

# Cycling the Sisters' Trail for Breast Cancer Awareness

When April Fricke, athletic director at Incarnate Word High School, learned about the history of the first three Sisters of Charity of Incarnate Word who came to San Antonio in 1869, she felt inspired to make a difference. In 2014, April rode her bike along the same route the first three Sisters of Charity traveled from Freeport to San Antonio, approximately 250 miles. She accepted donations and pledges per mile to support the CHRISTUS Santa Rosa Mobile Mammography Unit.

"These fundraising events have had a big impact in our school because of how eye-opening they have been

for our students," April said. "We have several parents who are breast cancer survivors and they are thankful that we are bringing awareness to such an important issue in women's health. Anything I can do that could potentially save a life is worth doing."

The bike ride has become an annual event, and April is currently gearing up for her 3rd annual bike ride. This year, riders are invited to join April for a 30-mile portion of the ride, from Floresville to San Antonio. To make a pledge or donation, please visit: [incarnatewordhs.org](http://incarnatewordhs.org) and designate "Sisters' Trail."



PHOTOS: (Top Left) April Fricke, athletic director at Incarnate Word High School, is welcomed by students as she returns from her bike ride across Texas in 2015. (Top Right) The MMU parked at the event to provide services.

PHOTOS: (Bottom Left) April Fricke with Sister Margaret Snyder. (Bottom Center) Coach Fricke's journey is celebrated at Incarnate Word High School. (Bottom Right) IWHS Principal, Jennifer Salazar; Coach April Fricke; Sister Michele O'Brien, C.C.V.I.; Linda Villarreal.

## CHRISTUS SANTA ROSA Friends Foundation

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## CHRISTUS SANTA ROSA Friends Foundation

Fall 2016

# Here for Life

FRIENDS OF CHRISTUS SANTA ROSA FOUNDATION

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Power in Planning

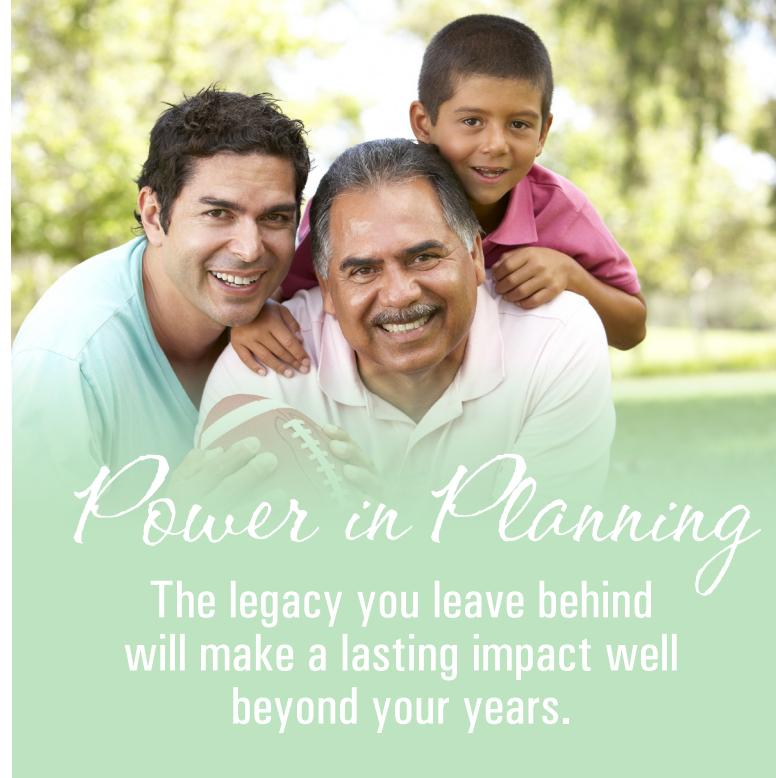
Our Mission: "To Extend the Healing Ministry of Jesus Christ."

# I AM GRATEFUL.

If you are a grateful patient of CHRISTUS Santa Rosa, please share your story with us and consider making a donation.

Your gift will help save lives and transform care through upgraded equipment and enhanced programs.

For more information about how you can make a gift, please contact us at [FriendsFoundation@ChristusHealth.org](mailto:FriendsFoundation@ChristusHealth.org) or 210.704.3108.



*Power in Planning*  
The legacy you leave behind will make a lasting impact well beyond your years.


### CONNECT WITH US:

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 The main focus of this issue is to bring awareness to the importance of breast health.

