



Michelle's Place

The Woman's Breast Cancer Resource Center

www.michellesplace.org

President's Message

As with every October, it was a busy month at Michelle's Place. We are finding that with the financial recession, more women and families are dealing with the loss of employment and health care. In fact, Michelle's Place received more client intake forms than ever before. As with every one's pocket books, these additional needs have stretched our finances as we continue to fulfill those needs. Most of the month, we spent in community, participating in health fairs and provided breast cancer awareness programs to Mount San Jacinto Colleges in Menifee and San Jacinto.. Also, in our efforts to educate young women, we gave presentations to high schools in Temecula and Riverside. We are very proud of our Pink Ribbon Assistance Program that has assisted 28 women and their families financially throughout the year including Thanksgiving and Christmas. It is a blessing that so many groups have partnered with Michelle's Place to ensure the families of our Pink Ribbon Program receive the help they need and ensure they have the



opportunity to celebrate the holidays. Carrie has been very active in the Hispanic Community and meeting the needs of Spanish-speaking women with a new support group that is growing. The educational programs hosted at Michelle's Place have been well attended, and the LeBed and Meditation programs continue to grow. We are humbled and so thankful to be the recipient of donations from many fundraisers throughout the community. We enjoyed the success of the Celebration of Life Golf Tournament that again will continue to provide funding to the women and their families in our community. Thank you for your continued support!

Speaking of support...we are excited to announce a new program that is not only easy, but will make you an angel in our

eyes! By subscribing to our new Wings of Hope, you can become an angel to Michelle's Place. Check the website, click the Wings of Hope and sign-up!

As the New Year quickly approaches and many are concerned about the future, we at Michelle's Place are not going to dwell on whether the financial market is up or down, rather we are going to keep our focus on our Mission to provide emotional and educational support to those living with breast cancer and facilitate breast health services.

Don't forget to become an Angel! Merry Christmas! Happy Holidays! Feliz Navidad!

Marilyn Watson
President of the Board

Board of Directors

Marilyn Watson
President

Bill Watson
Director

Wayne Watson
Director

Jan Geller
Director

Sonya Linden
Director

Tom Strong
Director

Kenice Short
Director

Carole Conrad
Director

Ginger Koontz
Survivor

Staff:

Kim Goodnough
Executive Director

Cheryl Lebowitz
Volunteer Coordinator

Carrie Linden
Administrative Assistant

Jamie Goebel
Program Coordinator

Sherri Moyer
Client Data Processor

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



From the Executive Director

KIM GOODNOUGH

So far this year Michelle's Place has provided over 3,685 support services to women and their families dealing with breast cancer and more than 206 breast health services to women who could not otherwise afford to pay for them. Michelle's Place continues to be one of the only facilities in our community offering free

breast health services to young women who could not otherwise afford to pay for them. Through these efforts we have helped in the diagnosis of 1 woman. And equally important is that we have helped young women learn about the importance of breast health, insured that they do not have breast cancer and provided them with piece of mind.

This year the amount of services we provided increased and so did our programs. We continue facilitating breast health services through our Care Coordinator and Breast Health Assistance programs.

The Pink Ribbon Assistance program created last year to assist women with basic needs while going through breast cancer treatment has been successful. The program provides them with grocery store cards, gas cards, payment of their utility bills other resources they may need while on their journey to recovery. In addition, this year we will

provide 28 families enrolled in the Pink Ribbon Assistance program with Christmas meals and gifts. The Lebed exercise program provides a weekly opportunity for women who have limited mobility and movement to stay active. The exercise class is taught by a certified Lebed Instructor who teaches ways to increase circulation in the lymph system. The meditation class recently added has been wildly successful, with more than 8 women attending the class weekly. The daytime self-help group for women recently diagnosed and currently going through treatment has been well received. We are thrilled that the children's support group, Kids Konnected has taken off and is beginning to flourish. The group provides a counselor to help children who have a parent with cancer deal with this new and sometimes scary situation. Our monthly speaker series provides the community with free educa-

tional seminars from physicians and other breast health practitioners. The new Wellness program provides women in the community with a free 6 week course on nutrition, alternative exercise options and healthy cooking ideas. It has been a great year of growth and opportunity. We are truly blessed with an abundance of support from our community. 2009 will certainly be trying, but, through our new Wings of Hope program and other collaborations, we hope to maintain all the wonderful programs and resources at Michelle's Place.

Thank you for your support. I hope you and yours have a wonderful holiday season.

