



Touch of Courage . . . Connection

January 2014

TAKING ACTION – EDUCATING – ADVOCATING – MAKING A DIFFERENCE

IN THIS ISSUE



National Breast Cancer Coalition – *Ending Breast Cancer*

In 1991, the National Breast Cancer Coalition (NBCC) was formed with one mission – an end to breast cancer. NBCC has accomplished much over its twenty plus years – bringing about unprecedented research funding to the worldwide scientific community, forging new collaborations to design research and set priorities, expanding access to information and care to underserved women and launching unparalleled training programs to prepare advocates around the globe to work side by side with scientists, policy makers and health care providers. Yet breast cancer continues to take lives.

To renew the sense of urgency to its mission and to refocus global efforts on ending breast cancer and saving lives, the NBCC has set a deadline – End breast cancer by January 1, 2020, **Breast Cancer Deadline 2020®**. NBCC has a strategic plan of action to achieve the deadline. The plan focuses on primary prevention, stopping women from getting breast cancer and understanding and preventing metastasis (the spread of cancer), which is responsible for 90% of breast cancer deaths. This means 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.

RESEARCH – Facilitate collaboration in all areas and minimize unnecessary competition.

First Pilot Artemis Project® - The topic chosen was a 5-year development plan for a breast cancer preventive vaccine, because of the potential impact on breast cancer and the progress made in the field of immunology. A research plan is in place, teams have been identified and the plan is being implemented. This vaccine project will serve as a model for other catalytic projects.

Future catalytic projects - Plans include the role of viruses in the initiation, development or spread of breast cancer; the role of inflammation in breast cancer; targeting the immune system to prevent breast cancer development (*see page 2 for update*) or metastasis; the role of lifestyle and other external exposures in initiation and progression of breast cancer; and identifying the windows when women are most vulnerable to breast cancer development and metastasis.

Refine existing research infrastructure – form a collaboration to identify problems that impede progress within the research infrastructure and design solutions to move the existing systems to focus on making progress toward the Breast Cancer Deadline 2020®.

CHANGING THE CONVERSATION – Focus on research to prevent breast cancer.

Breast Cancer Awareness Month has come and gone. Press coverage included articles about local runs, survivor stories and reminders to get mammograms, but there was a noticeable focus on research to end breast cancer. Congresswoman Shelly Capito delivered a speech from the floor of the House of Representatives imploring her colleagues to support the **Accelerating the End of Breast Cancer Act**. Locally, Beyond

Continued, page 2

Cancer Isn't Stopping Me

A survivor's story - page 2

Going Green

Page 2

Healthy Eating

Page 2

A Future Catalytic Project

Pages 2

25th Anniversary Celebration and Recognitions in Photos

Page 3

25th Anniversary Sponsors

Page 4

October Events Benefiting BPT

Page 4-5

Support Group Meeting Dates

January – February – March - April

Page 5

Resources

Organizations for support and education

Page 6

Volunteer Opportunities

Page 6

Cancer Isn't Stopping Me!

By Jacque Bakker, a breast cancer survivor and BPT volunteer member.

On November 25, 2009 at age 46, I was diagnosed with breast cancer. I never felt alone, my family went through this journey with me. I was given so much strength, support and encouragement from friends and family. I was fortunate to receive excellent health care from the doctors and nurses who cared for me.

Through treatment, I tried to keep my life as normal as possible. I was able to work and exercise most days. This made me feel emotionally and physically healthy. On April 15, 2010 I was listed as a participant to run the Boston Marathon! I did not show up at the starting line – cancer cancelled that day. Fourteen months after my diagnosis I could start training again. I re-qualified for the 2013 Boston Marathon. I ran in the 2013 Boston Marathon and it made me feel like "we" had beat cancer. I say "we" because this was made possible by the support of family and friends who surrounded me.

I have connected with many cancer survivors through this time in my life who have become wonderful friends. I have also met many others who are not cancer patients, but generous people who are supportive in making a difference in cancer patients lives.

