



Operation Uplift

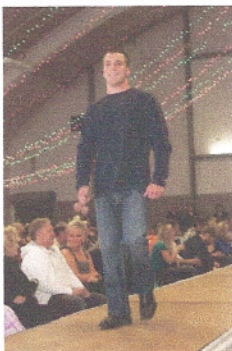
Cancer Support for the North Olympic Peninsula

1ST QUARTER 2011

2010 A GREAT YEAR FOR OPERATION UPLIFT

As we plan events for prevention, education and support of survivors in 2011, we reflect back on the 2010 and the support received from our wonderful community. We have been fortunate enough to have many events held and funds dedicated to O.U. So to our many supporters THANK YOU for caring so much. Since the last newsletter we have received additional funds from the Sequim Middle School's "Cool Enough to Wear Pink" fundraiser and from "Fit and Wellness Expo" put on by the Boys and Girls Club of Sequim. These young people dedicated themselves to create activities to raise awareness and encourage prevention of cancer! Way to go Sequim students, you are awesome! We also want to thank our newest board member, Debbie, who hosted a jewelry party to benefit O.U.

Janee' of *Sassy Kat Salon* and Marilyn of *Cottage Queen* worked diligently this past fall to organize "RUNWAY FOR AWARENESS" a fashion show to benefit Operation Uplift. The event was held at the Vern Burton Center and these dedicated women put together a totally great fashion show. They enlisted help from so many businesses and citizens who worked to make this a magical and very profitable event. Look for this event to continue to grow and provide a great fashion show just in time for fall and back to school. Thank you Janee' and Marilyn and everyone who worked so hard, it was *spectacular!*



PINK UP PORT ANGELES begins this year the third week of June and we are so thankful for the support So-roptimist International of Port Angeles has given us for the past two years

With their fundraising we have been able to financially assist members of our community who are on their cancer journey. As these events continues to grow we are ever grateful the community supports the important work *Operation Uplift* does in our community.

Operation Uplift was able to promote and assist with the Breast Health Clinic sponsored by Olympic Medical Center through a grant from First Federal during "Pink Up Port Angeles" and held our first Breast Health clinic at the MRI building. Kacey from OMC, and Kim and Sandy from Operation Uplift worked with our nurse, Connie Walker. With two Lab technicians there the women were given a breast exam and then if needed, they were given their mammogram there. We had twenty women come through the clinic that day, with fifteen needing mammograms.

We also sponsored a Breast Health Clinic in partnership with Family Planning (now called Planned Parenthood) in October of this year. Twenty-three women went through this clinic and nineteen women were given vouchers for mammograms which were paid for by Operation Uplift. **The funds necessary to pay for these mammograms came from all these fundraising events.** The cost of one mammograms is approximately \$300.00 so many women are unable to pay and are without insurance. We are indeed fortunate to be able to assist these ladies.

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On Board with Operation Uplift Sally Pearson



Sally Pearson is an Operation Uplift Board member who joined the Board in March 2009 after retiring to the Olympic Peninsula in 2007. She and her husband, Dan, moved here from Albuquerque New Mexico where they lived for many years. Sally retired from Central New Mexico Community College where she worked for more than 20 years as a teacher, Dean, and Vice President. In these positions, she enjoyed giving back to the community through various types of service. She was active on the Community Dental Services Board and the New Futures Board which supports a public school dedicated to helping pregnant teenagers complete their high school education. Sally is also a registered nurse and served on the New Mexico State Board of Nursing for 6 years.

Sally and Dan have three children, and six grandchildren most of whom live in New Mexico and Colorado. Her youngest child, Renee, and smallest grandchildren, live in Port Angeles which provided the catalyst for their move to Washington. Since living on the Peninsula, Sally became active in Soroptimist International of Port Angeles where she learned about Operation Uplift and its work to support cancer victims and survivors and she jumped at the opportunity to serve the community through this organization. She has been touched by cancer through many of her friends who have had breast cancer and her husband who also has cancer. The strength of these individuals in dealing with their illnesses is inspiring and being a part of their lives has been an honor and a privilege. The cancer survivors Sally has met through the Operation Uplift activities are inspirational and uplifting and she hopes to provide service to them for many years to come.

