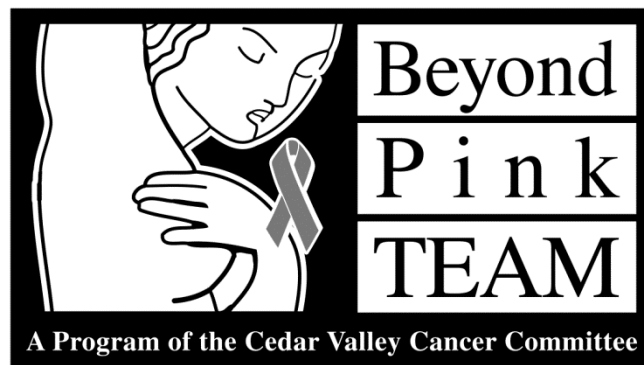


# Touch of Courage

. . . Connection

## January 2019



*Celebrating 30 years in the Cedar Valley*

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## HELP FOR CANCER CAREGIVERS

By Jessica Nauholz, LMSW, Covenant Cancer Treatment Center  
And Mary Kobliska, LBSW, UnityPoint Waterloo Community Cancer Center

Being a caregiver for someone going through cancer can be both rewarding and stressful. You may feel that you don't have time to do all that is being asked or expected of you. Burnout occurs when you are in a state of stress or distress for a prolonged period of time. Common causes of stress and burnout include:

- **Fear & uncertainty:** Cancer treatment isn't certain. It's hard not to worry about the person with cancer, and the future.
- **Shifting roles:** Caregiving can change relationships. This isn't bad. But it can be upsetting when someone who has been a source of strength is suddenly vulnerable, or when you find yourself making decisions somebody else used to make.
- **Too much to do:** As a caregiver, you may feel overwhelmed by all you have to do, and as though everything is falling on your shoulders.
- **Financial pressure:** The costs of cancer care can be a source of

stress. Also, you and the patient may be unable to work full-time—or at all.

- **Loneliness & isolation:** Caregiving takes time. You may find you don't have time to spend with friends, take part in outside activities, or pursue hobbies.
- **Little time alone:** Everyone needs time for themselves. This can be difficult to get when you are caring for someone with cancer.
- **Constant demands:** Being on call around-the-clock can be especially hard.
- **Guilt:** You may feel bad that you can't give more, or you may feel that you are short-changing other family members and friends.

While all these things are common among caregivers, there are things you can do to lessen your stress.

*Continued on page 2, Caregiver*

*Caregiver, continued from page 1*

### Tips for dealing with your caregiver stress or burnout:

- Recognize the warning signs of stress early. Never dismiss your feelings as "just stress."
- Ask for help with caregiving and accept it! Make a list of everyone who may be able to help you out. Make a list of the things that can be done by other people like running errands. Then, ask others to do things for you.
- Talk to someone—a friend, counselor, family member, or clergy member.
- Talk to a professional if your stress is becoming a problem.
- Take care of yourself. Eat well, drink enough water and other fluids, and try to get some exercise every day, even if it's just a walk around the neighborhood. Get regular medical and dental checkup.
- Identify sources of stress and write them down. Think about the things you can improve. Try prayer and/or meditation to accept the things you can't change.
- Give yourself permission to grieve, cry, and express your feelings.
- Try meditation, yoga, music, or deep breathing to relax.
- Find support, especially for caregivers of people with cancer.
- Focus on the positive. At the end of the day, make a list of the good things that have happened. Give yourself credit for what you're doing. Forgive yourself when you don't do things as well as you want.

Remember that you are doing the best that you can.

- Take time for yourself. Ask a friend or family member to stay with the patient or hire someone to give you time off to shop, go to a movie, or visit a friend.
- Learn to say "no" when someone asks you to do something that you don't want to do, and/or that may be draining (like hosting a family function).
- Educate yourself. A list of caregiver resources is in this newsletter.
- Find someone who can help you understand all the medical information. This could be a healthcare professional, someone in a support group, or someone who has been through the same thing. Keep a list of questions to discuss with the patient's healthcare providers.
- Make a list of priorities for each day. Set realistic goals.
- Write about what you're going through in a journal. This is especially helpful for feelings that you don't want to share.
- Try to plan for legal and financial matters. Planning now will lessen stress later. Involve other family members in these activities and decisions.

