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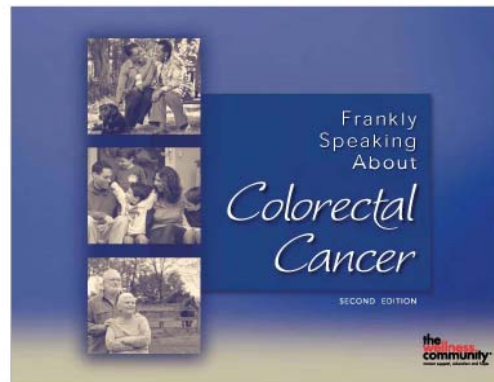
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THE WELLNESS COMMUNITY COMMEMORATES COLORECTAL AWARENESS MONTH:

TWC LAUNCHES *FRANKLY SPEAKING ABOUT COLORECTAL CANCER*



The Wellness Community (TWC) is pleased to announce the launch of our newest patient education program, *Frankly Speaking About Colorectal Cancer*. The free workshop and companion booklet serve as comprehensive resources aimed to empower people affected by a colorectal cancer diagnosis. Created in collaboration with the Colorectal Cancer Coalition (C3), *Frankly Speak-*

ing About Colorectal Cancer provides information on treatments, symptoms/side-effects, social and emotional challenges, and survivorship issues specific to people with colorectal cancer.



(L-R) Colorectal Cancer Survivors and launch panel participants Eileen Malin; Carolyn Barnes; Daniel St. John, and Barbara Lowery, with Kim Thiboldeaux, TWC President & CEO; and Cindy Dwyer, ED, TWC-Delaware

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THE STAR CAMPAIGN HONORS COLORECTAL CANCER CAREGIVER



Earlier this month, The Wellness Community (TWC) commemorated Colorectal Cancer Awareness month by honoring Robert Miles, Director of Life Skills programs at the University of Georgia, as its featured *Star* for March. Robert is being honored

by his wife Felecia, a colorectal cancer survivor. Parents to three sons, Felecia says that Robert has had to be mom, dad, taxi driver, cook, housekeeper and breadwinner since her diagnosis in February 2004. She admits that her sons now prefer his cooking to hers!



(L-R) Caleb, Nathan, Felecia, Robert, and Joshua Miles

"Robert's mom passed two months before I was diagnosed with cancer. I have told him on more than one occasion that his mother would be so proud of the husband and father he has become through this tumultuous,

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TWC PARTICIPANT COMES FULL CIRCLE

Beth Booker, MS, MPH, RD, has been a figure at The Wellness Community-East Tennessee (TWC) since 1998. Although her role at TWC has changed over the years, her commitment to empowering people affected by cancer through support, education and hope has never wavered.

Beth was first introduced to TWC through a professor as a graduate student at the University of Tennessee. She began volunteering to help run a nutrition session and did so intermittently for the next year.

However, in July of 2001, Beth was diagnosed with head and neck cancer. Faced with uncertainty about her future, she decided to return to a place where she knew she could find support from people who truly understood what she was going through. Thirty days after her diagnosis, Beth returned to The Wellness Community-East Tennessee, but this time, she arrived as a participant.

Finding strength through The Wellness Community, Beth embraced many of the resources TWC offered, from weekly support groups, yoga and exercise classes, educational programs and social events. After undergoing chemotherapy and radiation treatments, and with the support of her family, friends and The Wellness Community, Beth was declared cancer-free in 2002.

Post-treatment, Beth was aware that a potential side effect from the

chemotherapy she received was early menopause, so when her menstrual cycle stopped and she began to gain weight, her only thought was to hit the gym and shed the extra pounds. But when she continued to gain weight and began experiencing stomach cramps, she decided to go see a Gastroenterologist. The night before her appointment, Beth decided to take a pregnancy test, just to rule out the possibility. Much to her and her husband's surprise, the results came back positive, and after going to the doctor, Beth learned that she was in fact five months pregnant!

After learning about her pregnancy, Beth was thrilled to be able to share the joyous news with her TWC support group. Like the closest of friends, they threw Beth a baby shower, where everyone brought in books they either read to their children, or cherished as children growing up. Finally, in July 2003, at age 45, Beth gave birth to a baby girl named Lauren.

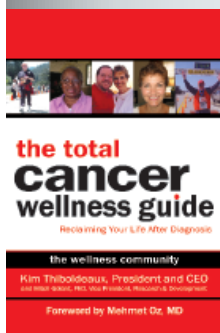
One year after welcoming Lauren into the world, Beth began volunteering again at TWC-East Tennessee and continues to serve as the Registered Dietician for their Nutrition Ammunition program. Running this monthly program has provided Beth an opportunity to give back to TWC by helping people affected by cancer make informed decisions and positive changes in their lives.



TWC-East Tennessee participant, Beth Booker with her daughter Lauren

“...I stood at the door looking for hope. A light rain was falling and I was having difficulty finding the strength to open the door and enter. I stood on the steps crying, thinking how unfair this all was; and that once I entered, I would truly admit that I had cancer. As I tried to compose myself, I heard a voice from inside. The voice said, ‘I don’t know why you’re crying, but I can’t help you until you step inside.’ The door opened, and I became a participant [that day].”

