



Newsletter Volume 1 - October 2020

What We Stand For

PINK "ME"™ is a non-profit 501 C 3 breast cancer organization founded by breast cancer survivor Dr. Michelle Bean. Being a breast cancer survivor, Dr. Bean realized the turmoil that breast cancer patients must live through, both mentally and physically. With her knowledge gained through her own breast cancer experience, she is passionate about serving others and providing hope to women during their breast cancer journey.

PINK "ME" is an acronym for: Providing Information, Networking, and Knowledge, "My Experience." This represents the mission and vision of PINK "ME" which is to compassionately support women during and after their breast cancer journey by offering emotional support, financial assistance, and hope. Our goal is to give back to the community by providing guidance and support to women during and after their breast cancer journey.

Programs We Provide

Connected by Cells Program

Our Connected by Cells Program encompasses our mission by offering inspiration, encouragement, and support of women by promoting self-advocacy, personal connections, and breast cancer awareness. Connected by cells has a double meaning, as cancer cells are bad cells in cancer, so we'd like to change the perspective of the word "cell" by connecting women in a positive way through our cell phones.

This program was developed to allow women going through their breast cancer treatments and survivors to connect...





1st Annual
Winter Webinar
Registration now open!

We are hosting our first educational event! This 2 day Winter Webinar will provide a wealth of information, including prestigious speakers from all over the nation!

If you want to learn more about breast cancer or if you need continuing education units, register on our website today!

When: 12/10 - 12/11/20

Where: Virtual!

CEUs: 13 total for both days

This program has been approved for a maximum of 13.00 continuing education units per person for use in fulfilling the continuing education requirements of the American Health Information Management Association (AHIMA).

...with each other, share resource options, information, and build supportive relationships, all while being compassionately supported. To join this program is simple, breast cancer individuals and survivors just sign up on our website.

Text messages and daily inspirational messages will be shared to those who sign up. People who join will also have options to connect with other women, with permission. Based on requests, options to join group text for those with similar journeys will be available. You don't have to go through your breast cancer journey alone, we are here for you!

Messages are sent Monday through Friday. Messages anytime are welcome, as PINK "ME" strives to be here for the community via email, phone call, or text, we're here! Responses to text messages, emails, or phone call will be answered within 48-hours or less. We do not provide medical advice and our connected by cells program should not be used in lieu of seeking the advice of a medical professional.

Breast Cancer Treatment Assistance Program

This program provides resources and financial support to those that are going through their breast cancer journey; and to help women understand their health information/medical records accessibility for their health and treatment outcomes. Financial award is granted based on the application of the patient and the amount determined is based on the individual need.

The amount of financial assistance is a maximum of \$1,500. This amount is given over a period of three months, or one quarter. Application to apply to this program can be found on our website. We do not provide cash or a check to the individual themselves, but instead we directly pay the bill of their choice, such as but not limited to: utility bills, health insurance copays, hotel stay for family caring for cancer individual, cost for out of state treatment, plane ticket, gas, medication, medical supplies, co-pays, or a mortgage or car payment.

Women who are accepted into this program will receive our PINK "ME" up and go totes which includes a blanket, journal notebook, and a coffee mug. Applications are accepted at any time, and you will be notified within 30 days of receiving your application if you were selected. Please spread the word about our wonderful program!



Survivor Health & Wellness Assistance Program

This program provides resources and financial support to those that are survivors of breast cancer journey, post one year. Financial award is granted based on the application of the patient and the amount determined is based on the individual need.

The amount of financial assistance is a maximum of \$600. This amount is given over a period of three months, or one quarter. Application to apply to this program can be found on our website. We do not provide cash or a check to the individual themselves, but instead we directly pay the bill of their choice, such as but not limited to: utility bills, health insurance copays, hotel stay for family caring for cancer individual, cost for out of state treatment, plane ticket, gas, medication, medical supplies, co-pays, or a mortgage or car payment.

