



# 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.*

## President's Message

As it normally does, Summer has passed us quickly. Even during the "supposed" lazy days of Summer, Michelle's Place continues to be busy with providing more services for the women of our community. In some staff family news, Carrie has taken over the coordination of volunteers; in addition to her involvement in Colors of Cancer Health Fair, Hope for Woman support groups and other awareness building programs. Cheryl has taken the lead in navigating the women over 40 who contact us, so we can be sure their needs are being met.

We are excited to announce a new seminar Michelle's Place will be hosting in September on Financial Support for those going through treatment. This will be open to the community and will address medical and legal issues. We hope to continue on with a similar session in the beginning of 2009.



As an update, all of the breast cancer initiatives, we mentioned after Kim and I attended the Komen Community Challenge have been submitted to the Legislature and are working through committees.

Your loyal support is greatly appreciated by all of us at Michelle's Place. As the economy continues to struggle not only locally, but also nationally, more and more non-profits are feeling the impact of fewer dollars available to provide their needed services. Michelle's Place is in the same dilemma, as more women need our services and the

grant opportunities are lessening and becoming even more competitive. In fact, one of our largest grants for \$100,000 from Bank of America will be concluding in October. To date, we have not been able to find another grant to take its place, so we are looking for ways to continue these programs. Please visit our website to see what we are doing; the people we are serving; and, please continue your support for our programs!

*With sincere thanks,*

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



## From the Executive Director

KIM GOODNOUGH

**T**imes are tough. It seems everyone around us is struggling in some way. The current economic condition is beginning to take a toll on our community. People are in need more now than ever. Michelle's Place will see an increase in applications for our Pink Ribbon Assistance program which provides

basic needs assistance to women going through treatment. More families are losing their insurance and seeking our assistance in getting a mammogram, ultrasound or other diagnostic service. These increased needs will take a toll on our resources. I believe that by collaborating with other organizations and seeking alternative fundraising opportunities, we will continue to successfully provide the needed resources in our community. Recently, Michelle's Place hosted a financial workshop for women currently going through breast cancer treatment. We invited the American Cancer Society, Angels At Work, Riverside County Social Services and others to speak about the services they provide that can help these women through this tough time. Collaborations like these are essential in providing the resources women and their families need while dealing with breast cancer.

On this page you will see photos from a spaghetti dinner fundraiser hosted by Carole and Monty Conrad, a volunteer and new Board member. There are also photos from the 2nd Annual 5k through the Vineyards hosted by Maurice Car'rie Winery. Through these collaborations, Michelle's Place is fortunate to have the use of their staff, resources and outreach that would not be available to us otherwise. The Center is very busy this time of year. Our volunteers are working overtime! As I mentioned, there is a greater need for our resources and more events to prepare for. I have included just a few photos of some of our volunteers hard at work. Thank you for all you do! Your support is appreciated.

If you have any questions or concerns about Michelle's Place programs and services, please do not hesitate to contact me. *Kim*

## Our Volunteers!



*Spaghetti dinner fundraiser hosted by Carole and Monty Conrad.*



2nd Annual  
Michelle's Place  
  
5k Walk  
through the  
Vineyards



From a PRA participant:

Dear Staff,

"Thank you so much for the financial help. It relieves a lot of stress at this stressful time. I know that these funds come from all sources. All people who are trying to help. I hope they know that their kindness is much needed and appreciated." Thank you all.

*The Pink Ribbon Assistance Program provides basic needs assistance to women going through breast cancer treatment.*



## Michelle's Place Welcomes Two New Board Members

The Executive Board of Directors welcomes Carole Conrad (left) and Ginger Koontz (below left) to the Michelle's Place Board of Directors.

Having served as a Michelle's Place volunteer for the last three years, Carole works in the Resource Center weekly answering phones, working with participants and overall supporting the staff. Carole has proven her leadership skills in successfully chairing several projects at Michelle's Place such as

our volunteer dinner and hosting a Spaghetti fundraiser. She also manages the Resource Directory, sits on the Spring Fling and Ultimate Sports Trivia Challenge fundraising committees. For the last five years Ginger has provided support to the many Michelle's Place participants that visit the Resource Center. Little did she know that during her time as a volunteer she would soon need the Center's resources. Ginger was diagnosed with breast cancer one year ago. Through her treatment, Ginger continued to serve as a volunteer and provide much needed support to those facing the same challenges of breast cancer treatment. Her perspective as a survivor is valuable to the ongoing operations of Michelle's Place. She also brings non-profit Board experience to Michelle's Place. She served with the ToughLove Int. Parent Support Groups for the last 21 years. Michelle's Place is looking forward to the new ideas and ongoing passion of both women in their new positions.

*Thank You Carole & Ginger!*

## Volunteer Appreciation Dinner

*"Volunteers don't necessarily have the time, but they have the heart."*

I would like to take this opportunity to thank all of you who help Michelle's Place succeed. You all receive this newsletter because you care about Michelle's Place. Support is not measured by the amount of time you spend at the Center or the money you give, but by the care you have. We sincerely appreciate your support, regardless of the size. Every little bit helps and we are grateful for it. 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.



**Save the Date!**

**Saturday,  
February 21, 2009**  
Pechanga Resort and Casino

The team with the most correct answers will **WIN The Ultimate Sports Package!**  
Register your team early and receive a special thank you gift.  
For sponsorship opportunities and event information, contact Kim at [kgoodnough@michellesplace.org](mailto:kgoodnough@michellesplace.org)

## 2nd Quarter Services Provided by Michelle's Place

Thank you to the staff and many volunteers who helped provide over 1,293 services this quarter.

Prosthesis – 33

Bras - 23

Group Support – 40

Follow-up calls made to women recently diagnosed or currently going through treatment – 459

Information on resources – 84

Lebed Exercise class – 33

Library – 15

Lymphedema Sleeve – 9

Breast Biopsy – 8

Surgical Consultation – 15

Mammograms – 26

MRI – 2

Ultrasound – 48

Passed away from breast cancer – 9

Enrolled in the Pink Ribbon

Assistance Program – 8

Tool Kit given to newly diagnosed women - 12

Referrals to other resources – 186

Scarves/hats – 19

Wigs – 29

## 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.kidskonnected.org](http://www.kidskonnected.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 Saturday at 10am., and Monday at 10am. 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!



Think you have all the answers?  
Bring your team to the Challenge!

Saturday, February 21, 2009

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



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