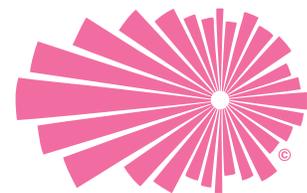


# Supporting HOPE



Rays of Hope

Walk & Run Toward the Cure of Breast Cancer

A Newsletter of

Baystate Health

NUMBER 38 • FALL 2017

## You Have the Power to Bring Hope

Breast cancer is the most commonly diagnosed cancer (other than skin cancer) for women in the U.S., with more than 190,000 new diagnoses each year. As Rays of Hope team captains and members, individual walkers, runners, donors and corporate sponsors your support helps us to care for family, friends and neighbors fighting breast cancer. You have the power to bring about major changes in the fight against breast cancer, and you have the power to provide hope.

The Rays of Hope Walk & Run Toward the Cure of Breast Cancer is a powerful example of that hope as well as laughter, hugs, and dancing. With more than 20,000 participants, it's also pretty awe inspiring! You'll be surrounded by thousands of people who, like you, are helping to put an end to breast cancer.



“Since 1998, when I was first diagnosed with a very aggressive form of breast cancer, I have been involved with Rays of Hope,” says Midje Theulen, Walk chair. “Anyone who has participated in this walk knows it’s not ‘just’ a walk. It’s a life changing event. Witnessing so many individuals coming together for a common goal, all dressed in pink, is a feeling I can’t put into words. People like you who tirelessly fundraise year after year continue to give hope as the number of survivors like myself increase.”

Funds raised by Rays of Hope support important research done at the Rays of Hope Center for Breast Cancer Research as well as programs and services through the Baystate Health Breast Network, outreach and education, survivorship programs and complementary therapy programs through community grants. Learn more about the research and other funding throughout the pages of this newsletter and on our website.

There are so many ways you can help Rays of Hope throughout the year and with this year’s Walk & Run quickly approaching, you’ll be excited to know we have some amazing incentives to help you easily reach or surpass your fundraising goals when you sign up. The BIG WIG program is expanding and one of the benefits you could receive is your own parking spot in the VIP lot at Temple Beth El – right where the event steps off. You won’t need to park your car offsite and jump on the bus! Learn more about the BIG WIG program on page 6.

“Join us for the Rays of Hope Walk & Run Toward the Cure of Breast Cancer on Sunday, October 22,” says Theulen. “With all the money raised staying here in western Massachusetts, it’s the ‘breast walk and run ever’ and every step you take will bring hope to so many living right here in our neighborhoods.”



**For more information and to register to participate visit  
[baystatehealth.org/raysofhope](http://baystatehealth.org/raysofhope)**

Midje Theulen



## Chair's Message

As we approach the 24th Annual Rays of Hope–Walk & Run Toward the Cure of Breast Cancer, I can't believe my two-year reign as chair is coming to a close. Being able to work with and meet so many wonderful people who have the same passion for finding a cure for breast cancer has been a wonderful experience and one I will hold near and dear to my heart.

It will be 19 years in October that I had my very last chemo treatment – a double dose and 24-hour drip of a new drug called Taxol, now a standard treatment for breast cancer. The emotions may fade but they never disappear. When talking to other breast cancer survivors or caregivers about “the fight” the feelings come back in an instant. We all know someone whose life has been affected by this disease and the importance of finding the cure. If you haven't started your fundraising efforts yet now is the time! It's okay if someone says no – smile, say thanks and move on. Write a heartfelt letter, host a house party, organize a car wash; the fundraising ideas are endless!

Since its inception 24 years ago the Walk & Run has raised over \$13.7 million dollars, and it all stays local. Monies raised have supported thousands of woman and men (yes, men get breast cancer, too). Thanks to educational programs, support groups, a host of supplemental programs and of course the vital piece, research, we continue to not only survive but thrive. Please remember that as you ask for donations. It really does make the asking easier.

This past year we were fortunate to form a new relationship with the Springfield Thunderbirds, who sponsored our “Pink in the Rink” event on March 11. That's a photo of me above dropping the puck just before the game. Not only was it a great night of hockey but they generously donated \$10,671 to Rays of Hope!

I can't wait to stand on the stage and witness that awe inspiring view of the “sea of pink” on Sunday, October 22.

Yours in breast health,

Midje Theulen  
2016-2017 Rays of Hope Chair

**A gift in your will could be the most powerful charitable gift you ever make.**

For example, over 50 years, a \$25,000 gift invested in Baystate Health's endowment may provide gifts totaling \$78,902\* to Rays of Hope to support vital research, programs and other assistance for those whose lives are affected by breast cancer. Do more than you ever imagined. Turn your annual gift into a powerful commitment. Include Rays of Hope in your will. To learn more, contact Kylie Johnson at the Baystate Health Foundation: 413-794-7789 or [kyliejohnson@baystatehealth.org](mailto:kyliejohnson@baystatehealth.org).

