



# Touch of Courage . . . Connection

## January 2015

TAKING ACTION – EDUCATING – ADVOCATING – MAKING A DIFFERENCE

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## Yoga Therapy for Cancer Patients and Survivors

*By Angie Hemesath, certified Yoga Instructor, ACE*

Yoga has been around for thousands of years originating in India and has gained a strong popularity in the United States for good reason. Yoga as therapy presents a balanced whole body exercise including a combination of physical postures (poses), rhythmic breathing, and meditation. Coming from a Sanskrit word “Yuj”, yoga stands for the union or joining together of body, mind, and spirit. It is a philosophy, not a religion, of creating an internal sense of well-being that promotes health and vitality.

Continued clinical research/documentation is recognizing the many physical and mental health benefits that can improve the quality of life for cancer patients both during and after treatment as a result of a regular yoga practice. The gentle and balanced movements of therapeutic yoga poses (geared to cancer patients) offer relief for individuals who may be limited with their activities due to pain, dealing with scar tissue from surgery, depression, fatigue, anxiety, and other symptoms of cancer and chemotherapy or radiation. In addition, strong evidence is associating physical activity with survival

benefits as it stimulates the body's natural anti-cancer defenses.

The physical benefits of yoga for cancer patients and survivors include stimulation of the muscles improving strength, muscle tone, balance, and flexibility. Also, the combination of yoga poses and relaxed deep breathing increases the flow of oxygen-rich blood.

- ◆ Strength/Joint stability: Supporting your own body weight in many yoga poses improves your strength (ie: tree pose, stand on one leg for balance).
- ◆ Balance: A good way to build core strength.
- ◆ Flexibility: Gentle movements and stretching improves range-of-motion in tight areas leading to lesser pain and greater mobility.
- ◆ Oxygen-rich blood: Delivers vital nutrients to tired cells and also helps to cleanse the body of toxins due to cancer treatments.

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## Survivor goes from Fear to Fearless By Christine Carpenter, a 21 year survivor

*By channeling my terror, rage, and passion to save others from this awful disease, I've become more fearless and questioning of the status quo.*

When I was diagnosed with breast cancer at age 45, I was afraid I would not live to see our then 14-year old daughter, Gail, graduate from high school. That was 21 years ago and I'm thrilled I've lived to see Gail become a physical therapist, marry and have two children. I've also lived long enough to channel my initial terror and rage about breast cancer into meaningful action to end breast cancer. I do this because I don't want Gail, or my granddaughter or anyone else to get breast cancer or suffer from its treatment.

By channeling my terror, rage, and passion to save others from this awful disease, I've become more fearless and questioning of the status quo. My fear drove me to read extensively about the science and emotional impact of breast cancer and that led me to join the National Breast Cancer Coalition (NBCC). Three years after my diagnosis I attended NBCC's Project LEAD, a science training program for activists. LEAD taught me critical thinking skills and how to bring the survivor perspective to the important issues and controversies in breast cancer. It prepared me to engage wherever breast cancer decisions are made. It taught me to question the status quo. It made me fearless.

I came home from Project LEAD, joined the Beyond Pink TEAM (BPT), and began working to make things better for Iowa women with breast cancer. Initially several of us created an all-Iowa Breast Cancer Resource Guide which provided all the information we wish we had when we were diagnosed and going through treatment. The Guide was distributed free throughout Iowa. Later we started BPT's events for Young Cancer Survivors. After realizing the needs of

women of color with breast cancer weren't being well-served, BPT offered one-time grants to help meet the needs. Out of this project, Cathy Ketton and her daughters founded Splash of Color, the only breast cancer education and support group for women of color in Iowa.

Working with members of Beyond Pink TEAM and guided by NBCC's mission to end breast cancer, we have made a national difference too. Every year since 1997 I've led the Iowa delegation as we lobby our Senators and Representatives for the priorities of the National Breast Cancer Coalition. In 1998, BPT members met with Senator Grassley and asked for his help to pass the Breast and Cervical Cancer Treatment Act. He helped and now those diagnosed with breast and cervical cancer through this program become eligible for Medicaid for their treatment. Again in 2010, when no other Republican Senator would step up, we asked Senator Grassley to be a lead sponsor of the Accelerating the End of Breast Cancer Act. He said, "yes" and Senate gridlock was broken. While the Act still hasn't passed we continue to work to "get 'er done."

