

Step by Step

American Cancer Society; Greater Middletown Relay for Life

Celebrate...Remember...Fight Back

March 2015



My name is Diane Franklin and I would like to take a moment to introduce myself. I am the current Event Chair for the Greater Middletown Relay for Life. On Saturday May 30th-31st, from noon to noon we will once again be walking together on Wilson Middle School track to take part in the 2015 Relay for Life.

Relay for Life was first introduced to me in 2003, and I have been involved each year. Mostly I could be found at registration welcoming all who came to participate. This year I have chosen to take over as Event Chair, and I am excited to be working with a dedicated committee. Many of whom are familiar faces, some who are new, and as always more are welcome. *Relay Around the World* has been chosen this year as our theme, which personally I am excited for. Teams can pick any place around the globe, and in doing so showing that Cancer effects lives beyond just our area.

While this is our first edition, I hope it won't be our last. Please feel free to contact us with any further questions, fundraisers, and why you choose to Relay. Contact info can be found in the info bar to the right. Thank for the hard work and dedication. Let's keep up the momentum! -Diane

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Social Media:

Follow Us on Facebook:

Relay for Life of Greater
Middletown.

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Middletownctrelay

Next Meeting:

April 9, 2015

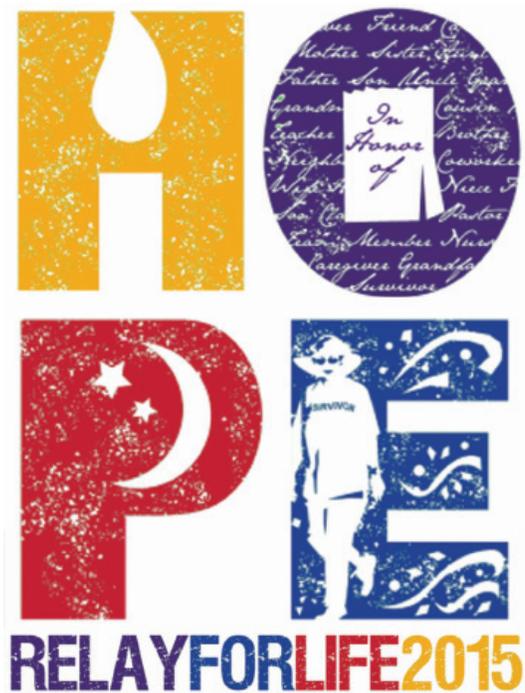
5:30 P.M.

(Committee Meeting)

&

6:30 P.M.

(Team Capt. Meeting)



I'm Diane Franklin, and this is why I Relay:

As I have mentioned in my Chair's Corner, relay has been apart of my life since 2003. How I got there has been a fairly long journey. Currently I am married and was blessed with 4 beautiful children between us. In 1985 my daughter Laurel was diagnosed with Hodgkins Disease, and shortly after in 1987 passed away. During this time my family and friends were very supportive to us all.

However at the time I didn't know anybody else who was in a similar situation as my family and myself were in. I didn't know anybody who had a loved one, a child, or themselves that had cancer or knew of someone close that did. No one would even say the word. Everybody knew it, we all do, but nobody would say it. You all know the word: C A N C E R. In this sense I felt alone.

We adjusted as much as one does, and life preceded to go on as it is bound to do. Then in April of 2003 I was once again faced with a different cancer in my family. My step-daughter Sue was diagnosed with Cervical Cancer. A few weeks went by and we went to a survivor social event, then a few weeks later we went to this thing called Relay for Life. At the time I didn't want to go, but for her I did. Little did I know that when I walked in I would feel so much at home.

Do you know there were people there that had been ill, that were ill, that cared for people that had cancer? They were celebrating survival, honoring those still fighting and those who were unfortunate enough to lose thier battles. This was home, this was where I could find comfort and didn't feel so alone.

They even said it, the word that so many knew but couldn't say; C A N C E R. It wasn't something to be feared, but instead something to take charge of. Three years later Sue lost her battle and passed away in 2006. From that moment cancer was a part of my life. I also now had a place I could go where I knew I could feel comfort. A place where other's also knew the pain and the struggle, making me a little less lonely.

