

Orange County Breast Cancer Coalition **Orange County Breast Cancer Awareness Events** **March 2010**

SUN	MON	TUES	WED	THURS	FRI	SAT
Page 2: YWCA Breast Cancer Screening Schedule	1	2	3	4 *YWCA Screening Event	5 Komen MasCUREade 6 – 11 p.m., Costa Mesa (714) 957-9157	6 *YWCA Screening Events
7	8	9	10	11 *YWCA Screening Event	12	13
14	15	16 *YWCA Screening Event	17	18 Orange County Cancer Coalition; 3 – 4:30 p.m. (949) 567-0639 ACS, Santa Ana	19	20 *YWCA Screening Events
21	22	23 *YWCA Screening Event	24 *YWCA Screening Event	25 Cancer Patients Rights 12 – 2 p.m.: English 6 – 8 p.m. Spanish Hope Wellness Center, Costa Mesa; (213) 736-1331	26 *YWCA Screening Event	27 *YWCA Screening Event
28	29	30	31	Page 3: Upcoming Events	Make sure to check out the list of Support Groups.	Quality of Life / Healthy Living Programs such as yoga, fitness, nutrition, etc. are on the list of "Support Groups."

* YWCA Screening Event: The YWCA ENCOREplus coordinates breast cancer screening events for underserved women through the Cancer Detection Programs: Every Woman Counts. See the YWCA Screening Schedule on page 2.

To include events for the following months, please inform Rhonda Folsom at the Orange County Cancer Detection Partnership. Call (714) 834-7635, fax information to (714) 834-5053, or e-mail rfolsom@ochca.com

April 2010						
S	M	Tu	W	Th	F	S
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Breast Cancer Screening Schedule

PLEASE READ: NEW SCREENING POLICY Effective Jan. 1, 2010

Cancer Detection Programs (CDP): Every Woman Counts (EWC)



Mammograms and clinical breast exams provided at the free screenings are paid for by the Cancer Detection Programs: Every Woman Counts for women age 50 and older who qualify. This program is funded by the Cancer Detection Section of the California Department of Public Health.

Breast cancer screening services provided by CDP: EWC will change beginning January 1, 2010 as follows:

1. CDP: EWC will pay for digital mammography at the film (analog) mammography rates.
2. CDP: EWC will stop paying for breast cancer screening for women under 50. A woman in the age range of 40-49, who receives an abnormal result from a screening provided before January 1, 2010 will receive services until she has a final diagnosis and she is referred for treatment, if needed.
3. From January 1, 2010 to June 30, 2010, CDP: EWC will stop enrolling new women for breast cancer screening. Women, age 50 and over, who have never been enrolled in the program must wait until July 1, 2010 to enroll.

Women can also call toll-free (800) 511-2300, Monday – Friday, 8:30 a.m. – 5 p.m. to see if they qualify for free breast and cervical cancer screening exams. Operators speak English, Spanish, Cantonese, Mandarin, Korean and Vietnamese.

March 2010 YWCA Screening Schedule

The YWCA ENCOREplus helps uninsured or underinsured women age 50 and over receive high quality, affordable breast health services through the Cancer Detection Programs: Every Woman Counts. Clinical breast exams and mammograms are paid for by the California Department of Public Health, Cancer Detection Section. Within a private setting, women are given free mammograms, clinical breast exams, and breast self-exam education and instruction. Clinics are conducted in the familiarity of women's own neighborhoods and in their own languages. ENCOREplus staff speaks more than six languages and in Orange County, special clinics are conducted for Korean, Vietnamese and Hispanic women. For more information about future screening schedules, please call the YWCA ENCOREplus at (714) 871-4488.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Address</u>	<u>City</u>
3/4/10	Thursday	8 a.m. – 11:30 a.m.	Orange Senior Center	170 S. Olive St.	Orange
3/6/10	Saturday	8 a.m. – 11:30 a.m.	Harbor Christian Fellowship	740 W. Wilson	Costa Mesa
3/6/10	Saturday	8 a.m. – 11:30 a.m.	Sam Sung Presbyterian Korean Church	5600 Carbon Canyon Ave.	Brea
3/11/10	Thursday	8 a.m. – 11:30 a.m.	St. Anne's Catholic Church	1415 S. Sycamore	Santa Ana
3/16/10	Tuesday	8 a.m. – 11:30 a.m.	Lien Hoa Temple	9561 Bixby Ave.	Garden Grove
3/20/10	Saturday	8 a.m. – 11:30 a.m.	St. Calistus Catholic Church	12921 Lewis St.	Garden Grove
3/24/10	Wednesday	8 a.m. – 11:30 a.m.	St. Boniface Catholic Church	120 N. Janns St.	Anaheim
3/20/10	Saturday	8 a.m. – 11:30 a.m.	Immaculate Heart of Mary Catholic Church	1100 S. Center St.	Santa Ana
3/23/10	Tuesday	8 a.m. – 11:30 a.m.	Anaheim Community Center	250 E. Center St.	Anaheim
3/26/10	Friday	8 a.m. – 11:30 a.m.	Lake Forest Senior Club House	25550 Commercentre Dr.	Lake Forest
3/27/10	Saturday	8 a.m. – 11:30 a.m.	Gospel Lutheran Korean Church	13082 Bowen St.	Garden Grove

