EVERY DAY IS A FRESH START.
After losing my mother way too early due to breast cancer, I looked for an organization that shared my passion to educate and fight for a cure to end breast cancer. That brought me to Komen, first as a walker, then as a volunteer, then as a member of the Walk leadership team. Finally, for the last two years I have had the honor to serve on the Komen Miami/Ft. Lauderdale Board of Directors. I have never met such dedicated and hardworking individuals as the staff and the board members for this affiliate. They make a difference in so many people’s lives to help them through their journey with breast cancer. I have met so many amazing people through this organization, so many Survivors and Thrivers with incredible stories of resilience and strength.

This passion and energy drove me to get more people involved. I work for Ryder, a large corporation which has a long-standing tradition of giving to the Miami community. However, I noticed that our Miami headquarters did not organize a team or provide any financial support for our local Susan G. Komen affiliate. In 2017, I approached our Chief Marketing officer and asked for her support to become our corporate champion in building a team and becoming a sponsor. Our team of 16 raised $366 in donations. Ryder provided in-kind donations of a few trucks for the Race as well.

In 2018, I was able to get the support of Ryder’s charitable foundation to become a sponsor. We created a corporate event on October 1st to kick off breast cancer awareness month where we brought in mobile mammograms for our employees. The support and energy were amazing! We also found out that we may have saved a life through the mobile mammography that day. I met so many colleagues that had a story of someone they care about or their own story to share. I knew we could do even better. The team grew larger that year to 26 members and raised $2,429 in donations.

In 2019, we had our kickoff event again and Ryder became an even larger sponsor by supporting the Team Zone at the More than Pink Walk. Our team grew to 41 and we raised $3,774 in donations. This has now become part of the Ryder foundation charities and I plan to keep it going and growing until every story is a survivor story both - professionally and personally!

Susan Tribby
Board Vice Secretary

OUR MISSION
Save lives by meeting the most critical needs in our community and investing in breakthrough research to prevent and cure breast cancer.

DONATE ONLINE www.komenmiaftl.org/donatenow

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Become a Board Member

Susan G. Komen Miami/Ft. Lauderdale is actively seeking leaders in the local community to join the Board of Directors. Send an email to sherri@komenmiaftl.org for further information.

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Join Our Fight. Save a Life.

SUNDAY, JANUARY 26, 2020
FORT LAUDERDALE

www.komenmiaftl.org/run
Total registered participants
7,554

Total number of teams
409

TOTAL RAISED FROM MTPW
$740,456.38

Top 3 Fundraising Individuals
- Catherine Massard-Ribetti $9,943.40
- Sherri Martens-Curtis $8,500
- Bethany Reeb-Sutherland $7,063

Top 3 Fundraising Teams
- Miami Cancer Institute/Baptist Health $20,455.61
- FightForCat $13,392
- Miami Lakes Life $11,198

Top 3 Largest Teams
- Team Ford 747
- Miami Cancer Institute/Baptist Health 538
- City of Miami Believe Team 338

Visit www.komenmiaftl.org/get-involved to apply and view upcoming opportunities!

"Be the change you wish to see in the world" ... HERE’S YOUR CHANCE!
If you’re looking for an opportunity to help thousands of under/uninsured women in our community and engage yourself in an incredible opportunity to utilize your skills and talents, look no further.

Become a member of the 2020 MORE THAN PINK® Walk Leadership Committee.
Surround yourself with like-minded individuals who have the heart and the passion to help organize and execute our largest fundraising event of the year in the fight against breast cancer.
Send us a message if you’re interested in this unique opportunity to get involved, make a difference, and be an active member of OUR community!
is a Survivor, a Top Fundraising Individual, and a Top Fundraising Team Captain! She is also one of this year’s Faces of a Warrior program participants.

Why did you get involved with Susan G. Komen Miami/Ft. Lauderdale? Tell us a bit about you.

