



Cedar Valley Cancer Committee

# Touch of Courage . . . Connection

Newsletter

## January 2022

*Celebrating over 30 years in the Cedar Valley*

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## The Beyond Pink TEAM is Here for You!

*For people living with breast cancer and those who support them.*

The Beyond Pink TEAM has been serving the Cedar Valley for 33 years by using a TEAM approach. We **Take** action, we **Educate**, we **Advocate**, we **Make** a difference, in our community, our state, and beyond. With no paid staff, this local group makes a national impact. Read more on how you can join us.

### **We Take action**

The Beyond Pink TEAM takes action by turning your donations into programming, newsletters, and financial assistance. In the past nine years, the Beyond Pink TEAM has given out nearly \$600,000.00 to people living with breast cancer. Last year, many traditional fundraisers were cancelled. But cancer didn't stop for COVID-19. Financial assistance is available for qualifying individuals by helping with medical bills and/or basic living expenses. The need is only increasing. Every dollar you donate, makes a difference.

### **We Educate**

Education is important. We produce a FREE quarterly newsletter with valuable information, survivor stories, and legislative updates.

Beyond Pink TEAM advocates created *Ignite the Cancer Conversation*, which moves beyond breast cancer awareness to focusing on concrete steps to end all cancers. We learn about the science of breast cancer, and the best methods of preventing cancer deaths.

### **We Advocate**

Our breast cancer advocates lobby for evidence-based research. Research that saves lives. Research that matters. The Beyond Pink TEAM sits on the board of the National Breast Cancer Coalition. You don't have to be a scientist to create change. You just need your voice. Tell your legislators that you vote for those who support meaningful breast cancer research.

### **We Make a difference**

Cancer is hard. But the Beyond Pink TEAM is here, to help. As a newly diagnosed patient or a long-time survivor support may be needed and/or you may feel you want to know you will make it through. The Beyond Pink TEAM provides two

*BPT, Continued on page 2*

*BPT, Continued from page 1*

support groups, to meet the different needs of cancer survivors- The Touch of Courage breast cancer support group meets the first Monday of each month. Contact Pat Buls for more information at 319-232-8691. BPT All Cancer Survivor Group is for women with any type of cancer. We meet four times a year for a Meet, Mingle, and Learn session. Contact Angela Hamilton at 319-232-4143 for more information.

The Beyond Pink TEAM is an all-volunteer local nonprofit. With no paid staff, office, or government assistance, we are always in need of volunteers who want to help make a difference in our community. Some of the things you can help with are the Pink Ribbon Run, sewing heart shape post-surgery pillows, sending thank you letters, helping at support groups, the baking, decorating, and display of Bambinos, planning Ignite events, wellness fairs, and hosting tables at sporting events. Many of our members are survivors, but most are not. Make a difference with us. Contact Dee Hughes at 319-504-6492 for more information.

### Won't You Join Us?

As the Beyond Pink TEAM we **Take** action, we **Educate**, we **Advocate**, we **Make** a difference. From financial assistance to support groups. From igniting conversations to advocating for change. **Won't you join us?** Donate to us. Learn with us. Advocate with us. Get support from us. Go BEYOND wearing pink. **Join** the Beyond Pink TEAM.

## A Survivor Story

### A Pink Ribbon Run Family Team with Two breast cancer survivors

Jody's Pack 4-Ever & Debbie's Warriors

*Written By Debbie Brecher in 2019*

*Editor's Note: Debbie died in 2020 after the Pink Ribbon Run. She submitted this article in 2019. The Beyond Pink TEAM grieves the loss of another amazing woman to breast cancer and appreciates the continued support of Jody and Debbie's families.*

My family has participated in the Pink Ribbon Run since 2014 when my mom, Jody, was diagnosed with breast cancer. We walked in her name until this year. I would never have dreamed that this year would present one of the toughest things I've ever endured in the same way. There are three things that I know for certain about breast cancer. Early detection is critical, a great medical team behind you is key, and a team of warriors who stand beside you essential.

