

# Pink Letter

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## Volunteers Needed for the Georgia Street Tailgate Party 12/3

Pink Ribbon Connection needs 30 volunteers to sell concessions during the Georgia Street Tailgate Party on Saturday, December 3. The shifts are as follows:

- 8am-noon
- Noon-4pm
- 4-8pm

We will meet at corner of Capitol Avenue and Georgia Street at 8:00 for first shift. Other shifts report to that corner for instruction 20 minutes prior to your shift start time. We will be selling concessions. All work is outdoors. Some workers will be in concession tents,

## Breast Reconstruction Discussion

Pink Ribbon Connection and Pink-4-Ever will host a gathering of survivors to have a frank conversation about breast reconstruction.

**When:** Thursday, November 17 from 5:30-7:00pm

**Where:** Pink Ribbon Connection, 1139 Shelby Street, Indianapolis.



It is important that both women who have already had reconstruction and women who are still exploring their options regarding reconstruction attend this gathering. This will be a circle of survivors sharing their experiences to support and nurture other survivors in their journey. **Dr. Jason Cacioppo**, from Indiana [University Plastic Surgery Associates](#), will join us to answer questions and share accurate and current information regarding breast reconstruction.

Please RSVP so we will be sure to have enough dinner for all of you! Call Pink Ribbon Connection today at 317-255-7465, or reply to this message to let us know you are coming. We look forward to seeing you!

## Fashion Show



others walking through crowd wearing "hot packs" and selling directly from those. If anyone has a license to sell alcohol, we can help with that, as well. Pink Ribbon Connection makes a percentage of sales, predicting about \$2,000.00.

Please call 317-255-7465 to let us know if you would like to help.

### **36th Annual Greater Indianapolis GARAGE SALE**

Pink Ribbon Connection will again have a booth at the Greater Indianapolis Garage Sale, on January 21 and 22 of 2012. This year we want our booth to really stand out, so we are only selling pink items, in hopes of attracting the attendees who care about our cause and will buy our merchandise to help support the Pink Ribbon Connection mission. Please begin to seek out and gather pink items to donate to Pink Ribbon Connection for our booth. The items do not have to be just one color, but they do need to have pink as the prominent color. We will also need several volunteers to work the Pink Ribbon Connection booth, so please let us know if you wish to sign up a shift over the weekend of January 21 and 22. [Click here](#) for a flyer.

### **Thank You**

Pink Ribbon Connection expresses our heartfelt gratitude to our October fundraising partners: [Jiffy Lube](#), [Panera Bread](#),

"Puttin' on the Pink" was a great success and could not have happened without the support of sponsors, guests, volunteers and, of course, the lovely models. Pink Ribbon Connection thanks each of you that participated in any way to make the fashion show a marvelous and profitable event. Our generous sponsors for "Puttin' on the Pink" were:

- Eli Lilly
- Nordstrom
- St. Vincent Cancer Care
- Markey's Rental and Staging
- Indiana Center for Breast Disease
- Indianapolis Woman
- IU Health North Hospital
- Franciscan St. Francis Health
- MBS Associates, LLC
- Dr. Jason Cacioppo
- Indianapolis Business Journal
- Indiana Breast Cancer Awareness Trust
- Turtle and Associates
- Whole Foods Market
- Community Breast Care / Community Regional Cancer Care
- Genentech BioOncology
- Indianapolis Colts
- Lilly Endowment
- M&I Bank
- Westpoint Financial
- WISH-TV

We also thank the donors of the special door prizes: [Elan Furs](#), for the extraordinary natural beaver vest, [G. Thrapp Jewelers](#), for the gorgeous white gold feather earrings by Fabero Designs, and [Whole Foods Market](#), for the beautiful gift basket, including a \$150.00 gift card. This year the models in the fashion show received a bag of special items. All of the model gifts were donated and we thank those generous donors:

- Today's Dentistry, Dr. Michael P. O'Neil, DDS,
- LeDrap Interiors, Andrea J. Fleck, Decorator,
- Connie's Closet,
- Xoçai, The Healthy Chocolate,
- Franciscan, St. Francis Health,
- Anthem Blue Cross Blue Shield, Judy Chaplin,
- Fred Astaire Dance School, Indianapolis-North,
- The Farmers Bank,
- Kara Vita Products, Alice Schmitt, Consultant,
- Phases, Skin Care and Laser Center,
- Starbucks,
- ADVANCED, ATI Physical Therapy Company,
- Community Health Network, Community Breast Care,
- St. Vincent Cancer Care,
- Texture,
- Nutra/Balance Products, Marilyn W. Holmes,
- Complete Restoration Services, Inc., Property Restoration & Construction Specialists,
- Carino's Italian, Greenwood,
- Chick-fil-A, Southport Road, Indianapolis, and
- Whole Foods Market.

