



Touch of Courage . . . Connection

July 2016

TAKING ACTION – EDUCATING – ADVOCATING – MAKING A DIFFERENCE

IN THIS ISSUE

Ignite the Cancer Conversation

The following article contains excerpts from the March 28, 2016, Waterloo Cedar Falls Courier article, "Igniting a conversation and uniting to end cancer" and an April 8, 2016 Waterloo Cedar Falls Courier article both written by Christinia Crippes and a summary from Dr. Barbara Christie-Pope, Professor, Cornell College, Mt. Vernon, IA

On Thursday, April 7 at the Park Place, more than 200 people, which included medical professionals, advocates, legislators, cancer survivors, and other community members, gathered to hear the latest revolutions in cancer treatments, how Iowa is affected by cancer, and what we can do to end this disease. It was "Igniting" the cancer conversation for the Cedar Valley.

Revolution in cancer treatments discussed

Twenty-five years ago a nationally renowned cancer expert told George Weiner, MD there was little future in cancer treatments using a particular kind of immunology from cloned antibodies. But Weiner stuck with it. Now, as director of the Holden Comprehensive Cancer Center at the University of Iowa, he is at the forefront of finding targeted ways to treat a variety of cancers.

Weiner and Keith Knutson, a professor of immunology at the Mayo Clinic College of

Medicine, discussed the latest in cancer research at the Ignite the Cancer Conversation event "There's going to be a revolution. We're going to see lots of activity over the next couple of decades, and we're going to see some tremendous cures, some tremendous activity from a lot of new drugs," Knutson said.

Weiner stressed the multiple ways research has advanced over the last 25 years on monoclonal antibodies to both target cancer cells and boost the impact of cancer-fighting cells.

"We're learning more. Almost weekly a new paper is coming out, a new study, helping us understand how this can work, how to combine it with other treatments ... and we're just on the cusp of a real revolution of learning how to use these checkpoint blockade antibodies," Weiner said. He said those antibodies will help doctors find and remove the "invisibility cloak" on certain cancer cells.

Knutson talked about progress, particularly when it comes to vaccines to prevent the recurrence of breast cancer.

"What we know is that the immune system is exceedingly powerful, and now we can negotiate through all of the fine detail of the immune system in order to get it to act how we want it to act, specifically against the cancer," Knutson said.

Continued on page 2, column 1, Ignite

Go Green!

Page 2

Upcoming Fundraisers

Page 3

Why Me? - Why Not Me?

A Survivor's Story

Page 4

2016 NBCC Advocate Leadership Summit

Page 4

Support Group Meeting Dates and Fundraising Dates

July – August – September - October

Page 5

Resources

Organizations for support and education

Page 6

Support and Volunteer Opportunities form

Page 6

Ignite, continued from page 1

He said work has begun on vaccines to prevent cancers in at-risk people before they form. Knutson said clinical trials suggest cancer can be prevented, but vaccines must be improved to be effective.

The researchers stressed their work wouldn't be possible without lots of outside support. Christine Carpenter, an advocate with the local Beyond Pink TEAM, made the case for the importance of being a voice to prevent and end cancer.

"Cancer is a political issue. Policymakers determine almost every aspect of cancer, such as funding for cancer research, access to quality care and regulations affecting the health care systems. That is why advocacy is so important," Carpenter said.

Carpenter's sentiment was echoed by U.S. Sen. Charles Grassley, R-Iowa. Speaking via video, he stressed advocates can make a difference by getting politicians to act.

Cancer Incidence in Iowa

"Did you know Iowa has higher rates of cancer among nearly all groups compared to the United States average?" states Catherine Zeman, University of Northern Iowa professor of health, physical education and leisure services.

Zeman, whose focus is in environmental health, notes the higher rates of cancer among nearly all groups compared to the United States average. She said there's not a "hard and fast, clear-cut culprit" for Iowa's higher rates, but she has several possible reasons.

"When you look at some of these environmental health concerns, it's not just going to be one thing sometimes that you are able to point your finger, and there's some really good reasons for that, because cancer, for example, is a very complex phenomenon," Zeman said.

She commented people may have a genetic predisposition to getting certain cancers. That's layered with a person's environment and what they're exposed to. That's further layered by the choices people make, such as drinking too much or smoking.