2010 Upcoming Events (* Denotes fundraising event)

- March 5 (Friday): “MasCUREade: A Celebration of Wellness for Breast Cancer Survivors & Co-Survivors”** – Presented by The Orange County Affiliate of Susan G. Komen for the Cure. Held from 6 – 11 p.m. at Costa Mesa Neighborhood Community Center, 1845 Park Avenue, Costa Mesa, CA. Tickets are \$20 per person if registered by February 19th. After February 19th, tickets will be \$25 per person. Deadline to register is Monday, March 1. Themed “masquerade,” the inspirational community gathering will celebrate all breast cancer survivors and co-survivors for their triumph over the disease. The event will feature engaging presentations and informative educational demonstrations covering the latest advances and local resources related to health & wellness including an interactive “nutrition cooking demonstration” by Chef Lala (www.cheflala.com). A highlight of the event will be an Awards Presentation to recognize Komen’s Most Inspirational Breast Cancer Survivor, Outstanding Breast Health Advocate, and Most Inspirational Co-Survivor. The event will close with a special survivor tribute to honor those that have been lost and those that have overcome the disease. For more information visit www.komenoc.org.
- March 18 (Thursday): Orange County Cancer Coalition** – Meets on the 3rd Thursday of every other month from 3 – 4:30 p.m. at American Cancer Society, 1940 E. Deere Ave., Suite 100, Santa Ana 92705. Open meeting to discuss current actions and plan future events. For more information, contact Ilda Oropeza at (949) 567-0639 or e-mail ilda.oropeza@cancer.org.
- March 25 (Thursday): “Cancer Patients Rights” Presentation in ENGLISH by Cancer Legal Resource Center** – From 12 – 2 p.m. at Hope Wellness Center , 2900 Bristol Street, Building G, Suite 103, Costa Mesa, CA. Please register with Sarah Semrow: (213) 736-1331 or Sarah.Semrow@lls.edu.
- March 25 (Thursday): “Cancer Patients Rights” Presentation in SPANISH by Cancer Legal Resource Center** – From 6 – 8 p.m. at Hope Wellness Center , 2900 Bristol Street, Building G, Suite 103, Costa Mesa, CA. Please register with Sarah Semrow: (213) 736-1331 or Sarah.Semrow@lls.edu.
- April 1 (Thursday): A.W.O.L. (A Way Of Life...after breast cancer) Documentary Feature at the Los Angeles Women’s International Film Festival** – From 6 p.m. held at the Laemmles Sunset 5, 8000 Sunset Blvd., West Hollywood, CA 90041. Peggy Free of RubyCat Productions and Francine Zorehkey, Executive Director of From Chrysalis to Wings co-produced this documentary which features breast cancer survivors and volunteers with project AWOL. One showing only; Ticket purchase price: \$10. To purchase tickets, go to <http://www.brownpapertickets.com/event/101283>. For a synopsis of the documentary, go to <http://www.rubycatproductions.com>.
- April 5 (Monday): Orange County Breast Cancer Coalition** – Meets on the 1st Monday of every other month starting in February from 11 a.m. – 1 p.m. at Cordelia Knott Wellness Center, upstairs Johnson Hall, 230 S. Main St., Orange. For more information, contact Heather Gilbert at (949) 421-1206.
- April 6 (Tuesday): “Access to Health Care and Navigating Insurance” FREE Webinar/Teleconference Series** – From 11:30 a.m. – 1 p.m. Hosted by the Disability Rights Legal Center, these 90-minute seminars help you better understand your legal rights and how to become better health care consumers and advocates. You can participate by phone or online from the comfort of your home or office. Learn about: Health insurance options available to people with pre-existing medical conditions; State and federal laws that help to eliminate the physical and programmatic barriers to obtaining healthcare; and Effective ways to deal with your health insurance provider to get the care you need. To register: <https://www2.gotomeeting.com/register/630348347>. For more information, contact Sarah Semrow: (213) 736-1331 or Sarah.Semrow@lls.edu.
- April 9 – 11 (Friday – Sunday): Therapeutic Recovery Program for Women Cancer Survivors** – Hosted by Healing Odyssey. Escape the pressures of daily living for a lively weekend in the serenity and beauty of Santa Barbara. Replenish your spirit and refresh your mind exploring new ideas and activities. Meet women who will understand and validate your feelings. Find a community of support and begin new friendships that can continue back home. Discover you are not alone on your journey. A limited number of scholarships are available. For more information, visit www.healingodyssey.org or call (949) 951-3930.

