



July 2004

We seek to provide a sense of security from financial hardship and enhance the quality of life for breast cancer patients in treatment.



WELCOME TO NEW BOARD PRESIDENT SUE TREITZ

Sense of Security is pleased to announce that Sue Treitz has been elected as President of the Board of Directors. Sue replaces Vicki Tosher who stepped down earlier this year. Sue has served on the Board since late 2002 and was formerly Vice President. She is Director of Health Career Development at Arapahoe Community College and has served the American Cancer Society Breast Cancer Task Force for many years. Vicki Tosher will now assume the position of Vice President.

SEEKING VOLUNTEER ADMINISTRATIVE HELP

Would you like to help build Sense of Security into a fantastic organization and make a real difference in the lives of breast cancer patients? Do you have administrative talents you'd like to share? Can you find a few hours each week to volunteer your time and talent?

If you'd like to help out on a regular basis, call 303-669-3113.

SENSE OF SECURITY, INC.

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Angela Ricker, Executive Director/Editor

BOARD OF DIRECTORS

Sue Treitz, President
Vicki Tosher, Vice President
Rich Kessel, Secretary
Pat Passeck, Treasurer
Judy Baxter

WHAT CAN YOU DO?

by Wendy Newman

Wendy is a breast cancer survivor and former Sense of Security grantee. She is writing a series of articles for the Newsletter that will appear through November 2004.

"I wish there was something I could do," people repeatedly told me after hearing about my breast cancer diagnosis. I heard it so many times. People would sort of throw up their arms in defeat just because they weren't able to go through cancer in my place. No, you can't take my chemo for me or deal with the needles or swap places in radiation. I wish you could, but you can't. However, there are so many things you can do to help.

Get involved in the fight against cancer. Volunteer for an organization like Sense of Security and help others. Donate much-needed funds. Give your time or expertise.

Send 'good mail.' Letters and cards help me connect with loved ones without requiring any action on my part. Mail helped me laugh, cry, recollect or refocus when I didn't know I could be anything but exhausted and numb. Care packages can truly make a person's day. Phone cards, gift certificates, chocolate, tea and magazines are all welcome surprises.

Have patience. Keeping up with phone calls, emails and thank yous was an overwhelming task that drained what little energy I did maintain. Supportive words were always welcome but attempting to keep everyone updated on the latest Newman Cancer News was impossible.

Offer to **keep concerned friends and family updated.** Be the one to start a phone tree, an email update or a website.

Be with me. Offer to drive me to the doctor's office. Take notes for me. Ask questions I may not be able to think of. Two people are much better than one.

Take something off my list of responsibilities. Take over some of the everyday tasks I don't have time or energy for anymore. Mow my lawn or do my laundry. Give me a coupon for a free housecleaning to be used when I absolutely can't pick up the vacuum. Research for me.



Cook me food that I can freeze.

Listen to me. You don't have to 'fix' me or solve my cancer. But you can let me feel the entire range of emotions as they confront me. There will be times I am frightened, overwhelmed, depressed, or exhausted and I need to let you know that. This does not mean I have given up the fight; it means I am human and can't always be Superwoman.

Help me pass time during the 'waiting game.' Know when my 'big' appointments are and offer to be with me the night before. If I know I'm getting test results next week or in two days, the snowballing "What if's" can easily overtake me. Keeping me company and distracting me is often very beneficial.

Let me have cancer-free days when I need them. Allow me to escape my reality occasionally by respecting my declaration, "Today is a cancer-free day." And on those days, we ignore that I am bald, in pain and fighting cancer. We escape the "C" word and try to be as carefree as possible.

Spread awareness. Spread the word that breast cancer affects so many people.

Take responsibility for your own health. Treasure it; it is truly valuable. Take care of yourself. If you smoke, stop. Do breast self-exams. Eat healthier. Exercise. Get a check-up if it's long overdue. It's painful to watch other people take their health for granted when you're fighting for survival.

Understand the cancer journey continues. Cancer isn't something that ever goes away completely. There are memories, fears, side-effects and reminders that continue after treatment ends. And the transition from cancer patient to cancer survivor can be very difficult.

There are so many things you can do to help someone battling cancer. You do have the power to help.

\$11,000 RAISED IN RAINED-OUT GOLF TOURNAMENT

by Jan Hanson, Chair

Dark clouds threatened early on June 21, for the 8am shotgun start at Red Rocks Country Club in Morrison for the 2nd Annual Sense of Security Golf Tournament.



Unfortunately after only four holes of golf, pouring rain and lightning forced 56 drenched, but resilient, golfers into the clubhouse.

Red Rocks staff sprang into action and prepared lunch two hours early, and the volunteers scrambled to finish setting up the silent auction. The spirited golfers rallied and enjoyed an early lunch and libations, and bid on more than 70 silent auction items.

Golfers traveled from all over, including Illinois, to support Sense of Security and play beautiful Red Rocks Country Club. Golfers were offered a raincheck to play the course another day. Several breast cancer survivors were among the golfers and committee members who came together to support the worthwhile mission of Sense of Security.

