



Share The Promise...

Spring 2009



2008 NENY Race for the Cure®

Nearly 4,500 people participated in the 2008 Susan G. Komen Northeastern New York Race for the Cure® and collectively raised over \$260,000 for local breast cancer programs and for national research for the fight against breast cancer. 2008 marked the 14th year for the Komen Race.

2,376 runners registered for the 2008 race, a competitive 5K course that winds through Albany and its picturesque Washington Park. The first female finisher was Tonya Dodge of Saratoga Springs, New York, who finished the Race in 18:24. The fastest man and the overall 1st place finisher was Andy Allstadt of Albany, New York, who finished in 15:21. The first breast cancer survivor to cross the finish line in 2008 was Eileen Trainor of Clifton Park, New York who crossed the finish line at 22:02.

This year's Family Walk had an amazing turnout with 1,698 people registered. 348 people that were unable to participate in the Race for the Cure® chose to Sleep In for the Cure® and show their support for the Northeastern New York (NENY) Komen Affiliate. Those who chose to Sleep In for the Cure® received a special t-shirt for registering.

Mark Your Calendar - The 2009 Susan G. Komen Northeastern New York Race for the Cure® is scheduled for Saturday, October 3 at the Empire State Plaza. The event will start with a co-ed 5K run followed by a family walk.

KOMEN NENY Gets a Boost From Third-Party Support

One Square Mile of Hope

The Central Adirondack Paddlers Society (CAPS) reached out to thousands of individuals to participate in this unique event which took place September 13, 2008. The organization broke the Guinness World Record for the largest canoe/kayak raft (with 1,104 canoes and kayaks rafted together) and raised more than \$50,000 for the NENY Affiliate of Susan G. Komen for the Cure®.



Harness the Hope

Once again the Saratoga Harness Track will be hosting the Mildred Williams International Driving Series event, Harness the Hope. Proceeds from this all-female harness racing event will be donated to the NENY Komen Affiliate. This year's event will be held on June 18, 2009.

If you are interested in hosting a Third-Party event, please see our web site or call the office at 518-250-5379.

For more amazing photos of the Race and other events visit:
<http://www.flickr.com/photos/37539601@N03/sets/>

About Susan G. Komen for the Cure® and the NENY Komen Affiliate

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure® and launched the global breast cancer movement.

The NENY Affiliate of Susan G. Komen for the Cure® is working to better the lives of those facing breast cancer in the local community joining more than 1 million breast cancer survivors and activists around the globe as part of the world's largest and most progressive grassroots network fighting breast cancer. Through events like the Susan G. Komen Northeastern New York Race for the Cure®, the NENY Affiliate has invested more than \$1.8 million in community breast cancer and breast health programs in our 11 county service area of Albany, Rensselaer, Saratoga, Clinton, Schenectady, Hamilton, Essex, Warren, Washington, Franklin and Montgomery counties. Up to 75 percent of net proceeds generated by the Affiliate stay in the area. The remaining income goes to the national Susan G. Komen for the Cure® Grants Program to fund groundbreaking breast cancer research, meritorious awards and educational and scientific programs around the world.

Grant Recipients

Since 1995, the NENY Komen Affiliate has granted more than \$1.8 million to local organizations in upstate New York. This year's grants, totaling \$266,475 were awarded to 12 organizations that are working locally to reach the needs of those affected by breast cancer.

Albany Medical Center-Breast Health Navigator-\$30,000-Albany County-Education Information and education about breast cancer, risk factors, prevention, and screening tools are provided to the underserved patient populations, as well as women seeking care at Equinox and United House.

Glens Falls Hospital-Regional Health Care Initiative-\$29,700-Warren County-Education, Screening To expand breast cancer education and awareness, information will be available to the women of Warren, Washington, Hamilton, Northern Saratoga, and Essex Counties. The goal is to increase the number of women who participate in breast health screening with clinical breast exams and screening mammograms, and establish a breast health navigator role in the Greenwich Family Health Center to improve access and facilitate timely resolution of abnormal breast screening exams and transition to cancer treatment in Washington County.

