

Jennifer Ferrero

From: TEST MESSAGE FROM: Eastern Washington Susan G. Komen for the Cure
[info@komeneasternwashington.org]
Sent: Monday, September 27, 2010 2:04 PM
To: jennifer@vanillabeanconsulting.com
Subject: Komen Eastern Washington e-newsletter updates



eNewsletter

▶ Forward to a Friend ▶ Update Your Profile ▶ Get Involved ▶ Donate ▶ Contact Us

September 2010

Hi Jennifer,

The Eastern Washington Affiliate of Susan G. Komen for the Cure™ is gearing up for Breast Cancer Awareness Month, and we are excited to share with you our latest news for September— both locally and nationally – in addition to some great events, opportunities, and upcoming promotions. Make sure to sign up for our Lunch for the Cure in October - don't miss this great opportunity to meet Debra Jarvis. Visit our [website](#) and [Facebook](#) page as well, for more info.

We thank you for taking a moment to learn about what's going on in the fight against breast cancer!

Upcoming Events

Lunch for the Cure – October 4th

We are excited to bring **Debra Jarvis**, author of *It's Not About the Hair: And Other Certainties of Life & Cancer* (Sasquatch Books, 2007) to the **2010 Lunch for the Cure®**, Monday, October 4th, 2010 at the Red Lion Inn at the Park.



Debra Jarvis is not only an author but is an ordained minister in the United Church of Christ. She has worked as a hospice spiritual counselor and serves as a per diem chaplain for the Seattle Cancer Care Alliance. She is a commentator for National Public Radio and frequently speaks at conferences and gives workshops on medical staff care, spirituality and finding meaning in life's challenges. She also accompanies her Cairn terrier Max in his therapy dog work.



Wacoal Fit for the Cure

Make sure to visit **Macy's at Northtown** on Thursday, October 7th or Macy's in the Valley on Friday, October 8th from 11-5 and get fitted for with the perfect fit!

FIT FOR THE CURE

Susan G. Komen for the Cure® is proud to enter its 11th year of partnership with Wacoal, which helps women across the country find their perfect fit with professional bra fittings. For every woman professionally fitted at these events, Wacoal will donate \$2 to Komen for the Cure. Wacoal will also donate \$2 for every Wacoal bra or shapewear item or b.tempt'd bra purchased at these events. In addition, Wacoal will offer the **"Wacoal Promise"**, providing every woman who signs up at a Fit for the Cure® event with a complimentary email reminder to conduct a monthly breast self-exam.



Mark your calendars!

REI Women's Fair

October 28th

North Monroe

More details to come...

Pullman Hospital Event

October 30th

Pullman, WA

More details to come...

To find out more details and information, [please visit our website](#).

Komen Community Profile 2011

Every two years the Eastern Washington Affiliate conducts an extensive community assessment of its fourteen county service area. In doing the Community Profile (CP), our Affiliate is able to learn about our communities and make good decisions about how we can better utilize our resources, award local grants, and overall make the greatest impact. The 2011 Community Process is well under way and will be completed by early next year.

[Learn more about our 2011 Community Profile.](#)

September Spotlight on Komen Eastern Washington Grantees

Cancer Patient Care, located in Spokane, Washington, but serving clients from nine Eastern Washington Counties, **received two grants** from Komen Eastern Washington in 2010.

The grant, **Patient Services for Low Income Breast Cancer Patients**, provides direct social service support to low income people fighting breast cancer and including nutritional food supplements, transportation (gas vouchers and bus passes) to and from cancer-related appointments, emergency assistance (groceries and utilities), emotional support, prescription assistance, lymphedema garments, breast prostheses and forms, wigs, and home health care equipment and supplies

The grant, **Complementary Therapies and Wellness Activities Pilot Project**, is designed to address the psychosocial needs of breast cancer survivors—needs that are rarely addressed for low-income and other marginalized populations. The services supported by this grant include acupuncture, massage therapy, counseling, including marriage and family counseling, nutritional counseling, pain management therapies, yoga, walking groups, tai chi and reflexology. The grant will also support wellness

services and classes, including financial crisis management, YMCA memberships, and breast cancer retreats.

Update on Recent Events

Nespelem Event

The **Komen Eastern Washington Affiliate** recently participated in the **2010 Cancer Awareness and Resources Gathering** sponsored by **The Confederated Tribes of the Colville Reservation** and held in Okanogan County, the newest of the Affiliate's service area counties. The Gathering included a health fair and information regarding various cancer resources available to tribal members as well as talking circles, sweats, entertainment, dinner, luminaries and Memorial, Survivor and Fighter Dedication Walls. It was a privilege to participate in the various activities and to be able to speak about Susan G. Komen for the Cure®. **Komen Eastern Washington representatives were also able to conduct a focus group with tribal women** as part of the qualitative data gathering for the 2011 Community Profile. While the community profile work was accomplished, another very important outcome of participating in the event was strengthening the Affiliate's relationship with the tribal community.

