



# Touch of Courage

## Connection Beyond Pink TEAM

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### Inside this Issue

<b>1</b>	Cancer Transition – Moving Beyond Treatment
<b>2</b>	BPT Joins Bd of NBCC
<b>2</b>	Survivor’s Story
<b>3</b>	Insert: Having Fun with Fitness
<b>3</b>	Insert: Living Green
<b>4</b>	Insert: 5 <sup>th</sup> Annual Pink Ribbon Run
<b>4</b>	Celebration of Accomplishment
<b>5</b>	2011 BPT Honorees
<b>5</b>	Dates to Remember
<b>6</b>	Resources

Cedar Valley Cancer Committee  
1607 Heath Street  
Waterloo, IA 50703  
319-232-3219

Website:  
[www.cedarvalleybreastcancer.org](http://www.cedarvalleybreastcancer.org)

### Cancer Transition – Moving Beyond Treatment

*Coming to the Cedar Valley!*

By Timi Brown, Med Fit Facilitator, CTRS, CCES, CBCE

A program empowering people with cancer in the transitional period after treatment is over is coming to the Cedar Valley. The Covenant Cancer Treatment Center is excited to announce they will be implementing the LiveStrong Cancer Transitions Program. Cancer Transitions™ is a six week, community based program. The program covers the benefits of exercise, nutrition, emotional support, and medical management some of the core issues for cancer survivors.

Focus of these sessions will be addressing the emotional and social hurdles that survivors face during the transition period following treatment through group discussion. Men and women who wish to better manage the short- and long-term impacts of cancer will gain valuable skills through this program. Initial research shows that both men and woman who participate can experience –

- 1- Less worry about the negative impacts of cancer;
- 2- Better physical and social function;
- 3- More commitment to physical activity and;
- 4- Improvements in fat-related dietary habits.

We would like to have up to 10 participants in each group. There will be two sessions of 2.5 hours long held each week. To accommodate schedules one class

will be held during the day on Thursdays at 2:30 pm and the other class will be held in the evening on Tuesdays at 5:30 pm. Each session will be led by experts in that area.

Classes will start on **Tuesday Jan. 10th at 5:30 pm** and **Thursday Jan. 12th at 2:30pm**. Both classes will run for six weeks. Classes will be held at the Covenant Cancer Treatment Center. The cost for the course and all supplies is free. For more information please call Timi Brown at 272-1755.

*“This program comes to us through a LiveStrong grant that the community helped us receive by voting support to the organization. Thank you to the Cedar Valley for your support,” Timi Brown states.*

### Session Topics

#### Week 1

Get Back to Wellness: Take Control of Your Survivorship

#### Week 2

Exercise for Wellness: Customized Exercise

#### Week 3

Emotional Health & Well-Being: From Patient to Survivor

#### Week 4

Nutrition Beyond Cancer

#### Week 5

Medical Management Beyond Cancer: What You Need to Know

#### Week 6

Life Beyond Cancer

## Beyond Pink TEAM Joins Board of National Breast Cancer Coalition

## A Survivor’s Story by Rachel Scott *a breast cancer survivor*

*Beyond Pink TEAM has been elected to a three-year term as a member of the Board of Directors of the National Breast Cancer Coalition*

Beyond Pink TEAM is joining the Board of Directors of the National Breast Cancer Coalition in order to support Breast Cancer Deadline 2020. The National Breast Cancer Coalition (NBCC) is a powerful voice, speaking for women and men across the country demanding an end to breast cancer by January 1, 2020. “Breast Cancer Deadline 2020 is a call to action and Beyond Pink TEAM is ready to act. All of us – advocates, researchers, policy makers, funders, individuals and institutions – must cooperate in new ways. It’s time to change 20 years of incremental progress and end breast cancer by January 1, 2020,” says Dee Hughes, president of the Beyond Pink TEAM.

Beyond Pink TEAM has been a member organization of NBCC for over a decade and looks forward to joining the Executive Board, made up of cancer support, information and service groups, as well as women’s health and provider organizations. In 2003 NBCC was named one of the 20 most influential groups in health policy based on a survey of congressional staff – the only grassroots group and the only breast cancer organization to make the list. Beyond Pink TEAM is the Cedar Valley’s only breast cancer organization providing prevention, education, support, and advocacy for comprehensive quality care.

The Beyond Pink Team members will be Christine Carpenter and Anne Doyle. Christine has been a long-time advocate for breast cancer, attending conferences in Iowa and Washington, DC. Anne, a recipient of the 2011 Sue Witwer Scholarship, a breast cancer survivor and advocate, has attended the National Breast Cancer Coalition Project LEAD Institute. Both women will be attending meetings four times during the year as well as other sessions.

