

Newslink

September 2008

Links for Life owes a debt of gratitude to our community for their support!

October Events

Pink Ribbon Tying

October 1, 2008 - 11:00 am

This event takes place at the Liberty Bell on the corner of Truxtun and Chester Avenues and will highlight the proclamations from both the Kern County Board of Supervisors and Bakersfield City Council declaring October 2008 Paint the Town Pink month. The media intends to cover the event and breast cancer survivors will ring the Liberty Bell as a celebration of life. After the bell ringing, volunteers throughout Kern County tie pink ribbons on trees, lamp poles, etc. to celebrate life.

Lace'n It Up

October 1, 2008 - 11:30 am to 2:00 pm

Lace'n It Up for Links for Life will be a kick off walk to celebrate survivors, remember the individuals we have lost and encourage the ones just diagnosed with breast cancer. The walk will begin at the Liberty Bell on the corner of Truxtun and Chester Avenue with a walk throughout downtown. Participants can choose between two routes, a one-mile or a 1/2 mile path. A minimum donation of \$10 provides you with a box lunch and small memento. The lunches will be available at the end of your walk and can be carried back to your workplace or eaten onsite with other participants.

Jazz & Jewelz

October 4, 2008

This event is a new addition to the Links for Life Paint the Town Pink activities and will be held in a wonderful Seven Oaks home where you will enjoy the sound of jazz while live models showcase an assortment of diamonds from Stockdale Jewelers. Heavy hors d'ouvers will be served. Limited to 150 attendees.

Paint the Town Pink Fashion Show

October 16, 2008 - 10:00 am—2:00 pm

This year's theme for the event is "Stepping Out Against Breast Cancer" and will take place once again at the DoubleTree Hotel. This spectacular afternoon includes lunch, fashion show, and shopping galore. Reserve your table early—last year was a sell-out!

Christine's Bunco

October 21, 2008 - 6:30 pm

Christine's will host its annual Bunco to Benefit Links for Life. What could be more fun than a group of women throwing dice for a great cause? Paid reservations are a must—be sure to visit Christine's to sign up or call 834-3068. Refreshments and Brighton prizes complete the evening.

Victoria's Kisses for Cures Bingo

October 28, 2008 - 6:00 pm

Victoria's along with Bakersfield's finest Firemen will host its annual Kisses for Cures Bingo to Benefit Links for Life. Join us for a girls night out. Hors D'oeuvres, Prizes, and Firemen! What more could a girl ask for? All in support of Links for Life. Be sure to reserve your spot in advance by calling 665-8300.

2008 Paint the Town Pink Sponsors





Lace'n it up for Links for Life

**Come join us for a walk & lunch
between the hours of 11:00 a.m. & 2:00 p.m.**

Kick off Breast Cancer Awareness month with a walk to celebrate our survivors, support those going through treatment, and remember those we have lost to breast cancer.

When: Wednesday, October 1, 2008

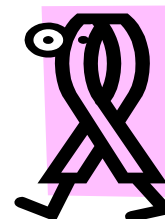
**Where: Liberty Bell, Kick Off
Lunch after walk
at Kern County Superintendent of Schools
1300 17th Street, Bakersfield, CA 93301**

**Registration Time: 11:00 a.m. – 1:30 p.m.
*The walk takes approximately 30 minutes***

**Why: 1 in 8 women will be diagnosed with breast cancer and,
if diagnosed early, there is a 96% survival rate.**

Minimum Donation: \$10.00 Due by September 17, 2008 to guarantee lunch.

We will meet at the Liberty Bell, corner of Chester and Truxtun Avenues, and walk a route through downtown to kick off Breast Cancer Awareness Month. Bring your co-workers and an office banner to show your support. After the walk you will receive a box lunch and a memento from Links for Life as a thank you for supporting survivors and women we have lost to breast cancer.



For more information contact the Links for Life office, 322-5601.

Register online at http://www.linksforlife.org/Lace_n_it_up_2008.html and be entered in our drawing.

Please feel free to duplicate this flyer

Registration for Lace'n it up for Links for Life:

Name _____ Breast Cancer Survivor (check if yes) _____

Company/Business Name _____

Address _____ City _____ State _____ Zip _____

Phone Number _____ Email _____

Amount of Donation: \$ _____ Please return this portion with donation to the Link for Life office:

1706 Chester Avenue, Ste. 200, Bakersfield, CA 93301

or register on line at <http://www.linksforlife.org/>

[Lace_n_it_up_2008.html](http://www.linksforlife.org/Lace_n_it_up_2008.html) with VISA or Mastercard

By no later than September 17, 2008 to guarantee lunch.

For vegetarian lunch check here _____



Mercy Pena's Journey

By Sylvia Cariker

When Mercy Pena's mammogram showed a lump in her right breast and the biopsy results said 'tumor', she became a breast cancer patient. When her doctor said 'chemotherapy,' she became stubborn. "My margins were good, everything was fine," she says. "I asked him Why should we do anything preventative? Isn't there something else we can do?"

What changed her mind was her aunt, a woman who was first diagnosed with uterine cancer. "She didn't have any treatment afterwards and then six months later they found spots in her lung," says Pena. "She told me she regretted not doing radiation or chemo after the uterine (cancer). She's 67, 68. I'm much younger. I have kids. I can't afford *not* to do this. I told herself, 'I have to do this' I didn't want to have any regrets."

So she began six chemo treatments. "They were 90 minutes, sometimes two hours depending on the pump," says Pena. "I was like, Get that pump Going! Because I'm the kind of person who can't just sit and do nothing." Her last three chemo visits were particularly hard. "They changed the medication and so they added Benadryl and I felt like I wasn't in control. I was really drowsy and had a reaction in my legs, a tingling like Restless Leg Syndrome."

