

Supporting HOPE



A Newsletter of

Baystate Health Foundation

NUMBER 50 • FALL 2023

30 Incredible Years of Rays of Hope...A Good Idea!



Our wonderful chair, Lindsey Bubar, recently asked me how Rays of Hope began, and I didn't know where to start as 30 years is a very long time! Well, what came to mind is that it started as an idea that was ordained by God. It was a passion that came from within to do something for other breast cancer survivors so that they would feel the same love and support that I felt when faced with my breast cancer diagnosis. We wanted to create that same feeling in our community. I truly believe that our Rays of Hope (ROH) Walk was meant to be the strong force of Hope and support that it is in our community, today! Our 30th walk brings much reflection about its humble beginnings and how it has grown to be the most successful fundraising walk in western Mass. We owe our success to the great community we live in!

In 1993, I was 38 years old and diagnosed with Stage 1 breast cancer. I felt overwhelmed, alone and lost about how to proceed with treatment and life during and after breast cancer. I was on an emotional rollercoaster with many ups and downs. My family and friends came together to support me, and I realized the incredible power of love and support when facing breast cancer.

This ignited my passion to help meet the needs of breast cancer survivors during the diagnosis, treatment and after care and support. I knew that I could only do it with the help

of a steering committee. This initial group of 17 Rays of Hope Steering Committee volunteers made our dream a reality. As Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has." Throughout the years, Rays of Hope has shown me and our community that no one is alone here when living with breast cancer.

Sometimes I sit back and reflect on ROH especially when we meet milestones like this, our 30th anniversary. We have survived many world and local crises that have impacted our Walk, recently, COVID-19 changed how we did our Walk operationally for three years. The important thread that kept us strong is that we held on tight to our ROH family during those times. We adapted the Walk to our new normal with drive-through events, keeping the support going and our presence in the community alive. We have evolved over the years with grace, strength, and courage because of our great community of volunteers, walkers, supporters and most especially our survivors. We walk for those we have lost to breast cancer as well, because they are forever in our hearts.

Achievements include our Rays of Hope Center for Breast Cancer Research, obtaining large grants through our ROH start-up funding, the support and coordination of care through the Baystate Health Breast Network. The state-of-the-art care and treatment that are available here in western MA and the feeling of a warm hug from our community every year at the Walk is remarkable. From that first year when we raised \$50,000 with now having raised over \$16.6 million dollars!

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Join us in spreading HOPE this year.
Get started at BaystateHealth.org/RaysOfHope.



For more information visit BaystateHealth.org/RaysOfHope

Chair's Message

Greetings to my fellow survivors, family and friends of survivors, and community partners – I hope this rainy, steamy summer has brought you some semblance of joy, rest and even a peek of sun (while wearing high SPF of course)! It's hard to believe that this is my final "message from the Chair", and even harder to believe that the 30th anniversary of "the walk" is just around the corner!

Looking back on the past three years, it's easy to see the economic toll that was dealt to non-profit organizations courtesy of a particular unwelcome virus. Rays of Hope was no exception. Looking forward, however, I'm so thrilled to report that we are most definitely BACK. Our annual Rays of Hope Walk & Run Toward the Cure for Breast Cancer had an incredible 29th year in 2022 and there is no doubt in my mind that this 30th anniversary will be the most successful and beautiful event yet! And to think it all started with "Lucy at her kitchen table".

To know Lucy Giuggio-Carvalho is to love her, and probably assume that the phrase "though she be but little she is fierce" was written about her – or at least it should have been! Lucy's story is well known by those in the ROH circle, and she is such a bright shining light that we all can admire. Lucy used her diagnosis as an opportunity to raise breast cancer awareness and funds for local programs to help treat survivors and support their loved ones. 30 hopeful and hope-filled years later, the Rays of Hope Walk & Run is one of the largest (and BEST) charity events in our corner of the world – a true reflection of Lucy's passion for this cause!

As we approach our 30th year, we invite all our friends and family back and welcome all survivors whether you're at day one or year six or thirty! As with every year, our 30th anniversary event will be filled with hope and love and few surprises along the way, and we truly hope to make this the best year yet. Now is a perfect time to get your teams

organized, recruit new team members, and most importantly spread the word. It's because of this community and the great people in it that we've been able to raise nearly \$17 million dollars AND keep those funds local!

It's been an honor to represent Rays of Hope over these past two-ish years, but I'm just one face out of many and I truly feel we all hold a responsibility to honor and promote this event as much as we can! Whether you're celebrating the survivors or honoring someone who courageously fought, we are so excited to see you all on October 22, 2023, in the "Sea of Pink"!

With love and light –



Lindsey Bubar
2022/2023 Rays of Hope Chair



BIG THANKS TO OUR MAJOR SPONSORS

PRESENTING SPONSOR



MAJOR SPONSORS



Baystate Health Foundation Events are Underwritten by:



PINK IN THE RINK

Springfield Thunderbirds President Nathan Costa and Vice President of Sales & Strategy Todd McDonald presented a check for \$30,000 to the Rays of Hope inside the MassMutual Center. This year's Pink in the Rink game set new records for total funds generated, and the MassMutual Center came out in full force with a sixth straight "Pink" night sellout crowd of 6,793.

