



Walk Talk!

American Cancer Society Relay For Life News from the Windham Area

Relay For Life: Celebrate. Remember. Fight Back.

August 7, 2009

71 Days 'til Relay!



2009 Calendar of Events

Committee Meeting:
August 12, 7 pm,
WCMH

Team Captain Meetings:
August 12, 6 pm,
WCMH

August 26, 6 pm,
WCMH

Relay:
Saturday & Sunday
October 17 & 18
ECSU Sports Complex

Visit the American Cancer Society Relay For Life's virtual home at www.RelayForLife.org!

Relay preparations underway

We commend the talented, dedicated committee of the Relay For Life of the Windham Area for their outstanding work to coordinate this year's event. They have organized logistics, recruited sponsors, and managed team registrations. Thanks to their efforts, we have secured major sponsorships from The Willimantic Chronicle, Charter Communications, and ECSU, and registered more than 25 teams. Now they're asking for your help. There is a tremendous need for day-of-event volunteers. If you can spare an hour or two to help, please review the list of volunteer opportunities on the back page of this newsletter and contact Marina Quarticelli at mquarticelli@wcmh.org to volunteer. Thank you!

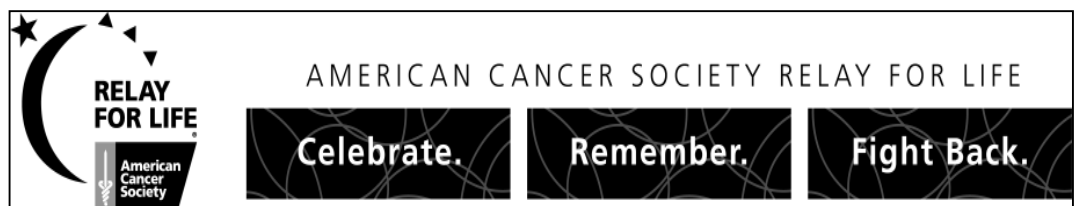
More patients seek Society's services

More cancer patients and caregivers than ever before are turning to the American Cancer Society for help. In fact, in just over two years we have gone from reaching 1 in 25 newly diagnosed patients, to reaching 1 in 5. Given the challenging economy, it's no wonder these additional thousands of cancer patients and their families are contacting the Society for information, guidance, and services. Your work to make the Relay For Life of COMMUNITY successful is more important than ever.

Celebrating 25 years of hope

Thanks to you—and Relay participants throughout the country—the American Cancer Society has made progress in **advocacy** by:

- Making cancer a top priority for lawmakers
- Successfully fighting for smoke-free laws that now cover 60 percent of Americans
- Working to help three million underserved women get breast and cervical cancer screening tests since 1991
- Ensuring that more than half the United States population is covered by laws that require insurance providers to cover colon cancer screening tests
- Working to help double the budget for the National Institutes of Health over a five-year period by supporting a \$27.3 billion budget increase for cancer research



Relay volunteers are needed

The Relay For Life of the Windham Area is set for October 17th-18th, 11 am to 11 am. We know you're planning to be there. Can you spare an hour or two to help us make this the best Relay ever? Please contact Marina Quarticelli at mquarticelli@wcmh.org if you can lend a hand. We've listed a few volunteer opportunities below, but there are many other ways to help.

- ◆ Registration
- ◆ survivor area
- ◆ food
- ◆ cleanup
- ◆ parking
- ◆ luminaria setup
- ◆ event setup
- ◆ event takedown

**Cancer Information,
Resources, and Support
Anytime, Day or Night**



**1.800.ACS.2345
www.cancer.org**

Luminaria help us honor and remember

On Saturday, October 17, 2009, at 8:00 pm., hundreds of luminaria will line the track at the ECSU Sports Complex. These simple paper lanterns made from white paper bags will remind us why we Relay. They are a shining tribute to help us honor and remember those who have had cancer.

We welcome you to remember your friends and loved ones by purchasing a luminaria in their name. Ask your friends and family if they would like to purchase a bag in honor or memory of someone dear. There is a minimum donation of \$5 per luminaria. If you have any questions about luminaria bags, the ceremony, or would like to volunteer for the day of the event, contact Brian Roy at br1an@snet.net, the luminaria chair.

Sisters create a plan for giving

"Cancer has hit our family hard," says Nancy Brown when explaining why she and her twin sister, Betsy Anderson, support the American Cancer Society. "Our dad died from lung cancer, and we're both breast cancer survivors." Nancy and Betsy support the Society through Relay For Life and by raising funds for research. The sisters also support the Society through special planned giving arrangements. Nancy, who lives with her husband in Waltham, Massachusetts, notes that her positive experience with Society planned giving professionals won her over. "Everyone is conscientious, responsible, and I feel like my money is being well spent," she says. "And they don't pressure you. I like that." Initially the couple made an outright donation, which was matched 100 percent by Nancy's employer. Recently, they created a deferred charitable annuity which provides immediate funding to the Society while allowing the couple to receive fixed payments when they retire. Betsy, who lives in Framingham, says a bequest was the ideal planned giving arrangement for her, a single woman with no dependents. "You don't have to be rich," she says. "You can plan your giving and still make a meaningful contribution." Both sisters share the same goal no matter what form their giving takes. "We hope our gifts help improve the lives of people with cancer," says Nancy. "You can't go wrong giving to the American Cancer Society."

Fight Back with ACS CAN!

Elected officials make different decisions when they can be held accountable for their votes on cancer issues. The American Cancer Society Cancer Action Network works to encourage elected officials and candidates to make cancer a top national priority.

ACS CAN gives ordinary people extraordinary power to fight cancer with the training and tools they need to make their voices heard.

ACS CAN, the nonprofit, nonpartisan advocacy affiliate of the American Cancer Society, supports evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem. For more information, visit www.acscan.org.

More summer fundraising ideas

Consider one of these fundraising ideas. You and your team can enlist the support of family, friends, co-workers, and neighbors.

Our dollar goal for 2009 is \$200,000 – and with the effort and enthusiasm of our spirited Relay teams, we know we can meet and even exceed it!



Tom, Taddy, and Atti

At your office: Place a “plea” in your employee bulletin or newsletter letting coworkers know you are contributing dollars plus 24 hours of your life to the Relay For Life. Ask for their support. If appropriate, include a photo of the person your team is honoring or remembering.

In your community: Invite friends and neighbors to sign your Relay shirt. For a donation of \$5 (or amount designated by you) the contributor can write the name of the cancer patient they are honoring or in memory of directly on your Relay T-shirt. You will walk/run representing the cancer patients listed.

At school: Set up a benefit basketball game between students and faculty, or coordinate an alumni game.

Online Registration & Fundraising Info

Get Ready to Relay!

Our “unofficial” website is at: <http://www.windhamrelayforlife.org> – there you can find all the Team Captain and Planning Committee meeting dates, information, and forms you need to get your team started or ready for Relay.

Remember that team registration forms can be completed by hand or done online. Online registration allows teams and team members to create their own web pages and accept credit card donations. Team captains must establish a team web page before team members can register online.

To form a team or join one go to: www.relayforlife.org/windhamct

This is the official ACS website; here you’ll find information about online fundraising and general Relay matters. For assistance using the online website, please contact Joan Doiron at 860-456-7591 or jdoiron@eosmith.org.