Through our work with Iowa Senator Harkin and NBCC, we have had an out-sized influence on how breast cancer research money is spent. Twenty-two years ago, NBCC and Senator Harkin convinced Congress to put \$210 million into a new breast cancer research program in an unusual place, the Department of Defense (DOD). Since then, that program has awarded nearly \$3 billion in grants, making it the second largest funder of breast cancer research in the United States after the National Cancer Institute. The program has pushed for high-risk, high-reward research and studies that affect cancer patients' lives. Educated breast cancer advocates have a seat at every level of decision-making. I know because I've had the opportunity to have a seat as a reviewer for the DOD Breast Cancer Research Program.

But the incidence of breast cancer in the U.S. is still rising, and mortality is down only slightly. I just found out my cousin's breast cancer recurred in her bones after being diagnosed over 15 years ago. I've watched too many friends die of this disease. There is too little research on prevention of breast cancer and prevention of metastasis. So now I am focusing my efforts on NBCC's Breast Cancer Deadline 2020: to know how to end breast cancer by January 1, 2020. We need to bring back urgency to breast cancer and that's why I need to continue to be passionate and fearless about doing what it takes to prevent breast cancer and save lives.

I hope you will join me. Commit to end breast cancer and become an NBCC member.

[BreastCancerDeadline2020.org](http://BreastCancerDeadline2020.org)



### Join the Iowa Breast Cancer Deadline 2020 Action Network

Breast cancer will claim the lives of more than 40,000 women and men in the U.S. this year. In 1991, 119 American women died from breast cancer every day. Today that number is 110. No significant progress in twenty years. Awareness alone will never save them. But prevention can. It's time to acknowledge the benefit we've achieved from awareness and move forward with a new approach. Breast Cancer Deadline 2020 is working on a vaccine. We need **YOU** to get involved and stay connected. We need **YOU** to help save lives.

*Continued on page 4, column 3*



## Key to Ending Breast Cancer – Beyond Pink TEAM Celebrated Accomplishments

Survivors, volunteers and various fundraising individuals, groups, and businesses attended the BPT’s Annual Celebration of Accomplishments at Sunnyside Country Club. During the event \$22,333.39 was received from fundraisers held to benefit the BPT and their mission. A huge thank you to these people for the time and effort they have given to help support breast cancer survivors in the Cedar Valley.

**Jeanne Rothamel** – BPT Volunteer of the year! Jeanne is a true “TEAM” player for the BPT by “Taking Action” to help a survivor with questions; “Educating” the community at various health fairs; “Advocating” for breast cancer survivors at the Leadership Summit in Washington, DC and “Making a Difference” in the lives



Guests enjoyed “Bambino” cookies donated by Donna O’Brien a breast cancer survivor. Proceeds from “Bambino” cookies are donated to the BPT. Thank you Donna! To place your own order, call 319-232-9601.



**Cathy Ketton**, mother of two daughters who are both breast cancer survivors, earned the Sue Witwer Scholarship. Sue’s husband, Dean, donates this scholarship in memory of his wife each year for a BPT member to attend the Leadership Summit in Washington, DC.

*Beyond Pink TEAM would like to thank the following sponsors for their support of this year’s Annual Celebration:*

**Anonymous - Greenwood Compounding Pharmacy - Marty & Dee Hughes - Sinnott Agency - Sunnyside Country Club - Veridian Community Credit Union - Warren Transport Inc.**



The Splash of Color Walk was held to benefit the Splash of Color Support Group for Women of Color. Above are survivors attending the Walk. Below are Cathy Ketton, her daughters and family/friends who work and participate in the Walk.



The 8<sup>th</sup> Annual Pink Ribbon Run was held. Over 750 registered individuals raised funds to support the BPT mission. Above are pictured Survivors - from a few months of survivorship to 20+ years! Pictured below is one of the 22 teams represented this year.



Waterloo Black Hawks Hockey organization once again held games to benefit the BPT. Pictured above are several of the volunteers and the winner of the 50/50 Raffle held one evening. Below is one of the younger members “dressed” for the game.



