The program was a great success! Completely free to the community, 25 women were

educated on healthy options available to them locally. Each week, the class met at a local resource to learn about everything from organic shopping to healthy eating to yoga and Feng Shui. The Wellness program was very well received by both the sponsors and the attendees. The second 6 week Program will begin on June 2. The program is fully funded by the Susan G. Komen for the Cure, Inland Empire Affiliate.



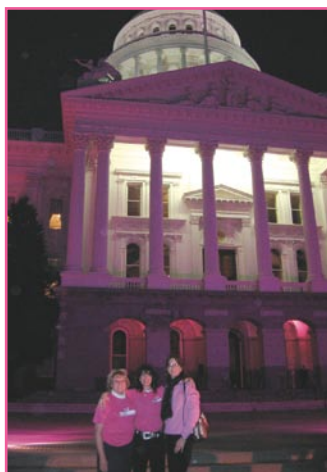
Carole shopping at Henry's.



Wellness Class learning about creating healthy meals at Dream Dinners.



They each broke a board at Tae Kwon Do class!



Komen lit the capital pink for the evening rally. Marilyn, Lori Stone and Kim.

The Komen Community Challenge brought together all seven of the California Susan G. Komen affiliates in Sacramento in January. We met with our State representatives and proposed four initiatives that would "Close the Gap" in the current breast health program funded by the State of California. The initiatives proposed were: 1. An additional \$12 million for California's Every Women Counts program in fiscal year

2009. 2. Beginning in Fiscal year 2010 funding for Every Women Counts should be "Case Driven" or allocated on a per woman basis, and ten percent of funding for every woman counts should be directed toward a public education campaign. 3. Eligibility for the Every Women Counts program should be expanded to include high-risk women who are 38 and older. 4. Coverage of digital mammography services under the Every Woman Counts. At the

end of the day, all four initiatives were adopted by senators who agreed to write legislation. This is a small step toward a bigger goal. The conference was a great learning experience. To learn more about Closing the Gap and what you can do to help, visit www.komenpolicy.org.



Susan G. Komen for the Cure Inland Empire Affiliate at the "Close the Gap" Komen Community Challenge.



Spring Fling 2008 was a huge success!

380 guests gathered at South Coast Winery on May 16th to make this the largest event in Michelle's Place history! Marilyn Monroe and Frank Sinatra were a big hit with the audience celebrating a vintage Hollywood theme. Several Michelle's Place survivors told their story of battling the disease, followed by a mammogram/ultrasound auction which raised \$11,700.00! In addition, Temecula Valley Imaging, Healthcare Imaging and Corona Advanced Imaging all donated 10 mammograms each! Net proceeds were just over \$35,000.00! Many thanks to the volunteers, committee and participants of this years' event.

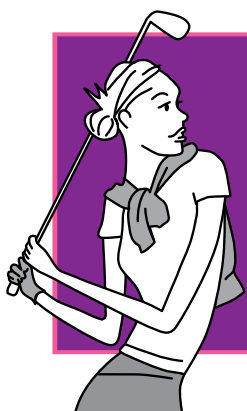


Michelle's Place MISSION STATEMENT...

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!

Michelle's Place annual "Celebration of Life" golf tournament will be held Monday, October 20 at SCGA Golf Club. Register early and receive a special thank you gift. For sponsorship opportunities and golf information, contact Kim at kgoodnough@michellesplace.org

1st Quarter Services Provided by Michelle's Place

- Prosthetic Bras – 7
- Group Support – 40
- Follow-up calls made to women recently diagnosed or currently going through treatment – 335
- Information on resources – 107
- Lebed Exercise class – 19
- Library – 7
- Lymphedema Sleeve – 5
- Breast Biopsy – 5
- Surgical Consultation – 26
- Mammograms – 32
- MRI – 2
- Ultrasound – 33
- Passed away from breast cancer – 4
- Enrolled in the Pink Ribbon Assistance Program – 4
- Tool Kit given to newly diagnosed women - 14
- Prosthesis – 21
- Referrals to other resources – 202
- Scarves/hats – 26
- Wigs – 19

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.

2nd Tuesday of each month at 6:30pm – 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.

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! **Recently added:** An evening Le bed class has just been added on Monday's at 6:30pm.

NEW! FREE Meditation for Better Health. Every Monday at 10am and Wednesday's at 5pm. Meditation is the state of extreme relaxation and concentration in which the body is at rest. Meditation provides many health benefits including stress reduction and increasing your immune systems. Rose Zuhde is the Program Instructor and has over 25 years experience teaching world wide and holds a Master of Arts in Counseling Psychology.

