



Michelle's Place

The Women's Breast Cancer Resource Center

QUARTERLY NEWSLETTER

www.michellesplace.org

Board of Directors

Marilyn Watson
President

Bill Watson
Director

Wayne Watson
Director

Jan Geller
Director

Maria Dalmacio, NP-C
Director

Carole Conrad
Director

Ginger Koontz
Director & Survivor



From the President

MARILYN WATSON

Each year seems to pass a little more quickly than the last and 2011 is no exception. I hope this newsletter finds you planning for some fun and relaxation during the summer months ahead.

Winter and spring have been busy seasons at Michelle's Place! I am excited to share with you some big changes that have occurred over the past few months. Our biggest change is our move from our Elm Street office to our new office at 27645 Jefferson Avenue, Suite 117, Temecula, CA 92590. For those who are not familiar with the area, Temecula is a

little farther south than Murrieta. Jefferson Avenue is the main street that parallels the I-15 freeway and we are now much more conveniently located near an off-ramp. We have plenty of parking and are in close proximity to one of our mammogram providers. In addition to these wonderful features, we have twice as much room in our new space and all of our furnishings fit perfectly in our new location. Of course, we have a wish list that you can find on our website. Our volunteers and staff did a remarkable job of orchestrating the move and we were only closed for one week.

Soon after our move, our next big project was Reality Rally. Gillian Larson, CBS Survivor Gabon Alum and Temecula resident brought her 3-year dream to life right here in Temecula. Reality Rally Temecula Valley brought over 100 Reality Stars to Temecula for a 3-day weekend centered around a game modeled after CBS' The Amazing Race. This energetic project received the backing of many community agencies and there were pre-event promotions that brought Reality Stars to Temecula for months prior to

the event weekend. Gillian and her team spent many days and weekends promoting this both in Temecula Valley and elsewhere. This year most of the donations were in-kind but next year we are expecting to have more cash contributions. Don't be left out, mark your calendars now for April 13-15, 2012. By the way, the net proceeds are for Michelle's Place. Thank you Gillian, your volunteers, and Steering Committee! It was a great event and we are receiving great feedback!

Our largest annual event at Michelle's Place is our Pink and Black Spring Fling and this year we brought Hawaii to Temecula! Friday, May 13th, our Pink and Black Spring Fling Luau was held under the stars with delicious Hawaiian fare, Polynesian Dancers, Hijinx Band, Silent Auction, Candy Bar, Photo Booth, perfect weather and of course our always wonderful supporters!

Next, an Open House on May 18th to share our new digs with Temecula Valley and finally, a the Strollin' for Survivors 5K, a family-oriented morning in the park from 8am-12pm on (continued page 2)

Staff:

Kim Goodnough
Executive Director

Cheryl Lebowitz
Patient Navigator

Carrie Linden
Volunteer Coordinator

Jamie Goebel
Program Coordinator

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



From the Executive Director

KIM GOODNOUGH

"I 've seen and met angels wearing the disguise of ordinary people living ordinary lives." ~Tracy Chapman
Michelle's Place is so blessed to have an abundance of angels diligently working to meet the needs of women and their families dealing with breast cancer. The last quarter has been a very busy time for Michelle's Place. We have moved our location to a beautiful new facility, hosted many events and welcomed a lot of new women to the Center. It would have been an impossible task without the support of our volunteers. Thank you to all of you who contributed your time and energy to

the various needs of our Center. I am truly grateful for your support. Our new space allows us to facilitate more resources than ever before. And, we have already noticed a significant difference in the number of services provided. To date we have provided over 2,500 free services to

women in our community. And, we look forward to expanding some of our educational resources and opportunities to serve even more women and their families dealing with breast cancer. I hope you have a wonderful summer!

Kim



Michelle's Place
Open House
Ribbon Cutting
on May 18th



"From the President" continued

Sunday, May 22nd will complete our busy May.

