

# the Promise

The Susan G. Komen® Promise is to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.

## LINDA'S NEW LEASE ON LIFE THANKS TO KOMEN NORTHWEST OHIO

"I'm so much better. Physically, emotionally, and spiritually," said Linda. "I hit rock bottom and now there's nowhere to go but up."

Linda Mahoney is an inspiration. Thanks to a program funded by Susan G. Komen® Northwest Ohio, she is a breast cancer survivor. She has also overcome addiction, homelessness, and other intense health struggles.

Chatting with Linda in her apartment in Toledo, Ohio, surrounded by her art work, photographs, Lucille Ball memorabilia, and hand-made fairy figurines hung from the ceiling, it's hard to believe that not long ago she faced death and won.

In early 2015, Linda found herself homeless, sick, and fighting for her life. At 55 years old, she was years overdue for a mammogram but had never had one because she thought she could not afford it.

While taking refuge at the Sparrow's Nest homeless shelter, Linda was contacted by the Encore Plus Program of the YWCA. The Komen-funded program provides access to no-cost or low-cost mammograms and clinical breast exams for women who qualify. Linda received transportation to the Dana Cancer Center at The University of Toledo Medical Center where she received her free screening. "I went for my mammogram and thought, 'Breast cancer won't happen to me,'" Linda said.



Linda at work on her miniatures

She was called back after her mammogram results showed some abnormalities. Her worst fears were confirmed after a follow-up ultrasound and biopsy. She was diagnosed with stage 1 breast cancer. "If it wasn't for the Komen-funded program, I never would have had my mammogram in time," said Linda. "Early detection saved my life."

(continued on page 7)

## KOMEN NORTHWEST OHIO PROUDLY AWARDS 2015-2016 SMALL GRANTS\*

**ORGANIZATION:**

Cancer Patient Services

**PROGRAM TITLE AND SERVICES:**

"Restoring Balance"

Treatment and survivor support

**COUNTY SERVED:**

Hancock County

419.423.0286

**ORGANIZATION:**

Joint Township

District Memorial Hospital

**PROGRAM TITLE AND SERVICES:**

"Taking Care of You: Breast Health Education and Outreach"

Education and screening

**COUNTIES SERVED:**

Allen, Auglaize, Shelby

419.394.3335 extension 1128

**ORGANIZATION:**

The Victory Center

**PROGRAM TITLE AND SERVICES:**

"Discovering Inner Strength: Support Services for Breast Cancer Survivors"

Treatment and survivor support

**COUNTIES SERVED:**

Lucas, Ottawa, Wood, Monroe (MI)

419.531.7600

**ORGANIZATION:**

YWCA of Northwest Ohio

**PROGRAM TITLE AND SERVICES:**

"The Reality is Real Awareness Day"

Education and link to services

**COUNTY SERVED:**

Lucas

419.241.3235

\*Small Grants are for \$10,000 or less.

2016 Race for the Cure Registration begins April 7

**\$5 OFF FOR 5 DAYS!**

Register by April 11 and get a \$5 discount

## A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends and Colleagues:

As I wrap up my term as President, I ask you to join me as we Honor, Remember, Celebrate, and Pay It Forward!

On March 31, 2016, I will complete my time as President of Susan G. Komen® Northwest Ohio. It has been an honor to serve this organization, and I am grateful for all that we have accomplished together. In the past two years, we have distributed more than \$900,000 to community grants, more than \$500,000 to community outreach and awareness, and nearly \$600,000 to research to find the cures for breast cancer.



The impact we have made is significant and measurable. But, it is still hard to leave knowing how much more work is to be done. Our ongoing goal is to fund all strong and viable local grants so that we can save even more local lives. Sadly, we have never achieved that goal. We are grateful for your incredible support, but with just a little more help, we could fund ALL of our grant requests.

Here's how you can help achieve that goal:

- **Register for the Race for the Cure** - Yes, that's right! Pay \$30 and join us. If you can't join us on race day, Pay It Forward by registering for Sleep in for the Cure.
- **Unregistered participants** - An estimated 6,000 to 10,000 participants walk in the race but do not register. Think about that: If those friends would simply register and pay to participate, we would immediately raise an additional \$180,000 to \$250,000 and fund more grants! Challenge your friends who walk but don't register to step up and help.
- **Fundraise** - Only 9% of the race participants fundraise. If those people who are not fundraising committed to self-donate or raise an additional \$20, we would see an additional \$273,000. Visit us at [komentnwohio.org](http://komentnwohio.org) or call us at 419-724-2873 for many other fun and easy ways to raise money.
- **Join us at Power of the Promise on April 28, 2016** - See page 3 for details!
- **Donate** - If none of this works for you, I totally get it. Simply go to [komentnwohio.org](http://komentnwohio.org) and make a general donation. You can use this opportunity to remember a friend by giving your gift in honor or memory of someone you love.

