October is Breast Cancer Awareness Month

At VBCF, we focus on breast cancer in Virginia every day of the year. We also understand the need to have a time for all to come together and raise awareness even more.

Ways to Get Involved:

- **VBCF offers free educational materials to Virginians.** Help us educate your local community about breast cancer. Request our Pink Ribbon Education Cards and Breast Health Basics Brochures today. Visit www.vbcf.org/educate/request-ribbons-literature or call us at 800-345-8223.

- **Request a Newly Diagnosed Kit for yourself or someone you know.** It contains essential information to support those just starting their breast cancer journey. The kit includes resources to help you get the care and support that you need in your local community. To view or request a kit, visit www.vbcf.org/newly-diagnosed or call 800-345-8223.

- **Host a Fundraiser to support VBCF!** VBCF is grateful to be the beneficiary of many fundraising events held across the state. These events are hosted by amazing individuals, businesses, schools and faith organizations. Visit www.vbcf.org/fundraising-event-ideas for a list of event ideas to get you started!

- **Make a charitable gift to VBCF.** Your monetary support is always appreciated. Visit www.vbcf.org/donate or use the form on the back of this newsletter.

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**The Survivorship Journey:**

**Embracing Your New Normal**

A conference for cancer survivors and their caregivers

Date: Saturday, November 7, 2015
Time: 9:00 am - 3:00 pm
Location: Collegiate School
103 N Mooreland Road, Richmond, VA 23229

This FREE conference supports those surviving cancer, currently battling cancer, or those caring for individuals with cancer with education, and financial, emotional, and health and wellness resources.

Topics for this year’s conference include: New Treatments for Cancer and Clinical Trials; Nutrition and Diet; Survivorship Care Plans; Post-Traumatic Stress Disorder vs. Post-Traumatic Stress Growth; Late-Effects and Long-Term Effects of Cancer Treatment; and an interactive physical activity session. There will also be a special break-out session dedicated to the needs and care of caregivers.

Registration is required. Breakfast and lunch is included. Visit www.survivorshipjourney.org to register or call 804-285-1200.

Visit www.vbcf.org to learn more about VBCF, breast cancer, and for more ways to get involved!
The Virginia Breast Cancer Foundation is in its 24th year of operation and has spent this year both learning from our past as well as looking forward to our future. The Board has undertaken strategic planning this year. We have spent time hearing from our Founders, staff, stakeholders, volunteers, legislators, and community leaders about our history, accomplishments, and most importantly, our next steps. VBCF’s mission to eradicate breast cancer through education of and advocacy for Virginians still resonates and has been reaffirmed through this process.

And our goals to establish the end of breast cancer as a state and national priority, to advocate for the collective needs of people affected by breast cancer, and to educate all Virginians on the facts about breast cancer remain the same. VBCF’s objectives within these broad goals are being refined and refocused to include:

- We strive to be the first stop, go-to resource for all Virginian’s affected by breast cancer whether a loved one, caregiver, newly diagnosed, in treatment, or survivor of this disease.
- We aim to disseminate evidence-based, unbiased breast cancer information.
- We work to connect Virginians with the local breast cancer support resources in their communities so their journey can focus on getting the best care and treatment.
- We are refocusing our educational programming to proactively target outreach opportunities for Virginians in need - low-income, low education, rurally underserved, minorities, areas of high breast cancer incidence or mortality, and the aging population.
- We continue to make breast cancer a state priority for policy and research efforts.
- We want to be a breast cancer thought leader for Virginia.
- We look to engage volunteers effectively in our service programming and initiatives allowing Virginians to become peer educators and advocates in their local communities.
- We invest our donor’s resources wisely and transparently to sustain and strategically expand our programmatic efforts.

VBCF will commemorate 25 years of service in 2016. I ask you to take another look at our mission, goals, and objectives and consider supporting these as you are able with your time, talent, or treasure helping Virginians serve Virginians in the breast cancer journey. Stay tuned for new ways to support VBCF as we move forward. You make our efforts possible!

