



# Touch of Courage . . . Connection

## October 2015

TAKING ACTION – EDUCATING – ADVOCATING – MAKING A DIFFERENCE

IN THIS ISSUE

## The Emotions of Breast Cancer

*By Jeanne Mullen, MSW, ACSW, LISW*

Hearing that you have breast cancer is a great shock for most women. In your mind it could be the worst thing to hear and the last thing you expect. At first, you may feel completely overwhelmed. You may have trouble thinking, eating and sleeping. These are normal reactions. As time moves on, your feelings can change rapidly. You may feel denial, anger, stress, anxiety or depression. You may also feel lonely. These feelings are also common in the people who are close to you.

Knowing that you have cancer can make you feel that you have less control over your life. You can gain more control by learning as much as you can about your illness. Make sure that all of your questions/concerns are addressed by your health care providers. Remember that it is acceptable to get a second opinion about your cancer diagnosis and treatment plan if you feel the need to do so.

Feelings of anger can be directed at the cancer, your fate, health care providers, or healthy friends and your family. These feelings of anger often come from other feelings more difficult to express such as fear, panic, frustration, and helplessness. Ignoring or trying to cover up your emotions may make you feel worse. The best way to deal with these emotions is to talk about them. It can lessen the stress they cause.

If you are not comfortable talking about your feelings you can keep a daily journal to express your thoughts and feelings. Another way to deal with your stress is to attend a support group to talk to others who understand what you are going through. You can also do relaxation exercises or learn to meditate. People who have religious faith often turn to prayer to help them. Professional counseling is also available. Ask to see a social worker at your Cancer Treatment Center.

No one needs to face breast cancer alone. Help is available from family members, friends, other individuals dealing with cancer, members of the clergy, and health professionals. It is okay to ask for help. This is a sign of strength, not weakness.

Living with cancer may be the biggest challenge you have ever faced. It is important to work through your personal feelings and to go on living and enjoying each day. Remember to set goals so that you have something to look forward to accomplishing. These goals should be for tomorrow, next week and next year. As one breast cancer survivor put it, "Cancer granted me the vision to see each day as precious, a gift to be used wisely and richly."

For some women, a support group is a good option to help in dealing

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## Keep On-Keeping On

By Jill M Baker, Survivor

What do you think when you hear the words, "I am sorry you have cancer?" It sure wasn't what I expected to hear. With my 24 year old daughter by my side holding my hand, the doctor told me those words. It was January 30th, 2014 just 3 weeks before my 46th birthday. I remember thinking that I didn't hear him quite right. Then I could feel my daughter trembling and sobbing. I knew it was true. I started asking all kinds of questions, and I wanted the answers right NOW! Invasive Ductal Carcinoma Grade 3 . . . What did that mean? . . . Would I lose my breasts? . . . Would I lose my hair? . . . Will I be sick? Of course I got on the internet to look everything up. That's the worst thing I could have done. You really do need to take things one day at a time.

I had quite a ride with everything. After my surgery, in which I chose a double mastectomy, I started chemo. Very first round I thought, "I got this . . ." Ummm . . . no I didn't. I had a horrible reaction to it. I landed in the hospital and then when I thought everything was over and done with, I had to have a bone marrow biopsy. I really was scared many times, but tried to hide my worries from my children and Todd my boyfriend of 7 years.

However, they were my rock. My daughter Michaela went to every chemo treatment. She took many pics of my journey, even when I didn't feel very beautiful. She was the first to post of how proud she was of me. My son Sheldon would come visit me after treatments and try to get me to eat something when nothing tasted very good. I not only had a lot of support from my friends and family, but I owe a lot to The Beyond Pink Team. Not only did they help me from getting a mammogram to getting me into a breast surgeon in two days, but as I tried to work as much as I could while going through treatment, I needed some extra financial help to make ends meet. I am ever so grateful...I am now not only a proud member of the BPT.

Recently I have been asked to be on the educational council to be an advocate to help educate women and men on breast cancer. I am excited to start that journey to help others going through or have gone through treatment or just to have someone to talk to about anything. I have gained much more than I have lost to this horrible disease. As I continue to walk along this journey and if I can help one or two people learn something

that they did not know before I feel so good. Each and every day I feel a little bit stronger. It now has been 14 months and I just say "Keep on Keeping On".