Established in T-Birds' inaugural season in 2016-17, "Pink in the Rink" serves as a kickoff to the Rays of Hope fundraising efforts each March to shine a light on breast cancer awareness outside of the traditional October awareness month. Each year, the fundraising efforts culminate in the annual Rays of Hope Walk & Run in October. Since the establishment of this staple night, the Thunderbirds have generated more than \$100,000 for Rays of Hope, all of which stays local in Western Massachusetts in hopes of finding the cure.

Proceeds for this donation were raised primarily via the post-game live jersey auction, as every Thunderbirds player had his jersey sold to directly benefit the Rays of Hope. In addition, Chris Hayes, General Manager of Oak View Group Hospitality, the food and beverage partner for the MassMutual Center, contributed toward the donation total through the sales of Pink Whitney beverages throughout the evening.

"Pink in the Rink once again proved to be one of the most special nights of our historic season," said Costa. "We share in the Rays of Hope's pride for our community and our fanbase for their steadfast support year in and year out. We want to congratulate the Rays of Hope on their 30th anniversary and are proud to continue such a meaningful partnership that celebrates so many brave women and men in Western Massachusetts who have not only survived breast cancer but also thrived in generating awareness through their Rays of Hope family."



From left to right: Todd McDonald, VP of Sales & Strategy, Springfield Thunderbirds, Joanne McCormick, Rays of Hope Event Coordinator, Kathy Tobin, Director of Annual Giving and Events, Baystate Health Foundation, Nathan Costa, President, Springfield Thunderbirds, and Boomer wearing the 2023 Rays of Hope game jersey.

"We're sending our signature big pink hug to the Springfield Thunderbirds and their fans for illuminating HOPE in our community," said Kathy Tobin, Director of Annual Giving and Events for the Baystate Health Foundation. "As we kick off Rays of Hope's 30th Anniversary, we reflect on those who have helped us get to this moment. We may not have a cure for breast cancer yet, but we have made lifesaving breakthroughs in treatment and the research continues. Importantly we have a big extended family of support here in western Massachusetts. Thank you to the T-Birds for lifting our survivors up!"



ROH Funds: Raised LOCAL – Stay LOCAL!

Research Update

We've Come a Long Way

Breast Cancer Detection and Treatment Then and Now

Grace Makari-Judson, MD

Medical Director, D'Amour Center for Cancer Care, Baystate Health

Chair, Baystate Health Breast Network

Co-director, Rays of Hope Center for Breast Cancer Research



Grace Makari-Judson, MD

THEN 1994 and before	NOW 1994 to present
<ul style="list-style-type: none"> Screening mammography was performed at hospitals in radiology departments. 	<ul style="list-style-type: none"> Women can choose to have screening mammograms in dedicated outpatient facilities, first the Comprehensive Breast Center and now the Baystate Breast and Wellness Center.
<ul style="list-style-type: none"> If an individual had an abnormal mammogram, surgical excision of the area was done in the operating room. Since most mammographic abnormalities are benign, this led to many unnecessary surgeries and scars. 	<ul style="list-style-type: none"> Image guided biopsies (stereotactic and ultrasound guided biopsies) eliminate the need for a surgical excision for many benign findings. This less invasive approach was further promoted by Rays of Hope (ROH) in 1999 with the purchase of mammotome equipment.
<ul style="list-style-type: none"> If the surgical biopsy showed breast cancer, a second surgery would need to be performed to remove the tumor and remove lymph nodes under the arm in a complete axillary dissection. Most surgeons performing breast surgery were general surgeons. 	<ul style="list-style-type: none"> For patients with cancer having the diagnosis ahead of surgery, helps the surgeon perform a cancer operation, not just a biopsy. <ul style="list-style-type: none"> 1996, ROH funded equipment to start the first sentinel node procedure in the region instead of the more invasive complete axillary dissection. 2010, Dr Mason started and ROH funded the first radioactive seed program in New England to further promote less invasive techniques. Surgeons can specialize in breast surgery and be trained in oncoplastic techniques to improve cosmetic outcomes as well as cancer outcomes. Baystate now has a Breast Surgery fellowship to train the next generation.
<ul style="list-style-type: none"> After healing from surgery, a patient would meet the medical oncologist. Chemotherapy was recommended for almost all patients with newly diagnosed breast cancer. 	<ul style="list-style-type: none"> Medical oncologists reserve chemotherapy for patients who will benefit from it the most. This includes those with triple negative, HER2 positive and high-risk ER positive cancers. Clinical trials at Baystate and subsequent routine use of Oncotype molecular testing since 2006 help to determine chemotherapy benefit in ER positive early-stage cancer.
<ul style="list-style-type: none"> Tamoxifen, once the most widely prescribed cancer medicine in the world, was recommended to treat both premenopausal and post-menopausal women. 	<ul style="list-style-type: none"> Tamoxifen is still a highly effective medication, but for post-menopausal women aromatase inhibitors, which include anastrozole, exemestane and letrozole are better.

