



# MAKING STRIDES AGAINST BREAST CANCER OF THE ROCHESTER AREA

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

Team Leader Newsletter September 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 Soldier's Field Memorial Park 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/rochesterareamn](http://www.makingstrideswalk.org/rochesterareamn) to register your team today!

## Making Strides of the Rochester Area 2016

**October 22, 2016**

**Soldier's Field Memorial Park**

**Registration 7:30 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](#).



## Welcome to the family, Knutson Construction!

Knutson Construction, it's employees, and clients are joining the Making Strides Against Breast Cancer of the Rochester Area walk as a new sponsor, and we are thrilled to have their support!

Knutson's purpose is "Together We Make Dreams Real." And with their support, together we will make sure that nobody walks alone in their journey with breast cancer.

## 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*

# Karla Mees



My story of cancer started on November 28, 2014, the day after Thanksgiving. Why does that date stick out to me? It was the date of my annual physical and mammogram. Since I had never had any problems before, I was tempted to skip the mammogram. However, after a still small voice told me I needed to have the mammogram, I heeded my instincts and had it done. I sometimes refer to that as the “fatal mammogram”. Within the course of 2 weeks, I had further mammography, ultrasounds and biopsies done. On Dec. 12, 2014, I was told that I had breast cancer and underwent surgery on Dec. 18, 2014.

From there, I was referred to Oncology at Mayo and received more mammography, ultrasounds, MRIs and biopsies. With the MRI, I learned that I had 3 more lesions that were likely to become cancerous. From that point forward, I underwent chemotherapy and radiation treatments. I experienced many side effects and was referred to Palliative Care at Mayo.

During that time I learned many things. One was that I have many good friends without whom I would not have gotten through this experience. Other things I learned had more to do with my personal nature. Humility, vulnerability and vanity were part of my learning curve.

What part did the American Cancer Society play in my story? I firmly believe that the research funding that ACS had provided played a significant part in the treatment I received, and for that I am extremely grateful. I am thankful for those who have made contributions to the ACS so that cancer patients have access to screening, diagnostic modalities and treatments that are available today. Another aspect is patient education that benefitted me.

I have also witnessed family members benefit from the ACS (provision of supplies, wigs, patient education and use of Navigators provided by the ACS).

Since there is no family history of breast cancer, I thought I was immune to it, but I guess not.....I will never say that I am glad that I had cancer. However, I will say that I am thankful every day that I had the experience, and am alive because of what the ACS has provided.



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

**Congratulations to our top fundraisers!**

#### TOP PARTICIPANTS

1. Carol Phillips \$100
2. Lonnie Houff \$95
3. Judy Rutz \$75

#### TOP TEAMS

1. 2nd Chances \$175
2. Carolyn's Rack Pack \$50
3. Byron Remembers Becky \$50

Who will be in the top 3 spots next month?

# FABULOUS FUNDRAISER CHALLENGE



**Do you have the PASSION? Do you have the COURAGE? Do you have DETERMINATION?**

Of course you do! And the American Cancer Society needs your help.

**Did you know a \$100 donation can offer one of these critical services to a cancer patient?**

- 10 rides to and from treatment
- Support through peer to peer programs
- A place to stay during treatment
- Helping fund the most innovative, life saving research

Fundraising \$100 can seem like a daunting task, but **we are here to help**. Over the next two months we are going to offer contests and fundraising ideas to help you become a part of that *inspiring* group of **FABULOUS FUNDRAISERS**.

Contest incentives will include: Pink Strides Swag and a virtual closet of name brand items including Michael Kors, Coach, Vera Bradley, Fitbit and more! Also, there is event based recognition for everyone who earns the **FABULOUS FUNDRAISER** title.

**Why? Because we can't do this without you!**

**Contest start dates: AUG 24TH , SEPT 6TH & 20TH, OCT 1ST**

Must qualify to be eligible to win

**For more information about Making Strides Against Breast Cancer of the Rochester Area:**

Website: [makingstrideswalk.org/RochesterAreaMN](http://makingstrideswalk.org/RochesterAreaMN)

Your American Cancer Society Staff Partner:

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**With your PASSION we will never walk alone.**