

Health News & Notes

Going the Distance in the fight against Ovarian Cancer

All Proceeds to Benefit Ovarian Cancer Research



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www.CTgoingthedistance.org

Walk/Bike/Blade
The Cheshire Linear Park
Saturday, September 16th
10 am to 1pm



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Benefit to Fight Ovarian Cancer

A fundraiser to benefit the fight against Ovarian Cancer is being organized in our community. The event will take place on Saturday, September 16 at the Cheshire Linear Park from 10 a.m. to 1 p.m. The event will take place rain or shine on that date.

The purpose of this fundraiser is simple: to create community awareness and to raise money in support of the research to prevent, treat and cure ovarian cancer.

Ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system. It is estimated that there will be about 15,310 deaths from ovarian cancer in the United States during 2006.

About 76 percent of women with ovarian cancer survive one year after diagnosis, and 45 percent survive longer than five years after diagnosis. Women younger than age 65 have better five-year survival rates than older women. If diagnosed and treated while the cancer has not spread outside the ovary, the five-year survival rate is 94 percent. However, only 19 percent of all ovarian cancers are found at this early state.

Getting the word out on the walk not only helps fund research, but is a wonderful opportunity to demonstrate your support for the women in our community who are directly affected by this disease.

The entry fee is \$10 per person and checks should be made out to: Going the Distance. For further information, visit their website at www.CTgoingthedistance.org or email allegrimm@yahoo.com

Bethany Announces Activities at Senior Center

Prospect seniors are invited to take part in a variety of programs and trips planned through the Janice vonBeren Senior Center, Town of Bethany, 40 Peck Road in Bethany.

- Spirit of America Trip to New Hampshire on September 8. The trip is \$55 per person and will include a two-hour show, lunch at the Weathervane Seafood Restaurant, tour of the Budweiser Factory with free beer.
- Mohegan Sun Casino bus trip on October 26. The \$24 per person cost will include a \$10 food coupon or free buffet and one \$10 bet on the Big Wheel.
- Chocolate Show in New York on a Friday in November. The \$78 per person cost will include [Bethany --

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CT Multiple Myeloma Fighters to Meet

The Connecticut Multiple Myeloma Fighters will meet on Tuesday, September 19 from 6 to 8 p.m. at The Harold Leever Cancer Center, 1075 Chase Parkway, Waterbury. For more information, please contact Michael or Robin Tuohy at 758-5595 or via email at Tuohy@snet.net. Join us for an evening of education and support!

Our support group is selling tickets to Macy's "Shop For A Cause" event taking place on Saturday, September 16. Tickets are \$5 each and 100 percent of the proceeds will go to The International Myeloma Foundation for research and education of Multiple Myeloma. For tickets, please contact Michael or Robin at the above number or email.

Heart Health Presentation Open to Public

The Heart Center of Great Waterbury, which is an advanced cardiac care program offering greater Waterbury community members immediate access to a complete range of cardiac services, including angioplasty and open-heart surgery, at both St. Mary's Hospital and Waterbury Hospital will be holding a community presentation on heart health. The presentation will be taking place on September 19 from 10 a.m. to 12 noon at the Harold Leever Regional Cancer Center, located at 1075 Chase Parkway in Waterbury.

Sandra Micalizzi, APRN, CDE, the Heart Center of Greater Waterbury's Clinical Nurse Specialist will be presenting "Turn a New Leaf - Keep Your Heart Healthy." The public is invited to this very informative session about heart disease and prevention. Refreshments will be served and reservations should be made by calling 575-5573. For more information, visit the website www.heartcentergw.org

Waterbury Area Mothers of Multiples Club

Got twins or triplets? We can help! The Waterbury Area Mothers of Multiples Club (MOMC) is a great support group for moms "with their hands full" which meets just once a month. The annual Open House is set for Wednesday, September 6 from 7 to 9:30 p.m. at the Senior Care (formerly Almost Family Day Care) in Crossroad Plaza, behind Bally's Fitness on Straits Turnpike in Middlebury. All expectant and current mothers of multiples are encouraged to stop in, enjoy snacks, sweets and conversation with others "in battle."

Prospect Board of Recreation Schedules Trips

The Prospect Board of Recreation is pleased to sponsor two bus trips. Limited spots are available for an excursion to the Christmas Show at Radio City Music Hall in New York on Saturday, December 9. The \$130 per person cost will cover transportation, tickets to the show and leisure time in New York.

A second trip is planned on October 28 to Haunted Happenings in Salem, Massachusetts. The \$42 per person cost for this trip will include transportation, admission to the Salem Witch Museum and leisure time in Salem where visitors can participate in the Haunted Happenings festivities.

For reservations on either of these excursions, please call the Prospect Town Hall at 758-4461.

Get Fit Together Aerobics Classes in Prospect

The Prospect Board of Recreation "Get Fit Together" aerobics classes are starting up again on September 5. Classes meet at the Grange Hall building and are held each Tuesday and Thursday morning from 9:30 to 10:30 a.m. However, there will be no session on September 28.

All classes are on a pay-as-you-go basis at \$3 per class. Participants can simply sign up at the first class and come whenever is convenient. Babysitting is also offered at \$2 per child.

The instructor is Debbie Walsh, a Prospect resident, who is certified as an aerobics instructor by the American Muscle and Fitness Personal Training Association. All ages and abilities are welcome and routines are easy to follow and learn. Participants are asked to bring a water bottle, mat or towel, and light hand weights (2 to 3 lbs.). For more information, please call Debbie at 527-9319 or email her at debbiewalsh@dashaw.com

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