<p>THEN 1994 and before</p>	<p>NOW 1994 to present</p>
<ul style="list-style-type: none"> • After completing chemotherapy, a patient would meet the radiation oncologist to receive radiation to the breast area. 	<ul style="list-style-type: none"> • Radiation oncology techniques have been fine tuned to minimize risk to normal tissues. Some low-risk individuals may meet criteria to safely omit radiation, while high risk patients derive benefits from adding radiation to lymph node areas in addition to the breast.
<ul style="list-style-type: none"> • Doctors worked in sequence not as a coordinated team. 	<ul style="list-style-type: none"> • The Multidisciplinary Breast Pathology Conference was started in 1994. This weekly meeting brings together all the breast specialists to review new diagnoses and confer on treatment plans. The team includes the breast pathologist, breast imagers, breast surgeons, medical oncologists, radiation oncologist and may include others such as plastic surgeon. This formed the prototype at Baystate Health and soon after multidisciplinary conferences were started in the other major tumor types, such as lung, colon, and prostate cancer, to better coordinate care.
<ul style="list-style-type: none"> • Chemotherapy was only given prior to surgery in women who were inoperable- meaning that cancer was too advanced for surgery. 	<ul style="list-style-type: none"> • Patients may be recommended chemotherapy prior to surgery even if they are candidates for upfront surgery because of the possibility of allowing for a lesser surgery. This also may allow for individualized treatment recommendations after surgery based on response.
<ul style="list-style-type: none"> • There were limited support services. 	<ul style="list-style-type: none"> • ROH propelled the development of support services in the region since 1994. ROH has partnered with area community groups in assuring access to wellness programs
<ul style="list-style-type: none"> • There were limited educational materials. 	<ul style="list-style-type: none"> • Educational materials include the first resource guide developed in 1994, Educational books given out at diagnosis, and Survivorship books with tips on symptom management. ROH Newsletters have been printed since 1998 to provide updates on research and treatments.
<ul style="list-style-type: none"> • There were no Survivorship clinics or programs. 	<ul style="list-style-type: none"> • The first Survivorship Celebration was held in 1998. Survivorship Clinics address the special needs of breast cancer survivors after finishing active treatment. These clinics have expanded and now have multiple locations.
<ul style="list-style-type: none"> • There were variations in treatment and no guidelines readily available. 	<ul style="list-style-type: none"> • Baystate Health Breast Network emerged in 2002 with development of its first practice guideline to promote a culture of data-driven care. The multidisciplinary group meets during the year to assess new topics and update current recommendations to assure the highest quality care.
<ul style="list-style-type: none"> • HER2 testing was not available and there were no drugs to treat this subtype of breast cancer which in the absence of treatment is very aggressive. 	<ul style="list-style-type: none"> • HER 2 testing of breast cancers became standard as the first targeted drug, trastuzumab (Herceptin) became available first for metastatic disease in 1999 and then for early-stage disease in 2005. Several additional drugs have since come to market further enhancing outcomes for this subset of breast cancer.
<ul style="list-style-type: none"> • Individuals with metastatic breast cancer lived on average two years. 	<ul style="list-style-type: none"> • Many of those with metastatic breast cancer live longer with better quality of life and may survive over 5 years. Since the 1990's, mortality has declined by nearly 40%.

Continued on page 6

THEN

1994 and before

- Genetic testing was whispered about and if done, was kept out of the medical record.
- Immunotherapy was not used as a breast cancer treatment.
- Breast cancer research done at Baystate was limited to clinical trials.

NOW

1994 to present

- High Risk Clinic was started in 1995 to address the needs of those with a family history of breast cancer. In 2014, the Family Cancer Risk Program was expanded to add two genetic counselors and a navigator. Initial testing for BRCA 1 and 2 may now be expanded to include panels of genes associated with cancer risk.
- Immunotherapy has revolutionized treatment for triple negative breast cancer and for some subsets of metastatic disease.
- ROH Center for Breast Cancer Research was formed in 2011 to encourage investigator-initiated research. In the first five years, 23 grants were awarded to 18 different researchers to jumpstart interest in breast cancer research and enhance collaboration amongst clinical and basic researchers. Authors have contributed to 122 publications. Resources for breast cancer research have been expanded due to the Breast Research Registry with over 1400 participants and the biorepository which includes over 600 tissues. This unique resource provides a platform to study diverse individuals and why they differ in response to cancer susceptibility and treatment response. Community engagement is maintained through the ROH CBCR Advocacy Council which has included a roster of enthusiastic volunteers.



Prarthna Bhardwaj, MD

Welcome, Dr. Bhardwaj!

Dr Prarthna Bhardwaj has joined the full-time staff of Baystate Medical Practices as a breast medical oncologist in the Baystate Regional Cancer Program within the Division of Hematology Oncology. Her primary focus will be breast cancer and secondary focus is hematology. Dr Bhardwaj is no stranger to Baystate as she completed her Internal Medicine residency and Hematology-

Oncology Fellowship at Baystate Medical Center. During her fellowship, she established her interests as a breast cancer specialist early on with several publications including one highlighting Baystate's experience in pre-operative treatment of breast cancer.

Dr. Bhardwaj's primary practice site will be the D'Amour Center for Cancer Care. For an appointment, please call 413-794-9338.

Supporting Hope for 30 Years in Western Massachusetts | 1994 – 2023

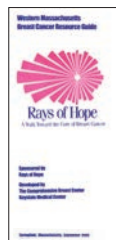


Lucy Giuggio starts Rays of Hope Walk September 18. 500 walkers, \$50,000 raised.

1994



Grace Makari-Judson, MD named medical director of Comprehensive Breast Center.

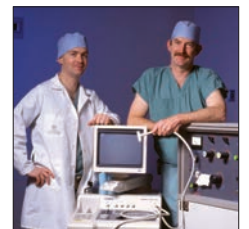


Developed and distributed 5,000 copies of "Western Mass Breast Cancer Resource Guide."