\*Assuming a 4% payout. Calculations are for illustration purposes only.

### Be Inspired. Be Healthier. Belong.

Baystate Health Spirit of Women is a free loyalty program that offers the latest women's health information through seminars with physicians, nurses and clinical experts.

Visit [baystatehealth.org/spiritofwomen](http://baystatehealth.org/spiritofwomen).

 Baystate Health *Spirit of Women*



 Find us on Facebook

Like Rays of Hope on Facebook today!



*Michelle Graci and Tatyanna*

## Support that Empowers

Seventeen-year-old Tatyanna Feliciano (right, with Michelle Graci, manager of Fundraising Events, Baystate Health) has been an avid fundraiser for Rays of Hope for several years. She has held fundraisers at her school, Paulo Freire Charter School in Holyoke, and will participate in this year's Walk & Run on October 22. "Breast cancer impacts women and men and can be very devastating for families," she says. "Fundraising may help with expenses and for research to find a cure. I support Rays of Hope because I am a woman and women empower each other. I like to contribute as much as I can to help people in need." Tatyanna has served Rays of Hope well and looks forward to serving our country soon by joining the United States Air Force. We know she will do them proud!

## Paradise City: More Than Just a Dragon Boat Team

Paradise City Dragon Boat team is a nonprofit team of cancer survivors and supporters based in Northampton. Founded in 2016, it is an active community organization focused on Dragon Boat racing with a mission of building and sustaining individual fitness, contributing to our community, and stewardship of the Connecticut River. Our survivors are in various stages of their cancer experience; some in active treatment, while others have been cancer free for years. We are a diverse group who come together to paddle for the health and emotional benefits derived from Dragon Boating. We practice twice a week and work at perfecting our technique and synchronicity.

We set the pace off the water by becoming involved in the community, where our service feeds the soul of our team as it strengthens the core of who we are. We have sponsored events such as a family fun day with Griffin's Friends, a pediatric cancer support group; our first "Ride the Dragon" at Nashawannuck Pond in Easthampton

to help raise supplies for its public schools and food pantry; and an Eco-Tour on the Connecticut River in conjunction with Historic Northampton. Our survivors are involved in crafting handmade baby dragon heat packs which are donated to children undergoing treatment at the D'Amour Center for Cancer Care. We view this as our "pay it forward" opportunity.

Camaraderie is a big part of who we are. We come from all walks of life, are all shapes, sizes, ages, and fitness levels. The support

network for survivors is an important component of our team. As we are each in different parts of our journey, there is always the opportunity to make a connection with others of similar experience and to know you are not alone. We encourage, motivate, and support each other. We are a team.

Thanks to the generosity of Rays of Hope, we have been given the opportunity to expand our outreach by providing direct support to breast cancer survivors.



*For more information on joining the Paradise City Dragon Boat team, pictured here, please visit [www.paradisedragons.org](http://www.paradisedragons.org) or call 413-588-7315.*

**ROH Funds: Raised LOCAL – Stay LOCAL!**

## Wearable Technology Monitors Fatigue in Breast Cancer Patients

A team of scientists led by UMass-Amherst nurse faculty member Rachel Walker, PhD, RN, who specializes in cancer survivorship and support for cancer survivors, recently received a grant from Rays of Hope Center for Breast Cancer Research to support new research on cancer-related fatigue.

Cancer-related fatigue (CRF) is one of the most common and disabling symptoms reported by cancer survivors. Approximately 78% report cancer-related fatigue. The National Comprehensive Cancer Network (NCCN) defines fatigue as “a persistent, subjective sense of tiredness related to cancer or cancer treatment that interferes with usual functioning” not relieved by sleep or extra rest. Cancer-related fatigue is associated with other disruptive symptoms including impaired sleep, pain, and depression.

Up to one third of cancer survivors experience unrelenting cancer-related fatigue following primary treatment, although the reasons are unclear. Scientists and clinicians believe it may stem from multiple overlapping processes affecting cognition and motor functioning, including eye movements.

There are currently very few ways to reliably and objectively monitor fatigue and its effects. However, certain types of eye movements called “saccades” may offer a new, objective measure. The purpose of this new study is to develop a better understanding of the possible impacts of fatigue on eye movements among breast cancer survivors. The team will also assess the accuracy of a new type of wearable technology used to measure eye movements. The “iShadow” was developed by Addison Mayberry and Dr. Deepak Ganesan in the UMass Department of Computer Science.



