



# Luminaries: Giving Support, Making a Difference

The Newsletter for Supporters of the Atlanta Cancer Care Foundation, Inc.

HOLIDAY 2014 | AtlantaCancerCareFoundation.org | facebook.com/AtlantaCancerCareFoundation

## Flocking Together at the Feather 5K!

*The inaugural Feather 5K Fun Run/Walk brought more than 100 enthusiastic walkers and runners out on a cold and windy Saturday morning, all to raise awareness and funds for ACCF.*



**“Let’s flock together to make the financial burden of cancer as light as a feather in our community.”** That was the theme for the first ever Atlanta Cancer Care Foundation (ACCF) Feather 5K Fun Run/Walk, and that is exactly what you did! More than 200 sponsors, registrants, donors, volunteers and supporters collectively raised \$36,731 to benefit ACCF.

The 5K was presented by Road Runner Sports CARE, and held at the Road Runner Sports Buckhead location on Saturday, November 1, 2014. In spite of freezing temperatures at race start time, and sub-freezing windchill all morning, 107 dedicated supporters ran or walked the 3.1 mile course to earn their official “Feather 5K” t-shirts.

With 10 registered teams, the pre-race competition got heated in the days leading up to the event. It came down to the wire, but Team Tower/Reddy,

representing the Atlanta Cancer Care Tower office location, won with the largest number of team members as well as the largest team fundraising total. The Atlanta Cancer Care Conyers team also came through in a big way, finishing a close second in fundraising. The Atlanta Cancer Care Decatur team finished third, making an impact with a significant fundraising contribution AND the most team members in attendance at the event.

In addition to teams, lots of individuals did their part by asking their families, friends and co-workers to donate to the cause. Congratulations and thanks go to Lisa Shah, Meg Zeringue and Tara Cantrell for rallying support for the Feather 5K as the top three individual fundraisers.

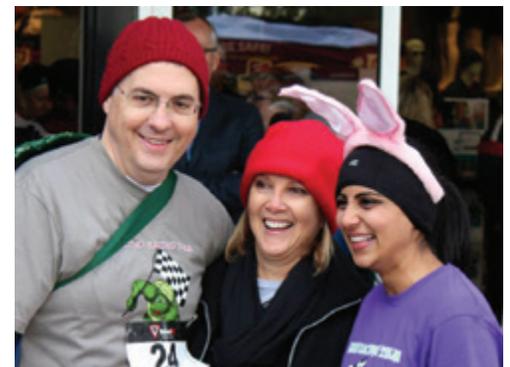
Two performers from the Atlanta Dream’s Shooting Stars led participants in a pre-race stretch and warm-up. With everyone

ready to get moving, the Lieutenant Governor of the State of Georgia, Casey Cagle, announced the start of the race.

ACCF’s President and Chairman, Richard Carter, MD, put his pride on the line for the Feather 5K by “racing” against Lisa Shah, PA-C in a play on the classic “The Tortoise and The Hare” fable. The friendly competition raised more than \$1,800, as supporters cast votes for the “winner” by making donations. The Hare (Shah) won the vote tally over the Tortoise (Carter), 200-160, and won the foot race by a few steps as well.

The Tortoise and Hare were both left in the dust by Topher Roberts and Susie Kelly, who won impressively as the respective First Male and First Female Across the Finish Line.

Much credit for the success of the Feather 5K goes to our sponsors and in-kind donors, who made it possible for us to provide a fun experience for everyone! For the full list of sponsors, turn to page 4. To see many more photos from the event, go to [Facebook.com/AtlantaCancerCareFoundation](https://www.facebook.com/AtlantaCancerCareFoundation).



*The Tortoise (Dr. Richard Carter, left) and the Hare (Lisa Shah, PA-C, right) were able to share a smile along with Marty Smith (center) after the race.*

**ACCF uses your donations wisely. See how on page 2 . . .**

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### Contact ACCF

Phone: (404) 213-1667  
Fax: (678) 348-7523  
courage@atlantacancercarefoundation.org

### Mailing Address

5670 Peachtree Dunwoody Rd.  
Suite 1100  
Atlanta, GA 30342

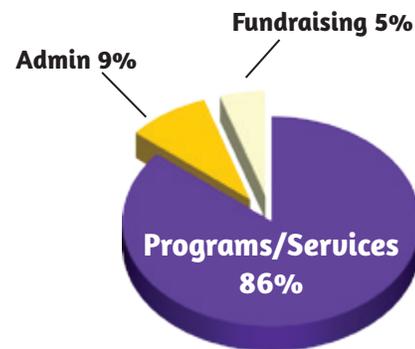
The Atlanta Cancer Care Foundation is a 501(c)(3) organization. All monetary donations are tax deductible to the fullest extent allowed by tax laws. Donations are accepted by mail or securely online at [atlantacancercarefoundation.org](http://atlantacancercarefoundation.org).

**"Thank you so much for the grant. You helped me in the hardest time of my life and it meant the world to me!"**

*Breast cancer survivor, October 2014*

## How Your Donations Are Used

By far, the largest portion of every dollar donated to ACCF goes to our Patient Financial Assistance program. Through this program, we provide emergency financial assistance grants to adult cancer patients who live and/or are receiving treatment in one of the 17 Metro Atlanta counties we serve. We also provide support for cancer related education and research.



**From Sept. 2013 through Aug. 2014, ACCF provided \$189,847 in financial assistance to 536 patients in our community.**

## Coping with Cancer During the Holidays

The holiday season may be "the most wonderful time of the year," but it can also be tiring and stressful; for cancer patients, their families and caregivers, the season can become truly overwhelming. Dealing with the emotional and physical impacts of a cancer diagnosis, or with treatments and side effects, can be particularly challenging when everyone else seems to be happily celebrating.

