EVENT CALENDAR

September 25 • 6:00pm - 8:30pm
12th Annual Fall Fundraiser:
Villa Under The Stars at Villa de la Guerra. Mingle with ‘stars’ while enjoying good food, live music, silent & live auction. See pg. 11 for details and ticket order form

October 2 • 9:00am
SB Brighton Collectibles Breakfast with presentations on breast health co-hosted by BCRC.

October 21 • 5:30pm - 7:00pm
Key to the Cure Saks Fifth Avenue fundraiser launch event with live music, appetizers, raffle, and open trunk specials.

December 5 • 12:00pm
3rd Annual Holiday Tea & Fashion Show at the Biltmore Four Seasons Resort featuring a gourmet tea and fashions by Coldwater Creek. Tickets available soon. $75 each.

Need more information?
Call 805.569.9693 or visit www.bcrcsb.org.

SUMMER SCHEDULE OF DAILY SERVICES

MON. Guided Meditation from 12:00pm to 1:00pm. Walk-ins welcome.
TUES. Reiki therapy starting at 8:30am. Call for appointment.
WED. Reflexology on the 2nd & 4th Wed. of the month starting at noon Call for appointment.
THURS. ‘Magic of the Yarn’ Spanish-speaking Support Group from 6:00pm to 7:00pm
FRI. Reiki therapy every 1st & 3rd Fri. of the month starting at 8:30am. Call for appointment.
FRI. Reflexology on the 4th Fri. of the month starting at 9:00am. Call for appointment.
SAT. Support Groups offered every 1st & 3rd Sat. of the month: Group 1: Newly Diagnosed at 9:00am
Group 2: Diagnosed 1 year ago or more at 11:00am
SAT. ‘DreamScape’ class offered 3rd Sat. of the month at noon

Keep In Touch!
We welcome your ideas for educational seminars, newsletter content, words of encouragement, and testimonials. Simply email your input and articles to Silvana Kelly at Silvana@bcrcsb.org or Jason Alexander at Jason@bcrcsb.org.

We also invite you to:
visit www.bcrcsb.org
call 805.569.9693
write 525 W. Junipero St.
Santa Barbara, CA 93105

VOLUNTEERS OF THE YEAR
The BCRC is fortunate to have a large group of dedicated people who work unselfishly to help with our outreach to the community. We appreciate each one for their efforts. Once again, it was a challenge to choose the few Volunteers of the Year. The five people listed below were singled out for extraordinary service to the BCRC in 2009 and were honored at the annual Volunteer Appreciation Reception.

Andri Beauchamp - Administration
For the last three years, Andri has been part of the Fall Fundraiser, (formerly known as the Lawn Party). Her contribution cannot be over-appreciated. To start with, she has spearheaded the design and creating of the invitations, incorporating her own fine photography. In 2009, she really outdid herself in every way by handling the sponsor letters, stuffing envelopes with the invitations, getting items donated, – you name it and she was there to make the Fall Fundraiser an amazing success. And she always has a warm smile and a terrific spirit.

Lourdes Geoghegan - Education
Lourdes has been volunteering as the Spanish translator for our Education Lecture series for the past four years. She provides us with a hassle-free turnkey service, supplying all the necessary equipment (microphones, broadcast unit and headsets). Additionally, Lourdes makes our lecture series available for our Spanish speaking clients.

Continued on page 2
**VOLUNTEERS OF THE YEAR** Continued from cover

Lourdes says, “I truly love working with the BCRC on my volunteer assignments. I learn so much from all your clients as well as from your kind and talented staff and presenters.” Her contribution helps set the BCRC apart in our efforts to support our Spanish speaking clients and community.

**Corinna Gordon - Support Program**

Corinna has done a phenomenal job this year to help launch the Breast Friends Forever (BFF) program. The BFF Program grew out of a discussion at our retreat regarding how we might be better able to help our clients and involve people who want to volunteer with the BCRC but only have a limited number of hours to offer. The BFF program volunteers provide a variety of compassionate services. Corinna brings great enthusiasm to the program and has even involved the community to brighten our clients’ day; including the Quilters Guild and local Farmers Markets who now donate food and flowers.

