

Caring Connections, a co-operative health program of the Bangor Y & Eastern Maine Medical Center, is supported by the fund-raising activities of Healthcare Charities.



January/February 2010

A Breast Health/Breast Cancer Publication

Volume 14 Issue 1

Phone: 941-2808
x 337 & 338

Fax: 941-2812

Caring Connections

17 Second St.
Bangor, ME 04401
E-mail:
careconn@bangorY.org
www.BangorY.org
~~~~~

**Caring Connections  
Calendar**

**Bone Health Info &  
Discussion Group**

Thursday, Jan. 21st, 11 a.m.

**“Zumba”**

Tammy Hodgdon,  
Bangor Y, Fitness Director

Thursday, Feb. 18th, 10 a.m.

**The Biodex Balance System-**

Cristy Stout, PT  
Pine Tree Physical Therapy

**Caring Connections  
Support Group ~ Bangor**

Wednesday, Jan., 20th  
12:30 - 1:45 p.m.

**Bone Health**  
with Robin Long

Wednesday, Feb. 10th  
12—2:30 p.m.

**Valentine  
Soup & Sandwich  
Lunch and Game Day**

~ Our Wishes for You ~

*During this season and always,  
may you be surrounded by the gift of  
friendship, the joys of family,  
and the spirit of love.*

*Wishing you a very happy  
and healthy New Year!*

**The Bangor Y Spring Fair  
2010**

After you pack away the holiday decorations and settle into your winter routine, please think about this great way to recycle some of those many books you've read (or have been meaning to read) and the audio/book & music CD's taking up space in your home. If you wonder what to do with that reading and listening material, consider donating some of them to Caring Connections and our Gently Used Book Sale at the Bangor Y's Spring Fair in March of 2010. Spring is really just around the corner, so we'll be accepting those donations from January 4th through March 24th, 2010.

We are seeking soft and hardcover books, audio/book and music CD's that are no more than nine or 10 years old. We cannot take textbooks or manuals. We do need many of these items for children of all ages. Please talk with us before dropping any items at the Bangor Y. It's a "spring-cleaning, fundraising" special!

**Contact Caring Connections at 941.2808 x 337 or at:  
careconn@BangorY.org**

## New Year's Special Recipe ~

### Éclair Torte

#### INGREDIENTS

1 cup water  
 1/2 cup butter (no substitutes)  
 1/4 tsp. salt  
 1 cup flour  
 4 eggs  
 1 8-ounce block of cream cheese (softened)  
 2 packages vanilla pudding (3.4 ounces each) - instant type  
 3 cups cold milk  
 one 12-ounce frozen whipped topping  
 chocolate sauce

In a saucepan over medium heat, bring butter, water and salt to a boil. Add flour all at once, and stir till a smooth ball forms. Remove from heat. Let stand for 5 minutes. Add eggs, one at a time, and beat them well with a wooden spoon after each one is added. Beat mixture till smooth. Spread into a 13 x 9 inch greased pan. Bake at 400° for 30 to 35 minutes or until puffed and golden brown. Cool on a rack.

In a mixing bowl, beat cream cheese, pudding mix and milk until smooth. Spread the pudding mixture over the 'puff' pastry, and refrigerate this for 20 minutes or longer. Spread whipped topping over the torte. Drizzle with chocolate sauce just before serving.

## Bone Health Information & Discussion Group

The Bone Health group meets nine times during the year, usually on a Thursday at 10 a.m. A speaker is often present with a related topic of interest. There is a calcium-rich food tasting (and the recipe you can take home), along with a discussion. You can call **941-2808 x 338** or email us at [careconn@BangorY.org](mailto:careconn@BangorY.org) to have your name added to the notice list. We email or (regular) mail a notice each month a meeting is scheduled so you'll know what topic is being presented and discussed.

**January Meeting** Topic: **"Zumba"** - a fusion of Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

Presenter: **Tammy Hodgdon, Director of Fitness, Bangor Y**

Date: **Thursday, January 21st, 10 a.m.** Location: **Isaac Farrar Mansion, Bangor Y**  
 ~~~~~

February Meeting Topic: **The Biodex Balance System**—an assessment tool that can tell you what your risk level for a fall is, based on your balance abilities.

