

The Judith A. Lese Breast Cancer Foundation

100% of contributions are disbursed



"in the pursuit of education and cure for breast cancer"

October 3, 2015

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501(c)(3) Organization
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Dear Foundation Friends/Supporters,

Here we are starting the official month that honors and celebrates the fight against breast cancer. Please know that our very own Maryland, Virginia, Washington Metropolitan Area grass-roots organization continues to participate in building awareness/providing educational opportunities about this disease and related topics and in promoting research to end this disease, including clinical trials for the uninsured and underserved and by encouraging and networking with individuals to receive regular breast health care and maintenance. All of these crucial components save lives!

At the Foundation's annual fundraising dinner on July 8th at Maggiano's restaurant in Chevy Chase, DC, Dr. Reem Saadeh, clinical geneticist at Sibley Memorial Hospital, conducted a power point presentation titled "Breast Cancer Genetics." This terrific and highly informative presentation included topics covering sporadic and hereditary risks of breast cancer; evaluation, testing and resulting interpretation; and use of genetic test results in medical management. Dr. Saadeh discussed the general population risks for sporadic breast cancer and delved more deeply into genetics and inheritance risks, including the causes of hereditary breast cancer. An important focus of her presentation, and an important feature of her practice at Sibley, related to evaluating the family history of breast cancer and determining the likelihood of a BRCA mutation. Dr. Saadeh discussed the advisory portion of her evaluation, i.e., "what do my test results mean?" The Foundation is ecstatic that as a result of our contributions to the Sullivan Center for Breast Health we have helped to establish the position and genetic practice of Dr. Saadeh at Sibley. Thus, through our commitment we have helped to save lives.

Jay Hagler, Treasurer. Through the generosity of our many contributors like yourselves, our Foundation has steadily grown since we began in 2003. For this **we sincerely thank you for your support**. In that founding year we received around \$15,000 in donations. As was true in 2003 to the present, we are most proud that **100% of contributions have been disbursed each year**. 2014 was our Foundation's best year to date, with over \$34,000 in contributions. Through your continuing participation, plus increasing contributions through the Combined Federal Campaign (CFC) for the National Capital Area and our newly established participation in the Benevity Causes Portal (for Corporation giving), we are hoping that 2015 will be our best year ever **in the pursuit of education and cure for breast cancer**.

Larry Lese, Vice President. As cited by Jay Hagler, our relationship with the Combined Federal Campaign continues to expand. Our renewal application that was filed with the CFCNCA in December 2014 was accepted. Therefore, contributions from federal employees will be received by the Foundation during calendar year 2016. We will prepare and submit in December 2015 our next renewal application, which, if accepted by the CFCNCA, will cover contributions by federal employees during 2017. Once again and as ever, we are thrilled and very much humbled by the terrific support that we have received and continue to receive from our fine federal employees. Our five-digit CFC code is #53302. The Foundation's information paragraph can be found on page 23 of the CFCNCA "Catalogue of Caring" 2015 campaign brochure.

As shared in a public reading at our July dinner by our Secretary, Helene Brody-Bushwick, we learned about a conclusion made by an American University graduate student, Mrs. Abigail Puskar Goodman. She had spent time over this year interviewing our Foundation President, Judith A. Lese, in addition to reviewing financial statements. She was analyzing the ability of this not-for-profit foundation to succeed and continue over these decade-plus years. The statement is included below. We all believe our Foundation is true to its cause, is committed to our recipients and is lead with determination!

"For a project in my Nonprofit Management class in the program for my Masters in Public Administration at American University, I chose Judith's foundation to investigate as a nonprofit. The Judith A. Lese Breast Cancer Foundation is unique in two ways, it stays true to its grassroots beginning, and it has remained in existence for over a decade. This is very rare for small

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nonprofits, which typically fall apart in their early stages. When I thought about how and why it has remained in existence for such a long time, the only answer is within its leadership.

“Judith has two distinct qualities that attribute to the Foundation’s success. She is a manager who knows her constituents. She is a mover and a shaker who can organize people to execute tasks. However, equally important, Judith is a visionary. She can think about where she wants the Foundation to be, and she can make it happen. From goals such as becoming a member of the Combined Federal Campaign for the National Capital Area to expanding the annual dinner, Judith is able to maintain a wide and narrow scope on the Foundation at the same time. She knows what her mission is in a broad sense, and she knows how to enact it.

“A final important aspect of Judith that I admire in a nonprofit is her transparency. She is not afraid to show you where each dollar goes, and everyone can see how it has benefited the field. This, in many ways, has more appeal than large organizations. In large organizations, you do not get to see the direct benefit of a donation. In this Foundation, each penny is used for a cause.

“Because Judith has both of the attributes, being a manager and a visionary, she is able to keep the Foundation moving forward while remaining intact. She never drifts from its mission. Even further, her passion for the Foundation is contagious. The Foundation has survived for over 10 years, and will likely continue to survive because Judith has not once lost passion for it. As long as she is around and able, her ideas will drive it to continue to make its important mark on breast cancer research.”

On Saturday, September 12th at Sibley Memorial Hospital, I attended the “Knowledge Is Power: Breast Health Program – What Every Woman Needs to Know.” These were the topics for the presentations. Please contact Pam Goetz at pgoetz4@jhmi.edu for contacting these resources for any help you want.