**Caregiver Burnout and Stress. Retrieved from**  
<https://helpforcancer caregivers.org/content/caregiver-burnout>



### CAREGIVER RESOURCE LIST

**AMERICAN CANCER SOCIETY** – Contains interactive caregiver resource guide, caregiver support video series, support groups, and information about how to take care of yourself as a caregiver.  
<https://www.cancer.org/treatment/caregivers>

**CANCER NET: CARING FOR A LOVED ONE** – Information about caregiving basics, tips to be a successful caregiver, caregivers taking care of themselves, long-distance caregiving, caregiving at home, and hiring home care services.  
<https://www.cancer.net/coping-with-cancer/caring-loved-one>

**CARING FOR THE CAREGIVER: NATIONAL CANCER INSTITUTE** – Caring for the caregiver is for friends and family members by helping with daily activities, preparing food, coordinating care and services, or offering emotional support.  
<https://cancer.gov/publications/patient-education/caring-for-the-caregiver>

**IMERMAN ANGELS** – Free one-on-one support for patients with all types of cancers and/or caregivers. Patients/caregivers are matched with someone who has been on a similar journey. Register by phone at 312-273-1308 or online at <https://www.imermanangels.org/get-support>

**MAYO CLINIC: STRESS MANAGEMENT FOR CAREGIVERS**– Tips for taking care of yourself, signs of caregiver stress, strategies for dealing with caregiver stress, and respite care.  
[www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress](http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress)

**NATIONAL CANCER INSTITUTE** – Information on coping for caregivers, advanced directives, and medical information.  
<https://www.cancer.gov/resources-for/caregivers>

*October 2018 marked the 30<sup>th</sup> Anniversary of the Beyond Pink TEAM. Our list of accomplishments are too numerous to list, so we will share a few highlights in our 2019 newsletters. This issue we are featuring 1988-1998. We still have several members who were part of our organization during that decade.*

## 1988-1998

The Beyond Pink TEAM was started in 1988 as a collaborative effort of Covenant Medical Center and Allen Hospital under the name Cedar Valley Committee for Breast Cancer Awareness. They pulled together area medical, education and non-profit organizations to promote screen mammography usage, as well as to start a monthly breast cancer support group. To help women who did not have insurance coverage for mammography, they organized a \$40 coupon campaign each April.

In 1996, the Cedar Valley Cancer Committee was chosen by the Iowa Department of Public Health to facilitate the Center for Disease Control's Breast and Cervical Screening Early Detection Program for Black Hawk County. This program offered free mammograms and pap tests to women who met guidelines. This program remains in place today through the Black Hawk County Health Department under the name "Care For Yourself". With this program, there was no longer a need for the \$40 coupon campaign. However, the Touch of Courage Breast Cancer Support Group has continued to meet monthly for 30 years.

Additionally, in 1996, we started writing, printing, and distributing a free quarterly newsletter called "Touch of Courage Connection". Our goal is to provide educational information, encouragement through

survivor stories, and news about Beyond Pink TEAM events. You can access current and past issues at [www.beyondpinkteam.org](http://www.beyondpinkteam.org).

## A Survivor Shares . . .

### It Was A Blindsided Diagnosis

*By Beth Drelich*

In 2016, I was on my way to visit with my daughter when I received a phone call from my primary doctor that I needed to have additional tests done after she received the results of my recent 3-D mammogram. I was in the airport about to board a plane. I was alone, surrounded by strangers who were all on their own journey. I had no choice but to not think about the call until I returned from the trip. I was allowed one more weekend of freedom from the truth of a breast cancer diagnosis.

Since that day my thoughts and decisions all revolve around that diagnosis. I went from thinking I was having a simple lumpectomy, or as I called it a "pebblectomy", to a double mastectomy. Since I didn't have any signs or symptoms, no family history of cancer, and I had multiple mammograms over the years, the cancer tumor had to be very small. Unfortunately, after each test and multiple biopsies, the results became more serious. A double mastectomy follow by 16 chemo treatments was the recommended treatment to

hopefully rid my body of cancer. I cried for days over the news of having to have a mastectomy. It seemed like an unthinkable procedure. I felt I had to consent to the mutilation of my body in order to live cancer free.

The goal of eradicating breast cancer and saving generations of women from having to face that same reality has become a passion of mine. I am not a scientist nor a doctor, but I do have a voice and a story to tell. We all must encourage and even demand that resources be made consistently available to the cancer scientists and physicians and that it is not negotiable. I want to be one of the old women who tell the story of what it was like before the breast cancer immunization. I want to be one of the last women of a generation who had to have their breasts removed in order to be a breast cancer survivor.



## Living Green

### Hate Scraping Car Windows in the Winter?

With cold weather, comes frost on car windows. Since I don't like to scrape, I keep a spray bottle of alcohol / water mix in my car. This mixture needs to be stronger than 50% alcohol or at least a 70/30 mix.