## Various Fundraisers benefiting the Beyond Pink TEAM!



Jesup High School Volleyball seniors made a presentation at the Annual Celebration



Janesville Fire Rescue made a donation to the BPT from proceeds of their shirt sales.

Grundy Girls Night Out  
Columbus Booster Club  
Scheels - Fashion Show  
Fishing for a Cure  
Kickboxing Tournament  
Flowerama  
Panera  
Bill Colwell  
Capri College  
Screaming Eagle Bake Sale  
UNI Coffee Shop  
Waterloo Broadcasting  
Janesville Fire-Rescue  
Carol's Crew Cares  
Community Honda  
Farrel's Extreme Body Shaping  
Visions Hair Studio  
TCF Equipment Finance  
Smitty's Bar Jugs Chili Open



The Kathy Bunger Family made a donation of \$12,500 to the BPT in memory of their wife/mother/grandmother from two events held – Kids Driving Out Cancer golf event for youth and Kathy Bunger Annual Memorial Ride.

## Go GREEN !

By Cindy Harris, a Survivor

### Keeping Things Fresh During the Winter Months

We all have realized by now that winter has graced us a little early this year. Our homes are closed up for the next few months. And with the windows closed tightly and doors always closed, we can notice some not so fresh odors.

The dish washer can be a source. Dishwashers can build up mold and bacteria from leftover food. To disinfect it put 1 cup of white distilled vinegar on the top rack and run through a full cycle with the hottest water. This will kill bacteria and will deodorize. If you only need to deodorize sprinkle baking soda in the bottom and run a full cycle with hot water.

Washing machines need to be cleaned also. Bacteria from kitchen cloths can build up and E.coli from underwear can hang around. For a top load machine sanitize with 3 – 4 cups white distilled vinegar and 1/2 cup baking soda. Start HOT water in machine, add the 2 ingredients and agitate for a couple minutes. Let stand for 30 to 60 minutes and complete the wash cycle. For a front load machine use 1/4 cup vinegar and 4 tablespoons of soda. Also, it helps if you leave the lids open so the machines can dry out.

You can use the vinegar and baking soda to freshen your garbage disposal. Or you can use lemon peel or orange peel.

You may have heard that putting fabric softener sheets in heat registers will freshen the air. But they contain so many chemicals it is best to stay away from them. Instead use essential oils. Take a small piece of cloth, not enough to cover the register and add the oil. If you have a register that has lip or frame behind it take a very small flat dish or lid and put the oil in it and set it behind the register. Less chemicals – a healthier you. Stay warm!

IA Action Network, continued from page 2

Breast cancer advocates from the Beyond Pink TEAM in Iowa (Waterloo/Cedar Falls), in collaboration with the National Breast Cancer Coalition, have mobilized the Iowa Breast Cancer Deadline 2020 Action Network to engage advocates and community leaders at the grassroots level. The purpose of this group is to engage all interested Iowans in advancing the mission of knowing how to end breast cancer by January 1, 2020.

We invite **YOU** to join others in Iowa who have pledged their commitment to:

- ♦ Educate advocates and others who care about Breast Cancer Deadline 2020.
- ♦ Mobilize individuals to take action.
- ♦ Communicate with new NBCC members in your area about Breast Cancer Deadline 2020.
- ♦ Recruit new individuals and organizations to support Breast Cancer Deadline 2020.
- ♦ Develop local outreach strategies with the help of NBCC.

Visit Facebook to join the Iowa Breast Cancer Deadline 2020 Action Network: [www.facebook.com/groups/217433641780809](http://www.facebook.com/groups/217433641780809)

For more information about Breast Cancer Deadline 2020: [www.BreastCancerDeadline2020.org](http://www.BreastCancerDeadline2020.org)

**Do it for yourself. Do it for your loved ones. Do it for humanity. Do it!**



TC at the UNI Football Pink Out!

*Yoga, continued from page 1*

Common negative side-effects of cancer, chemotherapy and radiation are fatigue, anxiety, insomnia, depression and stress, each one affecting the other, all reducing the body's natural immune system, thus, all relating to further decline in health. Yoga for cancer can be very beneficial in combating all of these!

