You don’t learn much about yourself when everything is going perfectly well. It’s when things are difficult that we find the strength that already exists deep within ourselves. This lesson applies to organizations as well as individuals. The COVID pandemic has been a source of adversity but also a source of ingenuity, innovation, and organizational growth for Above + Beyond Cancer. I am so proud of the way that the Above + Beyond Cancer team has responded to the challenges of the last 2 years.

Using a combination of in-person and virtual formats, Above + Beyond Cancer has been able to expand services to cancer survivors and family members during the pandemic. We now provide more than a dozen evidence based programs to enhance health and well-being through physical activity, nutrition, education, and emersion with nature. In collaboration with MercyOne Cancer Center and with support from the Iowa Cancer Consortium, we transitioned our weekly Cancer Education Series into a Video Podcast. Survivors and caregivers can join us in person at the MercyOne Health & Fitness Center, or live stream the session in real-time every Wednesday evening from 5:30 – 6:30 p.m. for the educational offering or they can view it at their convenience on the MercyOne website or Above + Beyond Cancer YouTube channel. Through all of these avenues these programs connected with people more than 4,000 times in 2021!

In response to the increased needs of patients undergoing cancer treatment, Above + Beyond Cancer, with the generous support of grants from the Iowa Cancer Consortium, the Nelson Family Foundation in Des Moines, and the American Cancer Society developed a program to provide lodging for patients undergoing cancer treatment in locations away from their homes. I am so proud of our staff and our partners. We recognized a barrier to care, we evaluated possible solutions, and we quickly implemented a program to provide this vital service. None of us is as good as all of us.

In late summer 20 cancer survivors and caregivers journeyed with Above + Beyond Cancer to Utah. We performed a service project at the American Cancer Society’s Hope Lodge in Salt Lake City. We then spent 5 days camping and hiking in Bryce Canyon and Zion National Parks. We immersed ourselves in the beauty of nature and in the challenge of hiking difficult terrain. John Muir wrote, “Everybody needs beauty as well as bread, places to play and pray in, where Nature may heal and cheer and give strength to body and soul alike.”

I hope that you enjoy this Annual Report. You will learn more about our programs and how we have impacted the community in 2021. You will also learn how we intend to continue to elevate the lives of those touched by cancer in 2022. Thank you for all you have done to support us throughout the years.

With great appreciation,

Dick

RICHARD L. DEMING, MD
Founder
EXECUTIVE DIRECTOR'S LETTER

Putting the Shoe on the Other Foot

One of the most attractive things about Above + Beyond Cancer is that we welcome anyone who has ever been diagnosed with any kind of cancer AND all caregivers. As a cancer survivor, I have always been intrigued and impressed by these caregivers. Their steadfast ability to stand with their loved one through their cancer journey is deeply moving to me. While I have been a cancer survivor for more than 10 years now, I have not experienced the caregiver aspect much in my life, until recently and frankly I find it to be challenging.

When you are diagnosed with cancer you jump on the “cancer conveyor belt” and do whatever the doctors and nurses tell you is the next step. “Your chemo treatment is Tuesday, please check into the infusion center at 9 a.m.” So, you put it on your calendar and you show-up, waiting for one of the experts on your care team to let you know where and when to show up next.

As the friend, or family member of the survivor I found myself at arm’s length from the treatment related tasks, thinking, what can I do to help this person I care about? Well, I decided that I would follow the advice that I have given people who asked me how they could be a good caregiver to their loved one on the cancer journey. (I hate when I have to take my own advice!) So, here are the actions steps I have taken on my better days:

- Don’t ignore the person, their diagnosis or its severity
- There is no need to make grand gestures – a kind text, call, or better yet a short personal visit is perfect!
- Check on the person with consistency and kindness – a quick “how’s it going today” text is not a bad idea.
- Create a diversion for the survivor. Ask them to go to coffee, go for a walk, watch a movie, or play a game.
- Be direct with questions like – “how did your chemo go today?” “Did the radiation make you tired?”
- Never tilt your head and ask, “how are you?” Man, that used to make me boil when I was sick. I wanted to say, “I’m bald, tired and pissed off – that is how I am!”
- Tell them how you want to help – “I want to bring you dinner, what sounds good and when would you like it?” Saying, “please let me know how I can help,” will make you feel better, but will only in rare occasions result in any help for the survivor in need.
- Most importantly (and this is the hardest task for me) show up for your loved one, shut up and listen.

I love what this organization does, especially because it helps cancer survivors of any kind AND all of the caregivers! Let’s keep up this good work!