The tournament planning committee was successful in collecting sponsorships, donations and items for the silent auction, with a wide variety of items offering something for everyone.

Speaking for the planning committee--and in spite of the curve ball thrown by Mother Nature--we are thrilled that we raised over \$11,000 for Sense of Security.

Golf Sponsors--Thank you!

Allos Therapeutics

Colorado Avid Golfer

Jerry Hanson

Austin Gardens Landscape & Nursery

Bellevue West Animal Hospital

Gayle Berkey, Architects

Guaranty Bank & Trust Company

Glenn and Barbie Gummin

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Log Home Building Services

Mortimer Family Chiropractic Center

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John Vitale

CORPORATE GIVING CLUB

Local and state corporations making annual, unrestricted donations to Sense of Security are welcomed as members of the Corporate Giving Club. These companies show extraordinary dedication to our mission and contribute to ensure Sense of Security's viability year to year. We are grateful and indebted to these mission-driven corporations.

The Corporate Giving Club was initiated in January, 2004. Giving Club names are derived from the Colorado mountain ranges containing the tallest peaks throughout Colorado.

Sawatch Club

Hensel Phelps Construction Co.

San Juan Club

Allos Therapeutics

Sangre de Cristo Club

Front Range Club

Elk Club



Allos Therapeutics

has proudly supported
Sense of Security
in 2003 and 2004

Allos Therapeutics is a member of
the Corporate Giving Club

TENNIS TOURNAMENT TO BENEFIT LARIMER COUNTY GRANTEES

by Connie Sidder, Chair

The Fort Collins area has a very active tennis community. My own love of the game and the passion I have for the breast cancer cause have melded together for the First Annual Sense of Security Tennis Tournament to be held at the Fort Collins Country Club over the weekend of August 26 - 28.

The tournament will be non-sanctioned, but the fun should be endless. The format allows for teams of four to play doubles--once with each partner. The team may consist of all men, all women, or mixed. Their combined ratings determine the level of play.

I first learned about Sense of Security through Vicki Tosher, a tireless giver to the cause to help others overcome breast cancer. I really like the

idea that moneys are going to help people directly. Thus the tennis tournament was born. All moneys raised will benefit Larimer County grantees of Sense of Security. Come join the fun!

Date: Friday through Sunday, August 26 - 28

Location: Fort Collins Country Club, 1920 Country Club Road, Fort Collins

Fee: \$25

Deadline: August 20, 2004

Director: Scott Langs, p: 970-482-1422, email: fcctennis@aol.com

To register for this tournament, contact the tournament director.

Visit the USTA's online listing of tournaments for more information.

NEW ENGLISH, SPANISH BROCHURES NOW AVAILABLE

If you haven't already received copies of Sense of Security's new brochures, contact us right away with your request and shipping information.

Both brochures were printed with funding provided by the Monfort Family Foundation, the Denver Affiliate of the Susan G. Komen Foundation, and HealthOne Alliance.

Thanks to graphic designer Jeremy Thomas and his firm Creating Solutions for its generous contribution of time and talent!

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BOULDER COUNTRY CLUB MARDI GRAS SPECTACULAR RAISES \$14,000

The staff and members of the Boulder Country Club hosted an event on March 4 to benefit Sense of Security. Members and invited guests lunched, bid on silent auction items, and watched a fashion show sponsored by Adrienne Vittadini--all to raise money for Sense of Security. The event raised \$14,000. Thanks to the 150 attendees, Greg DeRosa and the staff at Boulder Country Club, the planning committee, and leader Brooke Van Wyk for inspiring so many with her dedication to our mission.

THERE'S NO PLACE LIKE HOME

by Vicki Tosher, Chair

The Palm Restaurant served as a wonderful backdrop for GlobalWalker Polly Letofsky as she delighted supporters on Saturday June 26th. She regaled her listeners with tales of people she met on the road over the last five years. There were poignant stories about breast cancer survivors who touched her heart in various countries around the world and broad cultural differences Polly had to adjust to as she walked through Malaysia, Thailand and India.

In addition, Polly provided vignettes about how she survived difficult times, having to walk through earthquakes, terrible storms and the emotional discomfort of being away from home with only occasional visits from friends and family. A collection of over 500 photographs from Polly's travels ran continuously.

Several people in attendance walked the last four miles with Polly along the Platte River Greenway to Confluence Park, through Lodo to the Palm. They carried "Welcome Home" signs that had been created by Lynn Newman's 4th grade class at Virginia Court School in Aurora. Polly was visibly moved by the signs, which made her realize that she really is home, and there really is no place like it!

Yahoo! Mail, the Global Sponsor of the event, honored Polly with a check for \$5,000 that she generously donated to Sense of Security. We are extremely grateful for her support!

Both Governor Bill Owens and Denver Mayor



John Hickenlooper proclaimed the day "Global Walk for Breast Cancer Day;" a representative from Mayor Hickenlooper's office presented Polly with the Proclamation.

