

Fall 2014

CancerWellnessConnections.org

2014 Ovarian & Gynecologic Cancer Awareness 5K Huge Success

The September 7, 2014 race morning was a gorgeous and sunny, early autumn day. The blue skies and comfortable Monroe Community College campus provided the backdrop for another successful Ovarian & Gynecologic Cancer 5K Race fundraiser for Cancer Wellness Connections. This year's race included over 1,300 participants. The festivities were kicked off by emcee News10WHEC anchor Rebecca LeClair and continued with speeches from County Executive Maggie Brooks and NYS Senator Joseph Robach, as CWC founders Eileen Grossman, Dr. Cynthia Angel, and Dr. Brent DuBeshter looked on.

The crowd of race participants, supporters, and race volunteers cheered for the top three fundraising teams as they were announced. Team "I'm So Ovary This," headed up by Catherine Klinkbeil, was the top fundraising team with over \$9,600 raised. "B's Team," led by Jack O'Connor, came in second

with over \$3,300 raised. "Jacque's Team" brought in over \$2,900 with captain Jacque Ater at the helm.

Board Chair Dr. Cynthia Angel says, "I can't put into words how appreciative the CWC leadership is of everyone who contributed to this event. The runners and walkers, their supporters, our race volunteers, our race sponsors, the elected officials present – to see it all come together is rewarding and inspiring." Adds Betsy Twohig-Barrett, president and executive director, "Not only does this race raise awareness of gynecologic cancers, but it is also the major annual fundraising event for

Cancer Wellness Connections. All funds go towards providing services for people who are receiving outpatient chemotherapy treatment in Rochester area hospitals. Most importantly, this day is an opportunity for families and friends to celebrate the lives of women impacted by these cancers. We want this to be THE tribute walk in the northeast region."

Thank you to all 24 teams and individual donors who helped us meet our fundraising goal and thank you to the race sponsors (see full listing on page 3) who make this event possible.



Save the Date!

8th Annual Ovarian & Gynecologic Cancer 5K

Sunday, September 13, 2015
Monroe Community College



5K Highest Fundraising Team Spotlight: I'm So Ovary This

Catherine Klinkbeil was diagnosed with ovarian cancer in August 2014. She began her treatments at the Highland Hospital infusion center and at her very first session was introduced to Cancer Wellness Connections. She was approached by a CWC personal trainer, who spent time talking about exercise and fitness with her during the infusion, and explained the services that CWC provides. Klinkbeil had the opportunity to take advantage of the *reiki* therapy also provided by CWC. Meanwhile, Klinkbeil's sister Michele Smits discovered CWC was soon holding its annual Ovarian & Gynecologic Cancers 5K fundraiser, and the two women knew right away they wanted to contribute.

Within one month's time, the sisters had established their team

– I'm So Ovary This – on CWC's Crowdrise fundraising webpage, and their friends and family jumped in to support Klinkbeil. Klinkbeil, a physical therapist employed by the Greece Central School District, reached out to her coworkers, Facebook friends, and email contacts to spread the word and invite them to sponsor her in the 5K via the Crowdrise portal. She says, "I was truly overwhelmed by the success of my fundraising. My husband's coworkers even contributed on Crowdrise. One of my close friends went so far as to offer a matching contribution to everyone who donated through her. The day of the race, I was amazed to have so many of my family members, friends, and coworkers with me to run and walk."

Understandably nervous at her first chemotherapy infusion, Klinkbeil left at the end feeling more positive and hopeful. The *reiki* therapist worked on relaxation techniques and taught Klinkbeil some breathing exercises to help her fall asleep at night. Klinkbeil says, "I want people to know that the Cancer Wellness Connections programs create a friendly, positive environment to receive chemo. They take a clinical experience and make it more tolerable. Staying positive through treatments is important for the healing process and emotional well being of the patient. I am grateful to be at a facility that offers these services."