1995



Library Outreach program started with books purchased for Baystate Franklin Medical Center and Baystate Mary Lane Hospital.



Sentinel Lymph Node Biopsy equipment funded; first area hospital to have SLNB capability.

1996

A Passion for Women's Health and Multidisciplinary Care

Shiva Niakan, DO

I'm a recent graduate of breast surgical oncology fellowship at UMass Chan Medical School-Baystate and one of the highlights of my training has been attending the Rays of Hope walk. Seeing the vast number of patients, family, friends, and healthcare workers all in support of breast cancer is truly inspiring. It is important to celebrate life after cancer, and the life of those lost to cancer.

In medical school I realized my passion for women's health, and I pursued a residency in Obstetrics and Gynecology (ObGyn) at UMass Chan Medical School-Baystate, here in Springfield, Massachusetts. While in residency I worked with a gynecological oncologist who was also a breast surgeon and there I saw the overlap between breast cancer and gynecology, which really got my attention. This then led to my pursuit of a fellowship in surgical breast oncology. What is a fellowship? The training to become a physician includes going to medical school and then residency. After residency, one can also pursue a fellowship to become more sub-specialized through additional training. For example, after completing an internal medicine residency, one can go on to work as a primary care or hospitalist or can pursue a fellowship in cardiology.

Most of my fellowship training was breast surgery focused. I worked with one of our breast surgeons each month, and I attended their surgical cases in the OR and saw clinic patients with them in the office. The other part of my training involved working with other specialists that take care of breast cancer: medical oncologists, radiation oncologists, radiologists, pathologists, plastic surgeons, genetic counselors, and social workers. A big part of learning my role as part of the team was to understand and appreciate the contribution of my colleagues to a patient's care.



From left to right: Holly Mason, MD; Jessica Jordan, RN (breast surgery nurse navigator) and her daughter; Shiva Niakan, DO and her daughter; Maureen Vernadakis, RN (surgical oncology nurse navigator); Mary Lubarsky, RN (surgical oncology nurse navigator) at the 2022 Rays of Hope Walk & Run.

Multidisciplinary care is essential to providing the best care for cancer patients. As a breast surgeon with a background in ObGyn, my areas of interest are caring for young patients with breast cancer and discussing fertility preservation, pregnancy timing, contraception, and risk reducing measures. I am also interested on the negative impacts of cancer treatments on sexual health and ways to address those concerns. There are also significant side effects from endocrine or anti hormone therapy that many patients experience, such as hot flashes, vaginal dryness, or abnormal uterine bleeding, and I am motivated to help patients address these symptoms. There are many gynecologic components impacted by breast cancer diagnosis and treatment; I look forward to being there for patients in addressing these factors that have a big impact on their quality of life.



Spanish Support Group for breast cancer patients funded. First in Massachusetts.

1997



First Rays of Hope Breast Cancer Survivor's Day. 100 attended, held in Northampton.

1998

First edition of Supporting Hope newsletter spring 1998.

\$21,630 funding allocated to 3 Baystate researchers.



Mammotome Biopsy equipment funded.

1999



Art therapy program grant for survivors allocated and continues today.

BREAST SURGERY UPDATES

Holly Mason, MD

Section Chief, Breast Surgery, Baystate Health
UMass Chan Medical School-Baystate, Associate Professor of Surgery
Director, UMass Chan Medical School-Baystate
Breast Oncology Fellowship

It is my pleasure to introduce Dr. Christine Rizk to the breast cancer survivor community as a new member of the Baystate Breast Specialists surgical practice. Dr. Rizk joined our practice in March 2023. She received her Breast Oncology fellowship training at the Women and Infant's Hospital Breast Oncology Fellowship in Providence, RI. Following that, she worked at Stoneybrook Hospital in Stoneybrook, NY and St. Francis Hospital in Hartford, CT. Dr. Rizk brings a wealth of experience and passion in breast care to our patients and their families. "I am committed to a holistic approach to patient care, and it is an honor and privilege to take care of individuals during their breast cancer journey. The goal is for healing which not only includes cure of breast cancer, but also healing of the body, mind, and soul," said Dr. Rizk.

SURGICAL UPDATE

We continue to follow the evolving recommendations concerning management of the axilla. As mentioned in a previous Rays of Hope newsletter, many patients over the age of 70 with small and non-aggressive breast cancer can safely and appropriately avoid any lymph node removal. We are also successfully using medical therapy, usually in the form of chemotherapy, to convert lymph nodes with cancer to negative (non-cancer-containing) lymph nodes which allows patients to avoid extensive lymph node removal. We have a close collaboration with our colleagues in radiation oncology to identify appropriate patients to undergo radiation treatments to the lymph nodes underneath the arm rather than remove more lymph nodes surgically. All these efforts are performed in order



Holly Mason, MD



Christine Rizk, MD

to minimize the risk of lymphedema, which is a chronic swelling of the arm which occurs when the lymph channels that drain the arm are disrupted by treatment to the lymph nodes in the armpit area (otherwise known as the axilla).

Unfortunately, these efforts have not eliminated the occurrence of lymphedema. Lymphedema treatment is highly effective and early intervention is ideal to minimize the long-term impact. Early symptoms include a sense of "heaviness" in the arm, which often is noticed prior to any visible or measurable swelling of the arm. When lymphedema is identified, a referral to a lymphedema therapist is imperative. Baystate Health has an established lymphedema program with Occupational therapists certified in lymphedema treatment that utilizes light massage techniques as well as compression through bandaging or garments to reduce swelling. In addition, a new focus of lymphedema care known as "pre-habilitation" begins the evaluation and education process before any treatment for individuals who are at high risk for lymphedema post-treatment; specifically, individuals with known cancer spread to their lymph nodes who will need extensive surgery to the lymph nodes, radiation to the lymph nodes, or both.