Kim

Visit www.michellesplace.org to learn more about The Pink Ribbon Assistance program, Kids Konnected and the Wellness program.

Your support of Michelle's Place programs and services is appreciated by the many participants of Michelle's Place. Here are just a few notes from those we help.

"I wanted to thank you for offering free mammogram screenings. It gave me peace of mind knowing I could get a mammogram this year even though we can not afford insurance right now"

"To Michelle's Place and all the caring, giving people who work there. Thank you from the bottom of my heart for the free mammogram my best friend lost both of her breasts a year ago. I am without insurance for the first time in my life! I appreciate you from the bottom of my heart."

"I wanted to thank you all for everything you have done for me. I so appreciate your support and encouragement. You have made life much easier with all of your help. From the mammogram, biopsy, pink ribbon assistance, Kids Konnected and all of your kindness. I truly feel so blessed to have you all in my life. Thank you very much."

"To all of you who helped me receive such great care! I can't thank you enough for helping me get through a very difficult and scary time. The help you provide in our community is priceless and again, I can't put into words how much I have appreciated your help and kindness."



The 2008 Celebration of Life Golf Tournament was a grand success!

Thank you to the staff of SCGA Golf Course, our sponsors and volunteers who made the tournament possible and profitable. We couldn't do it without you!



Thank You!



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.

Become an Angel through



Funding Breast Cancer Support Programs

We need 1,000 Angels to commit to donating \$10 a month for 12 months.

Your donation will directly change the life of a woman in need.

For more information or to contribute over the phone, call 951-304-1280.

3rd Quarter Donations

In Memory of Mama Feliza Durazo
Tom & Kim Stoudt

In Memory of Ronald Faherty
Lucille Dayer

In Memory of Heleln Risdon
Heather Mangrun & Stephen Risdon

In Memory of Angel Rutherford
Frank & Jessica La-Tran

In Memory of Maxine Scott
Judy Rodewald & Betty & Dick Ryan

In Honor of Ellen, Phyllis & Helene
Glenda Becker

In Honor of Kenice Short
Betty & Kenneth Kinard

In Honor of Janelle & Sarah
Linda Radke

General Donations

Albertsons

Altura Credit Union –
Recycling Program

Amgen Foundation –
Matching Gift Program

Roberta Backstrom

Crystal Bennett

Blue Thong Society, Temecula Valley

Joan M Borel

Helen Bowen

Martha Bridges

Gaylen Bronson

Charles Mathewson, Foundation

Lucia Cunningham

Roger & Colleen Dickerson

Christine Erlenbush

Joan Freedman

Winifred & Douglas Frew

Cheryl & Brian Fusilier

Jennifer Gilden

Rita & Frank Gooch

Hemet Hospice Thrift Shop

Charlotte & Kevin Horton

Denise Humphrey

Impact Mktg & Design

Ginger & Gary Koontz

Sylvia Leib

Sharon & Lawrence Levinson

Maggie Lozoya

Merle Manganiello

Bonnie Marona

Sherry McDonald

Jeff McGuire

Karen Ann McNall

Pat & Ed Offer

Chuck Partello

Karol Potter

Ralphs/Food 4 Less

Stepen Risdon

Karen Rote

Shirlee Scrivens

Lorna and Steve Sickles

Pam Spargo

Rose Spina

Carole Storrie

Stromsoe Insurance Agency

Charlotte Towler

Roberta Travers

Deanna Welch

Women's Health Boutique,

Ann Schneider

Sandi Wyatt

John Zaitz

CALENDAR OF EVENTS



Save The Date!

Join us at the
**Lake Elsinore Storm
Baseball Stadium on
February 21, 2009**

Your team of 5 will compete in ten rounds of sports trivia questions for the Ultimate Sports Package and the chance to be the first Ultimate Sports Trivia Challenge winning team! Bring your family and friends.

Spectator admission:
\$10 will get you in and includes event seating, a half time show and free goodies! Kids can enjoy unlimited bounce house fun and games.

Team admission:
Each team consists of 5 players. 40 team limit. \$125 registers your team and includes VIP access, freebies, food and guaranteed fun!

Visit www.stormbaseball.com or call Michelle's Place at 304-1280 to register.

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



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

41785 Elm St., #305
Murrieta, CA 92562
951-304-1280
Fax 951-304-1279
www.michellesplace.org
info@michellesplace.org

Non-Profit Org.
U.S. Postage
PAID
Temecula, CA
Permit No. 666