I believe that Komen Northwest Ohio is doing more to reduce breast cancer incidence and mortality in Northwest Ohio than any other organization. We are a nonprofit 501(c)3 organization managed by a local governing Board of Directors that is committed to changing the face of breast cancer in our service area. Of the money we raise, 75% stays here to fund local programs and 25% funds research. Nothing raised locally supports national operations.

Please join us. Whether you are a breast cancer survivor, co-survivor, family member, or friend, you can help us end this disease. Together, we Honor, Remember, Celebrate and Pay It Forward. Imagine Northwest Ohio without breast cancer.

A handwritten signature in black ink that reads "Teresa J. McHugh".

Teresa McHugh  
President, Board of Directors, Susan G. Komen Northwest Ohio

## KOMEN RENEWS CONCERN OVER TASK FORCE PROPOSAL TO RAISE ROUTINE MAMMOGRAPHY AGE

In early January, the U.S. Preventive Services Task Force (USPSTF) issued recommendations that would raise the recommended age for the start of routine mammograms from 40 to 50 for women of average risk. USPSTF issued similar recommendations in 2009.

Susan G. Komen President and CEO Dr. Judy Salerno said Komen is concerned that these recommendations could effectively bar access to screenings for millions of women under 50 because third party payers often use USPSTF recommendations to decide whether they will pay for certain tests.

"Rather than establishing higher age-based standards that create potential barriers to care, women should be able to make informed decisions about breast cancer screening, develop a schedule that is right for them with their health-care provider, and be assured that the screenings they need will be paid for."

Salerno encouraged increased investment in research to develop better screening tools. Komen has funded more than \$33 million to find more precise early detection methods such as blood and tissue tests. "Until those are available, mammograms are the most widely available and cost effective test that we have, and women and their healthcare providers should have access to them," she said. Information about breast cancer risk is available on [komen.org](http://komen.org).



## GRANT FUNDS INITIATIVE FOR NEWLY DIAGNOSED BREAST CANCER SURVIVORS

Newly diagnosed breast cancer survivors in Northwest Ohio will continue to receive a highly beneficial tool thanks to a new \$40,500 grant from the Toledo Community Oncology Program (TCOP).

The grant will support and expand the Newly Diagnosed Survivor Support Initiative which gives newly diagnosed breast cancer survivors in our outlying counties an organization system full of breast cancer resources and information to help them through their breast cancer treatment.

“Thanks to the grant we received from TCOP, this important Initiative will be funded for three more years,” said Aubrey Whewell, MPH, community outreach manager at Komen Northwest Ohio. “It is our goal to increase the number of survivors who receive the organizer each year!”

### WHAT IS THE NEWLY DIAGNOSED SURVIVOR SUPPORT INITIATIVE?

The Initiative began with a conversation. A local breast health navigator told us how difficult it can be for breast cancer survivors currently undergoing treatment to manage their care.

We then conducted three focus groups with breast cancer survivors and found that many of them confirmed they struggled to keep track of the flurry of reports, prescriptions, and statements. The survivors also identified the most critical times during their treatment when information and additional resources would be useful.



As a result, the organizer and a series of informational mailings were created. Women who are enrolled in the Initiative receive the organizer, which is a sturdy bag containing a mobile filing system, medication trackers, a note pad, and a host of information and resources. They also receive letters and small gifts of encouragement for the next 13 months.

### JOIN THE NEWLY DIAGNOSED SURVIVOR SUPPORT INITIATIVE

The organizers are distributed through our partnering healthcare facilities and by us at the Komen office. Contact Aubrey Whewell at [aubrey@komennwohio.org](mailto:aubrey@komennwohio.org) or 419-724-CURE (2873) to find out how you or a loved one can enroll in the Newly Diagnosed Survivor Support Initiative.