Presenter: **Cristy Stout, PT, Pine Tree Physical Therapy**

Date: **Thursday, February 18th, 10 a.m.** Location: **Isaac Farrar Mansion, Bangor Y**

Space around the table is limited, so **RSVP to save a seat for yourself, PLEASE!**

Caring Connections

Breast Cancer Support Groups ~

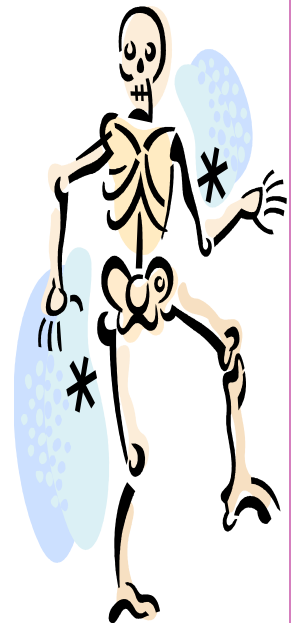
The Bangor daytime group meets in the parlor of the Isaac Farrar Mansion on Wednesdays at 12:30 p.m. The Swim session in the Means Pool follows at 2 p.m.

The evening group continues its' usual schedule of meeting on the 2nd Tuesday of the month at 5:30 p.m. in the dining room of the Isaac Farrar Mansion. The evening group welcomes adult friends and family members who wish to attend. Please call ahead to confirm the meeting schedule.



*Guided by my heritage
 of a love of beauty
 and a respect for strength —
 in search of my mother's garden,
 I found my own.*

Alice Walker, Amer. Writer





Breast Cancer Support Groups

Bangor: Daytime Meeting Wednesday at 12:30 p.m. - in the Isaac Farrar Mansion of the Bangor Y. Meetings are 1¼ hours in length. A Swim Session is held in the Means Pool (warm water) after the meeting from 2 – 3 p.m., for those interested. Please call Robin or Ro at 941-2808 if possible, prior to attending your first meeting.

Bangor: Evening Meeting 2nd Tuesday, 5:30 – 6:45 p.m. in the Isaac Farrar Mansion, Bangor Y at Second Street. **This meeting is open to breast cancer survivors as well as their adult family members, relatives and friends.** Call Ro or Robin at 941-2808 x 337 for more information.

Calais: 2nd Thursday, 3:00 p.m., Calais Regional Hospital. Call Mona VanWart at 454.3906 or Eva Beckett at 454.2006 for more information.

Dover-Foxcroft: Call Robyn Simmons at 564-7071 for information about this active group in the Dover-Foxcroft area.

Ellsworth: The daytime group meets on the **4th Friday of the month from 12 – 1:00 p.m.** at the Beth C. Wright Cancer Resource Center. Call Marie-France Browning at 664-5472 for more information.

Ellsworth: The evening group is currently not meeting. Genie Jones is our contact and support person if you wish to know about local breast cancer resources or would like someone to talk with. You can call the Beth Wright Center at 664-0339 to leave a message for Genie.

Houlton: Janet Vose at 532-5969. Email Janet at: jvose@houltonregional.org.

Millinocket: Robin Stevens and Terrylyn Bradbury are in the Katahdin area as group leaders &

contact persons for women diagnosed with breast cancer. You can reach Robin at 723-5465 and Terrylyn at 723-5644. The Support group meetings in Millinocket are scheduled for the 2nd Thursday of the month at 9 a.m. at Millinocket Regional Hospital in the Multi-purpose Room.

Pittsfield: Contact Beth Bacon at 487-4079 at Seabasticook Valley Hospital to learn about the support group. This group meets on the 4th Wednesday of the month at 5:30 p.m.