While all of this sounds exciting and fun, the reality is we have many new clients needing our services. The reality of breast cancer walks through our door or rings through our telephones every day. We are honored to be able to help and continue to meet our mission. We regularly attend Health Fairs to share information and we visit community and medical offices consistently to ensure our information is available to patients. Women going through treatment are coming in for Pink Ribbon Assistance as are families needing help with the roller coaster of emotions caused by breast cancer and its treatment. Check out Christine's video on our website: www.michellesplace.org to get one of our young women's view on her journey.

Thank you for being a part of Michelle's Place and helping us in our Mission of providing emotional and educational support to those touched with breast cancer and facilitate breast health care services.

Marilyn Watson

President of the Board

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.



Thank you to EVERYONE who donated to and attended Reality Rally! This event was beyond words spectacular! Gillian Larson's awesome vision came to life through her tireless work and the dedication of the wonderful Reality Rally team. Michelle's Place is very proud of Gillian and the team players who made it happen! Plans are already underway for next year's event! Go to www.RealityRally.com for details. See you at Reality Rally 2012!



Reality Racers take off



Autograph Signing with 110 Reality Stars and Fans



Marilyn Watson with celebrities



Winner Team Nguyen-It-Ha



Dr. AMY BREMNER

Dr. Amy Bremner of Breastlink

WHAT EVERY WOMAN SHOULD KNOW

Author:

Susan Cannarella, LVN


New Business Development

Ramona VNA and Hospice

Dr. Bremner is an expert in her field of breast cancer and practicing right here in the greater Temecula Valley. As we were talking, it was very

apparent that Dr. Bremner is very enthusiastic about what she does and as she spoke further, her passion and commitment were very evident. She explained what sets her and her organization apart (Breastlink) from others and general surgeons and her approach in treating breast cancer. First of all it is a "team and personalized approach for each patient, unique to each patient rather than one size fits all." A diagnosis of breast cancer often creates confusion, uncertainty and a feeling of a loss of control. Dr. Bremner and her team offer some control of your life by participating in making educated, fully informed decisions about your care and treatment. Let me walk you through it. If you go to Breastlink for a routine mammogram, you can expect your mammogram to be read by a breast specialist radiologist while you wait. If anything looks suspicious they will take additional views, if they have any concerns while you are still there, they will do an ultrasound. If there is anything suspicious at this point, you are walked across the hall to see Dr. Amy Bremner for a breast exam and to talk about what the next step would be. If a biopsy is indicated, often times they can do that at the same time. Within 24-48 hours your newly diagnosed case is discussed and views shared by the entire multidisciplinary team to develop a comprehensive treatment plan specifically for your situation. The team includes medical experts specializing in breast cancer care. Breast-dedicated surgeons and radiation oncologists provide their opinions to optimize control of the tumor in the breast. Appropriate care includes allied professionals in plastic surgery, psychotherapy, psychiatry and diet and nutrition. The goal is always to provide TOTAL care.

Not only is Breastlink for women who are being treated for cancer, they also offer routine mammograms, same day services, designed for women 40 years and older. Following a mammogram, the patient will be evaluated by a breast specialist who reviews the findings on imaging and does a thorough breast examination. The patient is then given instructions on breast self-examination. In addition, a risk assessment is performed, and the patient is given a personalized plan of action. Dr. Bremner's staff is trained to listen to you and to assist you in achieving access to the services and providers who will satisfy your needs. I.E., peer support, lymphedema prevention, education, oncology massage therapy, support groups, restorative yoga, diet and nutrition counseling.

As a woman, I would not hesitate for a moment to see Dr. Bremner if ever faced with the possibility of breast cancer. She and her whole team are very easy to talk to and are highly specialized in breast health. Why would you go anywhere else? 

WHAT EVERY WOMAN SHOULD KNOW:

- American Cancer Society recommends a screening mammogram every year for women beginning at age 40
- Anyone with increased risk due to a genetic history of breast cancer should begin screening before age 40
- Seek out an imaging company that offers digital mammography (not all imaging companies do)
- Self breast exams every month even after menopause. If you have any concerns see a breast specialist.
- Don't go somewhere that you have to make an appointment and wait several weeks to see someone.
- You want quick, quality, decisive information so you can make an informed decision with a team approach including YOU as part of that team.