I joined the Beyond Pink TEAM in March of 2012 as a volunteer member. This amazing group provides so much for persons facing a cancer diagnosis and have role models who exemplifies what the word advocacy means. I wanted to be an advocate and in May 2012 I was able to attend the National Breast Cancer Coalition's Annual Advocate Summit. The days were filled with research updates, prevention, overcoming barriers and making ending breast cancer a national priority. One of the workshops I attended was Breast Cancer Vaccine Research, the speaker was Keith Knutson, Ph.D. Hearing the update on how these efforts were progressing was great news. When I returned home, I contacted the Mayo Clinic, spoke with a Clinical Trial Referral Coordinator and asked to be put on a list as a potential participant for a vaccine trial. I wanted to be part of this progress! In February 2013, I was enrolled as a participant in a Phase 1 Vaccine Trial. I received a vaccine monthly for 6 months. This study will last up to 30 months with intermittent blood work, tests and physical exams. The purpose of this study is to look at the safety and immune response to a vaccine used in patients previously treated for HER2 positive breast cancer. My hope is that a vaccine will become available in the future to prevent recurrence of breast cancer.

I am now 4 years out from my diagnosis of breast cancer and have gained a lot from so many. At the beginning of my journey, a breast cancer survivor told me, "Be Brave, Stay Strong, and Live Life". That has been good advice for me.

"Going Green"



By Cindy Harris, a breast cancer survivor

Winter has decided to come around again and it is time for gift giving. Here is an idea for a simple economical gift. It is a body scrub and it is all natural.

Recipe: 2 Cups sugar (raw usually has larger grains), 1/3 cup clear mineral oil, 1 to 2 teaspoons of Peppermint extract and red food coloring. Combine sugar, oil and extract (mix very well). Divide into 2 parts, add red food coloring to one half. In small jar alternate 4 layers of mixture, decorate lid or jar, add ribbon, make a cute label and there you are.

You can also use 4 oz of finely ground coffee and 4 oz of the sugar, use your oil and have a coffee scrub. (There's a morning wake up!) Both will separate a little eventually, just turn jar upside down and redistribute oil throughout. Fun to make and fun to give. No chemicals!!!!

Continued from page 1

Pink TEAM advocates talked about **Breast Cancer Deadline 2020®** on radio. And in social media, **#BCD2020** is a trending topic on Twitter.

To learn more about Breast Cancer Deadline 2020®, the Artemis Project, or the National Breast Cancer Coalition check out; breastcancerdeadline2020.org



Healthy Eating

Spinach & Mozzarella Egg Bake

from Hawkeye Community College Health Fair

5 ounces fresh spinach (4 cups packed)
1-2 teaspoons olive oil
1 ½ cups low-fat shredded mozzarella cheese
1/3 cup thinly slice green onions
8 eggs, beaten
1 teaspoon all-purpose seasoning that goes with egg
Salt and pepper to taste

Preheat oven to 375 degrees. Spray an 8 ½ x 12 inch casserole dish with nonstick spray. Heat oil in large pan and add spinach. Stir until wilted, approximately 2 minutes. Transfer to baking dish, spreading so bottom of dish is covered. Layer grated cheese and onions on top of spinach. Beat eggs with seasoning, salt and pepper. Pour over spinach layer and use fork to gently stir so eggs, spinach and cheese are evenly combined. Bake 35 minutes or until mixture is set and starting to brown. Let sit 5 minutes before cutting.

A Future Catalytic Project - UPDATE

Through the generous support of the National Philanthropic Trust, NBCC also awarded a grant to Dr. Gregory Hannon, Professor and HHMI Investigator at Cold Spring Harbor Laboratory and Dr. H. Kim Lyerly, George Barth Gellar Professor of Cancer Research, Duke University School of Medicine. Drs. Hannon and Lyerly will collaborate on efforts to evaluate the biology of human ductal carcinoma in situ (DCIS) through sequencing (RNAseq). DCIS is not cancer, yet it is treated as such. Many women with DCIS receive toxic therapy that will not help them, but will cause harm. Addressing the issue of DCIS is part of NBCC's Artemis Project®. These investigators will use next-generation sequencing to generate profiles from single (DCIS) lesions and will carry out laboratory tests to evaluate signaling and immune responses. Further, the investigators plan to determine whether differences among DCIS lesions relate to different subtypes of invasive breast cancer. Another goal of the research is to analyze the healthy tissue surrounding DCIS lesions, to gain a better understanding of how disease progresses from DCIS to invasive cancer.

Beyond Pink TEAM 25th Anniversary Celebration

On October 17th of 2013, the Beyond Pink TEAM celebrated with the Cedar Valley at the Gallagher Bludorn Performing Arts Center their 25 years providing support to breast cancer survivors. We want to thank the sponsors, community members and survivors attending and the volunteers who made this event a special evening of celebration!



