Adversity leads to personal growth. 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.

Using a combination of in-person and virtual formats, Above + Beyond Cancer has been able to expand services to cancer survivors and family members. We now provide more than 15 evidence-based programs to enhance health and well-being through physical activity, nutrition, education, and immersion with nature. Our weekly Cancer Education Series is now an in-person educational opportunity and a video podcast. Patients and family members can join us in person on Wednesday evenings from 5:30 – 6:30 pm at the MercyOne Health and Fitness Center or they can view it live or at their convenience on-demand at our website or YouTube channel.

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 American Cancer Society, the John Ruan Foundation, the Nelson Family Foundation, and the Rosalee Exline and Sheri Exline Ziegler Fund, we have developed a program to provide lodging for patients undergoing cancer treatment in locations away from their homes. 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 June of 2022, 22 cancer survivors and caregivers journeyed with Above + Beyond Cancer on a transformational journey to the mountains of Wyoming and Montana. We spent 5 days camping and hiking in and around Grand Teton National Park. 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. Because of support from individuals like you, we have been able to elevate the lives of those touched by cancer in 2022. We look forward to expanding the number of individuals we serve in 2023. Thank you for all you have done to support us throughout the years.

With great appreciation,

Richard L. Deming, MD
Founder
I am honored to be the Chair of the Above + Beyond Cancer Board. My initial introduction to the organization was when I served as the nonprofit’s banker during the very early days. Back then, there were a few really good people with special ideas of how this organization might serve cancer survivors and caregivers. Now, more than a decade later, through the work of dedicated staff and volunteers, we are serving hundreds each week who are touched by cancer through our weekly Optimal Living Programs, activities, and events.

As we look toward the future, I get even more excited about how this organization might evolve and grow. We will add a very special event this year that will serve as a kick-off to a new effort being put forth for Above + Beyond Cancer by Flynn Wright, one of Des Moines’ premier advertising agencies. Look for further details soon and stand by to watch Above + Beyond Cancer grow to being better than ever!

Becky Moomey
Board Chair
2023 BOARD OF DIRECTORS

VICKI A BOTT
Reference Point

LYNDI BUCKINGHAM-SCHUTT
Iowa State University

CHUCK CUTLER, PAST CHAIR
Cutler Law Firm

DIANE CUTLER
Community Volunteer

ROB DANNA
ITA Group, Inc.

DR. RICHARD DEMING
Founder
MercyOne Deming Cancer Center

RICK W. EXLINE, SECRETARY
LCS- Retired

RACHEL FYFE
Unity Point John Stoddard Cancer Center

CHERYL HARDING, VICE CHAIR
Retired Health Insurance Executive

NICK HENDERSON
Holmes Murphy & Assoc.- Retired

JASON HERRIG, TREASURER
Weitz Corporation

DR. AMY HUGHES
Mission Cancer + Blood
OUR STAFF

KEVIN KANN
American Cancer Society

REBECCA MOOMEY, CHAIR
Bankers Trust

MORGAN NEWMAN
Cervivor.org

DR. JEFF NICHOLS
Broadlawns Medical Center

DR. ANDREW NISH
Unity Point John Stoddard Cancer Center

BROOKS REYNOLDS
Blue Ribbon Bacon Festival

KELLY SCHALL
Realty One Group

PHIL STOVER
Mission Cancer + Blood

DR. CHRISTI TAYLOR
The McFarland Clinic

TRAY WADE
EveryStep

MICHAEL ZIMMERMAN
RipRoar Events LLC

EMERITI BOARD MEMBERS
Debbie Avitt
Johnny Danos (dec.)
Jerry Foster
Deb Hade
Doug Reichardt
Kent Zimmerman

OUR STAFF

CHRIS GOODALE
President

KELSEY PARKER
Operations Manager

MARY VAN HEUKELOM
Program Director
ABOVE + BEYOND CANCER WELCOMES FIVE NEW BOARD MEMBERS AND ELECTS FIRST WOMAN AS BOARD CHAIR

At the start of 2023, the Above + Beyond Cancer Board of Directors excitedly elected five new members to serve three year terms on the Board. They are:

- Dr. Amy Hughes - Medical Oncology Specialist, Mission Cancer + Blood
- Kevin Kann, Iowa Executive Director, American Cancer Society
- Dr. Jeff Nichols – Anesthesiology, Broadlawns Medical Center
- Kelly Schall – Realtor/Broker Associate, Realty ONE Group
- Tray Wade - President & Chief Executive Officer, EveryStep

The Above + Beyond Cancer Board now totals 23 members and has been recognized as one of the most influential Boards in central Iowa. New Officers were also elected for the two-year terms. Those elected were:

- Board Chair Becky Moomey, Vice President, Private Banking Officer at Bankers Trust
- Vice Chair Cheryl Harding, Retired Health Insurance Executive
- Board Secretary Rick Exline, EVP/Sr Managing Director of Life Plan Communities at LCS - retired
- Board Treasurer Jason Herrig, Accountant/Manager at Weitz Corporation
- Past Chair Chuck Cutler, Attorney at Cutler & Assoc.
- Founder Dr. Richard Deming, Medical Director of the MercyOne Richard Deming Cancer Center

With her election, Becky Moomey (pictured) becomes the first woman elected to the position of Board Chair. She has been involved with Above + Beyond Cancer for many years and is in her third year as a member of the Board of Directors.

"Above + Beyond Cancer is blessed to have such an impressive Board of Directors," states President Chris Goodale, "they are prominent people in our community, who really believe in our mission, and are willing to work hard to make sure our organization continues to elevate the lives of those touched by cancer."
TRIBUTE TO JUSTIN

Justin Anderson, the first director of Above + Beyond Cancer, passed away earlier this year in 2022. He raised the spirits of those around him and was one of the kindest people you would ever meet. He guided our organization in its early years and took part in the original Transformational Journey to Mt. Everest Base Camp in 2011 among many other journeys. Justin could be found strumming his guitar around the campfire, leading us in singing and fellowship as well as singing to patients no matter where we were.

Justin was the epitome of the mind, body, spirit approach we profess so often at Above + Beyond Cancer. To honor Justin and his legacy, the Justin Anderson Music Rocks Scholarship was created to keep shining his light throughout our work at Above + Beyond Cancer.
Evening of Inspiration

Our annual Evening of Inspiration was held at Franklin Junior High. We enjoyed the music of The Brazilian Twins (B2wins), who also told the amazing story of their cancer story. Survivor Katie McKenzie gave her perspective on her cancer journey as well as her thoughts on the Transformational Journey to Utah. The Dylan Huey documentary of the Utah Journey was premiered, where the team hiked the Narrows and climbed Angel's Landing in Zion National Park. The group also hiked to the bottom of beautiful Bryce Canyon and was able to see an amazing sunrise. The evening was capped off by words of inspiration from our Founder Dr. Richard Deming. It was an evening to remember!

Elevate Festival

Elevate Festival was an impressive and powerful way for us to deliver on our mission through mind, body, spirit programming. It was an amazingly beautiful day for a record 255 registrants to take part in a Gratitude Session from Billy “B Well” Weathers, Yoga led by Ben “Good Vibes” Spellman, a 5K walk/run, and wonderful music by The Guilty Pleasures. Save the date for August 20th this year at Water Works Park!

Celebrate!

November’s Celebrate! Event was packed with a record number of guests! The Above + Beyond Cancer Award recipients, and guest speaker Scott Lindgren made the evening both meaningful and inspiring. Special thanks to our event sponsors, Mission Cancer + Blood, MercyOne, Realty One Group, Graham Construction, UnityPoint John Stoddard Cancer Center, Bankers Trust, EMC Insurance Companies, Great Outdoors Foundation, and Tito’s Homemade Vodka. Save the date for November 16, 2023 for another incredible Celebrate! Event at the Hilton Des Moines Downtown!
Above + Beyond Cancer’s Hotel Program provides accessibility and the likelihood patients can complete treatment, even when they might be hours away from their treatment center. In 2022, Above + Beyond Cancer provided more than 650 nights of lodging to cancer patients traveling for their treatment. Patients had this to say about the hotel program:

“It was such a relief to know that there could be a way to get treatment. The Hotel Program allowed me to get radiation as planned.”