We express our deepest appreciation to the [Indianapolis Marriott Downtown](#) for again providing a delicious lunch and perfect spot to have the fashion show, [Nordstrom](#) for providing the lovely fashions and runway, and [Markey's Rental and Staging](#) for the incredible

[Lifestyle Fitness](#), [Cadillac Ranch](#), and [Hard Rock Cafe](#) and [Faulkenberg Printing](#). We really appreciate their efforts and are thankful for their generosity.

The following eBay sellers donated a portion of their sales to PRC. Visit them today!

[momsmadmoney](#)  
[cardsandjoes2011](#)  
[antiqueking7](#)  
[\\*babyrachel\\*](#)  
[stalway910m](#)

### Free & Easy way to raise funds for PRC

This is going to be the easiest thing we've ever asked you to do!

We have signed up with [GoodSearch.com](#) and now every time you shop online or search the internet, a donation will be made to Pink Ribbon Connection.

Here's how: [GoodShop.com](#) works with more than 2,500 stores (including Target, Apple, Petsmart etc..) and every time you purchase something, a percentage will be donated to us! And, even more exciting, [GoodShop](#) also offers over 100,000 of the most up-to-date coupons and free shipping offers so you can save money at the same time. It's win win.

[GoodSearch](#) is a Yahoo powered search engine which makes a donation to us each time you do a

lighting and sound. We thank [Paul Mitchell the School](#) for providing the hair stylists for the models.

Thank you all for making the 2011 Breast Cancer Survivor Fashion Show such a success. Please add the 18th annual breast cancer survivor fashion show to your calendar for Saturday, October 6, 2012.

### Can I Prevent Lymphedema?

*By Barbara Feltman, DHS, PT, CLT with Advanced Physical Therapy, A Division of ATI Physical Therapy 317-843-1270*

I just got back from a great conference on lymphedema, where this was a topic of one of the lectures. The "take home message" was that you can do a lot of things to reduce your risk of getting lymphedema, but it can't be guaranteed that you won't get it. This is just like being very careful to avoid getting the flu, washing hands, getting a flu shot, etc, but some people still do get the flu.

There are sensible steps to take to reduce the chances of getting lymphedema. Because the lymph system is what recognizes infection and gets your body working to kill bacterial and viral infections, it is important to know that a lot of the precautions refer to the arm at risk and the quarter of your body attached to that arm. If you had breast cancer on the right, this means all of your body to the right of center, above your waist, front and back, up to your neck, and your right arm.

- Minimize injury to that area
  - Avoid the preventable injury to the skin - burns in the kitchen from oven or microwave; injury from thorns; preventable cuts - an example would be how you clean up a broken glass in the kitchen, with the hand properly protected
  - If you do injure the skin - a paper cut, accidental cut from a knife, a scrape when out somewhere - clean it immediately and well, put an antibacterial medication on it and cover the opening to protect it from infection
  - As long as the injury is healing well, that is good. Watch for signs of infection - increase in redness, heat or skin fever, increase in pain and swelling in that area. Call your doctor (any of them) immediately so they can check and decide if you need treatment.
  - Have any blood tests and IVs run on the other side, unless it is an emergency
  - Yes, you may be able to have surgery on that side - perhaps carpal tunnel or shoulder surgery - if great care is taken to avoid infection. Others have successfully done this
- Minimize injury to muscles, joints and tendons

Were you told not to lift more than a certain weight, may 10 or 20 pounds? Do you lift a gallon of milk? A child or grandchild? The laundry? We now know, through good research, that you probably are at more risk of injury if you DON'T do some strengthening exercises than if you do. Without proper supervised gradual strengthening exercise, that arm and part of your body gets weaker, increasing your

search.

Join the rest of our community in using these sites to help us easily raise money for our mission. Get started by clicking the "Become a Supporter" button on our profile page [here](#).

#### **2011 Board of Directors**

*Chair*-Carol Young  
*Vice Chair*-Victor Schneider  
*Treasurer*-Debra Rightmyer  
*Secretary*-Colleen Smith  
Martha Bonds  
Linda Carde  
Pam Carr  
Kellie Jones  
Beverly Landis  
Kathy Steadman

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chance of injury the joint and muscle when you use your arm, even for normal daily tasks.

- Minimize constriction and tight clothing that is focal or in just one area
  - Wear loose jewelry and take rings off at night
  - Check that clothing, including your bra, is not leaving deep indentations in your skin that last more than 10-15 minutes
  - Have routine blood pressure testing done on the other side (did you know they can check blood pressure on the leg, if you had bilateral breast cancer?)

Next month I will discuss what the research says about exercise after breast cancer.

#### **Scientific Peer Review of Breast Cancer Research Applications for the Department of Defense**

Donna Nichols Threlkeld, Pink Ribbon Connection former board of directors president and breast cancer advocate, recently participated in the evaluation of research applications submitted to the Breast Cancer Research Program (BCRP) sponsored by the Department of Defense. As a consumer reviewer, she was a full voting member, along with prominent scientists, at meetings to help determine how the \$150 million appropriated by Congress for Fiscal Year 2011 (FY11) will be spent on future breast cancer research.

Consumer reviewers are asked to represent the collective view of breast cancer survivors and patients, family members, and persons at risk for the disease when they prepare comments on the impact of the research on issues such as disease prevention, screening, diagnosis, treatment, and quality of life after treatment. Commenting on her role as a consumer reviewer, Ms. Threlkeld said that "I would like to thank the Breast Cancer Research Program for the opportunity to help with its vision to eradicate breast cancer by funding innovative, high-impact research through a partnership of scientists and consumers." [Click here](#) to read more.

#### **MARK YOUR CALENDARS - Upcoming Events**

##### **Free Meetings and Teleconferences**

Nov. 14, 6-8pm [Breast Cancer Support Group - St. Francis](#)  
Nov. 15, 1-2:30pm [Cancer Support Group - Hendricks Regional Health](#)  
Nov. 15, 6-7:15pm [Healing Touch & Reiki - I.U. Health North](#)  
Nov. 15, 6-7pm [Gentle Stretch Yoga - Cancer Support Community](#)  
Nov. 15, 6:30-8pm [Sister's Network Monthly Meeting](#)  
Nov. 17, 12:30-1:30pm [QiGong - Cancer Support Community](#)  
Nov. 22, 6-7pm [Gentle Stretch Yoga - Cancer Support Community](#)  
Nov. 22, 6-7:15pm [The Power of Healing - IU Health North](#)  
Nov. 22, 6:30-8:30pm [All Ages All Stages Breast Cancer Support Group - Cancer Support Community](#)  
Nov. 29, 6-7pm [Gentle Stretch Yoga - Cancer Support Community](#)  
Dec. 5, 5-7pm [First Mondays - IU Simon Cancer Center](#)  
Dec. 5, 7-8pm [Breast Cancer Support Group - St. Francis Mooresville](#)

Dec. 6, 1-2:30pm [Cancer Support Group - Hendricks Regional Health](#)  
Dec. 6, 6-7:15pm [Yoga - I.U. Health North](#)  
Dec. 6, 6-7:30pm [Breast Cancer Support Group - Community North](#)  
Dec. 6, 6-7pm [Gentle Stretch Yoga - Cancer Support Community](#)  
Dec. 6, 6:15-7:30pm [Breast Cancer Support Group-St. John's Anderson](#)  
Dec. 8, 6-7:30pm [Breast Cancer Support Group - Community Breast Care](#)  
Dec. 8, 6-8pm [Stage IV Breast Cancer Networking Group](#)  
Dec. 12, 6-8pm [Breast Cancer Support Group - St. Francis](#)  
Dec. 13, 6-7:15pm [Cooking for Health - I.U. Health North](#)  
Dec. 13, 6-7pm [Gentle Stretch Yoga - Cancer Support Community](#)  
Dec. 13, 6-8pm [Cancer Connection - I.U. Health West](#)

### **Clinical Trials Awareness**

Clinical trials are research studies that evaluate new treatments, combinations, and doses; better methods for diagnosing or preventing the disease; and new ways to improve quality of life for cancer patients.

[Click here for A PATIENT'S GUIDE TO CLINICAL TRIALS](#)

Click below to learn about local clinical trials.

[Breast Cancer Trials.org](#)

[Central Indiana Cancer Centers](#)

[I.U.P.U.I. Indianapolis](#)

[I.U. Simon Cancer Center](#)

[National Cancer Institute Listing of Clinical Trials in Indiana](#)

[St. Francis Hospital and Health Centers](#)

[St. Vincent Hospitals](#)