

Luminaries:

Giving Support, Making A Difference



ATLANTA CANCER CARE
FOUNDATION, INC.

A NEWSLETTER FROM THE ATLANTA CANCER CARE FOUNDATION, INC.

FALL 2012

Healthy Habits for Life

HOLLY N. TABOR – NEWSLETTER CONTRIBUTOR

October is here and it's time to remind you of the importance of breast health. Time to establish healthy habits for life. For starters, it's time to establish (or re-establish) the habit of regular breast self-checks. By the way, it's a very good idea to get your adolescent daughters in on this healthy habit. Triple negative breast cancer is an aggressive form of cancer that often affects younger women – often women in their early twenties, and sometimes even younger. To illustrate the importance of establishing these habits early, many years ago – we won't think about exactly how many – I lost a friend to breast cancer; she was a senior in high school and had just celebrated her eighteenth birthday. My point is, it's never too early to begin healthy, proactive habits of any kind, and self-checks are both healthy and proactive.

Another healthy habit we should establish once we reach our 40s, is that of having regular mammograms. I know, they are uncomfortable, and they take time, and ... and ... and ...! You can give me all the excuses, but I am living proof that mammograms do save lives. Three years ago my cancer was discovered through a mammogram, because the primary tumor was so small and deep that it could not be felt; and the second, larger tumor was actually in a lymph node in my armpit ... not an area that anyone ever told me to check. So I'm telling you: check your armpits! After surgery, chemotherapy and radiation, I am now cancer-free and loving life. Had it not been for my doctor's nagging reminders, I would not be cancer-free or loving life – in fact, I might not even be living life.

Another habit that can help keep breast cancer at arm's length – and for overall

good health – is exercise. I know, I know, it's boring, ya-da, ya-da; but it doesn't have to be. Before my diagnosis, I was the “couch potato extraordinaire,” and thoroughly enjoyed my sedentary activities – watching TV, reading, computer work, scrapbooking. I still enjoy these things, but now I balance them with at least 30 minutes of moderate activity five days a week. To motivate myself, I got a workout buddy. We hold each other accountable and have a blast “sweatin’ to the oldies,” as they say. We walk, we do Pilates, we blast the fat with a kettle-bell workout. We change it up and keep it exciting and fresh – and I've managed to lose 40 pounds in the bargain! Choose any activity that you enjoy, whatever works for you. Just get moving! Beware, this habit is quite addicting, and you may actually enjoy yourself!

While I'm hammering you about habits, let's not forget diet. No, I don't mean crash dieting. This is about healthy habits, not fads. Simply add lots of fresh veggies and fruits to a lower-fat, higher whole grain diet, while limiting your portion sizes, and not only will you have more energy to start that new exercise routine, but you'll possibly scare away cancer cells, too.

One more healthy habit I learned through my cancer battle that I would like to share with you – this one is possibly the most important. Enjoy yourself; enjoy your life. We are only given one lifetime; enjoy the journey. Every moment of every day is yours to be savored, treasured, enjoyed to its fullest extent: the good, the bad, the extraordinary and the mundane. Enjoy them all. This is your life, your one life ... ENJOY!

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Holly N. Tabor is a breast cancer survivor and author of the book entitled “*Snapshots of Life, glimpses of joy as revealed in a journey through breast*

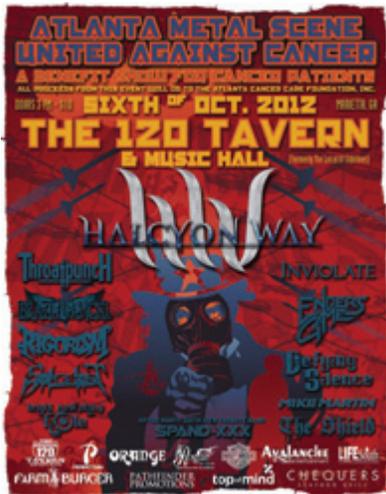
cancer.” Her book can be purchased at any Atlanta Cancer Care office location or by sending an e-mail to courage@atlantacancercarefoundation.org. The book is also available for purchase online at www.amazon.com, www.barnesandnoble.com, or <http://snapshotsoflifebook.com/thebook/>. Proceeds from the book are donated to the Atlanta Cancer Care Foundation.



SAVE THE DATES!

SATURDAY, OCTOBER 6, 2012

Atlanta Metal Scene Unites Against Cancer Again!



Halcyon Way and several other bands will be performing at 120 Tavern and Music Hall in Marietta on Saturday, October 6th, to help make a difference in the lives of cancer survivors in our community. In addition to the bands raising awareness and critical funds for ACCF, **LifeSouth Community Blood Centers** will be onsite to collect individual blood donations from 4:00pm – 9:00pm. Tickets may be purchased in advance for \$10.00 or \$15.00 at the door. For more information go to www.halcyonway.com/tickets.

