Judi Janowski, director of Infinite Boundaries™ retreats and I recently traveled to Atlanta, GA for the Fourth Biennial Cancer Survivorship Conference. Sponsored by the American Cancer Society, the Lance Armstrong Foundation and the National Cancer Institute, the conference featured some of the nation’s leading experts in cancer survivorship. Judi and I listened intently to presentations on improving the quality of life for survivors and their caregivers, exploring ways to promote cancer survivors’ health and psychosocial functioning, and successful interventions for the emotional distress often associated with cancer. As planning begins for the 9th annual Sharing the Knowledge conference, we hope to invite several of the researchers we met in Atlanta to share their findings with you.

While we came away energized and enlightened, we both commented on Ann Haney’s incredible insight. Ann created the Infinite Boundaries™ retreat program in 1997. Early on Ann recognized that breast cancer survivors needed a safe place where they could explore emotional issues and share and heal with other women in similar circumstances. Much of the research presented in Atlanta focused on the different stages of a cancer diagnosis and the need for specialized after care. This was a great affirmation of our work. We’re pleased that for several years we’ve offered retreats for young women with breast cancer, women with metastatic breast cancer, and women who are alone on their journey, without the support of a spouse or partner.

As a supporter of Breast Cancer Recovery, please know your gifts and encouragement mean the world to us. Too many of us have been touched by cancer—your support helps us find some semblance of meaning in the illness. Thank you.

Sue Abitz, Executive Director

Breast Cancer Recovery’s mission is to help women heal emotionally, spiritually and physically from breast cancer.

Survivorship NEWS

Since my diagnosis, I have felt my world spinning out of control. At times I have felt so alone. I was in search of “firm ground” to place my feet. I found it at Infinite Boundaries™.

JEANNIE
Infinite Boundaries™ August 2007

Infinite Boundaries™ taught me when you are at the edge is when you learn to fly.

LIZ
Infinite Boundaries™ Solo Retreat October 2007
WE’VE UPDATED OUR NAME!
You may have noticed we’ve shortened our name. Our updated name—Breast Cancer Recovery—is the result of surveying volunteers, donors and women who have attended our retreats and conferences. Many respondents encouraged us to shorten the name to more accurately reflect our mission and what we do.

Over the years, we’ve been concerned that including the word Foundation in our name might prevent someone from realizing we offer real services and programs for those affected by breast cancer. One survey respondent wrote “you’ve got to lose the ‘Foundation’. No one would dream you actually work with women.”

We encourage our friends and supporters to use our new, improved name. Try not to refer to us by our old initials (BCRF) since this acronym may cause confusion between our organization and the Breast Cancer Research Foundation.

NEW DIGS!
Breast Cancer Recovery moved into a new office space in February of 2007. Located just off Highway 12/18 in Madison, the office features a cozy resource library for survivors complete with a fireplace and workspace for our growing corps of volunteers. Artwork created by women at Infinite Boundaries™ retreats adorns the walls and vaulted ceiling. Visitors are always welcome!

OFFICE HOURS
8 am – 5 pm  Monday – Friday

NEW PROGRAM PLANNED
Survivorship seems to be the new buzz word in the cancer community. Breast Cancer Recovery plans to build on the decade of experience we have serving women diagnosed with breast cancer by adding a new survivorship program. Geared to women who are 3-5 years out from their initial diagnosis of breast cancer, the program will have a focus on information-sharing and skill-building. We plan to provide resource information and support to breast cancer survivors who have moved beyond their initial recovery period and are interested in making lifestyle changes that will continue to aid in their healing. Breast Cancer Recovery is grateful to the Evjue Foundation and Komen for the Cure–Madison affiliate for their support of this new program. The pilot will be rolled out this fall. Stay tuned for more details!

10 YEAR ANNIVERSARY
Throughout 2007, celebrations were held to commemorate the ten-year anniversary of Breast Cancer Recovery.

All of the celebrations were unique and funds raised at these events were designated to our new endowment fund which will ensure the future of Infinite Boundaries™.

VALENTINE’S DANCE PARTY
for middle schoolers
raised over $5,000

BEER & SALSA TASTING PARTY
at Wonder’s Pub
raised $2,800

TATTOOS AGAINST
BREAST CANCER
found several Infinite Boundaries™
Alumni receiving tattoos with funds donated to Breast Cancer Recovery

60TH BIRTHDAY PARTY
raised $1,600

STEVENS POINT YARD SALE
raised $1,200

We thank all of our many champions—
their combined efforts raised $100,000!

Thank you!

