

Touch of Courage

. . . Connection

January 2018



From Cancer Diagnosis to Survivor (and Repeat) to Thriver

A Survivor's Story
Page 2

Fundraisers Benefiting BPT

Page 3

BPT Celebrates

Page 4

Ignite the Cancer Conversation: Book Club Edition

Page 4

NBCC - Project LEAD

Page 5

Support Group Calendar

January – February – March – April
Page 6

Mission Circle Members

Page 6

State of Iowa Cancer Plan

Page 7

Resources, Support and Volunteer Information

Page 8

MEAL PLANNING WHILE GETTING CANCER TREATMENT

By Kate Peters
Registered Dietician, UnityPoint Healthcare

During your cancer treatment, you're bound to have good days and bad days. Some days you might feel normal, while other days you might feel tired and weak. When you feel good, take advantage and try to plan out your meals and snacks so that you can save yourself time and energy on your not-so-good days. No one wants to think about making food or going to the grocery store when they don't feel good. Here are some tips to make the most out of your best days and help you focus on resting on your bad days while still getting good nutrition:

⌘ On the days you're feeling well, cook large portions of food that you can divide up and freeze. Then on days you're not feeling so good you can simply defrost something. Soups, casseroles, and meats tend to freeze well. You could also make shakes or smoothies to freeze.

⌘ Try a freezer meal workshop when you're feeling good. You can usually make up to 10 meals in just a couple hours. Ask a friend to join

you if you need help or just want some company! Freezer meals help you save time and energy and are usually healthier and cheaper than the TV dinners you buy at the store. Check Hy-Vee stores for upcoming freezer meal workshops, or look in to home freezer meal workshops through a representative from a company such as Wildtree.

⌘ Use a stool or chair while you're prepping food so you can sit down if you're tired.

⌘ Whenever possible, use kitchen gadgets to help you in the kitchen. Food choppers will save you lots of time and energy by keeping you from having to dice everything by hand with a knife. Other time and energy saving gadgets include electric mixers, electric can openers, and fruit/vegetable slicers.

Continued on page 2, column 1, Meals

Meals ,continued from page 1

⌘ Have your groceries delivered if you're too tired to go shopping. Consider ordering groceries online or phoning or faxing in an order to a store that delivers. Hy-Vee delivers to most areas in the Waterloo/Cedar Falls area.

⌘ Ask for help taking your groceries to the car if delivery isn't available. Most stores are happy to help if you ask, otherwise ask a friend or family member to shop with you and help load your groceries. At Walmart.com/grocery you can place an order online and choose a time to pick up your groceries and have them loaded into your car.



⌘ Buy in bulk. When you're feeling good, go grocery shopping and buy several packages of foods that will stay fresh so you don't have to go to the store as often. Some examples include: granola bars, canned goods, nutrition supplements, and individual packages of applesauce, fruit, pudding, gelatin, etc.

⌘ Check to see if you qualify for Meal on Wheels or other meal services. To learn about resources in your area visit with the social worker at your cancer treatment center.

⌘ Keep foods that are quick and easy to prepare handy, such as pre-

cut fruits and vegetables, canned fruits, string cheese, nuts, dried fruits, cans/packages of tuna, boiled eggs, cereal, crackers and peanut butter, etc. Having snacks between meals can help you eat enough calories and protein.



⌘ Consider drinking nutrition supplements if you're having trouble eating enough. Popular supplements include Boost, Ensure, and Glucerna (for diabetics), but most store brand options have similar nutrition for a lower price.

⌘ Keep a basic grocery list on hand so it's easy for someone else to go to the store for you if needed.

⌘ Keep a list of foods/recipes that appeal to you on your not-so-good days so your friends and family will know what you tolerate the best.

For more tips on eating and meal planning, visit with the dietitian at your cancer treatment center.



Carol, a "Survivor" & "Thriver" with her family.

FROM CANCER DIAGNOSIS TO SURVIVOR (AND REPEAT) TO THRIVER

By Carol Menefee, a Survivor

My cancer story begins on February 11, 2009 when I was diagnosed with Stage III breast cancer, which I can't believe will be 9 years in February! It is a story that I wish no one had to write! I had surgery, chemotherapy, radiation, and reconstruction. It seemed like doctor's appointments and tests were my new normal! I was fortunate to have support from all areas of my life-my faith, my family, my friends, and at my school.