Zeman said the agriculture-heavy Iowa may also be more prone to the disease due

to the use of pesticides and herbicides in the state, some of which are shown to cause cancer. Another factor is the rural state, where many people have their own private water wells that are not regulated and may be high in heavy metals, particularly arsenic.

What is in the future?

The most common cause of death due to breast cancer is recurrence or metastatic disease. Keith Knutson, PhD, Professor of Immunology at the Mayo Clinic and George Weiner, MD, Director of the Holden Comprehensive Cancer Center at the University of Iowa, are hoping to change that dismal statistic by harnessing the power of the human immune system.

Drs. Knutson and Weiner discussed how the immune system works to identify a rogue, cancerous cell and what can be done to enhance that recognition and eventual destruction of that cell thereby preventing metastasis. Similar to immunizations against infectious agents, the immune system can be primed to respond quickly to a cancerous cell before it has the opportunity to establish a metastatic tumor. This memory of cancer induces lifelong protection. Current research is focusing on activating white blood cells called lymphocytes to either kill the cancer cell directly or cause the production of antibodies that target the cancer cell and allow other components of the immune system to destroy the cell.

In addition, Drs. Knutson and Weiner are also focusing on halting regulators that dampen down the immune response to cancerous cells and how these cells are able to escape the response of the immune system. This two-fold front, therapeutic vaccines to prevent metastasis and control over the regulation of immune cells, offer tremendous hope for treatment.

How can you help?

Become knowledgeable. Be an advocate – talk to your congressman. Respond by calling or emailing Congress when an action alert is sent by Beyond Pink TEAM, American Cancer So "Like" Facebook and Twitter groups – Ignite the Cancer Conversation, Iowa Breast Cancer Deadline 2020 Action Network and

Beyond Pink TEAM, American Cancer Society, Pancreatic Action Network, etc. to get the latest updates and news. Stay involved.

Go GREEN !

By Cindy Harris, a Survivor

Sprucing up Your Garage!



If it is time to clean out the garage but find that you have grease spots on the floor – try this. Pretreat your stain by sprinkling baking soda directly to the stain. Allow to sit for several minutes to soak up the grease before applying your mixture. Mixture: In a bucket of hot water mix white vinegar and either Borax or homemade dry laundry detergent. Scrub with a scrub brush or stiff shop broom go get the cleaning mixture deep down into the texture of the concrete. Rinse your concrete with a water hose on full power to get rid of the dirt and grease. Depending on how long your stain has been there you may have to repeat this process. Since this has no chlorine in it, it isn't too harsh on the grass and plants, but straight, dry Borax can kill plants and grass so be a little cautious with the mixture.

NOTE: Check out BPT website for healthy, chemical free recipes for household cleaning products.

Upcoming Fundraisers Benefiting BPT



NEISCA Pretty in Pink Horse Show
Saturday, July 16 from 9 am-2 pm
 at the D & R Arena, 2577 Joplin Ave,
 Denver, IA. Rain date is July 30th.
 Treat yourself to a great show and
 auction and support the BPT.



We are celebrating 10 year of PINK and we want YOU to join us! The 10th Annual Pink Ribbon Run presented by Oakridge Realtors and University of Iowa Community Credit Union is Saturday, October 1st at 8:00 a.m. at 6th and Main Streets. Registration will open July 10th online by going to beyondpinkteam.org or calling 319.277.0213. All money raised by this event goes to the Beyond Pink TEAM and stay LOCAL! Register for the Pink Ribbon Run today! Run, Walk, or Cheer! Just don't miss out!

PINK OUT!

The Bucks will wear pink jerseys that will be auctioned off to benefit the Beyond Pink TEAM! Funds raised from the 50/50 raffle will also go to the Beyond Pink TEAM!

JULY 23
7:05 PM

Batters Up! Join the Waterloo Bucks for their annual Breast Cancer Awareness – Pink Out Night as they support the Beyond Pink TEAM. Gates open at 6:00 p.m. with first pitch at 7:05 p.m.



3rd Annual Kathy Bunger Memorial Benefit

Kathy Bunger was a life-long member of the Cedar Falls/Waterloo community. She battle cancer both fiercely and gracefully. Katy made it her mission to help others who were in the midst of the same battle.