CHRISTOPHER GOODALE
Above + Beyond Cancer
Executive Director
Three Things You Want to Know

WE OFFER 14 ONGOING PROGRAMS

Our variety of weekly and monthly programs serve survivors and caregivers. Many are evidence based— which means— we administer pre and post assessments to track progress of the participants. This process allows us to meet each person where they are.

This past year we created more outdoor programs to provide a safer environment during these changing times. Hike and Yoga is one example and meets every Tuesday morning, all year round, rain, snow or shine. Another is Urban Pole Walking, which is an evidence based program, currently our fastest growing program, and is open to the whole community. Our Cycle Club hit a record number of participants last summer, as we explore the trails all around the metro area.

Brian, a survivor, who was a couple weeks post treatment joined the Hike and Yoga program. We discussed modifications and over time he increased not only in strength, but in friendships. Brian also helped us pilot the first group of Urban Pole Walkers. Just 4 months post treatment, Brian’s final assessment showed improvements in every category tested; resting heart rate, balance, body fat, and muscle gain. His strength tests improved by 75% and walking gait 40%. One sunny afternoon, Brian says:

“I credit Above + Beyond Cancer, and my own moxie, to getting healthy again.”

2021 PROGRAMS

- A Mind, Body, Spirit Cancer Survivorship Program Open To All
- Bike Club
- Book Club
- Cancer Education Series
- Cooking & Nutrition Classes
- Healing Yoga
- Hike & Stretch
- Indoor Cycling
- Kin Stretch
- Mindful Cafe
- Qigong
- Recovery & Beyond
- Tai Chi for Fall Prevention
- Total Training Fitness
- Urban Pole Walking

2021 EVENTS

- Celebrate Luncheon
- Elevate Festival
ZIPCODE IS A MAJOR FACTOR IN LONGEVITY

Our organization is aware of factors that affect global and community health inequities and continue to make our programs free, scholarshipped, and geographically diverse. We have offered home visits when preferred, and are coordinating with cancer centers to offer video tutorials of restorative and gentle practices like chair yoga and meditation so survivors may tap into support while at the clinic or at home. We will continue to build our own awareness and strive to remove obstacles to serving a diverse community and narrowing the gap of health equity.

“ZIPCODE IS A MAJOR FACTOR IN LONGEVITY”

Our organization is aware of factors that affect global and community health inequities and continue to make our programs free, scholarshipped, and geographically diverse. We have offered home visits when preferred, and are coordinating with cancer centers to offer video tutorials of restorative and gentle practices like chair yoga and meditation so survivors may tap into support while at the clinic or at home. We will continue to build our own awareness and strive to remove obstacles to serving a diverse community and narrowing the gap of health equity.

OUR PROGRAMS SERVE THE DES MOINES METRO COMMUNITY + BEYOND

Over the last year we have expanded our Virtual and Hybrid offerings which include Cooking Classes, Book Club, the Cancer Education Series, Yoga, Meditation, Qigong, Tai Chi, and Total Training. These classes can be accessed through Zoom, YouTube or Facebook Live. We have people attending from towns across Iowa and beyond the Iowa border. These diverse programs are reaching survivors, caregivers, their families and friends. With the increase of a virtual presence coupled with our face to face programs, over the past 10 years our outreach is now in the thousands.

Becky, a survivor, participated in a small-group Total Training class we offered through Zoom twice a week. For eight weeks Becky attended every zoom class. Her post assessments were off the charts with progress in every category that was assessed.

“I was feeling isolated, extremely depressed, overweight, and not motivated. I reached out to Above + Beyond Cancer knowing that I needed something to get “me” back on track. Within 8 weeks I was feeling good about myself, moving, motivated, and learning to live and work within my “new normal.” The more I speak about it, the more I find myself healing. Above + Beyond Cancer has given me my life back and I feel like I have purpose again.”

- Becky

“This organization is more than changing a muscle and fat ratio. It’s how you exist in the world, with the rest of the world. It’s joyful. I feel like I have been given permission again to experience joy and share it.”

- Survivor
I’m sitting in the waiting room, wearing a hand-made cloth mask with tiny multi-colored bicycles that drift in every direction, just as my mind is. “Count your breath,” I say to myself. “You are going to be ok,” I reassure myself. Occasionally, I make eye contact with another masked face. Their almond brown eyes seem kind and observant enough to notice my worry. “By looking at the stickers on your computer, I know you are going to handle everything just fine.” I wonder which sticker gave him that assumption. Was it “Iowa Public Radio,” “Black Lives Matter,” or the “Open for Adventure” sticker with neon green trees. My stickers also drift in random directions.