One of those warrior teams that stepped up the day of my diagnosis to help was the Beyond Pink Team (BPT). There were so many ways the BPT offers assistance to breast cancer patients and their families. Emotionally, physically, and financially. Until you're one of them you don't realize how much this cancer consumes you. This team was reaching out to me on day one to provide help navigating cancer. I didn't realize how impactful this group was until I became the patient.

It is simply astounding to learn that one in eight women will experience breast cancer in his or her

lifetime. Two of those eight will find that they have the most aggressive form of breast cancer. I am one of two and I can tell you it is not a position I would wish for anyone. By the grace of God, early detection, and a great doctor gave me a fighting chance to win the race. You know there is a finish line. You're following the map your medical team gives you, but you have no idea if your body is taking you in the right direction. At the time there were nights I just didn't think I was going to be able to take much more. The finish line looked a long way away back in March. I'm thrilled to report my finish line is in



*Above is Jody's Pack in 2017. Jody passed away in 2016 and her family ran/walked in her honor. Below is the 2020 Jody's Pack team photo. Debbie is in the middle front.*



*Survivor, Continued on page 7*

## Living Green

### Garbage Audit - A New Year's Resolution

By Dawn Keller

The average American produces nearly five pounds of garbage daily. This includes things in the trash that are bound for the landfill as well as items that will hopefully be recycled. In order to know where one is able to reduce the amount of waste generated, they first need to know what they contribute. How do you do that? How about a garbage audit to kick off the new year!

Take a look through your trash can and recyclables to decide what you can eliminate or replace with a reusable option. If you see plastic bags, commit to carrying reusable bags. Are there single serve containers? Buy in bulk and make your own servings in reusable containers. Food waste? Start a simple compost pile or bin. Water bottles? Coffee cups? Paper towels? All of these have easy, affordable reusable options.

By making some small, simple changes, you will not only reduce the amount of waste that needs to be managed, but you will also save money. A win for both the planet and you!

## Thank You!

*2021 has brought unprecedented local fundraisers that will advance the Beyond Pink TEAM's mission to provide breast cancer prevention, education, support, and advocacy for comprehensive, quality care FOR ALL in the Cedar Valley and surrounding communities. As of November 30, financial assistance grants were awarded to 92 individuals. Thank you for your support.*



Pi Sigma Epsilon – Epsilon Theta Sorority  
\$3,579.97 from Breast Cancer Gala



Dunkerton Community Schools  
\$2,815.00 from Pink Out Football festivities



Cedar Valley Cyclist  
\$1,400.00 from Breast Cancer Awareness Ride



Trekkers for Tata's – 2021 Virtual Team



Peet Jr. High School  
\$386.76 Coin Drive



# Thank You, Fundraisers!

**Denver Savings Bank**  
\$2,050.00 from fundraiser honoring  
Joan Harringa, an employee



**Black Hawk County Sheriff's Office**  
\$2,640.00 from No Shave November  
and sale of BH Co. Sheriff's Office  
pink patches



**Main Street Grundy Center**  
\$395.00 from Girls Night Out



**Tyson Fresh Meats**  
\$20,000.00 from various activities



**Donna O'Brien – Bambino Cookies**  
\$10,000.00 from cookie sales



**Mo Hardy – Vision Hair Studio**  
\$750.00 from various activities



**Cedar Falls Public Safety**  
\$1,300.00 selling pink patches.



**Texas Roadhouse and guests**  
\$750.00 in gift cards during October events.



**Team Sherry**  
\$3,000.00 from garage sale



## More Fundraisers

### Joywheel Cycling Studio

\$400.00 from their "Giving Joy" October event

### Buchanan County Health Center

\$686.50 from their 2021 Pink Out

### Beecher, Field, Walker, Morris, Hoffman & Johnson PC

\$58.00 from their Denim Days

### Community Memorial Hospital

\$462.00 from the Mammogram Fundraiser

### Iowa WORKS Staff

\$130.00 from staff

### The Salon Professional Academy

\$1,015.00 from their October fundraiser

### Orchard Hill Elementary School

\$139.00 from their October fundraiser

### Smitty's

\$2,143.00 from their 0.4K walk around the block

### Isle Casino & Hotel

\$985.00 from their 2021 Jeans Day

### Pink Ribbon Run

\$53,696.34 from 1060 in-person and virtual participates



## Event Review

The Beyond Pink TEAM hosted the sixth annual Ignite the Cancer Conversation event on Tuesday, October 19. "Rethink Cancer" was a virtual event that educated patients, survivors, caregivers, health care professionals and others in ways to rethink cancer by sharing the latest research on cancer metastasis. This virtual, evening workshop was led by medical, academic, and policy experts and featured Dr. Cyrus Ghajar, PhD, Associate Professor Public Health Sciences and Human Biology Divisions from Fred Hutchinson Cancer Research Center.