Join us for the 3rd Annual Kathy Bunger Memorial Benefit on Saturday, August 27th at the Pepsi Pavillion – National Cattle Congress – Waterloo from Noon – 11:00 p.m. with a motorcycle ride followed by food, music and silent auction.

Lori's Dream Team Family Fun and Music Festival

Pepsi Pavillion
 National Cattle Congress
 Waterloo Iowa

July 23rd 12:00pm – 11:00pm

More information including admission prices, band line up and kids events can be found on the Lori's Dream Team Facebook page.

Lori Clark was a compassionate, loving and generous woman who lost her battle with breast cancer earlier this year. Even during her own battle she was always thinking of others more than herself. Lori often expressed that her wish was to ensure that all cancer patients in the Cedar Valley had enough financial help and support that she was so blessed to have. To help honor Lori's wish – this fundraiser will help raise funds for programs in the Cedar Valley that help cancer patients both financially and personally. Please join us for this fun and important event as we help celebrate Lori, support those still fighting and make a difference in the Cedar Valley.

Together we can make Lori's dream a reality!

Third-Party Events - We often receive information from individuals planning to hold special events to raise funds for our organization and we are always excited to partner with the community in this way. A third-party event is any fundraising activity hosted by a non-affiliated group or organization or individual which benefits Beyond Pink TEAM. Some examples of these kinds of fundraising opportunities include golf events, jeans days at businesses, bake sales, horse show, benefits or workplace contests. We have drafted guidelines to facilitate these opportunities which can be found on our website at www.beyondpinkteam.org to make the process easier. Please contact **Marty Mullnix at 319-269-7176 or mapanix@cfu.net** to notify us of a third-party event or for more information.

Why Me? But Why Not Me?

By Linda Lindquist, a Survivor

Life throws us many curves and my life has not been any different. I am a breast cancer survivor. My breast cancer journey began with finding a lump in 2000. I knew I could travel this journey and I would have company on this journey that would be helpful. I also knew that there would be times I would need to travel alone, but there is HOPE and the knowledge that others are also on this same journey.

Why do you ask did I know this? It is because of another life's curve. It was on a Friday, two days before Mother's Day, there was a knock on the door that would shatter my life forever. It was a parents' worst nightmare. Our 21 year old son had been in a tragic car accident. He was never to be hugged or say, 'I love you' again. No college graduation, no wedding celebration, no grandchildren. The visions, dreams and hopes we shared were gone. It was with my shock and pain and anguish, my life became a different journey.

Grief is isolating. It locked my heart and I did not want to go on. My family and friends haven't been there to experience this type of loss. I had to reach out or not survive. My faith alone was not enough either. I went to support groups and found one called "Compassionate Friends" (for parents who have lost children). In this group there was a lot of safe sharing. I found I was not alone on this journey. I read somewhere when you lose someone you love, your soul moves to another "place". This "place" is shared only by others who also have lost someone they love. They have traveled this "journey".

So when I found that lump and was diagnosed with breast cancer, I knew I could make it. There would be a support group and knowledge others have traveled this same journey and survived. I could do it, too.

In 2014 I had a partial knee replacement on both knees (the same day) and knew I could survive that journey, also. And I

did! I attended and walked the 2015 Pink Ribbon Run. I made memories.

I want others to know that there are others traveling or have traveled their same journey. They need to reach out and grasp hold of the energies and support these groups can offer. Today is a gift so live as if there is no tomorrow. I am.



2016 NBCC Advocate Leadership Summit

by Kristin Teig-Torres



This year's Beyond Pink TEAM attendees were Christine Carpenter, Jill Hansen, Lori Seawel, Jacque Bakker, and Kristin Teig-Torres. Representatives from the Cedar Rapids area also joined the Iowa attendees.

In May, I (Kristin Teig-Torres) attended my fourth advocate leadership summit. Each year, I build on my knowledge about our strides to eradicate breast cancer from our world. I was again bolstered by the attendees around me - solidified in the fact that grassroots efforts really do make a difference.

We are changing the status quo, advocates are pushing leaders in their fields to reach new heights, discover new ways to think about this disease that has ended far too many lives.