Fertility Considerations and Breast Cancer

Eric Widra, M.D., reproductive endocrinologist; medical director, Shady Grove Fertility

Tomosynthesis (3-D Mammography)

Pouneh Razavi, M.D., breast radiologist; director, breast imaging

Psycho-social support

Elisabeth Carrino-Tamasi, M.S.W., LGSW, oncology social worker

Finding the Care You Need

Emily M. Sower, N.P.-C., ACHPN, palliative care nurse practitioner

Lymphedema Risk Reduction Principles

Margaret Walborg-Silva, OTRL, P.T.A., C.L.T., lymphedema specialist

What’s New in Chemotherapy, Hormonal Therapy and Her2 Targeted Therapy for Women with Early Stage Breast Cancer

Karen Smith, M.D., M.P.H., breast medical oncologist

Making Sense of Breast Cancer Genetics

Reem Saadeh-Haddad, M.D., clinical geneticist

Demystifying Radiation Treatment for Breast Cancer

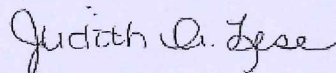
Jean Wright, M.D., radiation oncologist

Included in this mailing is a terrific reference sheet about the Integrative Health Team at Sibley. Again, please pass this on to anyone who could benefit from this kind of support for patients doing their cancer treatment.

PLEASE MARK YOUR CALENDAR! OUR ANNUAL WALK TO WIN EVENT IS SUNDAY, OCTOBER 25th. THE FLYER IS ENCLOSED – MAKE MORE COPIES OR PRINT THEM FROM OUR FOUNDATION WEBSITE AND REGISTER AND PARTICIPATE! BRING FAMILY AND FRIENDS! HELP US GROW WITH CORPORATE CONTRIBUTORS! GET YOUR FRIENDS, FAMILY AND BUSINESSES INVOLVED! CALL THE FOUNDATION OFFICE WITH ANY QUESTIONS AS WE WORK AND BUILD OUR CORPORATE SUPPORTERS. THE BUSINESS LOGO IS PRINTED ON THE BACKSIDE OF THE TEE-SHIRTS.

SEE ALL AT CABIN JOHN PARK OFF TUCKERMAN LANE – 9:30 AM RAIN OR SHINE!

WITH MY DEEPEST GRATITUDE FOR ALL OF YOU,



Judith A. Lese
President/CEO

MARK JULY 13, 2016 FOR OUR 14th ANNUAL FUNDRAISER DINNER!

Integrative Health Program



The Integrative Health Program at Sibley brings experts together to support patients during their cancer treatment. Integrative health emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence-based practice and makes use of all appropriate therapies, including massage therapy, nutritional and psychosocial health.

Massage Therapy

During an oncology massage visit, the massage therapist will discuss relevant aspects of your diagnosis, treatment, side effects and goals and work with you to create a tailored session that will support you from diagnosis through recovery. A typical oncology massage session is likely to decrease pain and anxiety and may address more specific concerns like chemotherapy-induced peripheral neuropathy, lymphedema and lymphedema risk, scar tissue mobilization, limited range of motion and other side effects like fatigue and depression.

Nutrition Consults

During a one-on-one consult with the dietitian, your diagnosis, treatment, side effects and goals will be assessed to determine the best, individualized eating plan to optimize your nutrition. Recommendations, strategies and meal plans will be discussed to help manage side effects, increase energy and better tolerate treatment.

Psychosocial Health

Expert assistance is provided for the social, emotional and practical needs of your care for you and your family. With expertise in oncology, our social worker teaches patients and family members how to manage stress and the changes that come with cancer.

Eligibility Criteria

Referral from your medical, radiation, or surgical oncologist at Sibley

Schedule an appointment at 202-660-7775.



**SIBLEY MEMORIAL
HOSPITAL**

JOHNS HOPKINS MEDICINE

Integrative Health Program Team

Medical Director



Smitha Gollamudi, M.D., is an assistant professor of radiation oncology and molecular radiation sciences at Johns Hopkins Medicine; associate medical director of oncology, Johns Hopkins Medicine, National Capital Region; and acting medical director, Integrative Health Program at Sibley Memorial Hospital.

A longtime meditator and yoga practitioner, Dr. Gollamudi became interested in integrative health early in her medical career while on faculty at Memorial Sloan Kettering Cancer Center. She later created a wellness center for cancer patients at a community medical center in New Jersey. She is currently taking courses with ABIHM, the national Board for Integrative Medicine and is certified in Integrative Health Administration. She is also a member of the Association of the American Board of Integrative Health and Medicine.

Oncology Massage Therapists



Lauren Cates, L.M.T., has 11 years of experience in clinical massage therapy with oncology, palliative and critical care patients. She is board certified by the National Certification Board for Massage Therapy & Bodywork Society for Oncology Massage and founding director, preferred provider and recognized education provider for the Society for Oncology Massage (S4OM). Lauren is also a Metta Institute end-of-life care practitioner.



Lucille Eddy, L.M.T., has nine years of experience in clinical massage therapy with oncology, palliative and critical care patients. She is board certified by the National Certification Board for Massage Therapy & Bodywork Society for Oncology Massage and founding director, preferred provider and recognized education provider for the Society for Oncology Massage (S4OM). Lucille is also a STAR Program® certified therapist.

Oncology Dietitian Specialist



Lynda McIntyre R.D., L.D., has been an oncology dietitian specialist with Johns Hopkins Medicine for over 18 years. She has presented lectures nationally and internationally about the importance of nutrition in health and disease prevention. In addition, she has appeared on television, webinars, radio talk shows and quoted in numerous publications promoting nutrition and wellness.

Psychosocial Practitioner



Elisabeth Carrino-Tamasi, M.S.W., LGSW, is a clinical oncology social worker, providing expert assistance with the social, emotional and practical needs of cancer patients and their families. With expertise in the cancer field, she teaches patients and family members how to manage stress and changes that come with cancer. With over eight years in the field of oncology social work, Elisabeth is sought to educate both lay and professional communities related to brain, breast and gynecological cancers.