CALENDAR OF EVENTS

Save The Date!

7th Annual



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



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.

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



Michelle's Place
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Donation list

4th Quarter 2007 and 1st Quarter 2008

Anonymous Donations

Various

In Memory of Wanda Alesio

Sandy Prazen

In Memory of Tillie Castenada

Elizabeth Fonville

In Memory of Paul Cram

Barbara & Ronald Brocklehurst

In Memory of Mary Ann Gentile

Sandra Battaglia

In Memory of Edith Goodnough

Sandy Prazen

In Memory of Dorothy King

Arden & John King

In Memory of Charlene Lutz

Linda King

Martha Lutz

William & Doris Marine

Richard & Jan Silverstein

Kathy Sims

Jerry & Judy Stephens

Sugar Hill Staff

Gloria Tannahill

In Memory of Marlene Myers

Abeles-Huerta Koman, City of Murrieta

Gary & Garth Ann Gerstenblith & Family

In Memory of William Rodewald

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Rick Bohner

Thomas & Debbie Burke

Dennis & Amelia Cole

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Jack & Delores Siegel

In Memory of Angel Rutherford

Glenda Becker

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Cheryl & Jack Lebowitz

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Maureen Shorkey

Alice & Charles Shorkey

Robert & Mary Shorkey

Kenice Short

Frances Shough

John & Margaret Shough

Lorna & Steve Sickles

Ladies of St. Catherine

In Memory of Helen Taylor

Richard & Lois Ramont

In Memory of Michelle Watson

James Payne

John & Pamela Roeth

Douglas & Lynne Watson

John & Maxine Watson

In Memory of Mattie Watson Pearsall

Herb & Leigh Howard

Richard & Lois Ramont

Terry & Nina Wilson

John & Maxine Watson

In Memory of Joan Williams

J.O. & Judy Clancy

In Memory of Linda Youngman

Ruth Brandt

Bonnie & David Brubaker

Lucille Byrne

Juanita Calvert

Colville Family

Haller Family

Mary Jane Hilton

Howard Family

Pamela Youngman Landis

Cheryl & Jack Lebowitz

Betty & Edward Little

James & Kathleen Ludwiczak

Raymonda & Mavis Myers

Rose Marie & Dewayne Neufeld

Brenda O'Shea

Edgar Schaap

Glenys & Robin Stack

Joe & Georgia Thompson

In Celebration of Krista Sullivan

Roxann Baca

In Celebration of Holly Humphreys

Coplen Family

In Honor of Gayle

Carl & Gayle Grasi

In Honor of Janelle and Sara

Linda Radke

In Honor of Jeanette Coyne

Jeanette & Jay Coyne

In Honor of Phyllis Rubin

Glenda Becker

In Honor of Sandee Lea

Linda DeLong

In Honor of Kathy Sim

Nancy Troast

Holiday Gifts

In the names of Mr. & Mrs. Lauren Cutner and

Mr. & Mrs. Paul Muckenfuss

Made by Larry & Donna Cutner

In the names of various individuals

Made by Granite Construction

Mammograms & Ultrasounds in the names of various individuals

Made by Tom & Catherine Gudvangen

2007 Golf Tournament sponsor

San Diego County Credit Union

2008 Spring Fling Sponsors

Answers to Aesthetics, Ansley Hahn, RN

Patron Mortgage

Robert & Melanie Jones

Grants

Bank of America
City of Temecula
Susan G. Komen,
Breast Cancer Foundation
Verizon Foundation
The Vons Companies,
Charitable Foundation

General Donations

Eugene & Charlene Adams
Albertsons' Quarterly Community
Participation Program
Michael Allen- painting the
dressing room @ Michelle's Place
Brenda Alvarez
American Breast Care-
donation of prosthesis
Philip & Myra Armine
Lonnie Andrews
BK Enterprises
Mark & Jeanne Bargman
Bruce & Paula Berg
Wanda Best
Saundra Battaglia
Bear Creek Book Club
Judy Black
Blue Thong Society,
Temecula Valley Chapter
Blue Thong Society,
Fallbrook Chapter
Johanna & Bryon Boner
Ellie Borchman
Brighton Collections
Michele Broad
Gerald & Patricia Brown
Bunco Babes
Karen Caillier
Calavo Growers
Callaway Golf Company,
Employee matching
Stella Cameron
Tiana Capri
Judy Chambers
Colony Singles
Carole & Monty Conrad
Phyllis Corbitt
Gerald Council
Liliana Covic
Jeff & Wendy Crosson
Lucia Cunningham
Donald & Paula Dandurand
Dorothy Darrow
Yirma & Jorge Delmonte
Jolene Diez, DDS
Penney Douglas, Old Town
Temecula Salons, Proceeds
from Pink Hair Extentions
Marlene Dyce

