

*Caring Connections, a cooperative health program of the Bangor Y & Eastern Maine Medical Center, is supported by the fundraising activities of Healthcare Charities.*



November/December 2009

A Breast Health/Breast Cancer Publication

**Volume 13 Issue 6**

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  
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**Caring Connections  
Calendar**

**Several of us are attending  
Blues for the Cure**  
Jeff's Catering, Brewer  
Friday, October 23rd

**Bone Health Info &  
Discussion Group**  
Thurs., October 29th, 10 a.m.  
Thurs., November 19th, 10 am

**Caring Connections  
Support Group  
Holiday Luncheon**  
**Wednesday, December 2nd,  
12 noon - 2 p.m.**

**Caring Connections  
Support Group ~ Bangor  
Holiday Break ~ No Meetings**  
Wednesday, November 25th  
Wednesday, December 23rd  
Wednesday, December 30th

**Caring Connections Support Group**

*Holiday Luncheon*

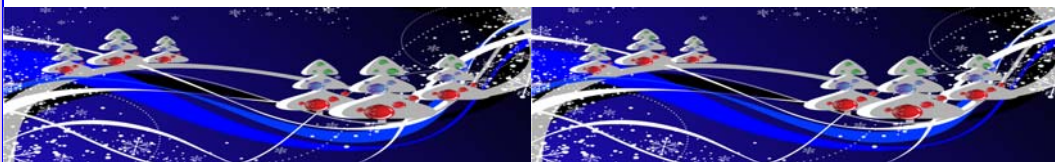
*Wednesday, December 2nd, 2009*

*11:30 a.m. ~ 2:00 p.m.*

*As a member or facilitator of one of our support groups, you are cordially invited to attend our Holiday Luncheon at the Isaac Farrar Mansion at the Bangor Y on Second Street. Many of our attendees will be bringing their favorite holiday food or beverage to share during this joyous gathering.*

*We ask that you RSVP as soon as possible, and let us know if you will be bringing a food or beverage contribution. We will be pleased to accept a monetary donation if that would be your preference.*

**Contact Caring Connections at 941.2808 x 337 or 338, or at: careconn@BangorY.org**



**Caring Connections Retreat 2009**

**For Breast Cancer Survivors**

Saturday, September 12<sup>th</sup> – Sunday, September 13<sup>th</sup>

Camp Jordan at Branch Lake - Ellsworth

*Our Retreat was attended by more than 45 women again this year, and the new “full-weekend” schedule was received positively by all. Requests are already in for the zip line (a ropes course), more s’mores, pedicures & manicures, Reiki and Massage sessions, and a scavenger hunt.*

*We’ll see what blossoms in next year’s agenda!*

*The Retreat dates for 2010 are September 11th and September 12th.*

## 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.

### Race for the Cure



Sunday, September 20th Bangor Waterfront

*Caring Connections Energizers were the largest community team with 138 members. The Energizers earned over \$10,000 this year for Race for the Cure.*

*Race for the Cure earned over \$320,000—the largest amount in the history of Race for the Cure in Bangor, Maine*

*Thank you to all of our members, those who donated, and those who participated in this event. We hope you will join us again in 2010 on Sunday, September 19th.*

## 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 oftentimes 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.

### **October Meeting** Topic: **Staying in Balance ~ Preventing Falls & Fractures**

Presenters: **Carol Higgins Taylor of the Eastern Agency on Aging** and  
**Kevin Dunton, Assist. Director of Fitness, Bangor Y**

Date: **Thursday, October 29th, 10 a.m.** Location: **Isaac Farrar Mansion, Bangor Y**

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### **November Meeting** Topic: **Bone Builders classes ~ What Bone Builders is all about!**

Presenter: **Louise Bonawitz**

Date: **Thursday, November 19th, 10 a.m.** Location: **Isaac Farrar Mansion, Bangor Y**

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A calcium-rich snack will be offered during each meeting. If you enjoy the snack, you can take the recipe home for future use. Space around the table is limited, so **RSVP to save a seat for yourself, PLEASE!**

### **Tamoxifen & Antidepressants**

The publication, CURE, recently raised this question: "Do certain antidepressants reduce the effectiveness of tamoxifen?"

A recent study suggested that women taking certain SSRIs—antidepressants—while taking tamoxifen has a higher risk of relapses from breast cancer than those who took just the tamoxifen. The theory is that some antidepressants inhibit CYP2D6, an enzyme that changes tamoxifen into its active form that can fight cancer. It's felt that if the enzyme is blocked then tamoxifen cannot be as effective. In the U.S. antidepressants are sometimes used to diminish menopausal symptoms, such as hot flashes, in breast cancer patients. The weakest of the CYP2D6 inhibitors are Effexor, Lexapro and Celexa. The strong inhibitors are Paxil, Prozac and Wellbutrin. This sounds like an interesting topic to discuss with your medical oncologist if these medications apply to you.



# Caring Connections

## 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  
2<sup>nd</sup> 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: 2<sup>nd</sup> 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 Marie Ernst at 924-3524 or Robyn Simmons at 564-7071 for information about this active group in the Dover-Foxcroft area.

**Ellsworth:** The daytime group meets on the **4<sup>th</sup> 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 664-5472 to leave a message for Genie.

**Houlton:** Janet Vose at 532-5969. Email Janet at: [jvose@houltonregional.org](mailto: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 2<sup>nd</sup> 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.

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*“Clutter is what silts up exactly like silt in a flowing stream when the current, the free flow of the mind, is held up by an obstruction.” May Sarton*

*Recovery is like a dredge clearing a silted stream.*

## BLUES FOR THE CURE

JOIN US FOR SOME GREAT LIVE MUSIC, DANCING AND FUN!

Friday, October 23rd, 2009 from 8:00 p.m. to midnight

Jeff's Catering in Brewer

Tickets are \$12.00 each

Tickets are on sale at Marc's Music in Brewer & will be sold at the door



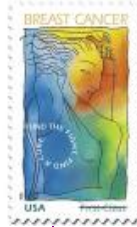
## More about the Stamp pictured to the right of this article . . .

*Did you know?*

*The stamp depicts Diana, the huntress and goddess of fertility, reaching behind her head to pull an arrow from her quiver to fend off an enemy, in this case, breast cancer.*

*The Breast Cancer Research semi-postal was issued on July 23, 1998, at a first day ceremony held in the White House. **It was the first semi-postal in U.S. history.***

*By law, 70% of the net amount raised is given to the National Institutes of Health and 30% is given to the Medical Research Program at the Dept. of Defense.*



## Breast Cancer Research Stamp

**Please purchase it !**

**Raise Research Funds !**

**Please use it ! Raise awareness !**

Over 952 million stamps have been sold since 1998 and \$65.5 million has been raised through sales of the breast cancer research semi-postal stamp. Please use it on your mail to family and friends. Gift stamps to seniors and those with a meager or set income for birthdays or holidays this year. They'll be pleased with your thoughtfulness and insight.

**Sale of the stamp is extended to 2011.**

## A Reminder!

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)

## Rings Bracelets Earrings Pins

We have many pink ribbon jewelry, magnets and other related 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, December 7th, 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 August 3rd or October 5th.**



## CancerCare of Maine offers Support Groups

### **An Open Support Group for individuals with cancer and their adult support partners.**

The group meets on Wednesdays from 10:30 a.m. to noon at CancerCare of Maine. Linda Murphy is the facilitator. Contact Linda at 973-7486.

## **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

*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.