I look at my phone timer, seven minutes left until I chug and grimace through the next round of barium. I attempt emails, I count my breath again, I wait for the nurse to say, “Mary Jane.” I sit, almost stoned like. Delirious in disbelief. Time seems to move like a whizzing freight train and pouring molasses simultaneously.

Five hours earlier I was lounging on an exam bed, slightly high from modern medicine, recovering from a colonoscopy. The doctor said, “you have cancer.” What? “Yes, I’m 99.9% sure what I saw was cancer.” OK, those may not be the exact words, but they are what I recall his words to be. More questions, more words, lots of blur, and plain shock.

I read the paper work. Sigmoid Colon Cancer. How can this be? No family history, no risk factors, I’m a certified health nut, my job is nagging others to be healthy. I’ve read self help books so much I could be the founder of a self help book addicts club. This summer I celebrated my 50th birthday, as a tumor was silently squatting in my colon, taking on more crappy real estate.
Sadly, my first call to action is a call to my insurance provider to see if MercyOne is in network. I have cancer, and I want my dear friend, Dr. Richard Deming, to be handling this. My next conversation is with Dick. His voice is confident and calm. I am calm. For now.

“Mary Jane,” the nurse says. Soon, I’m supine, head first towards the donut hole of the scan table. I close my eyes and count, hold my breath, count some more, and then drive home in a blur.

The following hours entertain thoughts drifting in every direction. I’m going to be OK. What if it has spread? How did this happen? Was it stress? Was it my penchant for cocktails? Are there toxins in my 85 year old house? What will I make for dinner? I’m angry, scared, confused, and anxious. And, I’m also calm, quiet, confident, and processing. I’m all of it. My thoughts are pedaling multi-colored bikes nowhere and everywhere.

Much like the Grinch’s heart growing three sizes instantly, compassion for my fellow cancer survivors grow tenfold. I am coping with “scanxiety.” I am coping with cancer questions, I am bracing myself for financial toxicity, the appointments, the feeling of having the rug pulled out from under you. The unknown. Into the dark of night, the phone rings, Dick shares good news. No spread. Surgery is my cure. I’m lucky. I’m grateful. I gingerly cry with relief.

It was a few months ago when I noticed the red flag, and requested a colonoscopy ASAP. It was time anyway. This screen saved my life. The screen preserved the quality of my life. Schedule your screenings!

For certain, my job prepared me for this, and yet nothing can prepare you completely to hear “you have cancer.” I accept I will not know why. I’m at peace that much of life is out of our control. So, I continue to count my breath, focus on what’s in my control, and stay open for adventure.
JASON HERRIG
Board Treasurer
Weitz Corporation

REBECCA MOOMEY
Board Vice Chair
Bankers Trust

MORGAN NEWMAN
Cervivor.org

DR. ANDREW NISH
Unity Point John Stoddard Cancer Center

BROOKS REYNOLDS
Blue Ribbon Bacon Festival

DR. YOGI SHAH
Broadlawns Medical Center

GREG SHIREMAN
Past Board Chair
Marion Enterprises

PHIL STOVER
Mission Cancer + Blood

DR. CHRISTI TAYLOR
The McFarland Clinic

MICHAEL ZIMMERMAN
RipRoar Events LLC

EMERITI BOARD MEMBERS:

DEBBIE AVITT
JOHNNY DANOS (DEC.)
JERRY FOSTER

DEB HADE
DOUG REICHARDT
KENT ZIMMERMAN

ABOVE + BEYOND CANCER STAFF

CHRIS GOODALE
Executive Director

KELSEY PARKER
Operations Manager

MARY VAN HEUKELOM
Program Director
Back in 2009, our Founder, Dr. Richard Deming put an idea into motion by pairing his Wednesday night indoor cycling class with an educational component on the front end and ending the evening with healthy fruit smoothies. It was a wonderful way for cancer survivors and caregivers to build strength, expand their knowledge, and enjoy fellowship – three very important areas to consistently improving our health. The trio of activities takes place at MercyOne Health & Fitness in Clive and has a loyal group of dedicated groupies.