“I want to thank you again for this incredible service that your organization provided my sister and me so I could be with her. It was an extremely hard time made so much easier without having to worry about the accommodations. The hotel staff were friendly and helpful and I much appreciated their shuttle service in the evenings.”

We are so thankful for the collaborative partnerships with our hotel partners, individual philanthropists and grantors, the cancer centers and nurse navigators who help make this program possible to cancer survivors.
THE TOP 10 THINGS TO KNOW ABOUT OUR PROGRAMS IN 2022

1. Young Adult Survivors
   We launched a program for Young Adult Survivors (ages 18-40), which includes fun and active events so survivors may connect in authentic and empowering ways.

2. Kinstretch
   The Kinstretch program is improving joint range of motion and reducing pain for registrants, and is open to survivors and caregivers.

3. Cancer Education Series
   In addition to audiences attending in person, our Cancer Education Series is live-streamed and recorded through our YouTube channel, where hundreds are able to view from anywhere and anytime. This increases understanding of health and wellness to any community.

4. Urban Pole Walking
   Urban Pole Walking is our fastest growing program and new locations and new instructors will be added in 2023. This program keeps people active outdoors and connecting to others.
Book Club

Book Club invites authors and doctors to guest-lead discussions on engaging literature. Open minds and open hearts are deepening friendships and self reflection.

Cycle Club

Cycle Club hit a record number of cyclists for the season, and is open to family and friends of all abilities. We experience a variety of trails in the Des Moines metro area.

Hike + Yoga

Hike + Yoga has completed its third year of meeting all year round, trekking through change of seasons and cultivating mindfulness.

Healing Programs

We emphasize mental, emotional, and spiritual healing with programs like reiki, meditation, sound healing, support groups, and yoga.

Scholarships

We coordinate scholarships for survivors for memberships to the local YMCA's and MercyOne Health and Fitness. And, we offer many programs not connected to a gym. Each survivor receives a one-on-one wellness coaching session.

Diverse Classes

Our programs serve survivors who are newly diagnosed, cured, and living with cancer. We meet the needs of where each person is with a diversity of offerings taught by skilled trainers with classes like Total Training, Recovery + Beyond, and Aquatics to Restore Health.
PROGRAM IMPACT

HEALTH + WELLNESS

91% increased health and fitness
98% improved cardiovascular health
94% improved functional strength
85% improved balance
MENTAL HEALTH

75% increased mental wellbeing

73% increased interpersonal connection

67% boost self confidence

73% improved stress management

75% increased level of hope

IMPROVEMENTS FROM ABOVE + BEYOND CANCER PROGRAMS
‘SURVIVOR’ IS A POWERFUL WORD

BY MARY VAN HEUKELOM

Power rests in this title, Survivor. My new friend Natalie confidently says, “being a survivor is a powerful word. We are survivors once we are diagnosed, and I wish more people knew this. We don’t want pity.”

In February 2022, at age 39, Natalie found an uninvited lump. This lumpy interloper introduced a new chapter of seeing and juggling life.

“Once you get a cancer diagnosis, you are a badass, whether you have been in a chemo room once or a 1000 times,” proclaims Natalie. We are parents, daughters, friends, siblings before we are a patient.

Prior to Natalie’s introduction to ports, chemo rooms, radiation machines and scalpels, she spent years mothering a daughter, eating home-cooked family dinners, and playing fetch with their two German short-hair pointers, whose tongues greet her face upon returns from the hair salon. Natalie’s profession as a stylist connects her with diverse personalities. As her hands shape hair, friendships bloom while listening to others’ joys and challenges.

This cancer diagnosis was not on the radar of a young woman who runs and devotes her mornings to meditations, affirmations, journaling and workouts.

Natalie, a nature lover, says time daily outside is crucial to her well-being.
I met Natalie during her treatment, months after the breast cancer diagnosis. This gregarious, vocal, playful, curious, and hard-working woman is seeking holistic ways to heal and recover, in tandem with modern treatment. She is striking a balance between patience for recovery and movement.

Natalie was referred to Above + Beyond Cancer by a long-time friend and fellow survivor. “I was shocked by how many programs there were,” Natalie says, and soon enrolled in three of them. During the Total Training program, I see Natalie improve in range of motion, strength, and endurance. She smiles brightly during class, giving it her best, while holding awareness for short-term limitations. I see her determination to focus on what’s in her control.