Polly has walked 13,902 miles (through Denver). She has covered four continents, 22 countries and 13 states. This is quite a feat for someone who is a mere 5'3", 105 lbs. Her determination is key. It has been an experience and honor (to say nothing of the fun) getting to know Polly over the last five years. We've walked together, spoken on the phone between numerous countries thousands of miles apart, and always known that one day her journey would come to an end, though our friendship would not.

To make sure Polly finishes safely in Vail at the end of July, we sent her on her way in proper fashion - Glenda the Good Witch appeared to give her a fine pair of ruby walking shoes - the last pair she'll need to finish her journey. She will click her heels three times and say . . .

A NIGHT OF CHAMPAGNE AND DIAMONDS

by Heidi Handel, Co-Chair

Don't miss your opportunity to be a part of the Fourth Annual Champagne and Diamonds gala on Tuesday, October 6, 2004.

The event will again take place at the elegant Cable Center on the University of Denver campus. Our Champagne and Diamonds event will feature a glittering Silent Auction, which will once again center around a diamond. The auction will also include an extraordinary list of items from some of the finest stores in Denver. Many of the fabulous items are given with the thought of luxury and pampering in mind. Here is just a sampling of some of the spectac-

ular objects in which guests can indulge themselves: tremendous golf packages, weekend

getaways, fine jewelry, accessories and artwork. Most importantly, this is a chance, for everyone to come to the aid of many individuals that suffer from breast cancer in the state of Colorado.

Please join us for an evening filled with sparkling champagne, h'ors doeuvres and music. Tickets go on sale in August for \$75.00. You can purchase them through Blacktie-Colorado.com or the Sense of Security office.

Help us bring peace of mind to many brave individuals within our community!

*Champagne and
Diamonds*

Date: October 6

Time: 6 - 9 PM

Location:

Cable Center, Denver

Tickets: \$75

Want to volunteer?

*Email Heidi at
hihandel@hotmail.com*

TOSHER RECEIVES 2004 SUE MILLER AWARD

At Day of Caring in May, Vicki Tosher received another award to recognize her tremendous contribution to our community. The Day of Caring named Vicki as one of its 2004 Sue Miller Award Recipients for her involvement with Sense of Security and years of tireless advocacy efforts. Jeanne Currey, Madelyn Case, and Janet Laurel were also presented awards. Congratulations!

Would you prefer to receive the newsletter by email? Let us know at info@senseofsecurity.org

GRANTS AWARDED TO SENSE OF SECURITY

Special thanks to the following foundations that have made grants to Sense of Security through the first half of 2004.

Cancer League of Colorado
Colorado Springs Affiliate, Susan G. Komen Foundation
Daylight's Burnin' Fund
Denver Affiliate, Susan G. Komen Foundation
Energy Outreach Colorado
The Gooding Family Foundation
HealthOne Alliance
JJJ Foundation
Joseph Henry Edmondson Foundation

WELCOME NEW BOARD MEMBER JUDY BAXTER

Judy is Assistant Professor of Preventive Medicine and Biometrics at the University of Colorado School of Medicine. She joined the Sense of Security board earlier this year.

Sense of Security has a mission that no other organization in Colorado has--and they fulfill it in a way that is substantive. Providing financial assistance to breast cancer patients in need is incredibly useful, particularly if it is offered throughout treatment.

I decided to volunteer my energy on the Board of Directors because of this very important mission and worthwhile service. As a professor with the School of Medicine, I feel I can bring a connection to the medical community to increase awareness of the service. I have lived in Denver for 30 years and worked in public health in many communities around Colorado and I can bring a connection to the community at large, spreading word of this great organization statewide.

During my life I've been touched by breast cancer and other cancers as well. Members of my family and friends have experienced this serious disease; some did not survive. Most of those who lost their lives had them cut significantly short.

I am personally motivated to help Sense of Security in its long-term plan to expand its service to patients with other cancers. While I sat in treatment centers with a close member of my family who died of leukemia, it became clear to me that many patients truly suffer both the health and financial devastation of cancer in ways that many don't realize.


Above all else, I would like to bring to the Board my personal enthusiasm, energy, fundraising expertise, and leadership skills to increase capacity, resources, and awareness of the mission throughout Colorado.



BURT AUTOMOTIVE EMPLOYEES DRESS FOR CHARITY

During the month of March, the Burt Automotive Network held Denim Days and raised \$540 for Sense of Security. On the third Friday of each month the employees can wear blue jeans in exchange for a \$5 donation to the non-profit chosen to be the beneficiary that month. The LGC Foundation, a foundation of the Burt Automotive Network, matches the funds. Thank you to all the staff who participated during the month of March and to Debi Garrity for recommending Sense of Security.





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is a proud supporter of
Sense of Security in 2004

Hensel Phelps is a member of
the Corporate Giving Club

Visit us on the web - www.senseofsecurity.org

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