

the Promise

Issue 13 • Winter 2011

2010 RACE FOR THE CURE RAISES \$1 MILLION!

Nothing could keep more than 19,000 enthusiastic women, men and children – including more than 1,500 breast cancer survivors – from downtown Toledo for the 17th Annual Komen Northwest Ohio Race for the Cure®, on Sunday, September 26, 2010.

Sunny skies matched the smiles on the faces of committed Race participants, determined to run breast cancer out of town. The crowd, including nearly 500 teams, marched along the Race route through downtown Toledo, many honoring their loved ones by wearing "in celebration of" or "in memory of" signs.

The fundraising efforts of participants and supporters raised more than \$1 million for the 17th Annual Komen Northwest Ohio Race for the Cure! The Mark Feldstein Foundation helped to close the gap by offering a challenge grant that would match \$0.50 for every \$1.00, up to \$5,000.

Seventy-five percent of every dollar raised will help to fund community grants and mission outreach services throughout Northwest Ohio and Southeast Michigan and the remaining 25% will be allocated to research to find a cure for breast cancer. Check out pages 4-5 for more details about the 2010 Race!

The 18th Annual Susan G. Komen Northwest Ohio Race for the Cure will be held on the last Sunday in September – Sunday, September 25, 2011!

PROMISE

The Susan G. Komen for the Cure 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.



2010 RACE WINNERS

- **Men's Overall**
Julius Kiptoo, Toledo
- **Women's Overall**
Daniell Sidell, Wakeman, Ohio
- **Men's Masters**
Jonathan Hoag, Toledo
- **Women's Masters**
Shelly Durkin-Boraby, Toledo
- **Men's Survivor Overall**
1st Bill Tapper, Toledo
2nd Matthew Perry, Oregon
3rd Rich Mariea, Maumee
- **Women's Survivor Overall**
1st Joyce Aughenbaugh, Sylvania
2nd Deanna Kiesel, Findlay
3rd Lori Miller, Toledo
- **Women's Survivor Masters**
Teresa McHugh, Toledo
- **Women's Survivor Senior Masters**
Theresa Marvin, Metamora



The 17th Annual Komen Race for the Cure kicked off with an inspirational Survivor Parade with 1,500 survivors proudly wearing pink.

PROMISE QUILTERS KEEP THE PROMISE ALIVE

By Mary Helen Darah

According to an old folklore, it should be impossible for the bumblebee to take flight due to the laws of aerodynamics, lack of wing size and large body mass. The bumblebee ignores its great skeptics and takes flight anyway. I am reminded of this tale while being in the presence of a small group of selfless, humble women who have used their quilting talents to raise over a quarter million dollars for the Northwest Ohio Affiliate of Susan G. Komen for the Cure.

There is very little fanfare, no sponsors, and no marketing yet the Promise Quilters have flown into the position of being the second largest fundraiser for the Northwest Affiliate. The Race for The Cure is the only event to generate more income. They gather in the home of Mary Greeno, and refer to their domain as the "Sylvania Sweatshop".

This hive has no queen bee. They operate as a single unit and never lose sight of their mission. There have been

13 quilts in 14 years. Keep in mind, these are not beginner quilts. Over 100 people have worked on the quilts. Volunteer worker bees who are not experienced quilters are given the opportunity to make valuable contributions. As Mary Greeno pointed out, "There were so many survivors who wanted to help. We put them to work as runners and pressers."

As in any good hive, everyone's contribution, no matter how great or small is vital. When asked to identify their individual roles in the making of the quilt, the strength of their team is once again apparent. A swarm of comments ensued: "Mary Clark is the pit boss that keeps us on track. She makes certain that the pattern works because we always have to modify it."; "JoAnn is always the first to arrive!"; "Marlene is a dedicated sewer."; "Sharon designs the graphics for the postcards." and "Mary creates beautiful scrapbooks that contain photos and meticulous details that also serve as a way of keeping us on track."



A glimpse of the Promise Quilts over the years

Sadly 2011 will find the "Sylvania Sweatshop" vacant of the tireless women and their annual labor of love. Mary Greeno states, "We've had a terrific run and we are ready to move forward." The group will miss Mary's delicious lunches, the fellowship and the feeling of being part of the community. Ginny Soss, was diagnosed a year after Mary Greeno. She states, "The support of this group got me through. I feel breast cancer is not a death sentence but a beginning."