Women who are accepted into this program will receive our PINK “ME” up and go totes which includes a blanket, journal notebook, and a coffee mug. Applications are accepted at any time, and you will be notified within 30 days of receiving your application if you were selected. Please spread the word about our wonderful program!

October Breast Cancer Awareness Events

We have partnered with Kendra Scott jewelry, located in uptown Albuquerque, for breast cancer awareness month. 20% of your jewelry purchase made on October 28th – October 29th will go towards PINK “ME” to help support our PINK “ME” up and go totes and breast cancer and survivor programs.



KENDRA SCOTT GIVES BACK EVENT

October 28 – October 29, 2020

Make you own earrings online or in store and enter code:

GIVEBACK9395 in your cart or at checkout at:

www.kendrascott.com

20% of all purchases will benefit PINK “ME”

Kendra Scott ABQ Uptown

2260 Q St NE 3B Albuquerque, NM 87110

Visit the PINK “ME” In-Store Event:

10/28 from 6 – 8 PM or shop online!



What to Know for Breast Cancer Survivors

- Type of cancer and stage
- Genetics
- If you underwent surgery, what procedures were done?
- If you received chemotherapy, what medications were received?
- If you received radiation therapy, what type of cancer was this done for?
- If you received reconstructive surgery, how often should you check implants?
- Know your clinical care team/providers and specialists for follow-up health information and survivorship decisions
- What to know about childbirth after cancer

These questions will help to plan your future especially if you plan on having children, or even if you are already a mother. Ask your provider today.

Follow, Like & Share

We have a Facebook, Instagram and LinkedIn account! Please follow us, like us and share with your friends and family for the most up to date information on PINK “ME”. Below is how you can find us!

- Facebook: pinkmeorg
- Instagram: pinkmeorg
- LinkedIn: PINK “ME”

We look forward to your support!



Community Spotlight: My Breast Cancer Story

My breast taken away from me!

I felt overwhelmed and afraid of the thought of losing something that's so intimately part of me as a women-prepared to be taken away from me, and what would my future of no longer having my breast any longer be? One evening after work I was in the shower allowing the warmth of the drops of water to run down my body and the tears from my eyes roll down my face. Being present and one last time, feeling the softness of my breast and the feel of nipples, and truly appreciating them for myself and no other. The thoughts running in my mind of the physician sharing with me, “your breast will no longer be breast any longer, but accessories!” Feeling anxious, present, and trying to understand, what does that mean exactly? Immediately a small voice, quietly said, “feel your breast, feel your butt”, the two somehow felt the same and immediately calmed my thoughts, decreased my anxiety, and I knew then that I would be okay. The feeling of not having my most intimate part of me any longer, somehow was more accepting. My racing thoughts, and fear somehow didn't feel as overwhelming and the relief in my mind somehow allowed me to accept what was to come- the removal of most intimate part of my body and the most dangerous, that would have possibly taken my entire life and physical well-being. I share my story, I share my experience, in hopes to help others on their journey towards survivorship.

My butt feels like my breast now, and I am perfectly okay with it!

~ Anonymous, Submitted 10/1/2020

Would you like to be in our community spotlight? Send us your story today! Feel free to remain anonymous!

A Special Thank You to Our Sponsors!!

THANK YOU!

New Mexico Cancer Care Associates is a
Pink Ballerina Sponsor!

St. Vincent Cancer Center

St. Vincent Foundation

Anchorum Foundation

We Celebrate You!

Breast Cancer Survivor Anniversary

As of now, there are no submissions of survivorship for October ~ If you are a breast cancer survivor, please submit your survivor anniversary month so we can celebrate you here in our newsletter!

sur·vi·vor

noun | /sər'vīvər/

- ▶ a person who **beat the odds**.
- ▶ one with great **courage** and **strength**.
- ▶ a true **inspiration**.
- ▶ someone with great **endurance** to overcome difficulties & challenges.

See also: *Brave, Courageous, You.*



Purchase a face mask today! Masks can be purchased on our website for \$10 each!

Give back with PINK "ME"



@pinkmeorg



www.pink-me.org

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