

**GYN CANCERS ALLIANCE - GYNCA**

*Finding new hope while coping with gynecologic cancer by fostering an atmosphere of compassion, support and learning.*

**Upcoming Dates**

**June 6** – St. John’s C. H. “Chub” O’Reilly Cancer Center’s **18<sup>th</sup> Annual National Cancer Survivors Day** – Celebrating Life from 9:30 to 11:30 am. Cancer survivors and their guest (one each, please) are invited to join St. John’s for a morning filled with inspirational stories, live music and a celebration brunch. Registration is required by calling 417-888-8888 or 1-800-909-8326. Don’t miss it!

**June 7** – CoxHealth’s **Survivors’ Sundae** at Hulston Cancer Center from 2-4 pm. Survivors, families and caregivers are invited to enjoy ice cream sundaes, door prizes, “Around the World” activities and crafts, survivors’ photos, Pet Therapy of the Ozarks, and music by Huston’s volunteer musicians. Register no later than June 2 – no fee – by calling 269-INFO. Another great event by CoxHealth!

**Recurring Weekly & Monthly Events @ St. John’s O’Reilly Cancer Center (SJOCC)**

**Wednesdays Weekly** – *T’ai Chi Chih* @ 11:00 am - FREE Auditorium, 2<sup>nd</sup> floor – Join Connie Zimmerman; enjoy and learn this relaxing form of moving meditation!

**First Wednesday Monthly** – *Wellness Wednesdays* @ 11:15 am – FREE, but reserve space at 820-2588. Learn about recent food findings and healthy choices from Connie Rizzo, SJOCC nutritionist. Recipes demonstrated and participants get to sample healthy fare!

**June 2009**

PO Box 3552  
Springfield, MO  
65808

www.gynca.org



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**An Evening in the Park @ Lake Springfield!**

**Things to do for “Evening in the Park”!**

- ✓ Reserve Lake Springfield Boathouse
- ✓ Take deposit to Boathouse office
- ✓ Plan program (keep it fun!)
- ✓ Plan kids’ activities
- ✓ Pie/Cake Walk planning
- ✓ Contact food vendors
- ✓ Place insert in newsletter
- ✓ Invite survivors, families and caregivers
- ✓ Invite board members
- ✓ Make it an *annual* mid-year event!
- ✓ **Have fun!!!**

**Important ...**

We need to know how many mouths to feed, so give Jan a call at 869-2220 OR email at [jan@gynca.org](mailto:jan@gynca.org) and let us know the number of people you’ll be bringing. It’s not going to cost you a thing --- we just need a head count!

Remember --- this event IS our June support group meeting which normally takes place at the Library Center --- so don’t go there!

How long has it been since you participated in a Pie/Cake Walk? Well, here’s your chance to put your “baking” or “buying” skills to work again and bringing your favorites to donate! All monies raised will benefit GYNCA’s ongoing operations, so bring your spare change (or a rich boss or relative!) and buy high!

An Evening in the Park idea started several months ago with a list, and we’re almost there! GYNCA’s Core Planning committee has been hard at work trying to make our first annual Evening in the Park a memorable one for all in attendance.

Our board of directors has generously agreed to underwrite the cost of the food, and St. John’s C. H. “Chub” O’Reilly Cancer Center will be providing some wonderful fruit and cookies for dessert. And speaking of dessert? Don’t forget the pie/cake walk!

Please see the enclosed flyer on the event, including a map to Lake Springfield. This will be a rain-or-shine event as the new Boathouse is an enclosed facility.



**Mark your calendars!**

**June 8** – Outreach & Core Planning @ Incredible Pizza 11:30 am & 12:30 pm

**June 8** – Finance Committee – 5:00 pm

**June 11** – Board of Directors Meeting @ SJOCC – 7:30 am

**June 18** – GYNCA’s 1st Annual *Evening in the Park* at Lake Springfield Boathouse & Marina! Members should plan to bring their families and caregivers. There will be a picnic dinner, a pie/cake walk, plus fun and games for kids and adults alike! Call 869-2220 and let us know how many will be with you, so we’ll have enough food!

**National Cancer Survivors Day!**

**June 6** – St. John’s 18<sup>th</sup> Annual National Cancer Survivors Day @ 9:30 am at C. H. “Chub” O’Reilly Cancer Center – Registration required (no fee) by calling 417-888-8888.

**June 7** – CoxHealth’s Survivors’ Sundae @ Hulston Cancer Center 2-4 pm. Register by June 2 (no fee) call 269-INFO!

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Core Planning presents . .

