



Michelle's Place

The Women's Breast Cancer Resource Center

QUARTERLY NEWSLETTER

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

As I sit to write this for the newsletter, the weather is warm, but not as warm as it often is, school has started and students are back in full swing and other usual patterns of Fall are in the air. We did have a small fire today, which is a part of the year that puts scary thoughts in many of our minds.

Not only does fire put scary thoughts in many of our minds, but the diagnosis of breast cancer does as well. As we are finishing up our 9th year, breast cancer continues to raise its head. 10 years after Michelle passed away, Bill's sister Patti passed away from

breast cancer. Michelle's Place has diagnosed 5 new cases of breast cancer over the past few weeks. The emotional roller coaster has started for these families. Even though we are a small organization, we feel a huge concern for all those we include in our family of outreach. We think of the families that are involved and how difficult it is for Moms to get to their treatment, but also try to keep a somewhat normal time for their family including preparing food, cleaning a house, buying groceries, playing taxi service for children and running errands. All these multiplied many times over are some of the thoughts for these women as a treatment program is started. Others that are in treatment are wondering what the scans will show and what new things will turn up. Always on their minds is what if I can't work while I'm on treatment, what do I do now? When minds become so full and things are piling on, hopefully someone from Michelle's Place is calling to check to see how the week is going. We can't help with all things, but sometimes we can assist in getting additional

help during this time. Fortunately, we have great support groups willing to help many make those huge hurdles a little bit smaller and more manageable.

October is Breast Cancer Awareness and Michelle's Place is busy building awareness by participating in health fairs, doing fundraisers and experiencing great support from the community as others put on their own fundraisers for us. All of these activities help to reiterate and spread the word that we want to help make your scary ride a little easier for you and your family. This is as true today as it was when we started in 2001. Thanks to the continuously growing support from our community that allows us to meet those needs.

Thank you

for being a part of Michelle's Place and helping us continue our mission of offering information and support services about breast cancer and breast health. 🌸

Marilyn Watson

President of the Board



From the Executive Director

KIM GOODNOUGH

October is quickly nearing its end, and with it, all the extra attention paid to breast cancer awareness — the walks and runs, the various fundraisers and community events. We are blessed with the amazing amount of support that Breast Cancer Awareness month brings from our community. What an amazing opportunity we are given to educate young women and families about breast health and the resources available.

But as the “think pink” mantras appear to faintly fade as we head

into November, Michelle's Place is still vibrant and alive with the buzz of a very busy Resource Center. Because, as we know, breast cancer happens every day of every month. To date, Michelle's Place has already provided over 4,500 free services to women and their families dealing with breast cancer.

As this newsletter goes to print, the Governor and California lawmakers voted to re-instate the government funded “Every Woman Counts” program which provides free and low cost breast health services to uninsured, low-income women. This is a huge relief to woman everywhere.

We have been without this program for the last 10 months. It is estimated that 290,000 women have gone without potentially life-saving breast health services. And could have undetected breast cancer. We are so grateful for all those who helped get this program back!

So, whether you wore pink this month, donated to the cause, signed a petition to re-instate government programs or just simply got your mammogram; thank you for your support and continued dedication to Michelle's Place.

Kim

September and October have been very busy! Many thanks to Laurie Cary and her volunteers for a very successful 4th annual Motox For the Cure. It was a fantastic day of riding at Cahuilla Creek Moto track.



We always look forward to recognizing our hard working volunteers. Bill & Marilyn Watson hosted our annual appreciation dinner on September 21. We couldn't do it without you! Thank you!



The 9th annual "Celebration of Life" Golf Tournament, presented by Vantage Oncology brought together 129 golfers, 30 volunteers and many more friends and family to kick-off October! Thank you to the many sponsors, donors and participants who made it great!



Michelle's Place is a proud recipient of grant funding from the Inland Empire Affiliate of Susan G. Komen for the Cure. On October 17,



Team Michelle's Place took part in the annual "Race for the Cure."



Lorna Sickles

Lorna Sickles is the Self-Help group facilitator

This is Lorna's story

Michelle's Place will always hold a special place in my heart that will never be forgotten. Three years ago I

was diagnosed with Stage 2 breast cancer. I was terrified and did not know where to turn. I had only been married a short time and my husband was working out of town. At the same time, my son was in high school with plans to soon attend college. I wanted to be strong for my family, however I was having a difficult time. I first called the Susan G. Komen foundation and they referred me to Michelle's Place. That is where my journey through recovery began.

