

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



July/August 2009

A Breast Health/Breast Cancer Publication

~ It's Summer Picnic Time ~

Volume 13 Issue 4

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Caring Connections

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**Caring Connections  
Summer Calendar**

The annual **Summer Picnic**  
July 15th – Noon - 2:30 at  
Maureen Greene's house (by  
the lake) in Newport

**BEACH to BEACH**  
**Swim for Breast Cancer**  
Sunday, August 9th  
Jenkins Beach, Green Lake  
in Dedham

**Hot Times . . . Sweet Life!**  
Breast Cancer Survivor  
Retreat  
September 12 & 13  
Camp Jordan, Branch Lake

**Caring Connections  
ENERGIZERS**  
Your *Race for the Cure* Team  
Sunday, September 20th  
Bangor Waterfront

**Summer Picnic at Maureen & Paul's home**

**by Sebasticook Lake ~ July 15th ~ from 12n - 2:30 p.m.**

You are invited to attend our summertime gathering. You'll be served a savory grilled lunch, you'll be with great company, and you'll experience many moments of true relaxation. Bring your camp chair (if you have one).

We'll provide plastic/paper goods & utensils, chicken breast fillets, asiago & spinach chicken sausage, and seafood, along with fresh corn and baked beans. We'll present a unique & tasty array of breads and condiments, and we'll supply the beverages and ice. Party-goers who wish to contribute should bring an appetizer, a salad, or a dessert.

Please **RSVP** to reserve a comfy area under a tree. Tell us what you can bring (if it's your turn to contribute) and if you need transportation or are able to provide transportation. Call or email: 941-2808 x337 or careconn@BangorY.org

**TRAVEL DIRECTIONS:** Take I-95 to Newport—exit 157 and take a right off the exit.. Pass McDonald's and the Irving station and continue straight through the traffic light to Route 7 north - Moosehead Trail. Shortly after Newport Ford on the right is the Camp Benson Road also on the right. Take that road and travel about 1/3 mile to Hemlock Road, another right. The first house is the Greene's. Park in the field area on either side of the driveway. Maureen's phone# is: 368-4026.

Please join us for the annual **BEACH to BEACH Swim for Breast Cancer** on Sunday, August 9, 2009 at Jenkins Beach on Green Lake in Dedham. This event benefits Caring Connections, our cooperative women's health program of the Bangor Y and Eastern Maine Medical Center. Caring Connections is privately funded through philanthropic dollars raised by Healthcare Charities, and with grants and donations, and all financial support stays in our local communities to benefit women in need. This program provides no-cost breast and cervical health screening and diagnostic testing as well as support groups for women with breast cancer.



If you think you would like to join us as a swimmer, a safety kayaker, or a person helping out at the beach on the day of the event, please contact us at 941-2808 or by emailing us at: careconn@BangorY.org.

If you can't attend, but would like to donate, please send your donation to: Healthcare Charities, Attn: BEACH to BEACH, P.O. Box 931, Bangor, ME 04402-0931

## Caring Connections

**Breast Cancer Support Groups** ~ The Bangor daytime group that meets in the parlor of the Isaac Farrar Mansion continues its sessions on the 2nd and 4th Wednesday of the month—its' summer schedule.

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 is the name of our team, and we are planning on having the largest community team and earning the most money of any community team. Please join us! It's easy! Go to [www.komenmaine.com](http://www.komenmaine.com) and register as a team member*

### Caring Connections Energizers

*Call us at 941-2808 for more information*

*or go to the Caring Connections page*

*at [www.BangorY.org](http://www.BangorY.org)*

*the Bangor Y's website*



### Pink Tulips

Remembrance

Memories

of Survivors standing together

A garden of many symbolizing  
the strength of a group

Vibrant color promises hope  
and continuance of life

Blossoms gently touching  
each other by the wind

Blessed to have been touched  
by other Survivors come to mind

Some petals end up dried  
between the pages of a book

Remembrance

Memories

when in times we look

Even with the death of the blooms  
comes enrichment of the soil

Just as survivors live on

in the footprints left by those who toil  
A short time to enjoy

But

Remembrance

Memories

Forever....

by Breast Cancer Survivor  
Dixie-Lea Thayer

## RETREAT ~ Hot Times . . . Sweet Life!



### for Breast Cancer Survivors only



*Saturday, September 12th ~ 9 a.m.  
to Sunday, September 13th ~ 3 p.m.*

*Saturday ~ the "Welcome" Lunch ~ gifts, prizes, craft-making,  
~ kayaking, swimming, & maybe a ropes course*

*~ the Pot Luck Café ~ appetizers and dinner w/ dancing & a band  
~ tunes & stories by the campfire*

*Sunday ~ start the day with a mini-service of worship ~ new sessions/workshops  
~ yoga with Sheila ~ maybe a ropes adventure course*

*~ woods walk w/ Terri ~ a session w/ Ro  
~ Reiki ~ Massage ~ and many other activities*

*~ Raffles throughout the day and evening ~ lots of new and old friends to meet and enjoy*



**Participate in the Hot Times! Kick Back & Enjoy the Sweet Life! It's your Retreat!**

# 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 1½ 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 daytime group is currently in its summer meeting schedule - - with meetings on the 2nd & 4th Wednesday of the month in July & August.**

**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 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 **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 664-5472 to leave a message for Genie.

**Houlton:** No set meeting time, but Reta Hatfield remains available to assist women diagnosed with breast cancer. Contact Reta at 532-6987 or contact 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 2nd Thursday of the month at 9 a.m. at Millinocket Regional Hospital in the Multi-purpose Room.

**Pittsfield:** Contact Beth Bacon at 487-5141 x 479 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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“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.” James Dent, humorist

Bone Health Information & Discussion Group

The Bone Health group meets monthly. There is usually a speaker with a related topic of interest, a calcium-rich food tasting and recipe, along with a discussion. The group usually meets on a Thursday at 10 a.m., but this can vary depending on the speaker's schedule.

You can call 941-2808 x 338 or email us at careconn@BangorY.org to have your name added to the notice list. We will email or (regular) mail our meeting notice to you every month so you'll know the topic and the presenter for each session.

Location: Isaac Farrar Mansion, Bangor Y, 17 Second Street. Use back, open porch entry.



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

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

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, August 3rd & October 5th, 2009 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

Just a Thought

***A powerful woman gives to herself
as much as she gives of herself.***

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



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 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.