**Janie Ivey - Integrative Therapy Programs**

Janie is so cool. We call her “magic hands” because she’s always so loving and has a almost magical way of healing through her specialty of Reflexology. She comes all the way from Fillmore every second and fourth Wednesday to spend the day not only doing Reflexology but also DreamScape and art therapy. She is unselfish with her time and often works one-on-one with the clients—even going to a client’s home or the hospital or rehabilitation facility. Her devotion has been so heartfelt that we are proud to honor her contribution to the Integrated Therapies Program.

**Robbie Olge - Fundraising**

Robbie is often described as a firecracker! She is truly one of the most dedicated persons we’ve come to know. For the last three years, Robbie has almost singlehandedly taken on the Silent Auction at the Fall Fundraiser event—making the auction items look like amazing offerings from Neiman Marcus. She does all the marketing and presentations and she spends hours combining separate items into attractive, bid-worthy packages. We deeply appreciate her efforts in literally upping the ante at our Fall Fundraiser Auction.
**NEW RESOURCES REGARDING LYMPHEDEMA**

Lymphedema is the condition in which excess fluid collects in tissue and causes swelling of the arms or legs. It can occur for several reasons including damage to the lymph nodes from radiation or removal of lymph nodes during breast surgery. Lymphedema can develop soon after surgery or radiation treatment or it may take months or even years for this potentially serious condition to manifest itself.

The BCRC library now offers new resources so clients can learn to reduce the risk for, identify the symptoms of, and manage the condition of lymphedema.

The BCRC thanks **Holly Clement** (Certified Lymphedema Therapist/Licensed Occupational Therapist), and **Debbie Hobler**, (MSW/ writer and health educator), for sharing their expertise and extensive research as a resource to BCRC clients. They have compiled comprehensive information in well organized, easy to copy, single sheets, on: local therapists and treatment centers, websites, info on prevention, how to find quality care, diagnosis & treatment, medical supplies, daily living guidelines, and more.

The BCRC library also includes these new books for check-out: "100 Questions & Answers about Lymphedema", "Lymphedema Caregiver’s Guide", as well as basic explanatory pamphlets to take home free.

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**MARK YOUR CALENDAR**

**Annual Tea & Fashion Show**

June may not be the time to think about the winter holidays, but it is the time to make plans to attend the popular Annual Tea & Fashion Show fundraiser – especially if you want to reserve a table for a group of your girlfriends!

**date** Sunday, Dec. 5th

**time** 12:00

**place** Biltmore Four Seasons Hotel

**cost** $75.00 per person. Tickets available soon at www.bcrscsb.org

Once again, Coldwater Creek fashions will be modeled by BCRC clients and beautiful items will be available for fun holiday shopping!

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**Not everything that is faced can be changed, but nothing can be changed until it is faced.**

James Baldwin

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**FOUN**
I Get By With A Lot Of Help From My Friends
By Kate Ocean, BCRC client

I was diagnosed with breast cancer in January 2007. After the usual reaction of picking myself off the floor, I was treated with all the usual therapies. I was deemed cancer free in October 2007. “Whoopee,” I thought, “could this nightmare be over?” Well almost, radiation for 35 days, insurance from recurrence. I thought, “No problem, I can handle it!” It was during this time that Dr. Thomas Fogel (Radiologist) told me about the Breast Cancer Resource Center. I was perplexed. I didn’t understand why he told me. I was strong. I had just left a miserable relationship and had a miserable job. I could handle it all … no problem!

I saw Dr. Fogel weekly for the duration of treatment and each time he gently asked if I had looked into the BCRC. Finally, with no expectation and not even an understanding of why I was calling – I did. RaeAnn’s sweet voice answered. I bravely trembled on the verge of tears and I didn’t know why. (I hadn’t even cried when I was diagnosed!) RaeAnn told me about Siohban’s Support Groups and said it would immediately send information describing all the BCRC programs. I could el her warmth, understanding, and outstretched arms right through the phone! I finally got the gumption to call Siohban and wondered what I would say. Once again, compassion, understanding, and warmth jumped right through the phone! I cried for an entire hour. Siohban asked me to come to the next support group meeting – where laughed, cried, ate, and we hugged!

