

VOICES OF THE AMERICAN CANCER SOCIETY

Great Lakes Division, Inc.



Sharing Stories of Hope, Progress, and Answers Across Michigan and Indiana

v.3, 2006

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Log on to the Cancer Survivor's Network at <http://www.acscsn.org/> to join the online community of cancer survivors and caregivers. There are already 2,601 people from Indiana and Michigan registered. You can join for free to share stories, resources, encouragement, and more.

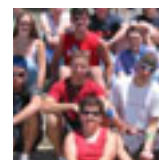
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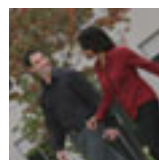
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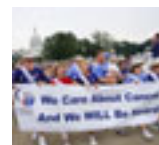
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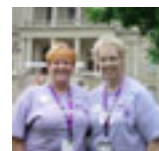
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community focus

Variety of Society programs offer support in multiple ways



The American Cancer Society offers a variety of programs and services to meet the diverse needs of people navigating through a cancer

experience. As a well-rounded organization, we have the ability to serve one person or family in multiple ways. It is our hope that, as you reach out to the Society, we can provide as much support as possible through our programs, services, and connecting you to our extended network.

One family that has taken advantage of different Society programs is the Bushus from Saint Joseph, Michigan. Kelly and Kevin Bushu's oldest son, Josh (pictured above), was diagnosed with leukemia in March of 2000 when he was 3 years old. That summer, the Bushus heard about Relay For Life from some family and friends, went to check out their local event, and came back to learn a little more the next year. The third year after his diagnosis, they formed their own Relay team, the Jurassic Joggers for Josh, and have been involved for the last 5 years in honor of their son.

One year after his diagnosis, Josh attended Young Campers Day, a one day camp for children who have had cancer. Six years later, and off treatment for three years, he has continued to attend Great Lakes Division

camp programs. This summer will be his fourth year at Camp Catch-A-Rainbow, the Division's week long camp. These programs offer kids a fun summer camp experience and a chance to meet their peers, while also allowing families who helped a child through cancer to meet one another. At the same time, the Bushu's involvement with Relay For Life is helping to financially support Josh and his friends' summer camp experiences.

Kevin and Kelly now serve on their Relay's planning committee and asks Josh to set the fundraising goal for their team, which they have met every year so far with tremendous community support. "He is very excited about it," says Kelly.

Relay For Life offers a platform for the Bushus to educate their community about cancer issues and has put them in contact with other people who are passionate about the cause and want to fight back financially. "It's really been a positive experience," says Kelly. Through Relay, the Bushus have also found an activity for the whole family. "To us, that's what it's all about, to get the whole family involved," she explains. Committee meetings are a family affair and the Bushu's four children get involved in events. "Each year they understand more and more how important it is," she says.

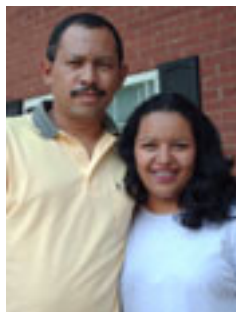
By raising cancer awareness and funds through Relay, the Bushus have a way to make a positive impact for the future of their son and others. "He's our inspiration," says Kelly. "This is something that we can do to show him how important it is to make life better for people who do have to go through [cancer], and someday find a cure."

The Society has a multitude of programs so that you can find one that will fit your needs. To see what we have to offer, or find more ways to get involved, log on to www.cancer.org or call 1-800-ACS-2345.



• local area spotlight

Staff and volunteers of the Central Indiana Area Service Center are trying to support patients traveling to their area for treatment.



The Society's Central Indiana Area Service Center is near three major hospitals, so it is a popular place for cancer patients

traveling for treatment. Because of its treatment options, Indianapolis used to have a Hope Lodge, a facility and program run by the American Cancer Society where patients and their caregiver can stay during treatment. Indiana's Hope Lodge closed in 2003, but since then Society staff and volunteers have tried to fill the need of patients coming to the area.

One of these staff members is Cindy Paquin, who used to manage the Indianapolis Hope Lodge. She tries to help as many people find the housing and transportation that they need. "In the year 2005, we had 600 requests for lodging needs, 147 needs went unmet," says Cindy. "If they knew Hope Lodge was here, we would have more." More than 950 patients were served during the last year of Indianapolis's Hope Lodge.