Any member of your oncology team can refer you to the Baystate Health lymphedema program.

Supporting Hope for 30 Years in Western Massachusetts | 1994 – 2023



Comfort pillows created by Wilbraham Junior Women's Club given to all biopsy and surgery patients. Continues as a patient program.

2000



Nurse Navigator position developed at the Comprehensive Breast Center with 5 nurses working with breast cancer patients.

2001



Yoga introduced to breast cancer survivors by Patricia "Niti" Seip. Program now includes water dance and water aerobics.

2002



MRI Breast Coil purchased to enhance breast imaging capability.

2003

Students Research Health Disparities Through Biomedical Research Training Internships

By Raechel Parent
Baystate summer scholar

Springfield high school students experience breast cancer research and contemplate breast cancer healthcare disparities through the Baystate Springfield Educational Partnership. The following article is written by one of the student summer scholars in the program, Raechel Parent.

Health disparities in medicine have been a huge issue for many years now and according to the CDC defined as "preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations". Specifically in research, health disparities can greatly affect the overall understanding of a condition or disease. We are interested in the disparities that are a result of lack of research into particular populations. While many disparities in this disease can be attributed to either socioeconomic differences or access to healthcare, some of the variances are also due to the fact that the vast majority of breast cancer research being performed today is on cells derived from Caucasian women. As we know, breast cancer is certainly not a disease that only affects Caucasian women, and differences in the rates of breast cancer subtypes from different parts of the world suggest that genetic background may contribute to some of the variation. For example, within Africa the rates of triple negative breast cancer are significantly higher in West Africa than East Africa, where the rates are more similar to those observed in the US. Thus, when tissues and cells from just one population are being studied, it leaves large gaps in knowledge regarding the disease in patients of different demographics. To think of health disparities in a simpler context, think of someone who was writing a book on the best dog treats but only ever looked at Golden Retrievers, if you had a pug or a husky that data would not mean much to you right? Then why



From left to right Baystate summer scholar Raechel Parent with Springfield Educational Partnership high school students, Pheona Mburu, Ndilei Lukulay, and Etinosa Aiguosatile.

would we want a similar undertaking occurring in a practice as important as cancer research?


You may be wondering why health disparities are a concern for physicians and researchers alike. This is because the information surveyed and gathered from tissue samples are used to test treatments and create treatment plans based on the cancer cell type. When the informational database is only available for one unique population to design and test treatments, women from other populations may not experience the optimal impact.

To narrow the gap in information and treatment, there is an ongoing effort to collect and study breast tissue samples from a variety of genetically different populations and races. The Rays of Hope Center for Breast Research has been working on bridging the knowledge gap by consenting participants and collecting breast tissue from a diverse population of women undergoing surgery for breast tissue removal in Springfield. It is essential to continue collecting

Continued on page 12




2004




Model of Multidisciplinary Breast Pathology Conference at Baystate Medical Center expanded to Baystate Franklin Medical Center.

2005




Massage Therapy by Joanne Costello initiated for patients having chemotherapy.

2006




Advertising campaign for Outreach to Overcommitted Women. Evening and Saturday mammography sessions offered.

2007



Support group for African American women founded.

2008



Wellness program for breast cancer survivors started.

Part-time clinical trials assistant funded.

Rays of Hope Endowment

Investing in the future

Our community has been fortunate for 29 years to continue to have widespread participation for the Rays of Hope Walk & Run Toward the Cure of Breast Cancer, an important fundraiser that supports the Rays of Hope mission year-round. That mission includes crucial local research, community grant opportunities, prosthetic support and the infrastructure that has helped raise over \$16.6 Million dollars through the years.

The mission is as important today as it was 29 years ago. Perhaps more important, because even though we have seen progress in research and treatment, we have also seen an increase in breast cancer diagnosis.

To ensure that the mission can continue, we must strengthen our financial position and diversify our fundraising opportunities. To kick off the 30th Anniversary of Rays of Hope, we have established an endowment at the Baystate Health Foundation where the community can designate gifts that will perpetually support the mission. As it grows, the Rays of Hope Endowment will provide a constant source of funding to local breast cancer research and the programs that wrap survivors in the pink hug of HOPE that Rays of Hope stands for.



As long as we are able, our community will walk and run toward the cure. However, COVID-19 made us acutely aware that the future can hold uncertainties and surprises that we cannot control.

To learn how you can help ensure the future of the Rays of Hope mission, please call 413-794-8001 or email raysofhope@baystatehealth.org



Register - Donate - Give HOPE

Join us October 22nd for Rays of Hope Walk and Run
Toward the Cure of Breast Cancer.
Baystatehealth.org/RaysofHope



Supporting Hope for 30 Years in Western Massachusetts | 1994 – 2023



Survivorship program started with ongoing medical care and quarterly evening education programs.

2009

Portable ultrasound machine purchased for surgical oncologists at Comprehensive Breast Center.



First Rays of Hope Walk in Greenfield on October 25.



Radioactive Seed program led by Dr. Holly Mason and Dr. Vivian Miller was started. First in New England.

