Boob Bulletin

Driven by Heart

Fighting Breast Cancer Together

4th Quarter, 2018 Issue 4

Chairman of the Board's Message

(Retta Huff . . . . Businesswoman / Survivor)

Welcome to Driven by Heart,

If you've been reading our newsletter, you know we are an organization entirely of volunteers and 99% breast cancer survivors. Those volunteers who are not survivors participate because they know we are making a significant difference and their passion runs deep. Shining stars all ! !

I currently serve as board chairman. I am a 12-year survivor and Brevard county native. I came to this organization shortly after its inception and continue to marvel at the impact we have in our community. No one should be alone during a life threatening illness or disease. While each woman's journey through breast cancer will be individual, Driven by Heart offers support on a most personal level. Hearing a diagnosis, navigating options, managing treatments can all be overwhelming. Driven by Heart offers a safe place to process, gather information, tell your story. Awful is awful, doable is doable. Tears and anger are acceptable, laughter is better.

Through our support groups, coffee chats and lunches, information sessions and special events, this organization manifests that the caring, human touch is Driven by Heart.

Hugs first, then "hello" . . . . . Retta Huff

LOVE HOPE RISE SURVIVE THRIVE BRAVE FIGHT STRONG FIERCE FAITH INSPIRE

Upcoming Driven by Heart Speakers

October 3 – Francesca Maglione

DASH Diet ♦ Mediterranean Diet ♦ Plant Base Nutrition ♦ Inflammation ♦ Mindful Nutrition ♦ Goal Setting

Francesca is a registered dietitian and certified specialist in oncology. She graduated from Keiser University with a Bachelor's in Science for Nutrition and Dietetics. She has a passion for education and holistic (whole person) healthcare. She loves to cook, make people laugh and all kinds of music, art and physical activity. She believes that a healthy lifestyle is a journey, not a destination.

November 7 – Melissa Studebaker

Breast Health ♦ Self Breast Exams

Melissa has been an Oncology Nurse since 1991 — working in both the hospital and outpatient chemotherapy centers until 2008, when she graduated with a Masters Degree from UCF and became a Nurse Practitioner.

After two years in Internal Medicine with a focus on Women's Health , she joined Dr. Duhaime and Dr. Chandra in 2010.

Melissa has lived in Brevard County since 1995 — plans never to leave, as she believes it is the most beautiful place in Florida.

Save your seat . . . Space will be limited . . . .RSVP required

eventrsvp@drivenbyheart.org

Believe in yourself . . . & . . . you will be unstoppable.

Find us on Facebook Click here

Watch for emails or

One Given a Second Chance

I refuse to let cancer define me
I refuse to camp out in that place
Life's road took me through it
But I did not stop to make it my space.

I am not a survivor
I am a believer
I am a teacher, a reacher, a warrior
An overcomer, one given a second chance.

Mother and wife
There's so much more to my life
Than a stage or a treatment
or the result of a surgeon's knife.

Join me and tell me who you really are
Not what you have fought
Now that you've won,
Tell me who you want to be
Share with me your hopes and dreams.

I will be an educator
An ear to hear
A hand to hold
As others travel down that road.

But I refuse to let cancer define me
The thief came and stole enough
I won't give it any more fuel
Won't let it take my stuff.

. . . . . Lowanda

Mark Your Calendar . . . . .

October 16th — 10% of the sales at the Eau Gallie Texas Roadhouse will be donated to *Driven by Heart.*

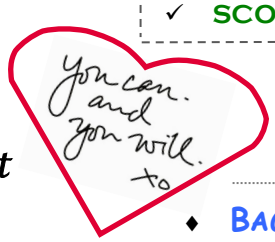
Tell you friends . . . . Great meal & support the "girls"

THE SCOUT PROCEDURE . . . . A wire-free radar localization developed to make breast surgery easier for women, while helping surgeons optimize their breast conservation strategies.

SCOUT works by placing a "reflector" (a tiny device about the size of a grain of rice) into the tumor. The system then uses safe, non-radioactive radar waves to detect the reflector's location within the breast. The reflector is completely passive until activated in the operating room when your surgeon uses the **SCOUT** system to locate and remove both the tumor and the reflector.

BENEFITS:

- ✓ The ability to place the reflector on a separate day can simplify your day of surgery — increasing convenience and lessening anxiety
- ✓ May minimize your wait time on the day of surgery
- ✓ **SCOUT** reflector is internal and will not restrict your daily activities
- ✓ **SCOUT** provides guidance for precise tumor localization



Driven by Heart Holiday Party

December 5th — 6p.m. to 8 p.m.

Bring a dish to share with all

DR. NANI GOLDEN AND DR. SHARON NOORI
AT THE HOLIDAY INN VIERA
OCTOBER 24, 2018
WOMAN'S HEALTH ISSUES

What's Happening this Quarter

(all events are at the offices of Driven by Heart)

- **BAGELS & COFFEE** — 1st Wednes.... 10am to 11am
  October 3... November 7...No December meeting
- **OVER 50 GIRLS** — 2nd Wednes.... 6pm to 7:30pm
  October 10... November 14... December 12
- **MBC GALS**— 4th Tuesday... 6:00pm to 7:30pm
  October 23... November 27... No December meeting
- **BRCA STRONG GIRLS** — Quarterly.... 6:30pm to 8:00pm
  January 16, 2019
- **UNDER 50 GIRLS** — 4th Wednesday... 6:30pm to 8:00pm
  October 24... November 28... No December meeting

Any comments or contributions for this newsletter, please email KathyVanPelt@DrivenbyHeart.org

The Lunch Bunch

All are welcome to our monthly lunches . . . Different locations, great company & lots of laughter. Click on email to RSVP.

Eventrsvp@DrivenbyHeart.org

October 16.....12:15p
Meg O'Malleys
812 E. New Haven Ave., Melbourne

November 14.....12:15p
Matt's Casbah
801 E. New Haven Ave., Melbourne

The Driven by Heart office is open
Monday & Wednesday from 9am—1pm

Sherry Palmer 321.474.6900
SherryPalmer@DrivenbyHeart.org

Also available by chance and always by appointment.

Holiday Schedule — Driven by Heart offices will be Closed
November 19th thru 23rd . . . . and
December 24th thru January2nd
But phones are always on.

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