SATURDAY, OCTOBER 13, 2012

Meet local author and cancer survivor, Holly Tabor on Saturday, October 13th from 12:00pm - 4:00pm at Dutch Monkey Doughnuts located at 3075 Ronald Reagan Boulevard, Cumming, Georgia 30041. Holly will be signing copies of her book *Snapshots of Life*, which will be available for \$10.00 each. Proceeds from the sale of the book will be donated to ACCF.

THURSDAY, APRIL 25, 2013

Please mark your calendar to join the Legal Division of The Coca-Cola Company and the Atlanta Cancer Care Foundation for an Evening of Continued Courage, Hope & Strength at the World of Coca-Cola on Thursday, April 25th 2013. Please visit the ACCF web site and Facebook page for information and updates.

10 Facts About ACCF That You May or May Not Know ...

1 Did you know that the Atlanta Cancer Care Foundation was founded in 2001 by the physicians and staff of Atlanta Cancer Care with the goal of helping to ease the financial burdens that many people face once they are diagnosed with cancer?

2 Did you know that Atlanta Cancer Care Foundation does not have any paid staff? Everyone who works on behalf of the Atlanta Cancer Care Foundation, including the Board of Directors, donates their time and services. This way you can be assured that all of the money that you donate will be used for the purpose that it is intended.

3 Did you know that the Atlanta Cancer Care Foundation provides financial assistance to cancer patients living all over the metro Atlanta area? We provide assistance to patients living and/or receiving treatment throughout the metro Atlanta region.

4 Did you know that over the last 12 months the Atlanta Cancer Care Foundation has provided over \$100,000.00 in financial assistance to approximately 400 cancer patients?

5 Did you know that the Atlanta Cancer Care Foundation provides financial support for valuable cancer research efforts and promotes and supports educational programs for oncology providers, caregivers, and cancer patients?

6 Did you know that when you make a donation to the Atlanta Cancer Care Foundation it stays within the local metro Atlanta community? ACCF is the only non-profit organization that provides direct assistance to metro Atlanta adult cancer patients. We often provide financial assistance the same day a request is received.

7 Did you know that the Atlanta Cancer Care Foundation is a 501c(3)

organization? All donations are tax deductible and can be made by mailing a check to our address at 5670 Peachtree Dunwoody Road, Suite 1100 Atlanta, Georgia 30342 or online by visiting www.atlantacancercarefoundation.org

8 Did you know that there is no such thing as too small of a donation? You would be surprised just how far a few dollars can go in helping out a cancer patient in need. Of course, cancer treatments are expensive, but the Atlanta Cancer Care Foundation also helps with daily living expenses that can make all the difference in someone's life while they are undergoing cancer treatment.

9 Did you know that the Atlanta Cancer Care Foundation would not be able to continue to serve cancer patients in need of assistance if it wasn't for the kindness and generosity shown by individuals, families, companies, civic and community-based organizations, etc.? We value everyone's support and your donations and fundraising efforts allow us to continue to meet and expand our mission.

10 Did you know that you can learn more about the Atlanta Cancer Care Foundation by visiting our Web site at www.atlantacancercarefoundation.com or visiting us on Facebook? Become our Facebook friend and share your stories and photos with us today.

ACCF Names a New Board Member

We are proud to announce that Catharine Soriano, LCSW has joined the ACCF Board of Directors. Cathy is a licensed clinical social worker at Atlanta Cancer Care. She counsels and assists patients and their families at Atlanta Cancer Care's main location at the Northside Hospital Physicians Office Tower and in Alpharetta.

Park Tavern/Unfiltered Live Event Benefits ACCF's NKC (Nancy Kelly Cares) Program

On August 2, 2012, Kristin Kelly hosted a fundraiser at Park Tavern's Unfiltered Live Event to benefit ACCF's NKC program and the Leukemia & Lymphoma Society's Team in Training. The event raised valuable funds for both of these fine programs.

Kristin's family created the NKC program in 2010 as a way to honor their loving wife and mother, Nancy Kelly. We would like to especially thank all of her family and friends who came out to support the event despite the rain and for their continued generosity.

HOGFEST 2012 Helps to Raise Valuable Funds for ACCF

Travis Bass and his family held their annual pig roast on September 22nd, over 100 friends and family members from across the country attended. ACCF is incredibly grateful for the funds that were raised again this year, in memory of Laurie Bass, which will be used to help adult cancer survivors in our community.



Travis Bass cooking for a great cause at Hogfest 2012!



L-R: Host Kristin Kelly and ACCF's Assistant Director, Bryan Miller

Celebrate Breast Cancer Awareness Month in Style!

October is Breast Cancer Awareness Month. We Care. BREAST CANCER AWARENESS MERCHANDISE. We Need Your Help To Make a Difference.