Participants learned about the process of metastasis, or the spread of cancer cells to distant sites, and the conditions that can put cancer cells to sleep – or wake them up. Preventing metastasis will involve interdisciplinary collaboration to represent varied perspectives and strategies from academia, industry, and public health. By engaging diverse stakeholders in conversations regarding metastasis, we hope to move closer toward solving this puzzle.

Dr. Ghajar's keynote was followed by a very rich panel discussion that connected Dr. Ghajar's presentation to clinical settings and public policy related to cancer. Additionally, the panel addressed how participants can articulate appropriate messaging for healthcare and cancer research advocacy. Panelists included:

- Dr. Sneha Phadke, DO, MPH, Medical Oncologist, University of Iowa
- Barbara Christie-Pope, PhD, Professor of Biology, Cornell College
- Jayme Renfro, PhD, Associate Professor of Political Science, University of Northern Iowa
- Rodney Whitlock, PhD, Vice President, McDermott+ Consulting (formerly Health Policy Director for Senator Grassley)

The vision of Ignite the Cancer Conversation is to bring diverse communities together and activate the conversation that will initiate and develop concrete steps to conquer cancer.

### Sponsors of the 2021 Ignite the Conversation

#### Change Champion - \$1,000

Genentech      Smeins Family      RaboBank

#### Friends of Change - \$500

Allen College      UnityPoint Health Alumni Association  
MercyOne

#### Contributor of Change - \$300

Bakker Construction      Bill Colwell Ford  
Dee and Marty Hughes      Marty King-Dell Technologies  
Pi Kappa Chapter of Theta Tau International Nursing Honor Society

#### Supporter of Change - Under \$300

Julie Husband	Natalie Sennett	Beth Drelich
Michelle Rakoff	Dianne Larsen	Dayna Carpenter
Theresa Spradling	Pat Buls	Catherine Zeman
Theresa Britt	Mark Kendall	Barbara Bakker

**Donations received September 1, 2021 through November 30, 2021. Thank you so much for your generosity.**

Janice Akin  
Linda Anders  
Cindy Angel  
Marcia Auerback  
Gary Aumer  
Michael J. Aumer  
Barbara Bakker  
Loren & Jacque Bakker  
Kathye Bedard  
Beecher, Field, Walker, Morris, Hoffman & Johnson PC  
Black Hawk County Sheriff's Office  
Dennis Brandt  
Theresa Britt  
Buchanan Co. Health Center  
Pat Buls  
Rich & Meg Campbell  
Can-Am Automotive & Touring  
Dayna Carpenter  
Cedar Heights Elementary School  
Cedar Valley Cyclists  
Colwell Ford  
Community Memorial Hospital  
Christopher Corcoran  
DJ Corson  
Sam & Dawn DeBord-Team Sherry  
Thomas DeGroote  
Cinda Dodd  
Frank Dowie  
Elizabeth "Beth" Drellich  
Dunkerton Community Schools  
Lori Fegley  
First Congregational Church  
Paul & Marge Fitzgerald  
Gallagher Family Foundation  
Kate Gallagher Dunning  
Genentech  
Mo Hardy-Vision Hair Studio  
Julie Harn  
Joan Harringa  
Rita Hillman  
Jennifer Hughes  
Marty & Deanna Hughes  
Iowa WORKS staff  
Isle Casino & Hotel  
Jeramie Johnson  
Joywheel Cycling Studio  
Jason Jochumsen  
Mark Kendall  
Marty King  
Amy Knoll  
Pytr & Mona Knoll  
Debra Knudtson

*As of this writing both BPT Support Groups (Touch of Courage and All Cancer Support Group) have met in-person outdoors. Please call first before attending any group. Wear a mask if indoors, and do not attend if you have been exposed to COVID-19.*