The Promise is Published by Susan G. Komen® Northwest Ohio  
**Phone:** 419-724-CURE (2873) and 1-877-604-CURE (2873)  
**Fax:** 419-724-2874  
**Email:** [info@komennwohio.org](mailto:info@komennwohio.org)  
**Website:** [www.komennwohio.org](http://www.komennwohio.org)

The Komen Northwest Ohio Affiliate serves the counties of: Allen, Auglaize, Crawford, Defiance, Erie, Fulton, Hancock, Hardin, Henry, Huron, Logan, Lucas, Mercer, Ottawa, Paulding, Putnam, Sandusky, Seneca, Shelby, Van Wert, Williams, Wood, Wyandot and Monroe county, Michigan.



## ANNIE PARKER TO SPEAK AT POWER OF THE PROMISE ON APRIL 28

Mark your calendars now for the Susan G. Komen Northwest Ohio Power of the Promise event to be held Thursday, April 28, 2016 from 6 p.m. to 8:30 p.m. at Inverness Country Club.



Annie Parker

We are honored to have Annie Parker as our renowned guest speaker. Annie is not only a breast cancer survivor but she was one of the first women to undergo genetic testing for the breast cancer gene and learn that she carried a gene mutation. “Today I am a 64 year old, healthy woman living with a ticking time bomb” a defective BRCA 1 gene,” said Annie.

Her story was originally shared worldwide through the movie “Decoding Annie Parker”, starring Helen Hunt and Aaron Paul. Annie promises to lend just the right blend of humor and seriousness to make the evening inspirational for everyone. This is an evening you won’t want to miss!

Tickets are priced reasonably at \$60 per person and tables will be set for 10 people. Invitations will be mailed in March. Sponsorship opportunities are available as well. For more information or to purchase a ticket, contact Vanessa Stein at [Vanessa@komennwohio.org](mailto:Vanessa@komennwohio.org) or go to our website at [komennwohio.org](http://komennwohio.org).

# THANK YOU! 3RD ANNUAL FINDLAY RACE FOR THE CURE

## 2015 FINDLAY RACE WINNERS

- **WOMEN'S OVERALL**  
Brooke Larsen
- **MEN'S OVERALL**  
Evan Gaynor
- **OVERALL TOP SURVIVORS**
  1. Lynn Demarco
  2. Deanna Kiesel
  3. Laura Huffman
- **WOMEN'S SURVIVOR MASTERS**  
Marina Williford
- **WOMEN'S SURVIVOR SENIOR**  
Lyn Benavides
- **WOMEN'S MASTERS**  
Rhonda Frost
- **MEN'S MASTERS**  
Aaron Beach



4th Annual Findlay Race for the Cure  
September 24, 2016

**SAVE THE DATES FOR 2016**

23rd Annual Toledo Race for the Cure  
September 25, 2016



## 2015 FINDLAY RACE SPONSORS

### PRESENTING PINK RIBBON



### SUPPORTING PINK RIBBON



### PINK DIAMOND

### PINK PEARL



### PINK SAPPHIRE



### PINK OPAL



### PINK SPONSORS

Great Scot Community Markets • McNaughton-McKay Electric Company • Meijer  
ProMedica Fostoria Hospital • Summit Salon Academy



# THANK YOU! 22ND ANNUAL TOLEDO RACE FOR THE CURE



## 2015 TOLEDO RACE SPONSORS

### PRESENTING



### PLATINUM



### PINK RIBBON



### GOLD



### SILVER



### BRONZE

Advanced Roofing Services, Inc. • C & L Sanitation • Cleveland Clinic Cancer Centers  
 Dr. Beth White of Northwest Surgical Specialists, Inc. • HCR ManorCare • Imagination Station  
 Maumee OB/GYN Associates • ProMedica Monroe Regional Hospital • The Hospital Council of Northwest Ohio

## 2015 TOLEDO RACE WINNERS

- **WOMEN'S OVERALL**  
Alexandria McMaster
- **MEN'S OVERALL**  
Evan Gaynor
- **OVERALL TOP SURVIVORS**
  1. Denine Cramer
  2. Christy Miller
  3. Angie Thetford
- **WOMEN'S SURVIVOR MASTERS**  
Lori Miller
- **WOMEN'S SURVIVOR SENIOR**  
Denise Sparks
- **WOMEN'S MASTERS**  
Lori Lamb
- **MEN'S MASTERS**  
Brian DeBenedictis



# COMMUNITY PROFILE 2015 REVEALS DEEP NEEDS AND ENORMOUS OPPORTUNITIES

The breast cancer death rate for Northwest Ohio is six percent higher than the breast cancer death rate for the United States. Each month in our 24-county service area, 20 women die from breast cancer and more than 32 women are diagnosed with late-stage breast cancer.