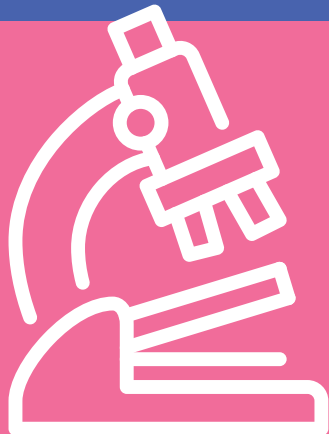
2010



Digital mammogram machines purchased for both the Comprehensive Breast Center and Chestnut Surgery Center for patients having breast surgery.

RESEARCH IN ACTION

Here are a few resources to learn more about the important breast cancer research being done in your community and how Rays of Hope supports these efforts:



Rays of Hope Center for Breast Cancer Research:

pvlsi.org/rays-of-hope

Breast Research Registry on HistoSpring:

histospring.com/breast-research-registry

30 Incredible Years of Rays of Hope *Continued from page 1*

ROH has grown so much that we want it to continue its presence in this community for years to come therefore we are establishing a Rays of Hope endowment, which you can read more about on page 10. We are 30 years strong and at a pivotal point in our growth. This endowment will help carry us during unexpected events such as Covid-19 by creating a mechanism where we can continue to support our breast cancer programs and research through Baystate Health.

Recently, I realized how we have impacted a new generation of walkers and survivors who are as committed and dedicated to our mission to find better treatments and a cure as much as those from the first year's walk in 1994. I see it in the faces of the men, women, children, and survivors that are represented at our Walk since that first year. We can all agree that first

Walk in Forest Park that ROH was truly a good idea! It gave our community a venue to support each other and provide the community with the best breast health care right in our own community.

Our heartfelt journey with ROH has given us a vehicle in our community to ignite that spirit of hope. The spirit that sustains us to keep walking toward the cure of breast cancer until there is a cure. We have a strong presence in our community because of all of you.

I hope you will join us in celebrating our 30th ROH Anniversary. By the grace of God and our Rays of Hope family of support, we will continue to thrive in western MA until there is no breast cancer.

With heartfelt gratitude,
Lucy Giuggio-Carvalho, Rays of Hope Founder

**Join us in spreading HOPE this year.
Get started at BaystateHealth.org/RaysofHope.**



Rays of Hope Center for Breast Cancer Research funded with commitment of \$1.5 million over five years. Dr. Grace Makari-Judson and Dr. Joseph Jerry named co-directors.

2011



Advocacy Council formed for Rays of Hope Center for Breast Cancer Research.

2012



Breast Research Registry enrolls over 150 participants in first year.

2013



Grant awarded to Pioneer Valley Riverfront Club for Dragon Boating for breast cancer survivors program.



Rays of Hope
A Walk & Run Toward the Cure of Breast Cancer

24,000 participants celebrated the 20th Anniversary on October 20.

▶ What Was Funded from the 2022 Rays of Hope Walk & Run Toward the Cure of Breast Cancer

▶ **RAYS OF HOPE CENTER FOR BREAST CANCER RESEARCH:** \$150,000 was awarded for various research studies.

▶ **OTHER SUPPORT:** Programs for breast cancer survivors at Cancer House of Hope, LIVESTRONG at the YMCA of Greater Springfield and Greater Westfield, Paradise City Dragon Boat and Pioneer Valley Riverfront Club survivor Dragon Boat teams/training, and breast cancer patient needs including prosthetics, lymphedema garments, educational materials including new breast cancer patient guides, survivorship guides, and more. To learn more about the community programs see the Program Guide included in this newsletter.

Students Research Health Disparities

Continued from page 9

these tissues from diverse populations since having a wider genetic range in research samples will allow for an increased understanding differential susceptibility and assist in personalized treatments.

This summer, scientists at the Pioneer Valley Life Sciences Institute, Sallie Schneider Ph.D., and Kelly Gregory Ph.D., have been hosting a biomedical research training internship for undergraduates and high school students. Students learn research techniques and then are given a breast cancer-related research question to address on their own. Along with these research techniques, students have been working on science communication projects. This year the high school students are developing a podcast series on breast cancer health disparities, the contributing factors, and concerns. The hope is that an improved flow of information at the scientific level, as well as the community level, will lead to more participation in research studies across populations and reduce some of the disparities contributing to breast cancer in the future.

The Baystate Springfield Educational Partnership (BSEP) advances education for Springfield youth and prepares them for careers that are committed to serving the health and wellbeing of the community. Learn more about the program at Baystatehealth.org



Supporting Hope for 30 Years in Western Massachusetts | 1994 – 2023



Baystate Health Breast Network expands production of consensus guidelines across multiple Baystate sites.

2014

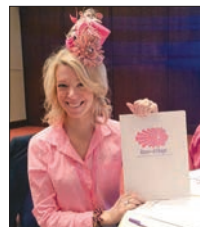


Reader Raves names Rays of Hope as Best Charity Event for 2nd year in a row.



Funded over \$31.7 million towards clinical and translational breast cancer research.

2015



Adrienne Haslet-Davis, 2013 Boston Marathon survivor, is the keynote speaker at the 18th Annual Survivors' Day.



\$1.5 million DOD grant and \$3.5 million NIEHS grant awarded to Rays of Hope Center for Breast Cancer Research as a result of prior ROH funded research findings.

