



Relay for Life of McLean County

Special points of interest:

- Spring Expo—May 1st at The Chateau.
- Campsite Selection — May Workshop.
- Team Workshop —May 10th at 5:30pm at Times Past Inn.
- Team Rally — June 14th at 5:30pm at Times Past Inn.
- T-Shirt Pick Up — June 18th.
- Relay for Life — June 24th.
- "Bank Days"/Accounting Available
 - Spring Expo
 - Team Workshop
 - Rally Meetings
- Relay Wrap Up — July 12th.

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"WALK TALK"

Paint Your World Purple

April 2016



Spring is in the air...and the McLean County Relay for Life event is drawing near.

Our Relay for Life event is just around the corner and we have so much still to do to get prepared for it AND so many fund-raisers leading up to the big day.

If you are able, please try to attend some of the team fundraisers....Remember, we all have the same goal—Raising money for the American Cancer Society. Let's help to make all the fund-raisers a success. Check out the Team Fundraisers section of the Walk Talk for more information.

If there is anyone planning to be on your team that is not yet registered, have them **Get registered TODAY** so they can help you to start reaching your fundraising goals.

To register, go to the website, http://relay.acsevents.org/site/TR/RelayForLife/RFLCY16LS?fr_id=72422&pg=entry As always, thanks for your support!

Relay Happenings

Spring Expo

May 1st at The Chateau from 12:00-4:00pm
— Free Admission, Raffle Prizes, 50/50, Free Face Painting, over 30 Vendors/Craft Booths

Campsite Selection/Team Workshop

May 10th at Times Past Inn — YOU will want to attend this Workshop! Campsite selection will be taking place; We will be discussing things you need to know for the day of Relay; Things that will be new/different this year; Etc.

Team Rally

June 14th at Times Past Inn



T-Shirt Pick Up

June 18th at The Holiday Inn on Rt. 9

2016 McLean County Relay for Life:

June 24th at Normal Community starting at 4:00pm — There is so many things that will be going on during the Relay for Life event. Stay tuned for details.

Activities

This year, there will be various activities (that can also be used as fund-raisers) happening off and on throughout the Relay for Life event.

We need YOUR help to make this a success! If your team would be interested in helping to run an activity, or obtaining additional information, please contact: Betsy at [Bmbrun-](#)

Bag's Tournament ~Jim's Crusaders~ Saturday, May 28th at Pheasant Lanes starting at Noon.

Trivia Night ~Bloomington Area Chive~ Saturday, May 28th at Fat Jacks from 8:00-5:00.

Bag's Tournament ~Team TOUGH~ Friday, June 10th at Kiwanis Park in LeRoy starting at 6:30pm.

Zumbathon ~Bloomington Area Chive~ Saturday, June 11th at Evolve Fitness.

Have a fundraiser planned? We can advertise it for you here, on Facebook, and on our website.

Team Fundraisers

Jason's Deli ~ Bloomington Area Chive~ Thursday, May 12th from 5:00-10:00pm.

Charity WerQ ~ Warriors Against Cancer~ Thursday, May 12th from 5:30pm-6:30pm at Trinity Lutheran.

Pork Chop Sale ~Team TOUGH~ Saturday, May 14th at IGA in LeRoy from 10:00am-2:00pm.

Avanti's ~ Bloomington Area Chive~ Wednesday May 25th all day.

Why do I Relay? ~2016 Honored Caregivers~



Stephanie Moore with son's Ethan & Eli, and Mike Fitzgerald with daughter's Sopfie & Kayla

"Along with this great loss came many blessings for our two families."

Stephanie Moore: In November of 2013, my husband Noah, was diagnosed with Stage 4 colon cancer. He was 31-years old at the time. He was healthy, wasn't overweight, didn't smoke and had every reason to believe he would live a long life. Needless to say, learning of his diagnosis turned our world upside down. The next year seemed like an endless string of doctor visits, trips to the cancer center and ER, as well as numerous operations. There were missed days and weeks of work. I often had to find somewhere for my boys to go so that I could be with Noah while he was in the hospital.