Where she used to be able to take a chemo treatment on a Thursday, go back to work on a Friday and have the weekend to recover, Mercy was now going home immediately to follow her doctor's recommendation to lie down and put her feet up. But she wasn't complaining because she had met someone who put it all into perspective.

"There was a girl, maybe 20 or 21, with leukemia, who was coming in every day, all day for her chemo. She came in a wheelchair and with some friends because she was from out of town. She didn't have a port like me, it went directly into her vein and you could just see the pain on her face. I thought 'here I am complaining about an hour and a half and she's here *all day!*' She'd been fighting for a long time and her prognosis wasn't good, but she was so happy and thanking the Lord for letting her get through the snow to get there. She was my inspiration. She even looked angelic."

Mercy's radiation was much easier. "Every day for six weeks. I just finished in mid-July," she says. She's made some changes in her life. "Physically I feel great. I'm watching what I eat. I want to lose some more weight and I'm making better choices for me and my whole family," she says. "It's more about me because I'm my top priority, then my kids, then my job. I need to take care of myself first."

What she's gained is the knowledge of her own strength. "I'm a lot stronger than I thought I was. I've come out a better person and I think I can inspire other people. I say live life to the fullest and let nothing put you down. Now there's no ugliness in my life," she says, "like on a resume, you can put on there I Survived Breast Cancer.' In the long run I can do it, no matter what it is. And keep going."

Too Young for Breast Cancer 'TY'

Too Young for Breast Cancer (TY) is a breast cancer support group that meets on the 3rd Tuesday of every month at 6:30. TY is made up of women in their 20's, 30's, and 40's who all have one thing in common: WE ARE TOO YOUNG FOR BREAST CANCER!! We are juggling not only a breast cancer diagnosis and the subsequent treatment and/or surgical decisions associated with it, but also face issues such as fertility and child bearing either during or after treatment, raising babies or school aged children while managing the diagnosis. We have concerns with spousal/ caregiver relationships and support. Our goal is to educate and empower our sisters and their families; teach them to LIVE throughout their diagnosis and assist those making this terrifying journey by sharing experiences. TY offers comfort, support and encouragement. We are open to all survivors whether you have gone through treatment or are just starting. Most of all we just want to have fun!

In addition to our monthly support meetings we plan family socials so our caregivers can connect and share experiences. We have planned park days, wine socials, BUNCO and whatever else we can think of!

Some topics covered will include support, education, assistance, reconstruction, family, friends, faith, references, mentoring and spousal/caregiver support.

Please come join us! If you have any further questions please feel free to contact Links for Life directly at 661-322-5601.

Christine's and Lolo's Presents POWER OF PINK

Save these dates !!!!

Stockdale Fashion Plaza 4915 Stockdale Hwy



Beginning September 27th at Christine's you may purchase your one-of-a-kind Brighton breast cancer jewelry. Christine's will donate a portion of the sale to **Links for Life**. Be one of the first in line to buy this unique jewelry.



Look for Christine's and Lolo's at the Links for Life Boutique and Fashion Show Luncheon at the Doubletree Hotel on Thursday October 16th with shopping at 10:00 am. You can purchase the latest fall fashions before you enjoy the rest of the day.



What could be more fun than a group of women throwing dice for a great cause?!! TUESDAY, OCTOBER 21st will be the evening all your girlfriends can meet between Christine's and Lolo's at 6:30 pm to play BUNCO. Paid reservations are a must with proceeds benefiting Links for Life. Be sure to visit Christine's to sign up or you can call 834-3068.



Enjoy margaritas and information about mammograms on Thursday, October 30th beginning at 4:00 pm. This will all happen inside of Christine's.

Visit: www.shopchristines.com



Links for Life
1706 Chester Avenue
Suite 200
Bakersfield, CA 93301
661-322-5601

Non-Profit
Orgn.
U.S. Postage
PAID
Bakersfield, CA
Permit No. 894

Your donations, whether monetary or in kind are always welcome and deeply appreciated.

Links for Life Donation/Membership Form

Name _____
Address _____
City _____ State _____ Zip _____ () Yes, I would like to volunteer
Phone _____ E-mail _____

Enclosed is my tax deductible contribution

Thank you for \$25 or more for membership!

Victoria's

In the Marketplace

Saturday, September 27th 9am

Brighton Unveils

Commemorative Breast Cancer Jewelry collection! What a great Christmas gift idea! A portion of the proceeds are donated to Links for Life.

Thursday, October 16th 10am

Paint the Town Pink Fashion Show

Be sure to visit our booth and enter our kissing contest for a chance to win a Brighton Handbag of your choice and other fabulous prizes.

Tuesday, October 28th 6pm

Kisses for Cures

Bingo Night

hosted by Victoria's &

Bakersfield's finest Firemen!



Join us for a girls night out. Hors D'oeuvres, Prizes, and Firemen! What more could a girl ask for? All in support of Links for Life.

Be sure to reserve your spot in advance.

665-8300

Your Feet and Friends Are invited to a

Pretty Pink Pedicure Party

*To benefit the Mary Anne Walz
Scholarship Fund & Links for Life*

This "Fun"draiser will be held

Sunday October 12th

10:00 am - 5:00 pm

All About Nails and Tanning

2720 Calloway Drive Ste B (North of Rosedale)

*Your \$50.00 donation includes: Spa chair
pedicure - color of choice - lots of pinks - Liquid
refreshments - finger food - door prizes AND a dona-
tion to the scholarship fund*

Appointments are every half hour—

Limited space available - call early.

Paid reservations a MUST.

For further information and reservations

Janis Varner

587-8157

*Be pampered for a great cause then show off your toes
at the fashion show October 16th!*