

# SASS NEWS

September 2014

SASS for Breast Cancer is funded by community donations with support from the Public Health Partnership of Licking County, Inc. and the Licking County Health Department.



Greetings SASS Members,

It sure went by fast, but what a great summer! SASS saw great success this summer at our annual Rally for the Cure fundraiser with the Moundbuilders Country Club. We had an excellent turnout and very enthusiastic support. Huge thanks to Kay Barton, Arlene Dixon and the rest of the planning committee for all of their hard work with the event! All of the proceeds raised at the Rally will go towards breast cancer education and mammogram assistance for women in need throughout Licking County.

With summer almost over, October will be here before we know it. While everyone is surely excited about pumpkins, leaves and Halloween, we can't forget about Breast Cancer Awareness Month. Check out the Upcoming Events section below for lots of great awareness events and be sure to register for SASS's annual Pink Strides event (see page three for more information).

Best wishes,

Nicole Brasseur

SASS for Breast Cancer Program Coordinator

## UPCOMING EVENTS

**Sept. 13**

[Celebrate Life Tailgate Party for the Stefanie Spielman Comprehensive Breast Center in Upper Arlington](#)

**Sept. 17**

["Chemobrain," Living Beyond Breast Cancer webinar with Dr. Arash Asher](#)

**Sept. 19**

[Cancer Support Community Central Ohio, Night of Chocolate Fundraiser at the Hollywood Casino in Columbus](#)

**Sept. 27**

[Living Beyond Breast Cancer's Annual Fall Survivor Conference in Philadelphia, Pa.](#)

**Oct. 9**

"Coping with Cancer Costs" with Jason A. Buehner of Ameriprise Financial Services, Inc. at the Cancer Support Community of Central Ohio in Columbus. To RSVP call (614) 884-HOPE by Oct. 5.

**Oct. 18**

[SASS's Pink Strides Trail Run & Wellness Walk in Granville](#)

**Oct. 25**

Back to the 80's Dance, "Save the Girls" fundraiser at the Newark Elks. Call (740) 258-2724 for more information.

## GET CHECKED!

Do you or someone you know need help paying for a mammogram?

Call SASS at  
**(740) 349-6535**  
**(option 5)**

to schedule your appointment!



Licking County Health Department

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## Helping Hands in the Garden



**Helping Hands in the Garden** is a volunteer organization with the goal of helping cancer patients during their treatment. It's founded on the idea that making a comfortable living space and removing the stress of caring for a garden during a difficult treatment course can lift spirits and aid recovery. Cancer patients throughout Central Ohio are can receive a three hour garden visit including mulching, weeding, light pruning, and more.

The organization has more than 25 volunteers, to include landscaping students, industry leaders, people who love to garden, and cancer survivors. The group has assisted 62 families with their gardens

since its creation in 2009.

For more information about Helping Hands services or how to volunteer, visit their website at <http://www.hhinthegarden.org/> or email [HHintheGarden@gmail.com](mailto:HHintheGarden@gmail.com).

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## New Sexual Health Column from Breastcancer.org

Breastcancer.org is launching a new column on sexual health and survivorship called "Sex Matters." The column will feature Michael Krychman, M.D., Executive Director of the Southern California Center for Sexual Health and Survivorship Medicine in Newport Beach, Calif. Each month Dr. Krychman will discuss various treatment-related physical issues that affect sexuality as a result of breast cancer. All of Dr. Krychman's posts can be found at [community.breastcancer.org/](http://community.breastcancer.org/).



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## Cosmetics and Breast Cancer

Research is beginning to show more and more connections between chemicals often found in beauty products (including phthalates, parabens, formaldehyde and others) to health conditions like reproductive and developmental issues and breast cancer.

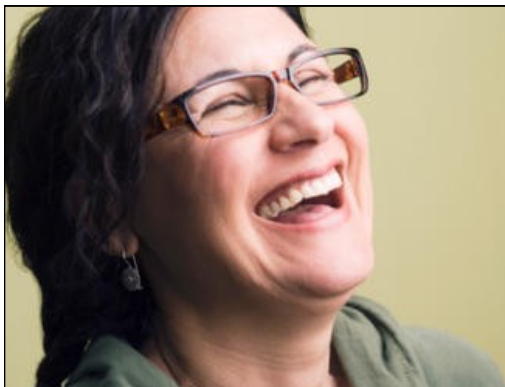
While progress is being made on the part of producers to scale back the use of some of these chemicals, it is still important for women to be aware of the ingredients included in their daily care products. New mobile apps such as [Think Dirty](#) and [Skin Deep Cosmetics](#) have been created to educate women on chemicals found in the shampoos, soaps and make-up they currently use and help find safer alternatives. In addition, social media campaigns have been started by groups like the [Breast Cancer Fund](#) and the [Campaign for Safe Cosmetics](#) to help educate women on which ingredients may be dangerous and how to avoid products containing those ingredients.

For more information on breast cancer prevention tips, including environmental hazards, visit the Breast Cancer Fund's website at [www.breastcancerfund.org](http://www.breastcancerfund.org).

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## Breathing, Laughter and Other Good Things

The Cancer Support Community of Central Ohio is offering a new program focused on the health benefits of laughter. Starting in August, *Breathing, Laughter and Other Good Things* will be held at noon on the first Friday of each month at the organization's office on Old Henderson Road in Columbus. The program is lead by Joyce Johnson, Certified Laughter Yoga teacher, and combines breathing exercises with laughter. Among the many researched benefits, laughter can boost the immune system, increase energy levels, lower stress hormones, promote better sleep and even workout your abs and diaphragm.



As with all programs offered by the Cancer Support Community, this program is offered free of charge but registration is required. Call (614) 884-HOPE (4673) to register. For more information about this and other programs offered by the Cancer Support Community of Central Ohio, visit [cancersupportohio.org](http://cancersupportohio.org).

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## Living Beyond Breast Cancer Annual Fall Conference

Living Beyond Breast Cancer's Annual Fall Conference, [\*Breast Cancer Today: Individual Treatments, Shared Experiences\*](#), is Saturday, Sept. 27, in Philadelphia, Pa. This conference is primarily intended for breast cancer survivors and will provide opportunities to receive unique medical information on specific types of breast cancer and opportunities to connect with other survivors.

A limited number of [travel grants](#) and [fee waivers](#) are available through the Living Beyond Breast Cancer website. Participants accepted for travel grants are automatically gifted a fee wavier, meaning only one application is necessary. The deadline to submit aid applications is Thursday, Sept. 18.

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## Pink Strides Registration Now Available

The seventh annual Pink Strides Trail Run & Wellness Walk is scheduled for Saturday, Oct. 18 at the Infirmary Mound Park in Granville. Registration begins at 8 a.m. and the race begins at 9 a.m., rain or shine. The race entry fee is \$25 through noon on Oct. 3, and \$30 thereafter through the race day. The registration fee includes a choice of t-shirt or knit cap. Proceeds from the event help fund breast cancer education and mammogram assistance services as well as general wellness programming in Licking County. Online registration is now available at [premieraces.org](http://premieraces.org).



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