



**Sebastian River
Medical Center**
Setting the Standard for Hospital Care



July 2013

Coming in August!

- ◇ Look Good Feel Better
- ◇ CPS 3 Local Cancer Research Opportunity



American Cancer Society

2013 Making Strides Against Breast Cancer

presented by Sebastian River Medical Center



Save These Dates!

2013 MSABC Kick Off
August 27, 2013

Captain Hiram's
1606 Indian River Dr., Sebastian
5:30 pm Reception
6:00 pm Program
RSVP/Register by
August 23rd

**Breast Cancer
Survivor Reception**
September 17, 2013

Regency Park
910 Regency Square
Vero Beach
RSVP/Register by September 10th

**All RSVPs
registration or invitation
requests to:**

Betsy Craig
772-562-2272 ext. 2405
betsy.craig@cancer.org

Making Strides Event

October 19, 2013
Riverview Park, Sebastian, FL

There's no registration fee!
www.makingstrideswalk.org/indianriver
Register your team and join us in the
fight against breast cancer!

Teams at Work!

It's "Casual Friday" for the **Life Care Center of Palm Bay Team** -- employees are donating \$1 to wear jeans on Friday! They also have a chance drawing underway and future plans for a cake walk! Thank you Mary Tabacco for your leadership with the Life Care Center of Palm Bay Team! **Dress Casual Stickers are now available!**

Kudos to the **Meadowood Team!** This community held a women's golf tournament in February raising more than \$1,500! Great job starting the new year off early!

What does your team have planned? Team Kits are in! Register your team on line. Request a team kit to help you with ideas on how to build your team and how to get your team fundraising! Email us and let us know! theresa.woodson@cancer.org.



Ribbon in the Sand

Dressed in pink, supporters and survivors flocked to the sands of the Vero Beach Hotel & Spa to start off the season of breast cancer awareness. Over 85 attendees joined together to form a giant ribbon of hope.

Photos by Laura Conger

**Tell us why YOU are Making Strides
Against Breast Cancer? Email to
theresa.woodson@cancer.org**



American Cancer Society

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Newsletter Design by
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[www.makingstrideswalk.org/
indianriver](http://www.makingstrideswalk.org/indianriver)

If you would like information
about sponsorship opportunities
please e-mail:
theresa.woodson@cancer.org

Thank You Sponsors!

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Survivor Spotlight

"In just two years, three sisters in one family were diagnosed with breast cancer, three different strains and three different stages and with no family history of cancer of any kind and our BRCA 1 & 2 were negative for my mother, baby sister Beth and me. **I am making a difference and Making Strides because I want and need to be a part of an organization that has a focus on the ultimate goal**, a goal that really matters eliminating cancer and that is a difference we all can help make happen."

~ **Amy Cosner, Survivor**



Grandson Colin Swartz, 18 months, and daughter-in-law Lindsay Swartz with survivor Amy Cosner.

Reach to Recovery

The American Cancer Society Reach to Recovery program has helped people (female and male) cope with their breast cancer experience. This experience begins when someone is faced with the possibility of a breast cancer diagnosis and continues throughout the entire period that breast cancer remains a personal concern.

When people first find out they have breast cancer, they may feel overwhelmed, vulnerable, and alone. While under this stress, many people must also learn about and try to understand complex medical treatments and then choose the best one. Talking with a specially trained Reach to Recovery volunteer at this time can give a measure of comfort and an opportunity for emotional grounding and informed decision-making. Volunteers are local breast cancer survivors who give patients and family members an opportunity to express feelings, talk about fears and concerns, and ask questions of someone who is knowledgeable and level-headed.

Most importantly, **Reach to Recovery volunteers offer understanding, support, and hope because they themselves have survived breast cancer and gone on to live normal, productive lives.**

Committee Members

2013 MSABC Executive Team

Steven Salyer, Event Chair
Nancy Baker, Income Committee Chair
Kim Ellis, Operations Committee Chair
Donna Leemon, Team Development Chair

Planning Committee

Candice Beckham, Team Recruitment
Brenda Montgomery, Team Retention
Pam Sloan, Team Development
Ashley Simmens, Sponsorship
Gail Gill, Sponsorship
Walter Gill, Sponsorship
Joe Coakley, Activities
Lin Reading, Breast Cancer Education
Katy Salyer, Kick Off
Carol Hendricksen, Logistics
Angela Dickens, Media/Publicity
Colleen Sanders, Media/Publicity
Cathie Callery, Registration
Pam Doughty, Survivorship
Gwen Forbes-Wolfe, Survivorship
Marilyn Kolar, Survivorship
David Leemon, Survivorship
Theresa Schmalfluss, General Committee
Kathryn Faires, General Committee
Jackie Hart, General Committee
Rebecca Schilling, General Committee
Norman Meyer, Ops/General Committee

Interested in committee? contact Theresa Woodson at theresa.woodson@cancer.org