Time once again resumed itself, proceeded to go on like planned. In May of 2007 I was yet again introduced to cancer in my family. My father was diagnosed. This time the battle was much shorter and in December of 2007 he had passed away from lung cancer. No two cancer's had been similar but six week's of my father's death my sister was diagnosed with lung cancer as well. Six months was what she was given for time, however we were fortunate to spend another year with her before her battle was lost.

Ten months later, we were faced with another cancer in the family. My sister's daughter was diagnosed with lymphoma and thankfully she is in remision today. Like many other's on the committee and relay participants I now know many friends and relatives that have had this disease and lost someone, and some who are fortunate enough to win. For this reason is why I relay.

I relay with the hopes that one day it will be cured. That one day there were be more birthday's, and family's won't have to feel the pain that comes with one simple word. I relay to celebrate the survivor's of cancer, those who have pushed and dealt with the pain of the disease. I relay to remember those who we have lost, who fought and fought until they couldn't anymore. Those who didn't give up without that fight.

Cancer is a simple word but changes so much in an instant. Relay allow's for comfort and a net to catch those who need some support. Whether your going thru cancer, supporting someone, or grieving. This is why I relay.

Questions & Answers

1. How is our Relay Coming Along?

Currently we are still in the process of planning, with quite a way to go. Elite Entertainment has been booked this year as our DJ for Relay. Diane is looking for a survivor or caretaker speaker for Saturday May 30th. If you or anybody that you know are interested please contact Diane by email or phone. (On cover) Also any other questions, suggestions, and/or concerns regarding the progress of Relay plans can be sent to Diane as well. Let's keep the energy up and have a fantastic Greater Middletown Relay for Life of 2015.

1. Early Detection:

To find cancer early, while it's small and before it has spread, adults should have regular tests called **cancer screening tests**. These tests will help doctor's to find common cancer's before they cause symptoms and advance too far. For example, regular screening can find cancer's such as breast, colon, rectum, cervix, mouth, and skin early. If cancer is found early, it can be easier to treat. Survival also tends to be longer for those with early cancer.

1. How is Cancer Diagnosed:

A person's signs and symptoms are not enough to know whether or not cancer is present. If your doctor suspects cancer you will need more tests, such as x-rays, blood tests, or a biopsy. In most cases a biopsy is the only way to be sure whether cancer is present.

To do a biopsy a piece of the lump or abnormal area is taken out and sent to the lab. There, a doctor who specializes in diagnosing diseases (pathologist) looks at the cells under a microscope to see if cancer cells are present. If so, the doctor tries to figure out what type of cancer and how fast it's likely to grow.

Scans can measure the size of the cancer and can often show if it has spread to nearby tissues. Blood tests can tell about your overall health, and give you information about blood cancers.

SAVE THE DATE!!

Eat Your Way to Finish the Fight



Date: May 2, 2015

Time: 5-8 P.M.

Where: Froyo World; Frozen Yogurt

Lounge. 386 Main St, Middletown

A percentage of the proceeds will be split between the American Cancer Society, and Relay for Life-Team Juju. Please come spend the evening and help us to remember JuJu who died of Stage 4 Neuroblastoma Cancer.

5/13/2010 - 7/11/2012.

Rest in peace little one.

Dressbarn Fashion Show

Save the date!

Coming up soon is a night full of fun, laughter, and music. Grab some friends, and come join us for a night in support of the American Cancer Society. Anything purchased that evening will be 15% off. Contact information will follow soon!

Date: May 3, 2015

Time: 5:30 P.M.

Thirty-One Party

Save the Date!

Team Hope Striders of Greater Middletown Relay for Life will be hosting an online 31 Party. All orders will be submitted on March 29th, 20% of sales proceeds will be going to the American Cancer Society Relay for Life. Please copy the link below into your address bar for event shopping.

<https://www.mythirtyone.com/555388/shop/Party/EventDetail/8065944?verify=true>