



Cedar Valley Cancer Committee

TOUCH OF COURAGE

CONNECTION NEWSLETTER

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UNDERSTANDING LOBULAR BREAST CANCER: KEY DIFFERENCES AND CONSIDERATIONS

Breast cancer is a complex disease with various subtypes, each with unique characteristics and implications for treatment. Among these, lobular breast cancer, also known as invasive lobular carcinoma (ILC), stands out due to its distinct behavior and presentation. This article explores the differences between lobular and ductal breast cancer, and key considerations for those diagnosed with lobular breast cancer.

What is Lobular Breast Cancer?

Lobular breast cancer originates in the lobules, the milk-producing glands of the breast. It accounts for about 10-15% of all breast cancers, making it the second most common type after ductal breast cancer¹. Unlike other types, lobular breast cancer often does not form a distinct lump. Instead, it may cause a thickened or hardened area in the breast, changes in breast size or shape, or an inverted nipple¹.

Differences Between Lobular and Ductal Breast Cancer

The primary difference between lobular and ductal breast cancer lies in their origin. While lobular breast cancer starts in the lobules, ductal breast cancer begins in the ducts that carry milk from the lobules to the nipple². This distinction affects not only their presentation but also their detection and treatment.

Detection and Diagnosis: Lobular breast cancer can be more challenging to detect on mammograms compared to ductal breast cancer. This is because lobular cancer cells tend to grow in a single-file pattern, spreading diffusely through the breast tissue without forming a lump³. As a result, additional imaging techniques such as MRI or ultrasound may be necessary for accurate diagnosis⁴.

Growth and Spread: Lobular breast cancer often grows more slowly than ductal breast cancer. However, it has a higher likelihood of being multicentric (occurring in multiple areas within the same breast) and bilateral (affecting both breasts)⁵. Additionally, lobular breast cancer is more likely to metastasize to unusual sites such as the gastrointestinal tract, peritoneum, and ovaries, whereas ductal breast cancer more commonly spreads to the bones³.

Hormone Receptor Status: Most lobular breast cancers are hormone receptor-positive, meaning they grow in response to hormones like estrogen⁶. This characteristic can influence treatment options, as hormone therapies that block these hormones can be effective in managing the disease⁵.

Key Considerations When Diagnosed with Lobular Breast Cancer

Being diagnosed with lobular breast cancer can be overwhelming, but understanding the unique aspects of this disease can help in making informed decisions about treatment and care.

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"I AM PISSED! to I AM GRATEFUL!"

"I AM PISSED!" That was my first thought when I was diagnosed with breast cancer last April. Not because I had cancer - after all, 1 in 8 women will - but because I had never even heard of my specific type: Invasive Lobular Carcinoma (ILC), despite nearly 40 years in healthcare and research.

I grew up in Waterloo, earned my BSN from the University of Iowa, and spent years in Northern California working in clinical research. Eventually, I returned home, married a longtime friend, adopted our wonderful child and dog, and built a thriving career. Yet, like many healthcare professionals, I often neglected my own checkups. Last fall, between jobs, I finally caught up on my medical exams.

A routine mammogram at UnityPoint led to a callback, then a stereotactic biopsy. Five long days later, the pathology report confirmed it: Invasive Ductal Carcinoma with Lobular features. At that moment, my life changed. But rather than ask, "Why me?" I thought, "Why not me?" The statistics are terrible, but I was lucky—I caught it early.

My journey included consultations, surgery, and radiation at Mayo Clinic, where I opted for a five-day vs 15-day hypo fractionated treatment in the prone position to protect the underlying organs. The care I received—both locally at home and at Mayo—was exceptional. I was also fortunate to avoid chemotherapy, thanks to an Oncotype

ANNE MCCABE'S SURVIVOR STORY

DX test that guided my treatment. Now, I take a daily aromatase inhibitor to reduce recurrence risk and continue regular screenings.