The smoothies are provided by longtime friend of Above + Beyond Cancer, Teresa Adams Tomka and her store, Kitchen Collage. Dr. Deming drives the indoor cycling class (with help from Tina Turner and other Rock stars). The Cancer Education Series however has a different guest each week. The speakers cover health-oriented topics that cover the broadest of topics. For many years the scheduling of these speakers was handled by Dr. Deming’s dedicated Administrative Assistant Susie Anderson, who retired in 2021. Today the scheduling is done by Survivorship Coordinator, Amanda Fry and Administrative Coordinator Noelle Scalco.

During the first 10 years the Cancer Education Series was available to those who were able to physically attend the sessions each Wednesday at 5:30 p.m. In 2019, Above + Beyond Cancer began recording the sessions and creating podcasts of the information shared each week. This allowed people to gain all of the amazing information being presented, but they could listen on their own time, or at their location miles away from central Iowa.

When the pandemic hit in full force, the Cancer Education Series took a hiatus, like everything else. Switching to a virtual format became a must, so Zoom became the format. Since this was new to everyone, those initial recordings were a bit rough. However, this new format allowed for guests to be part of the Cancer Education Series from anywhere in the country which allowed for experts from coast-to-coast to be booked. These recordings became part of the Above + Beyond Cancer YouTube library and can all be seen at the convenience of the viewer.

When the MercyOne Health & Fitness Center rolled back some of the pandemic restrictions, the Cancer Education Series came back and was once again open to an in-person audience. However, we wanted to keep the videocast audience as that group was really growing in number. Enter George Clark, a former radio personality and engineer, who had the expertise to record the sessions. George had previously been the person behind the creation of the podcasts, so he simply added his extensive video knowledge to the weekly production. Most recently livestreaming on YouTube and Facebook Live has been added and the quality of the production is ever increasing.

While the important health information shared during each week’s Cancer Education Series is the core value of this ongoing tradition. The fact that these sessions are now accessible to all at their convenience has allowed the number of people who can gain from this information to grow exponentially. For example, in 2021, the Cancer Education Series was viewed by 5,188 people either live or through the Above + Beyond Cancer YouTube or the MercyOne Cancer Center Website.
The Above + Beyond Cancer Hotel Program partners with hotels to provide complimentary or reduced-rate lodging to out-of-town cancer patients, and their caregivers, when they must travel away from home for treatment. This outreach has been a tremendous addition to Above + Beyond Cancer programs.

Many patients are already paying very high medical bills, so supporting them with lodging is an impactful way to help them through a very challenging time. Above + Beyond Cancer and our partners offered more than 190 nights of lodging to cancer patients and their caregivers in 2021. The Hotel Program is made possible in part by the generosity of our partners at American Cancer Society, Iowa Cancer Consortium and The Nelson Foundation as well as the following hotel partners:

- Best Western Plus – Clive
- Hilton Des Moines Downtown
- Sheraton – West Des Moines
- Fairfield Inn and Suites – West Des Moines
- Springhill Suites- West Des Moines
- TownePlace Suites by Marriott- West Des Moines
- TownePlace Suites by Marriott - Rochester, MN
- Home2 Suites by Hilton - Rochester, MN
Thank you to our 2021 Donors
All gifts made to Above + Beyond Cancer are appreciated. We have made every effort to ensure that this list is accurate. We apologize for any misspellings or inaccurate information and would welcome hearing your feedback at chris@aboveandbeyondcancer.org.

**FOUNDER LEVEL PARTNER - $20,000 +**
- American Cancer Society
- Richard L. Deming, MD
- Doug and Debbie Reichardt Family Fund
- Iowa Cancer Consortium
- Ruan Family Foundation
- MercyOne Central Iowa
- Mission Cancer + Blood

**DIRECTOR'S LEVEL PARTNER - $10,000 - $19,999**
- The Nelson Foundation
- Chuck and Diane Cutler
- Rick Exline

**SHERPA LEVEL PARTNER - $5,000-$9,999**
- Gregory and Andrea Abel
- Vicki Bott
- Cultivating Compassion: The Dr. Richard Deming Foundation
- Rob and Cheri Danna
- Graham Construction Company
- Fred and Charlotte Hubbell Family Charitable Fund
- Aaron and Karen Kennedy

- Susan G. Komen Breast Cancer Foundation
- Kyle and Sharon Krause
- MidAmerican Energy Company
- Judith Reel
- John and Stephanie Stenberg
- Daniel and Denise Varnum

