

HERE'S TO A NEW YEAR

So let's reflect . . . last year the Alight Program went through some changes but all for the good. Our dear friend and colleague, Melissa Vogelsinger, retired and the Alight Foundation solidified its partnership with Cone Health for future growth. Although some may say "change" is hard, Jill and I have enjoyed being brought in to the Cone Health family. As an official part of the Cancer Center's Support Services Group, (not that we weren't already, it is just now official) there are opportunities for our outreach to grow. For example, we are looking into offering the Journey Binder (the resource booklet given to all breast cancer patients aiding in various aspects of each patient's cancer treatment – financial & legal matters, transportation, survivor support, counseling and much more) to breast cancer patients being treated at some of the other Cone Health facilities. Our other programs — emergency assistance, peer-mentoring, and community education — will continue to grow here at the Cancer Center as the need grows. Our promise remains . . . a diagnosis is where our help begins and stays!

And so it remains true, we can't thank you enough for your continued support so that all those efforts & programs can be offered to the nearly 700 breast cancer patients treated at Cone Health every year. We have certainly felt the love this past year from individuals, schools, special interest groups, companies, etc. Your continued support not only financially but also emotionally amazes us. Thank you from the bottom of our hearts! Here's to a new year and the continued mission of providing educational, financial and emotional resources to breast cancer patients in our community. We look forward to developing and strengthening our partnerships with you, all while enhancing our program of work.

Sincerely,

Jennifer Shoffner
Alight Program Coordinator

Jill Berry
Alight Program Assistant

LET'S TALK ABOUT PILLOWS

Pillow talk . . . It's not what you think! If you've been a recipient of an Alight Bag you know the comfort and beauty of a little (most often pink) pillow. The Alight Program provides an "after surgery" pillow to all breast cancer patients along with other useful materials. These pillows are designed to alleviate discomfort after biopsy, surgery, during therapy exercises or whenever a patient needs it most.

The pillows are all made with love from volunteers in our community.

One such volunteer is Loretta Bigelow. A survivor herself, she finds great pleasure in making something so simple that provides comfort in the biggest way. "I find so much joy making these pillows", says Loretta, as she drops off two more large bags of pillows.



Loretta with a few of her soft pillows!

WHY ARE SUPPORT GROUPS IMPORTANT?

Support groups bring together people facing similar life changes and members usually share their personal experiences, offering one another emotional comfort and moral support. Studies have shown that it can be helpful talking with other people who are in the same situation. While not everyone wants or needs support beyond that offered by family and friends, patients often find it helpful to turn to others outside their immediate circle. The benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged.
- Gaining a sense of empowerment and control.
- Improving coping skills and sense of adjustment.
- Talking openly and honestly about one's feelings.
- Reducing depression, anxiety or fatigue.
- Comparing notes about resources — doctors and alternative options.

There are two breast cancer support groups offered at the Cone Health Cancer Center every month. These are free to patients and are led by a licensed therapist. Check out our website for a true story about how one patient changed her perception of support groups.

Monthly Support Group Schedule:

Third Tuesday Support Group

Time: 7:00 – 8:30 pm
Cone Health Cancer Center, Rm 2-022

Young Women's Support Group

Fourth Monday
Time: 7:00 – 8:30 pm
Cone Health Cancer Center, Rm 2-024

IT'S A HOLE IN ONE



ITG—International Textile Group has made local charities part of its corporate annual giving. They organize a day on the golf course to raise funds for local charities and Alight has been a part of their generosity. For the past two years, they were able to present us with a

check in the amount of \$30,000 each year. “Giving to a good cause and seeing the work they do in our community makes it all worthwhile,” comments Ken Kunberger, President and CEO of ITG.

Corporate partners like ITG help make our program of work possible. It ensures that newly diagnosed breast cancer patients have the support and resources to face the challenges of their treatment journey with dignity and grace. “It is so rewarding to see local companies doing great things for the breast cancer community,” says Alight Program Coordinator Jennifer Shoffner. “We can’t thank them enough for endorsing our program of work here in the Piedmont Triad.”