In March 2009, I was diagnosed with metastatic disease. I am undergoing treatment for bone cancer. I’m doing great overall and loving the quality of my life. I try never to miss our support group and spend a lot of time at the BCRC. I receive Reiki and Reflexology treatments. I pop in and just relax before I am due for a blood draw or treatment. I pop in for hugs and food! I walk through the door and I feel like a queen!

I would never want to imagine my world without the people at the BCRC in it. I am constantly in awe of the amazing women of our group, the BCRC, the BFF and all the volunteers. You give me strength and the will to continue. You have not only given me your friendship, you have become my family. It is your love that keeps me going everyday and in every way! Often, people are surprised to learn that I am under treatment citing my energy and telling me I look well. It’s a great testament to all of you and all the amazing gifts you give me. Thank you for being in my life. My dear friends, I love you with all my heart! Now, thanks to all of you, I really can handle it!
**Donors, Key to the Cure**

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**Friends are as companions on a journey – who ought to aid one to persevere in the road to a happier life.**

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**DONORS, Key to the Cure 5th Avenue Event**

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*Pythagoras*
Melinda’s good friends, Jennifer and John Kinsella, hosted the four couple dinner party at their beautiful Montecito home. With the help of culinary instructors, the guests prepared a fabulous five course meal of roasted filet mignon tenderloin with a port wine reduction sauce, horseradish mashed potatoes, roasted carrots with parmesan cheese, wild mushroom fricassee and for dessert, the decadent bananas foster with pineapple, toasted pecans, and vanilla ice cream on puff pastry.

As part of the auction package, Viva Cucina supplied the necessary cooking equipment and ingredients for everyone to prepare the recipes. The guests only needed to bring their appetite and enthusiasm for cooking! What a fun way to spend an evening with friends and a great way to support the BCRC of Santa Barbara. Melinda said “it was a great way to entertain guests in a unique way, learn new cooking skills and enjoy a delicious meal”.

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DONORS, La Flor de Cuba continued

La Flor de Cuba Silent Auction:
“Viva Cucina Cooking Class”

La Flor de Cuba Silent Auction:
“Viva Cucina Cooking Class”

Barbara Kelly, owner of Viva Cucina, donated a hands-on dinner Cooking Class for eight adults for the recent La Flor de Cuba BCRC Fundraiser. The highest bidder for this silent auction item was Melinda and Tim Werner.

Auction winners, Melinda & Tom Werner, enjoyed cooking and dining with friends.
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Warranty Galery
Wendy Foster
Peter Westwick
Wine Country Cottage,
Shandra & Ted Campbell
Zaf Fahman, Inc.

Auction winners, Melinda & Tom Warner, enjoyed cooking and dining with friends.
Friends are as companions on a journey—who ought to aid each other to persevere in the road to a happier life.
How wonderful it is that nobody need wait a single moment before starting to improve the world.

Ann Frank

Rae Ann Bird strives for all clients to feel as Kate Ocean does—‘like a queen when they walk through the door of the BCRC.’

I was diagnosed with breast cancer in January 2007. After the usual reaction of picking myself off the floor, I was treated with all the usual therapies. I was deemed cancer free in October 2007. ‘Whoopee,’ I thought, ‘could this nightmare be over?’ Well almost, radiation for 35 days, insurance from recurrence. I thought, ‘No problem, I can handle it!’ It was during this time that Dr. Thomas Fogel (Radiologist) told me about the Breast Cancer Resource Center. I was perplexed. I didn’t understand why he told me. I was strong. I had just left a miserable relationship and had a miserable job. I could handle it all … no problem!