YWCA of Schenectady-Take Charge of Your Health-\$25,000-Schenectady County-Education This program targets minority women residing in Schenectady County who are medically underinsured or uninsured and have low incomes. Target groups include homeless and domestic violence victims, and African American, Hispanic and Guyanese women. The program will provide group and individual educational sessions to educate women on the need for early detection of breast cancer and breast cancer screening techniques.

Camp Bravehearts-Oncology Camps for Women-\$10,000-Albany County-Education To enable women dealing with cancer the opportunity to share life experiences. Through exercise, crafts, wellness, outdoor challenges, educational and social activities offered at the Camp, participants are provided an opportunity to learn new skills, increase self esteem, and help address the risks and fears that many women face during and after treatment.



What is Inflammatory Breast Cancer? (IBC) What You Need to Know

IBC is rare and the most aggressive form of breast cancer. Unlike many forms of breast cancer, IBC often lacks a lump or tumor. IBC is usually NOT found in mammograms or ultrasounds unless there is a defined lump. IBC cells spread quickly to other parts of the body and IBC requires prompt diagnosis and treatment. There are many symptoms to IBC, so it is always best to go to your doctor if you have any concerns. For more information and a detailed list of symptoms please go to www.komen.org or visit www.ibcsupport.org or call 877-465-6636.

Samaritan Hospital-No Women Left Behind-\$30,000-Rensselaer County-Education, Screening An outreach and education program designed to give medically underserved women the skills they need to get the healthcare they deserve. The project will reach into medically underserved communities and to provide women from these neighborhoods with breast cancer education, breast cancer screening, and when necessary, treatment.

Gilda's Club-Gilda's On the Go-\$29,958-Albany County-Education In partnership with ACS, Salvation Army, and the Women of Color Cancer Support Group of Albany, this proposed new pilot project takes the Gilda's Club model to populations that have significant need for breast cancer awareness, education, and psychosocial support but are unable to access the programs and services located in Latham. One urban area in the City of Albany and one in rural Saratoga County will be targeted.

One Promise.



Two Sisters.

Community Link Mobile Health-Women's Health Screening-\$25,000-Clinton County-Education, Screening Community Link operates a mobile clinic that provides medical services including breast screening to rural areas of Clinton, Essex, and Franklin County which includes a large population of elderly and/or low income individuals. With great distances to health providers, obtaining needed breast health services can be difficult.

St. Peter's Hospital-Lymphedema Management Program-\$4,637-Albany County-Treatment To improve the physical condition of individuals suffering from lymphedema through a combination of treatment and education. Funding for advanced training, the purchases of reference materials, and taping and bandage supplies for treatment of approximately 50 breast cancer survivors annually.

CRAAB!-Reap the Benefits-\$30,000-Albany County-Education, Treatment Comprehensive program of exercise activities, education programs and direct services that follow survivors from diagnosis to post treatment care, addressing their changing needs through various stages of recovery. Elements of the program will include recent research columns, exercise services, awareness programs, and personal support including sessions in Montgomery County and the city of Schenectady.

St. Mary's Hospital-Healing Touch Buddies-\$18,120-Montgomery County-Treatment Funding for a voluntary program in Montgomery and surrounding counties which provides monthly Healing Touch Treatments to breast cancer survivors. Healing Touch is a gentle, noninvasive complementary therapy with the beneficial effects of pain reduction, relaxation, and stress reduction.

To Life!-Breast Health Matters-\$24,200-Albany County-Education To Life! will increase breast health awareness through a comprehensive outreach campaign focusing on minority and low income populations, and the uninsured throughout Albany, Montgomery, Saratoga, Schenectady, Rensselaer, Warren and Washington counties. Services will include reaching out to these populations in areas that are culturally sensitive with the support of trained volunteers.