President's Message - A Time of Thankfulness



This is the time of year where you cannot help but turn your thoughts to giving thanks. It's a time of reflection and looking back as another

year comes to a close. Right now, I am thankful for all of those people who participated in the 5K race in September – and thankful for all

of their friends and family who supported them through race sponsorship, personal donations, and being there the day of the race. I am in awe of the 24 teams who came together to raise funds and awareness for ovarian and gynecologic cancers. Please take a minute to review the list of teams printed in this newsletter – and you can even go to our website at cancerwellnessconnections.org and read the stories behind the teams and the women they honor. I want to give thanks to Dr. Cynthia Angel, Eileen Grossman, Dr. Brent

DuBeshter, the Cancer Wellness Connections board and advisory board, our care partners, our volunteers, donors, and food and race sponsors. It's such a team effort to do the work we do at Cancer Wellness Connections and the results are rewarding because we make a difference. What are you thankful for?

Betsy Twohig-Barrett is President & Executive Director of Cancer Wellness Connections.



2014 Race Sponsors

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Thank You to the 2014 5K Race Teams!

I'm So Ovary This!	2nd Annual Jackie Williams Walk	Linda's Lucky Charms
B's Team	for a Cure	Dream Jeanne
Jacque's Team	B.J.'s Boosters	Highland's Cruisin Infusion
Team Flower Power	Weckelman's Walkers - 7th Annual	HBO's Hot HooHa
Team KZ - We HOPE, We FIGHT, We BELIEVE!	Ovarian Cancer 5K	Team "Life Has Support"
Kreiser Krusaders	"P Power" ~ "Palmer Power"	Amy's Army
TEAM ANNETTE	Susan Strong - Bring it On	TEAM BRITTANY
Carol's Warriors	Ferni's Family and Friends - Ovarian	Remembering Dotty
	Cancer Race	Team Cheri
		Team Erin

Handling the Stress of the Holidays

By Michelle Kettinger, LMSW • Oncology Social Worker, Strong Infusion Center at Highland Hospital

The holiday season can be a stressful time for the average person, but when you add to that the many demands of treatment and cancer fatigue, the holidays can very easily become overwhelming. Here are a few tips to help you celebrate and enjoy whichever holidays are important to you.

- Choose ahead of time what holiday traditions are most important to you and put your time and energy towards those. Let friends and family know what things you will and won't be doing this year.
- Be an innovative shopper. Forego the hours of crowded mall shopping and instead give gift cards along with the sharing of your thoughts and feelings. Write a short note or make a phone call to let others know that you are thinking about them.
- Create a new holiday tradition or modify your usual holiday activities.
- Be ready to say "Yes" or "No" without the need to explain yourself further or feel guilty.
- Acknowledge your feelings. Don't give yourself a hard time for having a hard time. It's OK to take time to cry, feel angry, or feel sad. You can't force yourself to be happy and positive all the time just because it's the holiday season. Talk over these feelings with a loved one, friend, or professional counselor.
- Be realistic. The holidays don't have to be perfect or "just like last year." As families change and grow, traditions and rituals change as well. Remember the reason for the season when you begin to become stressed and adjust accordingly.



Say Thank You To Our 2014 Food Sponsors, Reduce Holiday Stress

We couldn't do what we do without the generous and tasty food donations from the following food and dining establishments. Many of these places have take out and catering options available. Consider patronizing one of our donors to make life a little easier at this time of year. Instead of preparing a dinner at home, or cooking for a party, treat yourself to a delicious meal that's prepared for you. Save your time and energy at this busy time of year while saying thank you to our generous sponsors:

Balsam Bagels

288 Winton Road North
Rochester, NY 14610
www.balsambagels.com
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1862 Monroe Avenue
Rochester, NY 14618
(585) 442-2770

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Rochester, NY 14620
www.brueggers.com
(585) 442-4860

Caraglio's Pizza

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Rochester, NY 14616
www.caragliospizza.com
(585) 663-8390