I got involved with Komen years ago when a friend shared her mom’s battle with breast cancer on Facebook in order to recruit team members for what was previously known as the “Race for the Cure”. Keep in mind, I didn’t know this friend’s friend or her mom, but I knew I wanted to be a part of this team and the Race without hesitation. It was calling on me to do this. I believe I even raised $200+ for this team I knew nothing about!

I’ll never forget jogging through the buildings in Brickell during the Race when I began to cry. Tears flowed down my face and I didn’t know why. I wondered, “Am I so taken by these inspiring women and this cause that I’m emotional? Or do I have a strong connection to breast cancer awareness because this is somehow going to impact me in the future?” I’m a strong believer in the law of attraction so I immediately started praying to God that he cast those “negative” thoughts aside and that I do not allow myself to think this way as surely I was just feeling inspiration of the moment. Since then and even before, whenever I heard anything about breast cancer awareness it seemed like the Susan G. Komen foundation was always behind it, whether it be in fundraisers around the community or information being relayed at a diagnostic center or doctor’s office.

It wasn’t until I was diagnosed with triple negative breast cancer in October of 2018 and began undergoing chemo that I had decided I would come out to the world on social media about my journey in October of 2019. I knew the Susan G. Komen Miami/ Ft. Lauderdale More Than Pink Walk would be the perfect platform to share my story, raise awareness, and fundraise money for the foundation that I always considered to be the Face of Breast Cancer Awareness. Never in my wildest dreams did I ever think I would end up raising over $10,000.00 for my team or that I would be Top Fundraiser this year!!

What makes your connection with Komen so strong?

My connection to Komen is based on that moment I had years ago crying during the Race, not knowing why but feeling like this could be my destiny. Now looking back, I 100% believe it was my gut instincts or God speaking to me, foreshadowing that breast cancer awareness would be more than just a worthy cause for me; it would be a life-changing chapter that would forever be etched in my journey.

Why is fundraising important to you?

Fundraising is important to me because it makes me feel like I’m turning something that happened to me, which some may construe as negative in their life, into something positive. Additionally (and probably most importantly), it makes me feel like I’m doing something more to help in researching ways to treat, prevent and cure Triple Negative Breast Cancer, which is considered to be the most aggressive form of breast cancer because they don’t know what causes it and it has a high rate of recurrence in the first 5 years after diagnosis. Additionally, I believe early detection is key to survival and less invasive treatment options. Not everyone is as lucky as I was to have been diagnosed in early stage. With funds raised by Komen, we can help other women become more aware on how to early detect signs, get breast ultrasounds and mammograms, as well as counsel on where to go and what to do if there is a diagnosis.

Describe what you did to successfully fundraise.

All I did was just share my story the way I lived it. I hadn’t kept my diagnosis a secret but was not publicly discussing it while I was undergoing chemo and bilateral mastectomy with reconstructive surgery because I wanted to focus on getting better. I think people were shocked and moved by words as I never questioned why this happened to me. I think it’s because deep down inside I somehow knew years ago that this could be my fate. Once I saw people’s reaction was so positive, I was fueled to want to share more intimate moments about my journey as well as educate people about breast cancer.

What tips would you give to an individual or team looking to start fundraising?

My best tip is to be Real. Be yourself without offering too much of the gory details and be Positive. You don’t want people to donate because they feel sorry for you. Feeling inspired by YOU or Your Team is much more powerful.
Meet Elisa Krill-Jackson, M.D.

For the past 23 years I have been treating patients in South Florida. In December, along with three of my colleagues, I made the move to Sylvester Comprehensive Cancer Center at the University of Miami Health System. I am excited to be able to provide my patients the most cutting edge treatments and clinical trials that an NCI designated cancer center can offer. Additionally, Sylvester is able to provide patients with extensive psychosocial benefits including acupuncture, counseling, music therapy and more. In addition, as Associate Director of Community Outreach for Women’s Health, Sylvester Aventura, I plan to enlist community engagement. I plan to organize educational events for the community, and survivor activities. I also would like to provide educational events for the medical community to help facilitate the excellent standard of care all patients deserve.

