

# Touch of Courage

## . . . Connection

### April 2017



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## LOOK GOOD . . . FEEL BETTER

### A PROGRAM BY THE AMERICAN CANCER SOCIETY

By Tammy Schoonover, Community Manager, American Cancer Society

Everyone wants to look good and feel better, especially those going through cancer treatments. The American Cancer Society has a special program just for those ladies wanting to feel good about themselves and look better. Here in the Cedar Valley, Mo Hardy, a licensed cosmetologist leads a class for just that purpose. The classes are held every other month on the 3rd Monday from 1:30-3:30 p.m. at the Covenant Cancer Treatment Center located at 200 E Ridgeway Avenue in Waterloo.

Through a national collaboration of the Personal Care Products Council Foundation, the American Cancer Society, and the Professional Beauty Association, the Look Good...Feel Better® program is dedicated to helping women with cancer cope with the appearance side effects of their treatment. Since 1989, the program has empowered nearly 1 million women in the United States to reclaim their sense of control, confidence and self-esteem. Look Good...Feel Better workshops offer complimentary group, individual and online beauty sessions that include lessons on dealing with temporary

hair loss, skin, complexion and nail changes due to cancer treatment. The two-hour group workshop is led by a volunteer beauty expert who teaches makeup application techniques and offers skin and nail care guidance. They also demonstrate how to manage hair loss using wigs, turban, scarves and accessories.



*Photo of hair accessories donated to area Look Good Feel Better program by LuLaRoe by Danielle.*

Look Good...Feel Better is as much about improving and maintaining self-esteem and confidence as it is about appearance. Patients appreciate the free makeup donated along with the opportunity to spend time in a relaxed, non-medical setting with others who are in the same situation. The workshop helps the participants to regain control of this part of their lives.

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On top of the very real physical and emotional concerns of the disease itself, the side effects of cancer treatment such as changes in skin tone and texture, hair loss, or weight gain or loss can be devastating to a woman's self-esteem. She often sees someone in the mirror that she does not recognize who may look tired or may have lost her hair, but patients who have participated in the Look Good... Feel Better call the program an emotional lifesaver because it helps them regain a sense of normalcy.

"Throughout my career as a cosmetologist, I've worked with some clients and their friends who were battling cancer," says Mo Hardy, a trained Look Good Feel Better volunteer. "When I heard about the Look Good...Feel Better program, I realized this was a chance for me to really work with a special group of women and make a difference for them during a very challenging time. I've become their cheerleader as they continue this journey."



Photo of Look Good Feel Better session.

To register for the April 17th Look Good...Feel Better session in the Cedar Falls/Waterloo area, call 800-395-LOOK (5665).



**Where are They Now?** . . . . In 2017, we will be sharing with our readers how survivors are doing years after their diagnosis. This is the second in the series: an update from Kristin Teig Torres, a 7 year survivor

### The Journey Continues . . .

By Kristin Teig Torres

Seven years after my breast cancer diagnosis, it is very much part of my daily life. My health is good. I currently have no evidence of disease. What constantly fills my mind is how to ensure others do not receive the same news, and how do we stop people from dying from breast cancer.

We are so fortunate to have the Beyond Pink TEAM here in the Cedar Valley. The support and advocacy provided by this organization has a national impact. The work that BPT volunteers do for the community is priceless. The events hosted and grants dispersed give our friends and neighbors the security to stay focused on their breast cancer treatment and healing. The BPT work I am most proud of is our advocacy. My advocacy work has included five National Breast Cancer Coalition Advocate Leadership Summit conferences held in Washington, DC. During these conferences, advocates learn about the latest science surrounding breast cancer. We hear from researchers, physicians and change makers, who influence the breast cancer world on a daily basis. From this work, we formulate legislative plans of action to forward the mission of NBCC and their deadline 2020. This deadline was set to find a way to end breast cancer by 2020. Our leadership summits always end with a Lobby Day, when we visit our legislators on Capitol Hill.

My advocacy has also taken me to an advanced leadership training offered by NBCC called Project

LEAD, which is a six-day intensive science course for breast cancer, advocates covering the basics of cancer biology, genetics, epidemiology, research design and advocacy. I first attended Project LEAD the summer of 2013. This past summer, I was invited to take part in the first ever Advanced Project LEAD, a selected number of Project LEAD graduates are gathered to make decisions on the LEAD training offered by NBCC. I am pleased to announce that this coming summer I have been invited back to participate in Advanced LEAD for the second time.