Pete Shrock, President
Board of Directors
Thank You!

Thank you to the state legislators pictured above for meeting with VBCF representatives this summer. We shared VBCF’s mission and programs with them and appreciate their time.

Pictured (l-r): Delegate Betsy Carr (D, 69); Senator Rosalyn Dance (D, 16); Delegate Manoli Loupassi (R, 68); Senator Donald McEachin (D, 9); Delegate John O’Bannon (R, 73); Delegate Christopher Peace (R, 97); and Senator Jill Vogel (R, 27)

action alert

Phone Calls Needed: Accelerating the End of Breast Cancer Act

Thanks to Senators Tim Kaine and Mark Warner and Representatives Robert Wittman (R-1st), Scott Rigell (R-2nd), Barbara Comstock (R-10th), and Gerald Connolly (D-11th) who have signed on as supporters of the Accelerating the End of Breast Cancer Act (S 746/HR 1197), a national call to action for all stakeholders to focus efforts on knowing how to end the disease by the end of the decade!

If your local U.S. House Representative is not on this list, please call this fall to request his support. A sample message you can use and phone numbers are included here.

Sample Message:

I urge Representative _____________ to co-sponsor the Accelerating the End of Breast Cancer Act, H.R. 1197. It is a bipartisan bill that would focus on identifying strategies for primary prevention, stopping women and men from getting breast cancer, and understanding and preventing metastasis—the spread of cancer—which is responsible for 90% of breast cancer deaths.

Contact Information:

(VA Representatives who have not signed on to the Accelerating the End of Breast Cancer Act as of August 25, 2015)

- Rep. Don Beyer (D-8th): (202) 225-4377
- Rep. Dave Brat (R-7th): (202) 225-2815
- Rep. Randy Forbes (R-4th): (202) 225-6365
- Rep. Morgan Griffith (R-9th): (202) 225-3861
- Rep. Bobby Scott (D-3rd): (202) 225-8351

Receive VBCF’s Action Alerts by Email! Join VBCF’s Action Alerts list to receive breast cancer related Calls to Action for state and federal legislation information. Action Alerts are sent as needed, with periods of high and low communication. Visit www.vbcf.org/action-alerts to sign up!
We Need YOU!

Join us on Thursday, February 4, 2016 at the Virginia General Assembly for Breast Cancer Lobby Day. Representatives from cancer groups across Virginia will join together to visit with our elected officials to voice our support for Virginians in all stages of the breast cancer journey - care giving, screening, diagnosis, treatment, survivorship, and end-of-life care.

To ease transportation VBCF will charter a bus to take advocates from a designated parking area in the near West End of Richmond to the Capitol. Once we arrive, advocates will be briefed on the issues and separated into teams to meet with our Delegates and Senators.

Registration is required and will open on December 7. Register online at: www.vbcf.org/advocate/virginia-state-lobby-day.

King V. Burwell: Patient Protection and Affordable Care Act (ACA) Decision

In June 2015, the Supreme Court ruled in the King v. Burwell decision to uphold the legality of insurance subsidies in all states under the Affordable Care Act. This means that individuals who receive their health insurance through an exchange established by the federal government - as in Virginia - will continue to be eligible for tax subsidies. The ruling brought relief to approximately 286,000 Virginians who rely on subsidies to purchase health insurance through the exchange. VBCF applauds the Supreme Court's decision, ensuring women and men diagnosed with breast cancer who rely on subsidies for their health care needs will continue to have access to treatment.
The 2015 Karin Decker Noss Scholarship has been awarded to Jacqueline Ford-Condelli of Richmond, VA. Karin was a dedicated VBCF board member and past president. When diagnosed with Stage IIB breast cancer in July 1995, she dedicated her remaining life to breast cancer advocacy. The Scholarship funds advanced training for the recipient in breast cancer research and legislative advocacy to carry on the work that Karin began. Jackie came on board as a volunteer with VBCF in 2012 and has since become a Board of Directors member, serves as the current Board Secretary, and is the President of VBCF’s Central Virginia volunteer chapter. Jackie attended the National Breast Cancer Coalition’s weeklong Project LEAD in July to get her started. Congratulations, Jackie!