Dr. Bremner is currently practicing at Breastlink, the only local breast care center. She is an expert in the field of breast cancer.

Breastlink is located at 25395 Hancock , Ste. 230, Murrieta, CA. 92562. 951-894-7056

CALENDAR OF EVENTS

Thursday, July 21, 2011

Join us for a fun night of great Mexican food, drinks and some hilarious comedy from the Funniest Housewives of Orange County... Vicki Barbelack & Cindy Burns!

July 21, 6-10 p.m.

**Rock Creek Gardens
in Temecula**

\$25 per person

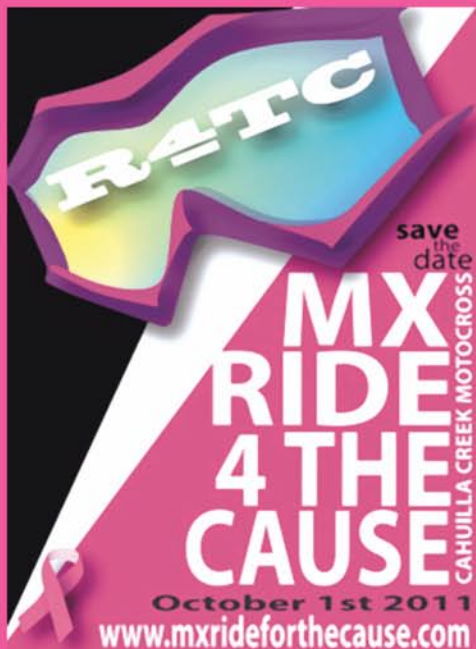
Please RSVP to
Michelle's Place
951-699-5655 or
carrie@michellesplace.org
www.michellesplace.org



Friday, October 7, 2011



Saturday, October 1, 2011



Join us Friday, October 7, 2011

Temecula Creek Inn Golf Resort
44501 Rainbow Canyon Road, Temecula CA

The day begins with Registration and Continental Breakfast then Shot Gun Start (4 person scramble) and finishes with All American Burgers, Raffle and Trophy Presentations.

For more information and Sponsorships
Please contact Michelle's Place at 951-699-5455,
jamie@michellesplace.org or
www.michellesplace.org

Thank you to our 1st Quarter 2011 Donors

Donation List 1st quarter 2011

Various Anonymous Donations

In Memory of Doris Kelly

David Baker

In Memory of Michelle Watson

Donald & Pennie Dexter

In Memory of Bernice Walker

DeAnn Harned
Alfred & Mary Lou Ramos

In Memory of Paula Hinkley

Pam Leonard

In Memory of Richanda White

Margie Neal

In Memory of William Rodewald

Janide Rodewald

In Memory of Kelly Haag

Paul St Clair

In Memory of Susan Jones

John & Rebecca Thomas

In Honor of Cheryl's birthday

Glenda Becker
Carole & Monty Conrad
Joyce & Howard Deutsch
Catalina Fugrad
Joyce & Elliot Gore
Marilyn & Bill Watson

