



Enlighten

A Newsletter of the NavigateCancer Foundation

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Dear Friends,

During this holiday season, we are truly thankful for so many who have supported the mission of NavigateCancer. We simply cannot do it alone and thanks to so many, we don't have to. In this issue you will see all of the ways that people are helping to champion the foundation and ensure that no cancer patient has to do it alone.

We also welcome two new board members to help us further our mission. Dr. Heidi Schecodnic was recruited to help us move the point of contact to the primary care physicians. We believe the earlier we are involved in helping patients, the better their outcomes will be. And NCF recruited Kimo Kong, a highly seasoned business executive to help us navigate strategic business partnerships.

Since we last spoke, we have launched a new web site, so check it out. Also, find us and "like us" on Facebook by searching for Navigate Cancer. Finally, consider giving other cancer patients and families the gift of an NCF nurse for Christmas this year by donating to NCF.

Stay in touch and know that we all wish you and your family a very happy and healthy holiday season.

My deepest gratitude and warmest regards,

Sharon Bigelow
Executive Director

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NCF is Refreshed

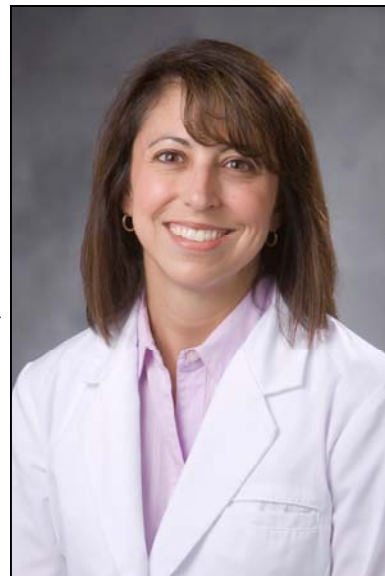


NCF Welcomes New Board Members

Dr. Heidi Schecodnic is an Internal Medicine Physician within the Primary Care division of the Duke Health Care system. She has been a primary care physician in Raleigh for three years. She has also served as the Lab Director for two of the Duke Outpatient clinics during this time. She serves as the Patient Satisfaction and Performance Improvement Committee chair for the practice on Creedmoor Road. She is responsible for researching and implementing ways to improve overall patient care, including improving outcomes in the management of Diabetes, Hypertension, and Anti-coagulation.

Dr. Schecodnic's passion for helping people began at a young age. Her earliest memories are of helping people through her church, volunteering at the local hospital, and volunteering within the community. She attended college at the University of Toledo, where she continued her philanthropic ways by organizing fund raisers for various charities. She then studied medicine and did her residency at the Medical College of Ohio. Her first personal experience with cancer was when her grandfather was diagnosed with and later died from prostate cancer. Experiencing firsthand how confusing and overwhelming illnesses can be for patients and their families, she vowed to never leave a patient feeling this way in her own practice.

Dr. Schecodnic, a native of Ohio, now lives with her husband and their two daughters in Wake Forest. They are active volunteers through their church, and you can find them lending a helping hand at their daughters' school or on the local soccer field.



Kimo Kong currently heads up World Wide Sales for AddressDoctor, an Informatica company, which specializes in international address verification and data quality services. Kimo has over 25 years of diverse and extensive technology experience in executive sales and general management capacities. Previous positions include Vice President, Sales and Service at IMN, President/CEO, Noverant, Inc., Vice President of International Operations of Oculan, Inc., Founder and EVP of Avesair, Inc., Vice President/General Manager of Engage, Inc. where he was responsible for the technologies division. and Vice President of Sales at Accipiter, Inc. He also held sales management positions with Integral, a provider of back office applications and Q+E/Intersolv, a provider of database middleware and business analysis tools. Kimo received a B.S. degree from University of Nevada at Las Vegas

NCF Bicycle Jerseys...

Available for sale at \$65, includes shipping and tax. Simply call 919.267.3657 or email info@navigatecancerfoundation.org to purchase one.



Meet Sandy Wade, who is a long term, stage 4 cancer survivor and guest author of our current blog. Despite getting good care, she discusses how ill-prepared her medical team was to meet the challenges of her cancer survivorship.



blog
ILLUMINATE.

www.navigatecancerfoundation.com/blog

www.navigatecancerfoundation.org

NCF Stands with OCF

Oral Cancer Walk

NCF Participant, Kelly Seibert represents NavigateCancer at the 4th Annual Oral Cancer Walk in New Jersey to raise awareness. Thanks Kelly! And thanks to Tim Beierle for donating his time and talents to create the poster board! For more info go to: www.oralcancerfoundation.org.