Fernando and Karla Lopez Artola (pictured above) of Managua, Nicaragua, is one couple who needed Society support during their stay in Indianapolis. In November of 2005,

Fernando was diagnosed with chordoma of the clivus, which means that a tumor was wrapped around his spinal cord at the base of his skull. His situation was life-threatening, but Nicaragua does not have the treatment options available that Fernando needed to survive. The couple made a bold decision: to try to collect the funds to travel, apply for visas, leave behind their three children with family, and go to the United States without a support system, a means of transportation, or being able to understand English in the hopes that he could find treatment.

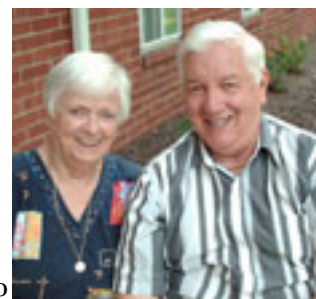
The couple collected funds from the university where Fernando taught as a professor, and sent 25 letters to U.S. cancer centers to ask for help. Only two responded and only one, Indiana University's Dr. Hoopes, offered a reduced rate for treatment. Through the Society's relationship with their cancer center, Cindy was asked if the Society could assist with translating for the couple and providing transportation to treatment.

She arranged temporary lodging for them through a restrictive Society fund and met Fernando and Karla when they arrived in the States. Cindy invited Shirley and Peter Alveal (pictured right), who both speak Spanish and used to volunteer at the Hope Lodge, to the meet and greet as well as Patty

Hildebrand, a community development director at the Central Indiana Area Service Center, who has a Nicaraguan family and can also speak Spanish.

This group of Society staff and volunteers became a strong support system for Fernando and Karla by translating during treatment, taking them out to dinner, and getting them accustomed to the hospital. They also gave the couple extra blankets, pillows, and delivered a package from the West Michigan Area Service Center's area executive director, Mike Lindhout, and his family. Mike had spent time in Nicaragua during his work in the Peace Corps. "I think it provided a little bit of comfort for him to know that there are people here who are pulling for him besides his friends back at home," says Mike.

After Fernando's surgery, he had weakness in the right side of his body and was experiencing double vision. Seeing their struggle, Peter and Shirley decided that the couple needed more help and made a very generous offer. "We offered our home to Cindy," says Peter. Soon after the surgery, Fernando and Karla moved into



• survivorship and patient services

Youth can still sign up for this year's Young Adult Retreat!



The Great Lakes Division offers three camp programs for young people who have had a cancer experience.

Whether a child is in treatment or remission, at age 4 he or she can attend Young Campers Day. Then at 7, kids can head off to our week long Camp Catch-A-Rainbow, as featured in last month's issue. Those who are 16—20 years old are invited to Young Adult Retreat. Everyone is able to relate to each other because of their similar cancer histories, but the focus of the camps is to have fun.

This year's Young Adult Retreat will be held July 6—9 for four days and three nights at St. Mary's College in South Bend, Indiana. Retreaters can enjoy swimming, miniature golf, sports, card tournaments, a day trip to Chicago, shopping, movies, hanging out, and making new friends.

Some attendees have a long history of going to Society camps and know each other from their younger years, but no prior experience is necessary to have a great time. Kyle Bullock of Constantine, Michigan, is going to Young Adult Retreat for the second time this summer and says that it is like a family that is ready to welcome new members. "It doesn't matter if you haven't been to Camp Catch-A-Rainbow," he says. "Everybody gets to know each other after the first day."

Kyle appreciates the retreat because it's geared for his own age group. "It's less structure," he says, in comparison with younger camp programs. "But it's still controlled." Volunteers, both medical and non-medical, supervise and participate in all the fun activities. "I wouldn't miss it for the world."

Registration is still available for this year's retreat! The only requirements are to be a resident of Michigan or Indiana, be between the ages of 16—20, and have a personal cancer experience. There is no cost to attend because of the financial support from other Society programs. If you or someone you know is eligible to go to Young Adult Retreat please direct them to www.cancer.org/retreat to download an application.

• local area spotlight (cont'd)

Staff and volunteers of the Central Indiana Area Service Center are trying to support patients traveling to their area for treatment. *Continued from page 3.*

their two bedroom condominium. "With Fernando and Karla, Shirley and Peter are doing everything a Hope Lodge would do," says Cindy. The volunteers absorbed the cost of two more mouths to feed, arranged transportation, doctor visits, and took Fernando back into the hospital for any emergency situations.

With all of the help and progress that the couple has had, they still have challenges ahead. Fernando will soon

be starting treatment in Bloomington, 50 miles away, so the couple will need more help with translating and transportation, something that would have already been in place if a Hope Lodge was available. In the meantime, Fernando has made progress with physical therapy. Through it all, Society staff and volunteers gave the couple the emotional, physical, and financial support that they needed. "They are real angels for us," says Karla.

The American Cancer Society Great Lakes Division commends the staff and volunteers who have pulled together to improve the quality of life for Fernando and Karla and all that they do to help cancer patients in their area until a new Hope Lodge can be built in the future. The Central Indiana Area Service Center serves Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan, and Shelby counties.

Society funds innovative cancer researchers



Researchers who are working on their first independent project have stiff financial competition because the decreasing federal budget for



National Institutes of Health research grants causes more funding to only go to senior investigators. The Society

recognizes the ability of these junior investigators to bring fresh ideas to their fields and financially supports these scientists at a critical time in their careers, when they are trying to establish themselves with their own projects.

Crislyn D'Souza-Schorey, PhD, (pictured left-top) working with the University of Notre Dame, was awarded a Society research scholar grant to start her first independent project. Dr. D'Souza-Schorey's grant focuses on epithelial cells, which many cancers develop from, including carcinomas of the colon, kidney, breast, ovary, and prostate. Her research team is trying to determine what causes these cells to become mobile and migrate in the body.

Her grant, larger than most others out there at the time of her appli-

cation, allowed her team to achieve all of the goals outlined for the project. "This serves as a stepping stone for other types of funding," she says. Since 2002, her team has published 12 research papers and has been invited to write 2 book chapters and 3 reviews on the subject area of her grant.

Dorraya El-Ashry, PhD, (pictured left-bottom) of the University of Michigan Comprehensive Cancer Center, is another junior investigator that was awarded Society funding for her first independent project from 2000--2005. Dr. El-Ashry researches estrogen receptors in breast cancer. If a breast tumor has an estrogen receptor, it will respond to hormonal therapies, like tamoxifen. When a tumor lacks an estrogen receptor, it is considered to be a negative estrogen receptor tumor, in which case the patient will need to be treated with more toxic chemotherapies.

Her team studied how estrogen receptor negative tumors form and determined how an estrogen receptor positive tumor becomes negative, as well as how an estrogen receptor negative tumor could be converted to positive. Causing the switch from a receptor negative tumor to a positive one allows the patient to respond to less intensive treatment.

Because of her success, she has been awarded a grant from the National Institutes of Health, which in this cycle are only being awarded to 11% of people who applied. With this grant, she will be able to continue her research and prepare for clinical trials.

Dr. D'Souza-Schorey and Dr. El-Ashry are grateful for the opportunity to jumpstart their projects with Society funding and are advocates for our research program. Both have spoken at Relay For Life events to connect with the public on the importance of cancer research. Dr. El-Ashry has also spoken at Making Strides Against Breast Cancer events and is going to Celebration on the Hill in September, the Society's nationwide advocacy event.

"We are really ready to leap forward into making huge strides against cancer. We can't do it without funding," explains Dr. El-Ashry. "It's a great thing that ACS does to let these [junior investigators] get their foot in the door and allow them to get established and move on to other funding."

The Society will continue to provide support to newly independent researchers. Through their dedication and fresh perspectives, we are making more progress in our fight against cancer.

• education

Organizations partner with the Society to improve workplace wellness

Being healthy is a key component for your overall wellbeing. By choosing a



healthy lifestyle, your risk of illnesses such as cancer, diabetes, and heart disease decreases significantly.

Because it is estimated that people spend 10–12 hours each weekday at work, the American Cancer Society's Workplace Solutions initiative offers employers a series of resources to motivate their employees to exercise, quit smoking, eat healthy foods, and keep other aspects of their wellness on the top of their minds, as well as the minds of their employees. Wellness in the workforce results in increased productivity, morale, and ultimately cuts down on the cost of health care because more major health problems are prevented.