Over the course of Noah's treatment there were many ups and downs -- Some days brought promising news, while others did not. Through Noah's struggle, we always maintained hope. During a visit to Barnes Hospital at the end of October 2014, we received the devastating news that Noah's cancer had spread to his lungs. We were told by doctors at this point there was nothing more they could do.

We returned home with Noah on November 5th. He was able to walk into our house on his own. Three days later, he was bedridden and lost his ability to communicate, slipping in and out of consciousness. On November 12th, surrounded by family and friends, Noah passed away peacefully.

Mike Fitzgerald: In January of 2013, Elaine noticed a small lesion on her tongue. She went to have it checked out and was advised it was non-cancerous but to watch it closely. Two months later she went back to have it checked again, and after a biopsy was conducted was told the lesion had become cancerous. Elaine was diagnosed with Stage 1 tongue cancer.

After numerous unsuccessful surgeries, to try and remove the cancer from her tongue, doctors decided radiation and chemotherapy was the next course of action. After completing her treatment in July of 2013, we had hope that Elaine was cancer free - Elaine's health seemed to be improving. Then, in early 2014, she began experiencing pain in her neck.



She underwent numerous pet scans and it was finally determined the cancer had spread into her lymph nodes. Elaine underwent a radical neck dissection in July of 2014 to remove a tumor that had wrapped around her carotid artery. The doctors advised that there were clear margins around the dissection. We again had hope that

Elaine was cancer-free. Unfortunately, this did not turn out to be the case.

By October, a tumor had redeveloped in the same area of her surgery. At which time, we were told by doctors there was nothing further they could do for Elaine. Over the course of the next month, Elaine's health rapidly deteriorated and on December 2nd, 2014 she passed away.

Along with this great loss came many blessings for our two families. At the end of January, following the death of our spouses, we both attended Grief Share at Eastview Christian Church. We didn't know each other at the time but became friends and were able to support each other having gone through the exact same experience at the same time. Little did we know that we would become engaged.

Being a caregiver is not something one typically



In loving memory of Noah Moore and Elaine Fitzgerald

thinks about becoming. It impacts every aspect of your life - your mental well-being, your physical health, your job and your ability to care for your children, not to mention the financial impact it can have on a family.

Nurses and medical staff can only do so much. One doesn't realize the level of care that someone struggling with cancer can require. There are often specialized meals to prepare; There is the constant monitoring of vitals, the round the clock administering of an assortment of medications, the cleaning and bandaging of surgery sites; There are the sleepless nights in hospital rooms; Being away from family and friends for extended periods; There is also the emotional well-being of the person you're caring for to consider. All of this while trying to juggle the day to day tasks of running a household. It is an all-consuming experience.

Due to each of our experiences, and all the love and support we received from our families, friends and community, we have decided to dedicate the rest of lives to giving back. Relay For Life is just one small way we can honor our loved ones and raise money for research and hopefully a cure for this awful disease.

Mission Moment – Minority Cancer & Testicular Cancer

April is here already. The relay in June is getting closer every day. The mission committee would like to remind you a little about what we do to spread the word about cancer prevention and awareness. Please visit the www.cancer.org website and learn about all of the wonderful programs that the American Cancer Society has to offer and also look up all kinds of information and topics about all different kinds of cancer.

April is National minority cancer awareness month. According to www.cancer.org cancer affects different populations differently, and minority groups in the United States continue to bear a greater cancer burden. According to reports produced by the American Cancer Society, much of this difference is due to factors like poverty and lack of access to prevention/detection services and high-quality treatments. Please make it a personal goal this month to reach out to a friend, family member, neighbor, or coworker who is of a minority group and let them know the importance of regular checkups and cancer screenings. Let them know that they can call the 1-800 number or go to www.cancer.org for more information or assistance.

