Breast cancer has become a global burden, it is the second leading cause of death in women (heart disease being the first). The World Health Organization says, “the most common cancer affecting women worldwide is breast cancer,” claiming hundreds of thousands of women lives every year. In the month of October, breast cancer charities come together annually to increase awareness of what breast cancer is. During October, these very same charities take time to raise funds for research, prevention, diagnosis, treatments, and cures. (“National Breast Cancer Awareness Month” Sept 17, 2014)

One in eight women will be diagnosed in their lifetime with breast cancer. In the United States over 200,000 women will be diagnosed with breast cancer each year and more than 40,000 will die. The death rate of breast cancer has declined due to early detection, such as self-examination, yearly check ups and getting a mammogram. A n increase of awareness, improving treatment options, and knowing the symptoms of breast cancer has also help decrease death rates. Signs of breast cancer include feeling a lump in your breast, observing swelling in or around the breast, collarbone, or armpit. Other signs are: skin thickening (when the skin resembles the skin on an orange), having redness on the armpit. Other signs are: skin thickening (when the skin resembles the skin on an orange), having redness on the armpit, rash or swelling. Step 2: Raising your arms up, look for the same changes. Step 3: While looking in the mirror, observe any fluids coming out of one or both nipples, (the fluid might be watery, milky, yellow fluid or blood). Step 4: Next, lay down using your right hand to examine your left breast. Use a firm, smooth touch with the few finger pads of your hand and move in a circular motion. You should feel from the top to bottom, side to side, from your collarbone to the top of your abdomen and from your armpit to your cleavage. Repeat step 4 on the right breast using your left hand. For comfort and privacy some women prefer sitting, standing or preparing the self exam in the shower or in their bedroom. (“Five Steps of a Breast Self-Evau” April 16, 2014)

Breast cancer starts like any other cancer in the cells. When a new cell grows it is unknown when things go wrong, but when they do cancer often develops. New cells grow to replace old and damaged cells. When the old or damage cells do not die through their natural process, the new cells grow on top of them. When this occurs the outcome can be called lumps, growths, or tumors. With breast cancer the process of lumps occurs in the breast. This is due to malignant tissue, that can spread by breaking away from the original tumor and entering the blood or lymph vessels that travel throughout the body. (“What is Breast Cancer”)

Self-examination is one of the best ways of breast cancer prevention. Here is a four step examination process. Step 1: Looking in a mirror standing with your shoulders straight and your arms on your hips, you want to look for any usual shape, color and/or size of your breast. If there’s any changes, look for dimpling or puckering of the skin, position change of the nipples, any redness, rash or swelling. Little is known about what causes breast cancer. What scientists do know is cancer grows within the DNA of a cell that is damaged. Now, how the cell gets damaged is unclear. Possible reasons are genetic and environmental, in some cases it’s both. It is known that women are 100 time more likely to get breast cancer than men. Also, women who are over the age of 50 and of Caucasian descent are more likely to be diagnosed with it. Genetic factors are having a family or a personal history of cancer. Race is also a genetic factor, so is menstrual and reproductive history. This means that early menstruation before the age of 32, having your first child at an older age or never giving birth can also increase your risks for breast cancer. Environmental factors include lack of physical activity, a poor diet, being overweight, and drinking alcohol. It is important to note that 60 to 70% of people with breast cancer have no connection to any of these factors mentioned above, and that others with these risk factors will never get cancer. (“What is Breast Cancer”)

It is very important for every woman to get checked for breast cancer. It cannot be stressed enough that early detection is one of the best defenses we as women have in fighting breast cancer. Aiso, living an active and healthy lifestyle increases your chances to not get diagnosed with breast cancer. Do not feel embarrassed to get checked, you can take a friend with you for support to any check ups or have an examination buddy.

Sources:
Disability Employment Initiative

The DEI, or Disability Employment Initiative, is focused on improving education, training and employment opportunities for youth and adults who have disabilities, are unemployed, underemployed or on Social Security benefits.

On September 12th, Staff along with a few of the ladies of Shunammite Place were invited to a luncheon to celebrate the DEI and those involved, as well as those benefitting from it. We were happy to hear that DEI received $10,000 to continue the program.

During the luncheon the guests were treated to a presentation that consisted of letters and videos of the recipients telling us their stories of why they participated in the DEI and why it is helping them.

Pamela “Pam” Ash expressed her gratitude in the DEI helping her link up with a tutor to expand her education. Cynthia Russell was happy that DEI is giving her an opportunity to get work experience and supporting her dream in becoming a writer. Silvia Salazar explained how the DEI helped her get a job, out of which she was able to get a car. With help from DEI, Silvia is also working towards opening her own sewing business. Rocio Sanchez (who was unable to attend), was very thankful that the DEI is helping her go back to college so she can get the job she has always wanted.

Each person got a certificate of recognition for their success. Everyone at the luncheon was so happy and proud of their client, friend, son, daughter, mother, or father achieving their goals. Without programs like Workforce and initiatives to get people working and giving them that self esteem boost, we would not see smiles like these in pictures from that day. Thank you to Workforce for all the help that you offer!

