

WIN ABC™

Women's Information Network Against Breast Cancer

Spring 2001

Issue I, Volume III

The Champ Sugar Shane Mosley Helps to Knock Out High Prices and WIN Against Breast Cancer



Melissa Walters of R&B Auto Center, The Champ-Sugar Shane Mosley and Renée Gaines of WIN ABC in the ring at R&B Auto Center.

There are many people in organizations who make a difference in unique and innovative ways. Bob Delozier and Rick Braun, owners of R&B Auto Center in Fontana have helped many community organizations by donating funds from special promotional events. They have worked with Arrowhead Credit Union to create a unique way to donate money back into their communities.

Melissa Walters works for R&B Auto Center in Fontana in the marketing department. Her main function is to promote special sales events and to draw the public to their 'previously owned' fine quality car sales.

Melissa worked with WIN ABC to create the perfect 'one-two punch' for their car sale that was held on March 17, 2001. Melissa solicited the help from long-time customer World Welterweight Champion, Sugar Shane Mosley. Shane was on hand for photos and autographs with more than 1,000 fans. It was a huge success and Shane was most gracious for unselfishly donating his time.

R&B Auto Center and Arrowhead Credit Union donated \$7,015.00 to WIN ABC as a result of this special event.

Spirit Shawl Gifts To Indigent and Underserved

Actresses Ruth Livier and Kim Williams joined together with SpiritShawl.com, Foothill Transit and WIN ABC at the Los Angeles County USC Medical Center (LAC+USC) for a press conference. The press conference was held to announce that 50 indigent and underserved breast cancer patients would receive a free Spirit Shawl, free bus transportation for medical care and educational materials as a courtesy of WIN ABC.

Both actresses addressed the media and expressed their desires to encourage Latinas to continue to seek early screening and treatment for breast cancer. They also wanted to state to these women that they do not need to go through treatment alone; that there are organizations like WIN ABC who are there for them with educational information, psychosocial support and can lend a caring ear during their journey with breast cancer.

Patients in treatment also attended the press conference and were given their special 'gifts'. The Spirit Shawl was designed by Susan McGuire and Jane Doctor as a gift of hope for women who are dealing with serious illness or loss.

L to R. Bottom Row: Ruth Livier and patients from LAC+USC, Top



Row: Renée Gaines, Leticia Pacillas, Jane Doctor, Kim Williams, Susan McGuire, Betsy Mullen and Shelly Blechman.

Betsy Mullen, President/CEO of WIN ABC spoke and encouraged the public to seek medical assistance and stated that there is hope. Other speakers included Susan McGuire and Jane Doctor of SpiritShawl.com and Leticia Pacillas of Foothill Transit.

(continued page 2, column 1)

After the press conference, Ms. Livier, Rosa Saca,

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Events and Happenings!



Revlon Run/Walk May 12, 2001

Ready, Set, Go!!!

Register now for the Revlon Run/Walk with TEAM 112! Don't delay!

Bus transportation is available leaving from Covina. All riders must be registered participants of the Revlon Run/Walk. Seats are limited, so make your reservations as soon as possible.

The Revlon Run/Walk for Women is one of our biggest fundraising opportunities. As a beneficiary, we are awarded our grant monies based on the size of our team and the amount of money that is pledged. Your registration and pledges really do make a difference!

Call for a registration form **626-332-2255** or register on-line at www.revlonrunwalk.com.



A FRIEND IS A TREASURE

A friend is someone we turn to
 When our spirits need a lift,
 A friend is someone we treasure
 For our friendship is a gift,
 A friend is someone who fills our lives
 With beauty, joy, and grace
 And makes the world we live in
 A better and happier place.