**An Evening in the Park for members, their families and caregivers!**  
June 18, 2009

**The Boathouse at Lake Springfield!**

**BOARD OF DIRECTORS  
2008-2009**

- Evelyn Mangan, *President*  
Steve Bach, *President-Elect*  
Beth Bolyard, *Treasurer*  
Art Hains, *Secretary*  
Nancy Bolduc  
Susan Daniel  
Brent Dunn  
Sue George  
Kathy King  
Sandra Lowther  
Susan Mihalevich  
Melissa Mooney  
John Sherwood, P.D.  
Cindy Yurchak  
Connie Zimmerman

**Ex-Officio Board Members**  
Dr. Al Bonebrake  
Dr. James Bosscher

**Founder**  
Joy Lamberson-Klock

Executive Director  
Jan Robbins

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Web site is undergoing  
upgrades --- visit when you  
get a chance!

[www.gynca.org](http://www.gynca.org)

Thanks, Bentvision!

**May New Hope  
Support Group Meeting**

As explained to members in attendance, Evelyn Mangan was unable to be with us in May due to being with her husband in St. Louis for follow-up medical testing and procedures. She hated to disappoint everyone, but we certainly understand and wish Tom and Evelyn all our best! Evelyn will be joining us at a later date to go over health directives and planning issues, so stay tuned!

Pat Hillme retrieved some information from Missouri Attorney General's website regarding the necessity of being clear about one's desire for medical care if he/she becomes incapacitated. "Life Choices," a booklet which defines terms used in end-of-life situations and provides forms for families to review and fill out, can be obtained by calling 1-800-392-8222 or going online to [ago.mo.gov/publications/lifechoices/lifechoices.pdf](http://ago.mo.gov/publications/lifechoices/lifechoices.pdf).

*However, always consult your legal, medical and other professionals, and particularly your family members, as you work through the maze of health care directives and life choice issues!*

**June New Hope  
Support Group Meeting**  
*See Flyer Insert –  
Lake Springfield!*

*Our thanks to St. John's C. H. "Chub" O'Reilly Cancer Center for the wonderful trays of treats!*

*And thanks to The Flower Merchant for the spectacular carnations --- we always love them!*

**A note from Jan . . .**

*Gratitude . . . to express gratitude is to be thankful, appreciative and grateful for life's many blessings. Even from those facing dire circumstances, they are able to express their gratitude for the smallest of things – the sun, the sounds of springtime and soaking in the laughter of children playing without a care in the world.*

While you may have received notes and letters of thanks from our GYNCA office, it's always the right time to recognize the many families, friends, community leaders, foundations, grant providers, board members, survivors, caregivers and volunteers who make it possible for GYN Cancers Alliance to keep the doors open!

GYNCA's fiscal year runs from July 1 to June 30, so we're looking at 2009-2010 with great anticipation of some wonderful changes and new ideas. These would not be possible without the involvement of a dedicated board of directors as well as our core planning, outreach and support committees and other board-driven goals.

As you'll note on the insert page of this month's newsletter, I've provided a list of donors, grantors and friends of GYN Cancers Alliance --- those generous with both monetary resources as well as sharing their time and talents.

On behalf of our Women of Courage, thank you for your generous support! We couldn't serve our members without you!

**CORE PLANNING** by Jan Robbins

I'm going out on a limb here, but I can't help myself. It's about Pat Hillme, Angel Incarnate when it comes to Core Planning --- not to mention one of our Women of Courage survivors who continue to beat the odds.

It was through her daughter, Meg that I came to learn of Pat. Meg was conducting a Mary Kay party at my home several years ago, and she shared that her mother had been diagnosed with a gynecologic cancer. Since my daughter, Kim, refers to her as "Merry Meg," because of her sunny outlook, it was concerning to see the fear and pain she was going through. But Meg shared that her mom was going to fight it all the way and that she and her sister, Liz, would be strong for their mom, too. Meg also said they would be strong for their dad, John.

And that's how I came to know the Hillme family --- through the eyes of Merry Meg!

Pat has dedicated her life to her family, and with good cause. She's surrounded by love, and she shares love unconditionally with all around her. The Hillme family has been blessed with little Alexa, Meg's daughter, and Pat has never smiled so big for so many months. Pat went from retirement at the YMCA to babysitter while Meg teaches school at Willard, and she's enjoyed every minute of it. Alexa goes everywhere with Pat, and I don't think they've missed a lunch date all year, including our Administrative Prof. event a few weeks ago!