---

**ABOVE + BEYOND CANCER INCOME BY CATEGORY 2021**

- **Individuals**
  - 77%

- **Foundations + Grants**
  - 16%

- **Corporate Sponsorship**
  - 7%
2021 ABOVE + BEYOND CANCER DONORS

ARROW CLUB - $2,500 - $4,999

Teresa Adams-Tomka - Kitchen Collage
Gloria Anderson
Valorie Armstrong
Bankers Trust Company
Broadlawns Medical Center
Bonnie Campbell
Community Foundation of Greater Des Moines
(Capacity Building Grant)
Patricia Dornacker
David and Sean Easterby
Kelly Else - Teachers & Tutus
Farm Bureau Financial Services
Mark Feldmann and Dr. Teri Wahlig
Michael and Barbara Gartner
Adam and Amanda Goodale
Lynn Hicks
G. David Hurd & Trudy Holman Hurd Fund
Stacey Hurst
The Iowa Clinic, P.C.
Ines and Semsudin Jasariovic
James Knoblauch
Pam and David Kroeger
Howard Krongard
Kum & Go Charitable Fund
Kim Lammers
C.J. Moyna and Sons, LLC
Dr. Jeffrey J. Nichols
Lauridsen Sand Family Fund
Greg and Julie Shireman
Cynthia Thorland & Fritz Weitz Charitable Fund
Maureen Roach Tobin & Terrence M. Tobin Charitable Fund
The TJX Foundation
UnityPoint Health - John Stoddard Cancer Center

TEAM MEMBER PARTNER - $1,000 - $2,499

American Heart Association
Atlantic Coca-Cola Bottling Company
Scott and Debbie Avitt
David and Cora Bartemes
Jennifer Bonnichsen
Deborah Donald
EMC Insurance Foundation
Charlie and Paige Fiedler
Foster Group
Constance L. French Charitable Foundation Trust
Dawn and Christopher Goodale
Greater Iowa Credit Union
Joel and Debra Hade
Leslie and Steven Heimbach
ITA Group
Krisha Keeran
Julia Koster
Jeff Lorenzen
Celia and Tom Mahoney
Claudette M and Patrick J McDonald Charitable Fund
Dave and Rita Moeller
Susan B. Moore Charitable Fund
National Christian Foundation Heartland - Jerry Foster
Network For Good
Andrew and Barbara Nish
Julia Noyce
Mark and Jill Oman
Pigott
Prairie Meadows Foundation
Robert Pratt and Rosemary Pratt
Jeff and Sarah Rader
Reed Rinderknecht
Riproar Events, LLC
Joann Sargent
Kelly and Kurt Schall
Cynthia and Mark Stadtlander
StorageMart
Strategic America, Inc.
Gail and Mark Stelmacher
Randal and John Stern Fund
James Strother
Tim and Poon Tigges
Heather Wilkerson
Jeff and Joni Williams
Rich and Kim Willis
Connie Wimer Charitable Fund
Ronda Zillner
Kent Zimmerman
$500-$999

John Beh
David and Kristyn Benson
Don and Margo Blumental
Michelle Brunsen
David and Teri Button
Hersh Cohen
Stephanie Cornish
Vernon and Lauren Delpesce
Des Moines AHEPA 192 Charitable Fund
Leah Dietrich
Kelly and Dave Donato
Rich Eychaner
Gene Englin
Financial Design Studio Team
Jeff Felming and Carrie Marshburn-Fleming
Sam Gelb
Tracy Ging
Richard Gubbels and Tracy Lewis
Michael and Christy Harger
Mike Harryman
Hiller Family Fund
Holcomb Corporation
Eileen Holzmuller
Michael and Deborah Hubbell Family Charitable Fund
Jill and Grant Johnson
Helen Jones
Brian Laurenzo
Theodore and Jo Lockwood
Ted Longnecker
Roger A. & Ruth A. Lund Charitable Trust
Fran and Margaret McCaffery
Rebecca Moomey
Stephen Moyna
Ellen Nelson
Chuck Offenburger
Rodney and Maureen Olson
Leslie Onthank
John and Bridget Pargulski
Pershing
Thomas and Susan Porter
Price Chopper
Riley Family Fund
Brandon Sickler
Rachel Stauffer & Jim Lawson Endow Iowa Fund
Maria and Pat Steel
Mary Van Heukelom
Amanda Vander Ley
Donald and Deloris Van Ryswyk
Amy Wilson
William and Maribeth Wright
Tomoko Yajima
Damon and Tracy Youmans
Sarah Zeidler
Kelly Zelinsky
$250-$499

