

***Sisters at Heart Fund
is a component fund of the
Community Foundation
of Southern Maryland,
a 501 (c) (3) public charity.***

2014 Donors

Barefoot Graphics
La Plata Blue Knights
Kathy Busick
Cindy Beck
Anna Scott
Fifth District Homemakers Group
UM Charles Regional Medical Center
Exercise for a Cause, RRCSC
Breast Cancer in April Poker Run
Simmons Heating & A/C
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Southern MD Blue Crabs
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Michael Lucas
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Diane Richards
Charles County Parks & Recreation
Community Bank
Richard R. Clark Senior Center Council
ABC Wellness & Fitness Center,
2nd Annual Breast Cancer Awareness Boot Camp
Eta Omicron Sigma Chapter, Sigma
Gamma Rho Sorority Inc.
(In Memory of Hattie McDaniel)

***Local merchants were very generous in
donating gifts/certificates for
our breast cancer events.***

***Our heartfelt thanks to the community
for making a difference in the
lives of women in Charles County.***

Our 7th Year

2013 - 2014

Community Involvement

DECEMBER – Christmas Connection
UM Charles Regional Tree of Life Celebration
Breast Cancer Awareness Trees @ RRCSC
& UM Charles Regional Medical Center
APRIL – Exhibits @ Breast Cancer in April Poker Run
@ Rivers Edge, Benedict & Sea Breeze Restaurant
@ Med Star So. MD. Breast Health Program
MAY – UMCRMC Run Walk for Wellness
Exhibits @ Thomas Stone Girls Charity Softball Game
& Cancer Awareness Day @ Blue Crabs Stadium
JUNE – Exhibit @ UMCRMC Survivors Reception
JULY – Exhibit @ Paint the Park Pink
Breast Cancer Awareness Retreat at Idyllic
SEPTEMBER – La Plata Library Window Display
OCTOBER – Exhibits @
Eta Omicron Sigma Chapter,
Sigma Gamma Rho Sorority Inc.
UM Charles Regional Hospital Cafeteria & Lobby
La Plata Blue Knights Homecoming
CSM Dig Pink Womens Volleyball x 2
Walk for the Men & Women in your Life
La Plata High School Dig Pink Girls Volleyball
North Point HS Girls Volleyball Pink Games
Thomas Stone Girls Volleyball Pink Games
& Thomas Stone Girls Charity Softball
Exhibit & Speaker @ Paint the Mall Pink,
St. Charles Towne Center
Speaker @ Spring Dell Center & The Jude House
Proclamation from Charles County Commissioners
SUPPORT – Christmas Connection
Civista Foundation Tree of Life
Breast Cancer in April Poker Run
CSM Womens Soccer & Volleyball Teams
Walk for the Men & Women in your Life
H. E. Lackey Girls Field Hockey
La Plata High School Girls Volleyball
North Point High School Girls Volleyball
Thomas Stone HS Girls Volleyball & Softball
Thomas Stone HS Girls Charity Softball Game
Southern Maryland Revolution
Paint the Mall Pink St. Charles Towne Center
Cancer Awareness Day @ Blue Crabs Stadium
ABC Wellness & Fitness Center
GEM Women's Empowerment Conference
Grant: Health Partners, Inc.



Sisters at Heart

***Breast Cancer
Survivors Group***

***Richard R. Clark
Senior Center***

***1210 Charles Street
LaPlata, Maryland 20646***

301-934-5423

Sisters at Heart

Est. 2007



Meetings are held...

4th Monday of the month
11:30 a.m. to 1:30 p.m.

Richard R. Clark Senior Center, La Plata
Contact: Roberta J. Kieliger – 301-934-0435

&

Evenings at The Greene Turtle, La Plata
Contact: Kathy Honeycutt – 240-580-4064 or
Debbie Ward – 703-283-7598
for specific day & time.



In Addition, we host an annual October
Awareness Luncheon. This free event
sponsored by UM Charles Regional Medical
Center and the Richard R. Clark Senior
Center features speakers
and honors survivors.
Call 301-934-5423 for registration info.

Breast Cancer Resources in Charles County
www.charlescountybc.blogspot.com
www.facebook.com/sistersatheartBCsurvivors



*No-one should face
breast cancer alone.*

Sisters at Heart was formed with the hope that we
can make a difference in the lives of the beautiful
women who have been diagnosed with this silent
disease. With sisterly love, we will support each
other through the various paths each woman will
have to take.

We will have empathy during hard times
and jubilation through the good.

Sisters at Heart brings women together who have
shared similar experiences, providing
encouragement and hope to those who have
endured and are enduring so much.

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### **Why Come to a Support Group?**

It's an opportunity to learn from the experiences of  
other breast cancer survivors.  
We feel your pain and know your fears.  
We've been there... done that!

We have the same hopes and dreams. We offer  
friendship and love.

For further information, please call:  
Richard R. Clark Senior Center  
301-934-5423  
Roberta Kieliger, Coordinator  
301-934-0435



### **Because We are...**

Breast cancer survivors  
know right from the start,  
they have a special bond  
they are sisters at heart.

We've made the same journey,  
in the same shoes,  
first discovery, then diagnoses,  
and the heart-breaking news.

Chemo and radiation causing  
miserable sick days,  
which outnumbered the good days.  
And for some, the bad hair days  
followed soon with... no hair days.

We've laughed together,  
hugged and shed tears.  
We've shared our hopes, our dreams  
as well as our fears.

A friendship forms, the bond is special.  
We can be near or apart,  
but we will always be...

*Sisters At Heart*

©Roberta J. Kieliger, LaPlata, MD  
Diagnosed October 1995 @ 59 years