

# Boob Bulletin



Fighting Breast  
Cancer Together

1st Quarter, 2019  
Issue 5



## Director's Message

(Sherry Palmer / Survivor)



### Happy New Year everyone!

It is hard to believe we have been in Suite 107 almost a year !! Thank you to everyone who works so diligently on making us better and better at what we do . . . . helping our newly diagnosed breast cancer gals. We are supported by so many wonderful folks in our community and we are beyond grateful.

This year is very special for us . . . . it is our 10th annual "**Joy of Life**" luncheon (can you believe 10?). In honor of "10", we are planning a **PARTY** for our luncheon this year with lots of laughter and celebration !! Make sure you **save the date** — Friday, March 22nd at the Rialto Hilton in Melbourne. Tickets will be available February 1st. We are going to have **FUN** !!

We have interesting speakers starting in February. We have more seating now since we removed a wall (for those of you that haven't been in lately) . . . . along with Bagels and Coffee the first Wednesday of each month from 10a to 11a.

Kathy and I are in the office on Mondays and Wednesdays from 9a to 1p and available by appt., chance or phone the rest of the time. Please feel free to stop by, have a cup of coffee (or chocolate) or just say "Hi !" . . . . we would love to see you.

Thank you for all of your love and support. See you soon !!

*Sherry* 

## UPCOMING DRIVEN BY HEART SPEAKERS

### February 6 — Georg Baker

*Damsel in Defense*

George was a special education teacher for 37 years in both Texas and Florida. She has lived in Florida for 21 years . . . . Originally from New Jersey (which exit??) Georg has been an independent consultant with Damsel in Defense for over a year. Their mission is to equip, empower and educate women to protect themselves and their families.

### March 6 — Colleen Martonick

*AxisPro Physical Therapy  
Master of Science / Registered Licensed  
Occupational Therapist . . . MS OTR / L*

In 2004, Colleen became certified in Lymphedema therapy from the Norton School of Lymphatic Therapy. Colleen is passionate to empower each and every patient diagnosed with Lymphedema through meticulous home programs and education to effectively manage and prevent lymphatic congestion.

Save your seat . . . . Space will be limited  
. . . . RSVP required  
[eventsrsvp@drivenbyheart.org](mailto:eventsrsvp@drivenbyheart.org)



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

Sherry Palmer . . . . 321.474.6900

[SherryPalmer@DrivenbyHeart.org](mailto:SherryPalmer@DrivenbyHeart.org)

*Also available by chance  
and always by phone.*



## FIRST STEPS . . .

When you are first diagnosed with cancer, the feeling is overwhelming. It is hard to know what to do next. There are many steps in the process and it is daunting. Take a deep breath and baby steps. You need to assemble "your team". Everyone's cancer is unique to them and the treatment is unique to that cancer, so line up your team and have everyone weight in on their expertise in that "field" — i.e. surgeon, medical oncologist, radiation oncologist and plastic surgeon, if needed. This will help you make informed, educated decisions as you go along through your journey . . . and call Driven by Heart, we are here to help you!

Strive for progress . . . Not perfection

## Need something for your sweet tooth . . .

Karen Caruso recommends these —  
og trans fat, low sugar, individually wrapped — you can find them in Publix.



Nutrition Facts	
Serving Size: 3/4 oz (21g)	
Servings per container about 10	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	7%
Saturated Fat 4g	21%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 1g	5%
Sugars 7g	
<b>Protein</b> 1g	

Why fit in when you were born to stand out?

Any comments or contributions for this newsletter, please email  
[KathyVanPelt@DrivenbyHeart.org](mailto:KathyVanPelt@DrivenbyHeart.org)

**Don't let  
someone dim  
your light  
simply because  
it's shining in  
their eyes.**

*The most dangerous animal in the world is a silent, smiling woman.*

**We're having a party . . . . .**  
**Save the date . . . . .**  
**JOY OF LIFE LUNCHEON**  
Tickets will be available  
February 1st . . . \$25  
When: March 22, 2019  
Where: Rialto Hilton Melbourne  
Time: Vendors booths open at 10:30a  
. . . Program begins at noon

## What's Happening this Quarter

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

- ♦ **BAGELS & COFFEE** — 1st Wednesday ... 10am to 11am  
February 6 ... March 6
- ♦ **SPEAKER SERIES** — 1st Wednesday ... 6:00pm to 8:00pm  
February 6 ... Georg Baker, Damsel in Distress  
March 6 ... Colleen Martonick, AxisPro Physical Therapy
- ♦ **OVER 50 GIRLS** — 2nd Wednesday ... 6:00pm to 7:30pm  
January 9 ... February 13 ... March 13
- ♦ **MBC GALS** — 4th Tuesday ... 6:00pm to 7:30pm  
January 22 ... February 26 ... March 26
- ♦ **UNDER 50 GIRLS** — 4th Wednesday ... 6:30pm to 8:00pm  
January 23 ... February 27 ... March 27