'SCREENINGS: THEY DO SAVE LIVES!'
Nancy Colasurdo educates on the Cancer Services Program

This week, our club welcomed Nancy Colasurdo, the Community Outreach and Education Coordinator for the Cancer Services Program of Cayuga, Cortland, and Tompkins County, as our guest speaker. Nancy informed the group on the risk factors and screening options for colorectal, cervical, and breast cancers.
The Cancer Services Program provides free cancer screenings to eligible individuals, especially those who are uninsured or underinsured. Nancy shared how this program is dedicated to early detection, which can lead to better outcomes by identifying cancer in its earliest, most treatable stages. "Prevention is key," she told the group.

Risk factors and screening options include:

1. Colorectal Cancer:
- Regular screening is essential, particularly for individuals aged 45 and older (45 is the new 50!).
- Key risk factors:
  - Family history of colorectal cancer
  - Lifestyle factors such as poor diet, smoking, and lack of physical activity
- Recommend annual screening
  - Colonoscopies
  - At-home stool tests

2. Cervical Cancer:
- Routine Pap smears and HPV testing are crucial.
- Key risk factor: HPV which is known to cause nearly all cases of cervical cancer.

3. Breast Cancer:
- Key risk factors:
  - Family history of breast cancer
  - Age and gender
  - Certain lifestyle choices
- Clinical breast exam
- Regular mammograms for starting for women aged 40.
- Also important to know your own breasts; perform self-examinations.

Visit the Cancer Services Program website

President: Jackie Burke
Front Desk: Sophie Clough, Chuck Feiszli
Thought of the day: Jim Dempsey
Birthdays:
Lee Schaff (3/29)
Don Richards (4/5)
Anniversaries:
Mark Helms (3/29/2017)

Attendance: 27
Guests:
Nancy Colasurdo
Nishi Kadvani
Raffle winner:
Mike Shafer

Announcements:

- On Wednesday, April 16th, we will be voting on the adoption of CBRC's proposed bylaws amendments. A draft of these amendments has been emailed separately for review.

- Ride For Rotary/Rotary Community Day committee met after this week's meeting.

- McGruff Golf Tournament scheduled for June 19th. Gathering sponsors.

- Paul Harris Pass the Gavel dinner to be held June 25th. Seeking nominations for who to honor.

Happy Dollars

Karen DeWitt: Thanks to Conrad for last week's dinner event, appreciated learning about other clubs.
Don Richards: Also expressed gratitude for the work Conrad put into last week's event. Also, celebrating his daughter's birthday.
Jeremy Boylan: Conrad put on a great evening. Spring cleanup is under way!
Steve Cinquanti: Impressed by the three-club event, regrets not being able to attend. Gender reveal for an expected grandson!
Pat Clune: For incoming member Chief Pitman.
Mike Shafer: $20 to cover for past PR.
Dianne Higgins: Good health news!
Joanne Sautter: Last week's dinner was great.
Terry Cahill: Back from his long absence; commends the fantastic cardiac team at Syracuse.
Conrad Janke: Congrats to Sophie on her presentation given 4/23; glad for the successful three-club dinner; attended Tully dinner; daughter & her husband are moving to Guam.
Ed Finkbeiner: Took ten years to get Chief Pitman to join.
Jackie Burke: The dinner was eye-opening to what other clubs are doing; happy for Dianne's good news, and for Steve becoming a grandpa.

Meet the Candidates for Homer Central Schools Superintendent

Former member and Rotary president Chris DiFulvio has been named a finalist in the Superintendent search to replace our fellow Rotarian Tom Turck.

When: Thursday April 3rd
Time: 4:45 p.m. – 5:15 p.m.
Location: Homer High School Auditorium

Banner exchange!

CBR receives a banner from Rotary Club of Rajkot Midtown!

The Cortland Breakfast Rotary Club Presents:
34th McGruff Golf Tournament
June 19, 2025

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