“Above + Beyond Cancer helps me feel empowered and encouraged to feed my seeking heart and hope. Even it doesn’t prevent recurrence, it will help me manage fears and anxieties.”

Natalie also attends our new program for Young Adult Survivors, and says, “I find excitement in getting involved in Above + Beyond Cancer, because of a mutual understanding that never has to be explained. This is comforting for me.”

Natalie shares that deciding on reconstruction or not was difficult. “I came to the conclusion that of course I’m going to have a new body. I also have a new perspective and clarity. Society is judgmental to the female body, and I have decided no one’s words will penetrate my head, because my body has carried me through all of this. My body has endured more than I thought it was capable of. I’ve come through the process with more self respect and better boundaries.” Natalie adds, “I didn’t expect me to embrace this like I have. This is badass.”

Natalie is a badass survivor; learning, laughing, authentically sharing challenges, and seeking ways to heal and grow, in body, mind, and spirit.
For the nearly two years I have worked with Above + Beyond Cancer, I have been inspired by the strength and courage of the cancer survivors, as well as their perspective on life. Their ability to focus on the present moment with positivity, and often humor, is something I admire most.

Cancer brings tremendous difficulties both physically and emotionally. I feel honored to provide a program that may help improve quality of life, so they may continue to do the activities they love.

As a longtime Kinstretch participant states, “the class has made a significant improvement on my daily life, as I have made more progress on my ankle in 3 weeks than the previous 3 years, have avoided a major surgery, am no longer walking in pain, went from walking 3K steps a day to 10K steps a day, and am down 20 pounds as a result.”

Here are the powerful data findings on how Kinstretch helps survivors who have participated in this Above + Beyond Cancer program:
PRESIDENT'S LETTER

As I was standing in the back of the room during this year’s Celebrate! Event, I was struck by the number of people in the room and how all of these people (and many more who were not in the room that night) have been positively affected by the work of Above + Beyond Cancer. It is important to stop and think that cancer has brought so many of us together to learn how to cook a great dish, ride a bike on a warm summer evening, enjoy a walk through the woods, practice Yoga, get in shape with Total Training, share our thoughts about a really good book, learn from the Cancer Education Series, take an indoor cycling class with Dr. Deming, or experience Kinstretch. All because our lives were touched by cancer.

While being diagnosed with a potentially deadly disease could make some turtle into their shell, those involved in Above + Beyond Cancer have decided to instead, become MORE active in their community. It is heartwarming, humbling, and yet astonishing to think! I am thankful that Above + Beyond Cancer was there to help me get stronger as a new survivor and I am honored to help grow this operation so we can be there for the future survivors and caregivers when they are open to the idea of their lives being elevated and to lead a healthier life.

Take care,

Chris Goodale
President
2022 DONORS

Thank you to our 2022 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
- Exline Family Donor Fund
- James Knoblauch
- MercyOne Central Iowa
- Mission Cancer + Blood
- The Nelson Foundation
- Judith Reel
- Doug and Debbie Reichardt Family Fund

DIRECTOR’S LEVEL PARTNER - $10,000 - $19,999

- Suzie Glazer Burt
- Chuck and Diane Cutler
- Iowa Cancer Consortium
- Rick Exline
- Aaron and Karen Kennedy
- Prostate Cancer Awareness of Central Iowa

SHERPA LEVEL PARTNER - $5,000-$9,999

- ACOM Insurance Agency, Inc.
- Gregory and Andrea Abel
- Lynne and Larry Beeler
- Jean Bieri and Joe Crookham
- Cultivating Compassion: The Dr. Richard Deming Foundation
- Rob and Cheri Danna
- Farm Bureau Financial Services
- Kyle and Sharon Krause
- MidAmerican Energy Company
- Natera, INC
- Brooks Reynolds
- Dean and Karen Seley
- Greg and Julie Shireman
- Kathi and Larry Zimpleman

“I am so grateful to Above + Beyond Cancer for providing a platform for people who have experienced cancer to connect, support one another, and heal. The Wyoming Team became a family through our journey. I was able to reflect on my life and find a sense of peace and optimism for the future.” - Molly
“Know that as I look back on 2022 that one of the bright spots for me was being introduced to Above + Beyond Cancer. It definitely helps make the journey through "the C word" much more bearable.”