April is also testicular cancer awareness month. Risk factors for testicular cancer include having an un-descended testicle, HIV infection, carcinoma in situ, and having had cancer in the other testicle. Taller men have somewhat higher risk but this is unknown why; white men have a higher risk than other ethnic group's, and Men ages 20 to 34 have the highest incidence however, males of any age from infant to elderly can be diagnosed with testicular cancer.

Testicular cancer is thought to be affected by your genes and DNA because most testicular cancer cells have an extra copy of part of chromosome number 12. The only recommended prevention is correcting cryptorchidism (un-descended testicle) in boys however it is not sure how much this changes their risk. Symptoms of testicular cancer usually are found as a lump on the testicle or one testicle might be swollen or larger than normal. However, some testicular cancers may not cause symptoms until they have reached an advanced stage. Most doctors agree that examining testicles should be part of a general physical exam. There are no

definite recommendations from the American Cancer Society about men performing self testicular exams but some doctors recommend all men examine their testicles monthly after puberty.



Men are encouraged to see a doctor right away if a lump is found in the testicle. Other symptoms that men should be aware of, and report to their Doctor, are breast growth or swelling (this can be due to hormones secreted by a tumor) and early puberty in boys. Some symptoms of advanced testicular cancer

are low back pain, shortness of breath, chest pain, cough, abdominal pain, and headaches or confusion. These symptoms can be caused by cancer that has spread to other parts of the body.

Once again the Mission Committee would like to thank you for your help and spreading the word to our community about Relay For Life, The American Cancer Society, and how we can all get involved and make a difference!



YOU can help the Mission Committee

St. Louis Hope Lodge has a "wish list" – Donations can be dropped off during any of the Team Rallies, Workshops, or other Relay for Life events. The Mission

Committee will collect the donations and take them to the Hope Lodge. Items needed include: Office Supplies, Kitchen Supplies, Cleaning Supplies, Stamps, and Gift Cards. A complete "wish list" can be found on our Facebook page: <https://www.facebook.com/rflmcleancountyil/notices>

ACS – We Can Help

Minority Cancer Awareness: What Everyone Should Know

Every April the American Cancer Society and other organizations work together to raise awareness about cancer among minorities in honor of National Minority Health Month....

The American Cancer Society is actively fighting cancer disparities on many fronts...working to improve access to cancer screening and treatment...

Detailed information can be found at: www.cancer.org





Relay for Life American Cancer Society Relay for Life of McLean County

2016 Relay For Life Leadership Team

Event Lead - Catina Struble

Bring the People Lead - Catina Struble

Experience Leads - Alexis Anderson & Sandi McBurney

Build the Fun Lead - Mary Kerber

Fund the Mission Lead - TBD

Community Manager - Kimberly Wright

Questions? – Contact Catina Struble

rflbringthepeople@outlook.com

What to get more involved? - We still have areas that could use your help. Contact us today.

Does your Relay team have a fundraiser planned? Let us help spread the word — let us know the details and we will include the information in the monthly Walk Talk and on our Facebook page.

We want to include YOU in our feature stories.

Send an email if you have a "Survivor Moment," "Caregiver Highlight," or "Why I Relay" story that you would like to see in a future issue of "WALK TALK."

Send us pictures from your events or showing how your team has helped to paint our world purple.

Please send emails regarding "WALK TALK" to Rowana Robles at:

RFLWalkTalk@outlook.com

The Official Sponsor of Birthdays

"Like" us on Facebook:

www.facebook.com/rflmcleancountylil



Painting The Town Purple

March and April have been a busy couple of months and the McLean County Relayers have been all over painting the town purple.

Team LaTeDa's annual Purse/Dessert Gala was quite the success....Weslyan and Illinois State Universities held their College's Against Cancer events...Bloomington Thunder and Bloomington Edge held Relay for Life nights...We've had a workshop...Team Fishing for a Cure had their annual Women's Luncheon.....AND, we celebrated McLean County Relay for Life at our Kick Off event.



*~Team LaTeDa~
Purse/Dessert Gala*



*Relay Kick Off
Celebration*



*Fishing for a Cure~ Women's
Luncheon*