I saw Dr. Fogel weekly for the duration of treatment and each time he gently asked if I had looked into the BCRC. Finally, with no expectation and not even an understanding of why I was calling—I did. RaeAnn’s sweet voice answered. I tremulously trembled on the verge of tears and I didn’t know why. (I hadn’t even cried since I was diagnosed!) RaeAnn told me about Siobhan’s Support Groups and said it would immediately send information describing all the BCRC programs. I could feel her warmth, understanding, and outstretched arms right through the phone!

I finally got the gumption to call Siobhan and wondered what I would say. Once again, compassion, understanding, and warmth jumped right through the phone! I cried for an entire hour. Siobhan asked me to come to the next support group meeting—where laughed, cried, ate, and we hugged!

In March 2009, I was diagnosed with metastatic disease. I am undergoing treatment for bone cancer. I’m doing great overall and loving the quality of my life. I try never to miss our support group and spend a lot of time at the BCRC. I receive Reiki and Reflexology treatments. I pop in and just relax before I am due for a blood draw or treatment. I pop in for hugs and food! I walk through the door and I feel like a queen!

I would never want to imagine my world without the people at the BCRC in it. I am constantly in awe of the amazing women of our group, the BCRC, the BFF and all the volunteers. You give me strength and the will to continue. You have not only given me your friendship, you have become my family. It is your love that keeps me going constantly in awe of the amazing women of our group, the BCRC, the BFF and all the volunteers.
**NEW RESOURCES REGARDING LYMPEDEMA**

Lymphedema is the condition in which excess fluid collects in tissue and causes swelling of the arms or legs. It can occur for several reasons including damage to the lymph nodes from radiation or removal of lymph nodes during breast surgery. Lymphedema can develop soon after surgery or radiation treatment or it may take months or even years for this potentially serious condition to manifest itself.

The BCRC library now offers new resources so clients can learn to reduce the risk for, identify the symptoms of, and manage the condition of lymphedema.

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(from 6/1/09 through 5/31/10)

Thanks to our donors and volunteers, the BCRC is able to work diligently to bring exceptional services to clients. We strive to make a positive contribution to their life and help them navigate the troubled waters of breast cancer. Your investment makes this possible.

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**MARK YOUR CALENDAR**

**Annual Tea & Fashion Show**

June may not be the time to think about the winter holidays, but it is the time to make plans to attend the popular Annual Tea & Fashion Show fundraiser — especially if you want to reserve a table for a group of your girlfriends!

**date** Sunday, Dec. 5th  
**time** 12:00  
**place** Biltmore Four Seasons Hotel  
**cost** $75.00 per person. Tickets available soon at www.bcrscsb.org

**Not everything that is faced can be changed, but nothing can be changed until it is faced.**

James Baldwin
VOLUNTEERS OF THE YEAR

Continued from cover

Lourdes says, “I truly love working with the BCRC on my volunteer assignments. I learn so much from all your clients as well as from your kind and talented staff and presenters.” Her contribution helps set the BCRC apart in our efforts to support our Spanish speaking clients and community.

Corrina Gordon - Support Program

Corrina has done a phenomenal job this year to help launch the Breast Friends Forever (BFF) program. The BFF Program grew out of a discussion at our retreat regarding how we might be better able to help our clients and involve people who want to volunteer with the BCRC but only have a limited number of hours to offer. The BFF program volunteers provide a variety of compassionate services. Corrina brings great enthusiasm to the program and has even involved the community to brighten our clients’ day; including the Quilters Guild and local Farmers Markets who now donate food and flowers.

Janie Ivey - Integrative Therapy Programs

Janie is so cool. We call her “magic hands” because she’s always so loving and has a almost magical way of healing through her specialty of Reflexology. She comes all the way from Fillmore every second and fourth Wednesday to spend the day not only doing Reflexology but also DreamScape and art therapy. She is unfailingly with her time and often works one on one with the clients—even going to a client’s home or the hospital or rehabilitation facility. Her devotion has been so heartfelt that we are proud to honor her contribution to the Integrated Therapies Program.