Breast Cancer RECOVERY NEWS

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Thank you!
INFINITE BOUNDARIES™

Since the first pilot retreat in 1997, more than 800 breast cancer survivors from 25 states have attended an Infinite Boundaries™ retreat. In 2007, close to one hundred women attended one of the nine retreats Breast Cancer Recovery sponsored. Retreats took place at locations including Madeline Island, the Door County peninsula, the Wisconsin Dells and northern Minnesota. Three of the nine retreats were specialized—a retreat for young women with breast cancer, a retreat for women with advanced (metastatic) breast cancer and for the first time, a retreat for ‘solo’ women—survivors who do not have the support of a spouse or partner.

Each Infinite Boundaries™ retreat is attended by 10-15 participants and features a team of 4-5 volunteers, all of whom are breast cancer survivors. Ann Haney, founder of Breast Cancer Recovery, felt it was important the program be designed by survivors for survivors and we remain committed to her vision.

Many women who attend Infinite Boundaries™ leave knowing that while they may never be cured of breast cancer, they can be healed. The healing often begins while at Infinite Boundaries™. For the first time, many breast cancer survivors feel free to share their fears of a recurrence and comfortable discussing the impact of breast cancer on the most intimate aspects of their life. Healing practices such as journaling and meditation assist in the recovery process. Each retreat features a physical component such as kayaking, NIA or nature walks, all designed to help women re-connect with their bodies. If you know of someone who might benefit from a retreat, please encourage them to visit our website www.bcrecovery.org for dates of upcoming Infinite Boundaries™ retreats.

SHARING THE KNOWLEDGE CONFERENCE

This is a great conference, especially to give us a forum to network, learn, share and laugh! -2007 Sharing the Knowledge attendee

The 8th annual Sharing the Knowledge conference took place on Saturday, November 3 in Madison, WI. More than 250 breast cancer survivors, caregivers and healthcare professionals attended. Guests were treated to a morning keynote lecture by Dan Shapiro, PhD, “A Funny Thing Happened on the Way to Chemo” and an afternoon presentation by Jana Stanfield, who played guitar and inspired the audience with her presentation “I’m Not Lost, I’m Exploring—How to Keep Joy in Your Life.” Workshops covered topics such as living with lymphedema, stress reduction, talking to children about cancer, and advances in cancer research. The day ended with cake for all to celebrate Breast Cancer Recovery’s 10-Year Anniversary.

Sharing the Knowledge provides an opportunity for health care professionals to interact with those they serve, as well as providing a chance for survivors to pose questions to these professionals in a non-clinical setting. We again offered continuing education hours for nurses and for the first time also offered education credits for radiologic technologists. Generous funding for the conference was provided by Komen for the Cure–Madison affiliate. Planning for the 9th conference is underway. Please save the date, November 8 in Madison, WI.

Making a Difference

This is the only opportunity I’ve had to spend time with other women in my situation. It meant the world to me. Thank you! I feel hopeful and rejuvenated and it felt so good to share. I loved this group of warriors.

–Anonymous

Infinite Boundaries™ Retreat for women with metastatic breast cancer, March 2007

I've been going to the Sharing the Knowledge conference annually since I was diagnosed, and each year it has been invaluable to me. Not only to me, but also to my family, since hormonal cancers run in my family. Each year I find out about new research going on, and I feel more confident being my own advocate.

–Long-time conference attendee

Taking time to heal your spirit is as important as taking time to heal your body. My experience at Infinite Boundaries™ has helped me to heal my spirit and renew my faith in the future.

Shelby
Infinite Boundaries™
October 2007
Jim Lemmons initiated the first named endowment fund for Breast Cancer Recovery with a gift of $25,000. The Dianne Lemmons Endowment Fund celebrates and honors the life of his wife, Dianne. Future revenue generated from this fund will be devoted to programs for women with metastatic breast cancer.

Dianne explored many intimate places while on earth through her travels to destinations as distant as Africa, Nepal, Tibet and India, or as close as her mind through meditation, Watsu, Nia, Reiki. At the same time, Dianne remained firmly planted on earth, never missing a birthday or anniversary of family or friends, always with an eye on the next adventure, the next anniversary celebration with her husband, Jim, the next flower to plant, the next opportunity to dance. Diagnosed with invasive lobular cancer in 2001 at the age of 44, Dianne battled the physical disease with the most aggressive tools Western medicine could offer while also embracing every opportunity presented to achieve physical, emotional and spiritual recovery.