Spirit Shawl Gifts To Indigent and Underserved *(continued from page 1 column 2)*

Susan McGuire, Leticia Pacillas and Renée Gaines made private presentations to twelve women at the Infusion Center for breast cancer patients to give them their Spirit Shawls and "gift" packages. It was a very emotional time and the women were overwhelmed with feelings of appreciation. The gift packages included the book entitled "Confie en el Mañana™ (Have Faith In Tomorrow™) by Lange Productions", bus transportation supplied by Foothill Transit and other educational materials.

There were additional presentations also made at King/Drew Medical Center in Los Angeles.



Adelanto Council Member Donates Salary For Next Four Years



Tristan Pelayes presents check to Renée Gaines of WIN ABC at the January Adelanto City Council Meeting

It was in July of 2000 when Tristan Pelayes of Adelanto learned of his mother's breast cancer diagnosis. Shock, fear and disbelief set in for not only his mother but also for him and his wife.

A cancer diagnosis that so many have received and now it was his mother who was the one diagnosed. Yet it seemed that there was so much he needed to learn about the disease that personally has affected his life. His mother, Julia, is beautiful and so full of life. He vowed to do whatever he could to be sure that she received the best care and support. He and his wife, Veronica, accompanied Julia to her visits at Kaiser Permanente, Fontana. There, Julia was met with compassion and dedication of the staff including Laura Ward and Sandy Luna of the Breast Buddy® Breast Care Program in the Department of General Surgery.

Julia is now doing fine and is on her way to recovery. Tristan was recently elected to serve as Council Member in the City of Adelanto for the next four years. He has donated his council member's salary to WIN Against Breast Cancer in the hope that many other patients like his mother can be helped through WIN ABC's Breast Buddy Breast Care Program and the Breast Aid Program.

Pelayes' donation is the largest private citizen donation ever made to WIN ABC. The total donation will be about \$14,000 over the next four years. Thus, enabling WIN ABC to serve hundreds of additional patients to ensure that they are given educational materials and psychosocial support throughout their diagnosis, treatment and recovery.



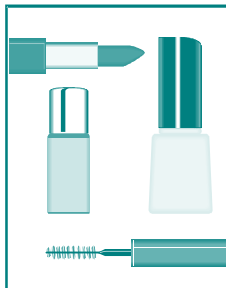
Tips to Help Patients Get Ready for Chemotherapy*

The following tips have been written to help a breast cancer patient get through the experience of chemotherapy as smoothly as possible.

⌘ Have any dental work that you may need taken care of *before* you begin your treatment.

⌘ Take good care of your teeth and gums. Buy a new toothbrush after each monthly cycle of chemotherapy. (This will ensure that your toothbrush is clean and free of any bacterial/chemical residue.) If you wear dentures, clean them after each meal. Brush your teeth with gentle strokes and use care when flossing. If bleeding occurs, do not panic and stop flossing for a few days. If this persists or you are concerned about it, let your doctor know.

⌘ If you are told that you will probably lose your hair, consider a new, shorter haircut before you begin treatment to get you used to having less hair.



⌘ Ask about participating in the American Cancer Society's *Look Good...Feel Better Program* to help you learn skin care techniques and ways to use hats, scarves and wigs while you are in treatment. You will also receive a free make-up kit! Call 1-800-395-LOOK for more information.

⌘ Go shopping for a wig *before* you begin your treatment to get an idea of the color and style of wig that you would like. If you have always wondered what it would be like to be a blonde, brunette or redhead, now is your chance!

⌘ Remember that chemotherapy is another tool in the arsenal to get you well. Instead of thinking *"I will never get through the next three to six months of treatment."*, break this period of time into manageable steps. Countdown each treatment (e.g., "10, 9, 8..."). Before you know it, you will be halfway through treatment saying: *"Six down, six to go!"* Keep the following in mind: *"Short-term sacrifice, long-term gain."*

⌘ Arrive at your appointments in plenty of time to get your blood work done so that your doctor can get the results in time for your scheduled treatment.

⌘ Bring a book or a portable tape recorder with you to treatment. You can play relaxation tapes or your favorite music while you are waiting for treatment and when you are receiving chemotherapy.



