



Fight Back
Activities Book
2008



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Notes:



Fight Back at Meetings

Plan with your Relay For Life chair and staff partner to put together a short update at each meeting. Below are suggested topics to start from and encourage others to Fight Back against cancer through various activities. Make a plan ahead of time with your Relay staff partner to gather supplies, props, or materials needed for each Mission Moment (these can be located in the Activities Book). Also, use www.relayforlife.org for more information regarding Celebrate. Remember. Fight Back.

I can fight back...

November ... against tobacco and secondhand smoke.

- I can commit to quitting tobacco. Quitting is a difficult step, but I can set the Great American Smokeout® as the day I quit.
- I can support a loved one who is trying to quit tobacco.
- I can learn about the risks associated with exposure to secondhand smoke and support local clean indoor air policies. I can encourage my workplace to be smoke-free.
- I can talk to my children and grandchildren about the dangers of tobacco use.

🌀 Mission Moment: Straw Breathing

December ... through American Cancer Society research.

- I can become part of the Cancer Prevention Study-3. If I am 30-65 years old and have no personal history of cancer, I can enroll in this lifesaving cancer research study at selected Relay For Life events.
- We can invite a local American Cancer Society-funded researcher to attend our local event and share his or her story.
- I can join the mailing list for the Progress newsletter, which shares information about the American Cancer Society research efforts and progress in the fight against cancer.

🌀 Mission Moment: Research Icebreaker

January ... using the Great American Health Check.

- I can take the Great American Health Check. This interactive quiz will help me look at my age, health, and family history to see what cancer screenings I might need and when I should start those screenings based on my cancer risk.
- I can learn what tests are right for me. Early detection testing may save my life by finding cancer at the earliest, most treatable stage – or preventing it altogether. Cancers that can be prevented or detected earlier by screening account for about one-half of all new cancer cases. The Great American Health Check is an easy, confidential way to learn which tests are right for me.
- I can learn more about the American Cancer Society's screening guideline and cancer risk factors through the Great American Health Check. When I receive the Health Check's personal action plan listing the suggested screenings for me, I can discuss them with my health care provider.

🌀 Mission Moment: Colon Cancer Awareness Quiz (under Colon Cancer)



February ... in support of survivors and caregivers.

- I can call 1-800-ACS-2345 to learn about the Stephanie H. Lane Cancer Resource Network (the Network) programs and services that may be helpful to my loved ones and me.
- I can join the Cancer Survivors Network. This online community connects patients, survivors, and their loved ones with others who have “been there” for insight, moral support, and inspiration. I can find the Cancer Survivors Network and share my story with others online at www.acscsn.org.
- I can find volunteer opportunities in my local area. Does my community need volunteer drivers? Does the local office need help with the Call Back Program? I can lend my time and talents to programs like these and support people touched by cancer by listening to the Be a Cancer Resource call (www.acsmisiontraining.org).

🌀 Mission Moment: Fight Back! Be a Cancer Resource in Your Community

March ... against colon cancer.

- I can get tested for colon cancer. If I am 50 or older, I have the power to avoid colon cancer by getting tested. I can talk to my doctor today about colon cancer screenings.
- I can encourage a friend or family member who is 50 or older to get tested for colon cancer. I can use the Health Reminder Assistant (www.cancer.org/remindme) to remind my loved ones to talk to their doctor about screening options.
- I can make a personal commitment to decrease my risk. Colon cancer risk factors are age, family history, and race, but other factors – such as smoking, obesity, and diet – impact my risk.

🌀 Mission Moment: Joe's Tale (under Information and Patient Services)

April ... against cancer with nutrition and physical activity.

- I can get active. I will make a pledge to get at least 30 minutes or more of physical activity at least five or more days a week.
- I can ensure that there are healthy food options at all Relay For Life meetings, kick offs, events, and wrap-ups.
- I can make a pledge to eat a fruit or vegetable at each meal and to watch my portion sizes. I will commit to using the Great American Eat Right Challenge™ to support my efforts.
- I can encourage others to be active. I can ask a friend or loved one to join me for a walk on my lunch break or after dinner.
- I can make healthy changes. I will pledge to pack healthy snacks for myself and loved ones for work and school.

🌀 Mission Moment: Nutrition and Physical Activity Quiz



May ... with the Great American Health Challenge.

- I can get checked. I will find what cancer screening tests are appropriate based on my age and family history and discuss these with my doctor. Screening can prevent cancer or detect it at its earliest, most treatable stage. In January, I can take the Great American Health Check.
- I can get moving. I can commit to becoming physically active at least five days a week, and strive for at least 30 minutes of exercise over and above my usual activities.
- I can eat right. I will aim for a healthy body weight and eat a well-balanced diet that includes plenty of fruits, vegetables, and whole grains. I will limit my consumption of red meats especially high-fat and processed meats. In August, I can participate in the Great American Eat Right Challenge (www.cancer.org/greatamericans).

🌀 Mission Moment: Super Food for Super Health (under Nutrition and Physical Activity)

June ... using online resources.

- I can join the Cancer Survivors Network! Whether I am a survivor going through active treatment, a long-term survivor, or someone who has ever supported someone through the cancer journey, I can be a part of this vibrant Web-based support community by visiting www.acscsn.org.
- I can use the I Can Cope online classes as a resource to help answer questions about diagnosis, treatment, and coping with the daily challenges cancer can bring.
- I can connect myself, or someone I know to the American Cancer Society Clinical Trials Matching Service.
- I can share my story this June in honor of National Cancer Survivors Day. Sharing my story can inspire and provide hope to others facing cancer.

🌀 Mission Moment: I CAN Pages (under Advocacy)

July ... through cancer.org.

- I can learn about American Cancer Society programs and services to support a loved one facing cancer through Be a Cancer Resource calls (www.acsmisiontraining.org).
- I can use www.cancer.org to learn more about cancer for a loved one or myself.
- I can use www.cancer.org to learn ways to prevent cancer and detect it early.
- I can use www.cancer.org to learn about other volunteer opportunities with the American Cancer Society.

🌀 Mission Moment: www.ACSMissionTraining.org (under Services)



August ... using the Great American Eat Right Challenge.

- I can commit to walking 10,000 steps per day. Simple things like parking further away from the door or taking the stairs at work will help me meet this goal to be more active.
- I can learn what my Body Mass Index (BMI) is. My BMI helps me, and my health care provider, determine my ideal weight for my height.
- I can commit to making a few simple choices to reduce my risk for cancer, including: controlling my food portions, eating fruits and vegetables, making time for breakfast, making wiser food choices, drinking plenty of water, and being active.
- I can encourage family and friends to take part in the Great American Eat Right Challenge this month.

🔗 Mission Moment: Great American Eat Right Quiz

September ... through ACS Cancer Action Network (ACS CAN).

- I can set up an I CAN page when I visit www.acscan.org/icanpages. I CAN pages give Relay members the opportunity to share their stories and recruit friends, family, team members, and co-workers as ACS CAN members.
- I can recruit friends and family to join ACS CAN. I can let my friends and family know about the latest ACS CAN and Relay For Life campaigns by sending them to www.acscan.org/relay.
- I can show the ACS CAN video at a Relay committee or team captain meeting to help others understand why we need ACS CAN to win the campaign against cancer!

🔗 Mission Moment: ACS CAN Bus

October ... against breast cancer.

- I can make a personal commitment to learn about breast cancer screening options and guidelines.
- I can make a mammogram appointment for myself and remind a friend or family member who needs to get a mammogram to do the same. I can ask for a reminder email from www.cancer.org.
- I can learn about Reach to Recovery®, a peer-to-peer support program for those facing breast cancer. I can share information with a loved one diagnosed with breast cancer or I can become a Reach to Recovery volunteer if I have a history of breast cancer.
- I can take action to increase the funding for the National Breast and Cervical Cancer Early Detection Program when I visit www.acscan.org/makingstrides.

🔗 Mission Moment: Breast Cancer Awareness Quiz



Advocacy

Background

Promoting Advocacy

The American Cancer Society California Division has worked for years at the federal, state, and local levels of government with lawmakers to advance our Mission through legislative advocacy. California has been on the leading edge of legislative advocacy – we spearheaded smoke-free laws. California has had a legislative volunteer group since the 1960s. Currently, Relay For Life events provide a great opportunity to explain Advocacy and how it works within the American Cancer Society.

What is legislative advocacy as it relates to the American Cancer Society? It is making or changing public policy as it relates to cancer patients (access to healthcare, quality of life), their families, potential cancer patients (the “Every Woman Counts” breast and cervical cancer program for underinsured and uninsured women), and cancer prevention (tobacco tax increases, nutrition and physical activity programs, tobacco control programs, etc.). Legislation and regulations can make a big difference in all these areas, creating and funding programs, establishing requirements and restrictions, and otherwise defining societal norms.

A key ingredient to passing important cancer-related legislation is a constituent making phone calls, writing letters, sending emails, or making personal visits with legislators. Grassroots efforts such as these have changed public policy, passed laws, and saved lives in California.

Advocacy Activities for Relay For Life

The priorities for Advocacy are set by the California Division’s state and federal legislative agendas but the actions to support them are fluid.

The following strategies may be used to advocate for our federal and state legislation and local ordinances:

- Responding to Action Alerts at a Relay For Life event – this might be done by phone banking, email, or writing letters and post cards.
- Letter-to-the-editor campaigns
- Speakers for team captains meetings and the event
- Inviting legislators to Relay For Life events
- Articles for newsletters
- Announcements from the stage about the activities



Advocacy - Highlights

- Established the California Cancer Registry (1985). The California Cancer Registry is under the guidance of the Department of Public Health, and the information collected is used for the Society's California Cancer Facts & Figures publication.
- Mandated insurance and Medi-Cal coverage for breast reconstruction and prostheses incident to mastectomy (1987-insurance, 1984-Medi-Cal), and screening mammography (1987).
- The California Division launched an unprecedented campaign carried out across the state to raise the tobacco tax from 10¢ to 35¢ through the voter initiative process (Proposition 99). The additional tobacco tax monies fund anti-tobacco health education, research, and indigent care (1988).
- Implemented the federal Breast and Cervical Cancer Treatment Act in California, which provides Medi-Cal benefits for uninsured breast and cervical cancer patients (2001).
- Removed a barrier to effective pain management by eliminating the triplicate prescription requirement for Schedule II drugs, which include pain medications prescribed for cancer patients (2003).
- Extended the smoke-free area 25 feet around a playground or tot lot sandbox area (2002) and out 20 feet from doors and windows of public buildings (2003).
- Established the nation's strongest school food nutrition standards in all schools, grades K-12 (2005).

For a complete list of California's legislative highlights go to ACSCAN.ORG/California.

Advocacy Tools

Legislative Agendas

- The federal and state agendas determine the legislative priorities for the Government Relations Office in Sacramento, and in turn, advocacy staff and volunteers.

American Cancer Society Cancer Action Network (ACS CAN)

- The American Cancer Society Cancer Action Network is the nonprofit and separate 501(c)(4) sister organization to enhance our legislative influence.
- American Cancer Society Cancer Action Network members are the American Cancer Society's grassroots foundation that influences federal, state, and local legislative decision-making, by phoning, writing letters, and making personal visits with lawmakers.
- Membership includes concerned individuals from all walks of life.
- ACS CAN membership is not tax deductible.

Mission Moment – Advocacy

The Bus

Fight Back through Advocacy!

Supplies:

- Scissors
- Tape
- Pens
- Bus forms
- Bus cutouts (available in color on The Link)



Directions:

1. Before you read the messages below, pass out the Bus Cutouts and pens for people to write a message on the bus. Have them decorate it. These decorated buses can be collected and made into a bus station at a kick-off, a rally, or the event.

2. *Read:*

The American Cancer Society Cancer Action Network, also known as ACS CAN, is the non-profit, non-partisan sister organization of the American Cancer Society. This new organization gives us the opportunity to hold legislators accountable for their position on cancer issues and bills that could affect cancer patients' quality of life.

ACS CAN is already making an impact on cancer. ACS CAN has helped the American Cancer Society win campaigns to increase funding for cancer research, expand and protect insurance coverage for cancer screenings, and is getting more and more involved in the efforts to make our cities and states go smoke-free. This legislation gives those that cannot afford health care the access they need to quality services.

While the American Cancer Society is the greatest source of cancer research dollars in the nonprofit sector, the government is the largest contributor overall to cancer research. Our legislators play a role in spending that money each year. Without the allocation of money to cancer research, patients would not have access to clinical trials, experimental therapies, and new technology. Also, with the upcoming election year, healthcare reform and access to care will be major topics where our voice will need to be heard!

This year a bus is going to be traveling across the country to different Relays to promote ACS CAN. You can do your part by sponsoring the bus with mileage!

3. If people are interested in signing up at a meeting, collect their money and give to the Relay staff partner for processing. If this is being done at the event, do not collect the money. Have the interested person directly mail the form and money to the address on the form.

Cut along solid outline.

Fold here.



Fold here.

Fold over along dotted lines and overlap slightly, then tape to create base for bus.



Mission Moment – Advocacy

I CAN Pages

Fighting back through Advocacy. I CAN will let Relayers tell their personal stories, help create smoke-free communities, make sure women have funding for mammograms, help recruit new ACS CAN members, and be a part of the amazing grassroots movement that is sweeping the country ... all online! Fight back by visiting www.acscan.org/icanpages and click on “Create an I CAN page affiliated with your Relay For Life.”

Supplies:

I CAN sample page and directions (see next page). A more comprehensive version is available on The Link and from your staff partner.

Directions:

1. Pass out the sample page with the directions.
2. Explain what I CAN pages are by reading the following and reviewing the handout:

Fighting back through Advocacy! I CAN will let Relayers tell their personal stories, help create smoke-free communities, make sure women have funding for mammograms, help recruit new ACS CAN members, be a part of the amazing grassroots movement that is sweeping the country all online! Fight back by visiting www.acscan.org/icanpages and click on “Create an I CAN page affiliated with your Relay For Life.”

Handout: I CAN Sample Page and Directions

What is it?

Your own customized web page on the ACS CAN web site. In a few minutes you can have your own customized web page. Your stories. Your pictures. Your page. You can even create your own custom acscan.org web address.

Through your I CAN page, you can:

- Upload photos to be featured on your web page
- Recruit members to ACS CAN
- Ask friends and family to take action on cancer issues
- Share your stories and ideas with other cancer advocates around the country
- Be heard!

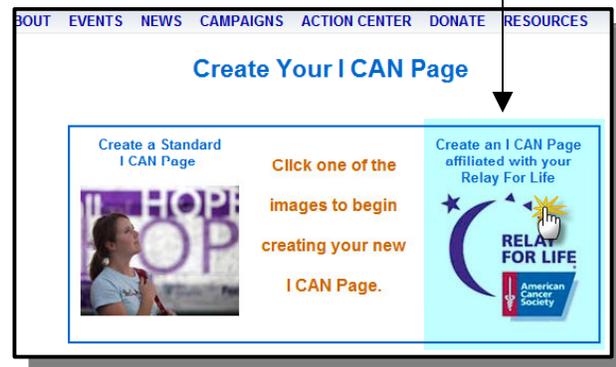


Why do it?

The strength of our organization is in our volunteers. The more active volunteers we have, the more effective we will be in making cancer issues a national priority.

Let's Get Started!

1. Visit www.acscan.org/icanpages.
2. Click on "Create an I CAN Page affiliated with your Relay For Life."
3. On the following page click on "Create your I CAN Page."



4. Next you will be directed to set up your page. Here, you can name your page, tell your personal cancer story (which will be automatically entered on to your page for you), upload your own picture and enter your fundraising goal. Once you've completed this page, continue. You are on your way to making your I CAN page.



Relay Activity – Advocacy

Letters to the Editor

Your Advocacy chair will advise you on whether this is a relevant activity for your Relay, e.g., if a bill is up for debate or is to be voted upon.

A great opportunity to get your position in the media with additional details not covered in news stories or to express an opinion is through a Letter to the Editor.

Editors receive many letters and try to represent a variety of opinions from the community. Some editors are adopting a policy that once a letter has been printed from a person, they will not print another letter from that same person for three to six months, so that other community members have the opportunity to have their letter printed – a good reason to be strategic and work with your local Ambassadors when contacting the media.