Presque Isle: Meetings are discontinued for now, but we hope a new group will develop in the near future. If you would like to develop and manage a support group in the Presque Isle area, please call us at 941-2808.

~~~~~  
*“Hope” is the thing with feathers—  
 that perches in the soul—  
 and sings the tune  
 without the words—  
 and never stops at all.*

*Emily Dickinson, American Poet*

## YOU CAN HELP FIND A CURE

Scientific studies are a huge part of helping us understand what causes breast cancer and how to prevent it. Researches are constantly looking for women for participate in studies, and that’s why the Dr. Susan Love Research Foundation and the Avon Foundation for Women have created Love/Avon Army of Women.

The aim is to recruit a million study volunteers. Sign up and you might get a ‘call to action’ email. Anyone can join this great army of women, whether you’re completely healthy, are at high risk for breast cancer or are a breast cancer survivor. All you have to do to join is provide some basic info at [armyofwomen.org](http://armyofwomen.org)



**Did you know?**

Our beautiful pink breast cancer license plates have already earned over \$72,000 for three organizations to share.

Those organizations include the Maine Cancer Foundation, the Maine Breast Cancer Coalition, and the Maine Breast & Cervical Health Program.

By purchasing your pink plate and by renewing it each year you not only raise awareness of this horrible form of cancer but you also effectively funnel money to programs that make a huge difference in the breast health and lives of Maine people.

*We congratulate and bow to you!*

**Sweet Potato Souffle'**Souffle' Ingredients:

5 to 6 large sweet potatoes  
1 cup brown sugar  
3 eggs  
1 stick of softened butter

Topping:

3 cups corn flakes  
1 cup chopped nuts (walnuts work well)  
1/2—1 stick of melted butter

Whip the first four ingredients together with an electric mixer until light and fluffy. Place mixture in a casserole dish and heat it in a 350° oven for 15—20 minutes.

Mix the topping ingredients together. Remove casserole from oven and add the topping. Place the casserole back in the oven for 15—20 minutes, just until topping browns a little and is crispy. Serve hot from the oven and ENJOY!

Vary the amount of brown sugar, butter or topping to taste.

# A Reminder!

**Rings Bracelets  
Earrings Pins**

The Caring Connections Newsletter is available by postal mail delivery and at the Bangor Y website address. We alert you by email when the latest edition of the newsletter is on the website and available to read.

The Bangor Y website address is: [www.BangorY.org](http://www.BangorY.org)

There are links to Caring Connections on the Home Page of the BangorY.org website.

The direct page link to the Caring Connections Newsletter is:

[http://www.bangory.com/?cat\\_id=232](http://www.bangory.com/?cat_id=232)

We have many pink ribbon jewelry, bookmarks and other items for sale.

They help raise awareness and show support. They are also GREAT GIFTS. You can find them at the Bangor Y's Second Street location. Income from the sale of these items support the Caring Connections program.

## Look Good...Feel Better ~ Monday, February 1st at 6 p.m.

**For Women having chemotherapy or radiation treatments for cancer.**

Cosmetology professionals help you with: Make-up Application, Dry Skin, Discolored Nails, Choice & Care of Wigs, Scarves/Hats. This is a quiet, relaxing time to care for yourself and be with other women who have concerns similar to your own.

**Look Good. . . Feel Better** is a partnership between the American Cancer Society, the Cosmetic, Toiletry, and Fragrance Association Foundation, and the National Cosmetology Association.

**Bangor:** EMMC - at the Breast & Osteoporosis Center at Eastern Maine Medical Center in Bangor on the first Monday of every other month.

**Contact Randa Shirland: 973-8108 to register for February 1st, 2010**



## CancerCare of Maine offers Support Groups

**The Open Support Group for individuals with cancer and their adult support partners has moved to its new location.**

The group meets on Wednesdays from 10:30 a.m. to noon at CancerCare of Maine at the LaFayette Family Cancer Center in Brewer on level 2—Medical Oncology. Contact Linda Murphy at 973-7486 for more information about this wonderful resource.

## COMMUNITY EDUCATION SESSIONS

If your social, church, professional, or education group would like to know more about breast health, we can provide that information in a comfortable and relaxed format.

Please call Caring Connections for more information on this free community service. 941-2808

## Caring Connections

A Cooperative Health Program for Woman

*The thing that is hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.*

Anna Quindlen, Writer

*You may qualify for no-cost breast or cervical health exams & tests that you need:*

*If you are uninsured*

*If you have insurance that does not fully cover your mammogram or Pap test*

*If you have insurance with a high deductible*

*Women 40 to 64 may qualify for breast & cervical health screening at no cost at Caring Connections. Screening services are provided through Eastern Maine Medical Center and the Center for Family Medicine. This screening program is part of the Maine Breast & Cervical Health Program. You can call MBCHP directly at 1-800-350-5180 or call Caring Connections to see if you can receive no-cost health services.*

*If you are between the age of 20 and 39 you may qualify for no-cost breast health services from Bridging The Gap. Bridging The Gap is a grant program of Susan G. Komen for the Cure—Maine. It is a breast health education and screening program that provides exams and tests to young women who may have a breast symptom concerning them or who may be considered of high risk for breast cancer due to family history.*

*We invite you to call 941-2808 or write to us at [careconn@BangorY.org](mailto:careconn@BangorY.org)*



## Maine Breast Cancer Coalition

The **Support Service Fund of MBCC** provides underserved women in Maine with financial assistance for services or items related to breast health or breast cancer. More than 200 people statewide will receive financial assistance from the MBCC this year. For more information, to request an application, or to become a member/volunteer of MBCC, call 1-800-928-2644, visit the website at [www.mainebreastcancer.org](http://www.mainebreastcancer.org) or write to:

**MBCC, 499 Broadway, PMB 362, Bangor, ME 04401**

**Phone and Fax: 1-800-928-2644**

In order to place updated support group information on their website, volunteers are calling and emailing organizations and people who were listed in the last edition of the Resource Guide or who may want their group listed on the MBCC website. Please let MBCC know if you want to be listed as a support group resource on the MBCC website or if you wish to update your information.