In Honor of Janelle & Sarah

Linda & Paul Radke

In Honor of Kathy Bell

James & Patricia Riddle

In Honor of Kathie Taylor's Birthday

Marilyn & Bill Watson

Grants

Riverside County Treasurer

Spring Fling Sponsors

Golden Triangle Optometrics
Mythos Technology
Bill & Marilyn Watson

General Donations

Beth Anderson
Lisa Austin
Tracie Bennett
Breast Cancer DIY
Karen Caillier
D.D. Calhoun
Judith Call
Maggie Carter
Cars 4 Causes
Marian Cobb
Carole & Monty Conrad
Jeanette & Jay Coyne
Donna & Larry Cutner
John & Kathy Durrer
Debra Elton
Employee Charity Organization of
Northrop Grumman
Jonathan & Jan Geller
Golden Triangle Optometrics
Debrah Gonzales
Rosa Hill
Bill Hoffner
Impact Mktg & Design
Kristine Kennedy
Ginger & Gary Koontz
Laureate Beta Gamma
Cheryl & Jack Lebowitz
Richard & Lynnea Manning
John & Linda McGrain
Merle Norman
Edward Millner
Jean & John Nelson
Elizabeth Nigro
Nordstrom Lingerie Dept.
Lien Nguyen
Denise & Kevin Onorato
Blanca & John Pingel
Lee Pongracz
Terese Quintanar
Sherry Redondo
Carol Richey
Sheila Sallenger
Grace Sandlin

Dora Santana
Schwan's Consumer Brands Inc./
Freschetta
Screamin Media Group
Brenda Sindorf
Corinne Smith
Dena Tedio
Jackie True
Cathy Tupuola
Amy & Wayne Watson
John & Ellen Watson
Debra Weeks
Paula Wilson
Dennis & Patra Wood
Mark Yzaguirre
Alice Zyetz



Thank
You!



Archangels

Jan & Jonathon Geller
 Bill & Gaile Krages
 Brett & Suzanne Seber
 Carole & Monty Conrad
 Dick & Betty Ryan
 Ed & Pat Offer
 Harry & Sharron Finch
 Jay & Jeannette Coyne
 Don & Sandra Johnson
 Glenn & Patricia Crowther
 Judith Call
 The Mommie Boutique
 Jacqueline Phariss

Angels

Adelle Norona
 Allison Toney
 AM Interiors/Angela Morris
 Barbara Lippert
 Canyon Lake Bunco Group
 Carolyn & Jerry Hill
 Cassandra Kordick
 Catherine Gudvangen
 Charlotte Towler
 Cheryl Lebowitz
 Cheryl Peters
 Dan & Elise Ayer
 Daniel England
 Dave & Gloria Goodnough
 Debra Vogel
 Dee Jacobs Hajagos
 Doc & Tina Shelton
 Dollie & Donald Pavlinch
 Dolores Long

Donna Nielsen
 Dorothy Harder
 Dr. Susan & Dr. Todd Boehm
 Ennio & Darlene Racinelli
 Erin Crawford
 Gay Donart
 George & Dorothy Marshall
 Ginger & Gary Koontz
 Glenda Becker
 Irene Ramey
 Jack & Anita Fleming
 James Beard & Sandy Hathaway
 Jan Hartig
 Jamie Goebel
 James & Patricia Riddle
 Janelle Bergman & Peter Poole
 Jason & Sherri Williams
 Jean & Donald Barton
 Jim & Judy McKay
 Joan Borel
 Joanne DiBernardo
 Joe & Jonelle Garzanelli
 John & Ellen Watson
 John & Pam Roeth
 John King
 Juanita Blankenship
 Judy Rodewald
 Katherine Contreras
 Kathleen Taylor
 Kenice Short
 Kym De Los Reyes
 Leilani Eazell
 Leslie Doherty
 Linda Kissam
 Margie Neal

Marilyn Watson
 Mark Yzaguirre
 Marlene Dyce
 Mary Ann Landberg
 Melissa Brocklehurst
 Nancy Hurtienne
 Nicole Wade
 Nigel & Tracy Young
 Nimmo Construction/Bruce Nimmo
 Pat Baldoni
 Phil & Georgina Hayo
 Rachel Mason
 Rebecca Thomas
 Renee Bock
 Robert & Kathleen Dykhous
 Robert & Rita Marston
 Roberta Travers
 Roger & Yvonne McKenzie
 Rollie Helber
 Rose Zuhde
 Roy & Ann Rees
 Sandra Battaglia
 Sherri Moyer
 SouthWest Healthcare System Auxiliary
 Stacey Szabo
 Stacy Nelson
 Stefani Laszko
 Susan Walker
 Terry & Katy Kobylski
 Tom & Joanna Doyle
 Tom & Linda Hicks
 Vicki Nelson
 Wayne Watson
 Yarka Parus

