



FALL/WINTER 2015

NO ONE should face breast cancer alone.

From The **Board President**



This is my last note as President for an issue of *in the* **LOOP**. It's been a wonderful three years — both challenging and exciting — and most especially a privilege to work with others on our Foundation board and all volunteers.

To know and volunteer alongside everyone who has a passion for our vision and to see that we are indeed helping more and more

 $underserved\ populations\ annually\ is\ very\ fulfilling. For\ we\ all\ believe$

No one should face breast cancer alone.

Added to our wonderful volunteers are those generous supporters who give monetarily and in-kind, all toward helping To Celebrate Life grant funds to provide emergency and direct services to those who would otherwise not have treatment.

May I take this opportunity to thank all with whom I've worked — you all give so gracefully of your time and talents, and your support of the officers of this Foundation is without equal. We are grateful beyond measure!

Carrying the torch on into the next year will be Jane Pallas, President, and Shari Dagg, Vice President — two extremely skilled and passionate women who will take To Celebrate Life into the future! They have my full support and know that they have yours as well!

Wishing you a blessed holiday, and a healthy New Year!

Jeanne Capurro, President Board of Directors



Join Our Facebook Community

As we Celebrate our **20 Year milestone**, help us reach our **500 milestone** – Like Us on Facebook!

To Celebrate Life Breast Cancer Foundation gratefully acknowledges our **Major Partners and Donors**.

SAVE THE DATE!

VOLUNTEER KICKOFF

TUESDAY, FEBRUARY 16, 2016

6:00-8:00 PM

Acqua Hotel – Mill Valley

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To Celebrate Life Breast Cancer Foundation raises funds to help underserved people in the Bay Area dealing with beast cancer.

Please **View** the many different ways you can be a part of our mission this year! We invite you to partner with us as a donor. **Donor Opportunities**



20th Anniversary **STEPPING OUT** – An Evening of Enchantment

September 26, 2015 – our outstanding Décor Team transformed the Marin Civic Center Exhibit Hall into a magical garden setting, reminding us of the first Stepping Out that took place in a Kentfield garden 20 years ago. Over 500 people joined together to celebrate this year's class of survivor models and our medical community, as local doctors escorted the models down the runway in our annually celebrated fashion show.

The 2015 survivor models, with the help of 274 donors, raised almost \$18,000 in our Sponsor A Model program — much needed funding that will enhance our grants in Spring of 2016 — To Celebrate Life's 20th grant cycle.



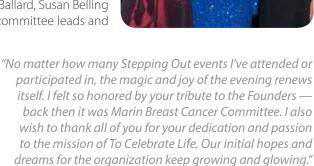
We honored our founders (four of them pictured left) who 20 years ago had a vision to give back to those suffering with breast cancer, and we again take this opportunity to thank them for the genesis that is now Stepping Out To Celebrate Life. Because of their vision, we have granted \$4.25 million in the last

19 years to underserved people dealing with breast health issues.

Dancing to the music of The Fundamentals, silent and live auctions, a record breaking Fund A Need drive and dinner catered by McCalls, all together made the evening truly exciting as we celebrated 20 years of helping

fund emergency and direct services, raising over \$300,000 for underserved populations throughout the San Francisco Bay Area.

Special thanks go to the Stepping Out Executive Committee – Julie Ballard, Susan Belling and Maureen Plumstead, (pictured right) who together with their committee leads and many volunteers created a memorable evening.



Maria Edelstein Founding member — To Celebrate Life Breast Cancer Foundation



"What a truly spectacular evening. Being an "original" of such an incredible organization, and watching the ongoing success, provides me with a wonderful feeling. However, it is all of you who have kept the Foundation going and growing. I thank all of you once again. What amazing, caring and successful people you are. I have several friends who now wish to volunteer and I am going to return and join them."

Bonnie Sauter

Founding member — To Celebrate Life Breast Cancer Foundation











Face of the Foundation – Kristen Bennett



Kristen's history with To Celebrate Life goes back almost to our beginnings. She first volunteered in 1998, and then modeled in 1999.

From model mom to board member

Kristen served as model mom for three years. She and her team introduced some innovations that are still part of our Stepping Out program: the model luncheon and video interviews.

"The reason I wanted to be model mom was because I'd been through it and I knew that in the beginning you're scared, you don't feel good about yourself, but being in the show can do wonders for your self-esteem. I wanted to help other breast cancer survivors have the same uplifting experience I had," says Kristen.

In 2001, she co-chaired Stepping Out along with Gail Womack and Teri Dowling. "Holding this position gave me great respect for how much work goes into coordinating all of the pieces of the puzzle that finally come together to produce a moving evening of celebration," she says.

This year, Kristen co-chaired the committee that planned the 20th anniversary model reunion. The luncheon was attended by 145 guests including models from 1996 to 2014, breast cancer physician-escorts and past and present board members. "I was over the moon about the response," she says, citing the sisterhood felt among the former models.