~Beth Booker



Beth Booker was most recently featured in The Wellness Community's recent publication, *The Total Cancer Wellness Guide*, which highlights true stories of inspiration and hope from cancer patients and caregivers around the country, and includes tips, evidence-based research, treat

ment, and support information. Beth's description of how The Wellness Community gave her strength to face her illness will continue to be an inspiration and a source of hope to people with cancer and their loved ones.

To order your copy of *The Total Cancer Wellness Guide*, visit www.totalcancerwellnesguide.com or www.amazon.com.

**THE WELLNESS COMMUNITY
CONTINUES TO SERVE CANCER
SURVIVORS ACROSS THE U.S.**



The Wellness Community (TWC) is pleased to announce its recent poster submission entitled, "Impact of the Live Well! Life Beyond Cancer Program on Health-Related Quality of Life Among Cancer Survivors," was recently awarded the Blue Ribbon for Best Clinical Poster at the 5th Annual American Psychosocial Oncology Conference, which took place in Irvine, California from February 28-March 2, 2008.

The award-winning poster focused on the positive findings from a pilot study conducted by TWC-National and five local TWC's in Southwest Florida, Philadelphia, Cincinnati, St. Louis, and Pasadena. The program will be further expanded across the country in 2008.

Live Well! Life Beyond Cancer is a collaborative, evidence-based program developed between The Wellness Community and the Lance Armstrong Foundation to help cancer survivors make the transition from active treatment to post-treatment care. The 2007 Institute of Medicine report recently reported that the 10.5 million cancer survivors in the U.S. face a heavy physical and psychological burden as they transition from cancer patient to survivor. *Live Well! Life Beyond Cancer* is aimed to help fill the gap between cancer treatment and life following cancer.

The program is a six week, community-based program for survivors that includes education and support, which is provided through two hour weekly sessions. The program also includes a professionally led simple exercise program and nutrition program.

GIRL SCOUT HELPS PEOPLE AFFECTED BY CANCER

Olivia LoVerde knew that she wanted to support a good cause. As a member of the Girl Scouts, she was on her way to achieving the Girl Scout Silver Award, which



Olivia LoVerde

represents a girl's accomplishments in Girl Scouting and her community as she grows and works to improve her life and the lives of others. One of the requirements Olivia needed to obtain the award was to identify an issue in school or the community that she felt strongly about and to then figure out a way to address it. However, with so many good causes with which to potentially align herself, she turned to the internet for help.

Olivia's search eventually led her to The Wellness Community. Although only thirteen years old, Olivia was aware of the great impact cancer had on people in her local Selden, New York community as well as around the globe. TWC was the perfect place to offer her own support of people affected by cancer, so Olivia began to devise a plan on how she would help.

In her research, Olivia learned that local communities offered their cancer support services in home-like settings. She decided she wanted to help people with cancer and their loved ones feel comfortable and stay warm while visiting each Wellness Community, so she began to raise money to purchase blankets to donate to TWC. For nine months, Olivia raised funds and made regular trips to a local retailer to buy fleece blankets. Finally, in March of 2008, Olivia made her first shipment to The Wellness Community of a total of seventy blankets, six of which were hand-made!



Olivia's generosity has become a true inspiration to all people affected by cancer. The Wellness Community is grateful for her ongoing support and congratulates her on achieving the Girl Scout Silver Award!

THE WELLNESS COMMUNITY-VALLEY/VENTURA WINS LATINO LEADERSHIP AWARD

In 1999, The Wellness Community-Valley/Ventura (TWC-V/V) created their Latino Outreach Cancer Program (LOCP) to reach underserved Latino cancer patients and their families in the San Fernando Valley. This program was eventually expanded to Ventura County in 2003, and has since become a model for Wellness Communities across the nation.

On March 15, 2008, TWC-V/V was honored by Concilio del Condado de Ventura for their groundbreaking Latino Outreach Cancer Program and at the 19th Annual Latino Leadership Awards. Along with the award, TWC-V/V also



Front Row (L-R): Marty Nason, Program Director and TWCVV Co-founder; Mario Cepeda, MA, LOP facilitator; Maria Felix-Ryan, "Aliado" (Volunteer); and Councilman Dan Clark
Back Row (L-R): Henry Montes, MD, Latino Advisory Board Member; and Emma Montes

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ANOTHER SUCCESSFUL YEAR FOR THE AMGEN TOUR OF CALIFORNIA AND BREAKAWAY FROM CANCER

For the third year in a row, The Wellness Community (TWC) participated in the *Breakaway from Cancer* initiative created by Amgen, Inc. The campaign is a complementary component to the company's title sponsorship of the Amgen Tour of California (ATOC), a professional cycling race, and is dedicated to raising awareness and funds to support the valuable services and programs provided by TWC and fellow beneficiary, The National Coalition for Cancer Survivorship (NCCS).



