

Breast Cancer Awareness Month



October is a beautiful month—we are enjoying the cool breezes and changing colors of the season. It's also a time to promote breast cancer awareness: reminding women to get their mammograms and do breast checks, celebrating with survivors, pushing for more research into better treatments, and remembering those we've lost.

Take a look at what local businesses are doing on our behalf to raise funds and awareness. Several businesses are donating a portion of their October proceeds to HERS—please check them out!

<http://hersbreastcancerfoundation.org/events/october-is-breast-cancer-awareness-month/>

Oct 15-District 10, 10th Annual BCA Car Show
12-5pm, Newark Pavilion, \$25 per vehicle entry,
carshows@teamd10.com for info, free general admission

Oct 15-Barb's Pink Party-Tumble For A Cure
<http://pacificwestgymnastics.com/barbspinkparty/>

Oct 16-Wine Women & Weddings
<http://eastbaybridal.com/bridal-fairs-and-events-east-bay/>

We're so fortunate to be surrounded by an active and generous community of supporters, this month and all year long.

Walk/Run Wrap Up

Our most heartfelt THANK YOU!! to all the participants, sponsors, donors, and volunteers for another great Walk/Run. Hundreds of supporters showed up on a beautiful Saturday morning to celebrate, raise funds for a cause they believe in, and get some exercise.



The final figures aren't in yet, but without a doubt, the event was a fundraising success on par with previous years. As this newsletter is being sent out, **we have almost reached our goal** of raising \$15,000 online via Crowdrise. If we hit our mark, East Bay Community Foundation will match that \$15,000 – doubling your donations! Can you help us make it to the finish line?

The Crowdrise page will be up until the end of October, as we are celebrating Breast Cancer Awareness Month and trying to reach our goal. Your generosity makes it possible for us to support women recovering from breast cancer treatment and surgery. Thank you!

This year, we will have a special prize for the participant who raises the most money on Crowdrise! The prize pack has been generously donated by Entercom Media Group (San Francisco radio stations including KOIT). This amazing prize includes: Four tickets to the California Academy of Sciences and the Oakland Zoo, plus popular DVDs, CDs, and more (valued at approximately \$800).

It's quick and easy to donate at Crowdrise, a trusted fundraising site: <https://www.crowdrise.com/hersbcfwalkrun2016/>

Meet the Board

Please join us in welcoming new board member, Kirstin Litz.



Kirstin Litz has had a passion for breast cancer awareness for many years. In the 1990's she participated in her first of many Making Strides Against Breast Cancer events. Since then she has completed two Avon 3-day walks, one Komen 3-day and an Avon 39, plus many 5K and 10K walks in between.

She learned about HERS via another organization and was intrigued. So she visited the program store in Fremont to find out more. Little did she know that a few years later she would be a client. Kirstin is now a 20 month breast cancer survivor.

Her free time is spent helping numerous organizations such as: Dress A Girl Around the World, Chemo Bags Ministry, Valley Humane Society, Sandra J Wing Healing Therapies Foundation, Relay for Life in Pleasanton, Patient Family Advisory Committee for Stanford ValleyCare and Bright Pink ambassador.

Kirstin shared her inspiring story with us:

I met Vera at an event for another organization. I was impressed, and wanted to know more about HERS. I wanted to understand more about what life after treatment is like for survivors. I started out by participating in the Walk/Run, and spread the word about HERS, recommending the store to survivors and friends. I moved on to helping with Annual Giving Day and People With Purpose, creating Facebook posts, helping with special projects, and now joining the board. So far, I have been a "behind the scenes" volunteer, but I love to tell survivors about HERS' products and services because I know they will get the help they need. I also educate women about early detection and annual mammograms, and share what I know about lymphedema, since many survivors are not told they might have problems with it.

I love the energy of the women that work at HERS. Of course the products are great, but the environment is amazing. I visit the store even when I don't need anything because it feels like home.

I was actually having drinks with Vera when I found out I had a cancerous lump in my breast. She was with me throughout the whole process, making house calls and helping me get fitted for a prosthesis. I had heard about the magic that happens when one visits HERS post-surgery. Your self-esteem is not where it used to be, your shoulders are rounded and forward, you do not stand up straight when you arrive at HERS. The fitters help you with figuring out what

bras and prostheses you need. They adjust the bras to fit just right. You walk out of the fitting room feeling like Cinderella after for Godmother dressed her. Your shoulders are back where they belong, your chest is sticking out, you are standing up straight and you feel whole again. And yes everyone gives you lots of hugs. I get chills remembering this.

Their care for clients is continuous. One evening after my workout at the gym, which included some running, my arm felt different. The next day I ran into Vera at an event and commented on my arm. Her response was "were you wearing your lymphedema sleeve?" I admitted I was not, but now I wear it whenever I exercise. Vera to the rescue again.

This is why my main "hobby" is giving back. I volunteer a lot and I love doing it. It really is in my DNA and I so appreciate that my parents instilled the importance of giving back in me and my sisters.

Kirstin is a software engineer for Franklin Templeton Investments in Dublin. She lives in Pleasanton with her loyal canine companion, Sara. She's a Colorado native and a fan of the Broncos and Rockies. Don't hold it against her, she's also a Warriors fan! When she's not busy volunteering, she loves to read, sew, craft, exercise, and eat Mexican food.

We are honored to be part of Kirstin's personal mission to bring awareness and healing to the breast cancer community, and grateful for all she does for our organization.



HERS Breast Cancer Foundation

Program Stores:

Fremont * Stanford * Pleasanton

(510) 790-1911

hersinfo@hersbreastcancerfoundation.org

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