Emcees for the evening -
Kristen Teig-Torres and
Jason Carter



Guests enjoyed fellowship, hors d'oeuvres
and chances at raffle baskets.



Speakers for the evening included Kim Jensen (above), who shared her breast cancer story of how the BPT was able to assist her with medical expenses her insurance did not cover relieving stress during her recovery.

Our second speaker was Evelyn Gardner who shared how not only how the BPT has assisted her with financial assistance during her treatment, but how the Splash of Color, a support group for women of color, has provided emotional support for her and her family. Evelyn is pictured below with Cathy Ketton, one of the founders of the Splash of Color support group - a program of BPT.



Special Guests - Retta Rundlett (above) was the longest breast cancer survivor in attendance with 27 years. Congratulations!

Kristin Teig-Torres, (right, pictured with Dean Witwer) is the 2013 Susan Witwer award recipient. Kristen attending the 2013 NBCC Summit and Project LEAD this year and continues to advocate for breast cancer survivors.



Lori Seawel, (below right) 2013 BPT volunteer member award recipient, for her efforts with bringing BPT's mission to the community, especially the first UNI Football PinkOut this year.



A **"Special Thank You"** to the following who made the Beyond Pink TEAM 25th Anniversary Celebration a possibility. We would not be able to do what we do without YOU!

Hosting Sponsor

Gallagher-Bluedorn Performing Arts Center

Major Sponsors



Clark Associates Prosthetics & Orthotic
Greenwood Drug & Pharmacy
Marty & Dee Hughes
Visions Hair Studio
Warren Transport, Inc.
Wheaton Franciscan Health Care

Contributing Sponsors

Grundy Memorial Hospital
MidwestOne Bank
NuCara New Image Boutique
University of Iowa Community Credit Union
US Bank
Veridian Credit Union

Event Contributors

Bakker Construction
Barmuda Corporation
Black Hawk Hotel
Bravo Printing
Brooklyn Armstead
Christin Hermansen
Crazy to Quilt Shop
CU Restaurant
Deanna Rustad
Dianne Campbell
Flowerama
Fox Ridge Golf Course
Hy-Vee Floral - Crossroads
Irv Warren Golf Pro Shop
Jackie Wagner
Jamie Rucker
Jean Hilbert
Jessica Miller
Livingston Aviation
Longaberger Basket – Jo Slickers
NE Iowa Interpreting Service, Inc. – Kim Kischer-Larson
Palma's Deli
Pepper's Grill & Sports Pub
Riddle's Jewelry
Sam's Club
Scheel's
Sue Geiken
The Isle Casino & Hotel
Unity Point Health – Allen Hospital
Upper Case Living – Kristin Soppe
Zach Johnson

Throughout the year and especially in October, various organizations, businesses, schools, groups and individuals hold events / fundraisers to benefit the Beyond Pink TEAM in their mission. We would like to thank you all for your generosity and time you give to help us continue our mission to support the breast cancer survivors within the Cedar Valley during their treatments. Thank you all!

Pictured below are just a few of the many events held – for more pictures visit our website at:

www.beyondpinkteam.org



"Bustin' for Cancer" t-shirts by Kim Froning of the Cedar Falls Police Department.



Kim Jensen, a breast cancer survivor, presents Dee Hughes (BPT representative) a check from various fundraisers at her work.



Kellie Leasure's son wanted to show support for his mother who recently was diagnosed with breast cancer by selling shirts for "Team Kellie" for their supporters at the Pink Ribbon Run.



Scheels hosted their 1st "Delivering Fashions" style show plus t-shirts sales to benefit BPT.

BPT received several checks during October and November benefiting our mission. For a list see page 5 in this newsletter or visit our website at:
beyondpinkteam.org



Grundy Memorial Hospital administrators were challenged by staff during a recent fundraiser. They lost and wore "PINK" for a day - But BPT won!



Peet Jr. High, Cedar Falls, held a "Pinkout" dance this fall benefiting the Beyond Pink TEAM.



Hats Off!

A special thank you to the following businesses, schools, organizations and groups who held fundraisers to benefit the Beyond Pink TEAM and their mission. You truly amaze us with your generosity.