“These numbers illustrate why we (Komen) are here. There are women dying and being diagnosed with late-stage breast cancer who need our support and grant services,” said Aubrey Whewell, MPH, community outreach manager at Komen Northwest Ohio.

Every four years, Komen Northwest Ohio completes a Community Profile which offers a comprehensive analysis of breast cancer risk factors and gaps in service throughout our 24-county service area.

“Simply put, we use the Community Profile analysis to learn where we should fight back first and then we use our Community Grants program to drive revenue to those local communities with the greatest need and highest risk factors for breast cancer,” said Mary Westphal, executive director of Susan G. Komen Northwest Ohio.

## WHAT’S NEW IN THIS COMMUNITY PROFILE?

For 2015, we began with data issued by the federal Healthy People 2020 initiative, which sets goals for improving the health of the nation.

“We then narrowed our focus to three counties least likely to meet the Healthy People 2020 goals for breast cancer deaths and last-stage diagnosis,” said Aubrey. “From there, we conducted an analysis of health systems and public policy

in those counties and gathered input from the communities through surveys and interviews.”

The information was clear. We found urgent needs for breast health and breast cancer awareness, education, and services in Auglaize, Erie and Shelby Counties.

## HERE ARE THE KEY FINDINGS:

### EVERY MONTH IN AUGLAIZE COUNTY:

- Roughly 3 women are diagnosed with breast cancer;
- Roughly 1 woman is diagnosed with late-stage breast cancer; and
- 1 woman dies from breast cancer.

### EVERY MONTH IN ERIE COUNTY:

- Roughly 6 women are diagnosed with breast cancer;
- 2 women are diagnosed with late-stage breast cancer; and
- 1 woman dies from breast cancer.

### EVERY MONTH IN SHELBY COUNTY:

- 3 women are diagnosed with breast cancer each week;
- 1 woman is diagnosed with late-stage breast cancer;
- 1 woman dies from breast cancer.

## WHAT THE FINDINGS TELL US

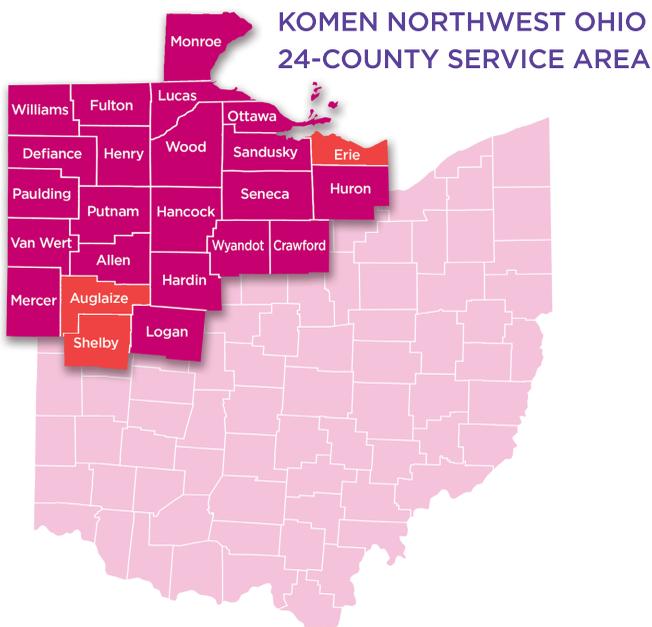
In these counties, and others in our services area, women and men are seriously lacking access to breast health/breast cancer resources like breast health/breast cancer education, mammograms, diagnostics, treatment services, and survivorship support. Thankfully, this is why Komen Northwest Ohio exists.

Our efforts for the next four years will center around two priorities in Auglaize, Erie, and Shelby counties:

1. Increase and strengthen access to direct breast health and breast cancer services.
2. Implement and strengthen breast health and breast cancer education, awareness, and outreach.

While Auglaize, Erie, and Shelby counties represent the highest need in our service area, we will use our two priorities to provide grants and address breast health/breast cancer needs throughout our 24-county service area.

Contact Aubrey Whewell at 419-724-2873 or [aubrey@komentnwohio.org](mailto:aubrey@komentnwohio.org), for information about the Community Profile 2015 and how you can help in the fight against breast cancer.