- April 13 (Tuesday): “Access to Health Care and Navigating Insurance” FREE Webinar/Teleconference Series** – From 11:30 a.m. – 1 p.m. Hosted by the Disability Rights Legal Center, these 90-minute seminars help you better understand your legal rights and how to become better health care consumers and advocates. You can participate by phone or online from the comfort of your home or office. Learn about: Health insurance options available to people with pre-existing medical conditions; State and federal laws that help to eliminate the physical and programmatic barriers to obtaining healthcare; and Effective ways to deal with your health insurance provider to get the care you need. To register: <https://www2.gotomeeting.com/register/776867291>. For more information, contact Sarah Semrow: (213) 736-1331 or Sarah.Semrow@lls.edu.
- April 20 (Tuesday): “Access to Health Care and Navigating Insurance” (SPANISH) FREE Webinar/Teleconference Series** – From 11:30 a.m. – 1 p.m. Hosted by the Disability Rights Legal Center, these 90-minute seminars help you better understand your legal rights and how to become better health care consumers and advocates. You can participate by phone or online from the comfort of your home or office. Learn about: Health insurance options available to people with pre-existing medical conditions; State and federal laws that help to eliminate the physical and programmatic barriers to obtaining healthcare; and Effective ways to deal with your health insurance provider to get the care you need. To register: <https://www2.gotomeeting.com/register/619545515>. For more information, contact Sarah Semrow: (213) 736-1331 or Sarah.Semrow@lls.edu.
- April 27 (Tuesday): “Access to Health Care and Navigating Insurance” FREE Webinar/Teleconference Series** – From 11:30 a.m. – 1 p.m. Hosted by the Disability Rights Legal Center, these 90-minute seminars help you better understand your legal rights and how to become better health care consumers and advocates. You can participate by phone or online from the comfort of your home or office. Learn about: Health insurance options available to people with pre-existing medical conditions; State and federal laws that help to eliminate the physical and programmatic barriers to obtaining healthcare; and Effective ways to deal with your health insurance provider to get the care you need. To register: <https://www2.gotomeeting.com/register/673205323>. For more information, contact Sarah Semrow: (213) 736-1331 or Sarah.Semrow@lls.edu.
- April 29 (Thursday): BRCA Education and Network Series** – Held quarterly on Thursdays from 6 – 9 p.m. at The Center for Cancer Prevention and Treatment, TODOS Conference Room (1st Floor), 1000 West La Veta Ave., Orange 92868. An opportunity for high risk patients to obtain valuable information & education from experts in the field while also networking with others who have a BRCA1 or BRCA2 gene mutation. Light snacks will be served. For more information or to RSVP, call the Cancer Genetics Program, (714) 734-6229, ext. 1.
- May 12 (Wednesday): “Cancer and the Environment” presented by Dr. Hoda Anton-Culver, UCI Chao Family Comprehensive Cancer Center Community Lecture Series** – Held from 6 – 7:30 p.m. at The Doubletree Hotel, International Room, 100 The City Dr., Orange 92868. Complimentary light refreshments and self-parking will be provided. This information series is intended to raise awareness of the latest discoveries and to educate our community about early detection, prevention, treatment options, and how cancer affects our everyday lives. For more information or to RSVP, contact Health Affairs Advancement at (714) 456-3768 or HealthAffairsEvents@uadv.uci.edu.
- May 15 (Saturday): African American Cancer Care Conference** – From 9 a.m. – 4 p.m. at UC Irvine Medical Center, 101 The City Drive South, Bldg. 56 - Auditorium, Orange 92868. Cancer Topics include Breast, Cervical, Colon, Ovarian, Prostate, and Lung. Who should attend: Health Care Professionals, Caregivers, and the Community-at-large. Cost: \$20 (includes lunch & parking). If you're interested in an Exhibitor Booth, please call (714) 507-0338 for an application. For more information: (714) 507-0338 or thegreenfoundation3@yahoo.com.
- May 20 (Thursday): Orange County Cancer Coalition** – Meets on the 3rd Thursday of every other month from 3 – 4:30 p.m. at American Cancer Society, 1940 E. Deere Ave., Suite 100, Santa Ana 92705. Open meeting to discuss current actions and plan future events. For more information, contact Ilda Oropeza at (949) 567-0639 or e-mail ilda.oropeza@cancer.org.
- June 7 (Monday): Orange County Breast Cancer Coalition** – Held from 11 a.m. – 1 p.m. at Cordelia Knott Wellness Center, upstairs Johnson Hall, 230 S. Main St., Orange. Heather Gilbert, (949) 421-1206.