Supplies:

- Sample letters to the editor
- Pens
- Paper

Directions:

1. Know the publication
 - Who do you address the letter to?
 - What is the length of the other letters being printed and/or is there a word limit?
 - How does the publication prefer to receive letters – email, fax, hand-delivered?
 - Does the letter have to be from a local resident?
 - Does they have a policy about how often they may print a letter from the same person?
2. Draft the letter
 - Dear Editor (or the name of the editor),
 - Sentence 1: Start strong and personal
 - “I am a volunteer for the American Cancer Society/California Legislative Ambassador ...”
 - “I am a constituent of _____ (name of lawmaker) and the legislation for _____ is important to me.”
 - Sentence 2: Explain briefly about the legislation or bill you’re writing about...
 - “I urge the Governor to sign _____ (bill/legislation info) into law ...”
 - “This legislation would have helped me because _____.”
 - Sentence 3: Explain a little about who you are in the community
 - “I am a survivor/researcher/caregiver/physician ...”
 - Sentence 4: Explain what you hope your support will mean to the lawmaker



- “By increasing funding/fulfilling the cancer promise/providing screening, lawmakers can ... ”
 - “Passage of this legislation will save lives because ... ”
 - Sincerely,
 - Your name
 - Contact information including a phone number
3. Proofread and prepare the letter
- Check the letter for spelling errors.
 - Count how many words are in the letter and make sure it is about the length of other printed letters or under the submission limit.
 - Send the letter to the publication using the method they prefer.



Design your own ... Advocacy Activity

We are so glad that you have chosen to design your own Mission Delivery activity at your event or campsite. Before you start planning, please make sure you review the American Cancer Society guidelines below. Please submit this back to your Relay staff partner for approval and for any materials you may need. Good luck!

Questions to keep in mind

- Who will you be targeting? (Adults? Youth? Males? Females?)
- Where will you be doing the activity? (Mission Delivery area? Campsite? Stage?)
- If the committee is designing the activity, how will you have teams implement it?
- How will you promote the activity at the event to make sure there is participation? (Stage announcement? Implement on the track? In the event program?)
- How many volunteers will be implementing this activity?

Message and American Cancer Society Guidelines

In concert with its cancer research, prevention, and control initiatives, the American Cancer Society's advocacy initiatives strive to influence public policies with special emphasis on laws or regulations to:

- Finance cancer research initiatives
- Ensure access to quality health care
- Reform managed care and protect patients
- Allow scientists to conduct potentially beneficial genetic and bioresearch with appropriate review and controls in place
- Prevent and reduce tobacco use
- Increase access to and participation in clinical trials
- Improve the management of cancer pain and symptoms
- Reduce cancer incidence rates and deaths among the medically underserved
- Provide early detection and treatment options for site-specific cancers

Fight Back! Share the opportunity to join the American Cancer Society Cancer Action Network by promoting www.acscan.org/relay.

Activity

Activity Name:

Supplies Needed:

Activity Description:



Breast Cancer

Background

Breast cancer is the most common cancer among women in California. During 2007, there were 19,710 expected new cases of breast cancer for women in California and 4,165 expected deaths from this disease.

Breast cancer incidence in California has been fairly stable since 1988. More cancers are diagnosed at an early stage, and the rate of cases found at a late stage has declined.

Thanks to early detection, the five-year survival rate for patients whose cancers are diagnosed at an early stage is over 95 percent. However, 43 percent of women in California age 40 and older are still not getting annual mammograms.



Mission Moment – Breast Cancer

Breast Cancer Awareness Quiz

Directions: Provide this quiz at a committee or team captain meeting

Q: Only women aged 50 and older who are in good health should get a mammogram every year.

A: FALSE: Women at average risk should begin receiving yearly mammograms at age 40. Talk to your doctor to determine if you are at increased risk and need to begin testing earlier.

Q: A mammogram is the only effective method for detecting breast cancer early.

A: FALSE: New early detection technologies such as digital mammography, computer-aided detection, ultrasound, and MRI may also be effective. Talk to your doctor about the benefits and limitations of each.

Q: Breast cancer mortality rates increase each year.

A: FALSE: Breast cancer death rates have steadily decreased since 1990, due to early detection and improved treatment. Ninety-eight percent of patients with early-stage breast cancer will defeat the disease

For more information, call the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org.



Relay Activity – Breast Cancer

Check It Out!

Promote breast health awareness.

Supplies:

- Sign making supplies
- Pop-up tent/awning
- Bras
- 50-100 Bras of all varieties

Directions:

1. Hook bras together covering the pop-up tent/awning.
2. Create a sign listing all the terms used for breasts and the message :

Whatever you call them, make sure you check 'em out!

3. Also include American Cancer Society screening guidelines for breast health. Ask your staff partner or visit www.cancer.org.

Call to Action!

Early detection saves lives. Be sure to follow the American Cancer Society guidelines. At ages 20 through 39 get a clinical breast exam every three years, and beginning at age 40, get a clinical breast exam and a mammogram every year. Talk to your doctor to determine if you are at increased risk and need to begin testing earlier. Lastly, encourage a friend to get a screening mammogram.

\$\$\$ Team Fundraising Tip:

Decorate the bras and have opportunity drawings with attached guidelines to them. Some events do this, and the winners wear the bras throughout the rest of the day.



Relay Activity – Breast Cancer

Treasure Your Chest

Promote the importance of mammograms

Supplies:

Your team can cut the bottom of their Relay shirts so they look like pirate attire. You may also wear eye patches and have wood cut outs of people dressed like pirates holding a sign saying, “Yo, ho, yo, ho ... a mammogram for me” (like the song from “Pirates of the Caribbean”). You can also have a plastic treasure chest filled with bras and cancer information.

Pirate hat

Other pirate accessories

Directions:

1. Wear the pirate hat while carrying the Yo Ho sign around the track.
2. A group of pirates can walk around the hat chanting:

Yo, ho, yo, ho ... a mammogram for me ...

3. Place the wooden people cut outs around the track.

Call to Action!

Early detection saves lives. Be sure to follow the American Cancer Society guidelines. At ages 20 through 39 get a clinical breast exam every three years, and beginning at age 40, get a clinical breast exam and a mammogram every year. Talk to your doctor to determine if you are at increased risk and need to begin testing earlier. Lastly, encourage a friend to get a screening mammogram.

\$\$\$ Team Fundraising Tip:

Decorate campsite with signs that include breast health guidelines and sell pink ribbons or other pink breast cancer items.



Design your own ... Breast Cancer Activity

We are so glad that you have chosen to design your own Mission Delivery activity at your event or campsite. Before you start planning, please make sure you review the American Cancer Society guidelines below. Please submit this back to your Relay staff partner for approval and for any materials you may need. Good luck!

Questions to keep in mind

- Who will you be targeting? (Adults? Youth? Males? Females?)
- Where will you be doing the activity? (Mission Delivery area? Campsite? Stage?)
- If the committee is designing the activity, how will you have teams implement it?
- How will you promote the activity at the event to make sure there is participation? (Stage announcement? Implement on the track? In the event program?)
- How many volunteers will be implementing this activity?

Message and American Cancer Society Guidelines

- Breast cancer is the most common cancer among women in California regardless of race or ethnicity.
- Breast cancer causes more deaths among women than any other cancer except lung cancer.
- The American Cancer Society recommends a clinical breast exam by a doctor or nurse every three years between the ages of 20 and 39 – and a clinical breast exam *and* mammogram every year if you are 40 or over.

Fight Back! Remind female participants at your Relay to get a clinical breast exam every three years from ages 20 through 39, and beginning at age 40, get a clinical breast exam and a mammogram every year.

Activity

Activity Name:

Supplies Needed:

Activity Description:



Colon Cancer

Background

The American Cancer Society has launched an aggressive, multi-pronged initiative to reduce incidence and mortality from colon and rectum cancer. Colon cancer education activities target the public – men and women age 50 and over and African Americans and other at-risk populations who need to get tested. Programs such as the ones below will be implemented to involve local communities in increasing awareness of the importance of colon cancer screening. Relay For Life events across the state provide a unique opportunity to reach thousands of people with our awareness messages and our plea to get them involved in our campaign in their local community.

Colon cancer (also known as colorectal cancer) is the third most commonly diagnosed form of cancer in California. In 2007, there were 14,565 expected new cases of colon cancer in California and 5,285 deaths from this disease.

Colon cancer can be prevented if precancerous polyps are found and removed. And if colon cancer is found early, it can almost always be cured. Yet only 38 percent of colon cancer cases are diagnosed at the earliest, most treatable, and survivable stage compared to about 75 percent of prostate cancer cases and 66 percent of breast cancer cases. The more people 50 and older get tested, the more lives can be saved through prevention and detection.

Colon cancer is also the third most common cancer in African American men and women. An estimated 4,875 new cases occurred in African American men and women in California between 1998-2003. African Americans have higher incidence and mortality rates than other ethnic groups; however, they generally don't see themselves as being at higher risk.

Early detection tests are effective in preventing and detecting colon cancer early. Although African Americans, Asian American/Pacific Islander, and Hispanics/Latinos have some level of awareness of the issue, it's significantly lower than the general population according to focus group research. Educating and motivating all American populations to embrace early detection offers a powerful opportunity to save more lives from colon cancer. If all Americans 50 years and older were tested for colon cancer we could cut the death rate in half, saving approximately 30,000 lives a year.



Mission Moment – Colon Cancer

Colon Cancer Awareness Quiz

Directions:

Provide this quiz at a committee or team captain meeting:

Do you think you're living healthy enough to prevent some forms of cancer? Studies show that adopting healthier eating habits and getting regular physical exercise could prevent many cancers. Think you live healthy? How many of following habits describe you?

1. I eat a lot of processed foods and baked goods.
2. I enjoy meats like hot dogs, sausage, ground beef, and steak.
3. I drink alcohol frequently.
4. I exercise about once a week.

If you answered, "Yes," to any of the questions, you could live a lot healthier. Studies show that diets that avoid red, processed meats in favor of vegetables and fruits can actually reduce your risk of developing some cancers. Also, you need at least 30 minutes of physical activity almost every day of the week.

For more information about nutrition and fitness, visit www.cancer.org.



Relay Activity – Colon Cancer

Pop the Polyp

Stomp out colon cancer by popping the polyps tied to everyone's leg.

Supplies:

String

Small red water balloons

Small pieces of paper with colon cancer messages on them such as:

Colon cancer, is the third most commonly diagnosed cancer in California.

Most colon cancer patients are over 50.

Beginning at age 50, men and women should get tested for colon cancer.

The survival rate is 90 percent when colon cancer is diagnosed early.

Get colon cancer testing reminders at www.cancer.org/remindme.

Directions:

1. Insert the colon cancer message into the red balloons and inflate the balloons.
2. Each participant ties one balloon around each ankle.
3. Announcer of activity starts the game off.
4. Participants pop the other person's polyp (balloon).
5. Person with a polyp left wins.
6. Pick up the colon cancer messages and read them. Then stomp out the last polyp.

Call to Action!

Colon cancer is one of the only cancers that can be prevented through the removal of precancerous polyps. If everyone 50 and older was tested for colon cancer according to the American Cancer Society-recommended screening guidelines, colon cancer-related deaths would decrease by 50 percent.



Relay Activity – Colon Cancer

Colon Cancer Free Zone

Pledge to get up-to-date on colon cancer testing by December 21, 2008. Or pledge that you are up-to-date. Or pledge to get a commitment from someone you care about who is 50 or older to be up-to-date on their colon cancer testing.

Supplies:

Colon Cancer Free Zone pledge forms

Directions:

1. Get participants to fill out a pledge form.
2. Give participants a second pledge form to take to work, a social or family gathering, or other event and ask someone they care about to complete a pledge form.

Call to Action!

Colon cancer is one of the only cancers that can be prevented through the removal of precancerous polyps. If everyone 50 and older was tested for colon cancer according to the American Cancer Society-recommended screening guidelines, new cases would be reduced by 25 percent and colon cancer-related deaths would decrease by 50 percent.



Make Your Pledge For 2007 COLON CANCER FREE ZONE!

Know the Facts

- Men and women are at equal risk for colon cancer.
- Colon cancer may be **prevented** with early colon cancer testing through the removal of polyps.
- If you are 50 and older, you need one of these screening tests and should talk with your healthcare provider about which test is best for you.
 - Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT) every year
 - Flexible sigmoidoscopy every five years
 - FOBT or FIT every year plus flexible sigmoidoscopy every five years
 - Double Contrast Barium Enema every five years
 - Colonoscopy every 10 years

Help the American Cancer Society reach its goal to save more lives from colon cancer by making the pledge.

Pledge Instructions: 1) Complete the form below; 2) Make your pledge to be Colon Cancer Free; 3) Give the duplicate pledge form to a friend or loved one; 4) Remember to keep your pledge. It may save your life or the life of someone you love!

Hope. Progress. Answers.® / 1.800.ACS.2345 / www.cancer.org

Take the Pledge

Indicate your pledge and sign below. Keep your pledge. Put this on your refrigerator or somewhere else visible as a reminder.

I am 50+ and will schedule my screening. It is scheduled for _____.

I am 50+ and have already been screened. Congratulations! My next screening is _____.

I will talk with at least one person and encourage them to be screened.
This person a family member friend co-worker.

Signature:

Date:

Take the Pledge

Indicate your pledge and sign below. Keep your pledge. Put this on your refrigerator or somewhere else visible as a reminder.

I am 50+ and will schedule my screening. It is scheduled for _____.

I am 50+ and have already been screened. Congratulations! My next screening is _____.

I will talk with at least one person and encourage them to be screened.
This person a family member friend co-worker.

Signature:

Date:



Relay Activity – Colon Cancer Screening Awareness

Find the Polyp

Colon cancer is the second leading cancer killer in the United States. The good news is that colon cancer testing can save your life and prevent colon cancer. If you are over 50, you should be tested according to the guidelines.

Supplies:

5 or more colon cancer star cut-outs (ask your staff partner for a color version or download from The Link)

Prizes

Directions:

1. Hide the colon cancer star cutouts around the Relay event.
2. Make a stage announcement. Hold up a colon cancer star ribbon cut-out and read:

Fight back against colon cancer! If you are over 50, get tested for colon cancer. Everyone tell their friends and family to get tested if they are 50 or older as well.

Blue stars, a symbol of the fight against colon cancer, are hidden around the event. We have a prize for the first person who finds a blue star. Let's make this a Colon Cancer-Free Zone ... the hunt is on!

3. The first person to find a colon cancer star and bring it back will receive a special prize for their early detection. But, testing is important at any point in time, so everyone else that finds the remaining ribbons will also receive a prize.

Call to Action!

Colon cancer is one of the only cancers that can be prevented through the removal of precancerous polyps. If everyone 50 and older was tested for colon cancer according to the American Cancer Society-recommended screening test guidelines, new cases would be reduced by 25 percent and colon cancer-related deaths would decrease by 50 percent.



[front, sample only – please obtain a color version from your staff partner or The Link]





[back]

YOU HAVE FOUND A POLYP!

Did you know that colorectal cancer is the second leading cause of cancer deaths in the U.S.? Every year, about 135,000 Americans are diagnosed with colorectal cancer and about 57,000 die from the disease. Most of these cases occur after the age of 50, which is why the American Cancer Society recommends that men and women at average risk begin regular screening at age 50. Most colorectal cancers begin as a polyp that later becomes cancerous. If polyps are found early, they can be removed before cancer develops. In this sense, colorectal cancer is a disease that can be prevented. Remember, these tests are your best insurance for preventing or detecting colorectal cancer early when it may be successfully treated.

Please return this to the Colon Cancer Activity area to receive your cure. 😊



Design your own ... Colon Cancer Activity

We are so glad that you have chosen to design your own Mission Delivery activity at your event or campsite. Before you start planning, please make sure you review the American Cancer Society guidelines below. Please submit this back to your Relay staff partner for approval and for any materials you may need. Good luck!

Questions to keep in mind

- Who will you be targeting? (Adults? Youth? Males? Females?)
- Where will you be doing the activity? (Mission Delivery area? Campsite? Stage?)
- If the committee is designing the activity, how will you have teams implement it?
- How will you promote the activity at the event to make sure there is participation? (Stage announcement? Implement on the track? In the event program?)
- How many volunteers will be implementing this activity?

Message and American Cancer Society Guidelines

- Colon cancer is the third most commonly diagnosed cancer in California.
- Most colon cancer patients are over 50.
- Beginning at age 50 men and women should get tested for colon cancer.
- In California less than 45 percent of men and women get the proper tests for colon cancer.
- The survival rate is 90 percent when colon cancer is diagnosed early.

Fight Back! Get participants to encourage friends, family, and their selves to get tested for colon cancer if they are 50 or older. Use the Health Reminder Assistant (www.cancer.org/remindme).