The making of the quilt was only the beginning. Attending fairs, festivals, and benefits was not only a wonderful venue for selling raffle tickets, but also gave us an opportunity to educate the community. The quilt is secondary. More importantly, we were able to distribute materials, network for Komen, and spread awareness about breast cancer."

Thankfully the Promise Quilters were unaware of the likelihood that a group of ladies in a Sylvania home could have the ability to bring insurmountable funds to a worthy cause. They have contributed to the dream that a world without breast cancer may take flight.



**Front Row: Gretchen Schultz, Mary Greeno, Mary Clark
Back Row: Joan Reber, Ginny Soss, Sharon Mareska, Marlene Hittler**

FROM THE EXECUTIVE DIRECTOR

Dear Friends and Colleagues:

You did it!!! With the help of a \$5,000 Challenge Grant from the Mark Feldstein Foundation and many friends who stretched their personal gifts, you helped us achieve our goal of \$1,000,000 for the 2010 Susan G. Komen Northwest Ohio Race for the Cure®. We are proud to share that \$750,000 of that money will stay right here in our neighborhoods saving lives in the fight against breast cancer and \$250,000 will go directly to research to find a cure for cancer. We are very humbled and very grateful for your generosity. Thank you.

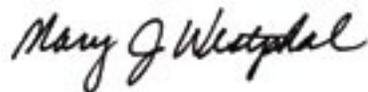
Now, mark your calendars for the 18th Annual Race for the Cure, Sunday, September 25, 2011, and schedule your annual mammogram today. Remember Susan G. Komen for the Cure® encourages you to:

- Ask your doctor which screening tests are right for you if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40.

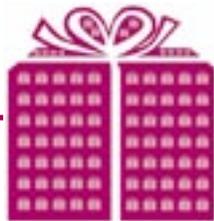
While some may question the need for regular mammograms, we'd like to share some thoughts from our founder, Ambassador Nancy Brinker. In an article published in "USA Today" in late 2009, Ambassador Brinker addresses whether screening 1,904 women ages 39-49 for a decade to find one with breast cancer is worth it. She writes, "A little perspective:

- One woman out of 1,900 in a town the size of Auburn, Maine, would be a little more than half a dozen women - or the entire staff at Betty Lou's Beauty Nook.
- One out of 1,900 in New York state could fill the Metropolitan Opera to capacity, from the cheap seats to the orchestra pit.
- About 17 million people visit Disney World a year. One of 1,900 is 8,947 - or nearly 25 people a day. If that many died riding 'Pirates of the Caribbean' daily, would anyone oppose potentially life-saving precautions?"

So please take a moment to schedule your mammogram and cross it off your list! Best wishes for a healthy 2011!



Mary J. Westphal, Executive Director



DONATIONS MAKE GREAT GIFTS!

Use the enclosed giving envelope to make a gift in honor or celebration of a loved one's birthday or special event. The Northwest Ohio Affiliate will send information to your loved one letting him or her know that you remembered that special occasion. In addition, all gifts to Komen are tax-deductible. Thank you for thinking of Komen and joining us in the fight against breast cancer!

2010 RACE SPONSORS

PRESENTING



PLATINUM

Houston Johnson, MD
Specialist in Diseases of the Breast



THE BLADE
toledoblade.com



PINK RIBBON SPONSOR



Toledo PARENT



GOLD



SILVER



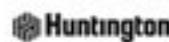
CHIROPRACTIC

Columbia, Guy of Ohio



HAROLDJAFFE

HEALTHCARE REIT



meijer



FREE-PRESS



BRONZE

amFightClub.com • Drs. Craig Colville & John Zavell
First Solar Inc. • Healthy Living News
Heartland Health Care • Heidtman Steel Products, Inc.
Mark Feldstein & Associates, Inc. • Maumee OB/GYN Associates
Mercy Memorial Hospital System • Regency Hospital of Toledo •
The Image Group • Thermo-Tru Doors

JOIN THE FUN IN 2011!

From cash and in-kind sponsorship, to underwriting specific elements of the event, the Race offers several opportunities at a variety of levels to match your company's marketing goals and budget. Contact Beth Stutler at beth@komennwohio.org or call 419-724-CURE for more information.

IN MEMORY OF GRETCHEN SKELDON

By: Mary Helen Darah

An old African proverb claims, “Smooth seas do not make skillful sailors.” If this holds true, Gretchen Gotthart Skeldon was one accomplished woman. Anyone who was acquainted with her knew she had total faith in her Captain. She was not only competent at steering herself through turbulent waters, but gave others, including myself, the courage to do the same.