♦ **Fatigue:** Yoga therapy helps to regulate the stress hormone (cortisol) that tends to deplete energy and can be related to a reduced survival rate for certain cancer patients.

♦ **Anxiety:** Deep breathing and meditation exercises help to reduce tension enabling the individual to experience a greater sense of ease.

♦ **Isomnia:** A regular yoga therapy practice can help individuals to fall asleep and have a better quality of sleep.

♦ **Depression:** Coordinating the physical and mental aspects of yoga offers the cancer patient/survivor an arsenal of coping skills from which to draw from.

♦ **Stress:** Yes, silence truly is golden! Practicing being quiet and still helps the patient/survivor to feel more calm internally, thus, helping to reduce the levels of the stress hormone, cortisol, that may be related to the progression of cancer.

Whether you are undergoing treatment for cancer or a survivor, seek the advice of your doctor to make sure you are healthy enough to attend a yoga class. Do keep in mind that yoga therapy is not a "treatment" for cancer, but rather, an alternative method to deal with the symptoms of cancer and cancer treatments. Learning new coping skills through mind-body practices, such as yoga, can help the cancer patient/survivor make a more positive transition back to everyday life.

So, is Yoga therapy worth taking a closer look at? You bet!

**Support Group Meeting Dates****January 5, 1:30 p.m.**

***Touch of Courage  
Breast Cancer Support Group***  
2101 Kimball Ave, Waterloo  
Pat – 319-232-8691

**January 6, 1:30 p.m.**

***Care & Share Cancer Support Group***  
Covenant Cancer Treatment Center  
200 E Ridgeway, Waterloo  
Jeanne – 319-272-2816

**January 20, 4:30-7:00 p.m.**

***Young Cancer Survivors  
Meet – Mingle – and Learn***  
Unitarian Universalist Church  
3912 Cedar Heights Dr., Cedar Falls  
Gabbi – 319-292-225

**February 2, 1:30 p.m.**

***Touch of Courage  
Breast Cancer Support Group***  
2101 Kimball Ave, Waterloo  
Pat – 319-232-8691

**February 2, 4:45-6:45 p.m.**

***Grundy Area Cancer Support Group***  
***Support for ALL cancers***  
Grundy County Hospital – Grundy Center  
Kristi – 319-824-4129

**February 3, 1:30 p.m.**

***Care & Share Cancer Support Group***  
Covenant Cancer Treatment Center  
200 E Ridgeway, Waterloo  
Jeanne – 319-272-2816

**February 9, 1:30pm**

***Look Good . . . Feel Better  
Hair – Make-up – Nails – Skin***  
Covenant Cancer Treatment Center  
200 E Ridgeway, Waterloo  
RSVP to ACS – 1-800-227-2345

**February 12, 5:00-7:00 p.m.**

***Splash of Color – Women of Color  
Breast Cancer Support Group***  
Waterloo Public Library, Waterloo  
Cathy – 319-493-8857

**March 2, 1:30 p.m.**

***Touch of Courage  
Breast Cancer Support Group***  
2101 Kimball Ave, Waterloo  
Pat – 319-232-8691

**March 3, 1:30 p.m.**

***Care & Share Cancer Support Group***  
Covenant Cancer Treatment Center  
200 E Ridgeway, Waterloo  
Jeanne – 319-272-2816

**April 6, 1:30 p.m.**

***Touch of Courage  
Breast Cancer Support Group***  
2101 Kimball Ave, Waterloo  
Pat – 319-232-8691

**April 7, 1:30 p.m.**

***Care & Share Cancer Support Group***  
Covenant Cancer Treatment Center  
200 E Ridgeway, Waterloo  
Jeanne – 319-272-2816

**April 13, 1:30pm**

***Look Good . . . Feel Better  
Hair – Make-up – Nails – Skin***  
Covenant Cancer Treatment Center  
200 E Ridgeway, Waterloo  
RSVP to ACS – 1-800-227-2345

**April 21, 4:30-7:00 p.m.**

***Young Cancer Survivors  
Meet – Mingle – and Learn***  
Unitarian Universalist Church  
3912 Cedar Heights Dr., Cedar Falls  
Gabbi – 319-292-225