Since joining the board in June, Kristen has gained a new perspective.

Focused on the Grants Committee

"Being involved at this level has expanded my appreciation of what we do... it's expanded my heart and how I see the world," she says. While driving home from a day of grantee site visits she realized that "we are in such a bubble. Among the populations our grantees serve, there are many who don't speak English and don't know how to navigate the system. I feel good knowing we're helping those who are not so blessed."

A peek into her crystal ball

When asked what she sees for the future of the Foundation, Kristen flashed her beautiful smile: "I would like to see us go big-time...expand our reach...maybe go national, and partner with other organizations!"

"Among the populations our grantees serve, there are many who don't speak English and don't know how to navigate the system. I feel good knowing we're helping those who are not so blessed."

Just Say YES! — Become a To Celebrate Life Volunteer

Volunteers are the core of our organization and we're always looking for people to join our Foundation family. Whatever your talent, skills and interests, there are so many opportunities and ways you can contribute and help make a difference. Volunteering is fun and so rewarding!

READ more about how you can make a difference and **Just Say YES!**

Sign up by filling out our **Volunteer** form or **Contact us** for more information.

Our WISH LIST

Do you have skills in these areas?

- Event planning/ production
- Fundraising
- Auction/raffle soliciting
- Videography/ video-editing
- General Foundation administration
- Database skills
- Community relations
- Marketing/ communications
- Graphic design
- Project management

How Your **DOLLARS HELP**

BREAST CANCER EMERGENCY FUND — a 2015 Grantee

ince 2001, Breast Cancer Emergency Fund (BCEF) has been dedicated to providing emergency financial assistance to low-income women and men battling breast cancer. BCEF helps people in San Francisco, San Mateo and Santa Clara counties continue life-extending medical treatments, avoid utility shut-off, prevent eviction and maintain stable housing while they are on their cancer journey.

Here's how Sandra Nathan, Executive Director, explains it: "We do one simple thing — we help people in breast cancer treatment pay their bills when they're too sick to work." Sandra joined BCEF in September after stepping down from her role as Vice President of grants and loans at the Marin Community Foundation.

BCEF started as a program of the Aids Emergency Fund. Since then it has taken on a life of its own, and the organization is now a separate 501(c)(3). "We serve predominately low-income individuals in jobs that have minimal health care benefits. To them, a diagnosis of breast cancer can be physically and financially devastating," Sandra explains. "About half don't speak English and have to rely on a translator."

BCEF serves about 400 individuals and families each year, nearly all are referred by medical professionals and social

workers. The nonprofit also works closely with hospitals to catch patients early in the process, so they know help is available. Asked how the To Celebrate Life grant helps, Sandra shared that it is critical to have philanthropic support for organizations committed to safety net services. "To Celebrate Life has partnered with BCEF for 10 years, and it means the world to us to have funders who believe in us year in and out".

Lilani, a BCEF client story

At the time she was diagnosed, 37-year-old Lilani had a steady job with private health insurance and a supportive boyfriend who shouldered much of the financial burden. Still, she became stressed by the prospect of having to maintain her health insurance while on disability. She contacted BCEF, frantic that she could lose her coverage if it wasn't paid by the first of the next month.

BCEF expedited her application and mailed out payment for her past due health insurance premium the next day. BCEF also paid her cell phone bill and her PG&E bill for several months so that she wouldn't have to worry about utility shutoff in the midst of a devastating illness.

To Celebrate Life Breast Cancer Foundation is honored to support the good work of our long-time grantee, Breast Cancer Emergency Fund.



Sandra Nathan
Executive Director
Breast Cancer Emergency Fund

Help To Celebrate Life continue to **MAKE A DIFFERENCE** in someone's life.

DONATE TODAY!

"We do one simple thing — we help people in breast cancer treatment pay their bills when they're too sick to work."

Sandra Nathan Executive Director, Breast Cancer Emergency Fund

INSIGHTS – From our Medical Community*

New Mammography Guidelines — Bonnie Joe, MD, PhD

he American Cancer Society recently made a revision in their recommendations on when women should begin to receive screening mammograms for breast cancer. The new announcement suggests women of average risk for breast cancer begin to receive annual mammograms at age 45, rather than 40, and that after age 55, they should get a mammogram only every two years. Women with a family history of breast cancer, or who are otherwise at risk, should screen earlier and more often.

"Three-quarters of cancers discovered by mammography in women aged 40-49 were in women of no known risk, emphasizing how critical it is to begin screening early."

The ACS has been careful to leave their recommendations somewhat open, indicating that women who want to begin screening earlier or receive it annually should be allowed to do so. Still, these changes can be confusing. The question comes down to one important point: What screening schedule has the best outcome for the most patients?