Earlier in September we said good-bye to Sara Bennett. Since Sara came into Shunammite Place, Sara had one goal on her mind and that was to get her kids back. During Sara’s stay here she worked her shoes off getting to every appointment and staying up to date with her priorities here at Shunammite Place.

Sara’s drive to get her kids back inspired and awed those around her. Sara is a very strong, endearing, and opinionated woman who sets her mind on a goal and lets nothing get in her way. Like any parent she couldn't wait to have her children by her side. Before Sara left she was blessed with an apartment for her and her children.

It is with great hope that Sara and her children find their piece of happiness. Here at Shunammite Place, we send our love, hope, positive energy, well wishes and prayers for her to succeed and to keep moving forward with the life she wants for herself and her children. Good Luck!!

Congratulation and Farewell

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Giving Back to the Community

On September 11th and 25th the Elks Lodge invited our ladies here at Shunammite Place back to cook for their members. The Elks Lodge is an organization that invests in their communities through programs that help children grow up healthy and drug free. The Elks do this by undertaking projects that address unmet needs, and by honoring the service and sacrifice of our veterans.

Our local Elks Lodge #1918 have many projects that they invest in. Some of the projects include the Elk members passing out dictionaries to 3rd graders in our school district. The dictionaries consist of vocabulary that 3rd graders will use during the school year. The Elks also raise money for the Purple Pig Fund. This fund is for children with different disabilities. The money is raised to help with therapy in areas of physical disabilities to comprehension disabilities. Elks Lodge #1918 also recognizes students of the month from our school district by having a dinner in their honor. The Elks Lodge in Madera invests in our community by helping those that want to make Madera better.

The ladies from Shunammite Place benefit from an organization like the Elks Lodge because they feel welcomed back into a community. The Elks Lodge has given our ladies an opportunity to learn how to cook food for a large crowd, practice their people skills, and work in a team to get a project done. By our ladies volunteering at the Elks Lodge they have learned to come together as a group, they want to be proactive, and want to know about their community and other volunteering prospect that our ladies at Shunammite Place can be involved in.

On our first night we served a nice deep fried chicken, with mashed potatoes, green beans and a salad. Our second night we served lasagna, with mixed vegetables, salad and garlic bread. The ladies that volunteered to be on the cooking crew had a great time. Staff asked the ladies to tell us what were some of their favorite things about volunteering at the Elks Lodge, and how it feels giving back to the community:

Michelle Brown: “I felt at peace giving to others. I felt like I was needed. I look forward to the next chance to offer services to the Elks Lodge. I enjoyed bonding with the other participants.”

Cynthia Russell: “I liked the bonding time with my Shunammite sisters. I liked the uniforms the staff wore. I liked the organization skills and planning, we finished on time and they like the food. I liked the setting and neighborhood of the lodge. Everyone’s attitude was great.”

Elizabeth Whitfield: “Frying chicken and serving, the member of the Elks Lodge. Also spending time with my friends of the Shunammite Place, and everyone loved it and that made me happy.”

Jamie Brooks: “To make the food for the Elks Lodge was rewarding, it gave me great pleasure knowing they were enjoying a meal that I helped prepare. It was rewarding. Thanks for allowing me the opportunity of giving back.”

Thank you to both our cooking crews: Cynthia Russell, Michelle Brown, Pamela Ash, Elizabeth Whitfield, and Jamie Brooks. All of you did a wonderful job working and helping each other out. Excellent job to you ladies, the food was superb.

![Image of the cooking crew](image-url)
Here are the winners for the Word Search: in 1st place is Silvia Salazar, 2nd is Tamra Lansford, and 3rd place is Michelle Brown. Congratulations ladies.

Meetings will be held in the Shunammite Place Office every Wednesday at 7pm. We are planning events for October. We need your input on what event you would like to be a part of.

This month’s FMCoC Meeting will be on October 9th at 8:30am in Fresno. If you would like to go please see Gabby.

Flu Shot Clinic
On October 30th, from 4pm to 6pm, Staff will take ladies to a Flu Shot Clinic. If you would like to get a free flu shot please see Angela to come along to the Clinic.

Life Skills Class
The Soroptimist Group will conduct a Life Skills Class at CAPMC Main Office on October 14th at 6pm.

Deep Cleaning
The ladies with the cleanest rooms belong to Silvia Salazar, Michelle Brown, and Susana Lopez. Congratulations ladies, keep up the excellent work.

Birth Celebration
Happy Birthday Elizabeth Tovar! Elizabeth’s birthday is October 12th.

New Participant
Shunammite has a new Participant. Her name is Latiesha Adams. If you see her make sure you introduce yourself and welcome her to the Program.

Madera County Homeless Coalition Meeting
The meeting will be held at CAPMC in Madera on October 16th from 2pm to 3:30pm. If you would like to attend please see Gabby.

Take Back the Night
This event is brought to the community to offer awareness on violence against women and information on resources women can access in the City of Fresno. “Take Back the Night” will be held at Fresno State on Oct. 22nd, the event will begin at 4:30pm. If you would like to go please see Angela.