I finally finished all my treatments and surgeries in 2014 and was happy that my appointments were finally getting further apart. Things were beginning to feel a little more normal. However, I don't think it ever goes back to a "before" cancer normal. I finally felt like I was a "Survivor!"

However, then another cancer diagnosis came in 2016 when I was diagnosed with non-Hodgkin lymphoma which meant another round of chemotherapy and 2 years of Rituxan.

I have been blessed with an amazing group. The "Young Survivors' Group" friends were a blessing to help me get through another diagnosis! I always look forward to the meetings and speakers and seeing my friends who understand what I am going through. I also LOVE participating in the Pink Ribbon Run! I am choosing to be a "Thriver!" I refuse to let cancer "run" my life!!

Fundraisers Benefiting BPT

11th ANNUAL
PINK RIBBON RUN
2017

In spite of the rain, the 11th Annual Pink Ribbon Run was a record breaking year! There were 925 registered participants who along with sponsors raised over \$57,000.00. Of the 925, 138 were survivors for a total of 938 years of survivorship. What a great event!



Survivors before the Pink Ribbon Run begin.

Rain didn't dampen the spirit of the runners/walkers and Cedar Falls Cheerleaders.



Runners/Walkers crossing Krieg Crossing Bridge



Cedar Falls Scheels donated \$2000 to the Beyond Pink TEAM! When the need for assistance continues to grow, the support of our community partners is so important! Thank you Scheels!



Red Owl Tattoo owner, Peter Ferrel, offered \$50 pink ribbon tattoos after the Pink Ribbon Run and then continued to donate \$1 per tattoo during the month of October resulting in a \$600 donation! It's so exciting to have local businesses support our LOCAL mission. Thank your Red Owl Tattoo!

Thank you to the many businesses, organizations, and friends who supported the BPT with fundraisers and donations. Your commitment continues to amaze us!



North Star not only was the "Most Spirited/Best Decorated" team at this year's Pink Ribbon Run, but took that spirit a step farther by hosting a bake sale, having a pop can drive, pie throwing contest and a pulled pork lunch. All that great support from staff and clients resulted in a donation of \$466 to the BPT. Thank you North Star!

Beyond Pink TEAM Celebrates!

Volunteer of the Year

Each year the Beyond Pink TEAM recognizes their volunteers, naming a Volunteer of the Year and Above & Beyond Volunteer, while celebrating all they have accomplished the past year. This year was no different.

BPT's Volunteer of the Year for 2017 is Jessica Rucker, a team player and BPT supporter. For the past 4 years, Jessica has stepped up to the plate working with the Waterloo Buck's organization, leading a group of volunteers through raffle ticket sales, temporary tattoos, games between innings and the auction of the jerseys at the annual "Pink Out with the Waterloo Buck's."

In addition, Jessica has brought to the BPT a new group of volunteers, along with businesses and organizations who now support the BPT. She has moved from Team Player to Team Leader! Thank you Jessica for all you do for the BPT!



Marty M presenting Jessica with her award and flowers.

Each year, the Beyond Pink TEAM recognizes all the individuals, businesses, organizations, and groups who have donated to the BPT mission. A complete list of the 2016-17 Mission Circle members can be found on page 6 in this issue.

Above and Beyond Recognition

Losing a loved one to breast cancer can be devastating. But the Dean Witwer Family has honored Sue, a wife and mother, by supporting a scholarship to a BPT member to attend the annual NBCC Summit in Washington, DC each year.

Sue was a BPT member, career nurse, and advocate with guts, grace, and persistence. Already interested in politics and the political process, Sue attended her first National Breast Cancer Coalition (NBCC) Leadership Summit in 2003. The summit stoked a bonfire from her political interest flame. Sue came home and did what she did best: followed up with phone calls and emails. Going beyond her comfort zone, Sue studied NBCC's legislative priorities, wrote out her notes, and presented NBCC's position to Iowa's US Senators and Representatives in a polite, knowledgeable, and articulate manner. She was so good that in 2006 she was awarded the BPT's Member Recognition Award. Sadly Sue passed away in December 2010.