- Program Participant

Bud & Mary’s
Lynda Myers
Dr. Jeffrey J. Nichols
Andrew and Barbara Nish
Laurie Plante
Kelly and Kurt Schall
Robb Spearman
Sheryl Terlouw
UnityPoint Health - John Stoddard Cancer Center
Molly Zaver
TEAM MEMBER PARTNER - $1,000 - $2,499

Gloria Anderson
Bo Anderson
Barbara Anderson
Valoree Armstrong
Michael Ashby
Scott and Debbie Avitt
Bankers Trust Company
Blackbaud Giving Fund
Vicki Bott
Commonwealth Fund - Patty Rossi Freund
Kelly and Dave Donato
Steven Falck
Mark Feldmann and Dr. Teri Wahlig
Charlie and Paige Fiedler
Fifth Generation Inc.
Foster Group
Kyle & Laurie Galles
Alison Gaskell
Gilead Community Services Inc.
Dawn and Christopher Goodale
The Great Outdoors Foundation
Greater Iowa Credit Union
GreenState Credit Union
Rick Gubbels and Tracy Lewis
Leslie and Steven Heimbach
Nick and Denise Henderson Family Charitable Fund
Lynn Hicks
Anne Holderman
Esmie Holderman
Holmes Murphy & Associates, LLC
G. David Hurd & Trudy Holman Hurd
The Iowa Clinic, P.C.
Ric and Carol Jurgens
Edward Kempf
Knapp Properties
Kim Lammers
Lauridsen Sand Family Fund
Traci Liesinger
Helen Little
Jeff Lorenzen
Richelle Lowery
Thomas and Celia Mahoney
Michelle and Christopher Marsh
Melissa Martinek
Fran and Margaret McCaffery
Midwest Speakers Bureau, Inc.
Dave and Rita Moeller
Tammi Moeller
Jean Moffitt
James Mohs
Rebecca Moomey
Susan B. Moore Charitable Fund
Scott Morris
National Christian Foundation Heartland - Jerry Foster
Rush and Beth Nigut Charitable Fund
Novartis US
Julia Noyce
Bill Orcutt
Thomas and Susan Porter
Robert Pratt and Rose Mary Pratt
Jeff and Sarah Rader
Duke and Carole Reichardt Family Fund
Reidenback Charity Trust
Riley Family Fund
Reed Rinderknecht
Rip Roar Events LLC
Teresa Roof
Peggy Rossi
Joann Sargent
Jay Sehgal
Yogi and Deval Shah
Stadtlander Family Fund
Gail and Mark Stelmacher
Randal & John Stern Fund
James Strother
Tim and Poon Tigges
Cynthia Thorland & Fritz Weitz Charitable Fund
Maureen Roach Tobin & Terrence M. Tobin Charitable Fund
Mary Van Heukelom
Adam and Britni Ventling
Jeff and Joni Williams
Rich and Kim Willis
Connie Wimer
Damon and Tracy Youmans
Kelly Zelinsky

“The [Wyoming] trip has far exceeded my expectations, it has taught me to continue to focus on being more present. If you take the time to stop, look and listen you will grow in ways you never thought were possible. I am truly inspired and each moment we have to connect with others is a gift.”

- Autumn
$500-$999

Teresa Amato
Mary Baker
Chris and Erin Barfels
Peter and Cathie Benner
David and Kristyn Benson
Jo Kay Boyle
Teri Buchta
Robert Cameron
Bonnie Campbell
Hersh Cohen
Mary Core
Leah Dietrich
Jeff Fleming and Carrie Marshburn-Fleming
Sam Gelb
Joyce Goff
Eileen Holzmueller
Jill and Grant Johnson
Julia Koster
Pam and David Kroeger
Theodore and Jo Lockwood
Jeff Lorenzen