Here for Life is a publication of the Friends of CHRISTUS Santa Rosa Foundation.

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Jessica Leal

## Taking Steps Toward Greatness

Kimberly Castillo, 20 years old, was born with Spina Bifida, which causes limited functioning of her legs. At 14 years old, Kimberly began working with Krista Burroughs, physical therapist at the CHRISTUS Santa Rosa Outpatient Rehabilitation Center. "One of the reasons I chose CHRISTUS Santa Rosa for my therapy is the aquatics therapy center," said Kimberly. "When I'm in the water, I feel free and it makes me stronger."

Your donation helps us make goals a reality for patients like Kimberly and countless others. Make a gift today at [FriendsFoundation.org](http://FriendsFoundation.org).

**"At times, it felt impossible, but I knew if I kept pushing myself, it could happen."**



Krista Burroughs, physical therapist, and Kimberly Castillo.

Kimberly has never let her condition stop her from setting and achieving goals. Although she depends on a wheelchair, Kimberly decided she would strive to walk across the stage at her high school graduation. "My goal has always been to walk," said Kimberly. "At times, it felt impossible, but I knew if I kept pushing myself, it could happen."



With the end goal in mind, Krista and Kimberly worked hard to strengthen Kimberly's body. "I have loved working with Krista," Kimberly added. "When I feel like giving up, or if I feel like a goal is unattainable, Krista always motivates me to push myself."

After years of therapy and determination, Kimberly shocked family members and classmates as Krista assisted her in walking across the stage at the East Central High School Class of 2015 graduation ceremony. "None of my classmates had ever seen me walk before, so everyone started cheering and clapping for me," Kimberly said. "It was an amazing moment and a big accomplishment in my life. I've become much more confident, and I know I can accomplish anything I put my mind to."

Kimberly is currently a student at San Antonio College. Her next big goal is to become a speech therapist for children.



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## Family's Lives Changed by Your Support

Doreen Wells' granddaughter is a student at Incarnate Word High School, the host of April Fricke's Annual Cycling the Sisters' Trail fundraiser and homecoming celebration. To support the school's 2015 breast cancer awareness event, Doreen and her daughter, Dani Mizell, signed up to receive mammograms on the CHRISTUS Santa Rosa Mobile Mammography Unit (MMU).



Dani Mizell (Left) with her mother, Doreen Wells (Right)

"My mom and I are both healthy and take good care of our bodies, so neither of us expected to receive abnormal mammogram results," Dani said. "A couple weeks after our screenings, we both received abnormal results and required further testing. I was terrified."

After a diagnostic follow up, Dani's results were clear, but Doreen was diagnosed with breast cancer.

**"The service I received on the MMU was wonderful and so appreciated - it saved my life!"**

"I always focus on taking care of my children and grandchildren," Doreen said. "When I was diagnosed with breast cancer, it came as a shock, but it reminded me that I need to focus more on my own health and well-being."

Because Doreen's cancer was detected early through the MMU, the cancer was surgically removed in December 2015. She is now happy, healthy, and cancer-free.

"The service I received on the MMU was wonderful and so appreciated - it saved my life! I recommend the MMU all the time," Doreen said.

## Early Detection is Key!



### Discipline yourself to do a self-exam routinely!

#### Ages 20 - 39

- Have a clinical breast exam by your health care provider at least every three years.
- Do a breast self-exam every month.

#### Ages 40 & Over

- Have a mammogram every year.
- Have a clinical breast exam by your health care provider at least every three years.
- Do a breast self-exam every month.

*Did you know?*

CHRISTUS Santa Rosa's Clinical Pastoral Education program will celebrate its 35th anniversary this October, and CHRISTUS Santa Rosa Medical Center celebrated its 30th birthday in August!

## You Can Bring Advancements in Breast Radiology

Sandra Heard, director of radiology at CHRISTUS Santa Rosa Health System, president of River City Imaging Associates, and new member of the Friends Foundation board of directors, has specialized in breast radiology for 20 years and has spent her career striving to improve breast cancer awareness and early detection.



Sandra Heard, Friends Foundation Board Member

"As radiologists, our satisfaction comes from being able to use our advanced tools to help people and to save lives," Dr. Heard said.

