

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



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**Breast Cancer support group (Bangor) calendar**

Wednesday, May 13th has been chosen as a Memorial & Life Celebration Day for our breast cancer support groups.

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

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Bone Health

Do you know what your T-score is? Attend "**Fit 2 a T**" ~ and learn about "your numbers and what they mean."

This is a bone health info & discussion session for people who are 40 through 69 yrs old. Elizabeth Duke, F.N.P., is presenting - at the Bangor Y on Hammond St., Thurs., May 14th, 5:30-7:30p.m.

Summer Time ~ Summer Time

April Showers are bringing May flowers, and we are so excited to feel the sun's warmth that we are already thinking of our summer schedule for our Wednesday 12:30 p.m. support group.

The Wednesday afternoon 12:30 p.m. Caring Connections Support Group for gals diagnosed with breast cancer begins its Summer Schedule after Memorial Day and maintains that schedule for meetings through Labor Day. **This means that between the two holidays the group meets only on the 2nd and the 4th Wednesday of the month.** Meetings are held at the Isaac Farrar Mansion at the 2nd St. Bangor Y.

The Tuesday, 5:30 p.m. group continues its monthly schedule of meetings on the 2nd Tuesday of each month. Call or email us for more information.

The Bangor Y's Spring Fair 2009 ~ Thank you!

We thank all who visited our Sweet Tooth Café or purchased books at our Gently-Used Book Sale, or placed a bid at our Mini-Silent Auction. Because of you and your generosity our earnings will keep our operational budget healthy—and we know it could not have happened without you — the faithful customers, volunteers and friends of Caring Connections. Neither could we succeed without the dessert and snack donations, the hundreds of books, or those wonderful auction items.

We appreciate all your do to support Caring Connections and the Bangor Y's Spring Fair!

Thank you so much, *Ro* and *Robin*

Of Interest ~ Dates to Remember



Living w/ Cancer Conference, Wednesday, May 6th in Augusta. To register, call 1/800-464-3102, press 3, or email: Maine LWCC@cancer.org

Thursday, May 7th, 3 - 7 p.m., Cancer Support Center of Maine, Open House - celebrating new office and non-profit status. 147 Main St., Bucksport. Call 469-6363.

Wednesday, May 13th, 12:30 p.m. ~ Breast Cancer Support Group ~ Pink Tulip Memorial & Life Celebration ~ Bangor Y, Second St., **RSVP: 941-2808**

Caring Connections

Breast Cancer Support Groups ~ A Special Event ~ Please join us at our Pink Tulip Memorial on Wednesday, May 13th near the Pink Tulip garden at the Bangor Y on Second Street. We are dedicating time to remember the women we have lost and to celebrate their lives and ours as well. Share photos or make a poster about the woman or women you would like to celebrate. Bring a poem or brief story that reminds you of a moment or event surrounding that special person. Bring memories - and don't forget to share with us some of the many comical or fun times experienced with those whose lives we celebrate. Join us for beverages, pastries and conversation following this memorial and life celebration.

Summer Picnic at Maureen's

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

You are invited to attend our summertime gathering. Join us for a savory grilled lunch, great company and true relaxation. Bring your swim suit/water shoes if you wish (rocky shoreline) and your camp chair (if you have one).

We'll provide plastic/paper goods & utensils, chicken breast fillets, asiago chicken sausages and lean ground beef, along with fresh corn on the cob and baked beans. We'll dream up a unique & tasty array of sandwich fixings and condiments, and we'll bring the rolls, beverages and ice. Party-goers who wish to contribute should bring an appetizer, a salad, or a dessert. **Pls. RSVP** to reserve a comfy area under a tree. Tell us what you can bring (if it's your turn to donate) and if you need transportation.



This revolutionary initiative has two key goals:

-To recruit one million healthy women of every age and ethnicity, including breast cancer survivors and women at high-risk for the disease, to partner with breast cancer researchers and directly participate in the research that will eradicate breast cancer.

-To challenge the scientific community to expand its current focus to include breast cancer prevention research conducted on healthy women.

Please visit & join:
www.armyofwomen.org

Maine Breast Cancer License Plates

You can purchase a **Maine Breast Cancer License Plate**, and help support breast cancer education, research and patient services. 100% of proceeds stay in Maine. (Plates are available from Bureau of Motor Vehicles (BMV) branch offices & many town offices.) The Breast Cancer plate costs \$20.00 for the first year and \$15.00 for renewals. Vanity plates (up to six characters) are available for an additional charge. Please visit the vanity plate website at www.sosonline.org for more information.



There are over 4,000 plates on the road. The annual minimum needed for the program to be sustained by the State is 4,000. After two years, if the plate total drops below 4,000 for a sustained period, the State can stop producing the plate. So, it's important to encourage people to purchase and keep their Pink Plates.

The Maine Breast Cancer Fund receives \$9.00 from each purchase and renewal fee. This money is donated to the following organizations: the Maine Breast & Cervical Health Program, the Maine Cancer Foundation, and the Maine Breast Cancer Coalition. What a great way to support nonprofits that help people in Maine with breast health and breast cancer needs. For additional registration information, call (207) 624-9000 ext. 52149 or visit: www.Maine.gov/sos/bmv/registrations or email Registrations@Maine.gov

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: 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.

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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*“Peace is not an absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence, justice.”*  
 Benedict Spinoza, *Theological-Political Treatise* (1670)

## 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.

Location: Isaac Farrar Mansion, Bangor Y, 17 Second Street

**May 14th, 5:30—7:30 p.m. ~ Fit to a T ~** a program developed in response to the Surgeon General’s Report on Bone Health. This session targets people in their 40’s, 50’s and 60’s before they have a bone fracture. Speaker: Elizabeth Duke, FNP

**June 25th, 10:00 a.m.– Extended Care Planning** Speaker: Martha Bankston from Bankston Extended Care Planning.

If you are not on the mailing list but would like to receive a card monthly about bone health meetings, call or email Caring Connections at **941-2808**, or [careconn@BangorY.org](mailto:careconn@BangorY.org)



## Beth C. Wright Cancer Resource Center

The Beth C. Wright Cancer Resource Center is located in Ellsworth. The Center, at 3 High St., offers education, support and hope to anyone coping with cancer. Call 664-0339 for information about special events.

Lymphedema Support Group – meets on the last Tuesday of each month. Marie France Browning leads the group. For more information, call Marie France at 664-5472.

Caring Connections support group for women with breast cancer meets at the Beth C. Wright Cancer Resource Center. This daytime group meets on the 4<sup>th</sup> Friday of the month from 12 – 1:00 p.m.



## Breast Cancer Research Stamp

**Please purchase it !  
Raise Research Funds !  
Please use it ! Raise awareness !**

Over 950 million stamps have been sold since 1998 and \$65 million has been raised for breast cancer research 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 the 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, June 1, 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 June 1st or August 3rd**



## 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*

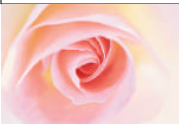
*If you have insurance that does not fully cover your mammogram or Pap test*

*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.