The study is looking for women ages of 50-70 to participate in a single visit to UMass for up to two hours. Participants will be asked questions about their medical history and symptoms. They will also complete a short task that involves wearing a pair of

special eyeglasses that track their eye movements while watching a computer screen. Participants will receive up to \$100 for their time.

The research team is looking to enroll both women who have a history of breast cancer therapy and those who do not and is also looking for women in both groups who feel fatigued, as well as those who do not. Comparing these groups will allow the research team to better understand relationships between eye movements, cancer history, and fatigue.



Before enrolling, potential participants will be asked questions over the phone to determine their eligibility. A medical history of certain medical conditions that can also cause fatigue, such as chronic fatigue syndrome, may prevent some persons from meeting eligibility requirements.

To learn more, visit [tech4symptoms.org](http://tech4symptoms.org), or email the study's research Coordinator Brenda Mutai at [thrive@umass.edu](mailto:thrive@umass.edu) or call 413-545-6738.

Dr. Walker's team is also one year into research on developing a toolkit to promote activity and wellness following cancer therapy. This study, known as “The Toolkit Trial,” is primarily funded by a three-year grant from another source. Dr. Patty Freedson, professor emeritus of the UMass Department of Kinesiology and former vice-president of the American College of Sports Medicine, is the primary research mentor. Drs. Grace-Makari-Judson and Joe Jerry of the Rays of Hope Center for Breast Cancer Research are also part of the team. Lucy Carvalho, founder of Rays of Hope, currently serves as the cancer patient advocate for this research. For more information, visit [tools4wellness.org](http://tools4wellness.org).

—Rachel K. Walker, PhD, RN  
Assistant Professor, College of Nursing, UMass-Amherst

# Medical Update

**Grace Makari-Judson, MD**  
**Chair, Baystate Health Breast Network**

## Breast Cancer Clinical Trials Update Immunotherapy for Breast Cancer Arrives

While immunotherapy has become a game changing part of care for cancers like melanoma and non-small cell lung cancer, it has been slow to find a place amongst the many options for breast cancer treatment.

### **What is immunotherapy?**

The immune system naturally recognizes cells that are considered self and battles “foreign intruders.” Think of this as guards at a front gate. Normal cells may show their id and are let through without activating an attack from the immune system. Cancer cells may sneak by the guards if they contain some of the same proteins such as PDL-1 and PD-1. Immunotherapy drugs, known as checkpoint inhibitors, block the proteins like PDL-1 and PD-1, to bust the cancer cell’s cover and “unleash” the immune system to do its job and attack the cancer cells.

### **Why not breast cancer?**

The greater the number of mutations seen in a cancer, the more intense the immune response. The immune checkpoint inhibitors have been most effective in cancers where there are many mutations such as melanoma. The majority of breast cancers, in particular, estrogen receptor positive breast cancers tend to have fewer mutations and are not associated with much of an immune response. Triple negative breast cancer (i.e. ER neg, PR neg and Her2 neg) accounts for about 20% of breast cancers and is associated with a higher mutational load and more potential for an immune response.

### **Early results**

In clinical trials of solid tumors that expressed the PDL-1 protein (of which a small percentage were in breast cancer patients with metastatic cancer), use of a monoclonal antibody called pembrolizumab (Keytruda®) was associated with favorable responses. In the women with metastatic breast cancer, responses were similar to that seen with chemotherapy but keeping cancer under control for longer periods of time.

### **Baystate opens NCI/SWOG 1418 clinical trial**

Patients with triple negative breast cancer often will have upfront chemotherapy to reduce the cancer size prior to surgery. Most patients will have cancer shrink and some of the patients may have no evidence of residual cancer at the time of surgery. However, in some patients, there is significant left over cancer placing them at higher risk of recurrence.

Patients who have had pre-op chemotherapy and then after surgery are found to have  $\geq 1$ cm of residual cancer and/or disease in lymph nodes may be eligible for the NCI /SWOG 1418 trial. Since there is no standard additional treatment given after surgery, patients in this clinical trial are randomly assigned to receive pembrolizumab intravenously once every 21 days for one year or observation. The most common side effects of the pembrolizumab include fatigue, muscle and joint pains, diarrhea and nausea.

The goals of the trial are to assess the effect of pembrolizumab on cancer recurrence and survival. The goals also include learning how women recover after the initial chemotherapy and whether or not the pembrolizumab makes recovery harder. The observation group is important to serve as a comparison and will also complete questionnaires to assess fatigue, emotional wellbeing and quality of life. It is expected that 1,000 women will be enrolled in this trial across North America to address these important questions.