The Affiliate's 2009 Community Profile Process documented that the Colville Indian Reservation was located in both Ferry County, already part of the Affiliate Service Area, and adjoining Okanogan County which was not. With a rate of 34 deaths per 100,000 women, Okanogan County had the highest county level breast cancer mortality rate in Washington. Okanogan County was added to the Affiliate's Service Area in November of 2009 as a direct result of the last Community Profile and the past ten months have been spent developing relationships and strengthening partnerships with the tribal community. Several of the Affiliate Grants awarded in 2010 will benefit both Okanogan and Ferry County. The two counties have also been targeted as priority counties for the 2011 Community Profile currently underway.

National News

Komen receives 4 Stars for its 4th Consecutive Year!

DALLAS – Sept. 3, 2010 – Susan G. Komen for the Cure®, global leader in the breast cancer movement, has received Charity Navigator's highest rating – four stars – for the fourth consecutive year. With this rating, Komen for the Cure becomes one of only 9 percent of the approximately 5,400 charities that Charity Navigator evaluates which has received at least four straight 4-star ratings.

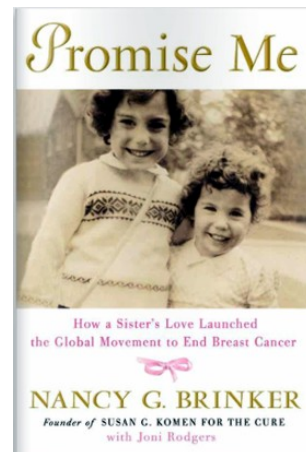
[Read more...](#)

We did it! Promise Me Pre-orders top 8,000!

Promise Me officially pre-sold over 8,000 copies, helping Komen to reach the goal of topping the Best Seller list — ensuring we have an impact on millions through the telling of our story in this format.

Starting September 14th, the book was officially released and sold in bookstores nationwide. That also kicked off the Promise Me book tour with Ambassador Brinker, who will be traveling to 15 cities between mid-September and late November.

Promotions



Rally for the Cure® 2010

Rally for the Cure®, presented by Condé Nast Publications was started in 1996 with the primary goal to support Komen for the Cure's commitment to awareness as the first step in eliminating breast cancer. Since its inception, Rally has reached over 1.65 million participants and has raised more than \$50 million for Komen. This grassroots program is designed to spread awareness about breast health and breast cancer through volunteered organized golf, tennis and social events.



Spread awareness by hosting a [Rally for the Cure®](#) Golf event today!

For more information or to secure your event, call **1.800.327.6811** or log onto www.rallyfortheCure.com.

SPECIAL OFFER

Sign-up to host an event today and receive a **FREE Nike Brassie Tote Bag** while supplies last.



Yoplait – Save Lids to Save Lives

Yoplait will celebrate their 11th year in hosting the highly successful Save Lids to Save Lives® program, which takes place during September and October. For each pink lid mailed in by customers, Yoplait will donate 10 cents to Komen with a guaranteed donation of \$500,000 up to \$1.5 million. Consumers are asked to save their pink Yoplait lids and send them in by December 31, 2010. Look for collection bins in the community.



SAVE LIDS TO SAVE LIVES®
in support of our life-saving promise.



[LEARN MORE ▶](#)

Yoplait and Save Lids to Save Lives are registered trademarks of YOP, LIT Marques Internationales SAS (France) and are used under license.

Do you know someone who needs a mammogram, but doesn't have the resources?

Contact the Breast, Cervical, Colon Program:

- In Spokane County contact Spokane Regional Health District 1-888-461-8876
- In Walla Walla, Benton, Franklin, Columbia Counties – Yakima County Health Dept. (509) 249-6512

For comments or questions regarding this publication please contact Claudia Bell at Claudia@komeneasternwashington.org
1315 N. Napa Street, Suite 3, Spokane, WA 99202 | 509-315-5940 phone

For breast health or breast cancer information call:
1-877 GO KOMEN

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

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

Eastern Washington Affiliate of Susan G. Komen for the Cure®
1315 N. Napa St., Suite 3, Spokane, Washington 99202
Phone: 509-315-5940 · Email: info@KomenEasternWashington.org