I will predominantly see patients with breast and gynecologic cancers, as well as hematologic conditions. I am passionate about optimizing women’s health in the face of a cancer diagnosis and feel it is a privilege to be able to help them through this stressful time of their lives. In addition, treatment of cancer brings many other challenges for the future, often the consequence of treatments, such as early menopause, body changes, psychological stress, sexual issues, and changes in bone and cardiac health, and I believe in a comprehensive, ongoing approach to optimize all aspects of our patients’ health, during and after treatment. I believe the extensive services offered by Sylvester will help my patients achieve the best quality of life possible.

New Location in Aventura

I will see patients at Sylvester in Miami as well as a new branch of Sylvester in Aventura. Opening in early 2020, the new Aventura location at 2801 N.E. 213 Street will provide numerous cancer services including genetic testing, immunotherapy, chemotherapy, and clinical trials. My colleagues, Dr. Joseph Pizzolato, who specializes in gastrointestinal and genitourinary cancers, Dr. Estelamari Rodriguez, who specializes in lung cancer, and Dr. Jose Lutzky, who specializes in melanoma will round out our initial team there. Although there are many barriers to good medical care, travel should not be one of them, and I am so pleased to be able to bring an NCI Cancer Center to the Aventura Community where I have long been practicing.
THE MISSION CONTINUES
JOIN OUR FIGHT. SAVE LIVES.

TREATMENT ASSISTANCE PROGRAM

Call the Susan G. Komen® Breast Care Helpline
M-F 9AM-10PM
1-877 GO KOMEN (465-6636)
or email helpline@komen.org
Don't let financial hardship keep you from the treatment you need.

The following assistance is available for qualifying breast cancer patients:

- Assessment by an oncology social worker
- Psychosocial support
- Breast cancer education
- Information about local resources
- Financial assistance
  - Oral pain medication
  - Anti-nausea medication
  - Oral chemotherapy/hormone therapy
  - Child care/elder care
  - Transportation to and from treatment
  - Lymphedema care and supplies
  - Durable medical equipment

“[I] used my grant in many ways. As a four-time cancer patient my needs are numerous and unique to many other cancer patients. Ever changing and price increases on medications, higher co-pays and alone on this journey for 8 years has been a struggle. Thank you CancerCare and the Susan G Komen foundation. I needed this help badly.” - Anonymous

“CancerCare was right on point when I needed them. The assistance I received was great, God bless you.” - Anonymous

“Overwhelmed by the support I received. With the immediate help from CancerCare and Susan G. Komen I could buy the supplements I needed and have the massage therapy for my neuropathy and polyneuritis.” - Angeles

“After having double mastectomy surgery, I was left with lymphedema in the arms. After speaking with CancerCare, I was able to take care of transportation and garments needed after lymphatic therapy. Thank you so much.” - Anonymous

Help us change more lives like this.
Donate online at www.komenmiaftl.org/donatenow
Mail in a donation
Susan G. Komen Miami/Ft. Lauderdale
1333 S. University Drive, Suite 204 | Plantation, FL 33324
“I was born in Cuba and I am a patient of the League Against Cancer since 2014 when I was diagnosed with breast cancer. I relapsed in 2018 with metastasis in the same right breast and continued with treatment. Thanks to God and everything that makes it possible for the League Against Cancer and Susan G Komen to treat patients and ensure every patient who arrives here is treated with love and dedication. If it weren’t for the care of the League Against Cancer and Susan G. Komen, I wouldn’t be here today. That is why I ask all the people who can donate and help so that people like me who need treatment do so because nobody knows the day they might need [this help].”

The Susan G. Komen grant helped to overcome income barrier by funding the partial cost of chemo drug/medicine provided to the patient during the treatment process.