### **About the National Breast Cancer Coalition.**

The National Breast Cancer Coalition (NBCC) is dedicated to ending breast cancer by January 1, 2020 through the power of grassroots action and advocacy. NBCC supports increasing funding for breast cancer research that monitors how those funds are spent; expands access to quality health care for all; and ensures that trained advocates influence all decision making that impacts breast cancer. Join NBCC, learn more and take action. Visit [www.breastcancerdeadline2020.org](http://www.breastcancerdeadline2020.org)

I was diagnosed with cancer in May 2006. After 18 months of quality care right here at home, I still lacked the energy and the guidance to build strength and get back my pre-diagnosis energy to maintain the quality of life I so desperately wanted.

Then I found out the services I sought over a year ago were now available through the Covenant Cancer Treatment Center through their Cancer Rehabilitation and Wellness program. In the short weeks I worked with Timi Brown, I made progress to be marveled at, both physically and mentally. The benefits were obvious in just one week.

My pain was virtually gone, my range of motion approaching pre-diagnosis ability, and most importantly – my mental outlook and hope for a life that is pain free and active - are off the charts.

I continue today to enjoy the active lifestyle of “pre-cancer” days. Thank you to the rehabilitation and wellness services available locally.



### **Check Out the New and Improved Beyond Pink Website**

**[www.cedarvalleybreastcancer.org](http://www.cedarvalleybreastcancer.org)**

**Subscribe to receive the newsletter via email. Be the first to get the most recent updates and news regarding the efforts of the Beyond Pink TEAM in the fight against breast cancer. Learn how BPT can assist with screenings, services and the burden of costs.**

## Having Fun with Fitness- by Pennie, a Zumba Instructor

I remember being in my mid 30's, sitting on the floor in my new home and trying to get up. I realized then that I had MANY years ahead of me and if I was to make the best of those years, it dawned on me that I was going to have to be stronger than I was now. I wasn't interested in going to join a club or a gym. I decided to get some fitness tapes and exercise at home. I LOVED it! After seeing how fit my video workout partners were, I became more interested in increasing my upper body strength too. I couldn't do 1 push up from my knees - I could go down, but I couldn't get back up.

I did this for several years, getting fitter but not slimmer! After a few more years, I decided to work on taking pounds off too and I joined Weight Watchers. I did well and was taking off pounds and continuing to exercise at home. My husband was ill, waiting for a heart transplant. That is another story, but the gist of it is, a heart became

available, he got a transplant, recovered, and I got depressed and quit working out and gained back a lot of weight. I was 45 when he got his transplant.

Turning 50 was a huge milestone for me. My inspirations were the contestants on that Biggest Loser. I had been 'waking up' from my depression and in order to get happier, I knew I had to be the one to make the changes. I tried working out at home again, but couldn't get back into the groove of it. Also, I knew that I needed to really beef up my workouts... if I was going to get pounds off. I was entering menopause at this time too. I decided to hire a personal trainer to give me direction. At first, I had a love/hate relationship with working out. It really tired me out and I was sore...all the time! But I LOVED that feeling because I finally felt alive again. That feeling is what drives me...I feel ALIVE when I work out. I have learned that there is absolutely NO reason I can't move my body. I make movement a game; I make it fun for me-kind of like being a kid again.

If I can't move one part of my body, but I can move another part...I'll do it for the sheer joy of movement. Moving my body and eating better has really helped me to be HAPPY and CONTENT.



*Pennie held a Zumba demonstration at the Pink Ribbon Run and held several Zumba events at the Hub during October benefiting the Beyond Pink TEAM*



## Living Green By Cindy Harris

I guess winter is here now. I have my new bulbs in but if you don't you can get them in before the ground freezes hard.

I like to feed the birds all winter but I don't like what the dropped seeds do to my lawn in the spring. To protect my lawn, I have two 5 gallon buckets and weld a plate on the bottom of the hooks that will fit in the buckets. I then fill the buckets with sand. Now the feeders can sit on the patio, the

birds can feed and the seeds drop onto the patio. In the spring I can just sweep up the dropped seeds. You could also put an old shower curtain under them and just roll it all up in the spring.

With this cold weather we will have frost on the car windows. Since I don't like to scrape I keep my spray bottle of alcohol/water mix in the car. The mixture needs to be stronger than 50% alcohol or at least a 70/30 mix. I use 90%. Spray in on, let it sit and

drive off. Don't put the alcohol mixture in the washer container of your car as it will dry out the hose and container and ruin both.

Another tip, if you spray vinegar on the window at night frost usually won't even form.

