



# Relay For Life of Fond du Lac

## August 1 & 2, 2014

### March 2014

#### Sponsors



## Celebrating 20 Years of Relay For Life

Thank you to everyone that attended the 2014 Kickoff! It was so great to see everyone again! We signed up 2 new teams and answered many questions.

*If you missed the meeting and would like Online Help, stop in at Culvers East anytime between 1:00pm – 6:00pm on March 3.*

If you are looking for the Captains Tool Kit you will find it in the “Announcement” tab of the Relay For Life of Fond du Lac website. You will also find forms-newsletters-meeting dates-fundraisers.

If you were unable to join us in February don't miss the March 19 meeting. 6pm-7pm in the EOC room of the City County Building.

#### St Patrick's Day Parade

Join us on  
The Relay For Life Float!  
Sponsored by Eden Stone Company  
Saturday March 15  
Look for us on Rees St by Macy St  
Decorating starts at 12 – Parade starts at 3  
We are in need of people to join us on the float!

#### Additional Sponsors

BCI Burke  
FDL Credit Union  
FDL Truck Sales  
Mercury Marine

#### CONTACT INFORMATION:

Katie McCormick- ACS Staff Partner 920-929-7464 [katie.mccormick@cancer.org](mailto:katie.mccormick@cancer.org)

Becky O'Brien –Chair 920-579-0195 [snowtime500@gmail.com](mailto:snowtime500@gmail.com)

Sara Karweick –Co Chair 920-470-1153 [piphisara@yahoo.com](mailto:piphisara@yahoo.com)

Sonia Barager –Tri Chair 920-579-3270 [soniamarie73@gmail.com](mailto:soniamarie73@gmail.com)

Important Dates  
EOC Room  
(Unless indicated by date)

Committee Meetings

<u>Date</u>	<u>Time</u>
February 19	5pm-5:45
March 3	Sign up
April 16	5pm-5:45
May 21	5pm-5:45 RM F
June 18	5pm-5:45
July 16	5:15 pm – 6pm

Team Meetings

<u>Date</u>	<u>Time</u>
February 19	6pm-7pm
March 19	6pm-7pm
April 16	6pm-7pm
May 21	6pm-7pm RM F
June 18	6pm-7pm
July 16	6:30 pm – 7pm

Survivor Party

**July 10** – 4pm-7pm  
Red Cabin at Green Acres

Paint the Town Purple  
July 27<sup>th</sup> - Aug 3<sup>rd</sup>

Bank Days

**July 8** 4pm-7pm  
Firestation on S Main St

**July 28** 4pm-7pm  
Fondy High School  
Storage Shed

**Registration**

Captain Tool Kit or Folders will not be given out this year. You will need to print what you want or need from the following website.

<http://www.relayforlife.org/getinvolved/relayhowtos/index>

You will find some great information on this website.

\*\*\*\*

The cost of registration is \$10 a person. When you are paying with a Credit Card you will pay \$10 at a time instead of the team amount of \$150. It may be easier to send in a check if you want to pay for the entire team at one time. I don't know of any short cuts at this time.

Send registration or donations to one of the addresses below:

Relay For Life of FDL  
Katie McCormick  
790 Marvelle Lane  
Green Bay, WI 54304

**Fundraisers**

31 bags fundraiser. See Relay For Life of Fond du Lac Facebook Page for details.

"Take Action" Relay for Life team will be serving concessions at the Ultimate Garage Sale that is held at the Fairgrounds on March 1st. All proceeds go to the American Cancer Society.

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HOMETOWN BANK RELAY FOR LIFE FUNDRAISER  
DATE: SATURDAY, MARCH 22, 2014  
PIZZA SUPPLIES FROM KNAUS CHEESE  
PRICES: 1 PIZZA - \$6.50; 3 PIZZAS - \$18.00; 10 PIZZAS - \$58.00  
See order form in attachment

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2<sup>nd</sup> Annual Used Book Sale at Dr Kent Botsford's office – 525 E  
Division St Ste 109.