Through it all, I found strength in family, friends, and support groups like Beyond Pink TEAM. I even participated in my first Pink Ribbon Run, finding solidarity in a sea of survivors. I'm determined to raise awareness about ILC, a sneaky and often-missed subtype that demands more research and recognition. October 15, 2024, was declared the first-ever Global Lobular Breast Cancer Awareness Day—just the beginning of the advocacy that is needed.

Today, my prevailing thought is, "I AM GRATEFUL!" Early detection saved my life, and I hope my story inspires others to stay vigilant. We live in a time of incredible medical advancements. Stay informed, get your screenings, and never assume it won't happen to you.



THE BEYOND PINK TEAM'S TOUCH OF COURAGE BREAST CANCER SUPPORT GROUP CELEBRATES A MILESTONE

The Touch of Courage Support Group recently celebrated 10 years of making Hearts of Hope pillows and giving out at least 1,000 pillows to give support and love to those fighting breast cancer. At their June meeting, they were busy assembling 24 more pillows.

"We love helping those who are fighting but pray for the day there won't be a need because a cure was found," Mary Jo Juel, a BPT and Touch of Courage Breast Cancer Support Group member shared.

Members would like to thank Bambino's Bakery for the special decorated cookies and extra goodies. If you haven't already checked out Bambino's Bakery, they are located at 2110 Kimball Avenue, Waterloo.



To find out more about the Beyond Pink TEAM and our support groups contact Angela Hamilton at 319-231-3143 or check the BPT website at beyondpinkteam.org.

SURVIVORSHIP 101 COURSE DATES FOR FALL 2025

**SPONSORED BY
UNITYPOINT HEALTH ALLEN HOSPITAL,
WATERLOO COMMUNITY CANCER CENTER**

Survivorship 101 is a FREE 9-week course for cancer survivors and their caregivers. This course provides practical guidance for your next steps, including research-based advice on topics like building resilience, nutrition, exercise, and reducing anxiety.

Survivors of any type of cancer who have completed their curative intent treatment are welcome to register. It doesn't matter when or where treatment was completed.

Fall classes will be held weekly on Wednesday afternoons from 2:00-4:00pm at UnityPoint Clinic Prairie Parkway Medical Building in Cedar Falls from September 3rd to November 5th (with the exception of October 8th).

To register, to get more information, or to be added to the contact list for future classes, please contact Mary Kobliska, Social Worker, Allen Hospital Community Cancer Center at 319-236-4721 or email Mary.Kobliska@unitypoint.org.

A NINE-YEAR CANCER JOURNEY **DEBRA HINDERS PUGH'S SURVIVOR STORY**



I can tell you no person is ever totally prepared for a hard journey until that journey happens.

Each of our journeys are different but yet

the same. They are different so that we can share with each other what those journeys were, how we decided to go through them, what helped us to get through them, and what didn't. We cannot grow in our life journeys without each other. It is about both the good and the bad in our lives not about being perfect! I don't know or even understand it all and neither will you.

It is never as easy as words can imply. It is a full-time job not to dwell on what could happen, but on each day given. Every person is on loan from God. My first diagnosis of breast cancer, at 50, led to my faith in Jesus. That prepared me for my second cancer, at 63. This diagnosis was Aggressive Advanced Stage HER2 Negative cancer, with a large tumor in my lymph node...which was much more life altering than the first cancer.

Many don't have the means to get through their cancer journeys. Giving to "Beyond Pink TEAM" no matter how

small or how big the amount, absolutely every dollar matters. Sometimes we are only able to give support in other ways. Sometimes we just receive that help. And that is the main goal of "Beyond Pink TEAM". Their help is there for everyone no matter their status!

Some Tips.

- You can ask people to keep their words, advice, and stories positive!
- Pay attention to your body and let the nurses and doctor know of any changes even if they seem small.
- If the bend in your ankle gets uncomfortable, share it with the nurses. Nerve damage is not reversible.
- For dry mouth use Biotene spray & toothpaste on finger to clean mouth.
- Dry eyes need lubricated drops to prevent problems down the road.
- Keep track of the water you drink. You will do better if you do!
- Get out of the house when possible.
- Cut the bottom of an old T-shirt off, tack it inside a wig with thread. It will protect your head from discomfort better than wig caps.

