



## OPERATION UPLIFT FALL NEWSLETTER

### OCTOBER 2009

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My name is **Christi Anton**, along with my son, junior **Lincoln**. I am a proud board member of Operation Uplift, currently treasurer. I was introduced to this organization by my father, former board member



pictured here as a board member serving as this all volunteer David Morse, a himself. I am

happy to be a part of a group that makes a meaningful impact on people battling cancer and their families. The fact that all of our donations stay local to provide support services for our community is really important to me. Whether unable to afford a mammogram or treatment costs, newly diagnosed and need someone to talk to, or whether you want to connect with other survivors at one our fun activities, we are here to help.

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## **Wine** May Protect Breast Cancer Patients from Radiation Side Effects

An Italian study of women with breast cancer demonstrated that drinking red wine can limit some of the toxic effects of radiation therapy. In the research study at Catholic University and the National Research Council in Italy, one glass of red wine on the days of radiation treatment reduced the incidence of radiation induced toxicity by about 75%. The study of 348 women treated with radiation therapy after breast cancer surgery revealed that only 13.6% of those who reported drinking one glass of red wine daily experienced radiation induced skin toxicity. This compared to 38.4% of those who drank no wine.

“If wine can prevent radiotherapy-induced toxicity without affecting anti-tumor efficacy, it also has the potential to enhance the therapeutic benefit in cancer patients without increasing their risk of serious adverse effects”, Dr. Vincenzo Valentini, a radiation oncologist and study author said in the news release. Dr. Gabriella Macchia, of the Catholic University, Compo Basso, Italy said “the possibility of the protective effect of wine should also be evaluated in male and female patients with other types of tumors who are undergoing radiotherapy.” The findings were published in the August issue of the International Journal of Radiation Oncology Biology.

#### *Sources:*

*American Society of Radiation Oncology, news release, August 13, 2009*

*Business Week, Executive Health, August 14, 2009, <http://www.businessweek.com/lifestyle/content/healthday/630061.html>*

**OPERATION UPLIFT WILL HOLD OUR  
FREE BREAST HEALTH CLINIC ON  
SATURDAY, OCTOBER 17<sup>TH</sup> 9 AM -1 PM  
AT FAMILY PLANNING ON 8<sup>TH</sup> STREET  
TO SCHUDULE AN APPOINTMENT  
CALL 457-5141.  
THIS CLINIC WILL BE IN MEMORY OF  
KRISTINE FAIRBANKS AND  
SHIRLEY BARRERE**

**OPERATION UPLIFT THANK YOU CORNER**

Thank you to these people for their continued support.

Mr. Bill Barrere Venture Club of Port Angeles

Olympic Volks Fair Dave King @ Olympic Raft and Kayak

**Fajitas:** Healthy Recipe (low in sodium, calories and saturated fat)

1+ cup zucchini, mushrooms, onions, and bell peppers

6 oz. chicken or 1/2 cup canned black beans

1 T. canola oil

1 tsp. chili powder

1/8 tsp. salt

4 sprigs cilantro

1/2 cup raw tomatoes, avocado and onion

1/2 cup cabbage, shredded

1 6" whole wheat tortilla

Fresh Lime juice

Saute first four vegetables in hot oil. Add spices and salt. Remove to plate.  
Garnish with raw veggies, cabbage and sprinkle with lime juice. Serve with warm tortilla.

## **SURVIVOR ACTIVITIES 2009**

March 16 - May 4: 5:30 – 6:30 pm **Yoga**

Many women signed up for this as they love yoga and the instructor.

April 26: 1-3 pm **Walk @ Railroad Bridge Park -**

Women survivors met at the Dungeness River Audubon Clubhouse, where they met Powell Jones, the program director. He shared different bird habits, songs, and physical features. They also toured the park, and learned the history of the Railroad Bridge.

May 5: 12:30-2:00 pm **Paint Art Lesson...**

A class at "A Glazing Art Studio" provided women the opportunity to create their own painting masterpiece.

May 23: 10:00 am and 1:00 pm **Flower Basket Making**

12 women met with Claire Ford, at Cherry Hill Florists, to create beautiful hanging flower baskets.

June 19: 6-8 pm... **Fused Glass Jewelry Class**

Women met again at A Glazing Art Studio, this time to learn how to make Fused Jewelry. Everyone went home with a set they made on their own.

June 6: **Hike** at Dosewallups

Women met and drove to Brinnon, where they enjoyed a two level hike, right along the Dosewallups River, where they sat and enjoyed lunch after the hike

July 7: 6-9 pm ----- **Bunko**

A Beautiful summer evening brought together 12 women who enjoyed appetizers, and got acquainted, then were served dinner, and all were relaxed before the big game of Bunko started. Everyone seemed to have a very good time as the laughter flowed and the screams of "Bunco" could be heard on occasion. Dessert followed and everyone opened their gifts and prizes.

August 8: 1:00 **Bear Tracks BBQ & Journal Writing**

The weather was not the best, but all the women enjoyed the BBQ, and the conversation.

September 26: **Hike the Dungeness Spit**

Eight women met at the Hike entrance, and as the sun came out, they strolled along the beach, not everyone made the whole hike, but everyone enjoyed the fresh air, and beautiful scenery.

November 21: 10:00 am and 1:00 pm **Candle Table Decoration**

We still have openings for these classes.

Sept. 14 – Nov. 16: Fall **YOGA** class

We still have openings for this class.

Stay tuned for more information about activities for 2010 in our next newsletter!

ADDRESS SERVICE REQUESTED

OPERATION UPLIFT  
PO BOX 547  
PORT ANGELES, WA 98362

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### **Ten Healthy Nutrition Tips**

- 1) Cut out the extra calories in your beverages. Avoid the soda, alcohol, juices, milk and rich, sugary coffee drinks. Substitute whole fruit for juices. The average person gets 20% of their calories from their drinks.
- 2) Eat real food, not processed or fast foods. Also throw out the granola and energy bars, bagels and pita chips!
- 3) Vegetables should be your main course and fill up at least half your plate at both dinner and lunch.
- 4) Don't eat too much grain...four servings a day, a serving being a 1 oz slice of bread, not a 4 oz. bagel! Also that is a small bowl of cereal and a 1/2 cup of rice, potato or pasta at dinner.
- 5) No more than the equivalent of 2 tsp. of sugar per day.
- 6) Keep saturated fat and cholesterol at a minimum. Keep lean meat to 1/4 lb serving...fish can be a larger portion. Egg whites are great, but use the yolks sparingly.
- 7) Try to keep salt to 2,300 mg of sodium per day. Watch for high salt content in processed foods.
- 8) Lower your calories per bite...you can do this by eating more fruits, vegetables and broth-based soups as they are "free" foods. Try this instead of eating less volume.
- 9) Eat veggies instead of other fat or calorie rich foods whenever possible.
- 10) Eat more nuts and beans. Beans will make you feel full while nuts are hard to stop eating.

(Suggestions taken from the *Nutrition Action Newsletter*)