



MAKING STRIDES AGAINST BREAST CANCER OF THE FOX VALLEY

Walk with us. And we'll never walk alone.

Team Leader Newsletter

August 2016

Building Your Team!

Do you know what the number one reason people are not involved with a Making Strides Against Breast Cancer event is? They were never asked! Now is the time to talk to your family, friends, coworkers, and other community members about getting involved and start building out your team of supporters to come raise awareness and walk with you at Fox Cities Stadium on October 22. [Click Here](#) to see the A-Z of Team Recruitment.

Thank you for helping save lives from breast cancer by recruiting teams and raising funds. We couldn't do this without you. Team Leaders and their teams are the heart and soul of Making Strides events. We have many great team recruitment ideas to help you meet your goals. Be creative, have fun, and ask everyone to support your efforts to help create a world free from the pain and suffering of breast cancer.

Register Now!

Teams are already signing up and starting to fundraise. Come join the fun and Register Now!

Visit www.makingstrideswalk.org/foxvalleywi to register your team today!

Making Strides of the Fox Valley 2016

October 22, 2016

Fox Cities Stadium

Registration 7:30 am

Opening Ceremony/Walk 9:00 am

*Supporting the Fighters,
Admiring the Survivors,
Honoring the Taken,
And never, ever
Giving up Hope.*



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The walk is one day in October. The fight is every day before and after.

Make Strides In Your Style!

Show your team spirit with our fully customizable line of apparel! Team leaders can completely customize their team shirts front and/or back, using an online design tool that lets you upload photos, apply cool typefaces, and draw on fun stock images to make a statement. [Click Here](#) to get started creating your teams shirts today!



Look Good Feel Better



Look Good Feel Better is an American Cancer Society program dedicated to improving the quality of life and self-esteem of people undergoing cancer treatment. The program offers complimentary group, individual, and online sessions that teach beauty techniques to help people with cancer to face their diagnosis with greater confidence. In 2015 more than 34,470 women learned how to manage the appearance-related side effects of treatment through out Look Good Feel Better program

To find out more information about Look Good Feel Better [Click Here](#).



How would you like to fundraise for your team at Appleton's largest block party, Octoberfest!

You are in luck! We have one spot left (2:45pm-6:00pm) to come and work at the American Cancer Society Making Strides Against Breast Cancer Caramel Apple Booth on September 24, 2016. Your team is required to have the commitment of 6 team members who can work the full 3 hour shift. Your team will be credited for all the funds that you raise during your 3 hour shift! We will provide all the food and supplies, you just need to provide the people and an energetic attitude. Contact Cindy at 920.321.1368 or foxvalley-wistrides@cancer.org for more information or to claim this spot!

Octoberfest
September 24, 2016
College Ave, Appleton

Did you know...

The Breast Cancer death rate is down 36% since 1989. That means 249,000 lives saved from breast cancer.

Meet our 2016 Honorary Survivor

Cassie Verkuilen

STORY OF

Cassie Verkuilen, Menasha WI

On July 30, 2015 I was diagnosed with stage 1, triple-negative breast cancer. My brain was flooded with thoughts: Why me? I am only 38 years old! What am I going to do? Where do I go from here? Will I need to have chemo? Will I lose my hair? What doctors would I choose? Would I be able to count on my family and friend to emotionally support me? How will I survive financially? Will I even beat this and SURVIVE?

With help from my medical team it was decided that on August 25th I would have a double mastectomy reconstruction with expanders. I started chemotherapy on October 6th, 2015. During this process, I began to feel a close connection with all of the doctors and nurses. They essentially became my second family. Advice was freely given whenever I needed it. They were there to comfort, listen, and lend a shoulder to cry on, or give me something to laugh about exactly when I needed it. It was not a scary place. I felt comfortable there. I began to think about all the questions I asked myself at the beginning and started to receive some answers!

Hair loss? Who cares! It grows back! Beauty is not shown in hair. Your beauty is in your smile, your personality, your essence. During my journey, I had a great support system. Unfortunately, I met others that had little to no support.

On February 23, 2016, I became a breast cancer survivor. With the help of my family and friends we created a video on my last day of chemo for the purpose of showing others that we can beat this battle. We can be strong and beautiful! I realized that God provided me with this journey ~not to suffer, but to be there for others who needed someone. I still have one more hurdle to overcome, with my reconstruction surgery coming up in September. I am a very positive and outgoing person and always try to find the silver lining. I am turning my journey into a "positive". During my free time, I stop by to visit Fox Valley Hematology, bring flowers and offer hand massages to those who are receiving chemo.

I have always wanted to help others and give back. My mission is to provide flowers and support to other cancer patients. This



is just the beginning of something great. My goal is to deliver as many carnations and offer support to cancer patients as possible in the Fox Valley.

Like and follow my Facebook page Flowers for Cancer!

Thank you for your help and support in freeing the world from the pain and suffering from cancer!

Join us to **save lives** at
MakingStridesWalk.org
1.800.227.2345



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*Fundraising isn't
all that we do,
but all that we do
depends on
fundraising.*

**Congratulations to
our top fundraisers!**

TOP PARTICIPANTS

- 1. Krystal Krause
\$970**
- 2. Chrissy K
\$535**
- 3. Robby Palagyi
\$200**

TOP TEAMS

- 1. Team Krause
\$1,080**
- 2. CK's Wolf Pack
\$890**
- 3. Walkers for
Knockers
\$225**

Who will be in
the top 3 spots
next month?



PINK POWERHOUSE PULL

Alone we can do so little, together we can do so much! - Helen Keller

Do you know someone who has what it takes to help pull a Pierce Firetruck 20 feet? We are doing a **Pink Powerhouse Pull** in the parking lot after the Making Strides walk on October 22 at Fox Cities Stadium. We have collaborated with Pierce Mfg. and we are asking 10 influential Fox Valley Women to raise awareness for breast cancer, commit to raising \$1,000 for Making Strides Against Breast Cancer and find a survivor/caregiver to help them pull a firetruck 20 feet with 18 other strong women. If you would like to nominate someone as a Powerhouse Pull Candidate contact Cindy at 920.321.1368 or cynthia.sommer@cancer.org. Make sure your team plans on sticking around after the walk to cheer on the **Pink Powerhouse Pullers**.

Thank you to:



For more information about Making Strides Against Breast Cancer of the Fox Valley:

Website: makingstrideswalk.org/FoxValleyWI

Your American Cancer Society Staff Partner:

Cindy Sommer

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foxvalleywistrides@cancer.org

With your PASSION we will never walk alone.