

### Save the Date!

#### Y-ME's Walk to Empower comes to the Sacramento Area!

The Northern California Affiliate of Y-ME National Breast Cancer Organization will be hosting the inaugural Sacramento Walk to Empower on Mother's Day, **Sunday, May 14, 2006**. The route will take walkers around the State Capitol grounds

The Sacramento Walk to Empower will be a 3-mile, non-competitive walk. There will be a focus on families and teams, with a T-Shirt contest, awards and prizes for most money raised and many other incentives.

**RSVP for the Family Team Info Session in Davis (Feb 11) and in Sacramento (Feb 18). Register your team on-line at [www.y-me.org/northerncalifornia](http://www.y-me.org/northerncalifornia) or call Heidi Gatzke at 1-877-963-7223.**

### Be Healthier in 2006

The following are simple, practical steps to live a healthier life in 2006. These suggestions are summarized from an article appearing in the Tufts University Health and Nutrition Letter, January 2006.

1. Start the morning with whole-grain cereal. Recent research points to breakfast as an especially good place to start adding whole-grains to your diet.
2. Add 30 minutes of exercise per week. Even if you have arthritis, exercise has been found to be helpful. Exercise only on weekends is better than none at all.
3. Get milk, but make it low-fat. Eating or drinking your calcium each day is more effective than taking a pill.
4. Add vitamin D. The vitamin D is necessary for the body to use the calcium. A supplement may be necessary to get enough Vit. D.
5. Eat more fruits and vegetables. Eating a "rainbow" of fruits and vegetables makes sure you cover all five vegetable subgroups.
6. Emulate Popeye. Increasing dark leafy greens, spinach, collard greens and kale, is the biggest challenge of these suggestions.
7. Switch your fats. Switch from saturated animal fats to monounsaturated and polyunsaturated vegetable oils.
8. Have fish for dinner. Baked, broiled, grilled or poached fish is good. None of the above research-based steps above has to be hard. Start the New Year off right by making these simple changes.

(Tufts University Health and Nutrition Letter Jan. 2006, Vol. 23, No. 11, p.4, 5)

## Open Door Meeting

**The second Monday of every  
month  
(except December)**

**Monday, February 13, 2006  
7:00 PM**

**Andrew Borowsky, M.D.**

**Assoc. Professor Pathology  
UC Davis School of Medicine**

### "The Doctor You Never See"

All meetings are held at  
University Covenant Church  
315 Mace Boulevard,  
Corner of Mace and Alhambra  
(just north of Interstate 80)  
Davis, CA  
Directions with a link to a map are  
on our web site.



### Y-ME National 24/7 Hotlines

*English and 150 languages:*  
1-800-221-2141  
*Spanish:* 1-800-986-9505  
*Men:* 1-800-221-2141

**Y-ME Northern California Affiliate  
712 Fifth Street, Suite C  
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**Christine Granger, Executive Director**

**Phone: 530-753-3940, 866-616-4882  
Fax: 530-753-7077  
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Web: <http://y-me.org/northerncalifornia>**

*Events, products and publications appearing in this newsletter are for informational and educational value only and do not imply that Y-ME Northern California Affiliate endorses or supports these views over others.*

**This newsletter is made possible with the support of Kinko's of Davis.**

<p><b>MISSION STATEMENT</b></p> <p>The mission of Y-ME National Breast Cancer Organization is to ensure, through information, empowerment and peer support, that no one faces breast cancer alone.</p>		<p><b>Upcoming Educational Programs</b></p>	
<p><b>Shareing Network</b></p>		<p><b>Coming Events</b></p>	
<p>Topic: "One Woman's Story"          Speaker: Dr. Sandy Goldberg.          NBC5 Health and Nutrition          Contributor, Chicago and          Breast Cancer Survivor</p> <p>The Shareing Network is a          monthly one-hour teleconference          for breast cancer patients/survivors.          These discussions are moderated          by Y-ME staff/volunteers who          match the profile of the participants.          To register, call 1-800-221-2141 or          send e-mail to <a href="mailto:shareing@y-me.org">shareing@y-me.org</a></p>	<p><b>Register online for the Walk To Empower</b>  <a href="http://www.y-me.org/northerncalifornia">http://www.y-me.org/northerncalifornia</a></p>	<p>Open Door          Andrew          Borowsky MD          "The Doctor You          Never See"          Support Group</p> <p>Feb 27          7:00 PM</p> <p>Open Door          Thomas          Stevenson, MD          Plastic Surgeon          UC Davis          Project LEAD          Houston, TX</p> <p>Mar 22-26</p>	<p>Open Door          Andrew          Borowsky MD          "The Doctor You          Never See"          Support Group</p> <p>Feb 27          7:00 PM</p> <p>Open Door          Thomas          Stevenson, MD          Plastic Surgeon          UC Davis          Project LEAD          Houston, TX</p> <p>Mar 22-26</p>



**Northern California Affiliate**

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