TELLING CHILDREN ABOUT YOUR CANCER DIAGNOSIS

WRITTEN BY JULIE HUSBAND, BPT AND IGNITE THE CONVERSATION MEMBER

When I was 15, in 1983, my mother was diagnosed with breast cancer. This was in a time when most women had surgery, radiation, and chemotherapy, and my mom had a long road in front of her. I don't remember our conversation, but I know she and my dad would have been very factual. They would have used clinical terms and laid out the date of her surgery and length of treatments. I also know she kept her fears to herself.

When she emerged from surgery and while she was still struggling with the anesthesia, she revealed the depths of her fears, and this came as a shock to me. Still, the impression I had at the time was that it was important to distract her and help her keep her mind off her fears. I realize now how impossible such a course is, how our family made it more difficult for her to manage her fears and share her pain and depression. I also had a hard time imagining my role or finding ways to be helpful.

That's why I find the Livestrong video, found in the Cancer Journey tool under "Diagnose" and "telling others about cancer," so helpful. First, it advises parents to explain the diagnosis in an age-appropriate way and then describe what to expect of surgery and/or treatment. But then it

explains why it's important to share one's fears. It frees children to also share their fears, and it lets them know that they can return to the subject; they don't have to feel that this is a one-and-done conversation. Lastly, the video points to additional resources for what children can do to help.

My sister-in-law was diagnosed with breast cancer when her children were in elementary school. One beneficial thing they did was make a construction paper chain with a link for each day until her treatments were over. The kids could see their mom's progress, though she became more tired. The kids also had a support group that offered a place to share concerns with people outside the family. The kids helped their mom, and they, in turn, seemed to find a sense of purpose and meaning. I wish my parents, and I had some of the thoughtful advice found in "The Cancer Journey!"

The Cancer Journey video can be found on the BPT website at www.beyondpinkteam.org on the home page or here.



2025 NBCC SUMMIT THROUGH THE EYES OF BARB HORSTMANN

Every year Beyond Pink TEAM sends a handful of its members to the National Breast Cancer Coalition's Advocate Leadership Summit in Washington, DC. I knew I wanted to attend as soon as I heard about it, but a busy family life kept me from going. This year I was finally able to go - boy am I glad I went. The Summit consisted of 2 1/2 days of various workshops led by doctors from some of the best cancer centers in the United States, university professors, researchers, and advocates explaining the science behind breast cancer, the latest treatments, clinical trials, known and potential risk factors, and so much more. The Summit ends with a full day of lobbying on Capitol Hill. One of the sessions I enjoyed most was "Become a Breast Cancer Champion: Building Relationships and Acing Your Meetings with Congressional Offices." One of the speakers of this session was an actual Legislative Assistant for a California congressperson. She was able to tell us what we should and shouldn't do at the meetings with our own congressional representatives - be on time, ask specifically what we want from the representative, tell them how we

will follow up on our "ask," and then follow up. I believe our group from the BPT did an excellent job at all our meetings on Lobby Day and were truly clear about what we wanted from each of our representatives. It was a long day but after we were done, it was a great feeling knowing that what we did on Capitol Hill that day was our part in pushing to pass legislation to make things a little easier for everyone fighting breast cancer - and hopefully move closer to finding a cure through continued research funding. This will not be the last time I attend the NBCC Advocate Summit, and I urge anyone interested in advocacy to please join me next year. You will leave the Summit feeling fully motivated and asking yourself "what's next?" The BPT advocacy team will be happy to answer that question for you!



CONTINUED FROM PAGE 1

1. Comprehensive Imaging: Given the diffuse growth pattern of lobular breast cancer, comprehensive imaging is crucial. In addition to mammograms, MRI, and ultrasound can provide a more detailed view of the breast tissue and help identify the extent of the disease⁴.