Gretchen was employed by Libbey Glass Inc. and served the company as a valued executive for over 22 years. She was a member of the distinguished Edward Drummond Libbey Award Club, named “Sales Leader” seven times in her career, and National Retail Sales Manager in 2007.

In 1995 at the age of 32, Gretchen found a lump through self-examination. A mastectomy, chemo and tamoxifen followed. Having weathered the turbulent storm, a breath of fresh air and a calm sea arrived in the form of Mr. Philip Cass Skeldon. Gretchen and Phil met in a bible study class. Gretchen had never dated anyone seriously and

continually told her sister, “That Phil Skeldon keeps calling me!” He finally broke down her reserve and after two dates Gretchen was as her friend Gretchen DeBacker says, “In for life.” In 2002 her cancer returned followed by more surgeries and treatments that threw her into early menopause. What a surprise it was in September of 2003, the year the Race for the Cure was being run in her honor, that she discovered she was pregnant. Lilian Dean was born in April of 2004. As one of her friends recalls, it was one of the few times that Gretchen was in a hospital environment for a joyous occasion.

Gretchen welcomed motherhood with passion and love, while continuing her courageous fight with breast cancer. I saw Gretchen at the annual Survivor Breakfast in 2009. She looked beautiful, radiant. Little did we know that the “enemy” had returned. Gretchen died on February 17, 2010 and returned to her beloved Savior, her Captain that had steered her through the tumultuous seas of her cancer journey.



**Above - Phil and Lily Skeldon
Inset - Gretchen Skeldon**

Gretchen continues to touch lives. The Gretchen Gotthart Skeldon Fund was established in her honor. It will benefit the causes she held dear. I am reminded of the saying, “Losses are temporary but blessings are permanent.” Even in death, Gretchen is the permanent reminder of how to live.

TOP TEAMS IN PARTICIPATION

Team Name	Size of Team	Team Type
ProMedica Health System	616	Church/Hospital/School
AW for the Cure	580	High School Team Challenge
Expecting Miracles	367	Family
First Solar	174	Corporation
Legally Pink	160	Other
Queen of Our Hearts	66	Small Business, Family
Lucas County Wellness Team	35	Government Agency/Armed Forces

TOP FUNDRAISING TEAMS

Team Name	Total Funds Raised	Team Type
Pretty in Pink	\$12,697.25	Other
Power of Pink	\$9,075.00	Family
First Solar	\$8,986.00	Corporation
AW for the Cure	\$7,270.00	High School Team Challenge
Team LuLu	\$6,006.53	Small Business, Family
ProMedica Health System	\$4,061.00	Church/Hospital/School
Wood County Health District	\$570.00	Government Agency/Armed Forces





PINK HONOR ROLL 2011 REVEALED!

We are thrilled to introduce the Pink Honor Roll class of 2011. The Pink Honor Roll program celebrates the top 25 fundraisers for the Northwest Ohio Race for the Cure. These dedicated individuals raised nearly \$60,000 toward the 2010 Northwest Ohio Race. Pink Honor Roll members raised between \$9,435 and \$910 each. We appreciate the efforts of our Pink Honor Roll honorees, and they are offered special prizes and perks for their efforts.

IN CELEBRATION OF JERI HOELLRICH

By: Mary Helen Darah

To say that Jeri Hoellrich, principal of Anthony Wayne High School leads a busy life would be a gross understatement. Keeping her staff and students on course is an enjoyable challenge. Jeri certainly wasn't expecting to face "the perfect storm".

In May, Jeri was preparing her Anthony Wayne seniors for graduation when her father was diagnosed with prostate cancer. In July, two days after Jeri received the news that she had breast cancer, her mother was diagnosed with inflammatory breast cancer.

While Jeri received treatment, she supported her parents. She was with them through every treatment. Jeri served as their team captain of support and encouragement. Speaking with Jeri I am reminded of the words of Christopher Robin to Pooh, "Always remember, you're braver than you believe and stronger than you seem."

Jeri Hoellrich is not your average bear. She did not go into hibernation but remained steadfast in her efforts to lead as "normal" a life as possible while facing a triple dose of the "Big C".

To be supportive it is helpful to be supported. Anthony Wayne High School's staff and students provided a limitless supply of hugs and words of hope.