From February 17-24, 2008, TWC traveled over six hundred and sixty-six miles with the Amgen Tour of California and had the opportunity to connect with tens of thousands of ATOC spectators who came out to support the sport of cycling and enjoy the Lifestyle Festival. The Festival offered exhibits on cycling gear and bike safety, as well as local community resources. Each day, staff members at The Wellness Community booth distributed local TWC materials, built community engagement, and reached out

to local consumers affected by cancer. In addition to TWC's presence at each Lifestyle Festival, TWC also had the opportunity to feature several participants and survivors. Andy Leven, a prostate cancer survivor and TWC-San Francisco/East Bay support group member got the chance to fire the starting pistol at the Prologue in Palo Alto this year. In San José, Ellen Cirigliano, a TWC-Silicon Valley Board Member and cancer survivor, had the honor of sharing her story with a crowd of thousands and presenting ATOC winner, Levi Leipheimer, with the Stage 3 yellow leader jersey. Justin Baldwin, co-founder of the TWC-Valley/Ventura satellite in Paso Robles, California, led Stage 4's *Breakaway Mile* in San Luis Obispo. A fixture of the ATOC, the *Breakaway Mile* honors survivors and the team of friends, family, and medical professionals that helped the cancer survivors breakaway from cancer. To commemorate this victory, the survivor and his/her team cycle for the ceremonial last mile of the stage.

To view The Total Cancer Wellness Blog and to read additional highlights from the ATOC, visit www.thewellnesscommunity.org/blogs/kim.

The Wellness Community is grateful for this opportunity made possible by



TWC-San Francisco/East Bay participant and cancer survivor, Andy Leven



Levi Leipheimer, ATOC winner; and Karen Cirigliano, TWC-Silicon Valley Board Member and cancer survivor



Mary Klem, Associate Director of Corporate Communications, Amgen; Kathryn West, Director of Oncology Advocacy, Amgen; Ali Liebich, Senior Vice President, Fleischman-Hillard; and Kim Thiboldeaux, President & CEO, The Wellness Community

...FRANKLY SPEAKING ABOUT COLORECTAL CANCER...

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On March 15, 2008 The Wellness Community of Delaware co-hosted the official launch of the national program by offering a free workshop for people with colorectal cancer and their loved ones. Approximately 50 people in attendance heard from a panel of colorectal cancer survivors, as well as Dr. Bruce J. Giantonio of Abramson Cancer Center of the University of Pennsylvania and Jean Capser, LCSW, OSW-C of the Helen F. Graham Cancer Center.

This booklet and workshop series is the newest installment in The Wellness Community's *Frankly Speaking About* series which includes booklets and workshops that focus on other cancers and cancer issues. To order a free copy of *Frankly Speaking About Colorectal Cancer* or to find a workshop near you, please call 888-793-WELL.



Dr. Bruce Giantonio of Abramson Cancer Center at the University of Pennsylvania leads a presentation on Colorectal Cancer

Frankly Speaking About Colorectal Cancer is supported by a charitable grant from



...THE WELLNESS COMMUNITY-VALLEY/VENTURA...

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received certificates of recognition from Congresswoman Lois Capps, two Ventura County Supervisors, and two California Legislature Assembly Members.

The mission of El Concilio del Condado de Ventura is to take the lead in improving the quality of life of the Ventura County Latino community and, by extension, the community-at-large, by providing quality programs and services, advocating for the clients it serves, and collaborating with other community organizations and agencies. TWC-V/V's LOCP program was a perfect example of an effective local effort that improved the quality of life of people affected by cancer in the Latino community. Congratulations to The Wellness Community-Valley/Ventura for their success in helping people with cancer and their loved ones in the Latino community.

...STAR CAMPAIGN COLORECTAL CANCER COLORECTAL CAREGIVER...

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relentless, unforgiving illness," says Felecia.

Robert believes his role as a life skills coach has served him well as a caregiver. "As a coach, I'm not the player. I'm on the sidelines guiding my students and lending my support where it's needed. My role as a caregiver to my wife is similar. I'm not the one with cancer, so all I can do is be there to support her through each challenge."

As a caregiver, Robert knows that he can't do it all, so he has taken to delegating. The Miles family has received enormous support from the Athens community, particularly within their school and church communities. Prior to diagnosis, Felecia was the secretary at her sons' school and since then the school has stepped in to help her sons continue to soar in their academics, athletics, and extra-curriculars. "We could lean on the school to make sure the boys still got to and from soccer, philosophy club etc."

In addition, their church community has rallied around them. From meals to gift cards, Robert says his whole family was strengthened by the generosity of their surrogate family, the church. A casserole wasn't just a casserole; it was a reminder that there were others looking out for his family.

Robert joins nearly 250 family members, friends, medical professionals, counselors and others who have been honored through *The Star Campaign*, a web-based effort, which enables people with cancer to honor and reflect on the caregivers who support them. To read more about March's *Star*, Robert Miles or the many other caregivers who are honored by *The Star Campaign* please visit www.starcampaign.org.

The *Star Campaign* is made possible by a charitable donation from



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