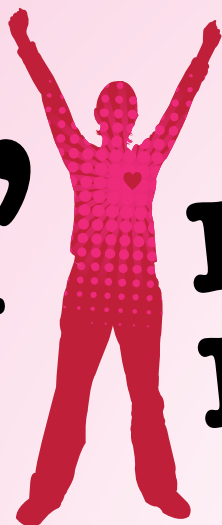


# “Yes, I Can



# Make a Difference!”



Hello friends,

*I ask you, would we want to live our life any other way, but to touch someone's life? Any time we lose connection with sharing our lives with our friends, family, and community, we give up one of the best parts of living. I hope you enjoy this special section where wonderful individuals have stepped up to the plate, and claimed, “Yes, I Can Make a Difference!”*

~Love and blessings,  
Bev

## Tim Livingston

At some point in a long journey you have to have help. At first you think you can do it alone, but soon your surroundings lose their comforting familiarity. It is easy to lose your way. Relationship/fellowship is the greatest gift that can be bestowed upon another. We become like God, and we share a magnificent love. It gives us strength when we have none, and hope when all seems lost. Shared tears help wash away fear and sorrow. It was soon into my wife's journey that a relationship was forged with a local organization known as The Pink Ribbon Riders. They provided my family fellowship. They are a testament of the greater good in all mankind. They provided us with financial assistance, but more importantly they offered a helping hand, a fellowship. They showed that they cared when we live in a world where it is much easier not to. Pink Ribbon Riders made a living difference for my family. [stacy.lee.livingston@comcast.net](mailto:stacy.lee.livingston@comcast.net)



## Chris Hubbard

The Team Survivor Tampa Bay, Florida makes a difference by promoting a healthy and active lifestyle and by providing organized opportunities for physical fitness, wellness education, and psycho-social empowerment among female cancer survivors. The “Pink Dragon Ladies” use dragon boat racing as a means to demonstrate the indomitable spirit of cancer survivors. The sport of dragon boat racing dates back about 2,000 years in China. Dragon boats are 42' long canoes powered by up to 22 members – 20 paddlers, a drummer, and a steers-person – who must operate the vessel in unison in the hope of crossing the finish line first. The “Pink Dragon Ladies” paddle together, support each other, learn from one another, laugh together, enjoy competition, overcome fear, encourage others, take pride in their accomplishments and break the silence of cancer. <http://teamsurvivortampabay.blogspot.com>



## Donna Bruck

I can make a difference by sharing my story and experiences with others. I have made a cancer scrapbook and a photo journal. I began sharing my story and informed people that young women get breast cancer and that everyone needs to do self-exams. The local newspaper did an article on my experience. Although I had doubts about letting the entire county know I had one of my breasts removed, I was able to educate thousands about the importance of self-exams. Later as I was working at my Medical Records job, I was summoned to Surgery Pre-Op. As I entered the room, there was a young woman holding a newspaper; the one that contained my story. She had done a self-exam after reading the article. She hugged me and thanked me for saving her life. Her mastectomy was the following day. I CAN make a difference because I'm vocal. *Survivor of Invasive Ductal breast cancer, at age 24;* [dbruck79@hotmail.com](mailto:dbruck79@hotmail.com)



## Brenda Tucker

I am a Senior Customer Service Representative with Amoena, and a 9-year breast cancer survivor. I have been with Amoena for 15 years. I continue to be impressed with the many great improvements in our products. Amoena listened to our customers when they asked for lighter weight forms and more stylish bras, intimates and swimsuits. I am now able to offer more choices that suit their different needs. Working in customer service has given me the opportunity to help retailers across the U.S., advising them with difficult fits and inventory questions. I also have the privilege to talk one-on-one with our consumers. I am able to put myself in each woman's shoes, trying to provide her some peace of mind during a difficult time. It is these interactions that remind me what I do really does make a difference. [www.amoena.com](http://www.amoena.com)



## Liz Church

Childcare was a major concern for my husband and me during the time I was receiving treatment for stage II breast cancer in 2001. We needed someone to care for our three young children on the days I received chemotherapy and for the two to three “sick days” following. My friend, Marianne Jones, handled the entire management of our childcare needs for six months, utilizing those from our church family who had volunteered to help. As each treatment date approached, we simply received a telephone call letting us know which family would be arriving to pick up our kids. This freed me from what could have been a huge emotional burden and enabled me to concentrate on healing. I will always be grateful to her for being there for me in such an important way and for contributing so significantly to my recovery from breast cancer. I am thankful for Marianne and my church family for making a difference for me and my family. [lizchurch@sbcglobal.net](mailto:lizchurch@sbcglobal.net)