Chrys Peterson and 2010 In Celebration Honoree Jeri Hoellrich

As Jeri states, "I was blessed with a caring staff and school community who carried out my desire to carry on as usual. I wanted to focus on what needed to be accomplished for our students not the disease I was battling. I would have chemo on Wednesday, take Thursday off, and return Friday. Of course getting back for Friday night football games was very motivational."

Ron, her husband of 28 years, was instrumental in her success at navigating through the treatments and surgeries of not one but three survivors. Jeri thankfully states, "He was never without a positive affirmation or a kind word."



1. Violet Woods
2. Tammy Myers
3. Lambie Stout
4. Linda Key
5. Timothy Mays
6. Cindi White
7. Adela Mundt
8. Jeremy Brown
9. Laurie Avery
10. Jean Tabbert
11. Ann Albert
12. Pamela Downour
13. Adam Lorenz
14. Kim Wolf
15. Carol Campbell
16. Tina Emerick
17. Kathleen Maka
18. Cathy Sickles
19. Julia Peebles
20. Don Long
21. Jennifer Fornwald
22. Heidi Moilanen
23. Kellie Niedermier
24. Jennifer Cannon
25. Howard Walters

GRANTEE SPOTLIGHT: PUTNAM COUNTY HEALTH DEPARTMENT

Imagine losing your job. Suddenly, your insurance deductible makes medical care financially out of reach. Next, you feel something in your breast. Is it a lump? No, it couldn't be ... could it? Now, you're torn between paying your bills this month, or going to the doctor to have your breast checked.

In these tough economic times, scenes like this one are happening every day. For women and men living in Putnam County, the Putnam County Breast Health Project at the Putnam County Health Department focuses on helping people who are uninsured and underinsured receive mammograms.

For the 2010-2011 grant year, the Putnam County Health Department received a \$10,101 Komen Northwest Ohio Community Grant to provide screening mammograms and diagnostic services for 65 uninsured and underinsured women and men who reside in Putnam County.

According to Sherri Recker, Director of Nursing at the Putnam County

Health Department, the majority of clients who seek out assistance from the Komen Northwest Ohio grant have insurance coverage, but have difficulty paying a high deductible.

To be eligible for the program, individuals must be under 300% poverty level and have at least a \$200 deductible. Many clients have deductibles that are more than \$1,000-\$2,000 per year.

Thanks to the Komen Northwest Ohio Community Grant, the Putnam County Health Department has been able to help women and men who have been otherwise ineligible for BCCP services due to age or financial situation.

According to Recker, one patient went on to be diagnosed with breast cancer and is currently in treatment; another had a biopsy which proved to be non-malignant but still growing.

Stacy Campbell from Ottawa, Ohio was only 30 years old when she found a lump through self-examination. "I hesitated to get it checked out because I



knew I did not have health insurance," said Campbell.

She was able to get her mammogram funded through the Putnam County Breast Cancer Program, but the results were not what she expected. She had breast cancer.

Now, Campbell urges women of all ages to be aware of their bodies. "Don't wait to get checked out just because you don't have health insurance," said Campbell, "There are resources available to you that could save your life."

Grantees are a crucial partner in furthering Susan G. Komen for the Cure's mission of saving lives and ending breast cancer in Northwest Ohio. Our grantees are our feet on the ground providing education, breast health screenings, diagnostic procedures, support services, treatment assistance, and navigation to men and women in Northwest Ohio.

Becky Royer, Community Outreach Coordinator for Komen Northwest Ohio states "Their efforts could not have an impact if not for the generosity of the individuals and communities in Northwest Ohio that support the local Affiliate."

NEW SMALL GRANTS AWARDED

Komen Northwest Ohio has awarded small grants to three educational resources in our service area.

Hospital Council of Northwest Ohio
\$10,000 - To provide more than 100 mammograms to uninsured Lucas County residents.

Hickman Cancer Center at Flower Hospital
\$8,500 - To provide four breast cancer survivor community workshops. The workshops will be videoed and provided to breast cancer survivors via the web and as a DVD survivorship series.

Small grant applications are available online at www.komennwohio.org under the Grants tab. Small grant applications are accepted three times a year: January 15, May 15 and September 15.

Baskets of Care, Inc.
\$8,400 - To provide 200 "Baskets of Care" to women and men living with breast cancer in Monroe County, Michigan and Defiance, Fulton, Lucas, and Wood Counties, Ohio.

The "Baskets of Care" are delivered by Breast Cancer Support Teams to patients at the time of diagnosis to help answer questions and assist in anticipating future treatment needs.