- *** June 12 (Saturday): 6th Annual Rods and Hogs Poker Run** – To benefit the Ovarian Cancer Orange County Alliance. Registration begins at 8 a.m. and Poker run begins at 9 a.m. Starting at the Century Theater parking lot, 1701 W. Katella in Orange. For more information, call (714) 974-0697, email ovarianoc@aol.com or visit their website at www.ovarianoc.org
- **July 15 (Thursday): Orange County Cancer Coalition** – Meets on the 3rd Thursday of every other month from 3 – 4:30 p.m. at American Cancer Society, 1940 E. Deere Ave., Suite 100, Santa Ana 92705. Open meeting to discuss current actions and plan future events. For more information, contact Ilda Oropeza at (949) 567-0639 or e-mail ilda.oropeza@cancer.org.
- **July 15 (Thursday): Update from the American Society of Clinical Oncology 2010 presented by John S. Link, MD, Breast Medical Oncologist** – Held from 6:30 – 8 p.m. at Cordelia Knott Wellness Center, Johnson Hall, 230 S. Main St., Suite 100, Orange, CA 92868. Dr. Link will provide a comprehensive update from the latest information on breast cancer treatment and survivorship. For more information or to register, call (714) 569-0318 x4112.
- **August 2 (Monday): Orange County Breast Cancer Coalition** – Held from 11 a.m. – 1 p.m. at Cordelia Knott Wellness Center, upstairs Johnson Hall, 230 S. Main St., Orange. Heather Gilbert, (949) 421-1206.
- **September 16 (Thursday): Orange County Cancer Coalition** – Meets on the 3rd Thursday of every other month from 3 – 4:30 p.m. at American Cancer Society, 1940 E. Deere Ave., Suite 100, Santa Ana 92705. Open meeting to discuss current actions and plan future events. For more information, contact Ilda Oropeza at (949) 567-0639 or e-mail ilda.oropeza@cancer.org.
- *** September 28 (Sunday): Susan G. Komen Race for the Cure** – Held at Fashion Island, Newport Beach from 6:30 a.m. – 12 p.m. For more information, call (714) 957-9157 or visit www.komenoc.org.
- **October 4 (Monday): Orange County Breast Cancer Coalition** – Held from 11 a.m. – 1 p.m. at Cordelia Knott Wellness Center, upstairs Johnson Hall, 230 S. Main St., Orange. Heather Gilbert, (949) 421-1206.
- **October 8 (Friday): FREE 2010 Cancer Rights Conference hosted by the Cancer Legal Resource Center** – Held at UCLA Medical Center in Los Angeles, CA. FREE one-of-a-kind conference dedicated to educating conference attendees with knowledge about their legal rights and protections, including employment issues, obtaining and keeping health insurance, access to quality care, navigating managed care, estate planning, disability and life insurance options, and government benefits. Sponsored by the Disability Rights Legal Center, LiveStrong, UCLA Health System, and Loyola University Chicago School of Law. To register or for more information, visit www.CancerLegalResourceCenter.org or contact, Sarah Semrow at (213) 736-1331 or Sarah.Semrow@lls.edu.
- **October 8 – 10 (Friday – Sunday): Therapeutic Recovery Program for Women Cancer Survivors** – Hosted by Healing Odyssey. Escape the pressures of daily living for a lively weekend in the serenity and beauty of Santa Barbara. Replenish your spirit and refresh your mind exploring new ideas and activities. Meet women who will understand and validate your feelings. Find a community of support and begin new friendships that can continue back home. Discover you are not alone on your journey. A limited number of scholarships are available. For more information, visit www.healingodyssey.org or call (949) 951-3930.
- **November 18 (Thursday): Orange County Cancer Coalition** – Meets on the 3rd Thursday of every other month from 3 – 4:30 p.m. at American Cancer Society, 1940 E. Deere Ave., Suite 100, Santa Ana 92705. Open meeting to discuss current actions and plan future events. For more information, contact Ilda Oropeza at (949) 567-0639 or e-mail ilda.oropeza@cancer.org.
- **December 6 (Monday): Orange County Breast Cancer Coalition** – Held from 11 a.m. – 1 p.m. at Cordelia Knott Wellness Center, upstairs Johnson Hall, 230 S. Main St., Orange. Heather Gilbert, (949) 421-1206.