In memory of Sue and her advocacy work, the Dean Witwer Family has funded the Susan Witwer Memorial Scholarship since 2011. Because of the Dean Witwer Family's generosity in funding this scholarship, the Beyond Pink TEAM has built a strong advocacy team, representing all of us in the Cedar Valley in the quest to end breast cancer. Congratulations and thank you to the Dean Witwer Family.



Not only do we have the Pink Ribbon Run, but now we have WOW, a breast cancer awareness bike ride sponsored by the Cedar Valley Cyclists. Angie White, a member of Cedar Valley Cyclists, not only presented BPT with a check from the proceeds of this event, but shared how they are excited to give back to the community, making this an annual event of theirs. Thank you Cedar Valley Cyclists!

Our Annual Celebration was closed with this quote from Mary Ann Radmacher by our emcee, DJ Corson, a breast cancer survivor, to share with all of you.

***"Live with intention.
Walk to the edge.
Listen Hard.
Practice wellness.
Play with abandon.
Laugh.***

***Choose with no regret.
Continue to learn.
Appreciate your friends
Do what you love and
Live as if today is all there is."***

National Breast Cancer Coalition - Project Lead

By Gowri Bertrabet Gulwadi

This is the second of 2 articles sharing the role, insight, and vision of Gowri Bertrabet Gulwadi, a breast cancer advocate for BPT and YOU!

Project LEAD was a seven-day retreat and a highly intensive workshop for advocates that utilized all my brain cells, but yet energized me immensely. I was surrounded by fascinating facts and inspiring people (doctors, researchers, mentors, and survivors) who infused my days with learning, humor, compassion and wisdom, and healthy food. I enjoyed working with my group - we dealt with tough facts and statistics in a productive way - finding time to smile, laugh, and get to know each other.

My experience with Project LEAD helped me learn that arming ourselves with the right knowledge is the best form of preparation to be a good advocate, and that understanding how to speak about it is even more critical. For example, in our group project, we had to understand the statistics because now we knew how to read and interpret them. We realized that the risks of mortality for African American women were much higher than for white Americans in all age groups, while controlling for all other factors. This is unacceptable, it is not something we should be proud of, and this presents a call for action. My group and I created a presentation that outlined risks for the general population but also pointed to these statistics because we wanted to draw attention to this inequity.

What am I going to do with my valuable Project LEAD education? Each of us had to fill out a detailed agenda with our goals for what we would achieve in three months and a year from now. One of my goals is that I will read at least one recent research article a month to evaluate whether it is sound, ethical and valid, whether it replicates findings, whether it was done in a very rigorous manner that would be generalizable, and whether it would have any impact. I will apply what I learned on how to evaluate news articles and headlines better to assess if they are skewing it for the purpose of sensationalism, or whether they are reporting the facts meaningfully. Another goal is to spread the word about how the NBCC has activated connections between the silos and brought together researchers across interdisciplinary boundaries on key strategic issues that will make a difference in breast cancer research.



My amazing team and mentor - our topic was 'Breast Cancer Risk'

For example, the Artemis Project - named after a Greek goddess who was known to relieve disease among women - is looking at advances in immunology to see if we could all be

working toward a vaccine that would help in the future.

How close are we to achieving this? We have a long way to go, but it is very important that any steps made are incremental, in the right direction, and moving us forward instead of taking us back. How can we see the breast cancer risks go down instead of up as we have seen in the past decades? I am an optimistic person which is why affiliating with NBCC is well aligned with my personal values. I believe that we should be looking forward with the goal of achieving eradication but I am also realistic in that we should look backwards in terms of understanding what our hurdles are and what our past failures have been so that we do not replicate them along this journey. Overall, Project LEAD has given me a path forward in making sense of this disease and how it might be eradicated in the future.

Ignite the Cancer Conversation: Book Club Edition

The Beyond Pink TEAM is collaborating with the UNI Recycling and Reuse Technology Transfer Center to present Ignite the Cancer Conversation: Book Club Edition beginning February 5. Over the course of 3 months participants will read "The Emperor of All Maladies: A Biography of Cancer" by Siddhartha Mukherjee.

Participants will have the option to meet online or in person at the Cedar Falls Public Library from 7:00-8:00 p.m. on the following Monday nights: February 5th, February 26th, March 26th, and April 16th. Participation in this book club is completely free, but participants must provide their own book.