2. Treatment Options: Treatment for lobular breast cancer typically involves a combination of surgery, radiation, and systemic therapies such as hormone therapy, chemotherapy, or targeted therapy. The choice of treatment depends on several factors, including the stage and grade of the cancer, hormone receptor status, and overall health⁵. Hormone therapy is particularly important for hormone receptor-positive lobular breast cancer, as it can help prevent recurrence⁶.

3. Monitoring for Recurrence: Regular follow-up appointments and imaging are essential for monitoring recurrence. Lobular breast cancer has a tendency for late recurrences, often many years after the initial treatment⁶. Staying vigilant and maintaining regular check-ups can help detect any recurrence early.

4. Genetic Testing: Genetic testing may be recommended, especially if there is a family history of breast cancer. Mutations in genes such as BRCA1 and BRCA2 can increase the risk of developing breast cancer, and knowing one's genetic status can guide treatment decisions and preventive measures⁵.

5. Support and Resources: Navigating a breast cancer diagnosis can be challenging, and having a strong support system is vital. Support groups, counseling, and resources from organizations like the Beyond Pink TEAM can provide emotional support and practical information.

Conclusion

Lobular breast cancer, while less common than ductal breast cancer, presents unique challenges and considerations. Understanding these differences and being proactive in seeking comprehensive care can make a significant difference in outcomes. If you or a loved one is diagnosed with lobular breast cancer, remember that you are not alone, and there are resources and treatments available to support you on this journey.

Resources

- 1) Cleveland Clinic (2022, September 20). Lobular Breast Cancer (Invasive Lobular Carcinoma). Retrieved March 20, 2025, from <https://my.clevelandclinic.org/health/diseases/21180-lobular-breast-cancer>
- 2) MayoClinic (2024, October 31). Breast cancer types: What your type means. Mayo Clinic. Retrieved March 20, 2025, from <https://www.mayoclinic.org/diseases-conditions/breast-cancer/in-depth/breast-cancer/art-20045654>
- 3) American Society of Clinical Oncology (2023, July 10). Lobular vs Ductal Breast Cancer: Distinctions in Management. The ASCO Post. Retrieved March 20, 2025, from <https://ascopost.com/issues/july-10-2023/lobular-vs-ductal-breast-cancer-distinctions-in-management/>
- 4) Mayo Clinic (2024, June 26). Invasive lobular carcinoma. Retrieved March 20, 2025, from <https://www.mayoclinic.org/diseases-conditions/invasive-lobular-carcinoma/diagnosis-treatment/drc-20373979>
- 5) Susan G. Komen (2025, March 10). Invasive Lobular Breast Cancer. Retrieved March 20, 2025, from <https://www.komen.org/breast-cancer/diagnosis/invasive-lobular-breast-cancer/>
- 6) Roth, E., & Lamoreux, K. (2024, May 24). What Are the Prognosis and Survival Rates for Lobular Breast Cancer? Healthline. Retrieved March 20, 2025, from <https://www.healthline.com/health/breast-cancer/lobular-breast-cancer-prognosis-survival#takeaway>.

JEANNE OLSON RECEIVES MAYORS' VOLUNTEER AWARD



Jeanne wears many volunteer hats in our community.

Before retiring from her work as a nurse manager at the Cedar Valley Breast Care Center, Jeanne joined the Beyond Pink TEAM as a huge supporter and encouraged her workplace to sponsor many fundraisers to benefit the Beyond Pink TEAM. Her role there helped her to guide patients toward the various Beyond Pink TEAM support groups, the quarterly newsletter, and financial assistance by assisting patients with their applications for support from Beyond Pink Fund.

In 2017, Jeanne took on the volunteer role as treasurer for the Beyond Pink TEAM. Besides managing the regular bookkeeping and banking for the Beyond Pink TEAM, Jeanne also oversees payments of all the bills we cover for women and men receiving financial assistance during their treatment through the Beyond Pink Fund. This includes reaching out to the applicants to see what they need assistance with. Medical bills are paid directly to the doctor's office, hospital, or other approved business. Jeanne must keep a separate running balance for each applicant to know what amount they have used and what they have yet available to use each year.