Announcements

From Chrysalis to Wings: A Way of Life After Diagnosis

After much hard work and time, particularly on Peggy Free's part in directing and producing the AWOL Documentary of our last retreat, it is my pleasure to announce that the film has been accepted into the Los Angeles Women's International Film Festival, which will be held March 26 – April 1, in 2010. We hope you will join us in congratulating Peggy and that you will support her and our program AWOL by attending the festival. For a synopsis of the documentary, please go to www.RubyCatProductions.com.

Wig Sale at the Expressions Appearance Center at St. Jude Medical Center in Fullerton

March 15 (Monday) and March 16 (Tuesday) from 9 a.m. to 4 p.m. Discontinued styles and overstocks variety of colors and styles ♦ REDUCTIONS start at 50% off retail ♦ Prices start at \$40 ♦ Cash or Check only. For more information, call (714) 446-5870.

Look Good Feel Better at the American Cancer Society Information Center

<u>2010 Schedule</u>	<u>10 – 11:30 a.m.</u>	
Mar 3 rd (Wed)	Aug 2 nd (Mon)	Held at the Cancer Institute Conference Room 18111 Brookhurst, Suite 4300
Apr 5 th (Mon)	Sep 1 st (Wed)	Fountain Valley, CA 92708
May 5 th (Wed)	Oct 4 th (Mon)	(714) 378-7600
Jun 7 th (Mon)	Nov 3 rd (Wed)	<ul style="list-style-type: none"> • Every cancer patient is entitled to ONE free wig and ONE hat or scarf at the wig bank.
Jul 7 th (Wed)	Dec 6 th (Mon)	<ul style="list-style-type: none"> • The prosthesis bank is for women with NO health insurance.

Healing Odyssey Cookbooks "Recipes from the Edge"

Healing Odyssey grads, family, and friends contributed a collection of favorite recipes including a message of inspiration at the end of each recipe. Sections include Starters, Entrees, On the Side, Feed Your Soul, Anytime Meals, Foreign Flairs, Fun Re-do's, and Fabulous Ends. There is even a section on what to do with leftovers. Cost: \$20.00 (plus \$3.00 shipping and handling). You can place your order by contacting Healing Odyssey at (949) 951-3930 or by placing an order on our website at www.healingodyssey.org.

Breast Cancer Awareness Merchandise

www.ockomenmerchandise.com or www.oneineight.org Merchandise sales benefit the Orange County Affiliate of Susan G. Komen for the Cure.

2-1-1 Orange County

2-1-1 Orange County is a comprehensive information and referral system that links Orange County residents to community health and human services and support. **If you are calling within Orange County, dial toll-free 2-1-1.** Callers seeking assistance are connected with certified, multi-lingual Information and Referral (I&R) Specialists who utilize a robust database to provide information on services such as:

- Food
- Shelter/Housing Resources
- Prenatal care
- Support group connection
- Workforce development
- Government assistance programs
- Equipment resources for older adults
- Urgent care, medical, dental and vision services
- Prevention and safety services
- Substance abuse assessment and treatment programs
- Child development assessment services
- Early detection and treatment programs
- Parks, recreation & other municipal departments
- Access to health insurance programs, especially for the uninsured or under-insured
- Disaster Response, including volunteer screening and charitable contributions options, during natural and manmade emergencies

Orange County Breast Outreach Program (OCBOP)

OCBOP facilitates access to breast cancer care and support in Orange County by providing navigation to available services and expanding resources for those who do not qualify for existing programs. Patient navigators help find other resources to meet medical and non-medical needs, guide patients through the complex health care system, and help find financial aid to help breast health patients without insurance. For more information, e-mail ocbop@yahoo.com or call toll-free (888) 856-0444.

FREE Guided Imagery Groups for your Cancer Support Group

The Certified Guided Imagery Therapists at Trilogy Guided Imagery for Healing located in Newport Beach will come to your cancer support group and provide a complimentary guided imagery session. If you are unfamiliar with guided imagery, you can find out more information at our website at www.TGIFH.com, click on "Questions, Answers, Facts." To schedule a time to come to your group, please call either Mickey or Linda at (949) 296-7654.

This Calendar of Events is updated monthly and can be downloaded from <http://www.ochealthinfo.com/public/cdp/calendar.htm>