Our core group of Cedar Valley advocates is also planning our second annual *Ignite the Cancer Conversation* event that will take place on Thursday, April 20 at the Waterloo Center for the Arts. This year we have invited experts to speak on cancer and the environment. Please find a link on the Beyond Pink TEAM website to register.

I am seven years from my breast cancer diagnosis, as you can see; it is part of my everyday life. Working with my wonderful colleagues on the BPT and the Cedar Valley advocates who give of their time to educate and lobby on behalf of all who face a breast cancer diagnosis. I feel a personal responsibility to give back, to make a difference in the world. If we all gave a little of our time and talent, think of what we could accomplish.

Health and happiness!

## The Community Continues to Fundraise for the Beyond Pink TEAM



Dee Hughes and Marty Mullnix accept a check donation from Lori's Dream Team to continue the BPT's mission to support area breast cancer survivors. Thank you!



YEP Lights.com donated proceeds from their solar lawn "HOPE" lights to the BPT. What a great way to share the "Hope" to end breast cancer.

*Any person, group, organization, or business that would like to donate to or fundraise to benefit the Beyond Pink TEAM, please contact Lisa Ellermann at [mamgrl.lw@gmail.com](mailto:mamgrl.lw@gmail.com).*

## IGNITE the CANCER CONVERSATION

The second annual Ignite the Cancer Conversation will be held on Thursday, April 20, 2017 at the Waterloo Center for the Arts. After our inaugural Ignite event drew over 200 people to the Cedar Valley, it was determined we need to continue the conversation!

The Ignite vision is to bring diverse communities together and activate the conversation that will initiate and develop concrete steps to conquer cancer. Our mission is to ignite the cancer conversation by going beyond discussions limited to awareness, early detection, and treatment.

This year, the event will focus on the environment and three experts will be presenting current information that directly impacts Iowa residents. Dr. Kamyar Enshayan will present on Iowa Pesticides, Dr. Catherine Zeman will discuss Iowa water quality and Gail Orcutt will present on the danger of Radon. The event will be interactive, and allow participants to create their own personal action plan. For more information, please check the Beyond Pink TEAM website [www.beyondpinkteam.org](http://www.beyondpinkteam.org) and Ignite the Cancer conversation Facebook pages.

## Living Green

By Cindy Harris



With spring finally here, our thoughts are turning to our yards and flower gardens. Remember no chemicals are needed to control the unwanted weeds, just a little elbow grease to pull those stubborn pests. It will give us some fresh air and needed stress relief.

Put vinegar on weeds or mix two parts water to one part salt, boil and spray on weeds. Be careful to avoid the grass.

Keep rabbits away by placing hair around plants or sprinkle red pepper on them. And make sure you get outside and enjoy the beautiful weather!

## Support Group Meeting Dates

**April 3, 1:30 p.m.**

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

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

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

**April 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  
RSVP at 1-800-227-2345

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

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

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

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

**May 11, 5:00-7:00 p.m.**

**Splash of Color – Women of Color**  
**Breast Cancer Support Group**  
Location to be determined  
Cathy – 319-504-2703 for details

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

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

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

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

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

**Look Good ...Feel Better**  
**Hair – Make-up – Nails – Skin**  
Covenant Cancer Treatment Center  
200 E Ridgeway Ave., Waterloo  
RSVP at 1-800-227-2345

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

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

**July 11, 1:30 p.m.**

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



## Advocating to End Breast Cancer

The goal of Breast Cancer Deadline 2020, to know how to end breast cancer by January 1, 2020, is being achieved through a plan of action centered on four key strategic areas: targeted research, public policy, grassroots advocacy and communications. What does ending breast cancer mean? By January 1, 2020, we must understand how to prevent people from getting breast cancer in the first place and how to prevent them from dying from the disease.

The National Breast Cancer Coalition's (NBCC) 2017 Legislative and Public Policy Priorities further the public policy strategy of this overall plan. They serve as the foundation of legislative advocacy work throughout the year. Please

review them, join the *Iowa Breast Cancer Deadline 2020 Action Network* Facebook group, and follow through when action alerts are posted.

### Priority #1

**\$150 Million for the Department of Defense (DOD) Breast Cancer Research Program (BCRP) for FY2018:** As a result of NBCC's grassroots advocacy, the DOD BCRP was created in 1992 to "eradicate breast cancer by funding innovative, high-impact research through a partnership of scientists and consumers." The DOD BCRP is widely viewed as an innovative, unique, and efficient medical research model which has proven to be accountable to the public and has produced extraordinary results. NBCC seeks continued funding for this successful program.