## 5th Annual Pink Ribbon Run

On October 1, 2011, the Cedar Falls Community Main Street held the 5th Annual Pink Ribbon Run. More than 575 runners and walkers participated in the event, raising more than \$20,000 for the Beyond Pink Fund. The fund is used to pay medical bills and living expenses for women and men diagnosed with breast cancer.

The Beyond Pink Fund was established at the Community Foundation of Northeast Iowa in 2006 by the Beyond Pink TEAM. This past year, the fund provided \$25,000 to more than 40 women and their families. Each year we have been able to increase the number of women helped as well as increase the dollar amount of assistance. This is due in part to the money raised by the Pink Ribbon Run.

A beneficial side affect of the Pink Ribbon Run has been increased exposure for the Beyond Pink TEAM. As more and more people become aware of our organization and what we do, they have wanted to help. Some volunteer and others have raised money in a variety of ways. The community support for the Beyond Pink TEAM is overwhelming. We are grateful for everyone's help in supporting the women and men in our community that are dealing with breast cancer. You can visit our

website at [www.cedarvalleybreastcancer.org](http://www.cedarvalleybreastcancer.org) to see the wide variety of programs we provide.

### Celebration of Accomplishments

The Beyond Pink TEAM held their Annual Celebration of Accomplishments on October 14. Kristin Teig Torres is a young breast cancer survivor who shared her emotional and inspirational story. Her story, as well as the stories from other survivors in years past, is what keeps the Beyond Pink TEAM motivated to provide support and services to women living with breast cancer.

Each year, we also recognize one of our members for generously sharing their time and talents with the Beyond Pink TEAM. This year we honored a trio; Cathy Ketton and her daughters, Shae Robinson and Niisha Walker.

*(See page 5 for information about the 2011 BPT Honorees.)*

This past spring, the first Sue Witwer Memorial Scholarship was given to a first time attendee to the National Breast Cancer Coalition Annual Advocacy Conference and Lobby Day. Anne Doyle was the recipient, and at the luncheon she shared what the experience meant to her as a young breast cancer survivor. Sue Witwer's family attended the luncheon in her honor.

Each year, we are amazed at the amount a small group of

volunteers can accomplish. It is nice to take time to reflect on it, and then celebrate all we have done. Thank you to each of the Beyond Pink TEAM members for the work they do, and for everyone in the community for supporting us.



*Runners and Walkers take off at the Pink Ribbon Run*



*Panera Bakery-Café supported the Pink Ribbon Run and Beyond Pink TEAM during October with pink ribbon bagels.*

## 2011 Beyond Pink TEAM Honorees

Cathy Ketton, Shanquiesha Robinson, and Niisha Walker are Beyond Pink Team’s 2011 Honorees. Cathy is the mother of Shanquiesha (Shae) and Niisha who were both diagnosed with breast cancer in their 20s. Cathy’s mother died of breast cancer. Cathy, Shae, and Niisha are advocates for all women of color with breast cancer living in the Cedar Valley

Shae eloquently and articulately shares her breast cancer story whenever asked. When she speaks about her experience there isn’t a dry eye in the room and everyone leaves determined to get screened.

Niisha is a quiet breast cancer advocate. While she doesn’t usually speak before groups, she articulately shared her breast cancer story in the Splash of Color newsletter. Her story spoke in a meaningful and powerful way to other very young African American women.

Cathy is passionate about breast cancer in the African American community. When Beyond Pink TEAM invited women of color to come together to share their experiences and knowledge of breast cancer educational and support needs, Cathy was instrumental in making sure African American women leaders attended this meeting. Because of Cathy’s work, this knowledgeable group of women was able to articulate and prioritize the needs of African American women with breast cancer. Beyond Pink TEAM, with the assistance of the Iowa Cancer Consortium, went on to

fund three \$1000 grants to community organizations and individuals with plans to meet those needs. Cathy served as a grant reviewer when the awardees were chosen. Without Cathy’s assistance BPT wouldn’t have garnered the added funding provided by the Iowa Cancer Consortium.

As Cathy, Shae, and Niisha have shared their story with others and gotten involved with Beyond Pink TEAM they have developed more and more confidence in their ability to make a positive difference in the world of breast cancer. They saw the need for a woman of color breast cancer support group and stepped up to fill that need. Splash of Color Breast Cancer Support Group, organized by Cathy, Shae, and Niisha met for the first time in October 2010. Forty-four women turned out for the first meeting! Since then Cathy, Shae, and Niisha, have established quarterly educational and support events specially designed to meet the needs of women of color with breast cancer. Splash of Color meets the second Thursday of February, May, August, and November from 5:00-7:00 p.m. at the Waterloo Public Library. Splash of Color is the only breast cancer support group in the state of Iowa that is open to all women of color.