Creative Healing Connections-Adirondack Healing Retreats \$9,860-Hamilton County-Education-To provide two weekend retreats for rural women with breast cancer living in the North Country. The purpose of these retreats is to provide participants with opportunities to meet and develop relationships with others similarly challenged, share life enhancing skills and information, and use the arts to improve their quality of life.

A Mother's Message About Susan G. Komen for the Cure®

Pat Carey's daughter had visited a Planned Parenthood that had received grant money from Susan G. Komen for the Cure®. That grant money brought her from her initial screening through her final diagnosis. Pat's daughter is now cancer free, a 5 year survivor.

"The Susan G. Komen money saved my daughter's life," Pat said. "This is real money, helping real people, and the money runs out," she added. "I volunteer to make sure the money doesn't run out."

Being a Young Survivor

Colleen Carey

When I was diagnosed with breast cancer, people appeared from many areas of my life to reassure me that it would be fine. But there was a gap, a missing demographic that I wanted to hear from. I wanted to hear from someone my own age, someone that had been there. I was only 27. Despite all the cases I was hearing about, I still felt like an alien.

In the United States, women under forty make up less than five percent of breast cancer cases. Diagnosis can be difficult, as young women without family history aren't told to get mammograms, and even if they were, breast tissue is often denser, making tumors harder to spot. Just as difficult can be the feeling of isolation, is the inability to fully relate to other survivors when you're trying to deal with the betrayal of your young body.

At the end of February, I had the opportunity to attend the 9th Annual Conference for Young Women Affected by Breast Cancer, held in Dallas, Texas. Put on by the groups Living Beyond Breast Cancer, Susan G. Komen for the Cure®, and the Young Survival Coalition, the conference provided a wealth of information.

Workshops explored such topics as sex and intimacy, fertility and pregnancy, how to deal with triple-negative breast cancer, raising healthy children, dating, navigating health insurance, working with breast cancer, and more.

The exhibitions for conference participants addressed a diverse range of areas including education of specialized studies being done, the latest in reconstruction options, beautiful artwork displayed exploring breast cancer, and the shopping opportunities offering such items as stylish compression sleeves, and mineral make-up. Free massages were also available.

Even with all of this going on, it was impossible to miss the reason most of the young women were there - to meet others like themselves, to network, to bond, to cry, and to celebrate.

We chatted between sessions. We stayed up late eating pizza. We went to a bar and rode the mechanical bull. We compared tattoos. We took a million pictures for our Facebook profiles. We danced on tables and in conga lines. We exchanged stories of grief, or hope, of laughter, and of giving back.

It was the people who gave this conference its ultimate success. It was the newly diagnosed, and those who have been cancer-free for years. It was the parents and the significant others. It was the small children. It was my new friends.

To learn more about this conference, and to listen to the workshops, visit:
<http://youngsurvivalconference.org>.

Get Involved - Make a Difference

What makes the NENY Affiliate of Susan G. Komen for the Cure® a success are the volunteers. From the high school boys helping to move boxes before the race to the Board of Directors, they all give their time to make all of the events year round happen.

Planning a Race of this magnitude takes the skill and talent of many people. Year round we need the help of volunteers to plan the Race, attend events and work on Race day.

Our volunteers are every bit as inspired as our runners and walkers, and it is possible to do both, as volunteer opportunities are available year round as well as shorter term commitments in the days and weeks leading up to Race Day. Throughout the years we have worked with individuals, groups of friends, professional organizations, school groups, church groups, girl scouts, fraternities and sororities. We need them all and we need you to continue the success.

Whether you do it for your daughters, your mothers, or yourself; to find a cure or camaraderie, to make sure the grant money does not run out, or to ensure that mammograms are accessible to all women, volunteering for the NENY Komen Affiliate will be a great experience.



Why I Volunteer

Diane Butrym

Diagnosed with breast cancer in 2002, Diane celebrated overcoming cancer by looking for a way to give back to people diagnosed with any kind of cancer.