## Malissa Magyar

As Marketing Manager for Amoena, I am responsible for all of our outreach, advertising, and public relations activities, which allows me to interact with all of our audiences --including medical professionals, retailers, and breast cancer survivors. My main job is to communicate, and to make sure that Amoena effectively communicates our mission to all members of the breast care community. I truly enjoy learning from the different people we meet and serve. Doctors and nurses push us to continually develop newer, better products and our consumer base inspires and compels us to always do so with compassion and unbeatable quality. I'm grateful to be able to support our retailers and through them, to support women in their journey to health, lifelong wellness, and positive self-image. [www.amoena.com](http://www.amoena.com)



## Wendy McCoolle

I never realized that sharing my story on a website called “Bald Wendy” would change my life, but after documenting my treatments and emotions online, the tremendous response I received from other breast cancer patients thanking me for helping them to not feel alone made me decide to quit my corporate job and found the non-profit organization BreastCancerStories.org – a website where patients and caregivers can write, read and share their experiences with loved ones and with one another. What makes BreastCancerStories.org different from a traditional blog site is the stories are all searchable by a number of demographics. Imagine a single mother under the age of 30 who just had a mastectomy being able to find someone who is going through the same situation and even connect with them directly through the website. We make a difference for people all over the world by providing support and hope. [wendy@breastcancerstories.org](mailto:wendy@breastcancerstories.org), [www.breastcancerstories.org/wendy](http://www.breastcancerstories.org/wendy)



## Seattle Sutton

I was 67 years old when I found out I had breast cancer during my routine annual mammogram. I had a modified radical mastectomy, a few doses of chemotherapy and took Tamoxifen for 5 years. I'm happy to say, I will be a 10-year cancer survivor this November! I feel I make a difference every time I share my story with others to encourage them. I feel my experience has made me more appreciative of the important things in life. It has given me hope. Breast cancer runs in my family. Although I am a healthy eating advocate, I still developed breast cancer. My only sister died of breast cancer in her 50's. My aunt had breast cancer and survived. Two of my first cousins, on my mother's side of the family had it and one died from it. I want other women to know they can beat breast cancer, like I did. [www.seattlesutton.com](http://www.seattlesutton.com)



## Vanessa Echols

Ok, now what? That's what I was thinking after completing treatment for Stage II breast cancer: Six months of chemotherapy, a mastectomy, reconstruction and 30 radiation treatments. I was thrilled to be finished with treatment and cancer free. And I realized how blessed I was to have family and friends to help me through the journey. But I kept thinking about those patients who don't have family or friends to help with the daily chores we don't feel like doing when we're going through treatment ~ housework, grocery shopping, all the stuff that isn't a challenge when we're feeling healthy and strong. In response to that need, a group of friends and I formed COMPASSIONATE HANDS AND HEARTS BREAST CANCER OUTREACH. We're that extra pair of hands patients need when they're going through treatment. We provide housecleaning, grocery shopping, transportation to medical appointments, anything that will help ease the stress for patients and their families. [www.compassionatehandsandhearts.org](http://www.compassionatehandsandhearts.org)



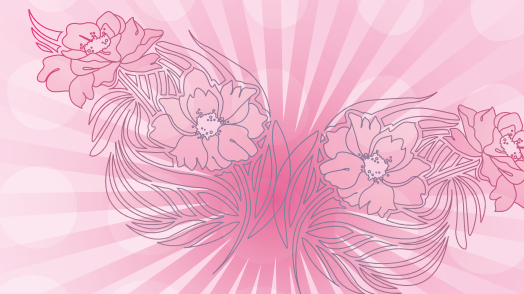
## Cookie Aftergut

In 2003, while finishing my chemotherapy and radiation treatments for breast cancer, I came up with the idea of a stand-alone support program to help women evolve from being “victims” of breast cancer. Chemoflage was born! This half-day program includes nutrition tips; relaxation techniques given by a Yoga instructor; and discussions about “chemo brain” from an oncology social worker. To complete the program, patients learn makeup techniques -- how to apply eyebrows and line their eyes where lashes used to be -- and the “art” of scarf tying. I present these parts of the program, and do some motivational speaking from my own experience. Instructors and patients often bond over shared emotions and stories. I have seen over 500 patients now, and am expanding to other states. I believe that I was given this opportunity so I can help others do what I did: become not just a survivor, but a CANCER THRIVER. [www.chemoflage.com](http://www.chemoflage.com)