**For more information contact the Baystate Regional Cancer Program Clinical Research Office at 413-794-4154.**



## **“Breast Density – What does it mean and what can I do?”**

Join Drs Grace Makari-Judson and Joseph Jerry for an educational event featuring guest speaker Dr. Amy Trentham-Dietz, professor of Population Health Sciences and program leader of the Cancer Control Program at the University of Wisconsin Carbone Cancer Center.

**Date:** Tuesday, October 17, 2017

**Time:** 5:30-7 p.m.

**Location:** Life Sciences Laboratory, Room S330/340, 240 Thatcher Way, University of Massachusetts-Amherst

**To register:** Contact Sue-Ann Hilton at 413-794-9566 or email Sue-Ann.Hilton@baystatehealth.org.

*Sponsored by the Rays of Hope Center for Breast Cancer Research and the Baystate Health Breast Network.*

# Welcome New Surgeons!

**Holly Mason, MD**

*Section Chief, Breast Surgery at Baystate Health*

It is my pleasure to introduce two new surgeons joining the surgery team at Baystate Breast Specialists.

**Dr. Elizabeth Brady** comes from Hartford Healthcare where she served as the first medical director of Hartford Hospital's Multidisciplinary Breast Program and leader of the Hartford Health Care Medical Group Breast Center. Dr. Brady has practiced breast surgery for over 20 years with particular interest in individuals at high risk to develop breast cancer. She has held faculty appointments at UCONN Medical School and Dartmouth Medical School, and enjoys teaching residents and medical students. Her passion is improving the patient and family health care experience.

She earned a BA from Dartmouth College and her medical degree at Dartmouth Medical School. Dr. Brady completed her general surgery and surgical intensive care fellowship training at Hartford Hospital/UCONN.

**Dr. Danielle Lipoff** is a fellowship-trained breast surgeon. She grew up in Framingham, Massachusetts and completed both undergraduate and graduate studies at Boston University. Afterwards Dr. Lipoff worked as a clinical research coordinator

at the Gillette Center for Breast Cancer at Massachusetts General Hospital, where her passion for breast health care began.

Dr. Lipoff pursued her general surgery training at Stony Brook Hospital and the East End Health Alliance and a fellowship in breast surgery at Grant Medical Center in Columbus, Ohio. She is also a member of the American College of Surgeons, the American College of Osteopathic Surgeons and the American Society of Breast Surgeons.

Dr. Lipoff is interested in integrative medicine and the profound effect this has on patients' overall well-being. She encourages her patients to incorporate complementary healing modalities into their treatment plan. Dr. Lipoff is also a Master-Level Reiki practitioner and is committed to treating the whole patient on his or her path to healing.

Drs. Brady and Lipoff will see patients at the Baystate Breast & Wellness Center at 100 Wason Avenue in Springfield, Suite 340. To make an appointment, call 413-794-8899.



*Holly Mason, MD*

**You can become a Rays of Hope BIG WIG! Depending on how much you raise individually online you will receive the following awesome perks:**

## **Raise \$1,000 - \$2,999 ONLINE:**

- Access to the exclusive **BIG WIG** registration area
- **BIG WIG** hat with a 2017 pin
- Access to **premium restrooms**
- **Free coffee, donuts and health bars -YUM!**
- **Swag bag** filled with great stuff
- **Free chair massage**
- **BIG WIG photo booth** – wait 'til you see it!
- **Bragging rights to call yourself a Rays of Hope BIG WIG!**

**ALL FUNDS MUST BE RAISED ONLINE BY OCTOBER 13, 2017. FUNDS ARE PER INDIVIDUAL, NOT BY TEAM.**



## **Raise \$3,000 or more ONLINE:**

- **ALL THE GOODIES ON THE LEFT AS WELL AS...**
- Your own **parking spot in the VIP lot at Temple Beth El**
- **Invitation onto the main stage** to get the cheers you deserve
- **VIP swag bag** filled with even more great stuff
- **2 free VIP tickets to the Taste of Table & Vine on October 21**
- **Photo with Mayor Domenic Sarno and Rays of Hope founder Lucy Giuggio Carvalho**
- **2 free tickets to the 2018 Springfield Thunderbird's Pink in the Rink event and meet & greet with the players**

## Caitlin Whitney: A Survivor's Story

Caitlin Whitney of Springfield has walked for Rays of Hope since high school. She felt it was important to give to an organization that gives back to its local community.

