



pink lemonade project

When life throws you lemons, make lemonade...

ABOUT US

Pink Lemonade Project's (PLP) mission is to educate, empower, and support those affected by breast cancer. Founded in 2010 by Drs. Allen & Cassie Gabriel, our purpose is to provide women and men with the tools to enable them to thrive through their breast cancer journey and beyond. Pink Lemonade Project provides critical support, beyond what the healthcare system can offer, to those affected by breast cancer survivors who struggle with the many emotional and psychological aspects of a breast cancer journey. Our nonprofit serves those affected by breast cancer across the Vancouver, WA and Portland, OR metropolitan area.

LEMONS TO LEMONADE: IT'S WHAT PINK LEMONADE PROJECT DOES!

Whether you or a family member have been recently diagnosed, in treatment, recovery, survivorship, or are facing an advanced diagnosis, Pink Lemonade Project has thought about you.

Our efforts are designed to reach those affected by breast cancer of all ages. Research shows that patients with a breast cancer diagnosis who have strong friendships and community connections have a lower risk of a recurrence, lower risk of a breast cancer-specific mortality, and a lower risk of total mortality. In fact, our programs were developed with close cooperation of our healthcare partners and are designed to support you during your treatment and recovery. We want to offer a community and help you live a vibrant a life.

These are unprecedented times and Pink Lemonade Project wants our breast cancer community—patients and providers—across the Vancouver/Portland metro area to know that we are here for you!

REFORMAT TO VIRTUALLY PINK

In response to the COVID-19 impact on our region, Pink Lemonade Project is stepping up to help meet the growing community need. Just weeks ago, we swiftly pivoted and now are offering many of our programs using Zoom web-based technology. We are working mightily to continue creating a virtual community for those in treatment and recovery during these stressful and uncertain times.

During the current stay at home order, **Revive Retreats, Pink Link events and Pink Link FIT** in-person events have been cancelled, until further notice. We launched **Virtually Pink** to catch the unmet need as some of our healthcare partners reduced their support group programming. Events are being added daily as we aim to meet the growing need by women and men with breast cancer and to help bolster our healthcare system partners. But even when we can go out again, we intend to maintain some virtual events so more can join.

PROGRAM PORTFOLIO

Pink Lemonade Project offers a wide range of programs and events that are designed to offer support to those affected by breast cancer and who desire support throughout their cancer journey. Our current programs include:

Pink Practicalities is the financial aid and assistance program of Pink Lemonade Project. Focusing on those women who live and receive care in Clark County, Washington, we offer financial assistance for essential items that are not covered by health insurance or that may be needed for important quality of life issues. With the generosity of donors and two new large grants, we have expanded the aid for those directly affected by Covid-

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19. We will review requests from the Portland metro area and determinations are based on financial need and available funds. Requests must be submitted by a healthcare professional and will be considered based on patient needs. See the website for more details on eligibility and for the application.

Jill's Book Bank: A new cancer diagnosis is stressful for an entire family, especially at the beginning. Pink Lemonade Project has curated a list of books to help parents discuss a new breast cancer diagnosis with children of all ages. The collection includes books for very young children to adolescents. You can purchase the books through Amazon Smiles on our website. The program is generously funded by a bequest from the estate of former elementary school teacher, and Vancouver resident, Jill Garrow. We are currently expanding this list to include titles in Spanish and Russian.

Zest: This support group is specifically for young women survivors who face additional challenges with a breast cancer diagnosis. This group is led by a PLP board member who is also a survivor. Currently, Zest is held as a zoom video conference and is offered on the third Tuesday of each month from 6-8pm.

Pink Peers one-on-one mentorship: For newly diagnosed breast cancer patients, those in active treatment, and survivors and beyond can request being connected to a Pink Peer mentor. Trained by our social worker partners, these peer advocates are here to encourage others along their journey, and do not provide medical advice. Request forms are available at <https://www.pinklemonadeproject.org/mentors>.

Pink Link group events: Pink Link gatherings allow those affected by breast cancer to come together for a variety of events including hearing topics of interest from medical experts, engaging in art activities, and/or participating in family socials. We also offer events for husbands/partners to connect and share their experience caring for a loved one going through cancer. New events are added regularly on Pink Lemonade Project's website, Facebook and Instagram pages so check back often.

Pink Link FIT group fitness events include walks and other fitness activities around Clark County and the Portland Metro area. Past events have included outdoor hikes on local trails and in parks. Also, PLP has offered rock climbing, spinning, yoga and Barre3 classes. As we shift to a virtual format for these fitness classes, the dates and locations will be posted and promoted on the Pink Lemonade Project Facebook page, Instagram, and website.

Revive Retreats, are our renowned, three-day retreats at the Menucha Retreat Center in the Columbia Gorge. Facilitated by oncology social workers, these retreats have now expanded over the years and serve recent survivors, long-term survivors, couples, and those with advanced or metastatic breast cancer. These are on hold until further notice, but we hope to hold those retreats scheduled for late summer and/or fall 2020.

Support Groups: Pink Lemonade Project has partnerships with local healthcare providers to offer support groups for women cancer survivors to have an opportunity to talk with others who are facing similar challenges in a safe, welcoming environment. Legacy Salmon Creek Medical Center hosts one targeting those with metastatic or advanced cancer which is being offered in a virtual format currently. The other is with Compass Oncology Vancouver. Check back to see when their groups will return.

FOR MORE INFORMATION:

Please head to our website www.pinklemonadeproject.org and social media (Facebook and Instagram) for more information and for the most updated list of our programs and events. Or call the office 360-952-3814 or email admin@pinklemonadeproject.org.