



NEW YORK STATE SENATOR

Pamela Helming

## Senator Helming to Receive Breast Cancer Coalition's Advocate's Spirit Award

PAMELA HELMING September 24, 2019



Senator Pam Helming meeting with a group of advocates and survivors from the Breast Cancer Coalition of Rochester at her Albany Office in March.

The Breast Cancer Coalition (BCCR) will be honoring Senator Pam Helming with their prestigious Advocate's Spirit Award at the annual ARTrageous Affair Breast Cancer Gala on September 28th. The award is being presented in recognition of Senator Helming's unwavering efforts to support the programs and services that the Coalition offers to

individuals facing a diagnosis of breast or gynecologic cancer and their families.

“It is truly an honor to work with the Coalition everyday on behalf of those facing a diagnosis of breast or gynecologic cancer and their families. The services and programs they offer strengthen our community and provide hope to those facing some of the toughest moments in their lives. Those facing these cancers are not alone and the Coalition is there every step of the way to support them as they receive treatment. The ARTrageous Affair gives us an opportunity to recognize survivors, educate women, and remember those we have lost. I am humbled to accept this recognition and honored to continue working with the Breast Cancer Coalition,” said Senator Helming.

According to Holly Anderson, President and Executive Director of the Breast Cancer Coalition, “Senator Helming was nominated for this award by our Advocacy Committee because of her deep commitment to our ever-widening community of survivors. Thanks to her efforts, those living and working in the Greater Finger Lakes Region will have access to the same great services that exist in larger cities.”

To learn more about the programs and services that the Breast Cancer Coalition offers, call (585) 473-8177 or visit [breastcancercoalition.org](http://breastcancercoalition.org) or [BCCR.org](http://BCCR.org).

Past funding in the New York State budget has allowed the Coalition to increase awareness of its programs and better engage breast and gynecologic cancer survivors to participate in its annual Peer Advocates Lending Support (PALS) mentorship training. As those who have received a diagnosis of breast or gynecologic cancer come to BCCR for support, survivors trained as PALS mentors provide a foundation of caring through one-to-one contact, helping them connect to needed resources, and instilling confidence in the face of a difficult situation. In addition, BCCR holds dozens of events, workshops, and classes, all of which are free of charge. These programs include informational seminars for survivors and their families, gentle yoga classes designed to ease the physical and psychological symptoms of

survivors, and programs designed to reduce the severity of fatigue, which is one of the significant long-term effects that cancer survivors report following surgery. Many of these programs are open only to survivors and their families, offering a place to more meaningfully interact with one another and strengthen bonds.