

Cancer Wellness News

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A MESSAGE FROM THE PRESIDENT



As you will see as you read this current issue of the *Cancer Wellness News*, this has been a big year for us. The Board of Directors made many decisions that will affect the Academy for Cancer Wellness in a positive manner.

For one thing, we decided to establish a web page. None of us had any experience to accomplish this goal, so we had a volunteer working on it. Unfortunately, he was injured in a car accident and was unable to complete the task. Since then, we have engaged Jeff Graser of Graser Enterprises, who agreed to help us for a minimal fee. We plan to put the Newsletter and list all of our activities on the page. Because one of our most important goals is to help people get well, our web page will contain the most recent information on the progress being made in treating all types of cancer. You will be able to reach us on the Web at (www.cancerhealth.org). We also have a special e-mail address designated specifically to receive your concerns and questions. Your questions will be answered in the newsletters, for we hope that the newsletter will become so helpful and useful to you that it will become part of your regular reading. The e-mail address is (**afchang@cancerhealth.org**).

The Board also decided to form a Board of Trustees in 2000. The Trustees will consist of people interested in issues affecting cancer survivors. Finally, we decided to initiate a grand campaign for research monies that will be allotted to seed innovative ideas in cancer studies. We believe that the first target area must be the support of psychosocial issues related to champions (survivors) and their families. We are looking for volunteers to help us write grants and engage in other fundraising activities.

We wish all of you a happy and healthy year 2000. We hope, too, that our goals reflect your own and that you will help us achieve our resolutions for the New Year.

ARIZONA ONCOLOGY ASSOCIATES PIN CHAMPIONS

Our major emphasis for 1998 and 1999 was to systematically distribute pins to Cancer Champions (our name for survivors), their families and friends.

Arizona Oncology Associates developed a program to honor their cancer champions and purchased pins with which to honor their patients as they completed treatment in their facility.

In September, the group shared an exhibit table with the Academy for Cancer Wellness and handed out materials about cancer care at the Arizona Psychological Association's annual convention at the University Marriott Hotel in Tucson, Arizona. We sincerely thank volunteers *Sara Louppe and Nelson de Jesus* for their unstinting help and energy that was so crucial to our success.

YOUR GIVING AND PARTICIPATION COUNT

If you've been intending to make a donation, please DO IT NOW! We are a **501(c)3** organization and your contribution is **tax exempt**. **Won't you please give what you can so that we can continue to help cancer patients become cancer champions?**

ARIZONA PSYCHOLOGICAL ASSN. HEARS CHANG

Academy President Alice F. Chang, Ph.D. spoke on "*From Both Sides of the Bed*", a Continuing Education presentation at the Arizona Psychological Association Convention at Mesa, AZ's Hilton Hotel in October. She spoke of her experience surviving cancer. Pins and information were distributed at the conference.

Chang's book receives endorsements

"*A survivor 's Guide to Breast Cancer*" by Alice F. Chang will be available in local bookstores on January 20. Moreover, the author is available to speak about her experience with cancer as a patient and as a professional. A percent- age of the royalties will go to the Academy for Cancer Wellness.

Moreover, the book will be re- viewed in a sidebar in an upcoming issue of **MORE Magazine**, which will be featuring "*Living with Cancer*" by Lois B. Morris. The article features several women who have survived various types of cancer and details how they coped and adjusted from diagnosis to treatment and surviving survival.

"Trees Don't Mourn the Autumn" read in Washington, D.C.

The Charter Theatre, Georgetown, Washington, D.C., gave the first reading of Alice F. Chang's and co-

author Paul J. Donnelly's play *"Trees Don't Mourn the Autumn"*. The play, which was well received, depicts an Asian American woman's journey through cancer treatment. Champion pins were distributed during the intermission and at the end of the reading.

VOLUNTEERS NEEDED

The Academy of Cancer Wellness is a non-profit, 501 (c)3, charitable organization with a mission to enhance awareness of cancer champions (cancer survivors) and to develop new interests in areas of communication, research and treatment so that more people with cancer will thrive and survive. We are an organization supported by volunteers and we need your help! If you are willing to volunteer in any of many tasks, please contact us [or fill in the information on this page](#) and return it to us via e-mail, mail, or fax.

SUSAN G. KOMAN RACE FOR THE CURE OF CANCER HOSTED IN TUCSON

Twenty-six hundred people, including 150 breast cancer survivors, participated in the Susan G. Komen Race to cure cancer on a hot April day in Tucson.



Laura and Arch Brown, friends of the Academy for Cancer Wellness, donated a non-profit organization booth to distribute Champion pins. More than 600 pins were given in packages with information about breast cancer and the organization. Our sign was designed and donated by **Peter Marcus** at **Insty Prints** at 4555 E. Broadway.

Moreover, there was a drawing for a basket donated by **Nettie's Gift Baskets** and a Beanie Bear "1999 Signature" donated by Alice F. Chang. The basket won by **Terry Tinney** of Tucson, was re-donated and **Mary Stevenson** was the final recipient. The Beanie Bear went to **Jane Smith** of Safford, AZ. We thank **Nettie and Alex Solis** for donating their prizes for our drawing. The "pin project" was financed by breast surgeon **U. Venessa Roeder, M.D., Arizona Oncology Associates, and Alice E Chang.**



We are indebted to exhibit booth volunteers *Penny King and Chuck Heidenreich*

The 2000 Race for the Cure is scheduled for April 2. We hope that someone will be generous enough to donate a space for us again so that we can distribute more pins to Champions, family, friends and care givers.

MANY THANKS THE MEMBERS OF THE ACADEMY FOR CANCER WELLNESS BOARD OF DIRECTORS WOULD LIKE TO GIVE SPECIAL THANKS TO THE FOLKS WHO HAVE MADE IT POSSIBLE FOR US TO PARTICIPATE IN TUCSON'S FIRST SUSAN G. KOMAN FOUNDATION "RACE FOR THE CURE", IN SUPPORT OF BREAST CANCER TREATMENT, RESEARCH AND SURVIVAL.

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PETER MARCUS, INSTY PRINTS, 4555 E. Broadway, Tucson, 85711

LAURA & ARCH BROWN, Tucson, AZ.

NETTIE'S GIFT BASKETS, 4625 E. Broadway, #206, Tucson, 85711

ALEX SOLIS, THE BALLOON MAN, 4625 E. Broadway, #206, Tucson, 85711

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