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Hair, Skin and Nail Care Tips To Help Get * Through Chemotherapy



⌘ Bring mints or some sugar-free hard candy with you to treatment and keep them on hand at work and at home. Bring a bottle of drinking water with you to treatment – taking in plenty of fluids is always important. Popsicles and ice cubes made from your favorite fruit juices can also help to keep your mouth refreshed.



⌘ Consult with your oncologist prior to getting a vaccine or flu shot while you are in treatment.

⌘ Wear clothing that is soft, loose fitting and comfortable.

⌘ Some patients shave off all their hair when it starts coming out. Make a date with a friend or your partner, light some candles, buy some massage oil and make an evening of it; and always remember...your hair *will* grow back and often times better than it was before you lost it!

⌘ Be gentle with your hair. Use a mild shampoo such as Neutrogena, a soft brush and keep blow drying and teasing to a minimum. Restrict the use of hair spray, which can tend to dry out your hair.

⌘ To avoid infection, use care when clipping your nails and cuticles. Treat yourself to a professional manicure. If you wear acrylic or porcelain nails, discuss this with your doctor and keep them clean and dry.

⌘ Avoid excess exposure to sunlight and use a good sunscreen with an SPF of 15 or more. Wear sunglasses to protect your eyes, which may be more sensitive to light, and a hat to protect your scalp.

⌘ Chemotherapy can sometimes cause your skin to break out, so keep your face and body clean and dry. Over-the-counter products such as Clearasil can help.

⌘ Chemotherapy can dry your skin, eyes, eye lids and vagina. Products such as moisturizers, artificial tears, vaginal re-moisturizers such as Replens, A & D Ointment, Vitamin E oil or cream used on a regular basis (once or twice a day) can help. Only using soap in the arm pits (axillae) and surrounding areas (unless there is visible dirt) can also alleviate these symptoms.

In Honor Of

From Vicki Shiller, MD

Shirley Bender
From Cindy Farber

Shelly Blechman
Renee Gaines
From Jane Fisher

Barry Fefferman
From Dennis Covey

Renee Gaines
Charlotte Kilgore
From Sharon Ward

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From Joan & Brent Keller

Shirley & Sid Kordell
From Madeline & Bill Miller

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From Betsy Smith

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From Arlene & Larry Shapiro

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From Peggy & Dan Mullen
From Patty Mullen
From Jane Fisher

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From Suzanne & Bruce Fisher
From Aurelia Nattiv

McLeda Munoz
From Cathi Tasker

Irma Perez
From Leticia Guillen

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From Ruth & Dell Scott

Laura Scott
From Carol & Robert McGlone

Thomas Schumann
From Jeannie Cheung

Verne Terwilliger
From Diana & Lanny Waggoner

Dr. Tyau & Staff
From Madeline Miller

Unidas
From Ines Indij

In Honor of Lisa Boswell LA Marathon

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Melissa Bee
Byron Biggins
Becca Boswell
Lisa Boswell
William Boswell, Jr.
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Self-care Tips to Help a Patient Through Chemotherapy*

(continued from page 3, columns 1 & 2)

- ⌘ Try to stay away from people with colds, infections or the flu.
- ⌘ Avoid changing cat litter if you can or use care when you do.
- ⌘ Depending upon the drugs that you are taking, chemotherapy may cause you to have burning urination and/or red-colored urine. Do not panic! This can be a normal reaction, but, if you are worried about it or experience painful urination, notify your health care team.
- ⌘ If you experience flu-like symptoms, this may be a reaction to your treatment. If these symptoms persist or become severe, inform your doctor.
- ⌘ Prioritize your activities so that you will have enough energy for the important things you would like to get done.
- ⌘ Chemotherapy may cause you to have irregular menstrual periods or your periods may stop while you are in treatment. You may even experience symptoms such as hot flashes, vaginal dryness and headaches, which may indicate the early onset of menopause. *Discuss any concerns that you have about this with your gynecologist and continue to use a form of contraception even if your periods stop.*
- ⌘ Always remember to take time out to be good to yourself -- get plenty of rest to conserve your energy

⌘ Chemotherapy can cause you to be more moody than usual. Share your feelings with your partner, other family members, friends and co-workers. This will help them to understand what you are going through.

