

# the Promise

Issue 5 • Summer 2007

## 14TH ANNUAL KOMEN NORTHWEST OHIO RACE FOR THE CURE® HONORS TWO COURAGEOUS WOMEN

Two courageous women will be honored at the 14th annual Susan G. Komen Northwest Ohio Race for the Cure® on Sunday, September 30, 2007. The Race will be run in celebration of Jackie Stalter, and in memory of Georgie Navarro.

Jackie Stalter put forth an amazing effort to lead the National City Race for the Cure team in 2006 shortly after returning to work from breast cancer treatment. She continues to diligently educate and promote breast cancer awareness.



Jackie Stalter

After her diagnosis in early 2006, she underwent surgery and treatment. A wife and mother of two young daughters, she decided that she wasn't satisfied with a personal victory over breast cancer but wanted to do more so her daughters wouldn't have to face the same diagnosis.

She inspired her coworkers to go above and beyond. Jackie's efforts garnered recognition in several different categories: largest corporate team, most money raised by a team and most money raised by an individual.

Georgie Navarro had a long history supporting the efforts to battle breast cancer, even before she was diagnosed with the disease in October 2000. She started her breast cancer fund raising involvement in 1997 when she became co-chair of the

Stone Oak Country Club Rally for the Cure golf outing.

She volunteered by helping and counseling women who had just been diagnosed with breast cancer and was a prolific and popular (continued on page 5)

### PROMISE

The Susan G. Komen for the Cure Promise is to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.



## REGISTRATION OPEN FOR KOMEN NORTHWEST OHIO RACE FOR THE CURE®

The 14th Annual Race for the Cure®, presented by the Northwest Ohio Affiliate of Susan G. Komen for the Cure, will be held Sunday, September 30, 2007 at 9 am in downtown Toledo.

The Race is a certified 5K Run/Walk course that will finish at Fifth Third Field where a post-Race awards ceremony honoring breast cancer Survivors and Race winners will be held, as well as the Kids Run for registered participants ages 5-10.

"The goal of this year's Race is to raise awareness and funds to keep our Promise of eradicating breast cancer," said Chrys Peterson, WTOL news anchor and Local Honorary Chair.

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Forming teams is a great way to enjoy the Race with friends and family.



# LOCAL RESIDENT FINISHES AMONG TOP 10 SURVIVORS IN KOMEN NATIONAL RACE FOR THE CURE®

Toledo resident and breast cancer Survivor Paula Predinger crossed the finish line as the eighth Survivor in the Komen National Race for the Cure® held June 2, 2007, in Washington D.C.

Paula represented the Northwest Ohio Affiliate at the National Race after finishing as one of the top Survivors in last year's Komen Northwest Ohio Race for the Cure®.

"The whole experience was very inspirational with 46,000 other people running and walking for the same cause," Paula said. "Seeing the enormous amount of people in the streets it was emotionally overwhelming to know that so many people are affected. It was also uplifting at the same time because so many people are surviving and working to find a cure."

Running with her was her husband, Dave, who trained with her, and helped pace her during the 5K run. His support, however, didn't start with race preparation but long before when she was first diagnosed. "He has been with me every step of the way," Paula said. "He has been my rock."

In addition to her husband, her extended family also offered extensive support during her treatment and many of them joined Paula and Dave in Washington D.C. as a celebration of her efforts to overcome breast cancer.



ABOVE: Paula Predinger met Katie Couric. BELOW: Paula's family joins her at the National race.

"I am very grateful that the local Affiliate gave me the opportunity to experience the Race for the Cure® on a whole new level," she said.

Paula first started running after her mother was diagnosed with breast cancer, and ran in her memory after she lost her battle with the disease. The last two years, she has run the Race as a Survivor.

"I never thought I would be doing it for myself."



## DONATIONS FUND RESEARCH, EDUCATION, SCREENING AND TREATMENT

Donations to Susan G. Komen for the Cure are used to fund breast cancer research, education, screening and treatment.

Your donations are tax-deductible, but more importantly are critical to continue our Promise to eradicate breast cancer, which killed more than 41,000 women last year and will affect one in eight women during their lifetime.

Donations can be made by making a check payable to "Komen NW Ohio" and mailing it to the Affiliate at:

Komen Northwest Ohio  
Affiliate  
3100 West Central Ave.  
2nd Floor  
Toledo, Ohio 43606

Thank you for helping to make a vital difference in our community.

## 1.800 I'M AWARE™ BREAST CANCER HELPLINE

(1-800-462-9273)

Susan G. Komen for the Cure maintains a National Toll-Free Breast Cancer Helpline staffed by trained volunteers whose lives have been personally touched by breast cancer.

The helpline is available 10 am to 6 pm.



# LOCAL GRANTS FUND EDUCATION, TREATMENT AND SCREENING

Thanks to your generosity and support, grants from the Northwest Ohio Affiliate of Susan G. Komen for the Cure fund a variety of programs that provide education, treatment and screening in the battle against breast cancer.

Additional funds have been made available for the 2007-2008 grant year enabling Komen Northwest Ohio to fund an extra grant of \$38,826 for a record-breaking \$602,766 in research, education, screening and treatment funding.