One of the most dedicated members of VBCF’s Prince William County Chapter suddenly left this world on July 3, 2015. Rhonda was my Vice President and even though, like so many of our members, she was not a breast cancer survivor herself, she was the hardest working member that I had. She never wanted me to go to events alone, and she tried her best to make it to every meeting and event that she could. She participated in National and State Lobby Days. Last year, she was presented with the VBCF-PWC Volunteer of the Year Award. She joined this organization because she wanted this disease gone. I was there with her family and friends when she left this world, but the shock and reality of her loss is really hitting me now. I know she is with God. Please pray for her family and friends. She was truly a soldier for this cause.

Please join us in offering condolences to the Prince William Chapter and Rhonda’s loved ones.

Congratulations to Gay Rudis!

The 2014 Nancy G. Dopp Volunteer of the Year Award has been presented to Gay Rudis. This statewide award recognizes a volunteer whose contributions of time, energy or talents had a significant impact for VBCF. Gay has been generously providing her time, talent and support to VBCF for almost 20 years and has been a constant and consistent source of strength, love, and energy that has made our organization successful. Gay is a former member and past president of VBCF’s Board of Directors. She is a longtime member of VBCF’s Central VA Chapter and has also served as chapter president. She has volunteered at State and National Lobby Days and Becky’s Place at RAM. She is currently volunteering her time in preparation for the 29th Annual Women’s Memorial Golf Tournament. Gay, thank you for being a VBCF Volunteer Extraordinaire!

Karin Decker Noss Scholarship Awarded

The 2015 Karin Decker Noss Scholarship has been awarded to Jacqueline Ford-Condelli of Richmond, VA. Karin was a dedicated VBCF board member and past president. When diagnosed with Stage IIB breast cancer in July 1995, she dedicated her remaining life to breast cancer advocacy. The Scholarship funds advanced training for the recipient in breast cancer research and legislative advocacy to carry on the work that Karin began. Jackie came on board as a volunteer with VBCF in 2012 and has since become a Board of Directors member, serves as the current Board Secretary, and is the President of VBCF’s Central Virginia volunteer chapter. Jackie attended the National Breast Cancer Coalition’s weeklong Project LEAD in July to get her started. Congratulations, Jackie!

Cancer Action Coalition of Virginia Conference

New Frontiers for Cancer Care in Virginia
Prevention, Early Detection, Treatment, and Survivorship & Palliative Care

October 15 - 16, 2015
Stonewall Jackson Hotel & Conference Center, Staunton, VA

Learn more at www.cancercoalitionofvirginia.org.

You may qualify for a free mammogram and pap test through the Every Woman’s Life Program. Call to see if you qualify!

866-EWL-4YOU
Becky’s Place at RAM 2015

Since 2010, VBCF has been participating in the annual Remote Area Medical (RAM) program in far southwest Virginia to assist in offering health care screening, services, and education to Wise County, an extremely rural area of Virginia. This year, from July 17-19, VBCF volunteer organizers hosted an education tent, providing educational classes for breast, ovarian, cervical, prostate/testicular, and colon cancers, tobacco cessation, and diabetes and reached hundreds of attendees with this service.

Tom Rose, one of VBCF’s long-time RAM volunteers, offered this account of this year’s event:

“We want to thank all of our volunteers, from all over the state, who gave generously of their time and energy in making this program a success. In addition to all of the educational services, donated prayer shawls were given out to those who were receiving cancer treatments, and pocket crosses were available for anyone to pick up.