Activity

Activity Name:

Supplies Needed:

Activity Description:



Information and Patient Services

Overview

Two of every five Californians will develop cancer at some time in their lives. This diagnosis changes the life of the patient and their family or support group tangibly and forever. At the time of diagnosis, the patient and their supporters seek information about the disease and potential outcomes. During treatment, many patients need additional assistance such as transportation to and from treatment centers, temporary housing assistance if being treated at a remote cancer center, and emotional support from others who have undergone similar treatment regimens.

Many of those patients, however, need additional services and assistance that are not available to them for various reasons. Access to quality cancer care, reliable information, and resources and services to meet psychosocial needs is critical to the quality of life of people with cancer and their families. Health care and social systems are complex and fragmented. Significant barriers to needed resources and services can exist during each phase and dimension of care. Assistance in navigating our complex and changing health care system and managing the psychosocial consequences of a cancer diagnosis is critical to optimal quality of life for cancer survivors and their families.

Services Offered to Patients, Survivors, and Caregivers

The American Cancer Society offers many services to cancer patients, survivors, and caregivers that help to enhance aspects of life often challenged by the disease. No one has to make the cancer journey alone. Society services such as Reach to Recovery, Man to Man, I Can Cope, Look Good...Feel Better, Road to Recovery, and the Cancer Survivors Network offer a full range of information and support at any stage of a cancer diagnosis. A brief description of these services is as follows that may be available in your area:

- **Reach to Recovery** – A one-to-one visitation service and information to help individuals cope with breast cancer. Reach to Recovery volunteers are breast cancer survivors who are trained by the American Cancer Society.
- **Man to Man** – A prostate cancer education and support service helping men, their partners, and their families cope with prostate cancer by using trained volunteer prostate cancer survivors. Information and peer support are offered in one-to-one and self-help group settings.
- **I Can Cope** – A patient education program for people facing cancer personally or as a friend or family caregiver. I Can Cope offers help in the form of reliable information, peer support, and practical coping skills. Trained health professionals conduct courses.



- Look Good...Feel Better – A workshop which helps people who are undergoing cancer treatment deal with appearance-related side effects of their treatment through the use of make-up, skin care, wigs, and scarves. Trained volunteer licensed cosmetologists facilitate Look Good ... Feel Better sessions. LGFB materials are also available for men and teens. Learn more at www.lookgoodfeelbetter.org.
- Road to Recovery – A service where volunteers drive cancer patients to and from their medical appointments.
- Call Back Program – Volunteers follow-up with each patient/caregiver served by the American Cancer Society to assure services were provided, explore the need for additional services/community resources, and offer support.
- Lodging – Complimentary or discounted lodging for cancer patients and their caregivers during treatment.

Personalized Guidance

The American Cancer Society Stephanie H. Lane Cancer Resource Network (the Network) receives initial information about patients requiring additional support and/or services and Network staff respond with patient centered assessment and the scheduling of Society and community based services. The actual physical services – transportation to and from treatment, visitation, support groups, lending of wigs and prostheses, etc. – continues to be offered by local, highly trained volunteers throughout California. The Network will:

- Improve quality and consistency of service to patients and their families by scheduling patient services from a centralized location and consistent training of program delivery volunteers and staff.
- Increase capacity to provide services to patients, especially those with limited means or no health insurance.
- Provide health system navigation guidance and assistance to patients and caretakers who contact the American Cancer Society to help them receive the service and support they require in the course of the disease.

Additionally, the Network has the following specific goals:

- To increase the number of cancer patients we serve to 80 percent of the expected new cancer cases by 2010.
- To achieve a 90 percent customer satisfaction rating from the constituents we serve.

Both of these goals are addressed by the two distinct, but inter-related functions of the American Cancer Society Stephanie H. Lane Cancer Resource Network: the scheduling and coordination of services and the training and empowerment of volunteers.



Increased Volunteer Recruitment and Constituent Satisfaction

A second key component of the Network model is standardized training of all patient program delivery volunteers, no matter where they reside in California. Standard, consistent training ensures that all volunteers representing the American Cancer Society not only have a strong understanding of their role in a particular program, but also have the necessary skills to effectively and empathetically communicate with cancer patients, have a basic understanding of the issues commonly facing cancer patients, and are knowledgeable of other American Cancer Society programs so they may offer them to patients, as appropriate.

Using a three-part training model, the Network now offers more consistent, frequent trainings consisting of the following:

- *Face-to-Face Patient Support Trainings* - These cross-program trainings are available to all patient support program volunteers, and focus on skill building rather than program-specifics. Through presentations from social workers and oncology nurses, as well as role-playing, attendees hone their skills in communicating with cancer patients and how to address commonly faced issues.
- *Program Specific Training Calls* - Offered on a monthly or bi-monthly basis, these two-hour calls review the program specific guidelines, requirements, and information for Man to Man, Reach to Recovery, Road to Recovery, Look Good...Feel Better, Call Back, and all of the patient support programs offered by the American Cancer Society.
- *Doc Talks* - Offered via conference call, this monthly series features volunteer physicians and researchers who discuss various cancer topics designed to keep volunteers knowledgeable with the latest advances in oncology.

To view or register for Network training call 1-877-227-0320 or visit www.ACSmissiontraining.org.

Stephanie H. Lane Cancer Resource Network Training Opportunities

Hosted by the American Cancer Society Stephanie H. Lane Cancer Resource Network

American Cancer Society trainings are designed to effectively maximize our donor support. As a voluntary organization the American Cancer Society is committed to providing the latest information to build knowledge and skills so that the highest quality services are delivered to cancer patients, survivors, and caregivers.

Anyone interested in learning more about the American Cancer Society is encouraged to sign up for any training. Trainings are offered to the cancer patients, survivors, caregivers, and potential new American Cancer Society volunteers. Following is a list of some of the trainings that are available and directions to register for them.



How to Register for a training call:

- Register on-line at www.ACSmissiontraining.org or
- Call 1.800.227.0320
- All information is confidential. All training calls are free of charge.

Upcoming 2007-08 Training Schedule:

Please check www.ACSmissiontraining.org for the most current listing of training topics, dates, and times. Some training calls are offered in English, Spanish, Cantonese, and Mandarin. Contact your local American Cancer Society office for more information. Below is a small list of trainings offered.

- Road to Recovery - Learn what it takes to become a volunteer driver to provide cancer patients rides to and from their cancer treatments.
- Call Back - Volunteers follow-up with each patient/caregiver served by the American Cancer Society to assure services were provided, explore the need for additional services/community resources, and offer support. Learn how to become a Call Back program volunteer.
- Be a Cancer Resource - Learn about the many American Cancer Society programs and services offered in your local community and learn about life-saving volunteer opportunities.
- Information Delivery and Resources - Learn about the American Cancer Society 800-number, website, CA Survivors Network, CA Information, Clinical Trial Matching Services, etc.
- Cancer 101 - Learn the basics of cancer.
- Doc Talk Teleconference Calls - The monthly series features volunteer physicians and researchers who discuss various cancer topics designed to keep volunteers knowledgeable with the latest advances in oncology. To learn when the next Doc Talk is, visit www.ACSmissiontraining.org or call 1.877.227.0320 for the latest topic, date, and time.
- I Can Cope - Teleconference workshops exclusively for cancer patients and caregivers, designed to offer both health information as well as peer support. To learn when the next I Can Cope call is offered, visit www.ACSmissiontraining.org or call 1.877.227.0320 for the next scheduled call.



Mission Moment – Information and Patient Services

Cell Phone

Fight back by sharing the American Cancer Society’s toll-free number, 1.800.ACS.2345, with every one you know. You will be able to refer someone – perhaps a cancer patient or caregiver – to this number when they have a question about cancer or need help.

Supplies:

- A group of people with cell phones
- “Where to Turn” brochures (optional)

Directions:

1. Ask everyone to take out their cell phones
2. Tell them to take action by adding a new number to their phone. Have them punch in 1-800-ACS-2345 and save the number as “Cancer Info”
3. When someone asks a question about the American Cancer Society, or if you encounter someone who has received a cancer diagnosis, they will always have the number available for reference.
4. When someone calls 1-800-ACS-2345, they will talk to a live person 24 hours a day, seven days a week. There are trained cancer specialists to answer the phone in 150 different languages and dialects
5. This is one way to be a cancer resource in your community to anyone in need.



Mission Moment – Information and Patient Services

Mission Scramble

Teach Relay For Life participants the American Cancer Society’s mission statement. Challenge participants to memorize and know the mission statement. Remind participants that the American Cancer Society is a voluntary health organization and that we can’t do all that we do without our volunteers.

Supplies:

Markers

Flipchart paper

Break the Mission Statement into six sections and write each section on a different piece of flipchart paper. If there is a larger group, break the statement into shorter sections to have more phrases to pass out. For example:

The American Cancer Society is the nationwide / community-based voluntary health organization / dedicated to eliminating cancer as a major / health problem by preventing cancer, saving lives, / and diminishing suffering from cancer / through research, education, advocacy, and service.

Directions:

1. Ask for six volunteers (or however many you have cut out) from the audience to come to the front of the room and stand next to each other.
2. Give each person a phrase of the mission statement not in the correct order of the statement. Instruct individuals not to look at their paper until everyone has one.
3. Give the group a few minutes to put all of the phrases in the correct order of the mission statement.
4. Once they have it put together in the correct order, have someone or the whole audience read the statement together.
5. Read:
If we all work together, through research, education, advocacy, and service we will reach our 2015 Goals: reduce cancer mortality by 50 percent, reduce cancer incidence by 25 percent, and improve overall quality of life for cancer patients and their families. Help fight back by learning about the mission and one activity you can do to promote it in the community.



Mission Moment – Information and Patient Services

Joe's Tale

The American Cancer Society offers cancer prevention and early detection information through www.cancer.org and 1-800-ACS-2345. You can learn about any cancer topic, questions to ask your doctor, and what certain cancer terms mean. Fight back by sending your friends, family, and loved ones a reminder e-card to remind them of various tests (mammogram, colonoscopy).

Supplies:

- “Where to Turn” brochures
- Colon cancer awareness brochure (optional)

Directions:

1. Have a volunteer read Joe's Tale (on the next page).
2. Make sure everyone gets a “Where to Turn” brochure.
3. Read:
The American Cancer Society offers cancer prevention and early detection information through www.cancer.org and 1-800-ACS-2345. You can learn about any cancer topic, questions to ask your doctor, and what terms mean. Fight back by sending your friends, family, and loved ones a reminder e-card to remind them of various screenings (mammogram, colonoscopy).



Joe's Tale

This story begins
With a man you don't know
His tale is a little different,
His name is Joe.

Joe was working one day
When he heard the chime,
Up popped an email,
Reminding him it was time.

"Time for what?"
Joe asked, "What is this? Why?"
He opened the card,
And there was the reply.

"If you are over 50,"
The e-card declared.
"Get your colon cancer screening!"
Joe really confused, just stared.

His loving daughter sent this card
From www.cancer.org
Hoping Joe would listen,
Hoping it wouldn't be ignored.

Joe clicked on the link,
And learned about the tests,
He called up his doctor,

The most prestigious in the west.

He waited his turn before
Receiving his colonoscopy,
His daughter by his side,
Waiting for him happily.

With two polyp masses,
The doctor stated,
Both of them were removed early,
And Joe and his family were elated.

Because of early detection,
And his family support,
Joe did not have to hear
A bad report.

Joe immediately went home,
And signed up for the Health Reminder
Assistant.

He never wants to miss a screening,
It's not a bad thing to be persistent.

Visit www.cancer.org,
Send a reminder card for prevention
You never know whom you may save,
Through early detection.



Mission Moment – Information and Patient Services

American Cancer Society Stephanie H. Lane Cancer Resource Network Messages

Volunteers make a significant difference in the lives of cancer patients and caregivers. Below are just a few messages sent to the American Cancer Society's Stephanie H. Lane Cancer Resource Network from patients and caregivers. Learn more about volunteer opportunities online at www.cancer.org.

Directions: Read the statements and the concluding message:

“Thank you so much for your recent help with our patient’s transportation needs. She told me she was so grateful and the volunteer was wonderful. You were so flexible and cheerful. I could barely believe it! Thanks,”

- Susan, Social Worker

“Thank you to you and the American Cancer Society for your help in coordinating a volunteer who helped to drive my dad to his cancer radiation appointments. The volunteer was perfect for my dad – he was experienced, patient, kind, and very pleasant. We are very grateful to him. Would you please address this card to him? We’d like to send it to him to thank him. Thank you again for all your help.”

- Doreen

“I don’t have any additional needs, but if I do, I know I can always count on you, or you’ll refer me and help me find another source. The American Cancer Society has been a wonderful experience and blessing to me. My family is so comforted as well knowing so many caring people have always been there for me. You are like a second family for me. I thank God for each and every one of you. Whenever I speak to you in particular, I can feel you are smiling, there’s a friend there for all my needs. I don’t know what I’d do without you. The drivers and volunteers are so great. I can’t put into words what the ACS has meant to me. I can honestly say that it has been one of the best parts of having cancer. Sounds weird, I guess, but it’s true. I hope someday I’ll be able to give back and volunteer. God bless you.”

- Susan

“This is to express my heartfelt thanks and appreciation to you and the American Cancer Society for the wonderfully helpful taxi transportation you arranged during my three weeks of treatment at St. Francis Hospital after my lumpectomy. It was so supportive not only financially, but mentally also. It made me glad I have been a contributor for the last 38 years since my darling sister had cancer in several manifestations and eventually died as a result. Your response to me on the phone gave me a boost of courage and relief! With appreciation, Kay.”

- Kay

(Statements continued on next page)



“I want to thank you and the American Cancer Society. The stress that comes along with being diagnosed with cancer is much. I was so busy trying to get to all of my testing, two surgeries, and the many chemo and radiation appointments. My days were filled with stress and no time to think. I was and still am in a fight to save my life. During this frantic time, I received several phone messages; you called until you finally spoke with me. You listened patiently and showed real interest and concern in all that I was going through at the time. I was surprised to learn that someone cared about helping with the expenses for a wig and mileage. I am thankful that you called and encouraged me. This money will help me get through this difficult time. I believe that when my fight is done, I hope to give back in some way like you and the Cancer Society did for me. Sincerely,”

- Lisa

“I am at a loss for words in thanks for the accommodations provided by the American Cancer Society for my husband Bob and I during our cancer surgery experience. Your kindness and capabilities are so appreciated. The resources you provided were most helpful during this stressful time. We are in awe of this gift you’ve given us. Our Thanks,”

- Bob and Nancy

“I am writing to express my thankfulness to you and your co-workers and the American Cancer Society. You do great work and provide an invaluable service to cancer patients. I am so very thankful for the help you provided my mother and me with lodging assistance and reimbursement for travel expenses. Being diagnosed with cancer is a very scary thing. In the beginning you do not realize the full extent of the disease, not to mention the financial burden it can have. My mother and I are very grateful to have the American Cancer Society as a resource. I have donated to ACS in the past before cancer touched my life. I will donate with a greater understanding now. Thank you again. Sincerely,”

- Rae Jean

Help us reach the many individuals unaware of American Cancer Society services and support. Fight back by telling others about American Cancer Society volunteer opportunities that can help impact the lives of cancer patients. For information, support or services, or to learn more about how you can get involved, contact your local American Cancer Society office or 1-800-ACS-2345.



Mission Moment – Information and Patient Services

www.ACSMissionTraining.org

Promote the American Cancer Society Stephanie H. Lane Cancer Resource Network training and educational conference calls offered to patients, survivors, caregivers, and Relayers.

Supplies:

- Quiz Sheet
- Pens/pencils
- Quiz answers
- Optional: Prize – for the first completed
- Optional: Be a Cancer Resource flyers

Directions:

1. Print out copies of the Quiz Sheet.
2. Pass it out to participants and have them fill it out.
3. Review the answers with the group.
4. Read:
Learn more about the American Cancer Society, programs offered, and other educational calls to enhance your volunteer experience. Be a Cancer Resource is a way for you to become more familiar regarding our patient services and programs in your own community. Fight back by visiting www.ACSMissionTraining.org for more information and signing up for one of the calls. If you are interested in becoming a program volunteer, please speak with local American Cancer Society staff about the program prior to signing up for the training calls.
5. You can also hand out Be a Cancer Resource flyers as a supplement to this activity.



www.ACSMissionTraining.org - Quiz Sheet

Listed below are the training and educational calls offered by the Stephanie H. Lane Cancer Resource Network. Match the call topics on the left with their descriptions on the right.

