

Relay News



American Cancer Society Relay For Life of Whitewater News January 2007

DO SOMETHING RIGHT! ***The Great American Health Check***

The Great American Health Check is an easy, confidential, online health assessment tool available year-round at www.cancer.org/healthcheck to raise national awareness of early detection tests and the benefits of following a healthy lifestyle.

Cancers that can be prevented or detected early when following the Society's testing guidelines account for approximately half of all new cancer cases in the United States. Survival rates for many cancers have improved over the last two decades, due in large part to increased use of early detection tests and to better treatments. Scientific evidence suggests that approximately half of cancer deaths each year are related to tobacco use, unhealthy diet, physical inactivity, and being overweight or obese.

The Great American Health Check focuses on age, gender, height, weight, and family history of cancer, dietary habits, physical activity levels, alcohol and tobacco use. Users can answer the questions for themselves or a loved one and then receive a personalized cancer action plan that includes early cancer detection tests they may need and healthy lifestyle recommendations.

Following American Cancer Society early detection guidelines is one of the most important things people can do to reduce their cancer risk. In addition to getting the right tests, people can reduce their risk by not smoking; getting at least 30 minutes of physical activity four or more days a week; and consuming a diet rich in fruits, vegetables, wholegrain, nuts, low-fat dairy product, poultry and fish, and limiting intake of processed meats and red meat.

VOLUNTEER TRAINING OPPORTUNITY

The Midwest Division's Relay for Life Business Unit is pleased to announce a new series of orientation and content/best practices sharing calls for Relay volunteers.

On Track calls are one-hour conference calls provided to help volunteers gain knowledge regarding specific volunteer roles with Relay For Life.

There are two types of **On Track** calls available.

Orientation calls are for volunteers who are new to their position on the Relay For Life committee. You will be walked through your position description and be provided with tools and ideas to help get you started on the right foot.

Content/Best Practices Sharing calls will provide a venue to learn new and useful information that can be implemented in the coming months as well as an opportunity for volunteers to network with other chairs across the division to share best practices and learn from one another.

Call Schedule and Topics

Orientation Calls – 11:30 a.m. CST

- Tuesday, January 16 – Survivorship
- Tuesday, February 13 – Mission

Content/Best Practices Calls – 6:00 p.m.

- Tuesday, January 16 – Survivorship
- Tuesday, February 13 – Mission
- Thursday, February 15 – Advocacy
- Tuesday, February 20 – Survivorship

More information regarding the On Track schedule and topics will be included in the future issues of our Relay News.

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VOLUNTEER TRAINING OPPORTUNITY

Who Should Register?

Mission chairs, survivorship chairs, advocacy chairs and publicity chairs. Event chairs and staff partners are also encouraged to participate.

Why Do I Need To Register?

The Relay Business Unit will be able to anticipate the number of participants. A Website link will be sent to all registrants that will allow call participants to access the documents discussed during the call. Register by following the registration link at www.cancermw.org/support.

ANNE'S ALLOCATION Continued

We are trying a new meeting place for the Relay Committees at Fairhaven Retirement Facility on Starin Road – unfortunately the directions are a little tricky so please bear with us and look for signs! You get to Starin Road by turning North off Main Street. Starin Road runs parallel to Main. Fairhaven is a huge building between Park Street and Franklin Street, so you can turn at either of these streets. To get into the building you no NOT enter off Starin, you enter off their driveway! To repeat, when you get to Starin and find the Fairhaven Complex, look for a wide driveway with parking along it that runs to the west of the building, and turn in there. The building ENTRANCE is off a circle on that driveway. Best Parking is past that entrance in a lot that is behind Hearthstone Memory Care. Be patient and look for Relay signs!

Anne Griffiths, Chair
anneg@idcnet.com



ANNE'S ALLOCATION

Happy New Year to All Our Relay Friends!

We are looking forward to seeing as many Team Captains as we can at the January 22nd meeting of the Relay Leadership Committee: Pizza for all and we finally have the Plates and Plaques from last year's Relay for you if you qualified to receive them (teams that raised over \$1500 that is).

My New Year Resolution is to try to be the best Relay Leader I can and I am looking forward to seeing all your smiling faces and getting energy from all your enthusiasm and commitment again this year.

I am so very pleased to announce that Mary LaBelle, from LaBelle Studios, has agreed to be our Honorary Chair for the Relay this year. Mary has been a staunch supporter of our Whitewater Relay for many years, taking and developing our Survivor photos at the Relay with no cost to us and with tremendous care and concern. Now she is fighting her own battle against cancer, but still is willing to share her energy with our Relay as our Honorary Chair. We must admire her courage and commitment and look forward to her sharing in our event!

Care, which is a part of Fairhaven located at the South end of the property. Be patient and look for Relay signs!

Looking forward to seeing you and getting charged up for a new Relay year together!

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QUIP FROM KATHY



Some people are kind, polite, and sweet-spirited - until you try to sit in their pews.

Your Editor - Kathy Schumacher



Great News! This year 'Daffodil Days' sales can be applied to your team total. Attend the January meeting on the 22nd to get more details.

SOMETIMES THE LAP IS THE VICTORY!

For cancer survivors, each day, month and year is a victory. We applaud their courage and strength. It's the survivors that truly impact our mission of eliminating cancer as a major health problem. Let's all help out this year as we encourage community survivors to join us on August 3rd.

A 14-year thyroid cancer survivor and Relay committee member wrote the following poem. She is from Thousand Oaks, California.

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2007 REACHABLE GOALS

Our goals for the 2007 Relay For Life of Whitewater scheduled for August 3 – 4th are:

? – Teams	? - Sponsors
? – Dollars	? - Survivors

We need to be thinking of what numbers we want to plug into the above table. ☺

What will our theme be in 2007? Only one of you knows for sure. Be prepared to share with the rest of us! ☺

The candles glow and light the course,
Giving purpose to our steps and hope along the way.

For love,
For caring,
In Memory of,
In honor of,
To keep awareness bright,
And to fight each day.

Long after the glow succumbs
To the light of day,
We will carry the candles' glow
In our hearts,
Giving purpose to our steps,
And hope along the way
To stay the course.