Edibles Restaurant & Bar

704 University Ave
Rochester, NY 14607
www.ediblesrochester.com
(585) 271-4910

Fox's Deli

3450 Winton Place # 15
Rochester, NY 14623
www.foxsdeli.com
(585) 427-8200

Fruit & Salad Company

680 Pittsford-Victor Road
Pittsford, NY 14534
www.fruitandsaladco.com
(585) 586-7280

Genesee Bakery & Deli

1677 Mt. Hope Avenue
Rochester, NY 14620
www.geneseebakeryanddeli.com
(585) 244-5360

Geulah's Kosher Café

1200 Edgewood Avenue
Rochester, NY 14618
www.jccrochester.org
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Village Bakery & Café

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www.villagebakeries.com
(585) 203-1311

Sweet Potato, Chipotle Pepper, and Kidney Bean Chili

Submitted by Joan Vezelis, Certified Health Coach

Here is a tried and true recipe packed full of nutrients and perfect for fall and winter!

Ingredients

1 tablespoon olive oil
1 tablespoon chili powder
1 1/2 cups water
1 teaspoon ground coriander
1 teaspoon sea salt
1 medium red bell pepper
1 tablespoon canned chipotle peppers, or 1/4 teaspoon cayenne
1 medium sized onion, diced
1 large clove garlic, minced

1 1/2 lbs sweet potatoes, peeled
2 cups kidney beans
1 teaspoon ground cumin
2 medium tomatoes, diced

Method

Heat the oil in a large skillet over medium heat. Add the onion, bell pepper, and garlic. Cover and cook until softened. Stir in the chili powder and other spices, and cook for 30 seconds. Add

the sweet potatoes and stir to coat with spices. Transfer the mixture to a saucepan. Add the tomatoes, beans, and water. Season with salt. Cover and cook for 45 minutes over medium-high heat. When ready to serve, stir in the chipotle peppers or cayenne pepper. Adjust seasoning to taste. For added protein, bake two chicken breasts and add it to the chili, or serve on the side.



St. John Fisher College Students Volunteer at Better Day Buddies

This past semester, Better Day Buddies has been the volunteer site location for three First Generation Scholar students from St. John Fisher College: Lindsay Manioci, Michelle Hopkins, and Tyler Doupe.

Lindsay Manioci is a senior nursing major from Webster. After graduation she would like to work as a registered nurse at UPMC Strong Memorial Hospital. Manioci has been engaging the children in crafts and helping the children socialize and foster relationships with each other. She says she has learned that, "the littlest things can make someone's day." The children are inspiring for her and she notices how they are appreciative for what BDB volunteers do and why they are there, and that this is very rewarding. Says Manioci, "The diversionary treatment is important. The stress that kids experience while going through treatment can make it hard to stay motivated and to focus on the positive. That's what we're there for—to keep them going."

Michelle Hopkins, a native of Syracuse, is also a senior nursing

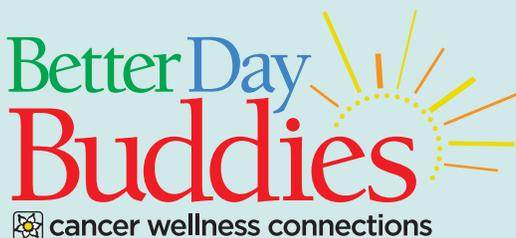
major. Her career goals include working as an RN in Rochester or Syracuse and to become a travel nurse. Hopkins says that volunteering at BDB has reinforced for her the idea of patient resilience, especially in children. Herself a cancer survivor, Hopkins likes coming into the center and distracting the kids through play and serving pizza lunch. She recommends diversionary treatment like BDB because it, "takes care of one's psyche and lessens stress."

Tyler Doupe, a biology major from Phoenix, New York is in his junior year. After graduating he plans to attend medical school to become a pediatrician. He enjoys his volunteer role in caring for and bolstering the spirits of the children receiving infusion treatments, but has also learned a great deal from observing the physicians who work with the children. Says Doupe, "The hospital recognizes that the children endure heavy treatments and they know that half the battle in treating any illness is having a positive attitude. I think the BDB

program is the ideal approach." He likes teaching the kids new things while hanging out and learning from the physicians interacting with their patients.

