

As Mother's Day approaches, we tend to think about the lessons we learned from her and the sacrifices they made for us.

Monday, April 27<sup>th</sup> was a great example. With the combined efforts of Cancer Services Program of Fulton and Montgomery Counties, Child and Family Health Plus, Bassett Healthcare Mobile Mammography Unit and Planned Parenthood Mohawk Hudson, a day of free Mammograms and Pap-tests was offered to women between the ages of 40 and 64 who don't have insurance.

We provided free lunch, giveaways, and a chance to talk about other needs the participants have to see how we could help them out. This was a great day for me, and I wasn't even one of the women being screened.

Like so many growing up, I had a single mother who worked two jobs and didn't have insurance for herself. She always put the needs and wants of her children before her own. Stories from the women in attendance were very similar. As an adult and an employee of Planned Parenthood, I have the opportunity to work with these other agencies to help those who find themselves needing health care and not having the resources at their fingertips.

This day was a pleasure and a success; we are looking forward to offering more days like this in the future. In the meantime, remember to thank your Mother for everything she's done for you, and let her know that there are people out there to help take care of them.

If you are without insurance, please take advantage of programs such as Cancer Services. For more information on free screenings for breast, cervical (40-64) and colorectal (men and women 50-64) cancer screenings, please contact Suzanne Hagadorn, Program Coordinator at 770-7516.

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