You can read the entire Community Profile 2015 at [komentnwohio.org](http://komentnwohio.org).

## SAVE THE DATE! APPLIANCE CENTER LADIES' NIGHT

Sunday April 10  
6:00 to 9:00 p.m.



## WELCOME TO THE TEAM!



Desmond Strooh is the new Marketing and Communication Manager for Komen Northwest Ohio. Desmond is a graduate of The University of Findlay, where he studied Public Relations and Accounting. He previously worked for WTOL 11 and the Toledo Chamber of Commerce and has also had a successful freelance career, working with The Andersons Inc., Hanson, Inc., Web Art, Inc. and other companies around the country. Desmond was born in South Africa and grew up in Des Moines, Iowa. He has been a proud resident of Toledo, Ohio for the past five years and is looking forward to many more years in the area. When he is not finding new ways to spread the word about Komen Northwest Ohio, Desmond enjoys listening to his vinyl record collection, cooking, traveling, and spending time with friends and loved ones.

## KOMEN NORTHWEST OHIO SERVICES DELIVERED IN 2015

In 2015, we made a huge impact in our 24-county, Northwest Ohio and Monroe County, Michigan service area.

- 691 mammograms
- 196 clinical breast exams
- 258 diagnostic procedures
- 197 treatment/survivorship services
- Nearly 300 newly-diagnosed breast cancer survivor packets delivered
- 3,646 education/awareness activities
- 136 referrals to screening/advocacy
- 8 breast cancer diagnoses
- 11 males served

Komen Northwest Ohio depends on your general donations and corporate sponsorship support to continue our fight and fund these services.

Visit [komennwohio.org](http://komennwohio.org) or call the office at 419-724-2873 to learn how you can help.

## LINDA'S NEW LEASE ON LIFE THANKS TO KOMEN

(continued from page 1)

Linda underwent a successful lumpectomy on May 2, 2015 and is now cancer free. Incredibly, breast cancer is not the only major health crisis Linda has faced in the past two years.

Linda's troubles began in late 2014. Her relationship with her partner ended and the despair overwhelmed her. Linda started drinking to numb the pain. On Dec. 31, 2014, after weeks of no contact, Linda's mother rescued her and took her to ProMedica Flower Hospital where she was diagnosed with severe depression, alcohol poisoning, pancreatitis, gall stones, and liver failure.

"When my mother came and got me from the house, I thought I had the flu," Linda said. "I had no idea I was 24 hours from death." She immediately began treatment for her mind and body. Her recovery continues to be a part of her daily life.

But since her successful lumpectomy, Linda is on the rise. She secured an apartment through the Lucas County Metropolitan Housing Association. Linda loves making miniatures from recycled materials, creating beautiful pen-and-ink drawings, and walking four miles a day. She attended the 2015 Race for the Cure in Toledo for the first time and thoroughly enjoyed being around women who "get it."

Linda continues to have the loving support of her father and step-mother, Larry and Judy Beckert as well as her mom Sue Beckert who all live close by in Toledo. She's attending art classes, has joined a bowling league, and she now wants to help others.

"I want to give back," said Linda. "I had never been homeless, desperate, and without resources. My experiences woke me up to the reality many people face, and I want to help."

Linda is deeply grateful for her second chance at life thanks to Komen Northwest Ohio donors who help fund the Komen Northwest Ohio grants program.

People like Linda remind us here at Komen® Northwest Ohio why we work so hard to raise funds to support breast health initiatives. We are saving lives right here in Northwest Ohio with the help of our donors, survivors, and volunteers.

We live here, we Race here, we give back here, we save lives here.

## UPCOMING EVENTS

- Rockets for the Cure  
February 13, 2016
- Pink in the Rink  
February 26-28, 2016
- 2016 Race for the Cure  
Registration Opens  
April 7, 2016
- Appliance Center Ladies' Night  
April 10, 2016
- 2016 Grants Reception  
April 19, 2016
- Power of the Promise  
April 28, 2016
- Pink at the Park - TBD
- Findlay Race for the Cure  
September 24, 2016
- Toledo Race for the Cure  
September 25, 2016

## 2016 BOARD MEMBERS

- Teresa McHugh, *President*
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- Marianne Peters, CPA  
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**ROCKETS FOR THE CURE**

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 THE UNIVERSITY OF TOLEDO



 **PINK IN THE RINK** 

 **PROMEDICA**

**FEB. 26-28**