NCF Goes Along For the Ride

Cancer Survivor, Bob Haas and his wife have been representing NCF on their Michigan bike races. Check out Bob's survival story on our FB page.

Bob and Jan are wearing the new NCF jerseys. If you are interested in a jersey, please let us know.



Thank you!

Thank you to the following foundations, corporations and donors who gave generously to the NavigateCancer Foundation during the last quarter.

- | | |
|---|--------------------------------|
| Nigel Barnes | Bill & Jane Nunnery |
| Mary-Dean Barringer | Kevin & Kristy O'Bannon |
| Ed & Trudie Bigelow | Una O'Quinn |
| Lisa & Glynn Bingham | Mike & Trish Patetta |
| Paul & Fran Blais | John Perry |
| Ms. Carol Bulone | Merrill Petrow |
| Rick Bunnell | Ms. Lonnie Pierce |
| Robert Cline | Herb Ponce |
| Arthur & Barbara Comolli | Mr. & Mrs. Marvin Pope |
| Mary Crouch | John & Sandra Poston |
| Marianne Cummings | Dana Powers (In The Pink Wigs) |
| Lisa Decker | Ed & Mary Ruth Pupa |
| Meg Dickinson | Joel Rudd |
| Peter & Kathleen DiPrima | Jim Ruth |
| Libby Fishman | Kathleen Sadler |
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| Elaine Mayhall | Joel T Williams |
| Michael & Pam McNulty | Anonymous |
| Eugenia Miller | Genentech |
| Peggy Miles | IBM |
| Jon Moake | Kraft Foods |
| Karen Moski | Oak Foundation |

NCF included in IBM's Charity List


IBM Corp has included NCF on its list of approved charities for donations through the IBM paycheck plan.

NavigateCancer Foundation was in attendance at the launch of Pam Schmid's new breast cancer book.

Special thanks for donations from:

- Dunn Physical Therapy
- Harris Teeter—Highway 55
- Tana's Hair Salon
- Sullivan's Steakhouse
- Trader Joe's
- Phil Harris
- Every Bloomin' Thing





Give NCF for the Holidays!

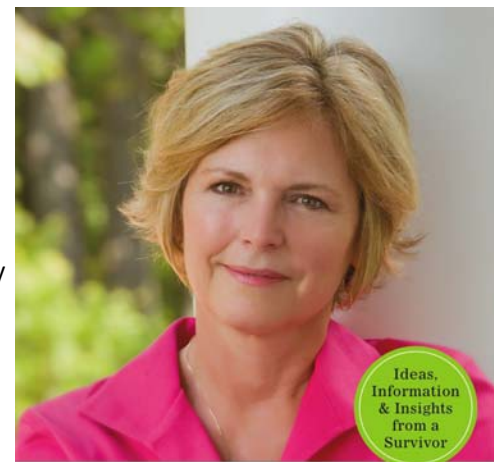
Online at www.navigatecancerfoundation.org/donate
or mail your donation to
5448 Apex Peakway, #328, Apex, NC 27502

Donations can be made in memory or in honor of a loved one. A card will be sent to those who you remember this season.

NCF is a non-profit, 501c 3 organization and donations made to the foundation are tax deductible.

101 Things You Should Know About Breast Cancer

There are a million and one things to know about breast cancer, but at least 101 things you *should* know about breast cancer, to understand your own risk, learn about early detection and understand and support the journey of someone you care about. Reviewed for accuracy by nationally recognized experts in the field, the book answers the questions, “Could breast cancer happen to me?”, “How can you detect cancer at its earliest stages?”, “What is it like to be treated for breast cancer?”, and “What can someone do to achieve optimal well-being during and after treatment?” and more. Learn why the five-year mark isn't the same for breast cancer survivors as it is for other types of cancer, what living with the risk of recurrence is like, and why the world of "survivorship" has come to be so important. Personal anecdotes and stories by Pam Schmid, a seven year breast cancer survivor and NCF patient, are shared alongside the facts from the perspective of a health and fitness professional who never thought cancer would happen to her and what she has learned on her journey. The book can be purchased at www.pamschmid.com. A portion of the proceeds will go towards scholarships for Healthy and Fit After Cancer® wellness coaching for cancer survivors.



101 THINGS YOU SHOULD KNOW ABOUT BREAST CANCER

Pam Schmid

A health and fitness expert who never thought cancer would happen to her