\* Hard Cover - \$4 \* Paperback - \$3 \* Children's - \$2

Everyone is welcome to stop in and see these great book deals!

Teams that have already signed up for 2014

- American Bank
- B & B
- Best Buy
- Bev's Bandits (New)
- Botsford Dentistry
- Eden Stone Company
- Entringer Bros Construction (New)
- Fondy Auto Electric
- GOEBEL Insurance & Financial (New)
- Grande
- Hannes Hustlers
- Hometown Bank
- Hope For A Cure!
- Julia's Jewels
- Mercury Team 1 (15 members)
- Mercury Team 2 (15 members)
- Michels Corporation
- Mid-States Angels
- O'Connor Oil
- Schwalbe Insurance Company
- St Peter Walking Club
- Rolling Back Cancer
- Team Mutual Aide
- Team NEBAT
- Team PARIS
- Team QPI
- Treptow Troop(New)
- The Irish Quackers
- Twohig Flooring America
- Unbreakable BONDS
- Walgreens

**136 Participants**

**32 Teams**

**4 New Team**

**\$2,495.64**

Your Relay For Life of Fond du Lac Committee

Becky O'Brien (Chair)  
Sara Karweick (Co-Chair)  
Sonia Barager (Tri-Chair)

Julie Buell (Paint the Town Purple)  
John Cooper (Logistics)  
Tim Hagen (Entertainment & Activity)  
Diane Hinke (Fundraising)  
Penny Kollmansberger (Mission)  
Mike Kollmansberger (Logistics)  
Sam Lemieux (Logistics)  
Kay Lock (ACS Can)  
Pam Mase (Finance)  
Sharmin Moser (Volunteer)  
Julia O'Brien (Entertainment & Activity)  
Laurie Quackenboss (Silent Auction)  
Maggie Pieper (Ceremonies)  
Scott Schwalbe (Logistics)  
Deb Sippel (Luminaria)  
Jeannie Runke (Survivor)  
Loren Voss (Logistics)  
Kevin Wills (Survivor)  
Renee Witte (Survivor)

Thank you for all the time you put into planning our amazing event! Some committee member are on more than one sub-committee.

If you are interested in joining the committee contact anyone of the Chairs or Katie!

# Chemo Brain

## Real or Not?

I have recently heard the term “Chemo Brain”. I understand it to mean forgetfulness and confusion for patients that have had Chemotherapy. Is it real, I needed to find out? So, I did what I do best, I “Googled” Chemo Brain.

From Wikipedia.

**Post-chemotherapy cognitive impairment (PCCI)** (also known as **chemotherapy-induced cognitive dysfunction** or **impairment, chemo brain**, or **chemo fog**) describes the **cognitive** impairment that can result from **chemotherapy** treatment. Approximately 20–30% of people who undergo chemotherapy experience some level of post-chemotherapy cognitive impairment. The phenomenon first came to light because of the large number of breast cancer survivors who complained of changes in memory, fluency, and other cognitive abilities that impeded their ability to function as they had pre-chemotherapy

Then I went to the Cancer Experts at the American Cancer Society.

## Chemo Brain

*This information is about adults with cancer. To learn more about the effects of cancer treatments in children (including brain problems), see our document called **Childhood Cancer: Late Effects of Cancer Treatment**.*

For years cancer survivors have worried about, joked about, and been frustrated by the mental cloudiness they sometimes notice before, during, and after cancer treatment. Even though its exact cause isn't always known, this mental fog is commonly called *chemo brain*. Patients have been aware of chemo brain for some time, but only recently have studies been done that could help to explain it.

For more to the American Cancer Society Website.

<http://www.cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/chemotherapyeffects/chemo-brain>

If you have any Chemo Brain experience you want to share, I will gladly put them in the April Newsletter. Signature is not necessary.