Ivy Tech Community College of Indiana, with 23 campuses throughout the state, invites its 2,500 full-time employees to participate in Active For Life, a free Workplace Solutions ten-week program that motivates employees to form teams, set their own weekly exercise goals, and work towards those goals for incentives.

The goal of Active For Life is to teach employees how to find time to

exercise on a regular basis and to keep those habits going once the program ends. In Ivy Tech's case, the teams were organized by campus.

"Not only did it get employees moving, it built comradery and reinforced the team atmosphere at each campus," says Kelly Rickard, Ivy Tech's executive director of benefits and risk management.

Metro-Detroit-based Metaldyne, a designer and supplier of automotive systems and modules, has also partnered with the Society to bring their 4,500 U.S. employees a wellness program. Debbie McCarthy, Metaldyne's corporate benefits manager, appreciates how the resources are designed to be easily implemented by an employer. "Partnering with the American Cancer Society has been a great success," says Debbie. "The Society has helped us implement the wellness program quickly and effectively across our U.S. locations."

Metaldyne is using a Society website called FightCancer.org to provide healthy lifestyle information, serving healthy foods at meetings, distributing the BecauseWeCare monthly wellness newsletter, and promoting the Great American Health Check to their employees. The Great American Health Check is a quiz about lifestyle choices and demographic information to provide personalized guidelines on how to improve one's health and topics to discuss with a doctor. Employees may also enroll in a clinical

study for assistance with weight management through nutrition and physical activity.

The company is also using the Society's Quitline program to help employees stop smoking and will be piloting Active For Life in their Plymouth, Michigan, office later this month. "The basic idea around Metaldyne's wellness campaign is to create opportunities for our employees to make smarter, healthier choices," says Debbie. "A number of our executives are actively engaged, which further motivates the employees to participate. So far, the feedback has been overwhelmingly positive and we're excited to contribute to our employees' overall wellbeing."

To learn more about wellness for you and your workplace, contact your area service center at 1-800-ACS-2345.



Join us in Washington DC as a Celebration on the Hill supporter



Celebration on the Hill 2006, sponsored by the American Cancer Society Cancer Action Network, is our major advocacy event of the year. Four thousand ambassadors comprised of survivors, caregivers, researchers, health care professionals, community leaders, and volunteers from around the nation have been chosen to go and speak with their legislators about cancer issues in Washington DC on September 19–20. Now you can also sign up to join us as a supporter and make your voice heard!

Earlier this year, perspective ambassadors throughout Indiana and Michigan applied and 196 volunteers were selected to represent everyone in their hometowns, but we want as many people as possible to join us in Washington DC for this historic event. Supporters will be able to participate as if they are ambassadors, but are responsible for their own expenses. Our main goal is to send the message to our representatives that we care about fighting cancer and we want them to make it a priority in public policy. Celebration on the Hill also includes a nationwide

Relay For Life event, complete with a track around the reflecting pool, luminaria, and survivorship ceremonies to celebrate life.

Our first Celebration on the Hill event in 2002 led to more funding for cancer research and programs, and displayed to the nation the power of our grassroots advocacy volunteers. This year, we're going back because there is more much more to do, such as talking to legislators about federal action on cancer patients' right to privacy, insurance coverage, employment, access to care, and funds designated for research. Watch a short promotional video about this year's event at http://www.celebrationonthehill.org/flash/coh_06_teaser_160x120_flash7.html.

Judy Foster and Tracy Storch (pictured below), a mother-daughter team from Osceola County, Michigan, are both attending Celebration on the Hill as supporters. They booked their hotel and air reservations for the event before even registering. Judy's mom (Tracy's grandmother) died of cancer. "To know anyone who has cancer—you want to eradicate it," says Tracy.



Bill Kiley, from Highland Township, Michigan, is also going to Celebration on the Hill as a supporter with his wife, Judy (both pictured below), who is going as an ambassador. "I'm honored to be associated with it along with my wife," says Bill. Judy was diagnosed with breast cancer in 1990. She has been the captain of her Relay For Life team and served on the planning committee. Bill has always been very supportive of Judy's involvement with the Society. "He just has gone above and beyond anything I expected," she says.



As September gets closer, the anticipation for Celebration on the Hill 2006 is building. "I think it's going to be awesome," says Bill. To register or learn more, log on to www.celebrationonthehill.org. We hope to see you in Washington DC!