Not only are we effective in reaching our legislators the old fashion way, face to face, phone calls and letters. Social media has a huge impact. If 30 people reach out to a legislator via Facebook,

Twitter, Instagram, and all the other latest tools, that legislator will notice. A social media push was just proven effective when advocates made our voices heard in Washington in support of Senator Dick Durbin's Amendment 4369 which protected the DOD Breast Cancer Research Program. The funding stayed in place. This funding gave the seed grant for the initial research for Herceptin, a drug that I personally received during my treatment.

We need to continue supporting innovative researchers to push forward. Immunologists are doing amazing work, finding new ways to stop disease progression. You can contribute as well as one person does matter. Together we can, and will know how to end breast cancer by January 1, 2020.

Support Group Meeting Dates and Fundraising Event Dates

July 5, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway, Waterloo
Jeanne – 319-272-2816

July 11, 1:30 p.m.

Touch of Courage Breast Cancer Support Group

2101 Kimball Ave, Waterloo
Pat – 319-232-8691

July 23, Noon – 11:00 p.m.

Lori's Dream Team Family Fun / Music Festival

Pepsi Pavilion-National Cattle Congress, Waterloo
Lori's Dream Team Facebook page

July 23, 6:00-Fireworks after game

Waterloo Buck's Breast Cancer Awareness –Pink Out

Waterloo Municipal Stadium, Waterloo
Check out BPT Website/Facebook

August 1, 1:30 p.m.

Touch of Courage Breast Cancer Support Group

2101 Kimball Ave, Waterloo
Pat – 319-232-8691

August 2, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway, Waterloo
Jeanne – 319-272-2816

August 8, 1:30-3:30 p.m.

Look Good ...Feel Better Hair – Make-up – Nails – Skin

Covenant Cancer Treatment Center
200 E Ridgeway Avenue, Waterloo
RSVP at 319-493-8857

August 11, 4:30-6:00 p.m.

Splash of Color – Women of Color Breast Cancer Support Group

Location to be determined
Cathy – 319-493-8857

August 27, Time to be determined

3rd Annual Kathy Bunger Memorial Benefit

Pepsi Pavilion-National Congress, Waterloo
Check out BPT Website/Facebook

September 6, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway, Waterloo
Jeanne – 319-272-2816

September 12, 1:30 p.m.

Touch of Courage Breast Cancer Support Group

2101 Kimball Ave, Waterloo
Pat – 319-232-8691

September 20, 4:30-7:00 p.m.

Young Cancer Survivors Meet, Mingle and Learn

Unitarian Universalist Church
3912 Cedar Heights Dr., Cedar Falls
Gabbi – 319-292-2225

September 24, TBA

Veridian 5K Run

Veridian Office, Chancelor Dr
, Cedar Falls Industrial Park
Check out BPT Website/Facebook

September 30, 5:00-7:00 p.m.

Pink Ribbon Run Packet Pick-up

Cedar Falls Community Center,
Main Street, Cedar Falls

October 1, 8:00 a.m.

Pink Ribbon Run

Cedar Falls Community Center,
Main Street, Cedar Falls

October 2, 6:00 p.m.

Scheel's Delivering Fashion Event

402 Viking Road, Cedar Falls
Advance Tickets Required
Check out BPT website/Facebook

October 3, 1:30 p.m.

Touch of Courage Breast Cancer Support Group

2101 Kimball Ave, Waterloo
Pat – 319-232-8691

October 4, 1:30 p.m.

Care & Share Cancer Support Group

Covenant Cancer Treatment Center
200 E Ridgeway, Waterloo
Jeanne – 319-272-2816



Beyond Pink Team Website Beyondpinkteam.org



Looking for a Speaker . . .

Do you want to learn more about the mission of the Beyond Pink TEAM and who we are, you can have a Beyond Pink TEAM representative speak at your Church, organization or group. Just contact Lori Seawel at lori.seawel@seawel.com.

Volunteer for BPT . . .

If you are interested in volunteering for the Beyond Pink TEAM or at any of our events, please visit our website at www.beyondpinkteam.org or contact Marty Mullnix at mapanix@cfu.net.

For information about the Beyond Pink TEAM Fund, go to: www.beyondpinkteam.org
Click on **Beyond Pink Fund** under **CARE**
or call Gabbi at 319.292.2225.



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

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.cancercares.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.

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

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

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

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

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:

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