VOLUNTEER SPOTLIGHT

Did you know that the Alight Program maintains and manages a volunteer base of 60+ volunteers by recruiting and training survivors to be mentors? We receive 4-6 patient referrals weekly and match them with a survivor mentor based on diagnosis and treatment path. The Alight Program also manages 10 volunteers who work in the Alight Breast Clinic at Cone Health Cancer Center, constituting 30 volunteer hours weekly. So we say, **thank you**, to those volunteers and hope you'll share in that thanks as well.

Volunteers . . .

Volunteers have hearts of gold,

Helping people young & old,

Always giving,

Always sharing,

Volunteers . . .

Are always caring.



DOCTOR'S CORNER . . . CLINICAL TRIALS

One of the great things about the Cone Health Cancer Center (CHCC) is that the patients here have the opportunity to participate in clinical trials. According to Dr. Vinay Gudena, Medical Oncologist at CHCC, "One of the best ways we can improve the standard of care is through clinical trials." Clinical trials are an important step in discovering new treatments for breast cancer as well as new ways to detect, diagnose, and reduce the risk of disease. PALLAS, PALbociclib CoLLaborative Adjuvant Study, is currently open at CHCC. Palbociclib belongs to a new class of drugs called CDK 4/6 inhibitors and it has significantly prolonged the time to progression in stage 4 breast cancer that is estrogen receptor-positive in combination with anti-estrogen therapy. It is now being tested in stage 2 and 3 estrogen receptor positive breast cancer patients who have lymph node involvement in combination with anti-estrogen therapy. If you are interested in participating in this trial or know someone that might be, contact the clinical trials department at 336.832.0821.



WHAT DOES THE ALIGHT PROGRAM DO?

At Alight, we know all too well that a breast cancer diagnosis can be devastating. We understand patients' immediate emotional needs and what pertinent resource materials can help them cope and make important treatment decisions. *The Journey* is a breast cancer resource guide that is distributed through the Alight Program to approximately 700 patients per year. It addresses financial and legal matters, transportation, survivor support, counseling and much more. We also provide newly diagnosed patients with a copy of the physician-recommended *Breast Cancer Treatment Handbook* by Judy Kneec — a thorough patient guide to understanding breast cancer.

Through the Emergency Assistance

Fund, the Alight program is able to help patients focus on their treatment and wellness by assisting with urgent financial needs such as rent, utilities, transportation, food and childcare. To date, we have distributed over \$200,000 to hundreds of patients, many of whom are too sick to work due to an ongoing illness.

PAYMENT TYPE	PERCENTAGE
Medication	40%
Transportation	21%
Physician Copay/Bill	11%
Housing Payment	12%
Utility Bill	12%
Car Payment	2%
Other	2%

2017 CHAMPIONS

Gorrell Family Foundation

Mary & Chuck Jones

Ralph Lauren Foundation

ITG

Kenneth & Evelyn Larson
Foundation

Allison & Bill Morrisette

VF

Caroline K. North

Wyndham Championship

Dancers Against Cancer

Kim & Brad Hayes

Catherine Schlosser

Robin & Quint Barefoot

Jan & Stephen Capps

Linda & David Cooper

Gloria & Robin Daniel

Ginger & Haynes Griffin

Sue & Neil Lutins

Mary & Gus Magrinat

Jackie & Ed Pearce

Phyllis Shavitz

Ann & Bob Shepherd

Kim & John Strong

Marsha & Tom Tice

Thank You!



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Greensboro, NC

Mark your calendars!

**Alight at Tyler White
Art Gallery Event
October 4, 2018
6:00 - 8:00 pm**

HOW YOU CAN HELP

We are asked all the time, "How can I help my friend who is going through breast cancer?"

Our best advice is to encourage them to speak to a survivor. While family and friends can be supportive in dealing with the daily grind, there's nothing quite like a survivor to give a patient hope, treatment tips and most importantly, perspective.

Directing a friend to our program is in itself a way to help!

Support us by becoming an Alight Champion. Every dollar donated goes to providing the resources and support all breast cancer patients need to face the challenges of their treatment journey with dignity and grace. Check out our website to learn more about how you can make the Alight Program part of your annual giving this year. (The enclosed pledge card is provided for your convenience.)

A diagnosis is where our help begins!

Visit us on the web!
www.alightfoundation.org
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Thealightfoundation 

i  a
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cancer
survivor™