

Relay News



American Cancer Society Relay For Life of Whitewater News March 2007

ROAD TO RECOVERY

Road to Recovery is an American Cancer Society service program that is making life a little easier for patients undergoing cancer care. Volunteer drivers donate their time and resources to pick up patients at their homes, drive them to their treatment or medical appointments and return them to their homes.

American Cancer Society Patient Navigators are in touch with local transportation resources available in a patient's community and will connect patients with Road to Recovery drivers when they are available.

For more information about the Road to Recovery program or to volunteer as a driver, call 1-800-227-2345 or contact your local American Cancer Society office.

ACS WEBSITE

Did you know that the ACS website (www.cancer.org) offers tools for patients and their caregivers to track the side effects of cancer treatment? You can find worksheets to track side effects from chemotherapy, radiation treatments and cancer pain. These worksheets can be helpful when visiting the doctor during treatment so your cancer care team can help you manage any side effects.

Additionally, there is a complete toolbox for caregivers to assist with the various needs of a loved one undergoing cancer treatment. Visit www.cancer.org and in the Search box type caregivers. You can then find a link to the toolbox on the left side of the page.

JUST THE FACTS FOLKS!

Colorectal cancer (commonly referred to as colon cancer) is the third most common cancer diagnosed in men and in women in the US, and the second and third leading cause of cancer mortality for men and women, respectively, with more than 52,000 deaths projected for 2007.

Colon cancer is preventable if pre-cancerous polyps are found and removed. And if colon cancer is found and treated at an early stage, it can almost always be cured, with a 90 percent five-year survival rate. Yet only 39 percent of colon cancer cases are diagnosed at an early, localized stage.

Colon cancer remains one of the most important cancers to address in the United States. There is enormous opportunity to save thousands of lives from colon cancer due in large part to the fact that it is one cancer that can be prevented altogether. Screening is critical since it can detect and remove pre-cancerous polyps, and therefore, prevent or find cancer at the earliest, most treatable stage.

General awareness of colon cancer is high; however, screening rates remain low due to lack of personal awareness of risk and prevention. The more people 50 and older get tested for cancer, the more lives that can be saved through early detection and prevention.

The 2007 ACS colorectal nationwide awareness campaign will go beyond raising awareness to understanding the very personal need to get tested among adults 50 and older. The campaign will reach out to both consumers and health care professionals and promote the ACS toll-free number 1-800-227-2345.

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NUTRITION KNOW-HOW WHEN DINING OUT

Breakfast, lunch, and dinner – Americans are eating out more than ever before. The good news is that you can eat well away from home. With some nutrition know-how and selection savvy, you don't have to give up on your plans to eat healthy. Follow these tips to help you make wise choices wherever you eat.

Look for: Baked, broiled, grilled, poached, roaster, or steamed.



Look our for: breaded, buttered, creamed, fried, crispy, scalloped, au gratin, Hollandaise, Bearnaise, Alfredo, Newburg, a la king, and in cheese sauce!



ANNE'S ALLOCUTION



Greetings to you all!

Since Anne is enjoying the 'hills' in Colorado for a few short days, we will not have her normal words of wisdom in this column.

I am including the goals for our 2007 Relay.

Gross Fundraising -- \$150,000

Sponsorship Income -- \$25,000

Team Total – 34 Teams
(with one Hispanic team)

Survivors – 100 walking

Fundraising Costs – No more than 3 percent of funds raised.

Lofty goals but certainly doable!!!



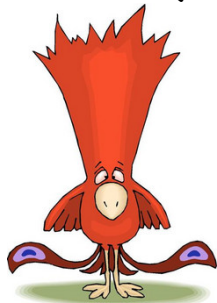
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QUIP FROM KATHY



HAPPY ST.
PATRICK'S
DAY!

Your Editor - Kathy Schumacher

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

KICKOFF - KICKOFF - KICKOFF

MARCH 19, 2007

FIRST ENGLISH LUTHERAN
CHURCH

7:00 P.M.



IMPORTANT DATES

March 19	Kick-Off
April 23	Team Captain Round Table
May 18	Pig Roast
May 21	Relay Leadership Meeting
June 25	Deadline for Registration Fee, T-Shirt Order and Logo
July 4	Relay Float in Parade
July 23	Team Captain Event Info
August 2	Bank Night – Commercial Bank
August 3-4	Relay Fun!!!!