Spray it on frosted windows, let it soak in, and drive off! **NOTE:** Don't put the alcohol mixture in the washer container of your car as it will dry out the hose and container and ruin both.

Another tip, if you spray vinegar on the window at night, frost usually won't even form.

# Celebrations – Fundraisers – Events

Thank you to all individuals, businesses, organizations and communities



*Buchanan County Health Center wears pink to celebrate breast cancer month and donates to BPT.*



*Covenant Breast Center celebrates "You ,Too".*



*Cedar Valley Cyclists ride for BPT*



*BPT member Lori Seawel rides in the Single Speed's a monthly ride to support BPT.*



*Viking Pump Alloys and Iron Foundries donated funds from their first Soup 'n Dessert Lunch to the Beyond Pink TEAM. Thank you so much for thinking of us.*



*Cedar Falls Public Safety presented the BPT a check from the proceeds of their "Pink" Fire and Police patches.*



*LeRoy's of Aurora, held its first "Keep the Cups Full" breast cancer awareness benefit. Proceeds benefited the BPT.*

# Supporting Beyond Pink TEAM

Who gave of their time and talents for breast cancer awareness!



*Cedar Falls Scheels presented a check to the Pink Ribbon Run and Beyond Pink TEAM as part of their community support program. Accepting are Dee Hughes and Janice Akin, along with Jeremia Matz.*



*Black Hawk Hockey fans rallied around the 2 nights of Hockey Pink Out as BPT volunteers, Mo Hardy, Janice Akin, Mary Seitz, and Jeanne Olson greeted fans.*



*BPT members, Marty and Dee, accept a check from the Waterloo Police Department from the internal sales of their pink patches during the month of October.*



*UNI's Department of Residence presented BPT member, Lori Seawel, funds raised during their event to support breast cancer awareness.*

*Pink Ribbon Run 2018 had a record number of participants, just over 1,000 (right). Cedar Falls Cheerleaders, below, cheered on participants at the Water Stop. Team members, bottom, even dressed for the occasion!*



**You shop. Amazon gives.**

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization: Cedar Valley Cancer Committee.

Support Beyond Pink TEAM by starting your shopping at [smile.amazon.com](https://smile.amazon.com)

**amazon**smile

## Support Group Dates

### January 7, 1:30 p.m.

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

### January 8, 1:30 p.m.

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

### January 15, 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 4, 1:30 p.m.

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

### February 5, 1:30 p.m.

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

### February 11, 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 Jessica at 319-272-2816

### March 4, 1:30 p.m.

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

### March 5, 1:30 p.m.

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

### April 1, 1:30 p.m.

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

### April 2, 1:30 p.m.

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

### April 8, 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

### April 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

### May 6, 1:30 p.m.

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

### May 7, 1:30 p.m.

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

## Calling all Advocates: 2019 Leadership Summit and Lobby Day!

Join Beyond Pink TEAM advocates and attend the 2019 Advocate Leadership Summit in Washington, DC, April 27-30. The Summit is filled with sessions to build advocacy skills, learn about up to date science, and interact with policy makers, researchers, and other advocates. All to energize us for the important work in the year ahead.

The registration fee for the 2019 Summit is \$350. You will receive:

- 3 days of outstanding programming
- Summit materials
- Breakfasts, lunches, and refreshments at breaks
- Lunch and transportation on Lobby Day.

The BPT provides a scholarship to a never-before-attended BPT member which covers registration fee, flight, and shared hotel room. See application for Susan Witwer Memorial Scholarship in next column to apply.

## Apply NOW!

BPT and the Witwer family will provide a scholarship covering the \$350 registration fee, economy airfare, and hotel costs of a shared room to an eligible Beyond Pink TEAM member to attend the 2019 National Breast Cancer Coalition Fund (NBCCF) Advocate Leadership Summit. Advocate attendees are of all experience levels who want to help lead the breast cancer movement and Breast Cancer Deadline 2020.

### What to expect?

- ♦ Network with highly-committed and motivated group of leaders.
- ♦ Interact with scientists, thought leaders, innovators, and visionaries in small groups.
- ♦ Hear about research on prevention and breast cancer metastasis, as well as on cutting edge topics in the areas of systems change and health care delivery.
- ♦ Understand the Administration and Congress in preparation for Lobby Day.
- ♦ Learn “Best Practices” from other leaders who are implementing their state and individual action plans.
- ♦ Develop NBCC’s grassroots strategic planning for year nine of Breast Cancer Deadline 2020

### Criteria for applicant:

- ♦ Must be willing to attend entire NBCC Leadership Summit
- ♦ Must be a constituent (registered Iowa voter)
- ♦ Must be willing to return and help mobilize and engage the Cedar Valley in Breast Cancer Deadline 2020.