"Bustin' Breast Cancer" - CFPD t-shirt sales
 "Cookin' for A Cause" - State Bank & Trust - Dike
 "Dancing Through Time" - Zumba
 "Delivering Fashion" - Scheel's Style Show and T-shirt Sales
 "Fishing for A Cure" Tournament
 "Halloween Photo Shoot" - Walgreen's - Kimball
 "October Fest" – 93.5 The Mix
 "Penny War" - UNI Panther's Marching Band
 "Plant it Pink" – tulip sales
 "Pretty in Pink" Horse Show
 "Team Kellie" Pink Ribbon Run
 Black Hawk Hockey - Pinkout & Jersey Auction
 Cedar Valley Saver
 Columbus High School Volleyball Pinkout
 Community Honda - University Avenue
 Eagle's Roost - Tu-Tu's for Ta-Ta's
 Grundy County Memorial Hospital
 Grundy Girls Night Out
 Jesup High School Volleyball Pinkout
 JIVA Salonspa
 OCWEN Mortgage
 Peet Jr. High, Cedar Falls – Dance
 Pink Heal Tour – Pink Fire Trucks
 Pink Ribbon Run - Cedar Falls Community Main Street
 Smitty's Golf Outing & Chilli Cook-off
 Splash of Color Walk
 UNI - Football Pinkout
 UNI - Soccer Pinkout
 UNI - Volleyball Pinkout
 University Book & Supply - UNI Pinkout Shirt Sales
 Various individuals who have made generous donations to the BPT throughout the year

NOTE: Every effort has been made to include all events. We apologize if we have omitted an event. Every effort has been made to include all events. We do appreciate everyone's generosity and support for our mission to assist breast cancer survivors in the Cedar Valley and surrounding communities with education, advocacy, support groups and financial assistance. Thank you!

Support Group Meeting Dates

January 8, 1:30 p.m.

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

January 9, 1:30 p.m.

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

January 21, 4:30-7:00 p.m.

**Young Cancer Survivors
Meet – Mingle and Learn**
Unitarian Universalist Church
3912 Cedar Heights Drive, Cedar Falls
Gabbi – 319-292-2225

February 3, 1:30 p.m.

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

February 3, 4:45-6:45 p.m.

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

February 4, 1:30 p.m.

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

February 10, 1:30-3:30 p.m.

**Look Good...Feel Better
Hair-Make-up-Nails-Skin**
American Cancer Society
2709 university Ave, Waterloo
RSVP at 319-234-0990

February 13, 5:00-7:00 p.m.

**Splash of Color – Women of Color
Breast Cancer Support Group**
Waterloo Public Library, Waterloo
Cathy – 319-493-8857

March 3, 1:30 p.m.

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

March 4, 1:30 p.m.

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

April 1, 1:30 p.m.

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

April 7, 1:30 p.m.

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

April 14, 1:30-3:30 p.m.

**Look Good...Feel Better
Hair-Make-up-Nails-Skin**
American Cancer Society
2709 university Ave, Waterloo
RSVP at 319-234-0990

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@uni.edu.

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

Volunteer for BPT . . .

If you are interest in volunteering for the Beyond Pink TEAM, please visit our website at beyondpinkteam.org.

YOUNG CANCER SURVIVORS

Tuesday, January 21st
Unitarian Universalist Society Church
3912 Cedar Heights Drive, Cedar Falls
(just south of AEA267)
"Living After Cancer"

Free Event and open to all young women living with cancer

4:30-5:00 pm – Refreshments
5:00-6:00 pm – Table Discussions
6:00-6:45 pm – Jake Schaefer, Counselor –
"I Survived Cancer! Now What?"
6:45-7:00 pm Wrap up and final questions

Sponsored by **Beyond Pink TEAM**
Contact Gabbi DeWitt with questions at
319-292-2225

Refreshments provided by Panera Bakery and Café

MISSION – Beyond Pink TEAM is a nonprofit organization whose mission is to provide breast cancer prevention, education, support and advocacy for comprehensive, quality care 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

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

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

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

American Cancer Society offers cancer information and services. www.cancer.org. Local office: 319-234-0990 – 2709 University Ave, Waterloo

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

M.D. Anderson Cancer Center, University of Texas offers patient and cancer information. www.mdanderson.org

Susan G. Komen for the Cure website offers cancer and social networking information and a newsletter on their website. www.komen.org

Touch of Courage • • • Connection

Cedar Valley Cancer
Committee
4756 Charolais Dr
Waterloo, IA 50701
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:

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