Editors Note: We are so fortunate to have Sally as a Board Member of Operation Uplift. She is an inspiration to all and we love her enthusiasm, her knowledge and of course her great smile.

Operation Uplift's New Brochure!

As part of Operation Uplift's 5-Year Plan to become more visible to the communities we serve, we are having new and colorful brochures made. We hope think they are eye-catching and informational. We should have them ready in a few weeks and are anxious for everyone to see them. Operation Uplift wants to help and support people going through cancer so we will be distributing them to health care facilities and Physician's offices throughout Clallam County. If you would like some to display or distribute to your church, workplace or service club, please call 457-5141 and leave a message with your name and address and how

On Call For O.U.

Every month a trained volunteer carries the Operation Uplift "On Call" phone and responds to various requests. We have a good supply of wigs and prosthesis on hand at our office. If women are without insurance or their insurance doesn't cover prosthesis we are able to provide or order for them the best products and the correct fit. These wigs, hats, turbans and prosthesis are provided to them by O.U. at no cost of course .

The month of December was fairly quiet with a few requests for wigs or prosthesis and our on call Volunteer, Sally, was happy to meet with them and provide them what they needed. The month of January began with several requests for wigs by women who were just beginning treatment. This month's volunteer, Sandy, met with them and also with women needing prosthesis. It is wonderful that we are able to help everyone who calls for these products.

THANK YOU COMMUNITY MEMBERS
FOR DONATING AT FUNDRAISING
EVENTS...IT MAKES THIS POSSIBLE!



Cancer Update from Johns Hopkins :

. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

*CANCER CELLS FEED ON:

a. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in color Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little other meat, like chicken. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including be an sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C)..

e. Avoid coffee, tea, and chocolate, which have high caffeine Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells.. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit.

A proactive and positive spirit will help the cancer warrior

to be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to

have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to

get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro.

2. No water bottles in freezer.

3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.



What does our logo (at left) mean?

The balloons can be symbolizing survivors in the several stages of cancer survival. Sometimes chemo and radiation put you on your back for periods of time, but then you get stronger and determination shows as you rise above the obstacles.

**Possible Events for
Cancer Survivors 2011**

We are currently working on planning events for all women cancer survivors for 2011. While these ideas are not definite we are looking to hold an event as often as we can. Sign up will be at the annual Kick Off Celebration in early spring...stay tuned for more details.

Jewelry Class

Music on the Pier with Pizza

A Glazing Art Studio

Mother's Day Flower Arranging

Home Décor Class

River Rafting (depending on the Elwha River)

Bunco Party

Kayaking

Holiday Wreath Class

**News From the Operation Uplift
Women's Support Group**

2010 Was a busy year as we tried to meet the needs of the women in our O.U. Support Group plus be relevant to new potential women cancer survivors needing the strength and information to deal with their cancer recovery.

The first of the year brought Sandy Maxwell and a Belly Dancing demonstration to our meeting. We all got to try it out before the session was over and really found it to be good exercise.

Pam Prednovitch and Lisa Hu, Physical Therapists from OMC Physical Therapy Department spoke on "How to Remain Active After Cancer."

Bob Neuffer, from Peninsula Mental Health gave us a presentation on "Depression and Cancer."

Anna Manildi helped us learn how Yoga can be beneficial to survivors.

Last, but not least, Erica VanCalcar, Dietician, gave us some tips on good nutrition and how it is beneficial for prevention and survivorship.

Other months were filled with a couple of potlucks, a Chinese Buffet and a movie/pizza girls night at Jayne's house, complete with a chick flick.)

It has been a great year and we have learned a lot and bonded as a group. We are always eager to welcome new survivors. We are currently planning topics and activities for 2011.

Jayne Downie, Peer Facilitator

Port Angeles Spring Yoga Classes with Anna Manildi

When: March 3 thru April 28

Time: 5:30 P.M. to 6:30 PM

Where: Scandia Hall

It's Fun! It's Free It is Conditioning!