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## Special Interest Articles

*RRI Membership! Nov  
2007*

*October, Breast  
Cancer Awareness  
Month activities*

*'Sunrise Group' helps  
many women.*

*Volunteers make a  
difference!*



Dedicated to providing medical services and health education since 1980

## Our year in review

Dear Readers,

Happy new year to you! During 2007 we faced many obstacles but also had some major achievements! Our home safety project- (accident prevention) has taken off with many lectures in the community and thousands of booklets produced and distributed.

Mammography is performed in our clinic but often women face

delays coming to Jerusalem as the West Bank residents are dependant on the Israeli authorities issuing them a permit to travel to our centre.

We are in the process of organizing training workshops in palliative care, (still an untouched field in the country) and we are trying to raise funds to offer a lymphoedema training course for physiotherapists and nurses. At present we are the ONLY

center in the country to offer massage for women suffering from lymphoedema.

So you see, we are working hard but we need your support! Some amazing individuals and organizations have helped us so we ask you to *please share our news and help us to raise the funds to realize our goals.*

***With best wishes from  
Jerusalem!***

## Cancer Care and our role in the community

PFS Jerusalem is the ONLY resource center for cancer patients and their families in the country. We offer advice, support, written information and special items such as breast prostheses, wigs and bandages. We even have a hotline for patients and families to phone when they need.

Our support group for women living with cancer, The Sunrise Group has been busy this year! This energetic group of women from Jerusalem and the West Bank, all cancer

patients and survivors has found ways to help themselves. Earlier in the year they held a fund raising breakfast to help needy women get mammograms and consultant care. Suihela, the group coordinator was kept busy organizing outings for the women to a wildlife sanctuary in Jericho, a visit to the lettuce festival in Artas near Bethlehem and an outing to Hebron.

These survivors are very special- they make hospital and home visits to

newly diagnosed women and are always just a phone call away when one of their 'sisters' is in need of some 'support'. They help answer calls to the cancer telephone hotline we run too.

All of these activities have been made possible by the generous support of the Lutheran Church in Germany, anonymous donors in Palestine, all the kind people who attended the annual fundraising breakfast and those that bought key rings specially created for the group.

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# RRI – Reach to Recovery



## International



Photo: 3 Sunrise group members

Photo: PFS Jerusalem

RRI is a special program developed by the UICC (International Union against Cancer). PFS is a member of the UICC and was recently recognized as a **new member of RRI!**

RRI works ‘to improve the quality of life for breast cancer patients, survivors, and their families by nurturing volunteer peer support and promoting services to meet the needs of women with breast cancer worldwide.’

## Volunteers & donors make so much possible!

### A very big thanks to:

*Kerstin Michalek* who has given us so much support in fund raising and as our webmaster.

*Marion Cordes- Major* who has looked after tens of women suffering from lympho-edema. Her kindness and generosity are awesome!

*Dr. Fouad Sabatin*, med. oncologist has given us so many hours of his time reviewing and editing our patient information materials.

*Suzanne El-Jabari*, attorney has given her legal assistance and assisted with PR and fund raising

*Naim Khoury*, attorney is always there to answer our questions. Thanks!

*Dr. Joe Harford*, *International Director of Programs*, *National Cancer Institute, USA* for his generous assistance in making patient information booklets available in our community.

*Joan Browning*, from *the Mormon*

*Centre, Jerusalem* for her patience and generous help in getting hygiene kits for needy patients and a laptop for our outreach education projects.

Please check out our donor list on page 8 + how you can help, page 9!



Photo: C. El-Jabari

# LECTURES AND WORKSHOPS

Sharing and learning is key



Nurses attending a seminar, Jerusalem

Photo: PFS Jerusalem

We are dedicated to providing sound, up- to- date health education.

At PFS Jerusalem we not only target the general population but also health professionals.

During the last year we offered specially prepared materials for youth, designed a curriculum about home safety and continued with our main topics:

The midlife woman

Breast health

Sexually transmitted infections

Osteoporosis

In the community:

HOW MANY LECTURES DID WE GIVE?

**274 LECTURES!**

WHERE WERE THE LECTURES GIVEN?

3

Hebron district = 108

Jerusalem district= 145

Ramallah district= 21



## OTHER NEWS.....

3<sup>rd</sup> year nursing students at Hebron University attended a presentation on Breast Cancer given by our Director

📄 Free bone density screening day to mark International Osteoporosis day was held in October

🔑 Key rings are being sold to support breast cancer projects at PFS Jerusalem



 **Helping women living with breast cancer with:**

**PROSTHESES** – this year we helped 16 women get breast prostheses

**WIGS**- during chemotherapy these can be a great help for self image! We helped 9 patients during 2007

**BRAS**- special bras for breast cancer patients will increase their morale and comfort. 26 women received them this year!