*Emotions of Cancer, continued from page 1*

the emotions. There are several options available her in the Cedar Valley:

- **Touch of Courage** – Breast Cancer Support Group meets the 1<sup>st</sup> Monday of each month (unless a holiday, then the following Monday) at 1:30 pm in the Kimball Ridge Center 2101 Kimball Avenue, Waterloo. Contact Pat Buls at 319-232-8691 for more information.
- **Splash of Color** – Breast Cancer Support Group for Women of Color meets the 2<sup>nd</sup> Thursday of February, May, August and November from 5:00-7:00 pm at the Waterloo Public Library, 415 Commercial Street, Waterloo. Contact Cathy Ketton at 319-493-8857 for more information.
- **Young Cancer Survivors Meet, Mingle and Learn** is an educational event for all young (and young at heart) women with any type of cancer. It is held the 3<sup>rd</sup> Tuesday of January, April, June and September at the Unitarian Universalist Church, 3912 Cedar Heights Dr., Cedar Falls (south of AEA267). Contact Gabbi DeWitt at 319-292-2225 for more information.
- **Care and Share Support Group** for anyone dealing with any type of cancer meets the 1<sup>st</sup> Tuesday of each month at 1:30 pm at the Covenant Cancer Treatment Center, 200 E Ridgeway., Waterloo. Contact Jeanne Mullen at 319-272-2816.
- **Waverly Breast Cancer support Group** meets the 4<sup>th</sup> Saturday of each month at 9:00 am at the Redeemer Lutheran Church, 2001 W Bremer Ave., Waverly. Contact Ann Henniger Trax at 319-352-5108.
- **Grundy Center Breast Cancer Support Group** meets the 1<sup>st</sup> Monday of February, May, August and November from 4:45-6:45 pm at Grundy County Hospital. Contact Kristi Barnet at 319-824-4129 for more information.
- **West Union Breast Cancer Support Group** meets quarterly at

palmer Lutheran health Center, 112 Jefferson St, West Union. Contact Loretta Lerch at 563-422-9705 or 563-774-2101 for dates and times.

- **Look Good ... Feel Better** is sponsored by the American Cancer Society. A volunteer stylist will assist those in cancer treatment with a complimentary makeover and skin care session from 1:30-3:30 pm at the Covenant Cancer Treatment Center, 200 E Ridgeway Ave., Waterloo. Call ACS at 319-493-8857 for dates.

## Go GREEN !

By Cindy Harris, a Survivor



### Spiders - Go Away!

It seems to me that spider eggs must be hatching now. I don't know about you but that is the ONE thing I am afraid of. Silly I know, but I am. I won't put pesticides in my house or in my yard and garden. But essential oils work great. As so many insects are becoming resistant to pesticides they don't seem to be able to become resistant to the oils. Probably because the scent of them is nature's way to protect plants from the bugs. That is why plants have scents, to deter pests.

Peppermint oil is one that spiders don't like at all. Put peppermint oil and water in a spray bottle. Spray in cracks, corners or anywhere you see these little monsters and it will make them move on. Spray it around the house foundation inside, cabinet bottoms, anywhere there is a little crack they can get into. Vinegar and water will usually do the same but the peppermint scent leaves the house smelling much better than vinegar.



## Upcoming Events and Fundraisers benefiting the Beyond Pink TEAM!

**Cedar Falls Girls Night Out** – Thursday, October 1 – 5:00-9:00 pm  
downtown Cedar Falls

**Pink Ribbon Run packet pick-up** – Friday, October 2 – 5:00-7:00 pm  
Cedar Falls Community Center

**Pink Ribbon Run** – Saturday, October 3 – 7:00-8:00 am Registration, Check-in, Packet Pick up / 8:00 Opening Ceremonies – Race Begins  
Cedar Falls Community Center

**UNI Soccer Pink Out** – Saturday, October 3 – 1:00 pm at the Cedar Valley Soccer Field

**Black Hawk Hockey Pink Out with 50/50 raffle** – Saturday, October 3 – 7:00 pm – Young Arena, Waterloo

**Delivering Fashion** – Sunday, October 4 – 7:00-9:00 pm – Scheels All Sports, Cedar Falls – Advance ticket purchased required

**Splash of Color 5K Walk/Run** – Saturday, October 10 – 7:30 am-4:00 pm with walk beginning at 8:30 am – East Waterloo High School. Call Cathy Ketton at 319-493-8857 to register or more information

**UNI Volleyball Pink Out** – Saturday, October 10 – 7:00 pm – McLeod Center, UNI Campus – Breast Cancer Survivors will be recognized. Please contact Marty M at 319-269-7176 or mapanix@cfu.net for details.

**Coding Against Cancer** – Saturday, October 24 – noon-6:30 pm  
Maucker Union, UNI Campus includes Hack-a-thon, bake sale and games

**Black Hawk Hockey Pink Out with Pink Jersey Auction** – Saturday, October 24 – 7:00 pm – Young Arena, Waterloo

**Isle Casino** – Monday, October 26 – 11:00 am-2:00 pm and 4:00-9:00 pm – 50% of cash sales at Farmer's Pick Buffet goes to BPT

**Goldwing Road Riders Association Iowa Chapter I Quilt Raffle** – Now through December 12<sup>th</sup>. Contact Roger Bahe 563-542-5911 for tickets

**Kate & Co, Salon and Spa** – Month of October – 10% of pink packaged retail items donated to BPT

**Flowerama** – Month of October – part of proceeds donated to BPT – stop at any store location.

**Bambino Cookies** – All year long – part of proceeds donated to the BPT. To order call 319-231-3834 or bambinoslove@gmail.com

To share about an event or fundraiser you are doing for BPT, contact Marty M at 319-269-7176 or mapanix@cfu.net

The Beyond Pink TEAM  
cordially invites you to the  
Celebration of Accomplishments and Recognition

*Thinking Outside of the Box to End Breast Cancer*

Thursday, October 29, 2015  
Sunnyside Country Club  
1600 Olympic Drive - Waterloo, IA 50702

5:00 p.m. to 6:30 p.m.  
Complimentary Hors d'oeuvres and Cash Bar Available

5:30 p.m.  
"Thinking Outside the Box to End Breast Cancer"  
Survivor Stories  
Honor Survivors  
BPT Awards and Recognition  
Fundraising Recognition and more...