Even with this full-time volunteer role, Jeanne finds time to support her church, Queen of Peace, in a variety of roles. Every Tuesday, Jeanne cooks most of the food served

for the community meals and along with 8-10 regular volunteers they serve between 325 to 400 individuals each week. Jeanne also helps with funeral dinners and is part of their Bereavement Committee. She seems to be around whenever there is work to do at Queen of Peace.

As an outgrowth of her support for Beyond Pink TEAM, Jeanne started volunteering with Bambino's Bakery. Every Thursday you can find Jeanne scooping the signature Bambino cookies as well as anything else that Bambino's may need help with such as; cleaning dishes, putting together boxes, packaging cookies, and more. Being gluten-free herself, Jeanne began making Bambino's gluten-free cookies and created a variety of the flavors: lemon wafer, chocolate chip, gingersnap, and heart-shaped sugar cookies for Valentine's Day.

Jeanne's latest role as a volunteer is with the Pink Ribbon Run, the largest annual fundraiser for Beyond Pink TEAM. In this role, Jeanne takes care of all the financial aspects of this event. She supports the Pink Ribbon Run by working closely with Bambinos, a Warrior Sponsor for the event, providing Bambinos with the number of participants to enable the best possible sponsorship experience, and taking care of all the event's other sponsorship requests.

If you ask Jeanne about being nominated, she will tell you she doesn't need any recognition. She does what she does because that is her nature. I can say she is an amazingly giving woman expecting nothing in return. In other words, her dedication to the Beyond Pink TEAM, her church, and her willingness to be a 'giver,' Jeanne epitomizes what the term 'volunteer' means.

INSPIRING. MOTIVATING. THOUGHT-PROVOKING. BY SUSIE DEZUR

The opportunity to attend the NBCC Summit was all of the above and more. As a new survivor I was not planning to attend the summit this early in my post-treatment journey, but after the encouragement from a good friend's aunt (and fellow survivor) I decided to take the leap.

There is something powerful about being in the same room with so many other women that share the same mission: to end breast cancer. In addition to experiencing this 'sisterhood' we had the opportunity to learn from experts on a variety of topics. One of my favorites was a session titled 'Obesity, Inflammation and Breast Cancer' by Dr. Neil M. Iyengar. Some key takeaways were:

- Breast cancer risk increases with a BMI of 27+
 - Metabolic health impacts - obesity causes an inflammatory state.
 - Fat tissue inflammation + tumor cell = abnormal growth
- Lifestyle interventions may reduce the risk of cancer recurrence.



- Diet – aim for whole grains, vegetables, fruit and legumes, limit red and processed meats.
- Exercise (10 hrs./week) can reduce risk by 40%
- Importance of sleep & mental health
- AICR (American Institute for Cancer Research) is a non-profit organization dedicated to promoting cancer prevention and survival through research, education, and advocacy. Check it out at AICR.org.

Among the many powerful moments at the Summit, Lobby Day stood out as the most transformative. It began with an inspiring and emotional rally on the grounds of Capitol Hill, where lawmakers voiced their support for the National Breast Cancer Coalition's (NBCC) legislative priorities. Energized by their words and united by our mission, we traveled across the Hill to meet with congressional staff, advocating for policies that will make a real difference in the lives of those affected by breast cancer. Though the day moved quickly, the experience of standing in our nation's capital and speaking up for lowans—and for all those impacted by this disease—was a profound and empowering start to my advocacy journey.

BEYOND PINK TEAM ADVOCACY UPDATE: ADVANCING RESEARCH, ENSURING MEDICARE COVERAGE, AND PROTECTING LIFESAVING PROGRAMS

On May 6, seven members of the Beyond Pink TEAM traveled to Washington, D.C., to advocate on Capitol Hill for policies that directly impact people affected by breast cancer. Representing Iowa, they joined forces with advocates from across the country to advance the top legislative priorities of the National Breast Cancer Coalition (NBCC). Their efforts resulted in key support from Iowa's Congressional delegation on three major fronts:

1. Securing Funding for Breast Cancer Research

Thanks to the TEAM's efforts, Iowa Representatives Mariannette Miller-Meeks, Zach Nunn, and Randy Feenstra signed on to a Congressional letter urging continued support for the Department of Defense Breast Cancer Research Program (DOD BCRP), maintaining its robust funding.

