

February 2010

Need help starting or growing your Race team?

Are you thinking about starting your own team for the Richmond Race for the Cure this year, but you don't really know what you're supposed to do? Or perhaps you've been a Team Captain before but want to learn some tips and tricks from your peers? You're not alone!

The Richmond Race for the Cure will be held on May 8, 2010 and this year we want our Team Captains to connect with each other. We're all working towards the same goal - now we can share ideas and best practices every step of the way. **We're on the same side, it's us against breast cancer**, so just let us know what you need and we'll do everything we can to support you. We want your experience as a Team Captain to be rewarding and satisfying.

Join us for coffee on any of the following dates:

Saturday, February 27th

Saturday, March 6th

Saturday, March 13

We can do amazing things together! [Click here to learn more and sign up for our Team Captain Coffee](#) so we know how many to expect!

If you haven't registered your team yet, what are you waiting for!

[Click here and get started today!](#)

Congratulations 2010 Komen Richmond Grantees!

Determined to save lives and end breast cancer forever, the Richmond Affiliate of Susan G. Komen for the Cure® has awarded 14 grants totaling \$590,367 to support breast health education and breast cancer screening and treatment programs in central Virginia. Thanks to generous donors and fundraising efforts such as the Komen Richmond Race for the Cure®, the Affiliate will fund projects with the following organizations to improve the lives of women in our area:

Augusta Regional Free Clinic – Fishersville, VA

Bon Secours Richmond Health Care Foundation – Richmond, VA

Breast Health Coalition of the Valley – Harrisonburg, VA

Central Virginia Health Services, Inc. - New Canton, VA

Community Memorial Healthcenter - South Hill, VA

Crater Health District – Petersburg, VA

Ellen Shaw de Paredes Breast Cancer Foundation - Richmond, VA

Fan Free Clinic – Richmond, VA

Nueva Vida - Richmond, VA

Pittsylvania-Danville Health Department – Chatham, VA

Senior Connections/Capital Area Agency on Aging – Richmond, VA

The University of Virginia Breast Care Program – Charlottesville, VA

VCU Massey Cancer Center (2 projects) – Richmond, VA

To learn more about each organization's breast health program, please [visit the Grants section of our web site](#).

Richmond's young professionals are taking on breast cancer in a big way

Komen Richmond is proud to introduce **P.I.N.K.K.** - Professionals Inspiring New Komen Knowledge, whose mission is to engage a new generation in the culture of philanthropy and inspire young professionals to collaborate and expand their own presence and relationships in the affiliate community while supporting the overall vision of a world without breast cancer. [Click here to visit our website and meet our committee members!](#)

If you are interested in becoming a part of P.I.N.K.K. email Jessica at jbarnes@komenrichmond.org for more information.

You don't love a woman because she is beautiful; she is beautiful because you love her. ~ Unknown

February is the month of love, so we celebrate the survivors and co-survivors (family, friends, health care providers, and colleagues who are there to lend support from diagnosis through treatment and beyond) in our lives. When someone you love is diagnosed with breast cancer, sometimes it is hard to know what to say or do. Thoughtful gestures, big or small, mean so much to survivors, whether they are newly diagnosed or years out from treatment. However, co-survivors need support, too. Komen has devoted an entire section of their website to helping those who love a survivor, [click here to read more](#). Learn what the survivor is going through, get ideas for what to say or do, and gain support from others in your position as the co-survivor.

The greatest healing therapy is friendship and love. ~ Hubert Humphrey

Upcoming Events

[Visit our website for more details on these exciting events!](#)

Pink Out with the University of Richmond Spiders

February 6, 2010

The Richmond Spiders will promote breast cancer awareness at their Saturday, February 6th game at 2:00pm against Temple. Tickets are \$10 at the door with \$2 benefiting Komen Richmond. Breast cancer survivors will be recognized at half time, so show up and wear your Pink! The Lady Spiders will also support breast health awareness at their Saturday, Feb 13th 7pm game against Rhode Island. Tickets are \$5 at the door with \$1 benefiting the Richmond Affiliate.

Fit for the Cure

February 24th & 25th

During this promotion Wacoal will donate \$2 for each bra-fitting and \$2 for each Wacoal or BeTemp't'd bra

purchased on Wednesday, Feb. 24 at Dillard's Short Pump Town Center and on Thursday, Feb. 25 at Dillard's Stony Point Fashion Park.

Bowl for the Cure

February is Bowl for the Cure® month, a time when USBC leagues across the nation organize Bowl for the Cure events to benefit Komen. Bowlers can designate one league night to donate a specific amount, such as nickel per pin, or stage pledge nights, raffles and auctions. Click here <http://bowl.com/bftc/index.jsp> to be part of the fun!

TuTus for TaTas

Anthony Rumley Portrait and Fine Art Photography will offer mini-studio sessions for ballerinas to be photographed in tutus. The family receives the sitting and 8x10 photo for \$25 which is donated to the Affiliate. For more information contact Anthony at www.anthonyrumley.com or 804-864-5700

Thank you to the all of the groups and businesses who hosted fundraising events in 2009 to benefit Komen Richmond!

Volunteer Spotlight: Becky Morris

Becky Morris is a 15 year breast cancer survivor who has been actively involved in breast cancer education, service and advocacy since her diagnosis. Becky is an active Komen volunteer having served as a member of the Komen Richmond Board of Directors, the Team Leader for the Komen Richmond Community Profile and a Susan G. Komen for the Cure Advocates in Science reviewer of national research grant applications. She also coordinates a multi-state group of women's cancer education volunteers at the Remote Area Medical Clinic for uninsured women in southwest Virginia each year.

Becky is a Past President of the Women's Cancer Advocacy Network and the current President of the Virginia Breast Cancer Foundation. She was instrumental in leading VBCF's legislative effort in passing Virginia's Breast Reconstruction Bill in 1998, mandating that insurance companies cover breast reconstruction after a mastectomy.

In 2007, Becky was also selected as one of 21 delegates from the U.S. to collaborate with women from 30 countries at the Susan G. Komen for the Cure Global Breast Cancer Summit in Budapest, Hungary, on developing culturally sensitive and appropriate advocacy and education best practices guidelines for Komen's global breast cancer initiative.

Grantee Spotlight:

Nueva Vida's "**Access and Survivorship Support for Latinas in Richmond**" Program seeks to improve the health outcomes of medically underserved Latinas in metropolitan Richmond by facilitating the timely access to breast cancer screening, treatment, and information, while also offering caring and culturally relevant mental health support to breast cancer patients. Based in Washington, DC, Nueva Vida will replicate its highly successful and uniquely comprehensive program for Latinas with cancer in Richmond by working with Thomas

Johns Cancer Hospital and the Love of Jesus Clinic. Komen Richmond is pleased to welcome and provide support to Nueva Vida in the Richmond area.