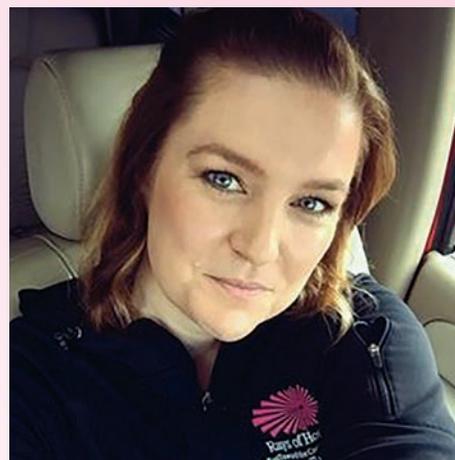
"I love that Rays of Hope is local, and everything stays right here," said Whitney. "Breast cancer affects so many people, so I made it a point to always donate to Rays of Hope each year. I always purchased breast cancer awareness merchandise like silk scarves that benefit breast cancer organizations and would proudly wear them during the month of October." Little did she know that several years later at the age of 29, she would be using those scarves to accessorize her "no hair" style.

Diagnosed in 2014 with invasive ductal carcinoma, Whitney had surgery at Baystate Medical Center along with chemotherapy and radiation treatments at the D'Amour Center for Cancer Care.

"For such a traumatic situation, I could not have asked for better care," she said. "Every single person made my treatment more positive, from the minute I pulled into the parking lot and was greeted by Gordon the valet. I loved my chemo afternoons with Nancy and Joanne. Dr. Mason, Dr. Yunes, and Dr. MJ (Makari-Judson) have all been fantastic through this journey always listening to my concerns, easing my anxiety and helping me cope with my diagnosis. Katie and Sara made my six weeks of radiation fly by with their fun personalities,

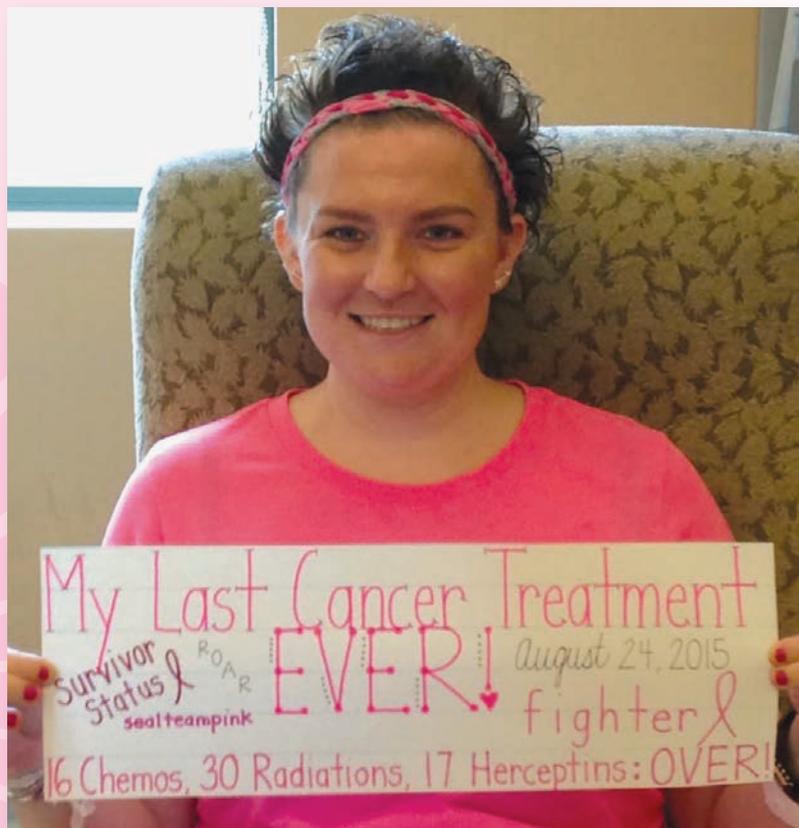
jokes and ability to make me smile even on my darkest days. We are so fortunate to have this amazing place right here in Springfield."

That year Whitney created her Rays of Hope



Caitlin Whitney

team "Seal Team Pink," inspired by SEAL Team Six, the special operations unit of the Navy. They started with 150 people and have grown to add her fifth grade students



at Glenwood Elementary School in Springfield. The students have also held fundraising events to support Rays of Hope.

"The day I was diagnosed with cancer was also the day I decided I was going to conquer cancer," she says. "When my team gets together to walk each year, it reminds me how loved I am. We give back and now I am a survivor. We know how important it is to help everyone who is diagnosed become a survivor, too."

Caitlin educates people on how to detect cancer early by recognizing the signs. She says this knowledge empowered her to not dismiss the signs of breast cancer her body was exhibiting, which she feels saved her life.

"I share my story in the hope that I will inspire other people, motivate them to recognize cancer symptoms, and save someone else's life," she says.

