



City of Alexandria, Virginia
301 King Street, Suite 2300
Alexandria, Virginia 22314



Kerry J. Donley
Mayor

William C. Cleveland
Vice Mayor

Members of Council
Claire M. Eberwein
William D. Euille
Redella S. Pepper
David G. Speck
Joyce Woodson

MEMORANDUM

Beverly I. Jett, CMC
City Clerk and
Clerk of Council
beverly.jett@ci.alexandria.va.us

(703) 838-4550
Fax: (703) 838-6433

DATE: FEBRUARY 26, 2001

TO: CHARLES KONIGSBERG, JR., DIRECTOR, HEALTH DEPARTMENT
LISA OVIATT, DIRECTOR, OFFICE ON WOMEN

FROM: *Susan K. Seagroves*
SUSAN K. SEAGROVES, DEPUTY CITY CLERK

SUBJECT: Y-ME OF THE NATIONAL CAPITAL AREA

At the Saturday, January 24, 2001 Public Hearing Meeting, Nancy Kinkaid from Y-ME presented the enclosed materials to City Council. Mayor Donley asked that I forward the brochure on their 24-hour hot-line as well as the other information to you for your information. You may obtain additional copies by calling Y-ME at 703-461-9595

Enclosures

Y-ME of the National Capital Area

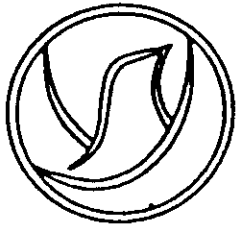
"No woman should face breast cancer alone."

If you are concerned about breast disease or dealing with a diagnosis of breast cancer and would like to speak to someone who has walked the path that you are now on, we are here for you.

- ◆ 24 Hour HOPEline for support, information, and resource referrals.
- ◆ One-on-one matching with trained, volunteer, breast cancer survivors.
- ◆ Customized information mailings about all aspects of breast cancer.
- ◆ Monthly lecture series, quarterly newsletter, and more.

**24 Hour HOPEline 703-461-9616
(outside metro area 800-970-4411)**

6000 Stevenson Avenue, Suite 203, Alexandria, VA 22304
Office: 703-461-9595 Fax: 703-461-7547
Email - yomenca1986@aol.com Website: www.y-menca.org



Y-ME NCA



Volume 1, Issue 3

February/March 2001

Support, Education, Hope

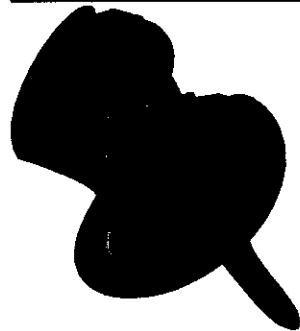
"No woman should face breast cancer alone"

Y-ME of the National Capital Area provides a source of information and support to women and families concerned about breast cancer.

- ♦ 24 HOUR HOPELINE - (703-461-9616 or 800-970-4411) is operated by trained breast cancer survivors, the HOPEline is answered 24 hours a day, 365 days a year. Peer counselors provide encouragement, emotional support and current information from the National Cancer Institute and other medically approved sources. The individual support enhances confidence and encourages each patient to partici-

pate in the decision making process of their treatment. Customized information mailings are available.

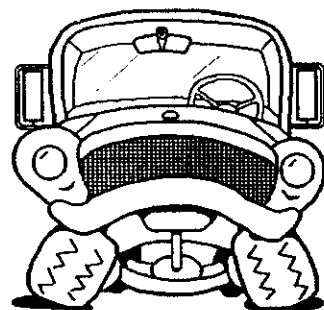
- ♦ ONE-ON-ONE MATCHING - Upon request, HOPEline callers are matched with a breast cancer survivor by diagnosis, treatment type or other concerns.
- ♦ OPEN DOOR LECTURE SERIES - is held September through June at the National Naval Medical Center in Bethesda. Topics provide up to date information, on all facets of breast cancer, treatment and recovery, from locally and nationally recognized clinical experts. Lectures are open to the public and free of charge.



**MAKE
A
NOTE:
United Way
Campaign
Numbers**

Y-ME, NCA's Numbers

- Combined Federal Campaigns
National Capital Area - #7357
Central Maryland - #3082
St. Mary's County, MD - #4438
S. Hampton Roads, VA - #8070
- Fairfax County Combined Charitable Campaign - #22130



**Donate
your used
vehicle
and
get a tax
deduction**

One quick call can clean out the garage or driveway!

To donate your old car just call 703-461-9595. Please have the title and VIN numbers when you call. Pick up is free, even if the car is not in running condition.

Y-ME of the National Capital Area, 6000 Stevenson Avenue, # 203, Alexandria VA, 22304
Phone 703-461-9595 FAX 703-461-7547 HOPEline 703-461-9616 or 800-970-4411
email yme1986nca@aol.com www.y-menca.org

Early Detection is the Best Protection

Brown Bag Seminars for your worksite!

Y- ME of the National Capital Area offers 30 to 60 minute Brown Bag seminars on breast cancer awareness in any business or community setting. These educational sessions focus on healthy lifestyle choices and a three step early detection program with emphasis on screening mammography and breast self exam. Free of charge, the seminar includes a video, simulated breast models and hand out materials to facilitate learning and encourage participation.

For more information or to schedule a Brown Bag seminar call our office at 703-461-9595.



OPEN DOOR LECTURE SERIES

Lectures held eight times a year which feature recognized experts in the field of breast cancer and related medical and quality of life issues. Free and open to the public. Unless noted otherwise, lectures begin at 10 AM, National Naval Medical Center, 8901 Wisconsin Ave, (Building 10, 2nd floor amphitheater), Bethesda, MD

March 10, 2001-Pulmonary Conditions and Their Relation to Breast Cancer; Dr. Mark Miller, Pulmonary Medicine, National Naval Medical Center

May 12, 2001 - Healing Process; Dr. Marilyn Gaston, MC, USN, National Naval Medical Center
June 9, 2001 - Ductal Lavage; Dr. Shawna Willey, Chief of Breast Surgery, George Washington University Medical Center. **June lecture held at Arlington Hospital's Hazel Conference Center, 1701 George Mason Drive. Refreshments 9 AM, Lecture 10 AM, Networking Session 11:30 AM.**

YES, I would like to support Y-ME of the National Capital Area by

- Becoming a member (dues \$25 per year)\$ _____
 Making a donation of\$ _____
 Becoming a volunteer, please send me information.
 Having a Brown Bag Seminar at my worksite/club meeting.

Name _____

Street Address _____

City _____ State _____ ZIP _____

Phone (day) _____ evening _____

Payment Method: Check (payable to Y-ME NCA) Charge Card: MC Visa

Card Number: _____ Exp. Date: _____ Signature: _____

Mail completed form to 6000 Stevenson Avenue #203, Alexandria VA 22304

If you have questions please call us at 703-461-9595.

Thank you for your support.