### Priority #2

**Guaranteed Access to Quality Care for All:** Ensuring access to quality, evidence-based health care has been a top priority of NBCC for many years and is an essential component of Breast Cancer Deadline 2020. Prior to the passage of the Affordable Care Act (ACA), the NBCC grassroots Board of Directors approved a *Framework for a Health Care System Guaranteeing Access to Quality Health Care for All* which built on NBCC's Principles of Quality Care. In 2010, NBCC endorsed and advocated for the passage and implementation of ACA which marked important steps forward in access to quality health care for individuals with, and at risk of, breast cancer. The Coalition opposes and will work to defeat any and all efforts to repeal the ACA or replace it with something less expansive. In addition, NBCC remains committed to protecting vital existing programs such as the Medicaid Breast and Cervical Cancer Treatment Program (Medicaid

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BCCTP) and critically examining any proposed changes to programs such as Medicare in order to determine the impact they would have on this population.

Priority #3

### **Ensuring the Participation of Educated Patient Advocates in all Levels of Health Care Decision Making:**

NBCC continues to work to ensure that educated patient advocates who represent a constituency, have a meaningful "seat at the table" in all levels of health care decision making which affects their lives.

*Beyond Pink TEAM members, Christine Carpenter and Lori Seawel, represent all of you on the Board of the National Breast Cancer Coalition. Please add your voice to our efforts by joining the Iowa Breast Cancer Deadline 2020 Action Network Facebook group.*

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## **Taking One Day at a Time**

### **A Survivor's Story**

*by Joan Kafer Kerns*

I was so looking forward to 2015 as 2014 was filled with doctor appointments and surgical procedures for macular holes in both eyes. But first my cataracts would need to be removed. I was also taking monthly infusions for Rheumatoid Arthritis.

Sometime in the fall of 2014 I noticed my right nipple had inverted, but, I'll wait. At my appointment the doctor scheduled a mammogram, but before I left the office I had an ultrasound and biopsy. The next day,

my husband and I were told the tests revealed cancer and I would need my right breast removed. That evening I did the most difficult thing I've ever had to do. I called all of our children and gave them the news. I met with my painting friends and fell apart before I could even tell them. The reality had finally hit me. After that I had no chance to feel sorry for myself and was prepared to face this head on.

Many appointments followed: meeting with the surgeon, getting fitted for a binder bra to wear after surgery, and a physical for surgery. Reconstruction or a prosthetic was discussed. At age 72, I decided the prosthetic was best for me. My surgeon agreed 100%. My prior health issues, including triple bypass, were the determining factor.

It was a blessing that on the day of surgery, I had 17 family members there to support me. Along with removing the right breast, 12 lymph nodes were removed, 4 of which tested positive for cancer.

Surgery went well. After my first appointment with the oncologist, I had a port installed, PET scan, and echogram. My first chemo treatment lasted about 3 hours. This was the first of 4 each two weeks apart. I was told me my hair would fall out maybe after the third treatment but a week later my hair began to fall out. My granddaughter came to buzz (razor) the rest off and I started wearing a wig.

During the remaining three treatments I was getting very tired, had little energy and no appetite. I can't taste food now. About the only things I could eat were bananas (must be chilled overnight), fruit, Jello, pudding and strawberry shakes. I continued to lose weight.

I was so weak the oncologist sent me to the hospital to get fluids and blood transfusions. My doctor suggested I go to Med-Fit, a program designed for each individual to build up strength in the muscles. This program was a life saver for me.

A few months later, I started my second round of chemo, a total of 12 treatments, once per week. These are not quite as bad as the first round. I continue to lose weight, but am getting stronger with the exercise.

After that, radiation treatments started five days a week for a total of 33 treatments. My strength continued to get better with the exercise as well as my appetite increased. I was able to do my normal housework, but tired easily.

I continue to see the oncologist every three months. I have found the prosthetic easy to live with, but ditched the wig after a couple of months, and opted to wear a cap. I will be taking a maintenance hormone drug for 5 years. My hair is now back, a bit of a curl, and a little thicker.

The chemo also had a positive effect on my Rheumatoid Arthritis, not near as much pain as I used to have. I have not resumed the infusions. When I did stop exercising, the pain started creeping back into my joints, so I am back to the exercise routine.

This has been quite a journey. I'm thankful for my large family and many friends who have been there for me the past couple of years. I learned to take one day at a time and enjoy what I have.



**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
- 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)