1. Road to Recovery - ____	a. Volunteers follow-up with each patient/caregiver served by the American Cancer Society to assure services were provided, explore the need for additional services/community resources, and offer support.
2. Doc Talk Teleconference Calls - ____	b. Learn about the many American Cancer Society programs and services offered in your local community and learn about life-saving volunteer opportunities.
3. Information Delivery & Resources - ____	c. Teleconference workshops exclusively for cancer patients and caregivers, designed to offer both health information as well as peer support.
4. Call Back - ____	d. This training is available to all volunteers and staff and is particularly critical to volunteers working with cancer patients/caregivers. This training provides basic information on cancer, treatments, and key issues that many patient service volunteers may encounter in their delivery of the Society's services.
5. I Can Cope - ____	e. Explore the dynamics and stages of crisis and how crisis and response to it can impact an individual's cancer experience. Gain crisis intervention and support skills to better meet patient's and caregiver's needs in times of crisis, as well as self-care techniques and strategies.
6. Be a Cancer Resource - ____ <i>** Highly suggested for Relay volunteers</i>	f. Provides an overview of the various cultural groups in California & their key health concerns, and best practices for the culturally competent patient service volunteer.
7. www.ACSMissionTraining.org or 800-651-7916 - ____	g. The website and phone number to find more information on cancer resources, questions, programs and services available 24 hours a day, 7 days a week.
8. Cancer 101: An Overview of Key Cancers - ____	h. The website and phone number to check dates and time as well as register for any training or educational call.
9. Crisis and the Cancer Continuum - ____	i. Learn about the American Cancer Society 800 number, website, CA Survivors Network, CA Information, Clinical Trail Matching Services, etc.
10. Cultural Competency: Understanding the Dynamics of Culture and Cancer in Providing Services - ____	j. The monthly series features volunteer physicians and researchers who discuss various cancer topics designed to keep volunteers knowledgeable with the latest advances in oncology.
11. www.cancer.org or 1-800-ACS-2345 - ____	k. Learn what it takes to become a volunteer driver to provide cancer patients rides to and from their cancer treatments.

*If you are interested in becoming a Call Back, Road to Recovery, Reach to Recovery, or Look Good... Feel Better volunteer, please call 1-800-ACS-2345 prior to signing up for the training call to talk to local American Cancer Society staff about the program requirements.



www.ACSMissionTraining.org - Quiz Sheet Answers

1. Road to Recovery - K	a. Volunteers follow-up with each patient/caregiver served by the American Cancer Society to assure services were provided, explore the need for additional services/community resources, and offer support.
2. Doc Talk Teleconference Calls - J	b. Learn about the many American Cancer Society programs and services offered in your local community and learn about life-saving volunteer opportunities.
3. Information Delivery & Resources - I	c. Teleconference workshops exclusively for cancer patients and caregivers, designed to offer both health information as well as peer support.
4. Call Back - A	d. This training is available to all volunteers and staff and is particularly critical to volunteers working with cancer patients/caregivers. This training provides basic information on cancer, treatments, and key issues that many patient service volunteers may encounter in their delivery of the Society's services.
5. I Can Cope - C	e. Explore the dynamics and stages of crisis and how crisis and response to it can impact an individual's cancer experience. Gain crisis intervention and support skills to better meet patient's and caregiver's needs in times of crisis, as well as self-care techniques and strategies.
6. Be a Cancer Resource – B <i>** Highly suggested for Relay volunteers</i>	f. Provides an overview of the various cultural groups in California & their key health concerns, and best practices for the culturally competent patient service volunteer.
7. www.ACSMissionTraining.org or 800-651-7916 - H	g. The website and phone number to find more information on cancer resources, questions, programs and services available 24 hours a day, 7 days a week.
8. Cancer 101: An Overview of Key Cancers - D	h. The website and phone number to check dates and time as well as register for any training or educational call.
9. Crisis and the Cancer Continuum - E	i. Learn about the American Cancer Society 800 number, website, CA Survivors Network, CA Information, Clinical Trail Matching Services, etc.
10. Cultural Competency: Understanding the Dynamics of Culture and Cancer in Providing Services - F	j. The monthly series features volunteer physicians and researchers who discuss various cancer topics designed to keep volunteers knowledgeable with the latest advances in oncology.
11. www.cancer.org or 1-800-ACS-2345 - G	k. Learn what it takes to become a volunteer driver to provide cancer patients rides to and from their cancer treatments

*If you are interested in becoming a Call Back, Road to Recovery, Reach to Recovery, or Look Good... Feel Better volunteer, please call 1-800-ACS-2345 prior to signing up for the training call to talk to local American Cancer Society staff about the program requirements.



Mission Moment – Information and Patient Services

Services Game

Ideal for larger meetings, such as Relay kickoff or team captain meeting. Show an example of the many programs and services your American Cancer Society offers to help cancer patients and their families cope with cancer.

Supplies:

Scissors

Slips of paper of American Cancer Society Programs and Services and their definitions

Tape

Optional: Be a Cancer Resource flyers

Directions:

1. Cut out the included patient service names and definitions.
2. At the meeting, as your group enters, pass out a single slip of either a service or a definition to each person (definitions should be taped to the front or back of their shirts). You may have some slips left over or if you don't have enough, individuals may share.

Tell everyone to scatter throughout the meeting place. Explain that those individuals with a slip labeled with a service name need to go find the definition that matches that American Cancer Society service. Give everyone five minutes to match the service with its definition.

3. Review the answers with everyone then read:
These are examples of the many programs and services offered to patient, survivors, and caregivers. Fight back by calling 1.800.ACS.2345 24/7 or visiting www.cancer.org to find out more about your local American Cancer Society programs and services and how you can help yourself, a loved one, or your community.
4. You then have the option of handing out Be a Cancer Resource flyers as a supplement to this activity.



Services Game Pieces – Patient Services

✂

1-800-ACS-2345	Call Back Program
Look Good...Feel Better	Reach to Recovery
Cancer Survivors Network	Road to Recovery
Children’s Camps	I Can Cope
Clinical Trials	www.cancer.org
American Cancer Society Cancer Action Network (ACS CAN)	Young Cancer Survivor Scholarship Program

Services Game Pieces – Definitions

✂

A service providing anyone affected by or concerned about cancer with clear, reliable information twenty-four hours a day, seven days a week.
A non-profit, non-partisan sister advocacy organization of the American Cancer Society dedicated to eliminating cancer through voter education and issue campaigns aimed at influencing candidates and lawmakers to support laws and policies that will help people fight cancer.
A partnership between the American Cancer Society and Coalition of Cancer Cooperative Groups, offering a clinical trials matching service to support better decisions by making high quality, timely, and understandable information available to newly-diagnosed patients and their caregivers.
An online, interactive community created by and for cancer survivors and caregivers to connect with others undergoing similar circumstances.
Locations where summertime activities are designed to let children with cancer be kids again. All are equipped to handle any special needs of children undergoing treatment.



Allows adult cancer patients and their loved ones to learn new ways to navigate the cancer experience when a cancer diagnosis causes feelings of fear, frustration, and confusion. This program pairs patients and their families with medical professionals who empower them to make informed decisions throughout the cancer experience.

This program partners the American Cancer Society with the Cosmetic, Toiletry, and Fragrance Association Foundation and the National Cosmetology Association. Designed to provide techniques to female cancer patients to help restore their appearance and self-image during chemotherapy and radiation treatment.

The American Cancer Society's website which provides access to cancer information and services twenty-four hours a day, seven days a week.

This volunteer visitation program helps breast cancer patients meet the emotional and physical needs related to the disease and its treatment. A female survivor shares her experiences while providing information and support to a newly diagnosed patients.

A program where volunteers drive cancer patients to treatment centers and home again.

A service that helps ease the financial burden on young cancer survivors who are pursuing a higher education. In 2007 California awarded 72 scholarships.

When cancer patients, caregivers, and survivors contact the American Cancer Society for information or support they get a follow-up call from trained local cancer resource volunteers. The calls take place several weeks after the initial service. This allows for the needs of a patient, caregiver, or survivor to change and enables the cancer resource volunteer to provide additional support.



Services Game – Answer Guide

1-800-ACS-2345

A service providing anyone affected by or concerned about cancer with clear, reliable information 24 hours a day, seven days a week.

ACS CAN

A non-profit, non-partisan sister advocacy organization of the American Cancer Society that is dedicated to eliminating cancer through voter education and issue campaigns aimed at influencing candidates and lawmakers to support laws and policies that will help people fight cancer.

Clinical Trials

A partnership between the American Cancer Society and Coalition of Cancer Cooperative Groups, offering a clinical trials matching service to support better decisions by making high quality, timely, and understandable information available to newly-diagnosed patients and their caregivers.

Cancer Survivors Network

An online, interactive community created by and for cancer survivors and caregivers to connect with others undergoing similar circumstances.

Children’s Camps

Locations where summertime activities are designed to let children with cancer be kids again. All are equipped to handle any special needs of children undergoing treatment.

Look Good...Feel Better

This program partners the American Cancer Society with the Cosmetic, Toiletry, and Fragrance Association Foundation and the National Cosmetology Association. Designed to provide techniques to female cancer patients to help restore their appearance and self-image during chemotherapy and radiation treatment.

Call Back Program

When cancer patients, caregivers, and survivors contact the American Cancer Society for information or support they get a follow-up call from trained local cancer resource volunteers. The calls take place several weeks after the initial service. This allows for the needs of a patient, caregiver, or survivor to change and enables the cancer resource volunteer to provide additional support.

Reach to Recovery

This volunteer visitation program helps breast cancer patients meet the emotional and physical needs related to the disease and its treatment. A female survivor shares her experiences while providing information and support to a newly diagnosed patients.



Road to Recovery

A program in which volunteers drive cancer patients to treatment centers and home again.

I Can Cope

Allows adult cancer patients and their loved ones to learn new ways to navigate the cancer experience. When a cancer diagnosis causes feelings of fear, frustration, and confusion. This American Cancer Society program pairs patients and their families with medical professionals who empower them to make informed decisions throughout the cancer experience.

www.cancer.org

The American Cancer Society's Web site (www.cancer.org) provides access to cancer information and services 24 hours a day, seven days a week.

Young Cancer Survivor Scholarship Program

A service that helps ease the financial burden on young cancer survivors who are pursuing a higher education. In 2007 California awarded 72 scholarships.



Mission Moment or Relay Activity – Services

Fight Back: Be a Cancer Resource

Many individuals attending Relay For Life often do not know about the variety of patient programs and volunteer opportunities available with the American Cancer Society. Given Relay For Life is truly a community event, this is a great venue to encourage individuals to become a cancer resource in their community.

The importance of knowing what the American Cancer Society can do for cancer patients and their families in every community will help achieve the American Cancer Society 2015 Goals: reduce cancer incidence by 25 percent, reduce cancer mortality by 50 percent, and improve the overall quality of life of cancer survivors.

The American Cancer Society has numerous volunteer opportunities regardless of having a little or a lot of time that can be accomplished from the home or the office. In order to reach more patients and help provide them with free quality services from the American Cancer Society, we need more volunteers! Help fight back by learning more and possibly becoming a new volunteer for the American Cancer Society.

Supplies:

- Sign-up sheet
- Flyers
- Promote activity via stage announcements and in the Relay event program
- Pens
- Lifesavers candies

Directions:

Be as creative as possible when promoting and educating participants about being a cancer resource in their community.

Option 1- Mission Moment:

1. Provide flyers to all at the meeting (committee members, team captains, participants at the kick-off). Try to promote this early in the Relay planning season and also offer it to the committee more than once.
2. Briefly explain some of the programs that we offer to patients, survivors and caregivers (listed in the Background section). The call provides a more in-depth look at what programs and services are offered in your community.
3. There are several dates for participants to choose to attend the free, one-hour teleconference. Tell them the registration information is on the flyer, please sign up as soon as possible as space is limited.



4. Participants will learn about American Cancer Society Patient Programs and volunteer opportunities to help them be local cancer resources in their communities if they would like.
5. Emphasize that they are making no commitment by attending the teleconference call. They will learn about how they can impact the quality of life for cancer patients and their families and learn about volunteer opportunities.
6. Try to capture the contact information of the people that are receiving the flyers. Capture, their names, numbers and email addresses. Tell them we would like their information in order to send them a reminder of the next free one-hour teleconference.

Option 2 – Mission Moment: Recorded Call

1. Briefly explain some of the programs that we offer to patients, survivors and caregivers (listed in the Background section). The call provides a more in-depth look at what programs and services are offered in your community.
2. Announce that they can either listen to the call live (hand out corresponding flyers) or they can listen to a recorded call.
 - a. Talk to your staff partner about obtaining a copy of the recorded call (via The Link or on a CD)
 - b. The call can either be listened to by the entire committee (or those interested) at a meeting, before or after a meeting, or can be “checked-out” (if a CD) by individual committee members to listen at home.

Option 3 – Relay Activity

1. Provide flyers to all survivors and their caregivers that attend the Relay. Attach Lifesaver candy with the flyer and tell them they can be a lifesaver to someone in need by being a cancer resource in their community.
2. Have team members walking around with the flyers handing them out to Relay participants along with lifesaver candy. Tell participants that they can be a lifesaver by being a cancer resource in their community because they can learn what the American Cancer Society does by attending a free one-hour teleconference.
3. There are several dates for participants to choose to attend the free, one-hour teleconference. Tell them the registration information is on the flyer, please sign up as soon as possible as space is limited.
4. Participants will learn about American Cancer Society Patient Programs and volunteer opportunities to help them be local cancer resources in their communities.



5. Emphasize that they are making no commitment by attending the teleconference call. They will learn about how they can impact the quality of life for cancer patients and their families and learn about volunteer opportunities.
6. Try to capture the contact information of the people that are receiving the flyers. Capture, their names, numbers and email addresses. Tell them we would like their information in order to send them a reminder of the next free one-hour teleconference.
7. Provide the list of names to your local Mission Delivery Committee chairperson or local Relay staff partner. Also provide them with a count of how many flyers were passed out if possible.

BE A CANCER RESOURCE

The Power of Volunteering

The power to help others is in your hands.

Get an overview of the American Cancer Society's Patient Services. Choose the way you want to support cancer patients, their family, their caregivers. Discover how to connect patients and survivors with free information and services such as Road to Recovery™, a transportation program, and Reach to Recovery™, a breast cancer peer-support program.

Find out more at one of our free, one-hour teleconferences in 2008.

Register at 1.877.227.0320 or www.acsmmissiontraining.org.
Select *Be a Cancer Resource*.

2008	
Date	Time
2/16	10-11
3/13	12-1
4/18	11-12
5/12	12-1
6/17	6:30-7:30
7/10	11-12
8/25	12-1

Hope.Progress.Answers.

| 1.800.ACS.2345

| www.cancer.org

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Date	Time
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5/12	12-1
6/17	6:30-7:30
7/10	11-12
8/25	12-1

Hope.Progress.Answers.

| 1.800.ACS.2345

| www.cancer.org

American
Cancer
Society®



American
Cancer
Society®





Relay Activity – Information and Patient Services

American Cancer Society Information Prize Wheel

No matter who you are, the American Cancer Society can help. Contact us anytime, day or night, for information, support, and services. The American Cancer Society's toll-free 800 number (1-800-ACS-2345) or www.cancer.org is available 24 hours a day, seven days a week. Take action by learning more about what we do!

Supplies:

Reserve the regional American Cancer Society Information Prize Wheel through your Relay staff partner. Or, create your own American Cancer Society Information Prize Wheel by obtaining a template from your staff partner.

A collection of small give-away prizes (e.g., Relay For Life cups, Relay For Life message pens, goodies from Oriental Trading Co., or other donated items)

American Cancer Society Wheel question list (ask your staff partner or download from The Link)

Table on which to set American Cancer Society Information Prize Wheel

Directions:

1. Have a participant spin the wheel.
2. The marker will point at a specific topic on the wheel. Read one of the corresponding topic questions from the Wheel question list.
3. If the participant gets the question right, they get a prize.

\$\$\$ Team Fundraising Tip:

Have participants pay to play.



Relay Activity – Services

Road to Recovery License Plate Challenge

Promote the American Cancer Society Road to Recovery program to survivors and the need for volunteer drivers in your community.