Here are some very basic tips to help patients and caregivers cope with holiday stress:

**Be realistic:** Whether you're the patient or the caregiver, you may have less free time and/or energy than in past holiday seasons, so holiday traditions may need to be modified.

**Don't forget to celebrate:** Traditions can be modified without being forsaken. Spending time with family and friends can still be enjoyable this time of year, even if the circumstances are different than usual.

**Simplify:** Shop online or by phone, and consider letting others do the baking, gift wrapping and entertaining this year.

**Talk and listen:** Patients and caregivers should communicate with each other about holiday plans and expectations. If



*The holiday season can bring a tangle of emotions and challenges when you're facing cancer.*

there's an event or activity either of you isn't feeling up to, don't be afraid to say so.

**Reach out:** If your loved ones aren't nearby and you find yourself struggling or lonely during the holidays, speak to your healthcare provider, who can direct you to resources that can help.

To find more information online, go to [atlantacancercarefoundation.org](http://atlantacancercarefoundation.org), click on "Resources" then "Support for the Holidays," where you'll find several useful links.

# Atlanta Cancer Care Foundation 2014 Holiday Campaigns

*The holiday season is a time for giving. Please consider supporting ACCF, and helping cancer patients in our community, through one of our Holiday Giving campaigns.*

## Hoodies for the Holidays

Purchase an ACCF hoodie to keep you warm this winter, and wear it proudly to show your support! Full zip and pullover styles in adult and extended sizes, plus a youth version. Proceeds benefit ACCF. Orders placed by December 1 will be shipped to you in time for the holidays. Order at [hoodiesforholidays.secure-decoration.com](http://hoodiesforholidays.secure-decoration.com) or visit [atlantacancercarefoundation.org](http://atlantacancercarefoundation.org) and click "Shop."



## Holiday Donation Gift Cards

For a minimum donation of \$20.00, ACCF will send a special holiday card with a personalized message by mail or e-mail to the recipient of your choice. A donation to ACCF makes a truly meaningful gift for anyone on your list. To make your secure online holiday gift card donation, go to [atlantacancercarefoundation.org/holiday](http://atlantacancercarefoundation.org/holiday).



## Support ACCF While You Shop This Holiday Season



Attention, all Amazon shoppers! AmazonSmile offers the exact same selection of products, prices and shopping features you'll find

on Amazon.com, including Amazon Prime member benefits. The only difference is that when you shop on AmazonSmile with the Atlanta Cancer Care Foundation as your selected charity, the AmazonSmile Foundation will donate 0.5% of the purchase price to ACCF.

On your first visit to AmazonSmile at [smile.amazon.com](http://smile.amazon.com), you will be prompted to select a charitable organization to receive donations from eligible purchases. Just search for "Atlanta Cancer Care Foundation" and select us so that every eligible purchase you make on AmazonSmile in the future will result in a donation to ACCF. Or visit the ACCF website at [atlantacancercarefoundation.org](http://atlantacancercarefoundation.org) and click on the AmazonSmile box at the bottom of the home page for a direct link to our AmazonSmile landing page.

## How To Double Your Donation to ACCF ...

### *With No Extra Cost to You!*

Many employers offer a charitable donation matching program for their employees. It's often as simple as making your donation, then completing a matching request form. Ask your Human Resources department or your supervisor if your company offers a matching program!

## Atlanta Cancer Care Foundation 2014-2015 Corporate Sponsors





## Giving Support, Making a Difference

Thank you to those who have generously donated to ACCF in tribute to the following individuals:

**Laurie Bass**  
**LaJuan Battle**  
**Sharon Brown**  
**Tara Cantrell**  
**Richard Carter, MD**  
**Donna P. Coleman**  
**Eboni M. Davis**  
**Sirily Dubovsky**  
**Katherine Easton**  
**Debi Crowe Fordham**  
**Basil Fowlin**  
**Sherri Graves-Smith**  
**Robert L. Jordan**  
**Nancy Kelly**  
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**Flora Levin**  
**Leon Levinson**  
**Steven & Ilyse Moss**  
**Barbara Osborne**  
**Carey Rountree**  
**Lisa Shah, PA-C**  
**Marty Smith**  
**Margie Shurling**  
**Meg Zeringue, PA-C**

Thanks to the **physicians & staff of Atlanta Cancer Care** for their continued support.

We would also like to thank these individuals, groups, and organizations for their extraordinary donations:

**Northside Hospital Cancer Institute**  
**Suburban Hematology-Oncology Associates**  
**DaVita Healthcare Partners**  
**Northside Hospital 3 North Oncology Service**  
**Colleen Austin, MD**  
**Richard Carter, MD**  
**Silpa Reddy, MD**  
**Hiba Tamim, MD**  
**The Kelly Family**

# Feather

## 5K FUN RUN/WALK

### FLY LIKE THE WIND LEVEL SPONSORS



peachtree  
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### SPRINTER LEVEL SPONSORS



#### IN MEMORY OF DONNA P. COLEMAN

A loving mother, wife and friend. Your spirit remains in our hearts, thoughts and daily actions. We love and miss you!  
 Your family,  
 Alex, Evan and Erin Coleman

Donna P. Coleman  
1963-2014

### RUNNER LEVEL SPONSORS



### JOGGER LEVEL SPONSORS

**Amedisys Home Health • Nissan NEXT**

### IN-KIND DONATIONS

**A Place for Mom • The Coca-Cola Company**  
**Kroger Store #214 • Mariposa Silver Art • Panera Bread**  
*Special Thanks to: Northside Hospital 3 North Oncology Service*

### PRESENTED BY



Thank you for making a difference for cancer patients in our community!