**January 4, 1:30 p.m.**

***Care & Share Cancer Support Group***

IF MEETING IN PERSON, MASK REQUIRED  
MercyOne Waterloo Cancer Center  
200 E Ridgeway Ave., Waterloo  
Jessica – 319-272-2816 for meeting info

**January 10, 1:30 p.m.**

***Touch of Courage Breast Cancer Support Group***

IF MEETING IN PERSON, MASK REQUIRED  
Community Foundation of NE Iowa  
3117 Greenhill Circle, Cedar Falls  
Pat – 319-232-8691 for meeting info & location

**January 18, 1:30 p.m.**

***BPT All Cancer Support Group – Meet, Mingle and Learn***

IF MEETING IN PERSON, MASK REQUIRED  
Cedar Valley Unitarian Universalist Church  
3912 Cedar Heights Dr., Cedar Falls  
Angela – 319-231-3143 for meeting information

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

***Care & Share Cancer Support Group***

IF MEETING IN PERSON, MASK REQUIRED  
MercyOne Waterloo Cancer Center  
200 E Ridgeway Ave., Waterloo  
Jessica – 319-272-2816 for meeting info

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

***Touch of Courage Breast Cancer Support Group***

IF MEETING IN PERSON, MASK REQUIRED  
Community Foundation of NE Iowa  
3117 Greenhill Circle, Cedar Falls  
Pat – 319-232-8691 for meeting info & location

**February 17**

***Splash of Color – Women of Color Breast Cancer Support Group***

Call Cathy Ketton - 319-504-2703 for details

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

***Care & Share Cancer Support Group***

IF MEETING IN PERSON, MASK REQUIRED  
MercyOne Waterloo Cancer Center  
200 E Ridgeway Ave., Waterloo  
Jessica – 319-272-2816 for meeting information

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

***Touch of Courage Breast Cancer Support Group***

IF MEETING IN PERSON, MASK REQUIRED  
Community Foundation of NE Iowa  
3117 Greenhill Circle, Cedar Falls  
Pat – 319-232-8691 for meeting info & location

**April 4, 1:30 p.m.**

***Touch of Courage Breast Cancer Support Group***

IF MEETING IN PERSON, MASK REQUIRED  
Community Foundation of NE Iowa  
3117 Greenhill Circle, Cedar Falls  
Pat – 319-232-8691 for meeting info & location

**April 5, 1:30 p.m.**

***Care & Share Cancer Support Group***

IF MEETING IN PERSON, MASK REQUIRED  
MercyOne Waterloo Cancer Center  
200 E Ridgeway Ave., Waterloo  
Jessica – 319-272-2816 for meeting information

**April 19, 1:30 p.m.**

***BPT All Cancer Support Group – Meet, Mingle and Learn***

IF MEETING IN PERSON, MASK REQUIRED  
Cedar Valley Unitarian Universalist Church  
3912 Cedar Heights Dr., Cedar Falls  
Angela – 319-231-3143 for meeting information

**Look Good  
Feel Better**

At this time, these sessions have not met in person. However, the American Cancer Society offers live virtual workshops. These provide a safe, convenient way to experience Look Good Feel Better from home, featuring their national trainers.

Check out –  
[lookgoodfeelbetter.org](http://lookgoodfeelbetter.org)



*Survivor, Continued from page 2*

site on [October 1](#) which is so fitting as October starts breast cancer awareness month.

I reached the finish line as my warriors are making sure of it with them by my side. You are my warriors!

Initially, I really didn't want to share the fact that I had breast cancer. It is an overwhelming diagnosis. The last thing you want to do is put your burden on others. But they gave me strength and confidence that I could do this. They made me realize how important it is to share and support one another. I think we are all compassionate in our own ways. However, compassion in cancer gives me an entirely new perspective.