Supplies:

- Road to Recovery License Plate directions and template for each team
- Road to Recovery brochures and posters
- Road to Recovery sign-up sheet
- Markers, crayons (possible use for decorating supplies from the Luminaria booth)
- Pens
- Survivor judging ballot forms
- Ballot box
- Brown envelope to return Road to Recovery Volunteer Interest Tracking Form to Relay Staff partner

Directions:

1. Make copies of the License Plate Template and directions for each team
2. Challenge each team to participate by thinking up a personalized Road to Recovery license plate:
 - a. Only one entry per team
 - b. Personalize the plate to reflect what it means to a cancer patient and their family to receive a free ride to and from their treatments or to reflect what it means to a person who volunteers to be a driver for the program
 - c. Decorate the license plate with pens, markers, crayons, stickers, etc ... be creative when personalizing the plate
 - d. Have each team who participates include their team name & team captain name on the template
3. Have Survivors at the Relay judge the license plates by selecting their favorite and writing it on the judging ballot form. Provide a ballot box at the Survivor area.
4. Select a specific time when survivors will judge and a specific time when the winning license plate will be announced.
5. Provide winning team with American Cancer Society license plate holders or some other prize.
6. Invite a local Road to Recovery Volunteer Driver to come and announce the winning license plate. Have him or her speak about the Road to Recovery program and challenge the participants to think about volunteering an hour a week to drive a patient. Have the Road to Recovery Volunteer Interest Tracking/Sign-up sheet available for people at the end of the award ceremony.

Fight Back!

Help cancer patients in your community. Become a Road to Recovery volunteer and help cancer patients get to their appointments and life-saving treatments.



**The American Cancer Society
Road to Recovery License Plate Challenge**

Survivor Judging Ballot Form

Team with the most creative Road to Recovery License Plate is:

TEAM NAME: _____

**The American Cancer Society
Road to Recovery License Plate Challenge**

Survivor Judging Ballot Form

Team with the most creative Road to Recovery License Plate is:

TEAM NAME: _____

**The American Cancer Society
Road to Recovery License Plate Challenge**

Survivor Judging Ballot Form

Team with the most creative Road to Recovery License Plate is:

TEAM NAME: _____

**The American Cancer Society
Road to Recovery License Plate Challenge**

Survivor Judging Ballot Form

Team with the most creative Road to Recovery License Plate is:

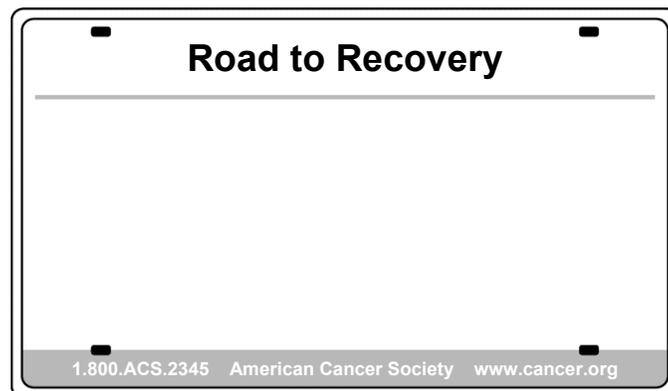
TEAM NAME: _____



The American Cancer Society Road to Recovery License Plate Challenge

Team Directions to Enter the License Plate Challenge:

1. Design a personalized license plate to reflect what you believe having free rides to and from cancer treatments means to a cancer patient and their family or what it would mean to a volunteer driver who gives the rides?
2. There are seven spaces for letters or numbers on the Road to Recovery license plate to be creative with, use markers, pens, crayons, etc...
3. Only one license plate entry per team.
4. Creatively display the license plate at your team campsite. The judging will take place during the hours of _____ and the winners will be announced at _____.
5. The Survivors in attendance at Relay will judge which license plate is the best. Each survivor will hand in his or her license plate ballot form to the Survivorship area the Relay.
6. The most creative team to win the Road to Recovery License Plate Challenge will be awarded a special prize.



Road to Recovery

1.800.ACS.2345

American Cancer Society

www.cancer.org

TEAM NAME: _____

TEAM CAPTAIN NAME: _____



Relay Activity – Services

Road to Recovery Car Show and Race

The American Cancer Society offers the Road to Recovery program in which cancer patients can receive rides to and from cancer-related medical appointments free of charge in your community. Become a volunteer driver today!

Recruit volunteer drivers through the Relay For Life event.

Supplies:

- Orange Cones
- Caution Tape
- 3 signs: “Driver’s House,” “Patient’s House,” and “Treatment Center”
- Prizes for winning teams: Car Show and Car Race
- Road to Recovery program descriptions/brochures
- Road to Recovery applications
- Volunteer training conference call schedule & sign-up sheet

Directions:

1. Teams make cardboard boxcars (large enough to fit two people: a driver and a passenger) and bring the completed car to the Relay For Life event. Cars should advertise the Road To Recovery program clearly and can be made in any style, e.g., fire truck, airplane, racecar, etc.
2. Car Show or Parade: Have participants park cars in a specified area for a time and display cars like a classic car show. Hold this event for 30 minutes to one hour. The other option would be to have the cars do a parade around the track at a specified time. Have survivors judge the cars and decide on various categories of the Mission Delivery committee’s choosing, e.g., “Best in Show,” “Most Creative,” and “Best Advertisement for Road to Recovery.” Give awards out in a public setting for the winners. Always highlight the Road to Recovery program and advertise where to sign up to be a driver. Offer teams a prize for recruiting a driver.
3. Car Race: The field can be set up a quarter to half of the length of a football field. Mark the field with orange cones, and yellow “caution” tape if available. There are three stations of the race, spaced equal distances apart, with signs at each place: 1) Driver’s House, 2) Patient’s House, 3) Treatment Center.
4. Process: Depending on how many teams enter a car into the race, divide the cars/teams up into groups to race in heats, with the winning team from each heat going on to the final heat, or championship.
5. Race: The race consists of the boxcar the team made and two people from each team: the driver and the patient. Racers start at the “Driver’s House” with only the driver in the



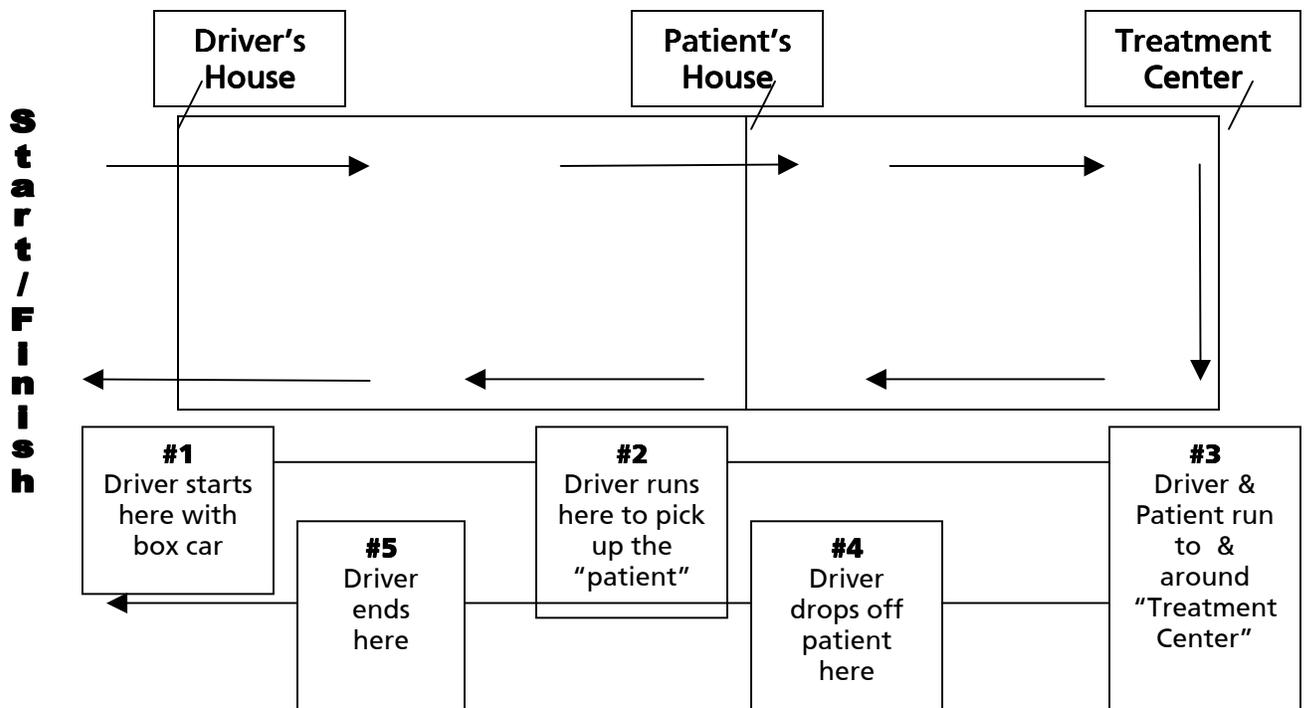
boxcar. The second team member/passenger (“patient”) stands at mid-field and waits to be picked up by the driver. When the race starts, the driver runs to the “Patient’s House” and picks up the patient, and both run (inside the box car) to the “Treatment Center” at the end of the field, run around the treatment center, run back to the patient’s house, drop off the patient, and the driver runs back across the start/finish line, and the trip is over. The first to cross the finish line is the winner of that heat.

6. Continue this process in heats until all teams have raced, and hold a final race championship among the winners of each heat.
7. Message: At each juncture of the Car Show/Parade and Race, have a volunteer speak to the crowd of the importance of the Road to Recovery program, citing local statistics and patient service numbers, and repeatedly communicating the specific local need for volunteer drivers. Indicate repeatedly where interested people can get more information on the program and sign up to volunteer.

Fight Back!

Help cancer patients in your community. Become a Road to Recovery volunteer and help cancer patients get to their appointments and life-saving treatments.

\$\$\$ Team Fundraising Tip: To make this a fundraiser, have entry fees for participants. Be creative in incorporating this into your on-site fundraising!





Design your own ... Services Activity

We are so glad that you have chosen to design your own Mission Delivery activity at your event or campsite. Before you start planning, please make sure you review the American Cancer Society guidelines below. Please submit this back to your Relay staff partner for approval and for any materials you may need. Good luck!

Questions to keep in mind

- Who will you be targeting? (Adults? Youth? Males? Females?)
- Where will you be doing the activity? (Mission Delivery area? Campsite? Stage?)
- If the committee is designing the activity, how will you have teams implement it?
- How will you promote the activity at the event to make sure there is participation? (Stage announcement? Implement on the track? In the event program?)
- How many volunteers will be implementing this activity?

Message and American Cancer Society Guidelines

No matter who you are, the American Cancer Society can help. Contact us anytime, day or night, for information and support. The American Cancer Society's toll-free 800 number (1-800-ACS-2345) is available twenty-four hours a day, seven days a week. Trained cancer information specialists answer questions about cancer, link callers with resources in their communities, and give information on local events

The American Cancer Society offers many services to cancer patients, survivors, and caregivers that help to enhance aspects of life often challenged by the disease. No one has to make the cancer journey alone. American Cancer Society services such as Reach to Recovery, Man to Man, I Can Cope, Look Good...Feel Better, Road to Recovery, Call Back, and the Cancer Survivors Network offer a full range of information and support at any stage of a cancer journey.

Fight Back! The American Cancer Society has numerous volunteer opportunities regardless of having a little or a lot of time that can be accomplished from the home or the office. In order to reach more patients and help provide them with free quality services from the American Cancer Society, we need more volunteers! Help those touched by cancer by signing up for a *Be a Cancer Resource* call at www.acsmisiontraining.org.

Activity

Activity Name:

Supplies Needed:

Activity Description:



Nutrition and Physical Activity

Background

After reviewing the scientific evidence, the American Cancer Society has confirmed that eating a healthy diet and being physically active can help prevent cancer. And you can start to eat smarter and be more active at any time – from childhood to old age. No matter when you start, you'll begin to be healthier and reduce your cancer risk.

Below you will find the American Cancer Society's nutrition and physical activity guidelines for adults and children. These recommendations are based on the latest scientific information to help reduce the risk of developing cancer.

American Cancer Society nutrition and physical activity guidelines:

Eat a variety of healthful foods, with an emphasis on plant sources:

- Eat five or more servings of fruits and vegetables each day.
- Choose whole grains in preference to processed grains or sugars.

Adopt a physically active lifestyle:

- Adults – Engage in at least moderate activity above activities of normal daily living for 30 minutes or more on five or more days of the week: 45 minutes or more of moderate to vigorous activity on five or more days per week may further reduce the risk of breast and colon cancer.
- Children and Adolescents – Engage in at least 60 minutes of moderate to vigorous physical activity above activities of normal daily living at least five days per week.

Moderate activity is anything that makes you breath as hard as you do during a brisk walk. During moderate activities, you'll notice a slight increase in heart rate and breathing, but you may not break a sweat. Vigorous activities are performed at a higher intensity. They produce an increased heart rate, sweating, and increased breathing rate. Other beneficial activities include those that improve strength and flexibility such as weight lifting, stretching, tai chi, and yoga.

Key messages to impart to Relay For Life participants should include:

- You can reduce your cancer risk. Maintain a healthy weight and adopt healthy eating habits and be physically active.
- Eat a balanced diet of at least five or more servings of fruits and vegetables each day.
- Adopt a physically active lifestyle: adults should be active for at least 30 minutes a day; youth should be active for at least 60 minutes a day.
- For a majority of Californians who do not smoke, maintaining a healthy weight, eating better, and being active are the most important ways to reduce cancer risk.



Mission Moment – Nutrition and Physical Activity

Nutrition and Physical Activity Quiz

Good nutrition is important and that at Relay we should also try and support this by having healthy options. Sometimes it's hard to say no to the free pizza, but fighting cancer begins with good nutrition.

Supplies:

Quiz

Choices for Good Health brochure (materials code 2089.00)

Directions:

1. Make copies of the quiz and pass out to the group. Give them a few moments to fill it out
2. Go over the answers with them
3. Pass out *Choices for Good Health* (someone can read from it)
4. You can also bring examples of healthy foods (carrots, oranges, etc) to the meeting.

Call to Action!

You can reduce your cancer risk by eating a healthy diet and being physically active. Make a personal commitment to eating at least five servings of fruits and vegetables a day and being physically active for at least 30 minutes a day.



American Cancer Society Nutrition and Physical Activity Quiz

In addition to staying away from tobacco, what is the most important action a person can take to reduce their risk of developing cancer?

1. Improve diet
2. Maintain a healthy weight
3. Increase physical activity
4. All of the above

What is the nation's fastest growing health problem?

1. Physical inactivity
2. Obesity
3. Genetics
4. Gardener's thumb

The American Cancer Society guidelines on nutrition and physical activity for cancer prevention recommend that individuals participate in at least _____ minutes or more of moderate physical activity on five or more days of the week.

1. 20
2. 30
3. 40
4. 50

True or False You can start to eat smarter and be more active at any age. No matter when you start, you'll begin to be healthier and reduce your cancer risk.

True or False To get the benefit of physical activity, you must be active continuously for 30 minutes.

One medium apple (one serving) is about the size of:

1. 1 light bulb
2. 1 baseball
3. The palm of your hand
4. 3 dice

One cup of leafy greens (one serving) is about the size of:

1. Two handfuls
2. 1 tennis ball
3. 1 walnut
4. 1 fist

CALL to ACTION! Take the stairs. Grab a piece of fruit for a snack. Park farther away. Do what you can to be more active and eat a healthier diet. Reduce your cancer risk: eat at least five servings of fruits and vegetables a day. Be active for at least 30 minutes daily.



American Cancer Society Nutrition and Physical Activity Answers

In addition to staying away from tobacco, what is the most important action a person can take to reduce their risk of developing cancer?

1. Improve diet
2. Maintain a healthy weight
3. Increase physical activity
- 4. All of the above**

What is the nation's fastest growing health problem?

1. Physical inactivity
- 2. Obesity**
3. Genetics
4. Gardener's thumb

The American Cancer Society guidelines on nutrition and physical activity for cancer prevention recommend that individuals participate in at least _____ minutes or more of moderate physical activity on five or more days of the week.

1. 20
- 2. 30**
3. 40
4. 50

TRUE or False You can start to eat smarter and be more active at any age. No matter when you start, you'll begin to be healthier and reduce your cancer risk.

True or FALSE To get the benefit of physical activity, you must be active continuously for 30 minutes.

One medium apple (one serving) is about the size of:

1. 1 light bulb
- 2. 1 baseball**
3. The palm of your hand
4. 3 dice

One cup of leafy greens (one serving) is about the size of:

1. Two handfuls
2. 1 tennis ball
3. 1 walnut
- 4. 1 fist**



Mission Moment – Nutrition and Physical Activity

Super Food for Super Health

The nutritional value of various foods.

