

# SASS NEWS

Spring 2016



SASS for Breast Cancer is funded by a grant from Susan G. Komen Columbus® with support from the Public Health Partnership of Licking County and the Licking County Health Department.

Greetings SASS members,

I hope this finds you well. Spring is just around the corner and that means warmer weather is on its way.



Recent changes in national guidelines threatened access to mammograms for women ages 40-49. Breast cancer organizations worked with legislators on the "Stop the Guidelines" campaign, in support of the Protecting Access to Lifesaving Screenings (PALS) Act. As a result, the PALS Act was signed into law December 2015, placing a two-year hold on the new recommendations so they won't impact mammography coverage by insurance companies. Under this law, women 40 and older will have continued access to mammograms every one to two years with no out-of-pocket costs. The PALS Act allows government agencies to review current practices, hold hearings, and report to Congress on ways to improve the guideline process.

Best wishes,

*Dani Gardner*

Dani Gardner  
SASS for Breast Cancer Program Coordinator

## GET CHECKED

Do you, or someone you know,  
need help paying for  
a mammogram?

Call SASS at  
**(740) 349-6535**  
**(option 5)**

to schedule your appointment.

## UPCOMING EVENTS

- Mar. 3: [FORCE Support Meeting \(Columbus\)](#)
- Mar. 15: [Marne Mobile Mammogram Unit](#)
- Apr. 7: [FORCE Support Meeting \(Columbus\)](#)
- Apr. 8 - 10: [Thriving Together: 2016 Conference on Metastatic Breast Cancer \(Philadelphia\)](#)
- May 5: [FORCE Support Meeting \(Columbus\)](#)
- May 14: [Susan G. Komen Race for the Cure Columbus](#)
- May 16: [Cancer Support Community 2016 Charity Golf Classic Westerville](#)

Visit [www.lcsass.org/Calendar](http://www.lcsass.org/Calendar) for more events.



Licking County Health Department

**Dani Gardner**

**SASS for Breast Cancer**

Licking County Health Department  
675 Price Road  
Newark, OH 43055

Phone: (740) 349-6535 (opt. 5)

Fax: (740) 349-6625

[SASS@lickingcohealth.org](mailto:SASS@lickingcohealth.org)

[www.lcsass.org](http://www.lcsass.org)

## SASS Stipend Program

SASS awarded \$17,500 in stipends to Licking County residents who were actively undergoing breast cancer treatment in 2015. The SASS stipends are made possible by support from the Public Health Partnership of Licking County. The total amount of stipends to be distributed to Licking County breast cancer patients is based on the available funds from donations by individuals and organizations in the community.

### Eligibility for the stipend

- ♦ Must be a Licking County resident
- ♦ Must be actively undergoing treatment for breast cancer during the current calendar year
- ♦ Must not have received SASS funds exceeding \$500 during the current calendar year or \$1,000 during the past five years

## Susan G. Komen Race for the Cure ® Columbus

Susan G. Komen Race for the Cure ® Series is the world's largest education and fundraising event for breast cancer. The event raises significant funds and awareness for the breast cancer movement, celebrates breast cancer survivorship, and honors those who have lost their battle with the disease.

This race is unique in the fact that 100 percent of the proceeds are allocated to Komen's mission. To help fund local programs offering breast health education, breast cancer screening and treatment, 75 percent of the income stays in the community. The remaining 25 percent of the income supports the Susan G. Komen® Grants program.

**May 14, 2016**

Click [here](#) to  
**Register Today**

## Mobile Mammogram Unit in Marne



**Women who schedule and complete their mammogram will be entered in a raffle for a \$20 gas gift card.**

**Where:** Marne United Methodist Church

**When:** Tuesday, March 15, 2016

### Eligibility

- Women must be age 35 or older
- Not experiencing any palpable lumps
- Not had a mammogram in the past year
- Not been diagnosed with breast cancer within the past 10 years

Payment assistance may be available for women in need. Women interested in scheduling a mammogram can contact SASS at (740) 349-6535 (option 5).

## Squeeze in Exercise at Home

Exercise is important. Regular physical activity can significantly lower risk for cancer and other diseases, including heart disease and diabetes. The American Cancer Society recommends a person get at least 150 minutes of a moderate intensity activity, or 75 minutes of a vigorous intensity activity, spread throughout the week. However, even small amounts of moderate activity throughout the day can provide benefits.



**No gym membership? No problem!** Try these tips for exercising at home:

- Take a walk outside if it's a nice day, or walk inside around the house if isn't.
- Walk up and down the stairs. Take every other step to give legs a good workout.
- Do squats when lifting and putting away groceries, or when picking up your children. Bend with your knees and keep your back straight so you don't hurt yourself.
- Grab objects, like soup cans. Bend at the elbows to curl hands to shoulder level.

No matter what kind of activity, the important thing is to get moving. Try to look for opportunities to be active throughout the day.

## Resources for Jewish Breast Cancer Patients



Sharsheret is a national non-profit organization supporting young women and their families of all Jewish backgrounds facing breast cancer. They have free cancer survivorship kits containing nutrition and exercise resources to help survivors stick with their 2016 resolutions. Contact a member of their support team to learn more about the survivorship kits.

## Community Support

Without community support, the SASS program would not be able to help as many women in Licking County. A huge thank you goes out to the Newark City Schools Athletic Department for their donation to the SASS program. They raised more than \$4,300!



[www.facebook.com/SASSforbreastcancer](http://www.facebook.com/SASSforbreastcancer)

Like and follow us for updates on breast cancer research, survivor resources and info on other fun local events.



[@SASSCoordinator](https://twitter.com/SASSCoordinator)

Visit SASS at [lcsass.org](http://lcsass.org).