For more information or to register for Ignite the Cancer Conversation: Book Club Edition, visit www.beyondpinkteam.org

Support Group Meeting Dates

January 2, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
Jessica – 319-272-2816

January 8, 1:30 p.m.

Touch of Courage Breast Cancer Support Group

2101 Kimball Ave., Waterloo
Pat – 319-232-8691

January 16, 4:30-7:00 p.m.

Young Cancer Survivors – Meet, Mingle and Learn

Cedar Valley Unitarian Universalist
3912 Cedar Heights Dr., Cedar Falls
Gabbi – 319-292-2225

February 5, 1:30 p.m.

Touch of Courage Breast Cancer Support Group

2101 Kimball Ave., Waterloo
Pat – 319-232-8691

February 6, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
Jessica – 319-272-2816

February 8, 5:00-7:00 p.m.

Splash of Color – Women of Color Breast Cancer Support Group

Waterloo Public Library
Cathy – 319-504-2703 for details

February 12, 1:30-3:30 p.m.

Look Good ...Feel Better Hair – Make-up – Nails – Skin

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
To reserve a seat call 1-800-227-2345

March 5, 1:30 p.m.

Touch of Courage Breast Cancer Support Group

2101 Kimball Ave., Waterloo
Pat – 319-232-8691

March 6, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
Jessica – 319-272-2816

April 2, 1:30 p.m.

Touch of Courage Breast Cancer Support Group

2101 Kimball Ave., Waterloo
Pat – 319-232-8691

April 3, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
Jessica – 319-272-2816

April 9, 1:30-3:30 p.m.

Look Good ...Feel Better Hair – Make-up – Nails – Skin

Covenant Cancer Treatment Center
200 E Ridgeway Ave., Waterloo
To reserve a seat call 1-800-227-2345
Jessica – 319-272-2816

Mission Circle Members

The Mission Leaders program recognizes the accumulative gifts of individuals, groups, organization, and businesses during the fiscal year, September 1, 2016 through August 31, 2017. Through our generosity breast cancer survivors are being helped in the Cedar Valley and surrounding communities.

Circle of Action \$10,000 and above

Bunger Family Foundation

Circle of Commitment \$5,000 -

\$9,999

Mudd Advertising
Oakridge Realtors Inc.
UICCU
Community Auto Group

Circle of Advocacy \$1,000 - \$4,999

Nagle Signs Inc.
Scheels All Sports
Dee Hughes
Donna O'Brien
Wow Trekman
Veridian Credit Union
LSB Foundation – Lori's Dream Team
Genomic Health
CBE Group

Circle of Support \$500 - \$999

Hauptly Construction Inc.
Wally Markham
John Hauptly
Tri Salonspa

DJ Corson
Cedar Valley Cyclists
UNI Maucker Union Food Court
Visions Hair Salon
Peoples Community Health Clinic
Ferrell's Extreme Fitness
Bertch Cabinet Manufacturing
The Isle Casino
Caribou Coffee Shop
Christie Door Co.
Carpetland USA
Deb Pugh

Circle of Hope \$100 - \$499

Cedar Valley Saver Inc.
Red Carpet Golf Inc.
Joe Jones
Steve Bearbower
Mike Joblinske
Mike Joblinkse, Jr.
Greg Geisler
Craig Lindsey
Bob & Rhoda Olson
Catherine Pitts
Robert Goodrich
Lederman Bonding Co.
Buchanan County Health Center
Vanessa Rosauer
Denver Savings Bank
Valley Lutheran High School Volleyball
Cedar Valley Unitarian Universalists
Dalisa Zaputil
The Refinery Salon & Boutique
Sandee's
Kristi Syhlman
OCWEN Loan Servicing LLC
Community Foundation
NuCara New Image Boutique
Alan Sankey LuLaRoe
Jon Crews
Panera Bread
YEP (Yard Engineered Products)
Wheaton Franciscan Healthcare
Hank's Bait & Tackle
Sayer Law Group
Fredsville Lutheran Church
Pam Dowie
Deb Pugh
Ann Eastman – Miss Wonderful
Vintage
Evonne Freeman-memory of Patti
Hucka
Columbus Catholic Softball Pink Out
Game
PDCM- Picnic Pie in the Face

