



# THE LIGHTHOUSE

*To Inspire, Inform and Educate!*

## Giving Back to the Community by Nurturing Future Talent

### BFRIN participates in the WorkReady Program Once Again!

WorkReady Philadelphia is a system of programs supported by a broad-based partnership dedicated to building the region's future workforce.



Devon Crawford

The WorkReady summer models offer educationally-enriched work exposure to in-school and out-of-school youth and young adults, ages 14-21. Participants complete a six-week (120 hour), paid work experience that fosters the skills needed for the 21<sup>st</sup> century through work-based learning. These models challenge the youths to understand the relationship between work experience, high school completion and credential attainment, and how those variables impact their potential options for the future.



Bianca Robinson

This year BFRIN was pleased to welcome interns Devon Crawford and Bianca Robinson.



## MARSHALL ROAD BEAUTIFICATION PROJECT

Once again BFRIN was pleased to spearhead the Marshall Road Beautification project on the 7100 block.

This year we partnered with a local area artist who created individual customized artwork on each of the Planters used for the project. For more pictures, please visit -

[www.bfrin.org/photos](http://www.bfrin.org/photos)



# Get Fit For Fall

## Take your workout outside

Fall is here. School is in session and schedules are crazy, but the weather is amazing. Right now is the perfect time to start a fitness routine that will prepare you for the season. Use this time to your advantage. The cool crisp air is good for your body to breathe, and it makes outdoor exercise more comfortable than the summer heat. Here are some tips for developing a fitness routine this fall.

**Find a convenient exercise location.** We do what comes easiest, so set yourself up for success by finding a close and convenient exercise location. Find a park or fitness club closest to your workplace or home.

Eliminate any excuse you may have for skipping a workout by planning ahead. Have a gym bag packed and in your trunk at all times. Set a specific time that you will exercise each day and stick to it. Know your exercise location ahead of time. If today is a bike day, have your bike with you and have a trail pre-selected.

**TV time = fitness time.** Each week you might have a date with a certain TV show. Turn that TV date into a fitness date as well. Bring your home fitness equipment (stability ball, bands, dumbbells, stationary bike) into the TV room. Complete a full **strengthening circuit** while you watch, or use the commercials to blast away calories with interval cardio.



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# BFRIN PROFILE

**Dorcas Jean-Baptiste**  
Certified Mastectomy Fitters



We would like to congratulate Dorcas on passing her exam and joining our team of professional Certified Mastectomy Fitters (CMF). She has been serving the needs of our valued customers in not only getting the right fit, but by performing patient assessments that guarantee our customers full satisfaction. Our fitters go through a rigorous training program and learn everything from the anatomy of the breast, the logistics of bra and prostheses fitting, as well as ethics and patient education. We take our patient care very seriously and are committed to providing the community, the highest care and satisfaction possible. BFRIN even provides in-home fittings for those who may have limited mobility.

**To schedule an appointment call:  
866-473-3325**

**Team up with family members or friends.** You are not the only one who could benefit from a fit lifestyle this fall. Encourage a family member or friend to join you for a hike, bike ride, or even a fitness class. Motivation stays higher with an exercise partner and you can both encourage each other to continue towards your goal.

**Set specific goals and vary your exercise routine.** Success comes by knowing exactly what the target is. Are you trying to lose weight, build strength, be more active every day? Set your goals and remind yourself of them frequently. Don't allow boredom to sabotage your goals. Keep your exercise routine fresh and varied to keep your body interested. Skip the outdoor routine once a week to join a fitness class or run interval sprints instead of biking it.

**Commit to 30 days of fitness.** It takes about 30 days to cement a new habit into your routine. Stick with your fitness plan for this month, and you will be on your way to staying fit through the season.

## Helping the community through disaster relief.

Our thoughts and prayers go out to all those affected by the recent natural disasters. Many relief organizations are providing help in the affected areas like the Red Cross, Habitat for Humanity and others. One of the little known NGO's that provide on-going physical relief and spiritual relief are Jehovah's Witnesses.



Though well known for their house to house evangelizing, Jehovah's Witnesses provide disaster relief throughout world. Their local branch offices appoint Disaster Relief Committees to organize and direct the effort. Witnesses from other areas volunteer their time and resources to help out.

For more information about Jehovah's Witnesses disaster relief efforts, visit [jw.org](http://jw.org).

## Disaster preparedness

Do you have what you need?

A basic emergency supply kit could include the following recommended items:

- **Water** - one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food** - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight, Extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminants
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Cell phone w/ chargers/backup battery

## Save Money on Your Meds

Here are a few tips on Saving Money on your medications:

1. **Ask about Generics** - although made by a different company than the original, it has the same active ingredients as the brand name.
2. **Talk with your doctor** - they may know of programs that can lower the costs.
3. **Stay in Network** - choosing an in-network provider can save on costs.
4. **Shop Around** - Drug prices can vary from one retailer to the another.
5. **Consider mail order** - if you take a medication on a regular basis consider filling a 60- or 90-day supply.



### BFRIN ANNOUNCEMENT

A new Member of BFRIN Family



**Vera  
Freeman**  
Customer Care &  
Admin Assistant

### DID YOU KNOW?



**Not using Tobacco can help prevent cancer**

Between 30-50% of cancers are preventable. Tobacco use is the single largest preventable cause of cancer in the world, and is responsible for approximately 22% of all cancer-related deaths.

The **purpose of the LightHouse Newsletter** is to offer Hope and Encouragement to those individuals who battle cancer and their loving families and friends, who support them. We aim to INSPIRE, INFORM and EDUCATE. We strive to keep you up to date on products, services and developments related to cancer treatment and post surgical care. Like a literal lighthouse, our mission is to guide you on your post-operative journey, providing practical insight and informative discussion that contribute to your overall health and well-being. This Newsletter is the intellectual property of BFRIN.org. 7176 Marshall Road, Upper Darby, PA 19082.