John Lund
Claudette McDonald
Matthew Millard
Michelle Neff
Rodney and Maureen Olson
John and Bridget Pargulske
Lori Petosa
Alina Roselli
Peggy Schimmer
Brandon Sickler
Clark Smith
Brittney Stepanek
Phillip Stover
Dawn Taylor
James and Cindy Torvik
Amanda Vander Ley
Steven Wandro
Louis and Loretta White
Amy and Scott Wilson
Michael and Victoria Zimmerman
C. and Peggy Scott
Laura Siebert
Heidi Snedegar
Michael and Rene Staudacher
Maria and Pat Steele
John and Stefanie Stenberg
Brenda Stephany
Christy Stolz
Johnne Syverson
Grant and Gina Taylor
Jeff Thompson
Kelly Wagner
Carol Wells
Laurie Westhoff
Brian and Beth Willem
John Wilson
Evelyn Woolston
William and Maribeth Wright
Tiffan Yamen
Kent Zimmerman
UP TO $249

Bikal and Ambika Adhikari
Fatima Aguilar
Lex Alba
Thomas and Mary Alexander
Jodi Allan
Jane Allen
Lisa and Brad Anderson
Jeanne Anderson
Charles and Susan Anderson
Heidi Anderson
Shay Arends
Jim and Jane Arts
Tricia and Tim Atterberg
Shae Atterberg

Tracy Aukes
Brooke Avila
Erica Axiotis
Alicia Baccam
Ruth Bachman
Paula Banowetz
David and Cora Bartemes
Sally Bates
Gina Bausch
Susan Bausch
Charlotte and Hugh Beck
Brenda Beckley
Mary Bender
Lucas Bernhard

Kenneth Bernstein
Donna Bishop
Gordon Bivens
Jeff Blosser
Shenais Bock
Bruce and RaeJean Bodie
Msgr. Frank Bognanno
Mickie Bolander
Bettie and Steve Bolar
Michelle Bolton King
Jennifer Bonnichsen
Donna Bower
Susan Boyle
Barbara Bray
Cheryllynn Bricker
Greg Brown
Tim and Melinda Brown
Ceri Brumm
Michelle Brunson
Sandra Brunsen
Sadie Buchta
Perry Buffington
Mark and Teresa Buffington
Jason and Megan Buffington
Sam Bunz
Jackie Cale
John Campbell
Yandiel Cardenas
Lacey Casel
Renae Chesnut
Vince Catania
Karen Chicken
Michelle Clarahan
John and Holly Clark
Megan Claypool
Shannon Cofield
Judith Conlin
Joseph Conlon and
Jamie Lynn Andersen-Conlon
Patrick Conway
Elizabeth Coutellier
Rebecca Cox
Gina Cramer
Nanette Crawford
Eugene Croft
Christine Crow
Sean Crow
Julie Curry
Margie Custis
UP TO $249 CONTINUED