“Ms. H is 37 years old, originally from El Salvador, a wife and mother of two elementary age daughters. Susan G. Komen Miami/Ft. Lauderdale funding provided access to screening mammography, diagnostic imaging and a biopsy enabling Ms. H. to be diagnosed early with Stage 1 breast cancer. Without this program, and without access to other facilities, her breast cancer would likely have progressed and not been diagnosed until a much later stage. In addition, Ms. H’s young age (37 years) did not allow her to qualify for any other funded programs. Subsequent to her breast cancer diagnosis, during routine treatment planning (and an MRI scan - also funded with Komen dollars), an additional primary cancer was identified on her thyroid. The patient is extremely grateful to Holy Cross Hospital and Susan G. Komen as neither of these diagnoses would not have been identified early had she not received the breast health services through the Holy Cross Partners in Breast Health program.”

“During one of our breast self-awareness education events, women who qualified had access to a free mammogram on a mobile mammography bus available at the event’s venue. Komen provided additional funding to provide free breast cancer screenings through Florida Mobile Mammography as part of the Women of Color educational and follow-up initiative. The information provided through the educational workshop prompted the women to ask questions and express concerns on getting screened for breast cancer. Through the Komen funding, a social worker and nurse were available to meet with women during the event and discuss their beliefs and concerns. As a result of the funding, one of the women completed her first mammogram at the age of 61 and received information for free health care available in her community.”

**OUR IMPACT**

**YOUR KOMEN DOLLARS AT WORK**

$616,000

funded 13 community projects including national research last year
Community Engagement

In addition to hosting our own events, we love being a part of another group’s special day! Here are just a few of the activities we were involved in last year.

Kim V. Heard speaking with City National Bank employees about breast health & awareness. They also attended the More Than Pink Walk!

Students from Nova Southeastern University dropped off care packages for women undergoing treatment at Broward Health.

Our team attended the Lotus House Block Party to bring breast health resources to this community.

We kicked off Miami Lakes United Soccer Club’s Pink Walk where they fundraised over $1,000 for the fight against breast cancer.

Survivors attended the Steps New York Fashion Show to strut their stuff and raise awareness!
Happy New Year! I hope 2020 is treating you well. This is the time of year when many people start working on their new year resolutions. Let me add one to your list. Why not make a commitment to spend some time outdoors daily?

How much time do you spend outside now?

No, really. Think about it.

Sometimes, we can go a full day without seeing the sun, and I am not just talking about when it is cloudy or rainy outside. Today’s hectic lifestyle can make it difficult to find time to enjoy nature. On top of that, all the comforts of the modern home make it difficult to escape our bubble.

We may not realize it, but we are living our lives very differently than the previous generations. For example, every time that I asked my dad how he went to school, his typical answer was, “uphill both ways.” Of course, he was kidding.

But the underlying truth is that our parents walked everywhere regardless of the weather.

In today’s day and age, we could spend a whole day indoors minus the time it takes to walk to the car. We go from our homes, into our cars/transportation, to our destination which most likely has air conditioning. Instead, take the time to go outside. It’s a great way to relieve stress and unwind. It allows you to unplug. Studies have repeatedly documented several health benefits associated with being outside. Walking can rejuvenate your mental energy, reduce blood pressure, boost your mood, and even increase your vitamin D levels. Not to mention, walking is a great exercise and physical activity is positively correlated with increasing happiness.

Start slowly integrating nature into daily life. Here are some ways to spend some time outdoors. Try to arrive at work or wherever you are going at least five minutes early so you can breathe some fresh air before going inside. You can also park a little further away so that you can take a short walk. Better still, why not go for a stroll with your loved ones and enjoy the sunrise or sunset. Feel the sun, the wind, and breathe in the fresh air.

It may just be the picker upper you need.

