

## November 2010

### Breast Cancer Awareness Month may be over, but that doesn't mean we stop fighting.

During October it's hard to do anything without seeing a pink ribbon or hearing a message about breast cancer awareness, but as the 2.5 million breast cancer survivors in the U.S. and the families and friends of those who have lost their battle know, breast cancer doesn't just happen once a year. To truly make an impact in the fight against breast cancer, we need your help. There are many ways we can work together throughout the year to win this fight:

**Donate:** 75% of your donation stays right here in Central Virginia to help women and men who are uninsured or under-insured get mammograms and educate our community that early detection saves lives. The remaining 25% helps to fund cutting-edge breast cancer research, that has touched every major breakthrough in the science of breast cancer in the last 20 years. [Click here to donate now!](#)

**Volunteer:** We are a grassroots organization so we depend on the work of our dedicated volunteers to help us raise life-saving dollars and spread the word about the importance of early detection. You can sign up to volunteer on Race day, join a committee, become a Komen Educator, or form a team for the Race for the Cure. There are endless ways that donating your time can make a difference. [Click here to learn more!](#)

**Fundraise:** The 2011 Race for the Cure will be held on Saturday, May 7th on Brown's Island. Registration opens on December 1st and this year there are even more ways for you to fundraise, including a new Facebook application! Your registration fee gets you to the starting line, but fundraising gets us to the cures. If each participant asks 10 friends for \$10, we could raise \$1 million to help end breast cancer. [Click here for easy fundraising ideas!](#)

### More Exciting Changes at Komen Central Virginia!

We've got a new name, so why stop there? During November two more exciting changes are happening that will make it easier for us to communicate with you and deliver on our promise: a new website, a new Facebook page and a new office location!

**New Website:** You can still find us at [www.KomenCentralVA.org](http://www.KomenCentralVA.org) but on November 11th you'll find an improved website. Much of the information will be the same, such as local resources for free or low-cost mammograms, just in an easier-to-navigate format. New areas will include the Understanding Breast Cancer section, full of information on breast health and breast cancer from how to reduce your risk, to questions to ask your doctor if you've been diagnosed. There will also be an updated volunteer section where you can apply to volunteer, update your volunteer profile, and sign up for upcoming opportunities. We hope you will take a few minutes to look around!

**New Facebook Page:** You can now follow us at [www.facebook.com/KomenCentralVA](http://www.facebook.com/KomenCentralVA)! Stay up to date on breast cancer information and events throughout the year. As of November 1st, we will no longer be updating the Komen Richmond page, so please "Like" our new Komen Central Virginia page today!

**New Office:** We've been fortunate to receive a donation from HCA of new office space located near the Johnston Willis hospital! Our new location will still allow us room to hold committee and Board meetings and meet with donors and volunteers. Best of all, since the space was donated, we'll be spending more of our funds on our mission. Look for more information coming soon!

### Upcoming Events

#### Dixie Gas & Oil Corporation - Delivering for a Cure

Dixie Gas & Oil Corporation of Verona, VA is running a 2-year breast cancer awareness program called

"Delivering for a Cure". For every gallon of propane dispensed from the specially painted tank trucks, Dixie Gas will donate one cent. To date they have donated more than \$5000. For more information, see [www.dixiegas.com](http://www.dixiegas.com).

### **The Melting Pot**

The Melting Pot restaurants in Charlottesville and Richmond will have a breast cancer awareness promotion from October 1 through November 15. During this time, 10% of net proceeds from the purchase of the special four-course dinner for two will be donated to Komen Central Virginia. For more information, [click here](#).

### **Volunteer Spotlight: Chelsey Kidd**

**Chelsey Kidd** is a two-time breast cancer survivor who has been donating her talents to Komen Central Virginia since August 2009. She was first diagnosed in 1999 at the young age of just 24 and then again at the age of 33. She is motivated to volunteer by her own personal experiences with breast cancer:

"I found my first lump because I knew of a 'friend of a friend's mother' who had cancer, was aware of the need for breast self exams (BSE), and was aware that I needed to be persistent with doctors if anyone told me I was too young. I hope that I can be that person that sticks in the back of a woman's head to remind her to do BSE's and to give her strength if she does find a lump. My story has a happy ending, and my messages to women are that you are never too young, and that there is life after cancer – great life!"

Chelsey is a vital part of the Education Committee, helping promote our Worship in Pink program. She shares her story at speaking engagements in our community as a Komen Educator, and writes a monthly education article for our e-newsletter. Chelsey says her favorite part of being a Komen volunteer is "talking to women about my experience and encouraging them to become advocates for their own health."

Komen Central Virginia would like to thank Chelsey for her time and dedication!

### **Grantee Spotlight: Augusta Regional Free Clinic**

**Augusta Regional Free Clinic** offers the RACE Program, which focuses on the patient **R**ecognition of the need for preventive care; **A**ccountability of each patient to be actively responsible for her medical appointments and mammograms; **C**oordination by the outreach coordinator of the patient's medical appointments and mammograms; and breast cancer **E**ducation to low-income, uninsured women aged 40-64 residing in Staunton, Waynesboro and Augusta County. Komen Central Virginia is proud to support Augusta Regional Free Clinic in its third year of funding for much-needed breast health services in the Shenandoah Valley.

### **A Survivor's Giving of Thanks**

Thank you for my surgeon, oncologist, oncology nurses, and all other [medical personnel](#) who have helped me through this!

Thank you for my bald head; I've never had an easier hairstyle!

Thank you for my [friends](#) who bring my family food after every chemo treatment!

Thank you for wig tape so that not everyone I meet knows that I am battling cancer!

Thank you for hot flashes because the chemo makes me cold!

Thank you for my [scars](#); my bright red badges of courage!

Thank you for my loving family who doesn't care that some days [I can't get off the couch](#)!

Thank you for giving meaning to the color pink!

Thank you for steroid-induced [insomnia](#); I get a lot done in the middle of the night!

Thank you for my husband who shaved my head and still thinks I'm beautiful!

Thank you for every extra second, minute, and day that I have!

During this month of thanksgiving, take a moment to reflect on the very ordinary things in your life that make you feel extraordinary!