

# Newsletter

Summer 2009  
Issue 6

1-2-5-30 plus years survivors and new diagnosis women came together for one goal: to “Walk for a Cure”. Sparky, the Islanders mascot did the rain dance so it would not rain on our parade. Entire families came out to support their loved ones and raise awareness against this beast. We hope one day we can say that a cure has been found.

The children were entertained by Sparky and Boardwalk prizes were given out while we waited to start the walk. The weather never discouraged anyone from hanging it up. To the different teams and families that raised monies from \$1.00 to \$1,000.00.....GREAT WORK!

*Rain, rain go away, you can't  
rain on our parade*



Many newcomers participated in the walk not knowing what happens to the monies raised. One thing for sure, we are a small organization with a big heart. Thanks to all that come to our events.

The goal for the monies is to help people undergoing treatment for cancer and sponsor life-saving mammograms. One cannot walk or judge someone until you are in their shoes. Everyone who donated large or small, made a difference that day and in the days to come in someone's life. Help can take on many forms, from paying co-pays, household bills, food or house cleaning. No one should feel that their life is out of control when living with the Beast. We are here to help.

A Big Thank You to Mitch of D.J. Riders and Andrew for their fund raising efforts. A special thank you to Lisa Itts, you did a great job of putting it together.

They are not alone. Our Volunteers work for months making sure it comes together: Barbara, Roz, Judi, Carolyn, J. Mitchell Photo, Lee, Peggy, Barbara Parker, Charlie, Ina and Renata. Alison, who is a newcomer to our group created the beautiful T Shirt design. We can't forget Victoria for all of your efforts to have Sparky join us.

At the end of the day you look back at the others behind the scenes. The events go on because of support from the City of Long Beach. We want to give a “Pat on the Back” for assisting us to: Mary G., Mr. Brand and staff, Long Beach Police Department, along with our Accountant, Sun Daz web site coordinator, E-Van Creations and all the midnight runs to Ocean Press.

Thank You

Thank You

Thank You

Thank You

Thank You



**WEBSITES:** The Access Project, [www.accessproject.org](http://www.accessproject.org) (866)918-5232. Provides advice on medical bill management and negotiation strategy. Patient Advocate Foundation, [www.patientadvocate.org](http://www.patientadvocate.org) (800)532-5274. Provides services to patients who are unable to obtain access to care because of financial or health insurance denials. Legal Services Corp. [www.lsc.gov](http://www.lsc.gov) (202)295-1500. LSC has more than 900 offices across the country to help low income Americans gain access to the legal system.



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Pictures by J. MitchelPhotography. For copies please call 516-236—9277 or email him at JMitchelPhotography.com

[www.facesofcourage.org](http://www.facesofcourage.org) “Faces of Courage Foundation” was founded by a survivor.

Thoughts of this survivor:

First, I’m trying to stay alive, second, I’m trying to heal, and then I get all these bills”

“Faces of Courage Foundation ([www.facesofcourage.org](http://www.facesofcourage.org).) was founded by this survivor. It offers weekend camps to women and children who are cancer patients and survivors.

A few things to remember during this trying time:

Shop around for the care if you have time before your procedure & ask for estimates upfront.

Be sure the hospital charges are accurate and your insurance is covering everything it’s supposed to.

Don’t be afraid to file an appeal if necessary and request one case manager to handle your needs.

Check Public & Private Programs: Medicaid, or Social Security Disability.

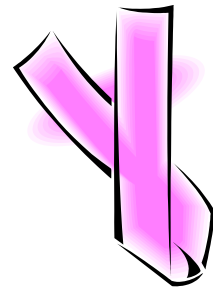
Talk to Providers directly and ask for discounts and extended payment plans.

AVOID Medical credit cards that usually go to much higher interest rates after the grace period.

If you own your home, call your mortgage lender early to try to work out new payment arrangements.

Deduct medical expenses from taxes.

**There won’t be a Kayakathon this year. It has been a lot of hard work for Gabby and Michael over the years and they are taking a well deserved rest and break this year. They have helped so many people for so many years in raising a lot of money for the “Lend a Helping Hand” program which helps those in need for a better quality of life. We’ll never forget you for all you’ve done.**



## Upcoming Events

July 26th	Long Beach Hospital Medical Center Health Fair Riverside on Boardwalk from 10 A.M. to 2 P.M.
Aug. 6th	“How to be Green” Seminar at Evers Place, Thursday, 6 to 9 P.M. Hosted by Joe Sinnona, Eco-Broker 949 W. Beech Street Long Beach, NY 11561 <b>**All attendees receive a special Green Gift**</b>
Sept. 12th	Michelle O’Neill Annual Volleyball, Grand Beach <a href="http://www.monfoundation.org">www.monfoundation.org</a>

**We will not go gentle into the nite! Together we will continue to fight walk for a cure.**