Dianne attended an Infinite Boundaries™ retreat for women with metastatic disease in March 2006, shortly before her death on May 1st. According to Jim, the retreat was a source of great strength for Dianne. Her brief relationship with other women with metastatic disease brought a greater sense of peace to Dianne's final weeks and helped her navigate them calmly and with dignity. She died peacefully in the home she and Jim filled with decades of memories, with her flowers in view and with Jim at her side.

2007 FINANCIAL REVIEW

Each year Breast Cancer Recovery engages an outside audit firm to conduct a thorough review of our financial accountability. A copy of our audited financial statements is available by contacting our office. You can also download the statements at www.bcrecovery.org or at www.guidestar.org.

The Breast Cancer Recovery is funded primarily by individual gifts and gifts through special events. Additional funding is received from foundation grants. We also receive revenue from Infinite Boundaries™ retreat fees and registration, exhibit fees and sponsorships through the annual Sharing the Knowledge conference.

In 2007, we received gifts from 1,217 individuals! Privacy concerns prevent us from printing the names of all of these wonderful supporters, but we thank each and every one of you.

How are your gifts spent? The majority of revenue is devoted to program services. This includes lodging and meals for Infinite Boundaries™, program personnel, travel, and office expenses. Management and fundraising expenses include personnel, insurance and special event related expenses.
GOODSEARCH
What if Breast Cancer Recovery earned a penny every time you searched the Internet? GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities you designate. You use it exactly as you would any other search engine and the pennies add up quickly—just 500 people searching four times a day could raise over $7,000 a year for Breast Cancer Recovery! And, it’s free for you to use! Go to www.goodsearch.com and enter Breast Cancer Recovery as the charity you want to support. And, be sure to spread the word.

PICK ‘N SAVE WE CARE:
Each time you shop at Pick ‘n Save and use your Advantage Plus Savers Card, Breast Cancer Recovery will receive a cash rebate. The amount of the rebate will be a percentage of the total amount of WE CARE dollars that Pick ‘n Save has contributed. Please designate 73410 (Breast Cancer Recovery) on your Advantage® Plus Saver’s Club application form and use your Advantage® Plus card every time you shop.

PLANNED GIVING
Not everyone can be a major donor during their lifetime. Many of us need our current assets to provide for ourselves and our families. If the mission of Breast Cancer Recovery is something you would like to support after your death, you may wish to investigate making a planned gift to our organization. We encourage you to discuss this option with your attorney or financial planner.

GIVE AT WORK
Beginning this fall you will be able to make a gift to Breast Cancer Recovery through payroll deduction at many work sites throughout Wisconsin. As a member of Community Health Charities, you can designate a gift to Breast Cancer Recovery in many of the fundraising campaigns for public sector employees, such as the state and university employee Partners in Giving campaign. Breast Cancer Recovery will also be listed as a Community Health Charity agency in the United Way campaigns in Madison and Milwaukee.

Even though three years have passed since my diagnosis, I still get very worrisome aches and pains because my first thought is always that the cancer has come back. The retreat helped me to face my most persistent problems and connect with other survivors who share a lot of the same worries, which was very soothing.

MARY
Infinite Boundaries™ July 2007
WE HONOR
OUR 2007 INFINITE BOUNDARIES™ RETREAT VOLUNTEERS

LISA Hirchert, TRUDY Karlson,
RENEE Reback, LEANNE Widen,
HILARY Greene, JOAN Johanson,
NANCY Klein, BARB Rudolph,
MONICA Nichter, CINDY Peterson,
LISA Rambaldo, DIANE Graebner,
AMY Treichel-Brandt,
LINDA Gerlach, ELLEN Marendaz,
JUDY VonBergen, JOAN Maas,
CHERYL Midyett, TERRI Pedace,
EVI Hungerford, JENNIFER Swanson,
JANET Burrill, PRIS Myers,
CHERYL Murray,
and NANCY Saulsbury

Thank you!

Our Amazing Volunteers

With only one fulltime staff member, we're often asked how we get everything done. The answer is easy—volunteers! Breast Cancer Recovery is lucky to have the Friends Committee, a group of volunteers who help plan our special events, and a corps of volunteers who assist with Infinite Boundaries™ retreats.

Serving as a volunteer at an Infinite Boundaries™ retreat takes many special qualities. All volunteers are required to attend a daylong training session in late winter. Site Directors receive follow-up training each quarter. Volunteers willingly give up 5-6 unpaid days to assist at an Infinite Boundaries™ retreat and most cover their own travel expenses. Days are long and emotionally intense but all of the volunteers agree that the work is inspiring, meaningful and full of joy.

Reflections

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