Beyond Pink TEAM is so proud of all their efforts. They are providing the needed support, rides, and warm counsel for women in the community with breast cancer; something Beyond Pink TEAM could not do without them.

*A Special Thank You to the various businesses and groups who sponsored events in October to benefit the Beyond Pink TEAM.*

- Cedar Falls Community Main Street-  
Pink Ribbon Run
- Black Hawk Hockey
- Culligan Water
- Girls Night Out-Grundy Center
- Mama Mimi
- Panera Bakery-Café
- The HuB

### Dates to Remember

- January 2      1:30 p.m.**  
***Touch of Courage***  
Breast Cancer Support Group  
2101 Kimball Ave, Waterloo  
Dawn Colbert: 415-6430
- January 3      1:30 p.m.**  
***Care & Share Cancer Support Group***  
Covenant Cancer Treatment Center  
200 E Ridgeway, Waterloo
- January 17      4:30 p.m.**  
***Young Cancer Survivors Meet, Mingle and Learn***  
Cedar Falls Public Library  
524 Main St, Cedar Falls  
Emily Hodgins: 239-8118
- February 6      1:30 p.m.**  
***Touch of Courage***  
Breast Cancer Support Group
- February 6      4:45-6:45 p.m.**  
***Grundy Area Breast Cancer Support Group***  
Kristi Barnett: 319-824-4129

**February 7 1:30 p.m.**  
**Care & Share Cancer Support Group**

**February 9 5:00-7:00 p.m.**  
**Splash of Color Event**  
Waterloo Public Library  
Cathy: 319-493-8857

**February 13 1:30-3:30 p.m.**  
**Look Good...Feel Better**  
Hair – Make-up – Nails – Skin  
RSVP American Cancer Society  
866-460-6550

**March 5 1:30 p.m.**  
**Touch of Courage**  
Breast Cancer Support Group

**March 6 1:30 p.m.**  
**Care & Share Cancer Support Group**

**April 2 1:30 p.m.**  
**Touch of Courage**  
Breast Cancer Support Group

**April 3 9-11:00 a.m.**  
**Care & Share Cancer Support Group**

**April 9 1:30-3:30 p.m.**  
**Look Good...Feel Better**  
Hair – Make-up – Nails – Skin  
RSVP American Cancer Society  
866-460-6550

**April 17 4:30-7:00 p.m.**  
**Young Cancer Survivors Event**  
Unitarian Universalist Church  
3912 Cedar Heights Dr, Cedar Falls  
(just south of AEA267)



**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.cedarvalleybreastcancer.org](http://www.cedarvalleybreastcancer.org)

**Iowa Breast Cancer Edu-Action** is a local advocacy group taking action against breast cancer. [www.iowabreastcancer.org](http://www.iowabreastcancer.org)

**Living Beyond Breast Cancer** includes a helpline, newsletter and information. Survivors Helpline: 888-753-5222 [www.LBBC.org](http://www.LBBC.org)

**Young Survival Coalition** connects with other young women diagnosed with breast cancer. [www.youngsurvival.org](http://www.youngsurvival.org)

**Cancer Care** is a national nonprofit organization offering counseling, support, financial assistance and education to individuals with cancer and their families. [www.cancercare.org](http://www.cancercare.org)

**Iowa Cancer Consortium** offers cancer information and links to resources in Iowa. [www.canceriowa.org](http://www.canceriowa.org)

**American Cancer Society** offers cancer information and services. [www.cancer.org](http://www.cancer.org).

**National Breast Cancer Coalition** The NBCC’s mission is to eradicate breast cancer by focusing the government, research institutions and consumer advocates on breast cancer. It encourages advocacy for action and change. [www.stopbreastcancer.org](http://www.stopbreastcancer.org)

**M.D. Anderson Cancer Center**, University of Texas offers patient and cancer information. [www.mdanderson.org](http://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](http://www.komen.org)

**Iowa Breast Resource Guide** is available on the Iowa Breast Cancer Education website. [www.iowabreastcancer.org](http://www.iowabreastcancer.org)

Connect with us...

A donation for Touch of Courage is both needed and appreciated. All donations go to support the services of the Cedar Valley Cancer Committee and are tax deductible.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\$\_\_\_\_\_ amount of donation

General Donation  Newsletter Donation  NBCC Scholarship Fund

Make checks payable to the Cedar Valley Cancer Committee and send to 1607 Heath Street, Waterloo, IA 50703