I will never forget the day I walked in to Michelle's Place. I was greeted by a very warm and caring woman named Cheryl. She gave me a big hug and made me feel welcomed. We spoke for some time then she offered me some books to check out from their library and some pamphlets and information on different classes Michelle's Place offered. A month later they also provided me with a wig, some hats and prosthesis. I attended a few of the classes they offered and spoke with other women who also were going through the same thing. I felt so much better, emotionally, after speaking with other survivors. Everyone understood how I was feeling that no one else could possibly understand. I received telephone calls every week from volunteers at Michelle's Place. They actually cared and wanted to know how I was doing. After my recovery, I wanted to help their organization as they helped me. I started volunteering! Today I refer newly diagnosed breast cancer people to Michelle's Place. There were my angeles here on earth as well as our one very special angel in heaven, Michelle, who lost her battle to breast cancer and we must never forget for she is the reason for this great organization. 🌸

Lorna also writes a blog that you find posted on the Michelle's Place website.

To find out more about the other self-help facilitators, visit www.michellesplace.org

MICHELLE'S PLACE NOW HAS 3 SELF-HELP GROUPS AVAILABLE!

The need for support for women dealing with breast cancer has significantly increased. So, we have created opportunities to reach as many women as we can.

Our Self-Help Groups are led by trained facilitators who are breast cancer survivors. The Self-Help Groups give women an opportunity to talk to other women on a similar journey. It's an accepting and supportive environment for women who have been recently diagnosed, currently going through treatment and survivors of breast cancer.

The sessions offer women the opportunity to be open with their experiences, concerns and questions and to learn from and support each other.

Evening - 1st Wednesday @ 7:00pm -

Everyone is welcome

Daytime - 2nd Wednesday @ 1:00pm -

Everyone is welcome

Under 40 - 3rd Wednesday @ 7:00pm -

This group is limited to women who are 40 years old and younger so they can focus on topics specific to this age group (including child-rearing).

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.

CALENDAR OF EVENTS



Thursday, November 18th
at Michelle's Place 7pm – 8:30pm

Robin Maupin, founder of OASIS (Ovarian Awareness Support Involvement & Survivorship) will be discussing facts about ovarian cancer such as rate of incidence, who is at risk, lowering risk, early detection, symptoms and what to do when you are diagnosed with ovarian cancer. Robin is a 12 year survivor who founded OASIS of Southern California 8 years ago. Oasis is a non-profit organization which provides support for numerous women in the Riverside and San Bernardino area who have been diagnosed with ovarian cancer. This educational seminar is free. For more information contact Michelle's Place, Breast Cancer Resource Center at **951-304-1280** or visit the website at www.michellesplace.org

April 15-17, 2011



The Countdown is On!
Be a part of this great event!
www.realityrally.com

May 13, 2011



May 13, 2011

To RSVP for this event contact
Michelle's Place
951-304-1280 or
carrie@michellesplace.org

To become a Sponsor or for
more information contact
Jamie at 951-757-5936 or
jamie@michellesplace.org

Thank you to our 2nd Quarter 2010 Donors

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Elizabeth Cassle

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*Thank
You!*

Michelle's Place needs Angels



The Wings of Hope program is an easy way for donors to give to Michelle's Place throughout the year. These gifts help support the many programs and services Michelle's Place provides at no cost to women and their families dealing with breast cancer.

Become an **Archangel** by giving a monthly donation of just \$42 or a one-time annual payment of \$500.

Become an **Angel** by giving just \$10 per month or a one-time annual payment of \$120.

With your help, Michelle's Place can continue to provide needed resources to women and their families dealing with breast cancer; empowering women to be their own best advocate for breast health; and saving the lives of women who are uninsured and unable to acquire adequate breast health services.

Benefits of the Wings of Hope program include:

- Tax deductible donation
- Name recognition on the Michelle's Place website and newsletter.
- Special invitation to Michelle's Place events.
- A gift in recognition of your donation.
- The satisfaction of knowing you are working in partnership with Michelle's Place and helping to provide resources for women and their families dealing with breast cancer.

www.michellesplace.org/you-can-help/wings-hope

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*Thank
You!*