Established in 1992, this program is unique among federal research efforts. It's designed to fund innovative, high-impact research that often falls outside the scope of traditional grant mechanisms. The DOD BCRP has a strong track record of advancing science that moves us closer to the ultimate goal: ending breast cancer.

2. Expanding Medicare Coverage for Metastatic Breast Cancer

All four of Iowa's U.S. Representatives — Mariannette Miller-Meeks, Ashley Hinson, Zach Nunn, and Randy Feenstra — expressed their support for a bill that would provide immediate and full Medicare coverage for individuals diagnosed with metastatic breast cancer.

This legislation seeks to eliminate the current waiting periods for Social Security Disability Insurance (SSDI) and Medicare eligibility. For patients living with metastatic disease, timely access to care isn't a luxury — it's a necessity. If passed, this change would be a significant step toward equitable, compassionate healthcare for those most in need.

3. Protecting the Breast and Cervical Cancer Treatment Program

Beyond Pink TEAM advocates also called on Iowa lawmakers to preserve the Breast and Cervical Cancer Treatment Program, a safety net created in 2000 thanks to NBCC advocacy and the leadership of Iowa Senator Chuck Grassley. The program ensures that individuals diagnosed through federally funded screening programs have access to Medicaid coverage for their treatment.

This program has proven to be a crucial resource for uninsured and underinsured patients. As pressures mount on public health programs, Beyond Pink TEAM remains vigilant in protecting this essential coverage. Any cuts to Medicaid threatens this important program.

Why This Work Matters

These aren't just policy wins — they're lifelines. They ensure that people facing breast cancer have access to research-driven treatment, timely coverage, and the care they deserve regardless of their insurance status or income level.

Even if you don't closely follow health policy, these updates reflect how advocacy directly affects real people and real outcomes. When constituents speak up — especially with the help of well-informed advocates — lawmakers listen. Beyond Pink TEAM advocates are currently communicating with Senator Grassley's and Senator Ernst's offices to encourage them to support these same issues. We need your help to reach out to them, too.

Thank You

We're proud of our Iowa advocates who made the trip to Washington, and grateful to our supporters at home. Your continued commitment helps us push for change that saves lives. The fight against breast cancer continues, and Beyond Pink TEAM will keep working until we achieve our mission: to end breast cancer for everyone.

KIMBERLY RUBENACKER'S HIGHLIGHT FROM 2025 NBCC SUMMIT

I thoroughly enjoyed my first time recently attending the National Breast Cancer Coalition (NBCC) Summit!

I enjoyed meeting the many wonderful researchers, oncologists, survivors, and advocates from all over the United States. I was inspired and fascinated by the Artemis Project Program. This group of amazing people – doctors, researchers, oncologists, scientists – whose primary focus is to end breast cancer! These individuals' voice that they are working with focus, urgency, and refusal to accept slow progress. Their drive, passion, and knowledge impressed me.

The Artemis program's specific areas of research are:

- Primary breast cancer prevention
- Prevention of Metastatic cancer
- Ongoing research in immunology
- Development and testing of vaccines for both prevention and therapeutic purposes in breast cancer.

I do feel that we have some great researchers and advocates in our corner, but we also need to strongly continue to VOTE and ADVOCATE for further funding for cancer research and development, keeping that focus, urgency, and refusal to accept slow progress!

There is much more information on the website: www.stopbreastcancer.org/artemisproject.