Mercy Memorial Hospital System in Monroe, MI has received funding for an educational and screening program. It now performs state-of-the-art 4D Breast Magnetic Resonance Imaging.

The 4D MRI is the most powerful MRI available. MRI is one of the safest, most comfortable imaging tests and is especially helpful with difficult, suspicious or dense mammograms.

In addition to the annual grants, the Komen Northwest Ohio Affiliate also provides grants year-round in smaller amounts.

One such grant recipient is Reeling and Healing, Inc. Twice a year the group sponsors two-day retreats in Ohio and Michigan for women to get away from the day-to-day stress of breast cancer and learn a new skill in a beautiful, peaceful setting.

"We do anything to make the women feel special during the retreats. Over the years we have found that many women do not have support systems. Our volunteers are wonderful and they make all the women feel at home and relaxed enough to share their feelings," explained Judy Walle, President of Reeling and Healing.

Not only are the retreats good for the spirit but they also help women strengthen the muscles in the arms that may have been weakened as part of their treatment.

For more information on the annual grant process, please plan on participating in a teleconference on September 18. The deadline for the April 2008 - March 2009 annual grant cycle is October 19, 2007.

For more information on obtaining grants, please visit the Komen Northwest Ohio Affiliate web site at [www.komennwohio.org](http://www.komennwohio.org) or call the Affiliate office at 419-329-2137.



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## PASSIONATELY PINK FOR THE CURE™

Passionately Pink for the Cure is an easy, creative program we hope will have everyone seeing pink every day in October, encouraging millions of people nationwide to get involved in the Promise for the Cure.

By selecting a day in October to wear pink and donating \$5 or more, individuals, organizations and companies can help Komen discover and deliver the cures for breast cancer.



Visit [www.passionatelypink.org](http://www.passionatelypink.org) to sign up.

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## SAVE LIDS TO SAVE LIVES

Susan G. Komen for the Cure and Yoplait are teaming up again this year in the fight against breast cancer and we encourage you to join the fight.



For every pink lid returned in an envelope with a local zip code on the return address, ten cents will be donated to the Northwest Ohio Affiliate of Susan G. Komen for the Cure. The lids should be postmarked by December 31, 2007 and sent to:

Save Lids to Save Lives  
P.O. Box 420704  
El Paso, TX 88542-0704

## REGISTRATION OPEN FOR KOMEN NORTHWEST OHIO RACE FOR THE CURE®

(continued from front)

Up to 75 percent of the proceeds fund local breast cancer education, screening and treatment projects for the medically underserved. The remaining 25 percent supports research on a national level.

Proceeds from the 2006 Komen Northwest Ohio Race for the Cure® and other fundraisers provided more than \$460,000 in grants to the 18 counties in our service area, and over \$135,000 for national research projects.

“This year we anticipate another record-breaking show of support,” said 2007 Race Chair Linda Hoetzel. “We have several different ways for people to participate – from the competitive 5K run to a leisurely 5K walk or Family Fun Walk (approximately one mile), as well as a special Kids Run inside Fifth Third Field. There are also a number of ways to register – by mail, in person, or the easiest, online.”

Individual registration for the Komen Race for the Cure® is available online at [www.komennwohio.org](http://www.komennwohio.org) until midnight on September 23, or you can register by mail until September 6 for \$25, or on Race Day for \$40. Team registrations are available online until midnight on September 11.

### RACE WEEK/TIMING CHIP/PICK-UP SITES

Thursday, September 27 (10 am - 8 pm)

Maumee      Brondes Ford      1511 Reynolds Rd.

Friday, September 28 (10 am - 6 pm)

Maumee      Brondes Ford      1511 Reynolds Rd.

Saturday, September 29 (10 am - 4 pm)

Maumee      Brondes Ford      1511 Reynolds Rd.

Sunday, September 30 (Race Day)

Registration begins at 6:30 am in the Grumpy's Restaurant parking lot at Huron and Lafayette streets. Please arrive early. Race Day registrants are not guaranteed a t-shirt or timing chip.

### THE KEY TO SURVIVAL IS EARLY DETECTION

Susan G. Komen for the Cure recommends the following:

- Annual screening mammography for women starting at age 40. Women under 30 with either a family history of breast cancer or other concerns should talk with a health care provider.
- Clinical breast examination by a health care provider at least every three years, starting at age 20 and every year after 40.
- Monthly breast self-exams starting by age 20.

### PINK RIBBON BAGEL PROMOTION

We offer special thanks to Panera Bread for the third annual Pink Ribbon bagel promotion.

During October, Breast Cancer Awareness Month, 25 cents will be donated for each Pink Ribbon bagel purchased. Visit your local Panera Bread for additional details.

To view other corporate partner promotions and events held during October and throughout the year, visit the Affiliate web site at [www.komennwohio.org](http://www.komennwohio.org).

### FASHION FOR THE CURE®

Attend a Fashion for the Cure® benefit at Coldwater Creek. Who doesn't love a great party? Shoppers receive 10% off their purchases during store fundraising events, and Coldwater Creek donates 10% of event sales to the local Komen Affiliate.