Iowa Cancer Consortium Releases Iowa 5 Year Cancer Plan

By Jessica Nauholz, LMSW, Oncology Social Worker, Covenant Cancer Treatment Center and Gabbi DeWitt, Care For Yourself/Iowa Get Screened Program Coordinator, Black Hawk County Health

In October, the Iowa Consortium, a statewide nonprofit coalition of health care providers, public health professionals, caregivers, researchers, cancer survivors, volunteers and advocates, shared the Iowa Cancer Plan for 2018-2022. This plan serves as a roadmap for comprehensive cancer control efforts in Iowa for the next 5 years. The following are the Iowa Cancer Plan priorities:

Prevention: Behaviors that are known to reduce the risk of developing include:

- Avoiding tobacco use and secondhand smoke.
- Getting the recommended amount of exercise.
- Eating a variety of fruits and vegetables.
- Limiting alcohol consumption.
- Completing the human papillomavirus (HPV) and hepatitis B vaccination series.
- Wearing sunscreen and sun protective clothing.
- Testing for radon and fixing indoor radon problems.

Screening: Many approaches are necessary for screening rates to go up and death rates to go down:

- More education is needed so that Iowans better understand cancer screening guidelines and opportunities.
- Iowans need access to a medical home, so they can make informed and personal decisions along with a trusted medical provider.
- Iowans need access to screening services. Barriers to health care must be addressed at a systematic and policy level.
- Screening services must be offered in inclusive, supportive and safe settings.
- When screening tests detect cancer, patients must be able to easily and readily access cancer treatment.

Treatment: Iowans face a number of barriers to accessing lifesaving cancer treatment, including:

- Access to adequate health insurance.
- Transportation to medical facilities where quality care is available, especially in rural parts of the state.
- Financial insecurity.
- Barriers related to culture, language and/or identity.
- Competing basic needs and priorities.
- Overall availability of a qualified cancer workforce.
- Lack of awareness or understanding of the benefits of clinical trials.

Quality of Life: In cancer, survivorship covers physical, psychosocial and economic issues, from diagnosis until the end of life.

Survivorship experiences differ based on a person's unique experience. Survivorship can include:

- Issues with accessing health care and follow-up treatment.
- Changes in frequency of cancer screening.
- Late and long-term effects of treatment.
- Wellness support and services.
- Subsequent cancers.
- Palliative care.
- Hospice.
- Family members, friends and caregivers are also a part of the survivorship experience.

Health Equity: Health disparities based on many different factors can be found throughout Iowa. Some of the most prominent are:

- Disparities based on geographic location.
- Disparities based on cultural and/or language.
- Disparities based on gender identity and sexual orientation.

The Beyond Pink TEAM is proud to be a member organization of the Iowa Cancer Consortium. New members are both welcome and needed! Membership information and the full Iowa Cancer Plan can be found at <http://www.canceriowa.org>.



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

Living Beyond Breast Cancer includes a helpline, newsletter and information. Survivors Helpline: 888-753-5222 www.LBBC.org

Young Survival Coalition connects with other young women diagnosed with breast cancer. 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

Iowa Cancer Consortium offers cancer information and links to resources in Iowa. www.canceriowa.org

American Cancer Society offers cancer information and services. www.cancer.org.

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.breastcancerdeadline2020.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

National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk. www.cancer-network.org

National Cancer Institute's website offers information about cancer, breast cancer, clinical trials, cancer statistics, research and funding, and the latest news. They will also answer your questions by calling 1-800-4CANCER. www.cancer.gov

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 the address listed below.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____

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

- Writing a survivor story for the newsletter Making phone calls and sending emails to policy makers for breast cancer issues
- Become part of the Breast Cancer Advocacy Network
- Volunteering: *(check all that apply)*
- Assist with Support Groups Education (Health Fairs/Presentations)
- Development (Publicity) Advocacy – Deadline 2020/Ignite the Cancer Conversation
- Events (Fundraisers, Annual Luncheon, Projects and More)
- Make a donation. Make checks payable to Beyond Pink TEAM. *(All donations are tax deductible)*
- BPT Fund Advocacy Fund Area of Need

Touch of Courage . . . Connection

Cedar Valley Cancer Committee
1753 W Ridgeway Ave, Suite 104
Waterloo, IA 50701
www.beyondpinkteam.org