DONATIONS

These contributions were received by the BPT for the months of March 1, 2025 - May 31, 2025

Linda Bowman
Carol Miller
Community Motors
Marty Mullinx
Melissa Sturch

FUNDRAISERS

Next Generation Wireless
UNI Volleyball



Honorariums

Emily Elbers By Truly T Boutique



Cancer is expensive. Insurance doesn't cover everything - like gas to treatments, hotel stays, or time off work. The funds raised by the Pink Ribbon Run help people in northeast Iowa with real-life costs of cancer. Your support means less stress and more strength for those in the fight.

Options this year are to participate in-person on October 4th or virtually October 4th-11th. Participate as an individual or with a team. You can also skip the walk/run and raise funds for the cause. Breast cancer survivors receive FREE registration again this year thanks to our Warrior Sponsors!

Registration opens August 1 through Run Sign-Up or go to BPT website at www.beyondpinkteam.org. Registration cost is \$30 until September 15. After September 15, registration is \$40. To guarantee a T-shirt, registration must be before September 15.

Packet pick-up - Community Main Street Office, 310 E 4th Street, Cedar Falls Friday, October 3rd - 3-7 pm & Saturday, October 4th - 6:30-7:15 am

Looking forward to celebrating survivors, their family, friends, and the community.



DATES TO REMEMBER JULY - OCTOBER 2025

July 1, 1:30 pm

Care & Share Cancer Support Group
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Sarah 319-272-2816 for meeting info

July 7, 1:30 pm

Touch of Courage
Breast Cancer Support Group
Masks are optional
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-610-4424 for meeting info

August 4, 1:30 pm

Touch of Courage
Breast Cancer Support Group
Masks are optional
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-610-4424 for meeting info

August 5, 1:30 pm

Care & Share Cancer Support Group
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Sarah 319-272-2816 for meeting info

September 2, 1:30 pm

Care & Share Cancer Support Group
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Sarah 319-272-2816 for meeting info

September 8, 1:30 pm

Touch of Courage
Breast Cancer Support Group
Masks are optional
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-610-4424 for meeting info

September 16, 2023, 5:00-7:00

BPT All Cancer Survivor Group
Cedar Valley Unitarian
Universalists Church
3912 Cedar Heights Drive, Cedar Falls
Angela 319-231-3143 for meeting info

October 6, 2023, 1:30 pm

Touch of Courage
Breast Cancer Support Group
Masks are optional
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-610-4424 for meeting info

October 7, 1:30 pm

Care & Share Cancer Support Group
Masks are required/encouraged
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Sarah 319-272-2816 for meeting info

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. beyondpinkTEAM.org

 You can also find us on Facebook.

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

Cancer Care is a national nonprofit organization offering counseling, support, financial assistance, and education to individuals with cancer and their families.

cancercare.org

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

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

National Breast Cancer Coalition'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. 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

National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk. 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**. cancer.gov

National Cancer Institute provides dictionaries of cancer terms, genetics terms, and cancer drugs. cancer.gov/publications/dictionaries

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

CancerChoices is an independent, science-informed resource, helping you make sense of your choice in integrative cancer care. cancerchoices.org

The Cancer Journey provides short 3–5-minute videos featuring survivors, doctors, social workers, and advocates who share their experiences of diagnosis, treatment, after-treatment, living with metastatic cancer, and advocating to end this disease. beyondpinkteam.org/the-cancer-journey.html

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.

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
- Becoming part of the Breast Cancer Advocacy Network
- Becoming 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 3rd Thursdays each month (except December) at 7:00 a.m.
- Volunteering (check all that apply)
- Advocating by contacting Congress/Ignite the Cancer Conversation
- Assist with Support Groups
- Educating by hosting tables at Health Fairs, presenting, helping with newsletters
- Development (Publicity)
- Events (Fundraisers, Projects and More)
- Donating. Make checks payable to Beyond Pink TEAM designating specific fund, if you wish.
(All donations are tax deductible)
- BPT Fund
- Advocacy Fund
- Area of Need

Mail To:
Cedar Valley Cancer Committee
Dba Beyond Pink TEAM
1407 Asbury Lane
Waterloo, IA 50701

Scan here for more information on the Beyond Pink TEAM.



BeyondPinkTEAM.org