While researching a way to get involved with a cause, Diane came across information about the Komen Race for the Cure®. Never having been a runner, she decided to participate in the race with the hopes of simply finishing. During the Komen Race, Diane hooked up with a group of young women, sharing encouragement with them. That's when she realized, "We need to pass this on, encourage young women to fight for this cause."

"The first Race I ran, there was this feeling of being connected, I wanted to be a part of that group," Diane says. That following year she got involved with the Race preparations. "Once I started meeting people and hearing their stories, I wanted to do more and more."

"Even if its just one specific thing you do, whatever it is - is appreciated. There is someone out there who needs you." - Diane Butrym

Diane and her son, Matt, have a long running tradition of volunteering, and they work on every element of the Race.

Diane is currently doing an internship with the Schenectady County Health Department to increase Komen's involvement in the area. "We need to get Komen's name out there, making grants more accessible to our entire area. With all the State budget cuts, more people are going to need our help," said Diane.

Sharon Raffan

The year following Sharon's diagnosis, her employer, AMICA, was a Silver Sponsor for the Komen NENY Race for the Cure®. Sharon and some fellow employees created a team, the Pink Lynx, and they have continued to participate in the Race each year. That team also holds annual fundraisers including a car wash and Thanksgiving Pie sale. Sharon's resourcefulness has been a great aid in her work with Komen NENY, as she and her co-chair obtain food and beverage donations for the Race from sources all over the Capital Region and almost all of the ingredients for the pies are donated by local supermarkets. Since her diagnosis and treatment, Sharon, a four year survivor of breast cancer, has worked

tirelessly for Susan G. Komen for the Cure®, joining the Board of Directors. Sharon was attracted to Komen because of the focus of the organization and especially liked the fact that most of the money raised from the Race goes directly back into our community. "My mother, my sister, and I have all had breast cancer," Sharon said. "I have two daughters and I believe that no one else in my family should have to go through what we have been through. We need a cure. I'm not a scientist, I'm not a medical person, so I chose the next best thing I could do - join an organization that was working to build a cure," she said. "What can I do besides giving my time? I really believe in Komen, it is like a family to me."

Deborah Sottolano

Deborah Sottolano regularly ran in the Komen Race for the Cure® because she believed it was a good cause, but when her mother was diagnosed with cancer, Deborah continued to run in honor of her fight.

Four years after Deborah's mother had fought breast cancer, she found swelling in her arm. Her doctor found a large tumor and told her mother, quite bluntly, that she only had two years to live. She was terrified. At that point, fighting breast cancer became Deborah's mission. Deborah helped her mother get involved in clinical trials in North Carolina and Florida, "we tried everything, but in the end, the medication damaged her heart," said Deborah. Deborah's mother died from the aftereffects of the treatments.

Deborah decided to volunteer for Susan G. Komen for the Cure® after her mother passed away, so that someday, no one would have to go through her mother's experience. "I've also learned of the support Komen could have offered to her to help ease her fear," Deborah added. 2009 marks Deborah's 4th year of involvement in the Komen Race. For the past two years, she has co-chaired the Food and Beverage committee and this year, she is a co-chair of the entire Race. "This year we want to extend the reach of the race," Deborah said. "We want to reach out to people in the North Country and other areas who feel that Albany is light years away. We need to let them know that the NENY Komen Affiliate and the Race for the Cure® are in their reach."

For more detailed information about events or volunteering opportunities, please visit: www.komenneny.org.

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Susan G. Komen for the Cure® has invested nearly 1 billion dollars to fulfill our promise, thanks in part to events like the Komen Race for the Cure®.

The Komen Promise
To save lives and end breast cancer forever by empowering people, ensuring quality care for all, and energizing science to find the cures.

Northeastern New York Komen Affiliate
P.O. Box 13535
Albany, New York 12212-3535



DONATIONS

The Northeastern New York Komen Affiliate receives requests from many organizations for funding, more than we are able to support. That's why we rely on the generous support from you. We need to fund the many worthy programs supporting the breast health needs in our 11 county service area. Your donations will go to fund local breast health and breast cancer programs as well as national breast cancer research. Thank you!

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