"I've met a lot of amazing people through Rays of Hope that have helped open new opportunities for me to share my story. I'm currently working with Survivor Journeys™ to create a young adult survivor group in Springfield," she continues. "Rays of Hope events like Survivor's Day and the Pink in the Rink Thunderbirds game continue to help me heal. Participating in these events is like therapy that helps me stay positive and reminds me that I beat cancer, and with the help of my team of doctors will continue to stay cancer free."

# Advances in Screening with 3-D Mammography or Tomosynthesis

With the advancement of technology in mammography, the breast cancer detection rate has increased significantly. However, with standard two-dimensional mammography alone there are still pitfalls that create unnecessary costs and inconveniences to patients and hospitals. These limitations especially affect patients with dense breasts, for which two-dimensional mammograms have a harder time providing clear pictures.

Numerous studies have demonstrated that tomosynthesis (or 3-D mammography) is better in identifying breast cancer, proving that it is a more effective mammography method. Instead of using a single low-energy X-ray for each view (as done in standard mammography), tomosynthesis uses several low dose X-rays obtained from different angles. As a result, tomosynthesis gives a three-dimensional picture instead of the two-dimensional image provided by standard mammography.

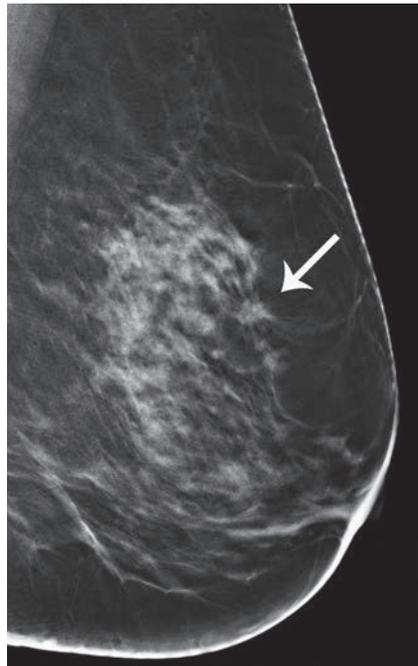
In mammography, X-ray reveals most lesions and calcifications, but it is difficult to distinguish whether or not they are benign (non-cancerous). If there is a chance an area is not benign, the patient is called back to the hospital for additional tests, which may include a diagnostic mammogram, ultrasound, and, biopsy (extracting a sample of tissue for analysis). When the area identified is not cancerous, it means that the mammogram gave a false positive for breast

cancer. At this point a considerable amount of the patient's and doctor's time, hospital resources, and money have been used performing tests that provide no benefit.

In tomosynthesis, abnormalities can be identified as benign or suspicious in smaller layers of tissue, resulting in far fewer patient callbacks. A 15-40% decrease in callbacks has been reported when using this new mammography method. Since shadows and distortions are reduced, tomosynthesis makes it much simpler for radiologists to identify the inner structure of breasts, greatly improving the imaging for dense breast tissue. These improvements have been shown to increase the cancer detection rate from 9-27 percent%.

Numerous studies have shown that for many women, tomosynthesis is the best option for mammography. However, because it is a relatively new method of imaging, it is not currently the standard and is not available in all health systems. Baystate Health now offers tomosynthesis at many sites, contributing to exceptional patient care.

—Alena Kreychman, MD  
Assistant Professor, UMass School of Medicine  
Harvard Visiting Professor  
Department of Radiology, Baystate Health



3D MLO view of the left breast demonstrates a small cancer in the upper portion of the breast.



## You've Earned It!

**Seminars, Discounts, Events, Trips, for 55+**

Join Baystate Health Senior Class today! It's a free loyalty program dedicated to health and wellness for men and women ages 55 and over.

Visit [baystatehealth.org/seniorclass](http://baystatehealth.org/seniorclass).

# seniorclass

Baystate  Health

## Does my metabolism make a difference?

Factors such as obesity and lifetime exposure to estrogen have been associated with increased risk of breast cancer while pregnancy early in life and exercise can diminish one's risk. However, one can be very fit and still be confronted with a diagnosis of breast cancer. So the critical questions are, "What does that mean for me? Are some individuals sensitive to these factors while others are unaffected? Is it just bad luck or could we predict that some individuals are sensitive to these factors?"

The Rays of Hope Center for Breast Cancer Research is adding new insights into how differences in metabolism within cells may contribute to development of breast cancer. In a recent publication in the Journal of Physiology, normal breast cells were used to examine how nutrients are metabolized to produce energy. Basal metabolism of cells varied dramatically, differing by more than 8-fold among individuals. As mitochondria play a critical role in producing energy in cells, often referred to as the "powerhouse of cells", its function was of particular interest. Again, mitochondrial function varied by as much as 10-fold among individuals.

