



## January, 2021 Issue 7



## Events &amp; Happenings

On behalf of the Board of Directors, the Manhasset Women's Coalition Against Breast Cancer would like to thank all of our friends, supporters and volunteers throughout the year. A big thank you to those who contributed to our month-long fundraiser "Manhasset Pink Strong". Thank you to the Manhasset businesses who helped "Wrap Manhasset in Pink" and supported our cause to help raise money and awareness.

2020 was unprecedented. Without our annual fundraiser Ladies' Night Out (LNO), we had to find creative ways to raise money to continue helping the women battling breast and other cancers. We have never stopped aiding those in our community and surrounding areas who needed our services.

Thank you from the bottom of our hearts for all your participation, generosity and support.

Happy New Year, and may the new year bring you good health, happiness and peace.

- Virtual "No Ordinary Walk in the Park" was a huge success. Team Manhasset had 26 walkers and walked a safe socially distance walk to help fight breast cancer.
- MWCABC Virtual 5k Walk/Run was a big success, 402 registrations.
- 500 Cash For A Cure tickets sold out in record time, 3 lucky winners won cash prizes.

## MWCABC OUTREACH-NEWS



\*\*On November 11, 2020 members of the MWCABC Board of Directors met with Jenna Halpin, a Locust Valley High School Senior who is attending Johns Hopkins next fall and Sarah Killcommons, a Garden City High School Senior who will be attending Colgate University next fall. They organized a Play For Pink fundraiser bringing Long Island high school field hockey players together for a full day of 7x7 scrimmages. The event raised over \$2,000 for the MWCABC's Outreach Program. The funds will be used to help local women and their families as they continue their fight against breast cancer. The Coalition is so appreciative of Jenna and Sarah's efforts! Thanks also goes to all the Nassau and Suffolk field hockey players who participated!

\*\*The Outreach Team invited Christine Borzell, Holistic Personal Chef, to their virtual Zoom meeting on December 2, 2020. She shared some tips about easy and healthy holiday cooking as well as a number of recipes. Outreach Co-chairs, Care Coaches and present & past Outreach Recipients were in attendance. There were questions galore, all of which Chris not only answered, but emailed in summary the next day to all attendees. Look for our next Zoom meeting invite for January 21st. If you have not received previous Zoom invites and would like to, please email Rosa Stein at [rosa@netlinksys.net](mailto:rosa@netlinksys.net).

## MWCABC Junior Coalition-

In spite of limitations due to Covid-19, the Junior Coalition girls did their best to stay active and contribute to our organization and community. Throughout the year, the more than 250 Junior Coalition members across all four high-school grades participated in a variety of activities, including creating informational posters for and manning the various tables at our annual 5K Walk/Run; distributing to local businesses promotional materials related to our Manhasset Pink Strong fundraising campaign; and refurbishing and maintaining the Garden of Hope and Healing at the Manhasset train station. They were also able to fund \$10,000 to the Adelphi NY Statewide Breast Cancer Hotline and Support Programs. Last month, the girls wrapped up the year by creating delicious baked goods for the 17 holiday gift baskets that they assembled, decorated and delivered to Outreach recipients in and around Manhasset.

## Banana Bread Recipe-Christine Borzell

## Banana Bread

Makes 1 loaf or 3 mini loaves

- ▣ 1/4 Cup melted coconut oil or extra - virgin olive oil or high - quality vegetable oil
- ▣ 1/2 Cup honey or maple syrup
- ▣ 4 Large eggs
- ▣ 1 Cup mashed ripe bananas (about 2 1/2 medium or 2 large bananas)
- ▣ 1 tsp baking powder
- ▣ 1 tsp vanilla extract
- ▣ 1/2 tsp baking soda
- ▣ 1/2 tsp ground cinnamon
- ▣ 1/2 tsp fine sea salt
- ▣ 2 1/2 Cups almond flour

Preheat the oven to 325 degrees Fahrenheit.

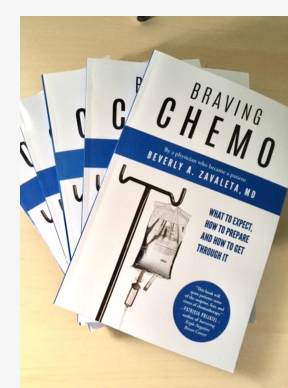
Line with parchment paper and let some hang over the sides to help removing from pan after baking.

In a large mixing bowl, combine the oil and honey. Whisk until blended together. Add the eggs, and whisk until the mixture is thoroughly combined.

Add the mashed bananas, baking powder, vanilla, baking soda, cinnamon and salt, and whisk to combine.

Finally, add the almond flour. Switch to a large spoon or spatula, and stir until the flour is fully incorporated into the batter. Pour the batter into your prepared loaf pan.

Bake for 55 to 65 minutes, until the center of the loaf is fairly springy to the touch and a toothpick comes out clean. Place the pan on a cooling rack to cool for at least 30 minutes (this bread is delicate while warm). Use a butter knife to loosen the edges of the bread from the pan, then carefully tip it over to release. Slice and serve!



## BRAVING CHEMO-

Beverly A. Zavaleta, MD

## MWCABC OUTREACH

The Outreach Program of the Manhasset Women's Coalition was the lucky recipient of a generous donation of 24 books Braving Chemo written by Dr Beverly Zavaleta.

In this book, Harvard-educated physician and breast cancer survivor, Dr Zavaleta combines her medical expertise with a survivor's insight to provide practical advice for both chemo patients and their caregivers.

Published in 2019, this book is a valuable resource for our recipients about what to expect during chemo, how to minimize side effects and how to live life as normal as possible while going through such a difficult treatment.

We, at the Outreach Program, are really grateful for this donation and would like to thank the 2 donors based in TX where Dr Zavaleta lives and practices. Their donations were made in memory of:

- Jesus Sambrano, at the request of his wife who is a breast cancer survivor,
- Penny J. Kleeman, RN, a wonderful woman, nurse, teacher, leader and mentor.

Thank you, Dr Zavaleta, for helping our recipients during the fight for their life!

## MWCABC OUTREACH 2020 SERVICES &amp; PROGRAMMING

- In 2020 the MWCABC Outreach Program sponsored a total of 152 women diagnosed with breast cancer and 17 women with other cancers to provide information, emotional support and financial assistance. Programs were supported at Northwell Cancer Institute, St. Francis Cancer Institute, the JCC, Berest Dance Studio, Lean on Me Breast Cancer Inc., NYU Langone- Long Island, Genevieve's Helping Hands, Full Circle Physical Therapy and Adelphi. Programs included retreat days, ballet for neuropathy, shake days, cooking classes, acupuncture, painting classes, yoga & reflexology. The 2021 budget has been approved by the MWCABC Board to support Programs totaling \$36,725. For more information on the programs offered please check the website or email the Coalition at [manhassetbreastcancer@gmail.com](mailto:manhassetbreastcancer@gmail.com).

## QUOTE

"For last year's words belong to last year's language and next year's words await another voice."

T.S. ELIOT



## MWCABC Junior Coalition

Top photo- Planting in the Garden of Hope and Healing, Manhasset train station.

Bottom photo- Holiday gifts for the MWCABC Outreach recipients.



If you are interested in volunteering with the Manhasset Women's Coalition Against Breast Cancer, click [here](#)

Your gifts, both large and small, will help us to continue to play a leadership role in the fight against breast cancer and related diseases and enable us to provide support services to hundreds of women and their families that need our help. Together we can make a difference! [DONATE HERE](#)