In addition to increasing breast cancer awareness, these in-store events include wardrobe presentations and giveaways. Plan to attend the Fashion for the Cure® event on Sunday, October 21 from 3-5 pm at Coldwater Creek at Levis Commons.



Local Survivors participate in the 2006 Fashion for the Cure.



## COURAGEOUS WOMEN HONORED

(continued from front)  
volunteer due to her personal  
experience and her warm,  
comforting and gentle nature.



Georgie and Bob Navarro

In October 2003 the cancer returned and metastasized to her spine. During the final 25 months, Georgie was a model of strength and inspiration to family and friends; she displayed grace, spirit, generosity and elegance, and was truly an inspiration to all.

Georgie is survived by her husband Bob, and children Jason, Nicole and Erin.



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The Komen Northwest Ohio  
Affiliate serves the counties of:  
Allen, Auglaize, Defiance, Erie,  
Fulton, Hancock, Hardin, Henry,  
Lucas, Mercer, Ottawa, Paulding,  
Putnam, Sandusky, Van Wert,  
Williams, Wood and Monroe,  
Michigan.

## CHAMPIONS FOR THE CURE™ NEWS UPDATE

We thank the Ohio legislators who recently approved a 2-year appropriation of \$5 million for the Breast and Cervical Cancer Project (BCCP). These funds will provide additional early detection services to women who could not otherwise afford them.

Over 50 percent of the Komen Northwest Ohio grant funding in 2007-2008 goes to support BCCP programs in our 18-county service area.

This \$5 million appropriation will allow the program to triple the number of life-saving screenings provided for eligible women. This is a tremendous step forward in the fight against breast cancer in Ohio.

Representatives from the Northwest Ohio Affiliate of Susan G. Komen for the Cure also spent time earlier this summer in Washington D.C. and Columbus educating both Federal and State officials on the importance of early detection.

Please join the fight against breast cancer by visiting America's town hall on breast cancer at [www.ActNowEndBreastCancer.org](http://www.ActNowEndBreastCancer.org).

## HEALTH FAIRS AND SPEAKERS

Trained volunteers are available to staff health fairs and speak to local community groups and organizations on breast cancer and breast health. In addition, the Affiliate has a library with materials available for loan including videos/CDs and books covering a range of breast cancer topics. If you would like to volunteer to be a part of our local speakers bureau or to schedule a speaker, please email [info@komentnwohio.org](mailto:info@komentnwohio.org).

## BMW ULTIMATE DRIVE

There was a silver lining to the clouds that floated through the Toledo area August 7, as dozens of drivers participated in the 11th Annual BMW Ultimate Drive supporting Susan G. Komen for the Cure.

Braving the stormy weather until the sun came out, drivers had their pick of 19 gleaming titanium silver BMWs, specially decorated with pink modernist maps.

The Ultimate Drive was held at Yark BMW, 6019 W. Central Avenue, one of 237 BMW centers nationwide to participate in the program that seeks to raise one million dollars with one million miles.

The BMW Ultimate Drive is a grassroots program that gives community members the opportunity to get involved in the fight against breast cancer. For every mile driven, \$1 is donated to Susan G. Komen for the Cure.

This is the 11th year for the program, which has raised \$10 million in its first ten years.



## UPCOMING NORTHWEST OHIO AFFILIATE EVENTS

September 15  
Survivor Breakfast

September 18  
Grant Teleconference Training

September 30  
14th Annual Komen  
Northwest Ohio  
Race for the Cure®

October 2007  
Breast Cancer Awareness  
Month - Passionately Pink  
for the Cure™

October 2  
Dillard's Preview Party  
at Fallen Timbers

October 14  
7th Annual  
Survivor Style Show

October 19  
2008-2009 Grant Deadline

October 21  
Fashion for the Cure®  
Coldwater Creek,  
Levis Commons

November 1  
College Scholarship  
Application Deadline

Wacoal Fit for the Cure

October 20  
Macy's, Westfield/  
Franklin Park

November 2  
Dillard's, Fallen Timbers Mall

November 3  
Dillard's, Westfield/  
Franklin Park

For more information please  
visit [www.kommenwohio.org](http://www.kommenwohio.org)

## BOARD MEMBERS

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## UT SCORES WITH TOUCHDOWN FOR A CURE

More than 70 women learned how to battle it out on the gridiron to help in the fight against breast cancer during Touchdown for the Cure on July 30.

The women learned about football fundamentals during a fun-filled evening with the UT Rocket football coaches.

The event started with what every good football game should have – a tailgate party. Participants received a limited edition t-shirt and goodie bag with breast health educational materials. Participants will also receive a team photo and a ticket to the October 27 UT Rockets game.

After dinner, the group toured the athletic complex, and learned football fundamentals with the UT Rocket football coaches, who supervised drills and relays in the Glass Bowl offering participants a fun and festive taste of what it is like to be a collegiate football player.



ABOVE: Football Coach Tom Amstutz describes football plays for participants. BELOW: Participants in the first annual Touchdown for the Cure gather for a team photo.



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