Chahna Tailor is a certified yoga instructor with a background in occupational therapy and health science & administration. Chahna deepened her yoga practice by training in Rishikesh, India, where she studied the science behind yoga as a whole. Chahna provides yoga, pranayama, and meditation services through her company Namaskar To You. Her mission is to help others implement stress reduction techniques and take more time out for their own self-care. She volunteers for Ekal Vidyalaya and Hindu American Foundation. Chahna is a volunteer contributor to Desh Videsh Magazine and Susan G. Komen Breast Cancer Foundation, writing articles related to yoga, meditation, and wellness. In her spare time, she enjoys tutoring in Algebra 1 and 2. She is currently pursuing a doctoral degree in Ayurvedic Medicine while continuing her self-studies in yoga. Interested in a private session? You can email her at chahna@namaskartoyou.com or call her at 954-695-9296.
Enrich, Engage, Empower

A one-day Survivor & Metastatic Thriver Retreat

February 22nd, 2020 | 10AM-3PM
Hyatt Regency Coral Gables
50 Alhambra Plaza, Coral Gables, FL 33134

Expert Panel | Bone Metastasis Discussion | Healthy Diet & Exercise Demos
Hands-on Art Activities | Symptom Management
Breakfast and Lunch Included!

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For more information: 954-909-0454 or antoinette@komenmiaftl.org
Caregivers. These are the people behind the patient. Family, friends, children, neighbors… Most often, caregivers are spouses or adult children, but can be anyone contributing to the care of the cancer patient.

What does being a caregiver involve? When dealing with a loved one’s chronic/terminal disease, the work and worry is endless. Most often, the caregiver will be taking over a whole host of responsibilities that they are unfamiliar with around the home (cooking, laundry, cleaning, etc.). They may be involved in scheduling, transporting, attending doctor appointments, managing the household and finances, and/or taking on additional parenting responsibilities, all while maintaining their pre-diagnosis obligations. Many caregivers are employed full-time out of financial necessity.

While they are doing all they can to assist their loved one with their diagnosis, treatment and aftercare, who takes care of the caregiver?

This has become a topic of intense interest in the cancer community. Very often during a crisis, the first thing to go are our self-care habits: sleep, healthy eating, and exercise. Our own medical care. Much of the work put in by the caregiver is behind the scenes and often goes unnoticed by others.

Caregivers need care too! If you are wondering how you can help a cancer patient and their family during this most difficult time, consider the following: offer the caregiver a few hours to themselves, prepare a meal and drop it off, check in with the caregiver to see how he/she is doing and what he/she might need, and talk about things other than cancer.

If you are a caregiver, consider finding ways to include some or all of the following in your routine (MerckEngage):

1. **Carve out “me” time.** Whether it’s texting an old friend for a quick laugh or hanging out in your car just long enough to hear your favorite song, it’s important to do something every day that’s just for you. Small things like this can help you avoid caregiver burnout.

2. **Eat for better energy.** The foods we pick play a role in our energy levels and mood. Avoid “fast-food” whenever possible.

3. **Exercise regularly.** Aim for 30 minutes of walking or other physical activity a day. And don’t worry if you don’t have a solid 30-minute time block; you’ll still get the benefits of exercise if you break it into 5- or 10-minute chunks throughout the day. Always talk to your doctor before starting any new exercise regimen.

4. **Recharge—both mentally and physically.** Get out of the house and do something you enjoy at least once a week—it’s a great pick-me-up. If the person you care for needs round-the-clock attention, ask a friend or family member to help so you can take a break.

5. **Take an active role in your own health.** Having regular medical and dental checkups, as well as other routine appointments and exams as recommended by your doctor, will help you stay healthy and strong.

6. **Stay connected.** Keeping in touch with friends and family is important to your health and well-being—if not in person, then by phone or online. Keep the conversation upbeat and talk about things that you enjoy. Caregiving can be very isolating, reach out.

7. **Think positively.** This can be hard at times, but a little positive thinking can go a long way. Realize that it’s perfectly natural to feel guilty or overwhelmed at times. Be sure to give yourself credit for all the good things you have done.