• advocacy (cont'd)

Statewide events allow volunteers to speak with legislators about cancer issues



Society volunteers from each Michigan congressional district were invited to come to Lansing on June 13 for Celebration at the State Capitol, the state-wide advocacy effort of the year. In all, 454 Society advocates spoke with their Michigan House representatives and senators about passing bills to make all workplaces, including bars and restaurants, smokefree and supporting the Healthy Michigan Fund to give money to cancer prevention programs.

The day started bright and early for travelers from around the state with a morning training session. The advocates collected matching purple shirts, a packet of information, and breakfast while listening to speeches from cancer survivors, volunteers, and staff to learn about the major issues that would be the topics of the day and how to tell their legislators why cancer is important to them in a meaningful way. “We’re here because we care about people,” said Greg Bontrager, CEO of the American Cancer Society Great Lakes Division.

After the training, everyone headed to the capitol building where tents

were set up by Society area service center and legislative meetings began. Meanwhile, for those whose appointments were not taking place, attendees could participate in activities designed by each area to represent their part of the state. After a press conference, a mini Relay For Life event took place with survivors starting the traditional first lap, followed by each area service center’s volunteers.

Brenda Ransom and Roxanne Harris (pictured top-left) from Sault Sainte Marie drove down the night before to ensure they would not miss any part of their first Celebration at the State Capitol experience. Roxanne is the chair of the Chippewa Relay For Life and Brenda is the entertainment director on the committee. “I didn’t know what to expect but I sure was pleased with the turn out from our legislators,” said Roxanne. They already knew their own legislator, but enjoyed meeting with other Upper Peninsula officials as well. “We were able to be representatives for the whole U.P.,” said Brenda.

The two ladies were excited to meet other cancer advocates and felt empowered with the ability to influence lawmakers’ opinions on cancer. “Just because you’re not a politician doesn’t mean you can’t come down here and work hard,” said Roxanne. “It also gives you a chance to realize that cancer is a medical thing, but it’s

also political. It’s something that our government needs to look at,” added Brenda.

Indiana has a similar statewide advocacy effort, called Indiana Lobby Day, which was held in February. This year, 375 Hoosiers asked their representatives to make cancer a top priority and support a 50 cents tobacco tax increase. The tax proposal did not pass last session, but our volunteers helped ignite the debate and laid the foundation to revisit the issue when the next session begins in January. Watch for a feature on the next Indiana Lobby Day in early 2007.

In the meantime, you can still contact your local legislators to build support for the tobacco tax proposal in Indiana, smokefree worksites in Michigan (Senate Bills 394—395 and House Bills 4624—4625), and the Healthy Michigan Fund. Make sure your representatives know how you feel about these critical policies.



• opportunities available



July Relay For Life events

<u>Date</u>	<u>Place</u>	<u>County</u>	<u>Contact Person</u>
7/8/06	Ionia High School	Ionia	Mike Lindhout
7/9/06	Roseville-Veterans Memorial Park	Macomb	H. Fountain
7/9/06	Ah Naw Abwen Park	Kent-Grand Rapids (06)	Crystal Parish
7/14/06	Blackford City High School	Blackford	A. Reinhardt
7/14/06	New Prarie	LaPorte	T. Cole
7/14/06	Sault Ste. Marie High School	Chippewa	Fulsher
7/15/06	Roberts Park-Connersville	Fayette	D. Slaven
7/16/06	Madison Heights-Civic Center Park	Oakland	J. Fithugh
7/21/06	Carroll Jr. Sr. High School	Carroll	TBD
7/21/06	McBain High School	Missaukee	Perkola
7/21/06	Manistee	Manistee	Robertson
7/21/06	Marhsall-Cal	Calhoun	Teitgen
7/21/06	Christian Family Center	Lenawee	C. Pepple
7/21/06	Allendale RFL 04	Ottawa	Voight
7/21/06	Oceana Co. RFL	Oceana	Abel
7/22/06	West Branch	Ogemaw	L. Harrison
7/22/06	Frankenmuth	Saginaw Site 3	H. Bastedo
7/23/06	Bloomfield Hills-Lasher High School	Oakland	L. Konchel
7/28/06	LaSalle High School Track	Mackinac	Munsche
7/29/06	Midland	Midland	J. Carpenter