



eNewsletter

▶ Forward to a Friend

▶ Update Your Profile

▶ Get Involved

▶ Donate

▶ Contact Us

In this Issue:

Start Your Race Team Today!

We've Moved!

Webinar: Triple Negative Breast Cancer in the African American Woman

Upcoming Events

Volunteer Spotlight: Cris & Dave Chilton, Komen Educators

Grantee Spotlight: Access Now

Integrative and Complementary Therapies

Start Your Race for the Cure Team Today!

Participating in the Komen Central Virginia Race for the Cure with a team multiplies the fun, the laughter and maybe even the tears that you share on Race Day. Rally around someone you know who was just diagnosed, someone who has fought the battle, or someone who may have lost the battle. Together, with your friends, family and co-workers, you make an even greater impact than you could alone.

Whether you've been on a team before or are thinking about forming a team this year, we make it easy to get started. Visit our [Teams page](#) for fundraising tips and ways to recruit team members. We will also have Team Captain Coffees leading up to the Race where you can get together with veteran Team Captains to hear how they've built successful teams.

[Click here to register your team today!](#)



We've Moved!

Our address and phone number have changed! You can now find us at:

1433 Johnston Willis Drive
Richmond, VA 23235

Phone: 804-320-1772
Fax: 804-320-1774

Webinar: Triple Negative Breast Cancer in the African America Woman
Monday, February 14, 2011

4:00 - 5:00 p.m.

Please join Susan G. Komen for the Cure® for a discussion on triple negative breast cancer in the African American woman. Over the last couple of years, triple negative breast cancer has received a lot of attention from the breast cancer community. In spite of this “buzz”, women who are diagnosed with this form of breast cancer are confused about what the diagnosis means and do not understand their treatment options or their risk. Our two speakers will be Dr. Olufunmilayo Olopade from the University of Chicago Medical Center and survivor and Komen for the Cure advocate, Tina Lewis.

Participants must register to join the webinar. Please [click here](#) to register. After the webinar, you can also [click this link](#) to hear the recording.

For more information on this webinar, please [click here](#).

Upcoming Events

Pink Out with the University of Richmond Spiders

Sunday, February 20, 2011

3:00 p.m.

The Richmond Spiders will promote breast cancer awareness at their Sunday, February 20th 3:00 p.m. game against St. Bonaventure. Tickets are \$10 at the door with \$2 benefiting Komen Central Virginia. A special edition Spiders/Komen t-shirt will be available for \$10 with proceeds donated to Komen Central Virginia. **Breast cancer survivors can receive a FREE ticket to the game.** Please contact the Komen office at 804-320-1772 by Friday, February 11 for details. Also 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 26th game at 2:00 p.m. against St. Louis. Tickets are \$5 at the door with \$1 benefiting Komen Central Virginia.

Komen Volunteer Training

Dumbarton Library

Wednesday, February 23, 2011

6:00 - 7:00 p.m.

Volunteers provide countless hours contributing their skills to further our promise to save lives and end breast cancer forever. Every minute you spend helping gives another minute of hope to those affected by breast cancer.

Our volunteer training will give you all of the information you need to help us reach out into the community and end breast cancer forever. Whether you want to become a [Komen Educator](#), join a committee or just volunteer on Race day, this training is your starting point.

[Click here to register now!](#)

Ford F-150 EcoBoost Test Drive Tour

March 4-5, 2011

Be the first on your street to drive the 2011 Ford F-150 with the twin-turbocharged EcoBoost™ engine and support Susan G. Komen for the Cure!

From March 4th-5th, you can sign up for an exclusive Drive Experience in a 2011 F-150 with a EcoBoost engine. For every scheduled test drive, \$10 will be donated to Susan G. Komen for the Cure! Get your friends, neighbors and co-workers together and help the Central Virginia Chapter of Susan G. Komen raise money to find a cure.

Spaces are limited, visit www.drivef150ecoboost.com today for more information and to schedule your test drive!

Volunteer Spotlight



Cris and Dave Chilton are a husband and wife team who started volunteering with Komen not long after Cris was diagnosed with breast cancer in 2006. For many years before her diagnosis, Cris received education materials from Komen that reminded her to take charge of her own breast



health. Cris says, “I was motivated to become a Komen Educator so that I could share with other women the knowledge that was so lovingly given to me.”

Dave also began volunteering with Komen, saying “Over the years, when one of us joins a group or supports a cause, the other one also advocates for those efforts. There was no hesitation due to the subject. It is an automatic response; it’s what we do together. I stand by her, as she would for me.”

Cris has been a dedicated Komen Educator since then, and enjoys having the opportunity to talk to women and men about breast health, helping to take away some of the nervousness that can come from talking about such a personal subject. She believes that “letting people know that you care, are sincere and passionate about who you are representing makes a big difference.”

Dave has served on the Komen Grant Review committee, helping to ensure the funds we raise at Komen Central Virginia are helping women and men in our community. During Cris’s breast cancer journey, Dave realized that resources for husbands, families and friends of breast cancer patients were almost non-existent. “Not long ago, a couple of very good books were written by men that had ‘been there.’ We were determined to raise awareness of these resources, and to get this information to those in immediate need. As Komen volunteers, we learned that our Komen affiliate shared this vision, and through their leadership and collaboration, this effort is now expanding.”

We would like to thank Cris and Dave for their continued efforts to raise awareness about breast health and resources for co-survivors!

Grantee Spotlight



Access Now “Patient Care Coordination” program ensures access to breast cancer treatment for women in Richmond and the surrounding counties who are poor, have no insurance, and do not qualify for Medicare or Medicaid. Treatment is provided by physicians who volunteer and donate their services to patients referred through Access Now, and may include biopsy, surgery, radiation, and chemotherapy when indicated. Komen Central Virginia is pleased to support the work of Access Now in providing critical breast cancer treatments to women who otherwise cannot afford them.

Integrative and Complementary Therapies

Many people use complementary therapies during or after their breast cancer care, or for other health reasons. They offer people the chance to try therapies outside standard medical care. Complementary therapies may help to improve quality of life or to relieve some side effects of treatment or the breast cancer itself.

When complementary therapies are combined with standard medical care, they are often called [integrative therapies](#). They include things like acupuncture, herbs and prayer. They are used together with standard treatments (like surgery, chemotherapy and hormone therapy).

Alternative therapies are used instead of standard treatment and are not recommended.

When someone you love has breast cancer, you can also create your own complementary therapies to lift their spirits. These complementary therapies might include:

- Retail Therapy (shopping)
- Pamper Therapy (mani-pedi day)
- Chocolate Therapy (who doesn’t enjoy indulging in chocolate?)
- Great Book Therapy (pass on one you’ve read and loved, or buy two copies and read them at the same time. Use “book discussion” as a reason to call her every few days.)
- Coffee-Shop Therapy (be sure to ask if it’s a “good” day before opening the doors to the wonderful smelling coffee shop)
- Foot Rub Therapy (most appreciated when it is initiated and not requested)
- Movie Therapy (a funny chick flick for healing laughter or a tear-jerker for a cleansing cry)

During this month of LOVE, celebrate the survivor(s) in your life!



[Go to komencentralva.org](http://komencentralva.org)

[Update email preferences](#) | [Unsubscribe](#) | [Forward to a friend](#) | [Visit our web site](#)

Central Virginia Affiliate of Susan G. Komen®
1433 Johnston Willis Drive, Richmond, VA 23235
Phone: 804-320-1772 · Fax: 804-320-1774 · Email: info@komencentralva.org