## Volunteering to help others!

Serving women suffering from lymphoedema after breast cancer surgery.

Patient's Friends Society-Jerusalem is currently the *only* center providing Palestinian women with lymphoedema massage. This is made possible by Marion, our German volunteer. During the year she provided treatment sessions to 135 patients!

Marion explaining how to prevent lymphoedema to the Sunrise Group.

Photo: PFS Jerusalem

ما يجب عليك أن تعرفه

عن السلامة المنزلية



This brochure was made possible through the generous support of the Richard and Rhoda Goldman Foundation for ECHOS (Empowering Communities through Home Safety), a partnership of Beterem, Patient's Friends Society-Jerusalem, the JDC Middle East Program, and the Jerusalem Process Basma Center.

Cover of the educational leaflet produced by PFS Jerusalem as part of the joint project

"What you should know about home safety"

## HOME SAFETY –

A COOPERATION BETWEEN PARTNERS, *Project ECHOS*

*Bringing two peoples together over a common issue has proven to work in the past. In a pioneering project started in 2006 two Palestinian and two Israeli partner organizations teamed up to work in their respective communities to prevent unintentional injuries in their respective communities. The leading cause of death among children under 5 years of age is accidents. It was important that during 2007 we continued our work with frequent brainstorming meetings, working together to train educators and drawing inspiration and ideas from each other. We really hope 2008 will see this program continue and grow, reaching so many people and enriching our personal and professional lives through learning and sharing.*

***Through the project an abstract was submitted and accepted for the upcoming 9<sup>th</sup> World Conference on Injury prevention and safety promotion in Mexico, March 2008.***



Educators presenting materials in a training of trainers session on Home Safety

Photo: PFS Jerusalem



## Busy! Busy...revising health educational materials!! Diversity in information

It is important to keep up with the latest trends and information in health! Thanks to several donors we have been able to revise the following: **HIV/AIDS**

**Home safety recommendations**

**'Me and my family'-living with cancer**

**CANCER- facts and recommendations**

**Lymphoedema**

**"Pain and lumps"**

These booklets and leaflets can also be accessed on our website:

[www.pfsjerusalem.org](http://www.pfsjerusalem.org)

## OCTOBER, BREAST CANCER Awareness month

We are always seeking ways of informing women and their families about the importance of early detection of breast cancer. Breast cancer is the most common cancer among Palestinian women and

unfortunately the survival rates are not encouraging. Often women present at a late stage of disease which means their outcomes are less positive. During International Awareness month, we were

interviewed on two different radio stations in the country, RAM FM and Bethlehem 2000. Our special thanks to those two stations for their kind support and interest!

**PFS Jerusalem also offered a free mammography screening day for women over 40.**

*This yearly event is a great way to reach out and educate. Won't you support this special month?*

## OUR PLANS FOR 2008

7



- Exercise classes for cancer survivors and well women
- Giving lots of health education lectures and distributing even more educational materials
- Helping even more women who live with cancer!

*Provide prostheses, wigs and bras which make such a big difference in their coping with cancer!*

- Help the support group to support firstly each other through difficult stages as some members deal with metastasis disease and dying. Secondly, enable the women to reach newly diagnosed women with guidance and caring.

- Offer an internationally recognized lymphoedema training course to physiotherapists and nurses
- Offer 'free' screening days for mammography and bone density screening ( for detection of osteoporosis)
- Our website is changing! We will let you know when the 'new' site is up!





*Sunrise Group members*

*Photo: PFS, Jerusalem*

## Our Donors

Mr. and Mrs. Schlund

JDC

Caritas

German Evangelical-  
Lutheran church

American Cancer  
Society (ACS)

Israel Cancer  
Society

National Cancer  
Institute (USA)

Suzanne El-Jabari

Jafar Supermarket  
and Sweets

**Thank you all  
for your  
generous help!**

## You can help us to help others!!

### Patient's Friends Society-Jerusalem

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### *How can you make a difference?*

1. Tell others about our work
2. Volunteer
3. Assist in fund raising and public relations

### Donate!

\$50 will sponsor a woman to attend exercise classes

\$50 will sponsor a meeting for the support group

\$100 will provide mammograms for 3 needy women

\$ 250 will print and distribute 2,000 health education leaflets



\$ 500 will keep our hotline running

## BANK Details ✓

Bank Hapoalim,  
Azzahra St. Jerusalem

Or Arab Bank, Bireh  
Palestine

Account # 313413,

Account # 9030602955710

Swift code: POALILIT



### We're on the Web!

See us at:

[www.pfsjerusalem.org](http://www.pfsjerusalem.org)