*Note – Debbie wrote this article in 2019. She lost her battle to cancer in 2020 after the Pink Ribbon Run. In 2021, J & D R Badazz Angels R Badazz Angels. became the two combined teams.*

*The Beyond Pink TEAM would like to thank our various donors, event sponsors, and fundraisers this year. We have seen an increase in need for financial support for individuals going through cancer treatment. Without YOU, we wouldn't be able to help these individuals with co-pays, living expenses, and travel. YOU have brightened their lives.*



## UPDATES

Beyond Pink TEAM (BPT) advocates, Christine Carpenter and Lori Seawel, attended the National Breast Cancer Coalition's (NBCC) inaugural Project LEAD: Public Policy training in Washington, DC.

Policy LEAD is designed to educate advocates on public policy theories and implementation. Advocates from across the country, including local BPT advocates, traveled to Washington, DC, October 14-16, 2021 to learn from top policy faculty about the public policy process.

Since its inception, NBCC has focused its effort on systems change in science, healthcare, and policy arenas in order to advocate for meaningful legislation, ending breast

cancer and saving lives. Policy LEAD focused on:

- Models of applied policy analysis and their philosophies
- Strategies for creating, designing, and presenting public policy
- Small group work discussing the foundations of policy analysis and
- How to develop effective policies

Beyond Pink TEAM is a member organization of the National Breast Cancer Coalition and has advocated for research, quality healthcare, and an end to breast cancer since 1997. To learn more about BPT's advocacy efforts check out our website: [BeyondPinkTEAM.org/advocacy.html](https://BeyondPinkTEAM.org/advocacy.html)

### Won't You Join US?

#### *Donations continued from page 6*

Diane Larsen  
Donna Lindeman  
Main Street Grundy Center  
Cathy Markey  
MercyOne  
Midwest One Bank  
Al & Carl Miller  
Stan Nielsen  
Donna O'Brien-Bambino Cookies  
Jennifer Oesterle  
Mary Oldenburger  
Bob & Rhoda Olson  
Orchard Hill Elementary School  
Peet Jr. High School  
Molly Peters  
Pi Sigma Epsilon-Epsilon Theta  
Nick Pilipchuk  
Michele Rakoff  
Rick Retzlaff  
Faith Robbins  
Cathy Sabelka  
Sadeta Sarajlija  
Bernadette Scheib  
Merrie Schroeder  
Terri Seegers

Natalie Sennett  
Sigma Pi Kappa Chapter-Allen College  
Patricia Simmons  
Shawn & Janelle Smeins  
Jan Smith  
Kenneth Smith  
Smitty's  
Helen Snell  
Alan Steffen  
Rebecca Swinton  
TCG Industries  
Marilyn Teig  
James & Cheryl Thayer  
The Salon Professional Academy  
Debra Jo Thome  
Anna Tisue  
Tyson Fresh Meats  
Cheryl Walter  
Sandra Walters  
Doris Webber  
Carol Weisenberger  
Keith & Marge Wellman  
Sally Wetherall  
Rodney Whitlock  
Lisa Wilson  
Mary Wolfe  
Catherine Zeman



**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.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)

**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** 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)

**National Cancer Institute** for NCI dictionaries of cancer terms, genetics terms, and cancer drugs. [www.cancer.gov/publications/dictionaries](http://www.cancer.gov/publications/dictionaries)

**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
- Become part of the Breast Cancer Advocacy Network
- Volunteering: (check all that apply)
- Assist with Support Groups
- Development (Publicity)
- Events (Fundraisers, Projects and More)
- Making phone calls and sending emails to policy makers for breast cancer issues
- Become a member of the Beyond Pink TEAM -Complete this form, send with a check for \$5 to Jeanne Olson, BPT Treasurer, to address at bottom of this page. Meetings are 3<sup>rd</sup> Thursdays each month (except December) at 7:00 a.m.
- Education (Health Fairs/Presentations, Newsletters)
- Advocacy – Contact Congress/Ignite the Cancer Conversation
- Donate. Make checks payable to Beyond Pink TEAM. (All donations are tax deductible)
- BPT Fund
- Advocacy Fund
- Area of Need

## Touch of Courage . . . Connection

Quarterly Newsletter of Beyond Pink TEAM

Cedar Valley Cancer Committee  
 Dba Beyond Pink TEAM  
 3453 Kingswood Place  
 Waterloo, IA 50701  
[www.beyondpinkteam.org](http://www.beyondpinkteam.org)