Merchandise will be available at all Atlanta Cancer Care offices beginning September 18th. The requested donation amount for each item is listed below.

We use donations to assist adults living with cancer in our community.

FLANNEL TANK - \$20.00	FRONT T-SHIRT - \$20.00	MAGNETIC RIBBON - \$2.00
BEANIE - \$10.00	BACK T-SHIRT - \$20.00	T-SHIRT - \$20.00
BASEBALL CAP - \$15.00	TOTE BAG - \$15.00	

For a donation of \$20.00 or less you can show your support for the Atlanta Cancer Care Foundation and celebrate **Breast Cancer Awareness** month. Pink ribbon themed t-shirts, caps, beanies, totes, blankets and magnetic ribbons are available at all Atlanta Cancer Care office locations.

Be sure to check out our new Atlanta Cancer Care Foundation baseball caps and t-shirts, available in short or long sleeves and in a variety of colors.

For more information about any of these items, please visit our Web site at www.atlantacancercarefoundation.org or e-mail us at courage@atlantacancercarefoundation.org

Survivor's "Celebrate Life" Bag & Blanket Set



The "Celebrate Life" Bag & Blanket campaign was started by Pink Ribbon Wear in memory of founder Jerry McGaughy's wife. For \$45.00 individuals and companies can sponsor a breast cancer survivor by purchasing a Pink Ribbon Wear "Celebrate Life" embroidered tote bag and micro fleece blanket set for use during treatment.

Each "Celebrate Life" bag and blanket is given to breast cancer survivors at various cancer centers in Metro Atlanta with love and prayers for support and peace during their difficult journey. For more information about Pink Ribbon Wear's "Celebrate Life" Bag & Blanket campaign and to find out how you can help, please contact Jerry McGaughy at (770) 401-4748 or e-mail him at jerry@pinkribbonwear.com.



Thank you for the generous donations that were made as a tribute to the following individuals:

Darrald Avery
 Laurie Bass
 Ike Habif
 Scott Holtz
 Nancy Kelly
 Ann Levin
 Stephen Lipson, DDS
 Sharon Mansfield
 Alfred Salomone
 Sylvia Shy
 Janet Sunshine
 Jennifer Grace Thomas

We would like to extend our thanks to the following pharmacies for their support of the Atlanta Cancer Care Foundation and the cancer patients that we assist:

Atlanta Cancer Care Retail Pharmacy - Atlanta
 Hudson Bridge Pharmacy – Stockbridge
 Lakeside Pharmacy – Cumming
 Reagan Home Care Pharmacy - Conyers

Thank you to the physicians and staff of Atlanta Cancer Care for their continued support of ACCF.

We would like to send a special thank you to all of those who have made donations and participated in ACCF fundraising activities. Your generosity enables ACCF to continue to fulfill our mission of providing assistance to cancer patients and their families, and promoting cancer education, and valuable research efforts.

SPOTLIGHT ON CANCER RESOURCES

American Cancer Society

www.cancer.org

ACS is a nationwide, community-based voluntary health organization that is focused on research, education, advocacy and service.

CancerCare, Inc.

www.cancercare.org

Offers free educational publications and workshops, online/telephone based counseling and support groups as well as a financial assistance program.

Cancer Support Community

www.cancersupportcommunity.org

(888) 793-9355

CSC is an international non-profit organization dedicated to providing support, education and hope. For information on the CSC's Georgia affiliate, please visit:

www.cscatlanta.org

LIVESTRONG

www.livestrong.org

(855) 220-7777

Get one-on-one support, cancer information and find resources. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation.

The Leukemia & Lymphoma Society

www.lls.org

(800) 955-4572

LLS is the world's largest voluntary (non-profit) health organization dedicated to funding blood cancer research and providing education and patient services.

For information on additional resources, please visit our foundation's "Links" page: www.atlantacancercarefoundation.org/links

Looking for a gift that keeps on giving this holiday season?

Believe it or not, the holidays are just around the corner. We often find ourselves searching the shopping malls and online stores for the perfect gift. This year consider making a donation to ACCF to honor someone special. When you make a donation of \$10.00 or more, we'll mail you or the person/family of your choice a personalized holiday card and an ACCF pewter snowflake ornament. In addition, we'll add the person and/or family's name to our "2012 Holiday Memorial Wall" on Facebook.



Not only will your donation show the recipient how much you care, but it will also help ease the financial burden faced by cancer survivors within our community. Just think – your donation will be used in the upcoming year to help a cancer patient purchase much needed medications; to cover a utility bill so that they can stay warm and comfortable; or even pay for transportation costs to/from their doctor appointments. You may make a donation online by visiting our Web site at www.atlantacancercarefoundation.org – please be sure to include the name and address of the person or family to whom you would like the card and ornament mailed. Happy Holidays Everyone!