

July 2010

Richmond's Young Professionals Fight Breast Cancer

Last year, a group of Richmond's brightest young women and men got together to form Professionals Inspiring New Komen Knowledge (P.I.N.K.K.) – a new committee of Komen Richmond which targets the next generation in terms of raising breast health awareness and funds to support Komen and our local community. Kelly Murphy, Co-chair of P.I.N.K.K., says that “It’s important for young professionals to know that they truly can make a difference. You don’t have to be an older professional, well known, or even have any money. Young professionals have the time, energy, and influence to make a substantial impact.” And that impact is being felt already. Since they got started last October, P.I.N.K.K. has already raised over \$6,200 through their Race for the Cure team, their Race for the Cure Training Team and other special events. They’ve also used these events as a platform to increase awareness about the importance of early detection to a younger generation.

The members of P.I.N.K.K. are all motivated to get involved for various reasons. Melissa Dance got involved with the group because “everyone I’ve met has been affected by breast cancer...Realizing that many women lack the education and funding to properly care for their health motivates me to continue my work.”

To learn more about upcoming P.I.N.K.K. events and how you can get involved, visit our website www.komenrichmond.org/PINKK.

Delivering for a Cure Kick-Off

Dixie Gas & Oil Corporation is proud to support Susan G. Komen for the Cure® with its fundraiser, Delivering for a Cure. Dixie has painted two propane delivery trucks pink and white and will make a donation to Komen based on each truck’s deliveries. Also the trucks’ manufacturers have partnered with Dixie Gas & Oil Corporation to make an additional donation.

Upcoming Events

Get Screened

Dumbarton Library

Thursday, July 29, 2010

7:00 - 8:30pm

Please join us for an evening with Ellen Shaw de Paredes, MD, FACR, Director of the Paredes Institute for Women's Imaging and Founder of The Ellen Shaw de Paredes Breast Cancer Foundation. This is the second in our four-part educational series to inform our community about breast health and early detection. Space is limited, so [please click here to register!](#)

P.I.N.K.K. Night with the Flying Squirrels

The Diamond

Friday, July 16th

7:00pm

Come out and join us at the Flying Squirrels game on Friday, July 16th! Tickets are \$6 with \$2 per ticket donated to Komen Richmond. Please purchase the tickets through a P.I.N.K.K. member in order for Komen Richmond to receive the donation!

If you're interested in tickets, contact Kelly Murphy at kellym804@yahoo.com or any member of P.I.N.K.K. by July 9, 2010.

Komen Educator Training

Dumbarton Library

Saturday, August 28, 2010

10:00 - 11:30am

Are you interested in educating our community about the importance of breast health and early detection? Then become a Komen Educator!

The Komen Educators are a vital part of our vision: a world without breast cancer. These amazing volunteers help us achieve that vision by educating our community about the importance of breast cancer screening and early detection.

Space is limited, so [please click here to register!](#)

Survivor Celebration

The Jefferson Hotel

Friday, September 24, 2010

Breakfast: 8:00 - 9:30 am

Lunch: 12:00 - 1:30 pm

The 5th Annual Survivor Celebration will honor and encourage the brave women and men living with breast cancer! Won't you mark your calendar and join the festivities?

This year's keynote speaker will be John W. Anderson, author of "STAND BY HER: A Breast Cancer Guide for Men," and Emmy-nominated director. His work includes Lifetime Television's "Stop Breast Cancer for Life."

Tickets are \$25 for Survivors and \$35 for Guests at breakfast and lunch. Each attendee will receive a copy of "STAND BY HER: A Breast Cancer Guide for Men." Tickets go on sale NOW! You don't want to miss this event, so [click here to purchase your tickets today.](#)

Independence Day!

There are many independence days as one moves through breast cancer treatment – the last chemo or radiation session, taking off the wig, and graduating from weekly to quarterly, then every six months, and finally, annual oncology appointments! With this sense of freedom comes a sense of accomplishment, an "I did it! I survived!" However, doubt can also arise. "If I'm not actively fighting the cancer, how do I know it won't come back?" Life after cancer is a new life, with a new "normal". Whether your cancer treatment left you with scars, curly hair, Lymphedema, numbness, or hot flashes, embrace your new normal and live life with confidence and hope – each and every day!

[Click here to learn more about balancing life after treatment.](#)

Volunteer Spotlight: Janna Higgins

Janna began volunteering this past spring as a way to give back to the community and meet new people while

she was learning about the Richmond area. She recently moved here from Dallas and was motivated to get involved with Komen because her mother is a two-time breast cancer survivor. “Although I can’t pinpoint the exact impact Komen had on helping my mother beat cancer (twice), I know it is there whether through working to raise awareness about early detection or helping to discover new treatment options.” Janna was a vital part of the Komen Richmond office during our busiest time of the year, the weeks leading up to the Race for the Cure. She devoted her time and her skills to helping us make the Race an amazing event. “I’ve created some great new friendships, all the while doing something I know benefits the community and will help others beat breast cancer.”

Grantee Spotlight: Fan Free Clinic

“Pink Ticket Project” will expand the clinic’s current on- and off- site breast health services by introducing semi-monthly breast cancer screening clinics, as well as building on their successful outreach activities in Richmond’s more vulnerable neighborhoods. Komen Richmond is pleased to support the Fan Free Clinic efforts to save lives by providing clinical breast exams and breast health education to medically underserved women.