# “Yes, I Can Make

# a Difference!”



## Debbie Wolf

In 2006, a dragon boat team of breast cancer survivors was formed in Racine WI. The team is a support group that competes against other dragon boat teams. Since I have joined, I have had two lung surgeries and cyber knife to my brain. I am bald for the third time in seven years as I do more chemotherapy and keep fighting the cancer that has metastasized. When I am too weak to row, I am the drummer that beats with every stroke. I am told “you are our inspiration. You have such a great attitude.” At a recent race, we did not qualify for the final heat. Some were heading home already. Race officials requested us to race again. I gathered up the others and said “we CAN do one more!” We raced again with pride and determination. We are all winners in our own battle. [Dwolf003@wi.rr.com](mailto:Dwolf003@wi.rr.com)



## Claire Greenwood

Breast Cancer is a devastating disease that is life altering once diagnosed. Being from a family of breast cancer victims and survivors it is an every day reminder to me just how precious life really is. I am an avid snowmobiler and was visiting Jackson Hole, Wyoming for the Hill Climb finals in March of 2008 when I was introduced to the Pink Ribbon Riders. They have changed my life. This is a volunteer non-profit organization of some of the most compassionate people on this earth. Giving direct assistance with a money gift card to help the patients with anything they need. That is unheard of and truly a great gift that really makes a difference. The Pink Ribbon Riders hold various events across the United States raising money and awareness for breast cancer. It was the first time that I was surrounded by other people who have experienced the same trials as I and I could actually relate with them. They do amazing things for anyone who needs it! [cmgsno@aol.com](mailto:cmgsno@aol.com) / [www.pinkribbonriders.com](http://www.pinkribbonriders.com)



## Kay Troutman

I am a breast cancer survivor diagnosed in June of 1988. Just by being alive and well is a testimony to anyone who is just diagnosed. I love to visit with women who are just being told they have breast cancer. Just talking with someone who has survived gives them some peace. When one is first diagnosed, they have so many questions and fears and to hear it from someone who has been there is very comforting. We don't know the answers, but we do have the compassion to understand what they are feeling. I was diagnosed at age 52 and am now 73 and still going strong. So yes, my dear sisters, there is life after breast cancer. God bless you all. [onetrove@embarqmail.com](mailto:onetrove@embarqmail.com)



## Janet Chambers

The power of one generates goodwill and pays the blessings forward. Before you know it, others want to make a difference and join in the kindness. I Have Wings Breast Cancer Foundation (IHW) took flight in 2002, on a wing and a prayer! Our goal was simply to assist women when faced with the crisis of breast cancer; emotionally and financially. Now, our roots are the generous women and men volunteering their time and talent with a focus to lift others up during a critical time. We consistently ease stress in over 100 families a year with emergency assistance, educate our youth and endorse research to help eradicate breast cancer. The more families we assist, the more blessings we receive! I am the founder, proving ONE can make a difference in our community, but the strength of the foundation lies in the hands of others. One person at a time! [www.ihavewings.org](http://www.ihavewings.org) / [janet@ihavewings.org](mailto:janet@ihavewings.org)



## Kathy Dibben

I am a two time breast cancer survivor who discovered after a bilateral mastectomy, the tremendous need for post surgery products. I work with women daily who have heard the words “you have cancer”. I own a retail shop, Absolute Dignity, where women come to be fit for after surgery garments. These ladies know that they are welcome to drop in when they are having a down day or when they want to celebrate a new milestone. This time last year my picture and story was on General Mills cereal boxes, Fiber One Bars, and Chex Mix Select as part of their PinkTogether.com campaign, an online community of support for women with breast cancer. That campaign allowed me to reach out and help many more women. As a nearly 20 year survivor, I make a difference, I offer the next best thing to a cure, I offer HOPE! [www.absolutedignity.com](http://www.absolutedignity.com) / [www.myspace.com/absolutedignity](http://www.myspace.com/absolutedignity)



## Ann Erickson

I have been a breast cancer survivor over half of my life. This fall 2009 I will celebrate 35 years after having a mastectomy at the age of 30. Things were very different in 1974, the surgery, the recovery, not much education available about life after a mastectomy. Women I met after my surgery were not open to discuss or share their feelings with others. No support groups were available and women were very secretive. I felt the need to do something and share my feelings and concerns with other women, and got active in the Reach to Recovery Program through The American Cancer Society, a group of survivors like myself. With a Dr's request I could visit women in the hospital, give them some information and show them exercises that would help them in their recovery. The hospital stay was about 10 to 12 days, now it is 24 to 48 hrs. I was active in Reach to Recovery for 10 years. In 1985, I had the opportunity to start a career as a Certified Mastectomy Fitter. I traveled 7 states, driving to see each client. My career has taken me to places I would have never had the opportunity to visit. I have had the pleasure of meeting thousands of women throughout my territory. I feel very blessed to have this opportunity to work with ladies and help them feel better about themselves after breast surgery. Today, at 65 years old and 24 years later I am traveling 4 states, enjoying every day that I am able to make a difference in someone's life. [anneerickson@bellsouth.net](mailto:anneerickson@bellsouth.net)