2016



Neoprobe further supports Radioactive seed program to enhance care.

2017

Make a Gift that Brings Hope for the Future

Beneficiary designation gifts from friends like you help Rays of Hope provide the lifesaving treatments, services and hope patients need to get back on their feet – today and in the future.

You can make a difference by naming Rays of Hope c/o Baystate Health Foundation as a percentage beneficiary of your retirement assets, a bank or securities account, life insurance or your overall estate.

By taking a few minutes to update your beneficiaries today, you can create a gift that will help give breast cancer patients a brighter tomorrow.

This is a simple and flexible way to create your legacy. Plus, you do not need a lawyer, you retain control of your assets, and your gift passes tax-free to Baystate Health Foundation to further the mission of Rays of Hope.

We are here to help! For a free **Beneficiary & Will Guide**, reach out to **Kylie Johnson at 413-794-7789** or **Kylie.Johnson@BaystateHealth.org**. All inquiries are confidential and gifts of all sizes matter.

GET SOCIAL WITH US!



Instagram:
@raysofhopema



Facebook:
**Rays of Hope - Walk & Run
Toward the Cure of Breast Cancer**



LinkedIn:
**Rays of Hope Walk & Run
Toward the Cure of Breast Cancer**



First tomography mammography and biopsy units placed at Baystate Breast and Wellness Center.

Breast Research Registry, started in 2011, has over 1,000 women participating.

2018



#ROHPinkyPromise marketing campaign created.



Breast cancer survivors and team members, Anna Symington and Meg O'Hare, from grant recipient Paradise City Dragon Boat, take part in the IBCPC Participatory Dragon Boat Festival in Florence, Italy where they finish first in one of the races.



Rays of Hope
Walk & Run Toward the Cure of Breast Cancer

Baystate Health

25th Anniversary,
October 21.

Do you work for a

MATCH \$ MAKER?

Your employer, or your donors' employers, may double or triple your donations to Rays of Hope!

Many companies will match donations made by their employees, employees' spouses and sometimes even individuals who have retired within the last year.

Requesting a matching gift is normally a five minute process that must be initiated by the donor. You can do this by filling out and submitting a matching gift form provided by your employer or through an electronic submission process.

How Do I Apply for a Matching Gift?

It's easy! Take these simple steps.

1. Check with your employer's human resources department or business office to learn if your company will match your donation. Remember to ask your donors to do the same.
2. Request your employer's matching gift form and program guidelines. There may be different guidelines for donations made by check or online. Most companies will ask you to complete and return a short form; the form may require our tax identification number - 04-3549011. Rays of Hope falls under the Baystate Health Foundation 501(C)(3) so please be sure to include that information. Therefore, your gift is tax-deductible to the full extent provided by law.
3. Complete the form and follow your company guidelines on submission to have your gift matched.
4. Remember to ask if your company also matches spouse or retiree donations.
5. If you are a fundraising participant collecting donations, please ask your donors to check with their employers, too.

Mail, email or fax your completed form to:

Rays of Hope – Matching Gifts
Baystate Health Foundation
280 Chestnut Street
Springfield, MA 01199

Email: BHF@BaystateHealth.org

And, that's it! You've learned how to double or even triple your donation to Rays of Hope! For more information visit BaystateHealth.org/RaysOfHope and click on "Get Involved."

If you have any questions, please check with your human resources department or call the Baystate Health Foundation at 413-794-5444.

Supporting Hope for 30 Years in Western Massachusetts | 1994 – 2023



Baystate Health system-wide conversion to tomosynthesis imaging.

2019

Screening mammography begins again in June for all patients. During this unprecedented time most screening studies, including mammography, were suspended in March due to Covid-19 for women who did not have a breast abnormality.

2020



Baystate Health creates a new Breast Oncology Fellowship to optimize a surgeon's skills and knowledge for those with breast disease.

2021



2022 – The Rays of Hope Walk & Run Toward the Cure of Breast Cancer is once again in-person after two years due to Covid-19.

2022



Join us in spreading HOPE this year!
GET STARTED AT
BaystateHealth.org/RaysofHope




30th
ANNIVERSARY

Rays of Hope
Walk & Run Toward the Cure of Breast Cancer
Baystate Health Foundation



October 22

2023

The Rays of Hope Center for Breast Cancer Research has left a tangible impact on western Massachusetts, including expanding the number of breast cancer researchers in our area, creating enhanced opportunities for collaboration among researchers, supporting diverse research, and expanding resources for breast cancer research and community engagement, like our partnership with Girls, Inc.

Baystate  Health Foundation | ADVANCING CARE.
 ENHANCING LIVES.

Supporting Hope Editors: Grace Makari-Judson, MD, Michelle Graci, Cait Roberts and Kathy Tobin



RAYS OF HOPE
Sunday, October 22, 2023

Run Toward the Cure 8K:
 Springfield – Forest Park
 (starts at Temple Beth El)
Run Starts: 8:30 am

Walk Toward the Cure:
 Springfield – Forest Park
 (starts at Temple Beth El)

Registration: 9 am
Survivors' Photo: 10 am
Program: 10:15 am
Walk Starts: 10:30 am

More details, including parking directions, fundraising ideas, a team captain guide, school and business participation, and sponsorship opportunities are available at BaystateHealth.org/RaysofHope.