Kenneth & Catrina Eazell
Florenda Fearday
Margie Fink
Fitzpatrick Development
Elizabeth Fonville
LaVerna Fuller
Katie Gelormino
Genetech (Scott Sallee & George
Damos) Books for our Pink Ribbon
Assistance tool kits
Cathryn Gierke
Victoria & Richard Giese
GoodSearch, Search Engine
(www.goodsearch.com)
Melinda Guevara
Ellen Gunkel
Marina Halborn
Anne Hamilton
Jannice Hart
James & Alice Hatcher
Sharon Helzerman
Martha Hendrickson
Lawrence & Victoria Hinkle
Betty Hizer
Joan Hunt
James & Jacqueline Hunter
Impact Marketing & Design
Insights Foundation
Debbie Ivey
Deborah Jaslove-Burns
Julie Johnston
Cheryl Jordan
Joseph & Gina Keiter
Elizabeth Kemme
William & Leticia Kendrick
Harry & Anita King
Michael & Elizabeth King
William & Gaile Krages
Jeffrey Krages
Kroger/Ralph's Community
Participation Program
Norma Leichtwets
Kathy Lentine
Leanne & John Litaway
Little Black Dress
Darren & Lisa Locke
Jean Lockwood
Alma & Jose Lopez
Beatrice Loveless
Lorraine Lucero
Henry Mahan, Jr.
Bonnie Marona
Rita Marston
Maurice Car'rie Vineyard
& Winery – proceeds from
wine sale
Caroline Mazurkivich
Linda Mc Carthy
Bruce Mode

Morgan Construction –
proceeds from Super Bowl Party
Esther Munoz
Deborah & Keith Murray
Murrieta Police Department
–recycling program
Basil Myers
Osmana & Eugene Nagata
James & Sherry Neal
Dale & Vicki Nelson
Kevin & Kristine Nesius
Nestle Foundation – Employer
matching/Community Care
Campaign
Bradley & April Noren
Megan O'Conner
Brian O'Connor
Ed & Pat Offer
John Olhasso
Todd & Carole Omel
Painted Earth
Sossi Palanjian
Dr. Pumima Patel
Mildred Patterson
Mr. & Mrs. David Pelham
Alice Pender
Doug Pendleton
Denise Perry
Matthew & Kerry Pinto
Sandy Prazen
Quad Graphics – Employee
matching program
Judiann & Joseph Quелlette
Regina Radowski
Jayne Redder
Major Roger & Bridget Renner
Arlyne Rizzato
Loretta Robertson
Shannon Robin
Dale & Angel Rutherford
Betty & Dick Ryan
Marcia Sattley
Rose Schmidt
Linda Schomack
Peggy Sherman
Mickie Shiffemiller
Kenice Short
Deborah Simonetti
Shalanda Singleton
Seneca Sisneros
John H. & Cynthia L. Smet
Foundation
Debbie Smith
Geraldine Smith
Jan Smith
South Coast Winery –proceeds
from Sale of Michelle's Place
Vests and Jackets
South Coast Winery – proceeds

from BlueThong Spa Day
Fred & Shirley Southern
David St. Clair
St. Thomas Thrift Shop
Susan Steager
Mary Beth Stoneman
Sara Straub
Stromsoe Insurance Agency –
Client Donation Program
Super Suppers – Andrea Petritz

Temecula Newcomers
Temecula Valley Yarn Friday
Nite Knit Club
Thornton Winery – Proceeds
from October Pink Wine Sales
Jacqueline Valle
Vylani's Polynesian Dancers
Diana Jo Walker
Jeannie & Roman Watson –
proceeds from Pink Ribbon
Soap Sale
Norma & Donald Weisheim
Linda Wetlesen
Christine Whitcomb
Ted & Lola Wisniewski
Women's Council of Realtors,
SW Riverside County
Women's Health Boutique,
Ann Schneider



Thank
You!