### Interested?

Contact Christine Carpenter for more information and an application.  
**DEADLINE for application submissions – February 1, 2019.**  
 Christine.carpenter@cfu.net or  
 319-830-1192

## Making a Difference

The Beyond Pink TEAM is a relatively small local organization making a big difference for women and men living with breast cancer. We chose our name because we go beyond pink ribbons and trinkets to:

- T** – Take Action
- E** – Education
- A** – Advocate
- M** – Make a difference

All of our work is done entirely with volunteers, no paid staff, no government money, and we do not have a brick and mortar building. We have only our website – [www.beyondpinkteam.org](http://www.beyondpinkteam.org). Our operating budget is kept to a bare minimum.

One way we make a difference is through our Beyond Pink Fund. In 2008, we awarded our first grants to women and men diagnosed with breast cancer. We help pay medical bills related to breast cancer and/or essential living expenses while in treatment.

In 2018, the Beyond Pink Fund provided assistance to 79 individuals in Black Hawk and 10 surrounding counties. With nearly \$62,000 in grants awarded, 60% were medical bills and 40% for living expenses, such as food, rent, gas cards and utilities.

The largest contributor to the Beyond Pink Fund is the Pink Ribbon Run in downtown Cedar Falls. This event is held on the first Saturday of October each year. The rest comes from individuals and businesses doing a wide variety of fundraisers for us. Every single donation is important, and we couldn't make a difference without them.

# Thank You!!!

*The Beyond Pink TEAM would like to thank the following individuals, organizations, businesses, and groups for their donations from September 1, 2017 through November 30, 2018. Your generosity, no matter the size, is greatly appreciated.*

Allen OB Weekend Crew  
Deborah Bartels  
Beecher Law Firm  
Stacey Belk  
Black Hawks Hockey  
Jean Bockes  
Kathy Boeckmann  
Lisa Broderson  
Buchanan County Health Center  
Bunger Family Foundation  
Mervin Carnahan  
Christine Carpenter  
Carpetland USA  
Cedar Falls Community Main Street  
Cedar Valley Cyclists  
Cedar Valley Unitarian Universalists  
C. David Christensen & Family  
Jane Clark  
DJ Corson  
Janice Crowe  
Maureen Daley  
Constance DeHaan  
Cinda Dodd  
Frank Dowie  
Arnie Durtschi & Family  
Lori Fegley  
Fredsville Lutheran Church  
Fishing for a Cure – Robert Goodrich,  
Hanks Bait & Tackle  
Sally Hollis  
Curt and Linda Howard  
Jean Hoy  
Dee Hughes  
Kelly & Steve Jacobson  
Mary Jo Juel  
Alan Klemp  
Penne Koeppel  
Penelope Lilleskov  
Carol Menefee  
Ocwen Loan Servicing Employees  
Jeanne Olson  
Orchard Hill School  
Panera Bread

Emily Parks – Pretty in Pink Horse Show  
Trish Pedersen  
Meghan Peters  
Darlene Peters  
Abby & Ellie Peyton  
Catherine Pitts  
Profile Fitness, LCC - Tina Wendel  
Debra Pugh  
Red Owl Tattoo  
Keith Reynolds  
Rock Valley Physical Therapy  
Merri Schroeder  
Caren See  
Darren Sellers  
Bob & Cherie Shreck  
Jean Siefken  
Singlespeed Brewing  
Helen Steffen  
Merna Stemmerman  
Dr. Paul and Stacey Styr  
Marilyn Teig  
James & Cheryl Thayer  
True Time Results  
UNI Dept. of Residence Retail Operations  
UNI Volleyball  
Verdian Employee Involvement Committee  
Viking Pump Alloys and Iron Foundry  
Visions Salon - Mo Hardy  
Waterloo Police Department  
Doris Webber  
Christie White  
Roger White  
Sandra Wilkens  
Darren & Sandra Witwer  
Dean Witwer





**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).

**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](http://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](http://NCCN.org/patients)

**National LGBT Cancer Network** works to improve the lives of LGBT cancer survivors and those at risk. [www.cancer-network.org](http://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](http://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
- Become a member of the Beyond Pink TEAM -Complete this form, send with a check for \$5 to Jeanne Olson, BPT Treasurer, to address below.
- 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](http://www.beyondpinkteam.org)