Supplies:

Healthy fruits and vegetables to share

Directions: If you brought healthy snacks, pass them around the meeting. Read:

Broccoli, cabbage, and kale

The isothiocyanates in these cruciferous vegetables stimulate the liver to break down pesticides and other carcinogens. In people susceptible to colon cancer, these phytochemicals seem to reduce risk.

Carrots, mangos, and winter squash

The alpha and beta-carotenes in these orange vegetables and fruits play a role in cancer prevention, particularly of the lung, esophagus and stomach.

Citrus fruits, red apples, and yams

The large family of compounds known as flavonoids found in these fruits and vegetables (as well as red wine) show promise as cancer fighters.

Garlic and onions

The onion family (including leeks, chives, and scallions) is rich in allyl sulfides, which can help lower high blood pressure and show promise in protecting against cancers of the stomach and the digestive tract.

Pink grapefruit, red bell peppers, and tomatoes

The phytochemical lycopene is actually more available after cooking, which makes tomato paste and ketchup the best sources of it. Lycopene shows promise in fighting lung and prostate cancers.

Red grapes, blueberries, and strawberries

The anthocyanins that give these fruits their distinctive colors may help ward off heart disease by preventing clot formation. Anthocyanins also appear to inhibit tumor growth.

Spinach, collard greens, and avocado

Lutein, which appears to reduce the risk of cardiovascular disease and stroke as well as guard against age-related macular degeneration, which leads to blindness, is also abundant in pumpkins.



Relay Activity – Nutrition and Physical Activity

Might as well Jump! Jump! Go ahead annd Jump!

Promote the importance of regular physical activity and the American Cancer Society guidelines for physical activity and cancer prevention:

Adults: Engage in at least moderate activity for 30 minutes or more on five or more days of the week; 45 minutes or more of moderate to vigorous activity on five or more days per week may further reduce the risk of breast and colon cancer.

Children and adolescents: Engage in at least 60 minutes per day of moderate-to-vigorous physical activity for at least five days per week.

Supplies:

Large colorful handmade sign advertising a jump rope contest. (may also double as the official score sheet once the contest starts)

Prizes for the top three or four jumpers: jump rope, small fruit basket, juice, etc.

Multiple jump ropes

Mark off jump area with masking tape, paint, orange cones, chalk, or designate an area where the jumpers can jump freely.

Sign to list participants and number of jumps completed (if you do not use the back of the handmade sign)

Suggested prizes include: jump rope, small basket of fruit, fruit juice, etc.

Directions:

This jump-roping contest will test participants' endurance, coordination, and willingness to potentially look very silly in front of a bunch of other people. You can promote the contest by including it in the event program and going tent-to-tent and letting people know when it will take place. Have the MC make a stage announcement when the contest is set to begin and direct participants to the location of the contest.

To get started and allow contestants a chance to get their jump roping coordination down, each participant is allowed two or three practice jumps to get the feel of the rope.

1. At the go signal, participant jumps until they misses steps.
2. As they are jumping the official jump recorder counts and each jumpers' jumps.
3. Scoring is simple – the person with the most jumps wins (no extra points are awarded for any Rocky Balboa type fancy cross over, one footed, or double jumps – as cool as they may look).
4. Encourage competition between teams.



5. Be sure to offer applause and encouragement to participants. For an added touch you could ring a bell to indicate each jump that is completed successfully.
6. Give prizes you have selected at time you have indicated to winners.

\$\$\$ Team Fundraising Tip:

Want to raise more money for your team? Turn this Mission Delivery activity into an on-site fundraiser by asking participants for a small donation (\$1 or \$2) to enter the contest. Sell jump ropes, hula hoops, or other fun exercise equipment.

CALL TO ACTION!

Be more physically active. This activity was a fun way to get your heart rate up and get a little exercise. If you are already active, keep it up! If not, look for ways incorporate physical activity into your daily routine and make a commitment to reducing your cancer risk by being more active.



Relay Activity – Nutrition and Physical Activity

Obstacle Course

Promote the importance of regular physical activity and the American Cancer Society guidelines for physical activity and cancer prevention.

Adults: Engage in at least moderate activity for 30 minutes or more on five or more days of the week; 45 minutes or more of moderate to vigorous activity on five or more days per week may further reduce the risk of breast and colon cancer.

Children and adolescents: Engage in at least 60 minutes per day of moderate-to-vigorous physical activity for at least five days per week.

Supplies:

8-12 small cones*
2-3 jump ropes*

8-12 hula hoops*
Small prize for the winner

Directions:

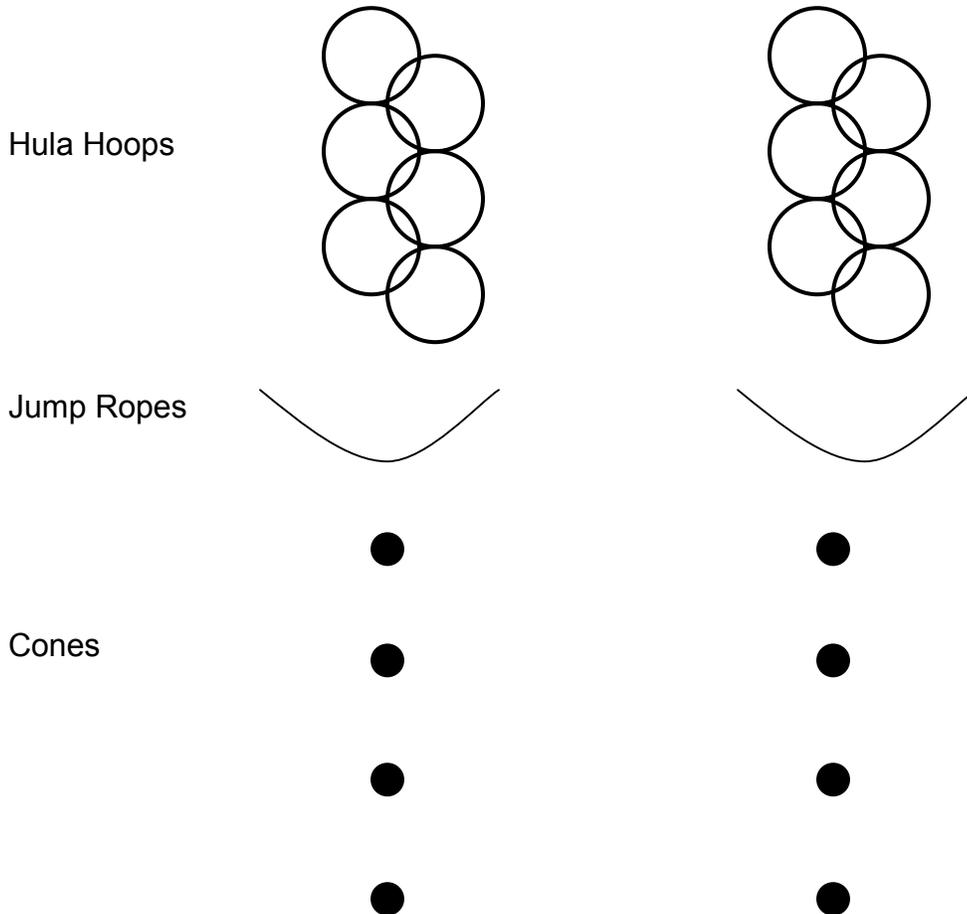
This obstacle course is designed to get people active in a fun and engaging way. To encourage participation be sure to promote the contest to everyone at your event. You can do this by including it in the event program and going tent to tent to let Relayers know when and where it will be taking place. Have the MC make a stage announcement when the contest is set to begin and direct participants to the location of the contest. It can be done as a team or an individual event.

To do the activity you will need a good size area of open space. Start by setting up the course.

1. Set up two courses (or three) side by side. (See diagram below for an example of what the course might look like.)
2. Use the cones to make a zigzag path for contestants to run through, weaving in and out between each cone.
3. After the cones leave the jump ropes out on the ground. When contestants get to the jump rope section of the course they need to do thirty revolutions (or jumps) before advancing to the next section.
4. After the jump rope, lay the hula-hoops on the ground for contestants to run through hopscotch style – similar to running through tires.
5. After the hula-hoops, contestants need to do 10 jumping jacks before running back to the starting line. If this is a team activity, they would tag their next team member.

This activity can be done a number of ways. The idea is to get people moving. You can easily substitute different items or different quantities of items to make up your course. For instance if you have only two hula hoops make contestants hula hoop for 10 revolutions rather than running through them hopscotch style. Most importantly, be creative and have fun with it!

Here is an example of what your course could look like:



\$\$\$ Team Fundraising Tip:

Turn this Mission Delivery activity into an on-site fundraiser by asking teams for a small donation (maybe \$5 per team) to participate. The fun they have running through the course will be well worth it.

CALL TO ACTION!

Be more physically active! This activity was a fun way to get your heart rate up and get a little exercise. If you are already active, keep it up. If not, look for ways incorporate physical activity into your daily routine and make a commitment to reducing your cancer risk by being more active.



Relay Activity – Nutrition and Physical Activity

Fun Food Challenge

Bring more healthy options to your Relay. Promote healthy eating choices and encourage people to eat more fruits and vegetables.

Supplies:

Tables
Fruit

Veggies
Posters

Nuts
Nutrition info

Directions:

1. Set up stations around the track manned by volunteers. Or have 10 teams incorporate a station into their campsite:
 - a. **Good choices, bad choices** – Display healthy choices (fruits and vegetables) and not so healthy choices (candy bars, potato chips, etc)
 - b. **Guess by smell** – Have participants put their sniffer to the test and try to identify a certain fruit or vegetable by smell.
 - c. **Guess by taste** - Have participants put the old taste buds to work and try to identify a certain fruit or vegetable by taste only. You can blindfold them if you like to be sure they don't cheat.
 - d. **Peel orange** – Make it a contest if you like. If you have two people at your table/campsite at the same time, see who can peel it faster.
 - e. **Name the nut** – Have a selection of nuts and see if participants can name them all. Include the nutritional information for the nuts too.

Be sure to confirm that participants do not have food allergies – especially the nut station.
2. As Relayers walk the track and stop by the stations have them perform the respective activity.

You can also make a little score sheet for participants to check off as they go from station to station. To give participants added incentive you can get a small prize and have everyone return their completed score sheets to be entered into an opportunity drawing for a small prize.

CALL TO ACTION!

Reduce your cancer risk by choosing a healthier diet. Eat at least five servings of fruits and vegetables a day, adopt a physically active lifestyle, maintain a healthful weight throughout life.

\$\$\$ Team Fundraising Tip:

Charge a small fee at a fruit and vegetable art station. Provide contestants with a selection of fruits, vegetables, and toothpicks and have them assemble the fruits and veggies into sculptures – an animal, a person, a flower, whatever floats their boat. Put the entries on display and choose a small group of people to judge. Or: set-up a mini fruit and veggie stand to sell produce to participants.



Relay Activity – Nutrition and Physical Activity

The Prize is Life

Supplies:

Variety of foods for each question	Microphone
2-part tickets (raffle tickets)	Volunteer emcees

Directions: The Prize is Life is a take-off on “Price is Right.” Work with the Entertainment chair/committee to incorporate. This would be ideal to have in the event program. Make sure the activity is promoted for maximum participation.

1. Numbered raffle tickets are presented to potential audience participants as they walk around the track and around campsites. They are asked to sit in the bleachers or in front of the stage at a certain time. After the audience sits, the game show host calls out a number. The person holding that ticket is told: “Come on down! And play *The Prize is Life!*”
2. The contestant is presented with four or five food items on a table in front of the audience. The contestant is asked to guess which is highest in fiber. If they answers correctly, they choose a prize.
3. Another question is asked a new contestant and presented with four to five food items; they are asked which has the highest number of fat grams.
4. Next question, next contestant, next four to five food items: Which costs the least?
5. Next question, next contestant, and next four to five food items: Which has the highest of milligrams of vitamin C?
6. You can have a number of questions.
7. Read:
Two-thirds of cancers can be prevented from proper nutrition, physical activity, and no tobacco use. Eat a balanced diet including at least five servings of fruits and vegetable every day.

Have prizes for the winners and maybe have each person in the audience receive a consolation prize like a Relay For Life bracelet, stickers, etc.

CALL TO ACTION! Reduce your cancer risk by choosing a healthier diet! Eat at least five servings of fruits and vegetables a day, adopt a physically active lifestyle and maintain a healthful weight throughout life. Share this message with family, friends, and co-workers to help build a healthier community.



Relay Activity – Nutrition and Physical Activity

Trail ReMix with DJ Cal Carrot

A healthy diet and physical activity help prevent cancer. You can start to eat smarter and be more active at any age. No matter when you start, you'll begin to be healthier and reduce your cancer risk. Some tips are to choose whole grains in preference to processed grains and sugars, eat five or more servings of a variety of vegetables and fruits each day, choose fish, poultry, or beans as an alternative to beef, pork, and lamb. Substitute vegetables, fruits, and other low-calorie foods for calorie-dense foods such as French fries, cheeseburgers, pizza, ice cream, doughnuts, and other sweets.

Supplies:

- Ziploc baggies
- Bowls
- Serving spoons
- Shelled nuts
- Dried fruit
- Low-fat granola
- Sesame sticks
- Cereal (Cheerios, Chex)
- Cal Carrot costume

Directions:

1. Announce from the stage that there will be a Trail ReMix Station with DJ Cal Carrot.
2. Set-up the ingredients in bowls with serving spoons and have participants spoon what they like into a baggie.
3. Have nutrition information available and make sure that participants hear the message of the positive effect good nutrition can have on reducing one's cancer risk.

CALL TO ACTION! Reduce your cancer risk by choosing a healthier diet. Eat at least five servings of fruits and vegetables a day, adopt a physically active lifestyle, and maintain a healthful weight throughout life.



Design your own ... Nutrition and Physical Activity

We are so glad that you have chosen to design your own Mission Delivery activity at your event or campsite. Before you start planning, please make sure you review the American Cancer Society guidelines below. Please submit this back to your Relay staff partner for approval and for any materials you may need. Good luck!

Questions to keep in mind

- Who will you be targeting? (Adults? Youth? Males? Females?)
- Where will you be doing the activity? (Mission Delivery area? Campsite? Stage?)
- If the committee is designing the activity, how will you have teams implement it?
- How will you promote the activity at the event to make sure there is participation? (Stage announcement? Implement on the track? In the event program?)
- How many volunteers will be implementing this activity?

Message and American Cancer Society Guidelines

- Eat five or more servings of fruits and vegetables each day, for children, adults, and teen girls. Teen boys should eat seven servings. Choose whole grains in preference to processed grains.
- Limit your consumption of red meats, especially those processed and high in fat.
- Adults should engage in moderate physical activity for 30 minutes or more, and children and teens at least 60 minutes five or more days of the week. Moderate activity is anything that makes you breathe as hard as you do during a brisk walk.
- Stay within your healthy weight range. Balance caloric intake with physical activity.
- If you drink alcoholic beverages, limit consumption.
- Public, private, and community organizations should work to create social and physical environments that support the adoption and maintenance of healthful nutrition and physical activity behaviors.
- Adopting a physically active lifestyle can help reduce your risk of cancer.

Fight Back! Pledge to get at least 30 minutes or more of physical activity five or more days each week.

Activity

Activity Name:

Supplies Needed:

Activity Description:



Research

Background

The American Cancer Society dedicates more money to cancer research than any other private, not-for-profit non-government funder of cancer research in the United States. The research program consists of three components: extramural grants, intramural epidemiology and surveillance research, and the intramural behavioral research center. Investigators in medical schools, universities, research institutes, and hospitals throughout the country receive grants from the American Cancer Society.

In 2008 the American Cancer Society will celebrate 62 years of cancer research. Since 1946, the American Cancer Society has invested approximately \$3.1 billion in research. The annual total research expenditure has grown from just over \$1 million in 1947 to approximately \$131 million today. Less than 5 percent of the research budget goes for operating expenses for the grant program.