Does education really work? I think this is a question that we sometimes ask ourselves as we rarely get an opportunity to see the end result. This year, it was our pleasure, to hear a success testimony. A young mother of two from Big Stone Gap attended all of our classes three years ago. As a smoker, who felt she could not quit, found the Tobacco Cessation classes most interesting. This year, she was proud to announce that she has been smoke free for three years. She prays that this will also help to minimize her risks from having cancer. She voluntarily gave her testimony during one of our Tobacco Cessation classes.

Some of the classes that are offered at RAM go well beyond VBCF’s mission. But indirectly, they do meet our motto: Educate, Eradicate, Advocate. This is evident by the actions of this young mother. Although our numbers were down from previous years, those that did attend seemed to be more attentive and participated in the discussions. We can only hope that the overall decline in attendance at RAM is due to more people receiving health care.

Thank you to all of our supporters who display VBCF’s Pink Ribbon License Plate. VBCF receives approximately one-third ($145,000 in 2015) of our annual income from these individuals. To join the drive to raise awareness, visit your local DMV or visit www.dmv.state.va.us to order your Breast Cancer Foundation plate today!

Thank you to the many volunteers, sponsors, and attendees who made the 6th Annual Aces for Awareness event to benefit VBCF on May 8th at the Westwood Club a huge success! This wonderful event was sold out for the second year in a row, raising an Aces record of more than $35,000 to support our education and advocacy programming.

Thank you to the VBCF Peninsula Chapter for hosting its 22nd Annual Fashion Show, which took place on April 18th at the Crowne Plaza in Hampton. The event raised more than $14,000 for VBCF.

Thank you to GMS Gymnastics in Manassas for hosting the 6th Annual Flip for the Fight on February 20-22 to benefit VBCF! The event raised $15,000, and we appreciate your continued support.

Want to receive the VBCF Connection, our monthly e-newsletter? Visit www.vbcf.org to sign up!
Healthy Choices: Spotlight Recipe

Broccoli, Garlic, and Lemon Penne

Serves: 4
Prep time: 15 minutes or less
Total time: 30 minutes or less

Ingredients:
- ½ pound penne pasta
- 5 cups broccoli florets or 1 (12-ounce) bag broccoli florets
- ¼ cup extra-virgin olive oil
- 10 garlic cloves, thinly sliced
- ¼ cup reduced-sodium chicken broth
- Grated zest of 1 lemon
- Salt and freshly ground black pepper
- ¼ cup freshly grated Parmesan cheese

Directions:
Prepare penne according to package directions for al dente (just firm). Two to three minutes before penne is ready, add broccoli. Finish cooking, drain, and set aside.

Meanwhile, in a large skillet over medium-high heat, add oil. Sauté the garlic for 1 to 2 minutes, or until aromatic and beginning to color.
Add broth and bring to a boil for 3 to 5 minutes, or until reduced by half, stirring frequently. Add pasta, broccoli, and lemon zest and cook until coated with sauce. Season generously with salt and pepper. Transfer to serving bowl and top with cheese.

Broccoli is high in folic acid, vitamins C and K, and fiber. It’s also one of the richest vegetable sources of calcium, iron, and magnesium.

Per Serving: Calories: 395; Calories from Fat: 155; Total Fat: 17.0 g; Saturated Fat: 3.0 g; Trans Fat: 0.0 g; Polyunsaturated Fat: 2.0 g; Monounsaturated Fat: 10.7 g; Cholesterol: 5 mg; Sodium: 135 mg; Total Carbohydrate: 50 g; Dietary Fiber: 5 g; Sugars: 4 g; Protein: 13 g

From The Great American Eat-Right Cookbook by Jeanne Besser and Colleen Doyle, MS, RD. Available at the American Cancer Society Bookstore: acs.bookstore.ipgbook.com
This newsletter, published by the Virginia Breast Cancer Foundation, focuses on breast cancer issues and the activities of VBCF supporters. If you have any comments, please call 800-345-VBCF or write to: Virginia Breast Cancer Foundation, 5004 Monument Avenue, Suite 102, Henrico, VA 23230.