8. **Learn how to detect and manage stress.** Stress and depression can be serious health concerns for many caregivers. If you are having a hard time dealing with stress (maybe you’re not sleeping well, are feeling unusually tired, or are experiencing headaches or back pain) or are feeling depressed, talk to your doctor as soon as possible. Together you can find solutions that are right for you.

9. **Join a Caregiver Support Group/Seek Counseling.** Additional support from others that are going through similar experiences to your own is extremely validating.

Taking care of yourself is part of taking care of your family member or friend. It will make you better able to cope with what lies ahead, making you the most supportive caregiver you can be!

**Stacey Balkanski**

Stacey Balkanski holds a Master’s Degree in Social Work from the University of Central Florida and a Bachelor’s Degree in Psychology from the State University of New York at Stony Brook. She is a Licensed Clinical Social Worker with more than 20 years of experience in for-profit and non-profit organizations in the social services and mental health fields. Stacey has maintained a private practice for 10 years in Plantation, FL and has recently expanded to serve the Coral Springs/Parkland communities.
• Designed for all stages and demographics of patients with breast cancer, as well as their caregivers and advocates

• Speak to and learn directly from experts on breast cancer care

• Network and collaborate with patients with breast cancer, advocates, survivors and caregivers

• Explore new viewpoints and challenge the way you think about care and survivorship

Fontainebleau Miami Beach | Saturday, March 7, 2020
Room Name: Glimmer 1-2
8:30am – 9:00am: Registration & Breakfast
9:00am – 2:30pm: Sessions

Save The Date

Every walk save lives through research, care, community, action.

Susan G. Komen
More Than Pink Walk
Miami/Ft. Lauderdale

October 17, 2020
Bayfront Park, Miami
7am - Noon

KomenMiaFL.org/Walk
According to estimates from the American Cancer Society, the number of cancer survivors will increase from 16.9 million to 20.3 million in the next seven years. While that’s hopeful news for those currently experiencing the cancer journey, it also highlights the need for additional support services and programs focused on survivorship, since research shows patients that receive continual support have better outcomes.

“We learned that connecting patients to their supportive services team early on can lead to better survivorship outcomes, including improved quality of life,” said Salina. “Why wait until everything is done to assess and attend to the potential side effects of treatment?” The well-documented side effects not only include physical issues, but also psychological, social, and spiritual components. Early prevention, assessment, and interventions for these issues lead to better results in the survivorship period. At Memorial Cancer Institute and Memorial Breast Cancer Center, that process includes a patient treatment summary plan that includes post-cancer care, even though the individual hasn’t yet reached that point in their journey.

“We have tasked our advance practice providers who work with oncology physicians to ensure every patient who meets criteria receives a completed Survivorship Care Plan,” said Salinas. “Additionally, we have a Survivorship Clinic, which combined with integrative medicine, is where patients receive follow-up care.” With so much hope for the future and a whole host of services that are now available to many patients fighting cancer, there is no better time for patients to learn about nutrition, support groups, and the resources available to them in their post-cancer fight. That’s why, in recognition of the individual’s triumph and their renewed opportunity to live and give, Memorial Cancer Institute’s Oncology Support Services named its survivorship program . . . The Next Step. For more information on The Next Step, please contact Linda Schappell 954-844-9738.
Be More Than Pink LUNCHEON

Join us as we celebrate life and honor all Survivors & Metastatic Thriver who have so courageously fought breast cancer.
Presenting our 2019 Faces of a Warrior Mentorship Group.

March 22nd, 2020 ♦ 11 AM-2 PM

Hyatt Regency Coral Gables
50 Alhambra Plaza, Coral Gables, FL 33134

Faces of a Warrior 2019-2020

Individual Tickets $70.00 | Special Table Pricing Available For Groups Of 10

For more information: 954-909-0454 | info@komenmiaftl.org | www.komenmiaftl.org/luncheon