BEH Company LLC
Lynne and Larry Beeler
Jo Kay Boyle
Susan Brown
Mindi Decker
Karl and Laura Digman
Matt and Amy Dinville
Gerald Haberman
Cheryl Harding
Nile Hartline
Kim Hopkins
Jeff and Lorel Jeffries
Roger and Dianne Jones
Gary and Sandra Kruempel
Corey and Nancy McMordie
Jana Montgomery
Lynda Myers
Alice Myers
Nelson & Kennedy Financial Services
Sheldon Ohringer
Dave and Kelsey Parker
Mark and Donna Ponto
Jeffrey and MaryBeth Still
Dawn Taylor

UP TO $249

Roseanna Adams
Bikal and Ambika Adhikari
James and Colleen Adkins
Jodi Allan
Benjamin Allen and Marguerite Fitch
Jerry and Jane Allen
Teresa Amato
Brad and Lisa Anderson
Charles and Susan Anderson
Jeanne Anderson
Jennifer Anderson
Justin and Alicia Anderson
Sarabeth Anderson
Stephanie Anderson
Brenda Auxier-Maizely
Alicia Baccam
Emily Bahnsen
Gregory Baker
Richard Baker
Gretchen Baldwin
Kurt Ballard
Charles Bell
Jeff and Nancy Bellville
The Benevity Community Impact Fund
Peter and Cathie Benner
Tiffany Berkenes
Kenneth Bernstein
Robert and Nancy Betz
Donald and Becky Bingaman
Gordon Bivens
Tammy Blackwell
Keith Blazek
Msgr. Frank Bognanno
Kerry Bolt and Jane Steele Bolt
Tomas and Jessica Boltnar
James and Barbara Bose
Robert Bowman
Rose Boyle
Susan Boyle
Julie Brandt
Barbara Bremner
Dory Briles
Theresa Britt
David Brooks
Warren Brott and Jayme Murphy-Brott
Melanie Brown
Susan Brown
Jeanine Buckingham
Dr. Lyndi Buckingham-Schutt
Kevin Buffington
Fred Burnett and Mary Ann Burnett
John Cacciatore
Mark Carlson
A. and L. Carman
Kelly Carmody
Timothy Carroll
Jeff Carrer
The Carter Living Trust
Karen Chicken
Dan Childs
James and Helen Christakos
Kathie Churchill
UP TO $249 CONTINUED

Andy Clark  
John and Holly Clark  
Dan and Sharon Collins  
Joseph Conlon and Jamie Lynn Andersen-Conlon  
Kevin Conniff  
Deann Cook  
Steven and Jill Cook  
Andrea and Jeff Corcoran  
Mary Core  
Stephanie Cornish  
Matthew Corwin  
Rebecca Cox  
Louise Crall  
Joanne Cutler  
Karen Daniel  
R J Daugherty and R J Daugherty  
Kasey Davis  
Niki DePhillips  
Des Moines Art Center  
Senka Dorn  
Dennis and Marilyn Dowell  
Dana Downing  
Ryan Downs  
Elaine Drake  
Dream Team Des Moines  
Josh Dreyer  
Connie Duinink  
Jeremy and Amanda Dyvig  
Wes Ehrecke  
Joyce Ellens  
Martha Elston  
Bennett and Leisa Ely  
Gail and Carol Endres  
Kaye Englin  
Executive Women's International - Des Moines Chapter  
Steven Falck  
Helene Fein  
David and Diane Fenchel  
Thomas Finestead and Jo Anne Finestead  
Eric Bakker and Drennan Fischer  
Mary Alice Flaherty  
Melissa Folden Meiners and Todd Meiners  
Jim Forman  
Donald Frazer  
Joseph Freund  
David and Alice Friedgood  
Cannady Fritzjunker  
Amanda Fry  
Rosalie Gallagher  
Jake Gazlay  
Thomas Getta  
Ann Gilbert  
Nicole Gilg Gachiani  
Walter Githens  
Craig and Nancy Glynn  
Joyce Goff  
Bob and Sue Goldbeck  
Brooke Goldin  
Sonja Gonzalez  
Jeff Goodman  
Teresa Goodrich  
Brianna Graves  
Richard Graves  
Kari Greenfield  
James and Lisa Grieve  
Teena Grove  
The Growmark Foundation  
Douglas and Catherine Guendel  
Lindsay Hach  
Kyle and Dawn Hageman  
Renae Halder  
Diane Hammond  
Rachel Harken  
Siobhan Harman  
Charles Harrell  
Christine Harrison  
Keith Hartje  
Adam Haselhuhn  
Stacie Hatch  
Laurie Hazelwood  
Kim Held  
Dee and Nick Henderson  
Amanda Hendricks  
Diane Hernandez  
Jason Herrig  
Bradley Hiatt  
Lori and Alan Hilgerson  
Jackie Hilmes  
Blaire Hinkle  
David and Kellie Hockmuth  
Suzanne Hoffman  
Anne Holderman  
Esmie Holderman  
Rhonda Holtkamp  
Jim Homann  
Honest Bike Shop  
Pam Horan  
Daniel Horn  
Steven and Linda Hoskins  
Lela Houseman  
Lori Howe  
Duane Huey  
Krista Humphries  
Deb Irving  
Nina Ivanovski  
Craig and Aimee Jackman  
Patrick and Joanne Janke  
Larry and Patricia Jenkins  
Gene and Margaret Jennings  
Andrew and Sandra Jensen  
Greg and Jeanie Jessen  
Dan Johnson  
Jeff and Mary Johnson  
Marta Jones-Couch  
Becky Jordan  
Douglas Joslin  
Tracy Kach  
Adam Kaercher  
Chadley Keeling  
Dominic Keeling  
Linda Kelly  
Edward Kempf  
Trace Kendig  
Terri Kent  
Mary Jo Kever  
Bradley and Lori Kiewel  
Jennera Kimzey  
Keeley Kinney  
Jennifer Klavon  
Ken Kleemeier  
Stacey Koeppen  
Curtis and Patricia Lack  
Jeanne Lagatta  
Robert and Rebekah Lane  
Erica Larson  
Julie Larson  
Mike and Carri Lauterbach  
Jeffrey and Susan Lawrence  
Tyler Leech  
John and Kathleen L'Estrange  
Patti Lewis  
Carl and Dwila Linder  
Patricia Lindholm  
Hema Lindstrom  
Ronald and Joni Livermore  
Jeff and Barbara Livingston  
Matthew and Debbie Long  
Ted Longnecker  
Karen Losee  
Matthew Ludwig
Karen Luken
Caleb Lyle
Amy Lynch
Brian Lynner
Yasmina Madden
Paul and Lynn Mankins
Judi Manning Mireles
Phil Marcuson
Charles Marsh and Nancy Collins-Marsh
John and Lavon Marshall
John and Trudy Martin
Jessica Matase
David Maxwell
Tom McBride
Marilyn McCarthy
Jody McCadden
Scott McGee
Lori McGivney
Teena McIntire
Timothy McKenna
Sharon McMartin
Sherilyn McMordie
Mark McMurphy
Erin Mendenhall Sawhill
Theresa Menough
Anna Mercer
Isabella Meyer
Thelma Meyer
Tim Meyer
Janet Miller
Amela Mlivic
Grant Mohn
Jana Montgomery
Lucy Montgomery
Wendy Moody
Sally Moore
Stephanie Moris
Darci Munford
Marcia Munger
Richard and Sachiko Murphy
Robert and Donna Murphy
Christopher and Tara Myers
Julie Nease
Monte Neitzel
Fred and Sandra Nelson
Susie Nelson
Timothy and Diane Neugent
Morgan Newman
Brian Ney
Bridget Nixon
Daniel Noyce
Jamie O’Brien
Kris Ohle
Toni Olson
Kate & Walter Overby
Samantha Overmohle
Brocke Palmer
Jeff and Teresa Patterson
Brian Pattinson
Jean Paul
Jennifer Paulsen
Timothy and Sara Pearson
Eugene and Vicki Peel
Nancy Peterson
Casey Petrashek
James and Marie Pohl
Edward Power
Al Prall
Stephanie Ramm
Steven Rebelsky
Sumitra Red Wing
Katherine Reed
Ronald Reighard
Vernal Renard McClymond
Gloria Renshaw
Mandy Rhoades
John Richard
Mary Riche
Chad Richey
Louis Rizzuti
Todd Robertson
Julie Rose
Sean Rose
L.W. and Jacqueline Rosebrook
Alina Roselli
Dean and Nancy Ross
Ellery Russell
Neil Salowitz
Duane and Marilyn Sand
Jason and Trevi Sandin
Micki Sandquist
Mary Scarpino
Danny and Janice Schall
Jodie Schlotterbeck
Laura Schmidt
Deb Schmitt
Heather Schott
Sarah Schuling
Alice Schultz
Connie Schwader
Karen Seidl
Joyce Seifert
Zana Serdarevic
Roger Severson
Rebecca Seymour
Kenyon Shafer
Dr. Yogi and Deval Shah
Spencer and Hailey Shireman
Marvin Shirley
Ann Shuman
Laura Siebert
Mark and Rachel Siegel
Loretta Sieman
Kevin and Mary Simcox
Leo and Karol Skeffington
Clark Smith
Janet Smith
Rod Snively
Sally Sonnenburg
Donald and Susanne Soppe
Sue Sorden
Kent Sovern and Phyllis Mumford-Sovern
Joel and Catherine Spick
 Beverley Stafford
Michael and Rene Staudacher
Mark and Gail Stelmacher
Susan Stewart
Phillip Stover
Ashley Sutton
Lana Svit
Coreen Sweeney
Christi Taylor
Kelly Taylor
Lila Tedesco
Sheryl Terlouw
Carol Tershak
Diane Thompson
Jeri Thompson
Charles and Paula Tippie
James and Cindy Torvik
Julie Triplett
Niki Tucker
Steve Tucker
Miriam Tyson
Robert and Sally Van Dorin
Renee Von Bokern
Kelly Wagner
Steven Wagner
Wynn Walters
Debera Watson

2021 ABOVE + BEYOND CANCER DONORS
Above + Beyond Cancer's mission is to elevate the lives of those touched by cancer, to create a healthier world! Visit our website at aboveandbeyondcancer.org and donate today to help provide weekly mind, body, spirit programs to cancer survivors, caregivers and anyone who has been touched by cancer.
One of the most humbling and heartwarming manners in which gifts come to Above + Beyond Cancer is when donors make a special point to mention their friends and loved ones upon making a gift to our organization. It is a meaningful way to remember those who are no longer on this earth and those whom we desire to honor.

**IN 2021 GIFTS WERE MADE TO ABOVE + BEYOND CANCER IN MEMORY OF THE FOLLOWING PEOPLE:**

<table>
<thead>
<tr>
<th>Tom Adams</th>
<th>Ana Moyna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jerry Allen</td>
<td>Raymond Movall</td>
</tr>
<tr>
<td>Roger Blair</td>
<td>Madonna Nichols</td>
</tr>
<tr>
<td>Kerri Brenner</td>
<td>Judy Otis</td>
</tr>
<tr>
<td>Jack Carter</td>
<td>Frank Owens</td>
</tr>
<tr>
<td>Charlie Cutler</td>
<td>Lynette Richey</td>
</tr>
<tr>
<td>George Drennan Fisher</td>
<td>Bob Ryan</td>
</tr>
<tr>
<td>John Donald</td>
<td>James Schulze</td>
</tr>
<tr>
<td>Pam Englin</td>
<td>Jill Shireman</td>
</tr>
<tr>
<td>Mary Sue Gibson</td>
<td>John Sonnenburg</td>
</tr>
<tr>
<td>Chris Hade</td>
<td>Nancy Strother</td>
</tr>
<tr>
<td>Mark Haisch</td>
<td>Shelley Tucker</td>
</tr>
<tr>
<td>Dean Hill</td>
<td>Kathy Wennihan</td>
</tr>
<tr>
<td>Bobby Irving</td>
<td>Eva Wells</td>
</tr>
<tr>
<td>Tula Knott</td>
<td>Louis White</td>
</tr>
<tr>
<td>Bill Lozier</td>
<td></td>
</tr>
<tr>
<td>Terry Meyer</td>
<td></td>
</tr>
</tbody>
</table>

**IN 2021, GIFTS WERE MADE TO ABOVE + BEYOND CANCER IN HONOR OF THE FOLLOWING PEOPLE:**

<table>
<thead>
<tr>
<th>Justin Anderson</th>
<th>Kevin Halbert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steven Danna</td>
<td>Dean Hill</td>
</tr>
<tr>
<td>Charles and Linda Decker</td>
<td>Steve Hofmeister</td>
</tr>
<tr>
<td>Dr. Richard Deming</td>
<td>Robert and Susan Josten</td>
</tr>
<tr>
<td>Leah Dietrich</td>
<td>Patrick McCaffery</td>
</tr>
<tr>
<td>Kelly Donato</td>
<td>Theresa Meyer</td>
</tr>
<tr>
<td>Joe Droessler</td>
<td>Lucy Montgomery</td>
</tr>
<tr>
<td>Ted Economos</td>
<td>Kelly Schall</td>
</tr>
<tr>
<td>Tom and Jo Finestead</td>
<td>Maria Steele</td>
</tr>
<tr>
<td>Christopher Goodale</td>
<td>Mary Van Heukolum</td>
</tr>
</tbody>
</table>