Early in her career, Dr. Heard began the first needle biopsy program in the Midwest, a procedure that has since become integral to diagnosing breast cancer worldwide

"Needle biopsies have become more refined over the years but as technology continues to advance, methods of detecting breast cancer continue to develop," Dr. Heard added. "Tomosynthesis or 3D mammography is a process much like breast screenings today, but with more detail. It allows us to see inside each section of the breast, and is especially beneficial for younger women who have dense breast tissue." Currently, CHRISTUS Santa Rosa - New Braunfels utilizes 3D mammography and it is our goal to have it available for our patients at all sites.

Because of your support, the Friends Foundation is able to help provide the women in our community with quality breast health care. Please join Dr. Heard and our mission to save lives by making your donation.

## Mobile Mammography Unit

- The Mobile Mammography Unit (MMU) provides 2-D mammograms and the possibility of a cure through early detection.
- MMU services Bexar, Comal, and surrounding counties where it is most convenient to the women we serve.
- 3,000 mammograms provided per year.
- 1/3 of the mammograms are provided for free to uninsured and underinsured women.
- 1 mammogram = \$140



## SUPPORT BREAST HEALTH

*Yes!*

I would like to help provide healing and comfort to women who come to the Mobile Mammography Unit for care, regardless of their ability to pay.

Here is my gift of: \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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Thank you! Please return this form with your tax-deductible gift or use the enclosed reply form and envelope.

To make a gift right now, visit FriendsFoundation.org.

## Joy Restored through Navigation Program

"It will never happen to me." Like many women, this was Joy Anderson's perception of breast cancer until 2015 when everything changed. A few years ago, Joy noticed a lump in her left breast and decided it was time to get a mammogram. She visited the MMU and after receiving a few mammograms, abnormal results and a biopsy, Joy was diagnosed with breast cancer at age 43 and needed immediate surgery. At the time, she was underinsured, homeless, and unsure of how to process her diagnosis. Lisa Lopez, certified breast health navigator at CHRISTUS Santa Rosa Hospital - Westover Hills, stepped in as a trusted resource and advocate for Joy. Lisa was with Joy every step of the way, available to answer questions and to offer peace of mind.



Joy Anderson, breast cancer survivor



Lisa Lopez, certified breast health navigator and Joy Anderson

"I am incredibly grateful for Lisa because throughout my journey battling cancer, she was always there assuring me that I was never alone," Joy said. "Without Lisa's help and encouragement, I don't think I would have had the emotional strength to get through."

Joy is now cancer free and stronger than ever.

"I see my story as an opportunity to reach others and to offer encouragement in the same way that Lisa encouraged me," Joy added.

The CHRISTUS Santa Rosa Breast Health Navigation Program has helped women like Joy since March 2015 and is available to all unfunded patients who visit the MMU. For more information about the program, visit christussantarosa.org/breastcarenavigator.

## Donor Spotlight



Evan Bircher, HHS; Gary Loftin, CSRH-NB; Rodney Flint, Alterman Electric.



This year at the 5th Annual Golf Fore Friends Tournament, more than 160 golfers enjoyed a beautiful day of golf, food, and auction prizes. Evan Bircher, healthcare director for Hospital Housekeeping Systems (HHS), has been a participant and corporate sponsor of the event for the past three years. "I look forward to the golf tournament every year," Evan said. "Giving back to the community and meeting the needs of others is very important to our company, but it is also very important to me personally."

HHS provides all of the housekeeping services for CHRISTUS Santa Rosa Health System. "I am in the hospitals every day, and I see the trials that our patients and their families go through," Evan added. "Supporting the Friends Foundation, through events like Golf Fore Friends, is a great way to provide hope for patients while having a good time with your peers."



Through the efforts of our donors, CHRISTUS Santa Rosa Hospitals in the South Texas Medical Center, at Westover Hills and in New Braunfels have been able to enhance programs, provide new equipment and support outreach efforts upholding the ministry of this faith-based, non-profit health care organization.

If you are interested in supporting our cause with a monetary donation, you may call 210.704.2800 Monday - Friday, 8 a.m. - 5 p.m. or visit us online at FriendsFoundation.org.

You can now text to donate. It's as easy as 1, 2, 3!

- 1 Create a text message to 41444
- 2 Text: FRNDS, Your Name, and Donation Amount (ex: FRNDS Mary Donor \$100)
- 3 Send

Should you no longer wish to receive fundraising mail from the Friends of CHRISTUS Santa Rosa Foundation, please call our office at 210. 704.2800, email us at FriendsFoundation@ChristusHealth.org, or write us at Friends of CHRISTUS Santa Rosa Foundation, 100 Northeast Loop 410, Suite 706, San Antonio, TX, 78216.