Robbie Olge - Fundraising

Robbie is often described as a firecracker! She is truly one of the most dedicated persons we’ve come to know. For the last three years, Robbie has almost singlehandedly taken on the Silent Auction at the Fall Fundraiser event – making the auction items look like amazing offerings from Neiman Marcus. She does all the marketing and presentations and she spends hours combining separate items into attractive, bid-worthy packages. We deeply appreciate her efforts in literally upping the ante at our Fall Fundraiser Auction.
EVENT CALENDAR

September 25 • 6:00pm - 8:30pm
12th Annual Fall Fundraiser: Villa Under The Stars at Villa de la Guerra. Mingle with ‘stars’ while enjoying good food, live music, silent & live auction. See pg. 11 for details and ticket order form.

October 2 • 9:00am
SB Brighton Collectibles Breakfast with presentations on breast health co-hosted by BCRC.

October 21 • 5:30pm - 7:00pm
Key to the Cure Saks Fifth Avenue fundraiser launch event with live music, appetizers, raffle, and open trunk specials.

December 5 • 12:00pm
3rd Annual Holiday Tea & Fashion Show at the Biltmore Four Seasons Resort featuring a gourmet tea and fashions by Coldwater Creek. Tickets available soon. $75 each.

Need more information? Call 805.569.9693 or visit www.bcrcsb.org.

The Breast Cancer Resource Center of Santa Barbara (BCRC) is committed to serve as a community resource center; act as an informational clearinghouse, and provide free educational and support services for all who are concerned about breast cancer and breast health. In addition to periodic events, the BCRC offers clients special services on a weekly basis.

SUMMER SCHEDULE OF DAILY SERVICES

MON. Guided Meditation from 12:00pm to 1:00pm. Walk-ins welcome.
TUES. Reiki therapy starting at 8:30am. Call for appointment.
WED. Reflexology on the 2nd & 4th Wed. of the month starting at noon Call for appointment.
THURS. ‘Magic of the Yarn’ Spanish-speaking Support Group from 6:00pm to 7:00pm
FRI. Reiki therapy every 1st & 3rd Fri. of the month starting at 8:30am. Call for appointment.
FRI. Reflexology on the 4th Fri. of the month starting at 9:00am. Call for appointment.
SAT. Support Groups offered every 1st & 3rd Sat. of the month: Group 1: Newly Diagnosed at 9:00am Group 2: Diagnosed 1 year ago or more at 11:00am
SAT. ‘DreamScape’ class offered 3rd Sat. of the month at noon

VOLUNTEERS OF THE YEAR
The BCRC is fortunate to have a large group of dedicated people who work unselfishly to help with our outreach to the community. We appreciate each one for their efforts. Once again, it was a challenge to choose the few Volunteers of the Year. The five people listed below were singled out for extraordinary service to the BCRC in 2009 and were honored at the annual Volunteer Appreciation Reception.

Andri Beauchamp - Administration
For the last three years, Andri been part of the Fall Fundraiser, (formerly known as the Lawn Party). Her contribution cannot be over-appreciated. To start with, she has spearheaded the design and creating of the invitations, incorporating her own fine photography. In 2009, she really outdid herself in every way by handling the sponsor letters, stuffing envelopes with the invitations, getting items donated – you name it and she was there to make the Fall Fundraiser an amazing success. And she always has a warm smile and a terrific spirit.

Lourdes Geoghegan - Education
Lourdes has been volunteering as the Spanish translator for our Education Lecture series for the past four years. She provides us with a hassle-free turnkey service, supplying all the necessary equipment (microphones, broadcast unit and headsets). Additionally, Lourdes makes our lecture series available for our Spanish speaking clients.

Keep In Touch!
We welcome your ideas for educational seminars, newsletter content, words of encouragement, and testimonials. Simply email your input and articles to Silvana Kelly at Silvana@bcrcsb.org or Jason Alexander at Jason@bcrcsb.org.

We also invite you to:
visit www.bcrcsb.org

call 805.569.9693
write 525 W. Junipero St.
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