The American Cancer Society is proud of the 42 investigators that we supported before they went on to win the Nobel Prize, considered the highest accolade any scientist can receive. Major cancer research breakthroughs of the century include:

- Creation of recombinant DNA and gene cloning
- Discovery of cancer-causing oncogenes and tumor suppressing genes
- Discovery of genes for inherited breast and colon cancer
- Use of tamoxifen to reduce risk of second or first breast cancer

Who Should Speak About Research:

Surveys show that many people give to the American Cancer Society because of their interest in donating to cancer research. Informing participants about the American Cancer Society's research program and its accomplishments is important. Who speaks on behalf of the American Cancer Society's research program and shares this information is also important. Below are a few suggested spokespersons:

Society-funded investigators: Most funded investigators appreciate the opportunity to introduce and explain their research project or research findings to an audience. They also speak highly of the American Cancer Society's program and its importance in cancer research. Relay For Life is an excellent venue where participants actively raising money can directly hear how their contribution is at work. Research investigators who recently concluded their research project should also be considered. They have the opportunity to inform the audience of their completed accomplishments through our grant. (Current investigators can be found in the California Division Researcher Profile Database in Lotus Notes and most can be contacted directly. However, please remember that American Cancer



Society Research Professors or Clinical Research Professors can only be contacted through the Division office and with approval from our National office.)

Research Stakeholders: Research stakeholders are individuals who participate in the American Cancer Society's peer review process. Stakeholders are individuals with a personal interest in cancer; they serve on at least one Peer Review Committee. The stakeholders bring a fresh perspective to the review process, and they in turn gain an increased appreciation of the dedication and impartiality of the volunteers who review the grants and scientific merit. They also have a strong interest in advancing cancer control through cancer research and health professional training. Research stakeholders, current and past, are listed in the California Division Researcher Profile Database.

Health professionals: There are many well-qualified health professionals who can speak about the American Cancer Society's research program. These health professionals can share powerful messages with participants regarding how their Relay For Life contributions impact national, state, and local efforts of the American Cancer Society.



Mission Moment – Research

Research Icebreaker

Directions:

1. Have everyone stand while you read:

Please sit down if you know...

A child that is in remission from leukemia?

A man whose prostate cancer was detected with the PSA test?

A woman who had a lumpectomy or was treated with Tamoxifen for breast cancer?

A woman who has regular Pap tests and mammograms?

Someone who has taken Gleevec for chronic myeloid leukemia?

Anyone who has quit smoking?

Then you know someone who has benefited from research supported by the American Cancer Society. Since 1946, when the American Cancer Society began its research program, we have been involved in almost every major milestone made towards ending the disease. Nearly every day some new breakthrough brings us one step closer to answering those tough questions and finding cures for the hundreds of different types of cancers in the world.

2. Read:

I also have a story I'd like to share with you. (Choose one of the following stories to read.)

In the 1950s, George Papanicolaou (Pä'pƏ-nē'kƏ-lou'), M.D., Ph.D., pioneered a test to detect cervical cancer—once a top killer of women. Dr. Papanicolaou was discouraged by his peers' skepticism, but Charles Cameron, first director of the American Cancer Society's research program, immediately saw the Pap test as a potential lifesaver for millions of women. He secured an astonishing 25 percent of the American Cancer Society's budget to train Pap test technicians and publicly urged women to be tested. Today, 90 percent of American women follow the American Cancer Society's cervical screening guidelines and cervical cancer mortality rates have dropped by nearly 70 percent.

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OR

In the 1970s, the American Cancer Society's bold vision paid off when it defended its Breast Cancer Demonstration Project. This American Cancer Society study involved more than 280,000 women and proved that mammography is both accurate and safe. Once proven, the American Cancer Society worked diligently to ensure it was available to all women by advocating the passage of the Breast and Cervical Cancer Treatment Act, which provides free or low-cost screening to uninsured and underserved women. Now considered the gold standard of breast cancer detection, mammography is used to diagnose tens of thousands of breast cancers each year at the earliest, most treatable stages, which has led to decreased mortality rates every year since 1990.

3. Various informational research materials are located on LIFE/LINK that you may download and use as a leave behind).

Read:

Research like this is possible due to the money we raise through Relay For Life. To date, we have invested approximately \$3.1 billion in cancer research. The number of cancer survivors has, in part, tripled as a result and we invest research dollars in all various types of cancer. Researchers funded by the American Cancer Society have discovered many cancer-breakthroughs, things like the PSA (prostate specific antigen) test to screen for prostate cancer, mammography screening, the Pap test and many cancer-fighting drugs. If you'd like more information about our research program you can call our 800 number (1-800-ACS-2345) or visit our website at www.cancer.org.

Thank you.



Relay Activity - Research

Go Research

Do you remember the children's card game, "Go Fish"? Here is the American Cancer Society's Research Promotion version! The American Cancer Society has been funding research since 1946 and has been involved with many successes.

Supplies:

Go Research cards (ask your staff partner or download from The Link)

Directions:

This game has broken down five great research accomplishments into the categories of celebrate, remember, and fight back.

1. Distribute the cards to Relay participants and instruct them to find the other participants with cards to complete their celebrate, remember, fight back color sequence. Each accomplishment is in a different color, for example, the blue Celebrate cardholder must find the blue Remember cardholder and the blue Fight Back cardholder.
2. Once the three participants have found each other, they should walk three laps together talking to other Relayers about their accomplishment and then approach the stage to ask if they or someone else could make an announcement reading their completed celebrate, remember, fight back research statement.
3. You might want to offer a prize such as any left over Mardi Gras beads from the 2007 Research activity.
4. For those of you enrolling participants for Cancer Prevention Study-3 (CPS-3), a Go Research series has been written for those sites.* The cards should be printed out on colored paper to identify each section.

Examples: Celebrate = Blue Remember = Purple Fight Back = Red



Go Research Participant Instructions

You must find your match! While walking around the track look for other Relayers with Go Research cards in your color. Each color represents three components of an important research accomplishment.

Once you have found the complete group of cardholders (celebrate, remember, and fight back), please walk three laps together and show other Relayers your cards. Then approach the stage and ask if you or someone else could read the completed celebrate, remember, fight back statement.

The cards are colored coordinated so that you are able to locate you counterparts.



Relay Activity - Research

Relaying the Research

Supplies:

- Signs
- Zip-ties/rope
- Lab coats
- 2015 finish line
- Markers
- Prizes

Directions:

1. Have teams create signs with research messages (some can be found in the Design Your Own Research Activity section).
2. One person starts walking around the track wearing a lab coat repeating their message on the sign.
3. When they get to the second person on their team, that person then continues around the track with the second sign until they reach the third person and so on until the fifth person on the team completes the lap with their sign.
4. The team to reach the finish line first wins.



Design your own ... Research Activity

We are so glad that you have chosen to design your own Mission Delivery activity at your event or campsite. Before you start planning, please make sure you review the American Cancer Society guidelines below. Please submit this back to your Relay staff partner for approval and for any materials you may need. Good luck!

Questions to keep in mind

- Who will you be targeting? (Adults? Youth? Males? Females?)
- Where will you be doing the activity? (Mission Delivery area? Campsite? Stage?)
- If the committee is designing the activity, how will you have teams implement it?
- How will you promote the activity at the event to make sure there is participation? (Stage announcement? Implement on the track? In the event program?)
- How many volunteers will be implementing this activity?

Message and American Cancer Society Guidelines

- In 2008, we celebrate over 62 years of funding cancer research.
- Prior to the development of the Pap test in the 1960s, cervical cancer was one of the top killers of women. The creator of the test was funded by a Society research grant.
- Thanks in large part to the chemotherapy treatments pioneered by American Cancer Society-funded researchers over the last 30 years, the majority of children with cancer now grow to adulthood

Fight Back! Tell everyone about Cancer Prevention Study-3 (CPS-3), which tracks participants' health over many years to study and analyze the causes and prevention of cancer. Call 1-800-ACS-2345 to find out which pre-selected Relay For Life events in California in 2008 are enrolling individuals.

Activity

Activity Name:

Supplies Needed:

Activity Description:



Skin Cancer

Background

Skin cancer is the most common form of cancer and more than one million cases are diagnosed each year. One of the most important ways to lower the risk of skin cancer is to practice sun safety when outdoors. Because Relay For Life is an outdoor event, it is very important that we let participants know what they can do to practice sun safety while at the event.

Following a few easy steps (slip, slop, slap, wrap) can help Relayers protect themselves from the sun's harmful UV rays and reduce their risk of developing skin cancer:

- Slip on a shirt - Choose shirts and pants that protect as much skin as possible.
- Slop on sunscreen - Choose a sunscreen with sun protection factor (SPF) 15 or higher.
- Slap on a hat - Choose a hat that shades the face, neck, and ears.
- Wrap on sunglasses - Protect your eyes from UV rays.



Relay Activity – Skin Cancer

Skin Cancer Awareness Quiz

Skin cancer is the most common of all cancer types and the number of skin cancer cases has been on the rise for the past few decades. Currently more than one million skin cancers are diagnosed each year in the United States.

Fight Back by remembering to be sun smart and know the signs of skin cancer. To learn more about skin cancer call the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org.

Supplies:

- Quiz Sheet
- Pens/pencils
- Quiz Sheet – Answers
- Optional: Prize – for the first completed

Directions:

1. Print out copies of the Quiz Sheet.
2. Pass it out to participants and have them fill it out.
3. Once participants have completed their quizzes, go over the correct answers.
4. Read:

Skin cancer is the most common of all cancer types and the number of skin cancer cases has been on the rise for the past few decades. Currently, more than one million skin cancers are diagnosed each year in the United States.

Fight back by remembering to be sun smart and know the signs of skin cancer. To learn more about skin cancer call the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org.



SKIN CANCER QUIZ

Circle the correct answer for each question.

1. Melanoma is the most common form of skin cancer.
True False
2. Skin Cancer can be divided into two categories: melanoma and non-melanoma.
True False
3. Dark complexions do not develop skin cancer.
True False
4. A tan is damage to skin cells caused by excessive exposure to the sun.
True False
5. In the phrase “Slip, slop, slap, wrap,” “slap” refers to slapping on sunscreen.
True False
6. Basal Cell Carcinoma is the most dangerous form of skin cancer.
True False
7. The best time of day to avoid being outdoors to limit exposure to UV light is between the hours of 8 a.m. and 8 p.m.
True False
8. Researchers believe that the damages that most affect your risk of developing skin cancer occur during childhood.
True False
9. The minimum SPF you should use is SPF 45.
True False
10. Skin cancer is never fatal. It does not have the ability to spread.
True False



SKIN CANCER QUIZ

1. Melanoma is the most common form of skin cancer. False, nonmelanoma skin cancers are the most common cancers of the skin. They are called nonmelanoma because this group of cancers includes all skin cancers except one – melanoma
2. Skin Cancer can be divided into two categories: melanoma and non-melanoma. True
3. Dark complexions do not develop skin cancer. False, Everyone's skin and eyes can be damaged by the sun and other UV rays. Although people with light skin are more likely to have sun damage, darker-skinned people, including African Americans and Hispanic Americans, also can be affected.
4. A tan is damage to skin cells caused by excessive exposure to the sun. True
5. In the American Cancer Society “Slip, slop, slap, wrap” phrase, “slap” refers to slapping on sunscreen. False, it stands for slap on a hat.
6. Basal cell carcinoma is the most dangerous form of skin cancer. False, basal cell cancers and squamous cell cancers are the most common cancers of the skin. These cancers rarely spread elsewhere in the body and are less likely than melanomas to be fatal. Nonetheless, they are important to recognize. If left untreated, they can grow quite large and can cause scarring, disfigurement, or even loss of function in some parts of the body.
7. The best time of day to avoid being outdoors to limit exposure to UV light is between the hours of 8 a.m. and 8 p.m. False, UV rays are most intense during the middle of the day, usually between the hours of 10 a.m. and 4 p.m. If you are unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the strongest. Plan activities out of the sun during these times. If you must be outdoors, protect your skin.
8. Researchers believe that the damages that most affect your risk of developing skin cancer occur during childhood. True
9. The minimum SPF you should use is SPF 45. False, experts recommend products with a sun protection factor (SPF) of at least 15. The SPF number represents the level of protection against UVB rays provided by the sunscreen – a higher number means more protection. The SPF number is an indication of protection against UVB rays only. Sunscreen products labeled "broad-spectrum" protect against UVA and UVB radiation, but there is no standard system for measuring protection from UVA rays.
10. Skin cancer is never fatal. It does not have the ability to spread. False, like basal cell and squamous cell cancers, melanoma is almost always curable in its early stages. But if left alone, melanoma is much more likely than basal or squamous cell cancer to spread to other parts of the body, where it can be very hard to treat successfully and could be fatal.



Relay Activity – Skin Cancer

Slip! Slop! Slap! Wrap! Citation

Promote use of sunscreen. Ninety percent of skin cancers could have been prevented. Protect yourself from sunburn by avoiding the sun between 10 a.m. and 4 p.m. and using sunscreen with SPF 15 or higher. A tan is not healthy. It is the body's response to an injury of the skin caused by the dangerous ultraviolet rays of the sun. Relayers can protect themselves from the sun's harmful UV rays and reduce their risk of developing skin cancer by following a few simple steps:

- Slip on a shirt - Choose shirts and pants that protect as much skin as possible.
- Slop on sunscreen - Choose a sunscreen with sun protection factor (SPF) 15 or higher.
- Slap on a hat - Choose a hat that shades the face, neck, and ears.
- Wrap on sunglasses - Protect your eyes and the sensitive skin around them from UV rays.

Supplies:

- Citations
- Pens or pencils
- Sunscreen
- Slip! Slop! Slap! Officer badges

Directions:

1. Volunteers would approach Relayers on the track or the field and ask them if they have slipped on a shirt, slopped on sunscreen, slapped on a hat with a wide brim, and wrapped on sunglasses. If the Relayer in question complies or the volunteers observe any that have a hat and shirt on, they issue a citation to the participant. The citation should emphasize the positive measures people are taking to protect from the sun.
2. The participant can turn the citation in to receive a prize or for entry for a drawing and prize. If you have sunscreen available at the prize area, this is a great chance to direct those who have not slopped on sunscreen to do so. Or volunteers can also have prizes and sunscreen with them as they walk the track.
3. Create a team campsite theme using police decorations. Have team members dress in police hats, wear the sun patrol badges and decorate the campsite with sirens and other police or jail signs or objects.

\$\$\$ Team Fundraising Tip: Turn this Mission Delivery activity into an on-site fundraiser by creating a Sun Safety Awareness Jail and Bail. Stop participants walking the track. The person who doesn't meet the criteria on the citation goes into a "Jail" box. In order for them to go free they must put on their sunscreen and have someone bail them out by giving a donation. Give the donor and the person who is jailed sun safety and skin cancer awareness tips.

Slip! Slop! Slap! Wrap! Citation

You have been issued this citation for compliance with the following American Cancer Society guidelines concerning sun exposure.

- Slip!** On a shirt. Protect your skin with clothing.
- Slop!** On sunscreen with a Sun Protection Factor (SPF) of 15 or higher. *Please pass by the Mission Delivery area to apply some sunscreen.*
- Slap!** On a hat with a wide brim. Make sure the hat protects your face, ears, and neck. (No baseball caps.)
- Wrap!** On sunglasses. Protect your eyes from UV rays.
- Slurp!** Keep hydrated by constantly drinking water.
- Reapply!** Be sure to put on more sunscreen.

During the middle of the day the sun's rays are very strong. Take the shadow test: when your shadow is shorter than you are, the sun is high in the sky, and the ultraviolet rays are very strong. UV rays travel through clouds. Be sure to protect your skin even on cloudy or overcast days.

For more information call 1-800-ACS-2345 or visit www.cancer.org

Slip! Slop! Slap! Wrap! Citation

You have been issued this citation for compliance with the following American Cancer Society guidelines concerning sun exposure.

- Slip!** On a shirt. Protect your skin with clothing.
- Slop!** On sunscreen with a Sun Protection Factor (SPF) of 15 or higher. *Please pass by the Mission Delivery area to apply some sunscreen.*
- Slap!** On a hat with a wide brim. Make sure the hat protects your face, ears, and neck. (No baseball caps.)
- Wrap!** On sunglasses. Protect your eyes from UV rays.
- Slurp!** Keep hydrated by constantly drinking water.
- Reapply!** Be sure to put on more sunscreen.

During the middle of the day the sun's rays are very strong. Take the shadow test: when your shadow is shorter than you are, the sun is high in the sky, and the ultraviolet rays are very strong. UV rays travel through clouds. Be sure to protect your skin even on cloudy or overcast days.

For more information call 1-800-ACS-2345 or visit www.cancer.org

Slip!Slop!Slap!



Officer

Slip!Slop!Slap!



Officer

Slip!Slop!Slap!



Officer

Slip!Slop!Slap!