Pete and Kiley Cutler
Michael Damerville
Tres Davis
Debra Davis
N. Robert Day
Nocona Dayton
Charles Decker
Diane DeHeer
David and Judy Delperdang
Courtney DeNio
Leisha DeSmet
Hailey Dickman
Katie Dorrell
Dana Downing
Tracey Draschil
Josh Dreyer
Amie Drudge
Barbara Duff
Janie Earles
David and Sean Easterby
Joseph and Roxanne Ehlers
Joyce Ellens
Lisa Essy
Robert Falcon
Suzanne Farrell
Mary Fey
Brenna Finnerty
Eric Bakker and Drennan Fischer
Mary Alison Flaherty
Donald Frazer
Wendi Fredregill
Max Freeman
Steve and Marilyn Freund
David and Alice Friedgood
Laura Fritz
Rosalie Gallagher
Barbara Galloway
Donna Gaunt
Jeanneette Gehrke
Ann Gilbert
Brian Goetzinger
Brooke Goldin
Terry Goslinga
Mary Gottschalk
Pamela Grant
Richard Graves
Patricia Graziano
Frances Graziano
Sadie Groth
Emmerson Guanci
Sarah Haberl
Kirsten Habgood
Crystal Hagena
Cassandra Haller
Neil Hamilton
Diane Hammond
Emily and Hannah Hand
Cindy Hannon
Andrea Hansen
Mark and Thalya Hanson
Courtney Hany
Michael and Christy Harger
Ron Harling
Siobhan Harman
Keith Hartje
Nile Hartline
Shelly Hartman
April Harvey
Adam Haselhuhn
Jimmy Hasty
Debra Haugen
Rachel Haugo
Laurie Hazelwood
Julie Heidemann
Ryan Heiken
Darren Helm
Diane Hernandez
Alyssa Hershberger
Karen Higgins
Lori and Alan Hilgerson
Blaire Hinkle
Michael and Kathy Hoefing
Emily Hoffman
Brendan Hogan
Chelsea Hogan
Kim Hook
Christy Hopkins
Pam Horan
Steven and Linda Hoskins
Todd and Susan Howard
Stacey Hurst
Denise Huston
Madison Hutchins
Trudi Hytene
Laura Ibach
Jana Illingworth
Billie Israel
Laura Jackson
Janelle Jacobs
Sarah Jacobs
Sara Jacobson
Nancy Jacobson
Patrick and Joanne Janke
Matt Janowicz
Valerie Jansonius
Ines and James Semsudin
Jasarovic
John and Debra Jecklin
Ardis Kelley
Ken and Susan Kellogg
Linda Kelly
Cara Kennedy-Ode
Jan Kent
Tiffany and John Klehn
Mary Kleopfer
Ann Knauss
Heather Koenig
Kathy Koenig
Diane Kolmer
Deb and Ron Kordick
Jeanne Kouri
Brenda Krumel
Curtis and Patricia Lack
Kelly Ladig
Lani Lonning
Donald Lovell and Mary Ann Lovell
Karen Luken
Philip and Susan Lutgendorf
Amy Lynch
Brian Lynner
Andy Lyons
Montse Madden
Cristy Magill
Paul and Lynn Mankins
Erin Marchese
Joseph Mariner
Lissa Marshall
Tami Martinek
Matt McCormick
Ana McCracken
Julie Jennings
Gene and Margaret Jennings
Laurie Johns
Sonya Johnson
David Johnson
Cindy Johnson
Roger and Dianne Jones
Jeanna Jones
Shannon Jones
Becky Jordan
Connie Joylan
Chloe Judas
Mark and Mary Kacere
Tracy Kach
Kevin Kann
Kelly Lamb
Kathy Lane
Mary LaPrairie
Stephanie Larson
Lawrence Lassiter
“[The Total Training Program] has been treatment for my soul. Above + Beyond Cancer is making the world a better place.”
“I think there are unique challenges when diagnosed with cancer during the young adult phase in life — it feels like a wave of relief to be able to be with other survivors who are in a similar stage in life...I am grateful for the effort of A+BC in bringing together AYA survivors with attention to our particular needs and circumstances.”
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 2022 GIFTS WERE MADE TO ABOVE + BEYOND CANCER IN MEMORY OF THE FOLLOWING PEOPLE:

Tom Adams  
Jerry Allen  
Justin Anderson  
Deb Ashby  
Roger Blair  
Kerri Brenner  
Jack Carter  
Charlie Cutler  
Richard Decker  
John Donald  
Nancie Dorrell  
George Drennan Fisher  
Pam Englin  
Mary Sue Gibson  
Darlene Gordy  
Chris Hade  
Mark Haisch  
Dean Hill  
Anne Holderman  
Bobby Irving  
Steve Koeppen  
Jon Lageschulte  
John Lindsay  
Bill Lozier  
Terry Meyer  
Ana Moyna  
Madonna Nichols  
Gail Orcutt  
Judy Otis  
Frank Owens  
Nancy Pruess  
Frances Rendall  
Stan and Jody Reynolds  
Lynette Richey  
Christine Riesselman  
Bob Ryan  
James Schulze  
Ron Schwalin  
Jill Shireman  
Nancy Strother  
Shelley Tucker  
Kathy Wennihan  
Eva Wells  
Louis White

IN 2022, GIFTS WERE MADE TO ABOVE + BEYOND CANCER IN HONOR OF THE FOLLOWING PEOPLE:

Steven Danna  
Dr. Richard Deming  
Leah Dietrich  
Christopher Goodale  
Kevin Halbert  
Dean Hill  
Patrick McCaffery  
Tim Neugent  
Kelly Schall  
Maria Steele  
Brian Stoaks  
Mary Van Heukolum  
Doug Wilbur  
Michael Zimmerman