**Looking for a Speaker . . .**

If you are interested in having a Beyond Pink TEAM representative speak at your Church, organization or group, please contact Lori Seawel at [lori.seawel@seawel.com](mailto:lori.seawel@seawel.com)

**Want to do a Fundraiser for BPT . . .**

If you would like to host a fundraiser to benefit the Beyond Pink TEAM, please contact Marty Mullnix at [mapanix@cfu.net](mailto:mapanix@cfu.net)

**Volunteer for BPT . . .**

If you are interest in volunteering for the Beyond Pink TEAM, please visit our website at [beyondpinkteam.org](http://beyondpinkteam.org) or contact Jessica Miller at [jmiller1321@gmail.com](mailto:jmiller1321@gmail.com)

**MISSION – Beyond Pink TEAM is a nonprofit organization whose mission is to provide breast cancer prevention, education, support and advocacy for comprehensive, quality health care for ALL in the Cedar Valley and surrounding communities.**

**Resources – Information, support, counseling, and educational materials are available from the following:**

**Beyond Pink TEAM** is a local breast cancer organization providing a variety of services. Our website lists services we provide as well as other services available in the Cedar Valley. [www.beyondpinkTEAM.org](http://www.beyondpinkTEAM.org)

**Living Beyond Breast Cancer** includes a helpline, newsletter and information. Survivors Helpline: 888-753-5222 [www.LBBC.org](http://www.LBBC.org)

**Young Survival Coalition** connects with other young women diagnosed with breast cancer. [www.youngsurvival.org](http://www.youngsurvival.org)

**Cancer Care** is a national nonprofit organization offering counseling, support, financial assistance and education to individuals with cancer and their families. [www.cancercare.org](http://www.cancercare.org)

**Iowa Cancer Consortium** offers cancer information and links to resources in Iowa. [www.canceriowa.org](http://www.canceriowa.org)

**American Cancer Society** offers cancer information and services. [www.cancer.org](http://www.cancer.org). Local office: 319-234-0990 – 2709 University Ave, Waterloo

**National Breast Cancer Coalition** The NBCC's mission is to eradicate breast cancer by focusing the government, research institutions and consumer advocates on breast cancer. It encourages advocacy for action and change. [www.stopbreastcancer.org](http://www.stopbreastcancer.org)

**National Comprehensive Cancer Network® (NCCN)** provides state-of-the-art treatment information in easy-to-understand language to people with cancer and their caregivers. [NCCN.org/patients](http://NCCN.org/patients)

**Dr. Susan Love Research Foundation** offers clear, comprehensive information on breast cancer preventions, detections, treatment and long-term survivorship as well as reliable, up-to-date health information. [www.dslrf.org/breastcancer/](http://www.dslrf.org/breastcancer/)

**MedlinePlus** is the national institutes of health's Website offering information about diseases ,conditions and wellness issues in language you can understand. [www.nlm.gov/medlineplus](http://www.nlm.gov/medlineplus)

# Touch of Courage • • • Connection

Cedar Valley Cancer  
Committee  
4756 Charolais Dr  
Waterloo, IA 50701  
[www.beyondpinkTEAM.org](http://www.beyondpinkTEAM.org)

Connect with us...Your support financially or through volunteering is both needed and appreciated. Please feel free to complete the following and forward to Cedar Valley Cancer Committee at address listed.

Name \_\_\_\_\_

Address \_\_\_\_\_

City State Zip

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

I would like to participate with the Beyond Pink TEAM by:

- Willing to write a survivor story for the newsletter
- Volunteer: *(Check all that apply)*
  - Assist with Support Groups
  - Development (Publicity)
  - Events (Fundraisers, Annual Luncheon, Projects and more)
  - Education (Health Fairs/Presentations)
  - Advocacy – Deadline 2020
- Willing to write letters or make phone calls to legislators for breast cancer issues, through the Iowa Breast Cancer Advocacy Network.
- Interested in making a donation. Make checks payable to: Beyond Pink TEAM *(all donations are tax deductible)*
  - BPT Fund
  - NBBC Scholarship Fund
  - Area of Need