But what do differences in mitochondrial function mean for breast cancer risk? To address this, normal breast cells from women who developed breast cancer were compared with the same types of cells from women who never had breast cancer. Only one measure differed consistently among the two groups and that was the ability to use pyruvate, a metabolic compound that is "burned" in mitochondria to produce energy for cells. In cells from women with breast cancer, the ability to metabolize pyruvate was reduced dramatically in nearly 90% of individuals. An inability to efficiently metabolize pyruvate in mitochondria is also a characteristic of cancer cells, raising the possibility that alterations in metabolism may be a predisposing event in the initiation and progression of breast cancer.

The experiments demonstrate the value of the breast cell resources made available by the women participating in the Breast Research Registry and funding from the Rays of Hope. As the breast cell library continues to grow, it should be possible to understand why individuals differ in metabolism. It also holds the promise of using metabolic measures to more accurately assess an individual's risk of developing breast cancer or responses to therapies. Related experiments are examining variations in sensitivity to environmental chemicals and potential links to breast cancer.

The full article is available at <http://onlinelibrary.wiley.com/doi/10.1002/jcp.25932/epdf>. This project is a collaborative effort of scientists at the Pioneer Valley Life Sciences Institute and University of Massachusetts-Amherst (Sallie Schneider, Nagendra Yadava, Joseph Jerry) and clinicians at Baystate Medical Center (Grace Makari-Judson, Giovanna Crisi, Richard Arenas) with additional funding from the National Institutes of Health.

## VOLUNTEERS:

We need your help at this year's Taste of Table & Vine! Volunteers must be 21 or over and have their own transportation to and from the event. If you are interested in volunteering, email the Rays of Hope office at [raysofhope@baystatehealth.org](mailto:raysofhope@baystatehealth.org) or call 413-794-8001.

### The Fifth Annual **Taste of Table & Vine** Saturday, October 21, 2017



**400 Wines**  
**100 Beers**  
**50 Spirits**

Local Restaurants and  
Big Y Signature Foods

**Ticket Prices:** (must be 21 or older)

**\$50.00 General Admission**

5:00 to 8:00pm

**\$75.00 VIP Admission**

4:00 to 8:00pm

preview the Taste **one hour**  
before the general public,  
also includes VIP parking.

**Tickets Available at:**

**The Customer Service Desk • [www.TableAndVine.com](http://www.TableAndVine.com)**

**The Big E Box Office • [www.TheBigE.com](http://www.TheBigE.com)**

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& BETTER  
THAN EVER!**

**Games**

**Raffles**

**Photo Booth**

**In The Comfort  
of the**

**Better Living  
Center**



**TABLE & VINE**



**Eastern States Exposition**  
**1305 Memorial Avenue, West Springfield, MA**



# What was Funded from the 2016 Rays of Hope Walk & Run Toward the Cure of Breast Cancer

## Rays of Hope Center for Breast Cancer Research (ROH CBCR):

Various studies in collaboration with the ROH CBCR at the Pioneer Valley Life Sciences Institute and UMass-Amherst including research on cancer-related fatigue and the Breast Research Patient Registry (read more about the research on cancer-related fatigue on page 4).

## Survivorship Programs & Community Partners:

Programs for breast cancer survivors\* at Cancer Connection and Cancer House of Hope, complementary therapy community grant programs including Art from the Heart (art therapy), The Healing Art of Yoga for Ongoing Cancer Recovery and Water Fitness for Breast Cancer Survivors.