⌘ If you are having problems getting to sleep or getting a good night's sleep, try listening to relaxing music, reading a good book or taking a relaxing bath before you go to bed.

Physical activity and exercise during the day such as housework, walking or riding a bike can also help you rest better at night.



*Source for Tips and Recommended Reading:
Adapted from: Managing the Side Effects of
Chemotherapy and Radiation. Dodd, R.N., Ph.D.,
Marylin; Prentice Hall Press, N. Y., 1991.*

Eating Tips to Help a Patient Through Chemotherapy*



- ⌘ Eat small, frequent meals as opposed to three large meals each day. Eat slowly and sit up or walk after each meal.
- ⌘ Keep a variety of healthy (i.e., low fat, low sugar) and convenient snacks readily available

⌘ Chew your food slowly and thoroughly to help with digestion. Try taking a natural digestive enzyme (a supplement found in most health food stores) to help with digestion. *Always remember to discuss supplements that you are taking with your health care team.*

⌘ If you experience a loss of appetite, maximize the value of the food that you eat by choosing foods high in protein such as nuts, eggs, cheese or peanut butter.

⌘ If you experience a metallic, bitter taste in your mouth, using plastic eating utensils may help to reduce it. (Keep in mind that plastic utensils are meant to be disposable and may not wash or stay clean like your regular flatware does.)

⌘ Eat a variety of foods with different textures and odors to find the foods that work best for you.

⌘ Avoid spicy foods or foods that tend to be acidic.

⌘ If you find that certain food odors or working with food are bothersome, ask someone else to do the cooking.

Nutrition and Eating Tips to Help a Patient Through Chemotherapy

⌘ Eat plenty of *clean* green, leafy vegetables.

⌘ Include foods that are high in potassium such as bananas, mushrooms, potatoes, broccoli, asparagus and apricots in your diet.

⌘ Avoid fatty, fried or greasy foods. Weight gain is fairly common. Patients *may* diet and should consult *with their health care team for advice.*

⌘ Avoid carbonated beverages to prevent excess bloating.

⌘ Using nonfat dry milk and pasteurized liquid eggs such as Egg Beaters in your baking or cooking will add extra nutrients to the food you prepare/eat.

⌘ If you experience problems with diarrhea, foods such as applesauce, cottage cheese, yogurt, melba toast, Jell-O and rice may be tolerated better than other foods. If this problem persists or becomes severe, let your doctor know about it.

**Part 3 of a 4 part series.
Excerpts from the Breast Buddy
Volunteer Curriculum®
WIN Against Breast Cancer*

Update on Cancer Treatment Fund for Indigent and Underserved Patients

WIN ABC is proud to be a member of the California Breast and Gynecological Cancer Treatment Fund Task Force (CBGCTTF). The **CBGCTTF** is committed to a long-term, sustainable treatment program (institutionalized within the government) to provide full access to comprehensive health care for individuals diagnosed with breast or gynecological cancers, extensive coverage of well-coordinated, quality cancer treatment without arbitrary cut off dates, eligibility for uninsured indigent patients, the working poor and the underinsured (high co-pays or deductibles), and open to all California residents (see http://winabc.org/call_to_action_10_00_update.html and www.treatmentnow.org).



In October 2000, the U.S. Congress approved and President Clinton signed S662 (see <http://thomas.loc.gov/>). This legislation will allow states to receive matching funds (through MediCaid/Medi-Cal in California) for women screened and diagnosed with breast or cervical cancer by the federal screening program

(see www.cdc.gov/cancer/nbccedp/law106-354.htm).