**Join us and
 become a
 part of
 history!**

Fall 2023 Program Guide for Breast Cancer Survivors

The following programs are offered to breast cancer survivors free of charge through grants from Rays of Hope. We consider you a survivor the day you are diagnosed.



CHD Cancer House of Hope

1999 Westfield Street, West Springfield, MA

CHD Cancer House of Hope is committed to providing free access to therapies and wellness programs that bring strength, resilience and hope to those diagnosed with cancer.

SERVICES INCLUDE

- Support Groups
- All Cancer Support
- Breast Cancer Support Group
- Therapies
- Hypnosis
- Massage Therapy
- Outdoor Activities
- Reiki
- Relaxation Group
- Therapeutic Horseback Riding
- Yoga – chair, restorative, virtual

Other Support

- Art Therapy
- Educational Lectures
- Mastectomy bra and form fittings
- Meditation Gardens
- Wig Boutique

For more information:

Chd.org/chh | 413-733-1858

LIVESTRONG at the YMCA of Greater Springfield

Scantic Valley YMCA,

45 Post Office Park, Wilbraham, MA

Livestrong at the Y is a free 12-week exercise program for adult cancer survivors in any stage of their survivorship journey. This program helps build strength, endurance, flexibility and balance to help you get stronger, feel better and get back to where you want to be. The group setting provides connections with other cancer survivors, which can be equally important as the physical component.

We run various sessions throughout the year, meeting for an hour and a half, twice a week. A free membership to the Y during the program encourages you to take full advantage of all that we have to offer, as well as offering additional incentive to exercise outside the program.

To learn more about this program and find out when the next program will begin, contact: Dawn Lapierre, Healthy Living Director at 413-596-2749, x3107 or visit <https://springfieldy.org/family-centers/join/livestrong-at-the-y/>

LIVESTRONG at the YMCA of Greater Westfield

67 Court Street, Westfield, MA

LIVESTRONG at the Y is a free 12-week exercise program for adult cancer survivors in any stage of their survivorship journey. This program helps build strength, endurance, flexibility and balance to help you get stronger, feel better and get back to where you want to be. The group setting provides connections with other cancer survivors, which can be equally as important as the physical component.

We run various sessions throughout the year, meeting for an hour and a half, twice a week. A free membership to the Y during the program encourages you to take full advantage of all that we have to offer, as well as offering additional incentive to exercise outside the program.

To learn more about this program and find out when the next program will begin, contact: Michelle Urbanski, Health and Wellness Director, at 413-568-8631 or email murbanski@westfieldymca.org.

Visit <https://www.westfieldmaca.org/programs-0/health-wellness/livestrong-y>

Paradise City Dragon Boat

Paradise City Dragon Boat is a team of cancer survivors and supporters paddling on the Connecticut River in Northampton, Mass. Our goals include developing into a top-notch racing team, paddling our way to health and fitness, and building camaraderie and support among team members.

Learn more: paradisecitydragons@gmail.com

PVRC Dragon Rays Dragon Boat Team

Join the Pioneer Valley Riverfront Club's Dragon Rays! Springfield's dragon boat team is open to adult paddlers from all communities and offers targeted support to individuals who have had breast cancer. We practice all year round (indoors in the winter)!

Learn more: 413-736-1322, dragonrays@pvriverfront.org, pvriverfront.org

Baystate Regional Cancer Program Offerings

D'Amour Center for Cancer Care 3350 Main Street, Springfield, MA

Social workers are here to help patients during one of the most challenging times in their lives. We not only support our patients through their journey but help make sense of what it means to them and the important people in their lives.

For more information call 413-794-9338. D'Amour Center for Cancer Care Social Workers: Nancy Doby, LICSW; Janet Hakanson-Stacy, LICSW; Sarah Lak, LICSW and Marlene Quinlan, LICSW.

For information on Social Workers at the Baystate Breast & Wellness Center, call Camille St. Onge, LICSW at 413-794-4263

Caregiver Support Group

Virtual meeting
2nd Wednesday of each month
5:00 - 6:30 pm

Breast Cancer Support Group

Virtual meeting
4th Wednesday of each month
11:00 am - 12:30 pm

Expressive Writing Through Cancer

Virtual meeting
3rd Wednesday of each month
11:00 am - 1:00 pm

General Cancer Support Group (all cancers, men and women)

Virtual meeting
1st Wednesday of each month
11:00 am - 12:30 pm

**Registration required for the support groups above.
Contact: Camille St. Onge, LICSW at 413-794-4263**

Support Groups

CHD Cancer House of Hope

1999 Westfield Street, West Springfield, MA
413-733-1858

All Cancer Support Group

1st and 3rd Monday of each month
6:30 - 7:30 pm
Call to register

Breast Cancer Support Group

1st and 3rd Tuesday of each month
6:30 - 7:30 pm
Call to register

Cancer Connection

41 Locust Street - Rt. 9, Northampton, MA 01060
413-586-1642

Living with Breast Cancer

via remote technology
2nd and 3rd Tuesdays of each month
5:30 - 7:00 pm
Call to register

Living with Metastatic Breast Cancer

via remote technology
4th Wednesday of each month
2:30 pm
Call to register

All Cancer Group - Amherst, MA

via remote technology
Every other Monday
12:00 - 1:30 pm
Call to register

All Cancer Group - Northampton, MA

via remote technology
Every Tuesday
7:00 - 8:30 pm
Call to register

More support groups offered.

Call to inquire or visit cancer-connection.org