Sally Vaughan, Director of Community Service at St. John Fisher College shared, "Since 2008, seven first generation scholars and one service scholar have volunteered with Better Day Buddies at Strong Memorial Hospital. Making a difference in a child's life during difficult times interested those biology, nursing, and an education majors, so they were eager to help. What the scholar volunteers didn't realize was how much they would learn from the children about hope and happiness and gratefulness."

Better Day Buddies Program Coordinator Elizabeth Tyler says, "I need to give a lot of credit to Sally Vaughan. Michelle, Lindsay, and Tyler are committed and compassionate in their connection with the children in the treatment center. They are bright sparks of light and I am so appreciative of their time and involvement in the Better Day Buddies Program."



Better Day Buddies Update

We are pleased to announce that the massage therapy offered to parents and caregivers of pediatric infusion patients at the Golisano Children's Hospital will now be available five days a week. Previously offered three days a week, massage therapy is now a Better Day Buddies benefit Monday through

Friday. CWC's partner massage therapists Jane DiBiase and Ginny Weisel are available to parents and caregivers waiting for a pediatric infusion patient to complete treatment. Make sure that you get yourself a cup of coffee and take advantage of this respite service.



The Difference CWC Volunteers Make

If you had any doubt about what our volunteers mean to us at Cancer Wellness Connections, or to the patients in treatment receiving our services, Diane Kron wants to remove that doubt. Kron is the Administrative Clinical Leader at the Lipson Cancer Center. She explains, "Our patients benefit from CWC services provided at our site. They enjoy the nourishment donated by area restaurants. Patients love the *reiki* therapy and appreciate having this service available to them. Our own staff often will recommend an anxious patient to the *reiki* therapist as this type of therapy is very calming and is

shown to relax patients during those difficult times. Cancer Wellness Connections volunteers and care partners are reliable, non-intrusive, and respectful of both patients and Lipson staff. Their time and service are greatly appreciated by all." Kron gives kudos to CWC Volunteer Coordinator Rachel Rosen Simpson specifically who is often there helping to pass out refreshments and brings comfort to the patients with her relaxed, conversational approach. [Learn more about Rachel Rosen Simpson below.]

One family receiving Better Day Buddies services expressed to Elizabeth Tyler, Program

Coordinator for Better Day Buddies, "Thank you so much for everything you do to make our daughter's day better. She wanted to thank you all for the many treat and craft bags, pizza and cookies you have provided her. You rock!" A patient at the Highland Hospital Infusion Center wrote in to the CWC board to share, "Your staff and the staff at Highland are amazing and cheerful. Thank you for such a positive experience during this very difficult time."

You can make a difference, too. To volunteer, contact Betsy Twohig Barrett at bbarrett@cwconnections.org or **585-469-5727**.

Introducing Rachel Rosen Simpson, Volunteer Coordinator



Rachel Rosen Simpson was first introduced to Cancer Wellness Connections through the illness of a family member. Even though she was still in school working on her degree, she began volunteering intermittently with the Highland Hospital Infusion Clinic. By the time she earned her degree, she was also volunteering in other local infusion centers. In 2013,

she officially became the volunteer coordinator at Cancer Wellness Connections.

If you are considering becoming a volunteer with CWC, you will likely do volunteer intake with Rosen Simpson. With new volunteers she says, "We talk about what they feel they'd like to contribute, and which location(s) they'd like to visit regularly. Together we visit the facility and take a tour." Rosen Simpson also works with volunteers on the process for volunteer clearance and fulfilling volunteer training requirements. When she talks with people about becoming a CWC volunteer she says, "I emphasize that feeling comfortable is a necessity in order to help ease the stress and improve the wellbeing of those we serve. I also share how helping others – even by just offering an ear to listen – can

make an enormous difference to all involved."

Rosen Simpson describes Cancer Wellness Connections volunteers as "the most generous volunteers around." She says, "Working with a group of such caring and helpful people every day is an absolute joy. Our organization is truly blessed to have attracted such an extraordinary community of people and I am grateful to be a part of it."

If you are interested in volunteering with Cancer Wellness Connections, please contact President & Executive Director Betsy Twohig-Barrett at **585-469-5727** or bbarrett@cwconnections.org.



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Rochester, NY 14618

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