Business Casual Attire



Please RSVP by Friday, October 16, 2015

- YES, I will be attending: Your name: \_\_\_\_\_  
 I am a Breast Cancer Survivor: \_\_\_\_\_ Years as a Survivor  
 \_\_\_\_\_ Number of additional persons attending  
 Additional Attendee(s) Name(s): \_\_\_\_\_
- NO, I will be unable to attend.  
 Please accept this donation in my place (optional)  
 You may also RSVP by email to Marty Mullix at mapanix@cfu.net or by phone 319-277-5236

IGNITE  
the  
CANCER CONVERSATION

**Save the Date** – On Thursday, April 7, 2016, from 5-8 p.m. at Park Place Event Center the Beyond Pink TEAM will present "Ignite the Cancer Conversation" by going beyond awareness and early detection to addressing ways to end ALL cancers.

George J Weiner, MD, Director of the Holden Comprehensive Cancer Center at University of Iowa and Keith L. Knutson, PhD, Mayo Clinic Immunologist will be the featured speakers sharing cutting-edge approaches in cancer care.

Following the speakers will be short presentations from representatives of the medical, policy making and survivor communities, setting the stage for round table discussions among the presenters and attendees. It is hoped to chart new directions for our conversations about understanding cancer and how to end it.

For updates LIKE us on FaceBook or watch for more information in our next newsletter.

## Support Group Meeting Dates

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

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

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

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

**October 12, 1:30-3:30 p.m.**

**Look Good ...Feel Better Hair – Make-up – Nails – Skin**  
Covenant Cancer Treatment Center  
200 E Ridgeway Avenue, Waterloo  
RSVP at 319-493-8857

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

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

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

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

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

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

**November 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

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

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

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

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

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

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

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

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

**January 19, 4:30-7:00 p.m.**

**Young Cancer Survivors Meet, Mingle and Learn**  
Unitarian Universalist Church  
3912 Cedar Heights Dr., Cedar Falls  
Gabbi – 319-232-2225

## 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 interested in volunteering for the Beyond Pink TEAM, please visit our website at [beyondpinkteam.org](http://beyondpinkteam.org) or contact Marty Mullnix at [mapanix@cfu.net](mailto:mapanix@cfu.net).

## Beyond Pink TEAM Advocates Make a Difference in Washington, DC

Beyond Pink TEAM advocates left the National Breast Cancer Coalition (NBCC) Leadership Summit energized about Breast Cancer Deadline 2020. In fact, we have decided to bring some of the phenomenal plenary sessions back to the Cedar Valley. Save the date, Thursday, April 7, 2016, from 5-8 p.m. and join the conversation on Cutting Edge Approaches to Cancer Care. Watch for more information in our next newsletter.

Lobby Day once again was a great success! All five Beyond Pink TEAM advocates took to Capitol Hill moving from House to Senate offices to meet with Members and staff and urge support for Breast Cancer Deadline 2020 and NBCC's legislative agenda. Six meetings were held resulting in an increase in cosponsors for our #1 legislative priority, The Accelerating the End of Breast Cancer Act, H.R.1197. To date all of Iowa's members of the House have endorsed Breast Cancer Deadline 2020 and are cosponsors of H.R. 1197. Please thank Representatives Rod Blum, Dave Loebsack, Steve King and David Young for their support for ending breast cancer. In the Senate we presented Senator Chuck Grassley with an award for his leadership role in sponsoring The Accelerating the End of Breast Cancer Act (S.746). We know "Grassley Works" so we are pleased he has said he is going to work to get this done.

Now we need each of you to build on this momentum by urging Senator Joni Ernst to co-sponsor this bipartisan legislation that will help ensure our nation's limited research dollars are leveraged to accelerate progress already begun. Please act today! Then share this action with family, friends and colleagues and ask them to do the same.

Please email

**[Andrea\\_Hechavaria@Ernst.senate.gov](mailto:Andrea_Hechavaria@Ernst.senate.gov)**  
with the following message:

Dear Senator Ernst. In order to know how to end breast cancer by January 1, 2020 we must all work together. I encourage you to join me in supporting this goal by becoming a cosponsor of S. 746/H.R. 1197, the Accelerating the End of Breast Cancer Act. I look forward to your response. (Include your name and address)



**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)

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

**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)

# 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:

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