It's clear from a number of studies that imaging annually beginning at age 40 saves the most women's lives. The American Cancer Society, the U. S. Preventative Services Task Force, and the American College of Radiology all agree on this point. These bodies also agree that beginning screening later and conducting it less often will reduce false-positive test results-- and that's a good goal, but not as important as saving lives.

A 2010 study published in the American Journal of Radiology concluded that 100,000 lives would be saved every decade if annual screening began at 40 and continued through age 84. A study I co-authored this year in the same publication concluded that three-quarters of cancers discovered

by mammography in women aged 40-49 were in women of no known risk, emphasizing how critical it is to begin screening early. Yes, the number of false-positive test results will be higher if we continue annual screening from age 40 onward. But a false-positive is not what most people would consider a major harm. In 10 percent of cases, a false-positive results in a second round of imaging; in 1-2 percent of cases, a needle biopsy is performed. These steps and the waiting that accompanies them can certainly be anxiety-producing for patients, but most American women would happily undergo that temporary worry to learn they definitively don't have cancer.

The bottom line is, choosing to screen later or less often will result in fewer false positives but at a cost of lives lost to breast cancer. Early detection is the key to saving lives.



Bonnie Joe, MD, PhD Professor Chief of Breast Imaging, UCSF

Marin Doctors Reject Mammography Guidelines of American Cancer Society

Several Marin doctors who treat women with breast cancer say they disagree with new guidelines on mammograms issued by the American Cancer Society. The doctors say the guidelines place concerns about the anxiety caused by false positive test results and costs associated with testing above saving lives.

READ the story which appeared in the 10-31-15 Marin Independent Journal.

^{*}This content reflects information from various members of the medical community and should not be used as medical advice, diagnosis or treatment. As always, you should consult with your healthcare provider about your specific health needs, questions or concerns.



TIDBITS

COMMUNITY EVENTS — Supporting To Celebrate Life

17th Annual Wine Women and Song









Harbor Point Charitable Foundation held it's highly anticipated annual Rock-N-Roll benefit October 17th at Marin JCC. Guests enjoyed an evening of amazing music and dancing, delicious buffet dinner, martini bar and silent auction. Local musicians including Susan Zelinsky, The Dolly Mamas and Lynn Asher performed songs by artists who have had breast cancer.

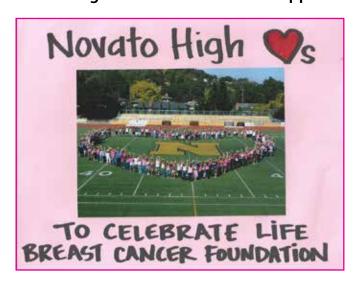
KFOG 104.5 FM host, Renee Richardson, was MC and auctioneer for a rousing Fund A Need benefiting To Celebrate Life and Zero Breast Cancer. Margie Torres, a 2015



Stepping Out model, shared her moving journey dealing with breast cancer.

Photography Contributors: Jerry Downs and Patty Spinks

Novato High School — "Coin War" Supports Foundation



Novato High School students held a 3-week "Coin War" in October which raised over \$4300! To Celebrate Life Breast Cancer Foundation gratefully thanks these students for their dedication and creative fundraising efforts. This will help many underserved people in our community who are struggling with breast cancer.

BRAVO and THANK YOU!!

On behalf of Novato High School, we'd like to donate this money to your amazing foundation. we appreciate your support for those in need!

In Memory



JO ANN SIMPSON

To Celebrate Life remembers our dear friend, Jo Ann Simpson, who lost her long battle with breast cancer. Jo Ann fulfilled the last item on her bucket list which was to walk down the Stepping Out runway September 26th.

The "amazing purple dress" she modeled in the Alice Becker scene inspired a beautiful outpouring of love and generosity which came full circle. Wanting Jo

Ann and her family to have this gorgeous dress as a special memory, volunteers and models collected donations after the event to purchase it. When learning of the intended gift, Alice Becker donated the dress and the funds collected were donated to the Foundation's Grants Program in Jo Ann's memory.

Jo Ann's courage and grace was an inspiration to her fellow Stepping Out models and To Celebrate Life volunteer family. Our deepest condolences to Jo Ann's family and friends.



Jo Ann Simpson in her "amazing purple Alice Becker dress" is escorted down the runway by her son, Michael Moncrief. Stepping Out To Celebrate Life — September 26, 2015

Make a Difference With a LASTING GIFT

Join our **Celebration Circle**. By including a planned gift to the Foundation as part of your estate plan, you'll help ensure the continuation of To Celebrate Life's work for years to come. You can also create a Legacy Fund honoring or in memory of a loved one. **Contact us** for further information.

You can help fulfill our vision that no one should face breast cancer alone.

Your donations enable our grantees to continue their work supporting Bay Area people struggling with breast cancer.



Help ensure that future patients struggling with breast cancer receive the help they need.



Join Our Facebook Community

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If you have Foundation updates or meeting information to submit for consideration for the next issue, send to: in the LOOP

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