



Miles of Hope turns 10 with a Decade of Programs and Outreach to the Hudson Valley, NY

POUGHKEEPSIE, NY, USA, April 30, 2015 /EINPresswire.com/ -- [Miles of Hope](#) Celebrates 10th Anniversary

2014 marks the 10th anniversary of the Miles of Hope Breast Cancer Foundation. 10 years of helping people affected by breast cancer within the 8 counties of the Hudson Valley.

- 10 years of events that encourage women to get into shape and embrace a healthy lifestyle with friendly competitions in women's sports tournaments
- 10 years of programs and services aimed at filling the gap between what is offered to breast cancer patients and what is forgotten
- 10 years of providing high school seniors whose lives have been affected by breast cancer with college scholarships.
- 10 years of stepping in with financial assistance to breast cancer patients in treatment who need help with costs not covered by insurance
- And 10 years of programs like acupuncture, massage therapy, music, dance and art therapy for people in treatment for breast cancer

"Since 2004, Miles of Hope has given away over \$1 million dollars for programs and services for people affected by breast cancer in the Hudson Valley," explained Executive Director Pari Forood.

"We are so very proud and honored to be one of the organizations helping to raise the quality of life in our region."

According to the Dutchess County Health Department, "Cancer is the second leading cause of death in Dutchess County. Our Community experiences an average of 550 cancer-related deaths annually representing one quarter of all deaths recorded in the county." Further estimates show that 27 people are diagnosed with cancer and 11 die each week in Dutchess County. According to the NYS Department of Health, the years between and including 2007 and 2011, the incident rate of cancer and percentage of death from cancer in the county were higher than the state's rate.

"Cancer is affecting everyone in our region whether it is the patient or their family and friends," Ms. Forood explained. "At Miles of Hope, we recognize that to help the patient is essential but to help the whole family is even better."

"The Centers for Disease Control and Prevention along with the National Institutes of Health have identified high body mass index as increasing the risk for certain types of cancer. For that reason, at Miles of Hope, we are proud to offer many opportunities for women to get off the bleachers, and onto the court, field and track."

Miles of Hope holds 6 annual events: Hoops for Hope Women's Basketball Tournament (3/16/14), The Family Fun Run (4/26/14), Annual Spring Brunch (5/4/14), Goals for Hope Women's Soccer Tournament (8/2/14), Community Walk for Breast Cancer (10/5/14), and Hits for Hope Women's Softball Tournament (10/11/14) as well as other smaller events to raise awareness and funds.

Foundation Co-Founder and Occupational Therapist Cathy Varunok said: "All of the sports competitions that we sponsor are designed to be a friendly message emphasizing the benefits of

exercise to all women. They are not about winning or losing but about participating and recognizing that we can be proactive about our health."

18 year breast cancer survivor and Foundation Co-Founder Dana Efron, looks back to 10 years ago when the events and the Foundation were in their infancy: "We had 17 people walk with us on our first Community Walk and last October we had over 600. Miles of Hope is a dream come true for me as I know firsthand what is available to breast cancer patients and what is missing."

She continued: "When we started the Foundation in 2004, we decided to focus on four major areas of funding: scholarships to high school seniors whose lives have been affected by breast cancer; peer to peer counseling connecting a newly diagnosed patient with a trained survivor; a medical gap care program to step in and pay a financial emergency (i.e. rent, gas, food, heat, electricity) for someone in treatment; and a complementary medicine program offering alternative therapies like acupuncture, massage therapy and art, dance and music therapies to enhance recovery."

Mrs. Varunok explained that Miles of Hope often times partners with area hospitals and non-profit organizations to fund programs for people affected by breast cancer. "Aside from our annually funded pillar programs we have funded everything from a Music Festival in Kingston which had educational materials available, to yoga and exercise classes at Dutchess County hospitals, to meals for families affected by breast cancer in Orange and Rockland."

Ms. Forood summed it up: "While our events are fun and enjoyable, we always have to remember that the bottom line is that we are raising money for people who need our programs and help. It is great to be able to laugh and have fun on the soccer field or basketball court but we always know that we are there when someone in the Hudson Valley needs us."

For more information-- www.milesofhope.org

Pari Forood
Miles of Hope Breast Cancer Foundation
8452642005
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2015 IPD Group, Inc. All Right Reserved.