## Mary Ann Wasil

I am a 5+ year breast cancer kickin' survivor, health activist and Executive Director & Founder of the Get In Touch Foundation®, a grassroots non-profit organization based in Connecticut. Our cornerstone mission is the Get In Touch Girls' Program & Daisy Wheel™, a global initiative committed to educating girls in grades 5-12 on the importance of, and how to do a breast self exam - for life! Education is power. The power to make a difference in your own life is in your own hands. Our program teaches “best breast health practice.” The sooner girls learn this practice, the better. Taking control of your body at an early age encourages girls to demand that others respect - and not objectify - their bodies. Join us as we “change the world one girl at a time”. Hope Lives! [www.GetInTouchFoundation.org](http://www.GetInTouchFoundation.org)



## Lisa Suraci Blakey

I don't care for the term “survivor” when it comes to my battles with cancer. For me it has the literal meaning of “existing after” or to “remain alive”. I prefer the title of Warrior. It not only has a very stoic ring to it but it also implies a certain state of engagement; not solely existence. For so many women, the breast cancer diagnosis is particularly devastating. As women we tend to be very judgmental of ourselves. The body image issues that are often an unwanted “souvenir” of the manifestations of the disease can be halting. There exists the need for more emphasis on the after surgery/treatment stages. We need to make our own difference. So Ladies, along with the pink ribbons, reconstruction or not, wear your bikini or your sexy dress as a badge of honor and declare: “My body is beautiful; it is that of a Warrior!” [lsuraci@comcast.net](mailto:lsuraci@comcast.net)



## Morag Currin

Touch For Cancer Online trains and certifies licensed estheticians to provide safe and nurturing spa treatments to all people living with cancer. Our advanced education in this new modality of oncology esthetics is imperative for breast cancer survivors since the décolleté, neck and face have many lymph nodes, of which one or many may be removed or radiated. Therefore, adjustments to any facial are necessary in order to make the treatment a safe one. The products used, the power of the touch applied help ensure a positive outcome which can touch a survivor on many levels - psychological, mental, spiritual, emotional and physical. So yes, I can, and I am making a big difference in the lives of many cancer survivors by ensuring that estheticians get certified - each esthetician we certify touches many more lives, and this creates a ripple effect. [ffc@touchforcanceronline.com](mailto:ffc@touchforcanceronline.com) / [www.touchforcanceronline.com](http://www.touchforcanceronline.com)



## Tracey Stills

My name is Tracey M. Stills (pictured centered - sitting down) and I am a breast cancer survivor of almost 7 years. The other ladies pictured in this photo I call my “Angels.” They continue to inspire me to advocate for women to have yearly mammograms. Their undying support through my treatment and afterwards keeps me humbled and hopeful that “together” we can beat and help eradicate this disease. Yearly at the time of my “cancer free” birthday - they salute me and honor me by making their mammogram appointments and encouraging other women in their lives to do the same. They have walked and helped raise money and awareness for breast cancer and are indeed the “Angels - helping to keep watch over me.” They encourage me to be a voice of hope for other women who may be afraid. Yes, I Can Make a Difference! Pictured (l-r) (back row) Latrisha Price, Shyrl Jones, Charlotte Curtis, Yolanda Jefferson, Tijuana Joiner. (below) Carnise Harris, Tracey Stills (breast cancer survivor), Monique Gill, Latrisha Rencher & Tonia Reed. [tmstills@comcast.net](mailto:tmstills@comcast.net)



## Alexandra Boos

Utilizing my full-figured New York City modeling career as a platform, I have always espoused a link between external self-perception and wellness. So, watching my mother's emotional and financial journey with chemotherapy, radiation and breast surgery as she recovered from 4th stage cancer invited me to bring together “glamour industries”, such as fashion, beauty, and television with the best of breast health care. As President of Luminous Breast Cancer Foundation, I am honored to provide products and programming to the un-insured and under-insured breast cancer patient so that she can recapture her inner glow and look and feel like her fabulous pre-cancer self from head to toe. [www.alexandrahomes.com](http://www.alexandrahomes.com)



**To submit your article on how you make a difference, go to [www.breastcancerwellness.org](http://www.breastcancerwellness.org).**