Core Planning is led by the loving hands of Pat, and we thank you for your service!

**Core Planning Committee**

- Pat Hillme, Chairperson  
Penny Coleman  
Amy Dykman, RN  
Autumn Bragg  
Nancy Bolduc  
Mary Kay Carson  
Sue George  
Connie Hooton  
Connie Zimmerman

**Outreach & Support Committee**

- Penny Coleman, Chairperson  
Connie Hooton  
Mary Kay Carson  
Sue George  
Mary Lou Cochran  
Connie Zimmerman

**OUTREACH AND SUPPORT** by Jan Robbins

Last month you heard from our own Sue George, the survivor, and a little bit about her regular and ongoing visits with patients in treatment through Dr. Bosscher's office. Much to her chagrin, I'm sure, I now get to tell you a little more about the Sue I've come to know in the short while I've been on board --- things she really doesn't talk about!

Sue is a professor at MSU's College of Education/ Childhood Education & Family Development, having received her Doctorate of Philosophy, Special Education, from Temple, a Masters of Education, Special Education, from the University of Delaware. She is published and regularly invited to

present her work around the country. Sue becomes very humbled and shy when I bring up these accomplishments, so that's why I didn't ask her permission to write about her!

What she doesn't mind talking about, however, are her other outreach and community projects! Sue has been a volunteer for Community Hospices of America since 1993; a CASA volunteer since 2007; a National MS Society volunteer and participant in the MS BikeTour and MS Walk since 1998; a member of Isabel's House Community Advisory Committee since 2008 as well as a valued member of GYNCA's board of directors and its Outreach & Support and Core Planning

Committees. I'm exhausted just listing it all!

In addition to her loving and supportive husband, Vaughn, I sense a wonderful respect, love and admiration from Sue's family around the country when they call to make a monetary donation to GYNCA in Sue's honor. Their words are heartfelt and genuine and they also care about the issues important to Sue.

We know how special Sue is to GYN Cancers Alliance, but it's obvious she's also a very special sister, sister-in-law and aunt to many others.

*Thank you, Sue, for sharing your talents with GYNCA!*

**Strawberry, Melon & Avocado Salad – Eating Well Magazine**

**Strawberry, Melon & Avocado Salad – Serves 4**

- ¼ Cup honey
- 2 Tbsp. sherry vinegar or red-wine vinegar
- 2 Tbsp. finely chopped fresh mint
- ¼ tsp. freshly ground pepper
- Pinch of salt
- 4 Cups baby spinach
- 1 small avocado (4-5 oz.), peeled, pitted and cut into 16 slices
- 16 thin slices cantaloupe, rind removed
- 1-1/2 Cup hulled strawberries, sliced
- 2 tsps. Sesame seeds, toasted

Whisk honey, vinegar, mint, pepper and salt in a small bowl.

Divide spinach among 4 salad plates. Arrange alternating slices of avocado and cantaloupe in a fan on top of spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with sesame seeds.

Dressing will keep, covered, in fridge for up to 1 day.

Nutrition (per serving): 202 calories; 8 g fat; 0 mg cholesterol; 34 g carbs; 3 g protein; 7 g fiber; 90 mg sodium.

**9<sup>th</sup> Annual Administrative Professionals Luncheon, Fashion Show, Silent Auction & "It's in the Bag" Extravaganza!**

As the committee met last week to review and wind up the business of this year's event, we found ourselves already making plans for our 2010 April event. We reviewed surveys of what went well and things that can be improved upon, and its full steam ahead for 2010!

Again, many thanks to our event co-chairs, Nancy Bolduc and Colleen Neill – kudos for your leadership!

It's not too early to start gathering donations for silent auction baskets --- a huge hit and record fundraiser in 2009.

And we'll be starting in early fall seeking area partnerships with new and old sponsors --- the backbone of which make this event our #1 fundraiser of the year!

Things you can all do for next year's event . . .

- ✓ Save the date
- ✓ Spread the word
- ✓ Invite bosses to honor their office professionals!
- ✓ Solicit silent auction donations
- ✓ Seek sponsorships
- ✓ Save baskets!
- ✓ Serve on planning committee
- ✓ Buy a table of 10!
- ✓ Attend and have fun!

Mark your calendars for the 9<sup>th</sup> Annual Administrative Professionals Luncheon, Fashion Show, Silent Auction & "It's in the Bag" Extravaganza!  
Monday, April 19, 2010