Officer



Design your own ... Skin Cancer Activity

We are so glad that you have chosen to design your own Mission Delivery activity at your event or campsite. Before you start planning, please make sure you review the American Cancer Society guidelines below. Please submit this back to your Relay staff partner for approval and for any materials you may need. Good luck!

Questions to keep in mind

- Who will you be targeting? (Adults? Youth? Males? Females?)
- Where will you be doing the activity? (Mission Delivery area? Campsite? Stage?)
- If the committee is designing the activity, how will you have teams implement it?
- How will you promote the activity at the event to make sure there is participation? (Stage announcement? Implement on the track? In the event program?)
- How many volunteers will be implementing this activity?

Message and American Cancer Society Guidelines

- Everyone is at risk for skin cancer whatever their skin color.
- Everyone needs to protect themselves from the sun.
- Following are actions you can take to reduce your risk of skin cancer.
- Slip on a shirt – choose shirts and pants that protect as much skin as possible.
- Slop on sunscreen – choose a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.
- Slap on a hat – choose a hat that shades the face, neck, and ears.
- Wrap on sunglasses – protect your eyes from UV rays.

Fight Back! Slip! Slop! Slap! Wrap!

Activity

Activity Name:

Supplies Needed:

Activity Description:



Tobacco

Background

Statistics illustrate what battles still must be fought, but we have won many important victories. In 1977, Berkeley, California, became the first community to limit smoking in restaurants and other public places. A federal smoking ban on all interstate buses and domestic flights of six hours or less was passed in 1990. And in 1999, the Department of Justice filed suit against cigarette manufacturers, charging the industry with defrauding the public by lying about the risks of smoking.

Also in 1999, the landmark Master Settlement Agreement (MSA) was passed, requiring tobacco companies to pay \$206 billion to 45 states by the year 2025 to cover Medicaid costs for treating smokers. The MSA also closed the Tobacco Institute and ended cartoon advertising and tobacco billboards. In 2001, the Philip Morris Companies officially apologized for a study commissioned by an international affiliate that concluded the Czech Republic benefited financially from the premature deaths of smokers. Although there has been great progress, there is much more to accomplish to significantly reduce tobacco-related cancer diagnoses and deaths.

Smoking is the greatest preventable cause of premature death in our society, yet in 2004 an estimated 20.9 percent of adults in the U.S. were smokers. In 2005, 14 percent of adult Californians still smoked. Tobacco use is responsible for one of every three cancer deaths, and about 85 percent of all lung cancers in California. Lung cancer alone kills nearly 14,000 people in California each year. Cancers of the mouth, pharynx, larynx, esophagus, pancreas, cervix, kidney, and bladder are also associated with smoking, as are heart disease, stroke, and emphysema.

Fifty-four percent of adult smokers report that they tried to quit smoking in 2005. Smoking rates declined steadily from 1989 to 2005. Since then, smoking rates have remained stable. In 2004, around 13.2 percent of high school students reported having smoked in the last 30 days. However, adults 18 to 24 have the fastest-growing rate of tobacco use and are the focus of tobacco company marketing efforts as the “smokers of the future.”

To make the greatest impact on lung cancer in the shortest amount of time, the American Cancer Society will capitalize on three key areas of opportunity moving forward: influencing policy makers to increase the number of people who live and work in smoke-free environments; working to secure increased tobacco taxes and appropriations for comprehensive tobacco control programs; and increasing the number of smokers who have access to high quality, paid smoking cessation counseling, and medications.



Mission Moment – Tobacco

Tobacco Cessation Quiz

Promote tobacco cessation.

Directions: Provide this quiz at a committee or team captain meeting and read:

Every November, smokers across the United States have a chance to quit smoking by joining the Great American Smokeout®. Studies show that even people who have smoked for years can dramatically reduce their risk of lung cancer by quitting, but quitting can reduce the risk of many other cancers as well. Look at the following list of cancers; which ones do you think have been directly linked to tobacco use?

1. Cancer of the mouth
2. Cancer of the larynx, pharynx, and esophagus
3. Cancer of the kidney
4. Cancer of the bladder
5. Cancer of the pancreas
6. Cancer of the cervix
7. Acute leukemia
8. Cancer of the stomach
9. Cancer of nasal sinuses

If you answered “yes” to all of the above, you’re right. Smoking has been linked to each of the above cancers and may be a risk factor in many more. Overall, 30 percent of all cancer deaths, including 85 percent of lung cancer deaths, can be attributed to tobacco use. But the Great American Smokeout offers the chance to turn those statistics around. Nearly 50 million former smokers in the United States are living proof that you can do it.

For more information about the Great American Smokeout, call the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org.

CALL TO ACTION! One out of every three cancer deaths is due to tobacco use. Smoking causes 85 percent of lung cancer cases. Make a commitment to quitting or helping friends, family, and co-workers quit! For those who do quit, the risk of lung cancer decreases over time. After fifteen years, the risk is only slightly higher than those who never smoked. For more information please call 1-800-ACS-2345.



Mission Moment – Tobacco

Straw Breathing

Demonstrate the reduced lung capacity smokers have

Supplies:

Soda straws

Directions:

1. Give the stats about tobacco products—like cigarette smoking causes 85 percent of lung cancer. More than seven million current and former smokers suffer from chronic obstructive pulmonary disease (COPD), the name used to describe both chronic bronchitis and emphysema. The truth is cigarette smokers die younger than nonsmokers. In fact, according to the Centers for Disease Control and Prevention study conducted in the late 1990s, smoking shortened male smokers' lives by 13.2 years and female smokers' lives by 14.5 years.
2. Review the risks, secondhand smoking, need for cessation, etc.
3. Hand out straws.
4. Discuss lung cancer, decreased oxygen, and likewise topics.
5. Instruct participants to hold their nose and breathe only out of the straw.
6. Time straw breathing for one minute.
7. Discuss the following:

This exercise is just a simulation of the experience of a smoker. What it cannot simulate is the real anguish of an individual who finds out that they have lung cancer or emphysema. Tobacco is a very addictive drug. Encourage smokers in your life to quit – call 1-800-NOBUTTS. Work with youth to prevent them from smoking in the first place.

CALL TO ACTION! Smoking causes 85 percent of lung cancer cases. Make a commitment to quitting or helping friends, family, and co-workers quit. For those who do quit, the risk of lung cancer decreases over time. After fifteen years, the risk is only slightly higher than those who never smoked. For more information please call 1-800-ACS-2345.



Mission Moment – Tobacco

Smoking Rates Among Lesbian, Gay, Bisexual, Transgender Californians

Inform on smoking prevalence in the lesbian, gay, bisexual, and transgender community.

Supplies:

Tobacco and the LGBT Community brochure (No. 2025.00)
Population Tobacco Use Study fact sheet

Directions: Distribute the lesbian, gay, bisexual, transgender (LGBT) population tobacco use study facts sheet and highlight key points:

- Smoking prevalence for the overall LGBT population is almost double that of the general population (30.4% vs. 19.1%)
- Smoking prevalence for men in the LGBT community is about 50 percent higher than that of men in the general community (27.4% vs. 19.1%)
- Smoking prevalence for women in the LGBT community is almost triple that of women in the general community (32.5% vs. 11.9%)
- Among smokers, women in the LGBT community are more likely to be daily smokers (23.7%) than the general population women (8.9%)

Remind everyone that cancer does not discriminate and that here at the American Cancer Society we stand behind our commitment: “No matter who you are – we can help.” When talking with your friends and family about tobacco use, the risk of lung cancer, and resources for quitting, be sure to include information about the inordinately high levels of tobacco use among the LGBT community.

(LGBT is from the California Lesbian, Gay, Bisexual, and Transgender Tobacco Use Study, 2004; General population smoking prevalence is from California Tobacco Survey, 2002.)

CALL TO ACTION! Smoking causes 85 percent of lung cancer cases. Make a commitment to quitting or helping friends, family, and co-workers quit! For those who do quit, the risk of lung cancer decreases over time. After 15 years, the risk is only slightly higher than those who never smoked. Keep in mind that smoking has a higher prevalence in certain communities. Cancer does not discriminate, it affects everyone regardless of race, gender, and sexual orientation. For more information please call (800) ACS-2345.



Relay Activity– Tobacco

Butts are Gross

Demonstrate the effect that tobacco has on lungs

Supplies:

- Jar of cigarette butts
- “Good and Bad Lung” model
- Butts are Gross poster
- Entry forms
- Prize

Directions:

1. Have a mayonnaise size jar full of cigarette butts
2. Have participants write their guess of how many butts are in the jar on a slip of paper
3. Show the audience the model of the lungs and the effect cigarette smoking has on lungs

Give a prize to the one whose guess is the closest to the amount in the jar

\$\$\$ Team Fundraising Tip: Turn your Mission Delivery activity into an on-site fundraiser by asking participants to give a donation to participate.

CALL TO ACTION! Smoking causes 85 percent of lung cancer cases. Make a commitment to quitting or helping friends, family, and co-workers quit. For those who do quit, the risk of lung cancer decreases over time. After 15 years, the risk is only slightly higher than those who never smoked. For more information please 1-800-ACS-2345.



Butts are Gross Entry Slips

Name: _____ Phone: _____

How many Butts are in the jar? _____

Name: _____ Phone: _____

How many Butts are in the jar? _____

Name: _____ Phone: _____

How many Butts are in the jar? _____

Name: _____ Phone: _____

How many Butts are in the jar? _____

Name: _____ Phone: _____

How many Butts are in the jar? _____

Name: _____ Phone: _____

How many Butts are in the jar? _____

Name: _____ Phone: _____

How many Butts are in the jar? _____



Design your own ... Tobacco Activity

We are so glad that you have chosen to design your own Mission Delivery activity at your event or campsite. Before you start planning, please make sure you review the American Cancer Society guidelines below. Please submit this back to your Relay staff partner for approval and for any materials you may need. Good luck!

Questions to keep in mind

- Who will you be targeting? (Adults? Youth? Males? Females?)
- Where will you be doing the activity? (Mission Delivery area? Campsite? Stage?)
- If the committee is designing the activity, how will you have teams implement it?
- How will you promote the activity at the event to make sure there is participation? (Stage announcement? Implement on the track? In the event program?)
- How many volunteers will be implementing this activity?

Message and American Cancer Society Guidelines

- 85 percent of lung cancer is caused by cigarette smoking.
- One out of every three cancer deaths is due to tobacco.
- Researchers are finding that smoking is linked to cancers of the mouth, throat, pancreas, cervix, kidney, and bladder.
- 3,000 non-smoking adults die of lung cancer as a result of second hand smoke.

Fight Back! Get yourself or a friend to quit tobacco. Call the American Cancer Society, 1-800-ACS-2345, to double the chances of quitting for good.

Activity

Activity Name:

Supplies Needed:

Activity Description:



Stage Announcements

Advocacy

1. The Cancer Action Network is a grassroots community structure the American Cancer Society employs to enhance our legislative influence. Fight back by becoming a member and influence federal, state, and local legislative decision-making by phoning, writing letters, and making personal visits with lawmakers. For more information call 1-800-ACS-2345 or visit www.cancer.org.

2. The American Cancer Society Cancer Action Network® works to ensure cancer patients and their loved ones are represented by policymakers. This nonpartisan, nonprofit sister organization to the American Cancer Society uses voter education and issue campaigns to influence lawmakers about important cancer issues. Fight back by becoming a member of ACS CAN. For more information call 1-800-ACS-2345 or visit www.cancer.org.

Breast Cancer

1. Breast cancer is the most common cancer among women in California. Fight back by getting annual mammograms if you are 40 or above and tell others to do the same. Early detection is the best defense against breast cancer. For more information call 1-800-ACS-2345 or visit www.cancer.org.

2. Early Detection is the best defense against breast cancer. Fight Back by getting clinical breast examinations every three years should begin at age twenty and annual mammograms and clinical breast exams at age forty. For more information call 1-800-ACS-2345 or visit www.cancer.org.

Colon Cancer

1. Things to do now that I'm 50 ... get tested for colon cancer! Fight back by getting yourself tested if you are over 50 and tell others to do the same. For more information call your American Cancer Society, 1-800-ACS-2345 or visit www.cancer.org.

2. Fight back against colon cancer by making a personal commitment to decrease your risk. Colon cancer risk factors include age, family history, and race, but other factors such as smoking and diet impact your risk as well. For more information call 1-800-ACS-2345 or visit www.cancer.org.



Stage Announcements

Information and Patient Services

1. No matter who you are, the American Cancer Society can help. Contact us anytime, day or night, for information and support. The American Cancer Society's toll-free 800 number (1-800-ACS-2345) is available 24 hours a day, seven days a week. Trained cancer information specialists provide information in 150 different languages, answer questions, and connects callers with local resources.
2. Fight back. Join the Cancer Survivors Network. This online community connects patients, survivors, and their loved ones with others who have "been there" for insight, moral support, and inspiration. Find the Cancer Survivors Network and share your story with others online at www.acscsn.org.
3. When cancer patients' inability to drive interferes with their access to quality treatment, trained American Cancer Society Road to Recovery® volunteers are available to drive them to and from appointments free of charge – and to provide hope, friendship, and support along the way. For more information call 1-800-ACS-2345 or visit www.cancer.org.
4. I Can Cope® allows adult cancer patients and their loved ones to learn new ways to navigate the cancer experience. When a cancer diagnosis causes feelings of fear, frustration, and confusion, this American Cancer Society program pairs patients and their families with medical professionals who empower them to make informed decisions throughout the cancer experience. For more information call 1-800-ACS-2345 or visit www.cancer.org.

Nutrition and Physical Activity

1. Poor diet and physical inactivity may be responsible for one of every three cancer-deaths. The American Cancer Society recommends eating at least five servings of fruits and vegetables each day. Fewer than 48 percent of Californians meet this recommendation. For more information call 1-800-ACS-2345 or visit www.cancer.org.
2. After reviewing the scientific evidence, the American Cancer Society has confirmed that eating a healthy diet and being physically active can help prevent cancer. No matter when you start eating smarter and being more active, you'll begin to be healthier and reduce your cancer risk. For more information call 1-800-ACS-2345 or visit www.cancer.org.



Stage Announcements

Research

1. Fight back by telling everyone you know about CPS-3 and let them know that this is a one-time, historic opportunity to make a difference in the fight against cancer. For more information call 1-800-ACS-2345 or visit www.cancer.org.

2. The American Cancer Society has sponsored research involving the development of more than thirty cancer drugs and treatment. From Avastin, which starves a tumor, to herceptin, which attacks only cancerous cells. From Taxol, Taxotere and Tamoxifen for breast cancer to Camptosar and Celebrex for colon cancer, many therapies or treatments that you or a loved one have received are built on the foundation of research funded by the American Cancer Society. For more information call 1-800-ACS-2345 or visit www.cancer.org.

Skin Cancer

Slip, slop, slap, and wrap. Slip on a shirt – choose shirts and pants that protect as much skin as possible. Slop on sunscreen – choose a sunscreen with a sun protection factor (SPF) of 15 or higher. Slap on a hat – choose a hat that shades the face, neck, and ears. Wrap on sunglasses – protect your eyes from UV rays. For more information call 1-800-ACS-2345 or visit www.cancer.org.

Tobacco

1. Quit smoking today – the risk of lung cancer decreases over time. After 15 years, the risk is only slightly higher than those who never smoked. For more information call 1-800-ACS-2345 or visit www.cancer.org.

2. One out of every three cancer deaths is due to tobacco use. 85% of lung cancer is caused by cigarette smoking. Are you ready to quit smoking? For more information call 1-800-ACS-2345 or visit www.cancer.org to find out about smoking cessation resources available in your area.



Notes:

Relay For Life Mission Delivery Activities Sign-Up Sheet

Topic	Activity (more than one team may take on a topic)	Team + Captain	Phone	Email
Advocacy	1-			
	2-			
	3-			
Breast Cancer	1-			
	2-			
	3-			
Colon Cancer	1-			
	2-			
	3-			
Information + Patient Services	1-			
	2-			
	3-			
Nutrition + Physical Activity	1-			
	2-			
	3-			

Mission Delivery Topics

Relay For Life Mission Delivery Activities Sign-Up Sheet

Topic	Activity (more than one team may take on a topic)	Team + Captain	Phone	Email
Research	1-			
	2-			
	3-			
Skin Cancer	1-			
	2-			
	3-			
Tobacco	1-			
	2-			
	3-			
Other Topics	1-			
	2-			
	3-			
	4-			
	5-			
	6-			

Mission Delivery Topics



Notes: