



Angel Care

- Breast Cancer Foundation
a non profit organization

Our Angels in Wings Celebrate the New Year 2012”



We're so proud and happy to present our 2012 Angel Care Calendar. It's the ninth edition and shows off our signature style with an Angel Care volunteer tastefully modeled in "just wings" for each of the calendar months. The front cover has an updated, "Faces of Angel Care," ribbon which is an intimate portrait of who we are.

If you're not familiar with our calendars, our models are all Angel Care volunteers who know what it's like to have been through breast cancer treatment. They each have had a breast surgery, however, they are not defined by this body changing experience and strategically posing in "just wings" helps make that point in a joyful and positive way.

We need to thank the whole team of supporters for their time, energy, creativity, hard work and love to complete our calendar. We feel incredibly lucky that we were able to work with Gail Ann of Gail Ann Photography - she is a creative genius. We want to thank Print Solutions for their dedication in beating all of our deadlines and their high quality of product. And, we can't thank our volunteers enough. They are the soul of Angel Care and we believe you'll see that reflected in the calendar - from each "model of the month" to our cover ribbon. It was this joint effort of the whole team that brings us the final result we are so very proud of.

At **\$15 per calendar** (add \$3 for shipping), the same price as always, it's a great value and makes a wonderful gift while continuing your support of Angel Care - and we do appreciate the support. An order form is available on our web site www.angelcarefoundation.org and in this newsletter. We also can take phone orders at 206-417-3484 if paying by Visa or MasterCard.

Remember, October is National Breast Cancer Awareness Month please help spread the word ~ when sent as a gift, the 2012 Angel Care Calendar can share an inspirational message or an annual mammogram reminder to someone you care about. Information about Angel Care and what we do is included in the calendar. We are here to help.

Fall 2011 Newsletter
Volume 10, Issue 2
Founded in 1997

Angel Care Supporters Honor Roll

- AAA Washington
- AT&T
- Colleen McNelley Memorials
- Elizabeth A. Lynn Foundation
- Holy Spirit Lutheran Church
- Marsha and Jay Glazer Foundation
- Lake Washington School District
- The Lineup, Dan Caramandie
- Macy's Shop for a Cause
- Marie Hagen Memorials
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- Puyallup Tribe of Indians
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- Susan G. Komen for the Cure - Puget Sound Affiliate
- Super Supplements, Lynnwood
- St. Michelle Winery
- Tulalip Tribes
- United Way Campaign
- Verizon Foundation
- WA Federal Savings
- Wells Fargo
- Whole Foods - Redmond

Mission Statement

Provide outstanding emotional support to those newly diagnosed with breast cancer, and helping to empower them to wellness.



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Understanding Triple Negative Breast Cancer

Breast cancer is not one form of cancer, but many different “subtypes” of cancer. These subtypes of breast cancer are generally diagnosed based upon the presence, or lack of, three “receptors” known to fuel most breast cancers: 1.) estrogen, 2.) progesterone and 3.) human epidermal growth factor 2 (HER2). The most successful treatments for breast cancer target these three receptors.

None of these receptors are found in women with triple negative breast cancer (TNBC). Individuals at highest risk for developing TNBCs are of African heritage in the premenopausal age range. Starting mammography screening at age 50 may put African American women at greater risk for delays in diagnosis.

To ensure a triple negative diagnosis exists, many oncologists repeat the biopsy at least at the time of the initial diagnosis of metastatic disease. If a change is discovered, it's usually from HER2 negative to HER2 positive. It is unknown how much of this is just simply the result of testing errors but may be more common than thought.

TNBC is typically responsive to chemotherapy and there are many studies that may add to treatment options in the future. Because there aren't as many treatment options currently, there can be increased anxieties with this diagnosis; therefore, providing emotional support with treatment can be crucial.

Treatments under study for Triple Negative Breast Cancer

- Platinum therapy: Cisplatin, Carboplatin
- Poly-ADP ribose polymerase (PARP) inhibitors: Olaparib, used as a single agent, benefits patients with BRCA mutations, Iniparib (BSI 201), used in combination with carboplatin/gemcitabine

For more information, go to clinicaltrials.gov.

Diagnosed with triple negative breast cancer ~ Angie's Story

After surgery in 2009 to remove a breast lump (the tumor was found to be stage 2), two 12-week rounds of chemotherapy, a bilateral mastectomy, a hysterectomy because she's at high risk for ovarian cancer, and later participation in a clinical trial (bevacizumab), Angie is cancer free. “I've basically done everything I can do to rid my body of cancer,” she says. “I am in touch with other survivors for mutual support but I feel I've moved beyond breast cancer. And, of course, with the guidance of my oncologist, I will continue to monitor my health regularly.”

PINK KITCHEN ~

Delicious food and good nutrition for breast cancer survivors and those who love them. <http://pinkkitchen.info/contact/>

Order Angel Care 2012 Calendars now!

\$15 each, please add \$3 for mailing within the US

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Credit Card # _____ Visa Price: _____

Exp. date _____ Security # _____ MasterCard Qty: _____

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MAIL TO:

Angel Care - Breast Cancer Foundation
P.O. Box 2964, Redmond, WA 98073

Calendars may also be ordered by:

Website: www.angelcarefoundation.org

or by phone: 206-417-3484

or toll free: 877-417-3484

Donate To Angel Care - Breast Cancer Foundation

Here is my tax-deductible gift to support Angel Care Breast Cancer Foundation.

Corporate Matching Can Help Leverage Your Gift!

\$15 \$25 \$50 \$100 \$250 \$500

Other: _____

If your company matches charitable donations, you can participate by obtaining a gift matching form from your employer and including it with your donation.

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Please make checks payable to Angel Care - Breast Cancer Foundation and mail donations to:

Angel Care - Breast Cancer Foundation: P.O. Box 2964, Redmond, WA 98073

I RACE BECAUSE THERE IS LIFE AFTER CANCER



SATURDAY MAY 7, 2011

**REGISTER ONLINE NOW AT
WWW.KOMENBOISE.ORG**



Komen's billboard in Boise, Idaho, spring 2011, featuring Elaine Gibson, co-leader of the Idaho affiliate for Angel Care

Spotlight on a Volunteer, Idaho Affiliate

Elaine Gibson on participating in a "Susan G. Komen Race for the Cure"

I race for my mother, aunt, myself, and all women facing breast cancer treatment and all the survivors. We fight with strength, courage and hope.

I was diagnosed in 2001. My doctor was out of town for two weeks during Christmas and New Year's Day. I had no one to turn to, talk to or get advice on what to do next. I cried for three days, prayed and then I knew I had to get on with it. I called all my friends and told them I had breast cancer. One of my friends gave me a name of a breast cancer survivor. I called her and she got me started, told me first of all to take charge. I had cancer but it didn't have me. I found my surgeon and was on my way, everything fell into place after that. I'll never forget this wonderful woman. After surgery, chemo and radiation, my only thoughts were to get well and help other women face this devastating disease.

I am co leader and volunteer for Angel Care - Breast Cancer Foundation for their Idaho affiliate. We give emotional support to women facing breast cancer. We share our experiences and are able to answer some of their questions. We are living proof that there is life after breast cancer. We know the fear and emotions that are normal after being diagnosed. We are role models to listen to and give hope and encouragement. We are available to accompany them to doctor appointments, surgery, chemo and radiation.

It is an honor and privilege to be associated with "Susan G. Komen for the Cure," and to be able to attend their events and help their cause. For years they have fought for us and are constantly fighting for a cure. Every year the attendance for the "Race for the Cure" gets bigger and bigger. Looking at the sea of pink and hearing the cheers on race day is very emotional. We race for all who have been affected with breast cancer and pray one day it will no longer be.

Welcome New Volunteers

Angel Care welcomes our newest volunteers - listed below - while sending out a huge thanks to ALL of our volunteers for being available to provide emotional support to those newly diagnosed with breast cancer.

Seattle/Puget Sound, Washington Region

Nanci Hemingway, Everett

Danielle Lamb, Snohomish

Betty Mewborn, Tacoma

Ann Strawn, Renton

The Colleen McNelley Award

Angel Care's highest honor, the Colleen McNelley Award, was announced at our fall training October 15, 2011, and presented to volunteer Bruce Young. Each year this prestigious award is presented for outstanding volunteer service. Colleen McNelley passed away from inflammatory breast cancer in June 2002. It was her wish that donations in her memory go to a local foundation that assists those newly diagnosed with breast cancer. Her husband, Paul, selected Angel Care-Breast Cancer Foundation. Our foundation is carrying on Colleen's memory through this annual award to one of our outstanding members.

Bruce, a volunteer since 2007, has consistently made himself available to referrals and at community events as a representative of Angel Care. Although rare, men do get breast cancer and Bruce has been there to mentor them as a positive and pro-active role model. Recently, he spoke at Bellevue Community College about what it means to have a breast cancer diagnosis as a man. Look for him in the 2012 Angel Care Calendar as Mr. November – his fourth calendar. He's a survivor, a mentor, a great sport, and an integral part of Angel Care's heart. We thank you, Bruce.



Angel Care-Breast Cancer Foundation

Our Mission

Provide outstanding emotional support to those newly diagnosed with breast cancer, helping to empower them to wellness.

Our Volunteers

Volunteers are breast cancer survivors trained to provide emotional care. We were founded from the perspective that by offering encouragement and hope, we will enrich the quality of life of the newly diagnosed at this difficult time.

If you or someone you know has been diagnosed with breast cancer, contact us at:

206-417-3484 or Toll Free 877-417-3484

We'll be happy to provide information and/or a volunteer "angel" to assist during this challenging time.



Angel Care is a 501 (c) 3 non-profit foundation and we consider donations a precious resource and maximize their effectiveness in supporting those newly diagnosed with breast cancer. Our mailing address is: Angel Care - Breast Cancer Foundation, PO Box 2964, Redmond, WA 98073. We are very thankful for your support.

Angel Care -
Breast Cancer Foundation



P.O. Box 2964
Redmond, WA 98073

Phone: (206) 417-3484

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Address Services Requested



We're on the Web!
www.angelcarefoundation.org

The Angel Care newsletter is available electronically

as a cost-cutting measure to ensure the availability of our client services. Please e-mail us at angelcare@angelcarefoundation.org if you would like to receive your newsletters in this format only.

Contact: Program Director - Phone: 206-417-3484

www.AngelCareFoundation.org



A portion of the printing costs have
been donated by:

253.435.1928
print@puyallupsbest.net

**October is Breast Cancer
Awareness Month**

Have you had your mammogram this year?
If not, please schedule one now. Also,
remember to do your breast self-exam monthly.
Mammograms don't catch everything.