## Diagnosis & Treatment:

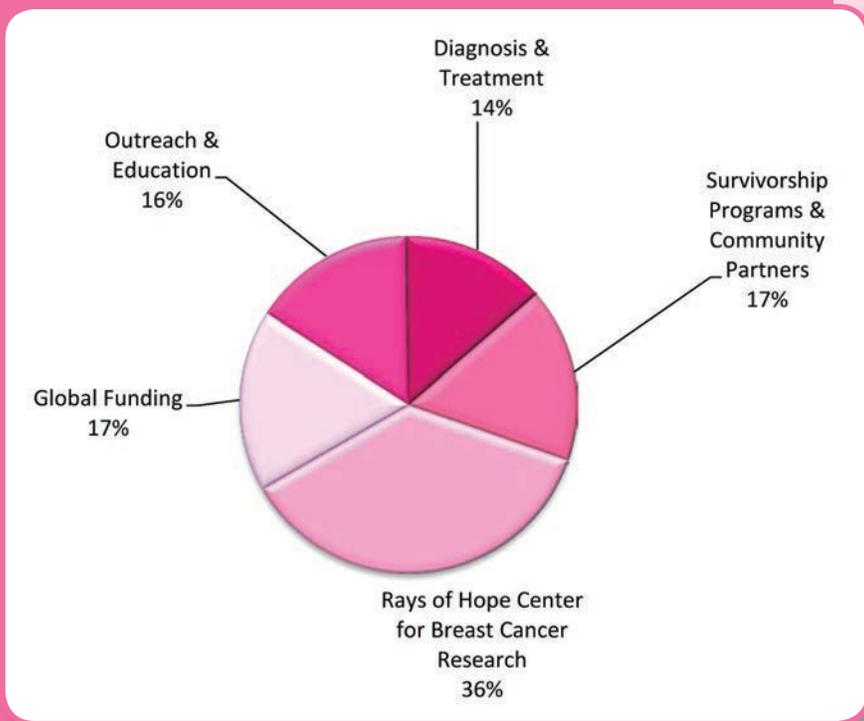
Complementary therapy community grants including LIVESTRONG at the YMCA, Paradise City Dragon Boat and Pioneer Valley Riverfront Club Survivor Dragon Boat teams and training, as well as breast cancer patient needs including lymphedema garments, bras and wigs and taxi vouchers to get to treatments.

## Outreach & Education:

Breast health guides, journals, pamphlets, handouts and newly diagnosed patient education books/bags, professional breast specialist education, Survivors' Day event, evening programs for survivors and Rays of Hope newsletters.

## Global:

Includes Rays of Hope Outreach Office expenses including advertising, marketing and office supplies.



\* We consider you a survivor the day you are diagnosed.



2016 Rays of Hope-Walk & Run  
Toward the Cure of Breast Cancer  
Survivors

# **RUN** **Toward** **the Cure**

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# **8K**



**Sunday, October 22, 2017 • Start Time: 8:30 AM**

Forest Park Area, Springfield, MA

## ***Rays of Hope - Run Toward the Cure 8K***

100% of the proceeds benefit breast health programs & breast cancer research in western Massachusetts through the Rays of Hope Center for Breast Cancer Research at the Pioneer Valley Life Sciences Institute and the Baystate Health Breast Network.

### **Register Online Quickly & Easily! \$50 Entry Fee**

Create an online fundraising page and invite family, friends & co-workers to support you. Tell them you are fundraising for Rays of Hope and set a goal. We suggest a goal of \$100 or more! Registered runners will receive a Rays of Hope T-shirt (available on Event Day while supplies last). Run Toward the Cure 8K is a timed run. Water is available along the route.

### **Parking & Shuttle**

Parking is available at the American Saw & Mfg. Co., parking lot at 301 Chestnut Street, East Longmeadow, MA. Shuttles will run at 7:30 AM to Temple Beth El for Runner Registration. Bibs can be picked up at registration. The timed run starts at 8:30 AM.

### **Run Shirt and Bibs**

Runners who register online with the \$50 entry fee by October 6 will be guaranteed a Run Toward the Cure shirt and can pick up their shirts and bib numbers at Fleet Feet Sports in Longmeadow on October 19 and 20. Runners registering after October 6 will get their bibs at the event on October 22 and shirts will also be available while supplies last.

## *Help Run Breast Cancer Out of Town!*



"Best Charity Event"

Rays of Hope, 280 Chestnut Street, Springfield, MA 01199 • [baystatehealth.org/raysofhope](http://baystatehealth.org/raysofhope)

## Baystate Health Foundation

*Together you help us deliver a higher state of caring.*

*Supporting Hope Editors: Grace Makari-Judson, MD, Michelle Graci, Sue-Ann Hilton and Kathy Tobin. Editorial Consultants: Maureen Sullivan, Debra Whittemore*

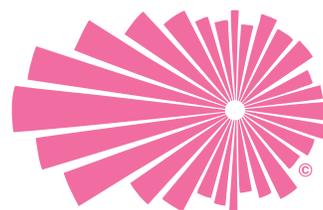
### Rays of Hope Sunday, October 22, 2017

**Run Toward the Cure 8K:**  
Run Starts: 8:30 a.m.

**Walk Toward the Cure:**  
Two- and five-mile routes available  
(two-mile route handicap accessible)  
Registration: 9:00 a.m.  
Program: 9:45 a.m.  
Survivors' Photo: 10:00 a.m.  
Walk Starts: 10:30 a.m.

Walk and Run start at Temple Beth El  
in Springfield and wind through and  
around Forest Park.

*More details can be found on our website at:  
[baystatehealth.org/raysofhope](http://baystatehealth.org/raysofhope)  
or by calling 413-794-8001.*



**Rays of Hope**

Walk & Run Toward the Cure of Breast Cancer

Baystate  Health