NEED A MAMMOGRAM?

- Visit www.komennwohio.org
- Click on the **Understanding Breast Cancer** tab
- Click on **Local Resources**
- Download **Resources in Your County**

GIRLS' NIGHT OUT EVENTS RAISE NEARLY \$20,000 FOR KOMEN NORTHWEST OHIO

Who knew it would be so fun to turn a greenhouse pink? Music filled the air as nearly 600 women in pink paraded through the vendors and silent auction tables at the sold-out Girls' Night Out hosted by DeHaven Home and Garden Showplace in Lima.

As everyone was seated for dinner, the vibrant energy in the air was contagious. Event organizer and owner of DeHaven Home and Garden Showplace, JoAnne DeHaven, rallied the attendees to share words of appreciation and enthusiasm.

"I cannot believe how the event has grown," remarked DeHaven, "This has been a labor of love and I could not be happier to be supporting such an important cause."

The event raised more than \$15,000 for Komen Northwest Ohio. The Findlay event raised nearly \$5,000 for the Affiliate. "We are thrilled to have such fabulous supporters in our community who help us raise dollars all while spreading the message that early detection saves lives," said Komen Northwest Ohio Executive Director Mary Westphal.



JoAnne DeHaven, owner of DeHaven Home and Garden Showplace; Mary Westphal, Executive Director of Komen Northwest Ohio; and Mary Kay Verhoff, Director of the Women's Wellness Center at St. Rita's

UPCOMING EVENTS

For more details, visit our website www.komennwohio.org

- **January 29, 2011**
UT Women's Basketball
Rockets for the Cure
- **February 18, 2011**
St. John's Jesuit "Pink Out"
basketball game/jersey auction
in memory of Gretchen Gotthart
Skeldon & Cheryl Heintschel
- **March 4, 2011**
Toledo Walleye Pink in the Rink
- **March 5, 2011**
Dueling Pianos (Defiance, Ohio)
- **April 12, 2011**
Power of the Promise
Grants Reception
- **June 18, 2011**
Womens' Triathlon for the Cure
- **July 29, 2011**
Komen Night at the Mud Hens
- **September 10, 2011**
Survivor Breakfast
- **September 25, 2011**
18th Annual Komen Northwest
Ohio Race for the Cure
- **October 2011**
Breast Cancer Awareness Month

MEN CAN DEVELOP BREAST CANCER, TOO!

Breast cancer in men is rare, but it does happen. After all, men also have breast tissue. The overall ratio of female to male breast cancer in the U.S. is 100 to 1. Although it sounds like a small number, that is still roughly 1,910 men who will be diagnosed, and about 440 who will die from the disease this year.

Common symptoms of male breast cancer include a lump in the chest area, skin dimpling or puckering and nipple changes.

Because breast cancer is much more common in women, many men do not even realize they can develop this disease. This can delay diagnosis and as a result, some cancers are not found until they have progressed to a much later stage. However, when cancer is found at the same stage among men and women, the survival rates are similar. Since the male breast is much smaller than the female breast, it is more likely the disease will spread to the chest wall. For this reason, it is important to find the cancer early for successful treatment. See your doctor right away if you have any lumps or changes in your chest area.



OHIO WOMEN'S TRIATHLON FOR THE CURE

- June 18, 2011
- 8:00 a.m.
- Maumee Bay State Park

The event will feature a beginner-friendly 250-yard swim, 7-mile bike, and 2-mile run. Fifty percent of all entry fees will come back to Komen Northwest Ohio.

Check out www.komennwohio.org for more information, or to sign up today!

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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,
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Monroe county, Michigan.



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Pink in the Rink

WITH THE TOLEDO WALLEYE

Friday, March 4th

Ticket discount for the Komen Northwest Ohio Affiliate.

Tickets are \$13 - Hurry! Limited
number of tickets available.

Pink Jersey Live Auction

Pink Ice at Huntington Center



**For tickets, call 419-725-WALL or visit ToledoWalleye.com/pink
ENTER PROMO CODE "PINK" (MUST BE ALL CAPS)**

Rockets for the Cure

Toledo vs. Kent State

Saturday, January 29 at 12 p.m.

\$3 tickets for groups 15 or more

Tickets must be ordered prior to game day & based on availability



Free T-shirt to first 500 group tickets sold

Pink Jersey Live Auction

Silent Auction

Other Great Giveaways

Proceeds from both events will benefit Komen Northwest Ohio.