There is a \$20 million allocation for breast cancer treatment in the current California draft state budget for fiscal year 2001/2002 (see www.dof.ca.gov).

While this funding is a major step forward for breast cancer treatment for medically indigent and underserved patients in California, gaps still exist.

Senator Jackie Speier has introduced SB224 that would allow the State of California to use the savings from the federal match to redirect some of its general funds to expand the state treatment program (see www.leginfo.ca.gov).

Possible areas of expansion for the California program would include increasing the eligibility to low-income, uninsured women with any gynecological cancer (not just breast which is the state program, or breast and cervical which is the federal program), provide comprehensive care (not just cancer care) and increase eligibility for the working poor (up to 250% of the federal poverty level).

*The California Breast and Gynecological Treatment Task Force is a project of
The San Francisco Foundation
Community Initiative Funds,
sponsored by The California Endowment.*

Coca-Cola Bottling Co. Partners with WIN ABC

WIN ABC and Coca-Cola Bottling Company have designed an exciting new program that will help us continue the fight against breast cancer. Coca-Cola will generate community support for WIN ABC through vending machine sales.

Proceeds from the beverage sales will go directly to benefit the Breast Aid® Community Outreach Education Program of WIN ABC.

You can participate by providing locations for Coca-Cola vending equipment. The more machines we place...the more money we can raise. Once the machine is delivered, Coca-Cola will provide all service and filling of the machine. There is literally NO MAINTENANCE for the business owners. There are over 15 kinds of beverages and you can choose from all of them. They even have bottled water, sports drinks and juices! Business Break Rooms are a GREAT location!!

Please call 626-332-2255 for details



Meet Lincy Castro New Staff Member



WIN ABC is pleased to announce the addition to our staff of Lincy Castro. She will work as the Program Coordinator over the Breast Buddy Breast Care Program for indigent and underserved patients at Martin Luther King/Drew University and Harbor/UCLA Medical Centers. This position was made possible through a generous grant from the California HealthCare Foundation under their The Quality Initiative program. For more information on The Quality Initiative, see Grants Awarded at www.chcf.org.

The project will provide newly diagnosed breast cancer patients with culturally sensitive and linguistically appropriate information and focus on improving consumer health care decision-making through education, coaching and psychosocial support.

In Memory Of

Charles Conway, Sr.
From Lawrence Schwartz

Jacque Goodman
From David Goodman

Lynda Halsey
From Margaret Bloom
From Linda Poepoe

Edna Hoff
From Susan Kreger

Elizabeth Karper
From Julie & Tom Christensen

Jean LeMieux
From Lawrence Schwartz

Robert McMillan
From Lawrence Schwartz

George Mullen
From Bonna & Don Rasmusen
From Betsy & Ken Mullen

Enid Nagler
From Mr. & Mrs. Herb Nagler

Dorothy Neunthel
From Barb & Herb Killian

Carrie Pine
From Lawrence Schwartz

Karen Rowell
From Anne Bettencourt

Kim Schauer
From Carol-Ann Selby

Sol Schyjer
From Lawrence Schwartz

Brenda Sosebee
From Amanda Sosebee



From our President/CEO:



Dear Friends,

As we progress through the year, many friends have shown their support in numerous ways. We have recently received a very generous grant from an anonymous benefactor, whose intention is to assist us in increasing our funding and donor base by matching unrestricted donations and grants over the next four years.

Year one of this challenge grant will match various contributions that qualify for up to a total of \$50,000, dollar for dollar. Just think, your donation could be doubled, what a wonderful way for you to become a champion for WIN Against Breast Cancer!

At this time we would like to thank those who have begun to help us in reaching this goal. Your support is greatly appreciated by every one we are helping in their fight against breast cancer.

Fondly,
Betsy

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Arrowhead Credit Union
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CyberspaceBaby.com
R&B Auto Center
3Sisters Nursery
SpiritShawl.com

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The Rainbow Foundation



Find the Fight.
Find a Cure.

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