

CanCare, Inc. provides one-on-one, emotional support for cancer patients and their families.

Number Four 2009

# About Life



## JOIN TEAM CANCARE AT OUR HOOPLA SITE FOR HOUSTON RACE DAY – JANUARY 17, 2010

Everyone is invited to join CanCare at our Hoopla Site, sponsored by Arne's Warehouse, featuring the band, After Hours, on January 17, 2010. CanCare has been participating as a charity in the Houston Marathon since 1995 when Pat Hogan-Korge and her late husband, Bill Hogan, founded Team CanCare. This year will mark Pat's 15th year of recruiting runners and walkers who are dedicated to raising funds for the

mission of CanCare. CanCare will be set up between mile 25 and 26 of the full marathon (which is also near the finish of the half marathon) so we can give runners an enthusiastic boost as they near the finish line!

Over the years, Team CanCare has raised over \$750,000 for the mission of CanCare. Says Pat, "We are so excited about the major commitment made to the charity programs by the Houston races



*Pat Hogan-Korge, co-founder of Team CanCare*

in 2010. It's going to be a great year for everyone involved." If you want to join us, email [amyt@cancares.org](mailto:amyt@cancares.org) for a map of our location on the race route. It is an inspirational event for Houstonians and for CanCare – don't miss it!

## Wishing our CanCare Family a Happy Holiday Season

From all of us on the staff at CanCare, we wish you and yours a season of happiness, joy and Hope. We recently received a note from one of CanCare's clients that personifies how special our volunteers are and how much of a difference we can make, not only during the holiday season, when dealing with cancer can be particularly hard for patients and their families, but on any and every day of the year.

As we enter 2010, join us in celebrating 20 years of service since CanCare's founding in 1990 by Anne Shaw Turnage, a survivor since 1973 of colon cancer with metastasis to the liver. With an anonymous gift of \$10,000 and a belief that no one with cancer should have to suffer alone, Anne set out on a mission to improve the quality of life for cancer patients and their families.

A Note from a CanCare Client:  
"I don't know if you remember me; I am the 62 year old R.N. that was diagnosed with Stage IV Melanoma a year and 8 months ago. I contacted you as I had been unable to find a melanoma support group and thankfully you put me in touch with one of your volunteers named Gwen."

I am compelled to thank your organization, and you, for being intuitive enough to think we would be a good

match and God for having Gwen come into my life. She has been a tremendous encouragement and solace for me, and I feel like we are sisters in spirit.

Cancer is a horrific disease, but God does work in mysterious ways. If I didn't have the cancer, I would never have established a friendship with someone as special as Gwen.

If I too become a survivor, I hope I can be a volunteer with your organization and bring the level of comfort that Gwen provides me to someone else facing my present challenges. Please feel free to share my message with anyone you feel would benefit, as it comes as a gift from my heart."

Most sincerely,  
Michelle

*Front (l to r) Nancy Tucker, Tommy Thompson, Amy Tanner; Back (l to r) Pat Weatherspoon-Hall, Anne McCluan, Kim Akel, Debbie Edmondson, Nicole Dixon*



# CANCARE WELCOMES TEMPLE BETH TORAH AS A NEW MEMBER CONGREGATION

Our 91st member congregation, Temple Beth Torah, is a small, Jewish congregation in Humble, known for its welcoming spirit and inclusive nature. Since its founding in 1983, Temple Beth Torah remains the only Jewish synagogue which serves the northeast communities of Humble, Kingwood, Atascocita, Porter, New Caney and others as far north as Cleveland, Dayton and Livingston. Temple Beth Torah strives to provide quality religious instruction to all members of the Jewish community. Weekly worship is led on Friday nights by Dan Gordon who blends

his unique style of teaching to help the congregation understand how the lessons of the past can guide them into the future. The congregation is comprised of 70 member families, many of which are interfaith, and 30 children in religious school. Gordon's leadership, religious school volunteers, child and adult education are among the many spiritual, educational and social activities provided by Temple Beth Torah.



## “Life is Fine, Life is Great! We’re the Class of 48!”

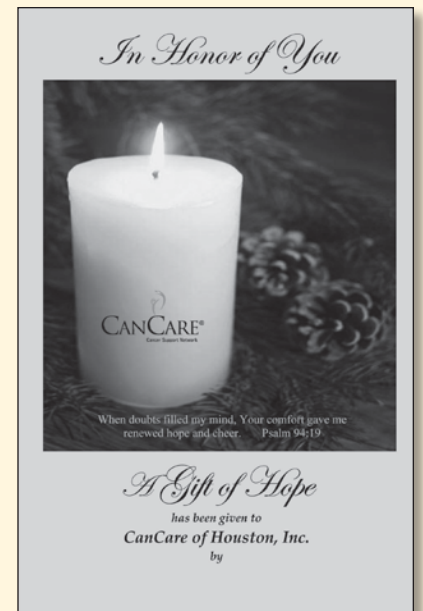
**48** Congratulations to our newest group of 16 graduates in CanCare’s 48th volunteer training class. The training was hosted by Christ the Servant Lutheran Church and special thanks goes out to Rev. James R. Giannantonio, Marcia Kugler and Pat Hogan-Korge for each of their generosity and time in helping make this training a success!



(l to r) Pat Mayo, June Votaw, Ron Wideman, Tara Wineinger, Estelle Gilbert, Carolyn Frazier, Jon McFarland, Virginia Hwang, Molly Vitela, Pam Fanning, Jeannie Moffatt, Marci Pampe, Rameen Zahed, Dotti Kesinger, Tom Fanning, Larrisa Reed

## Gift of Hope Cards

This holiday season give a “Gift of Hope.” This opportunity offered by CanCare allows you give a gift in someone’s honor and proceeds will make a difference in the lives of cancer patients and their families. To give a “Gift of Hope,” make a donation to CanCare for any amount. Mark your check with “A Gift of Hope Card,” the recipient’s name and address and mail it to CanCare, Inc., 9575 Katy Freeway, Suite 428, Houston, TX 77024. Your designated recipient will receive a special card letting them know of your gift to CanCare, in their honor.



### CANCARE NEEDS YOUR HELP!

If you are interested in volunteering your time to help CanCare in the office, please call Debbie at 713-461-0028.

# WE APPRECIATE YOU, CANCARE VOLUNTEERS!

CanCare hosted a “Volunteers Are Life Savers” luncheon for our volunteers Saturday, August 22, 2009 at the Heights Fire Station. Truly, the event was full of fellowship, fun and laughter. We had over 100 volunteers present, more than twenty door prizes, and enough barbecue with all of the fixings to feed an army (of volunteers that is!) Our DJ “Bear” imparted his hysterics that kept the crowd in stitches.

Our volunteers are life savers! And we give thanks for our Volunteer Programs Committee for the planning and preparation of this event. They were our life givers! Many thanks again... and save the date for the next Appreciation Event on August 21, 2010.



*Sheila Johnstone-Robinson and Bruce Robinson*

*John Overton, Gary Daniels*



*Trixie Jobe, Caryl Nystrom, Chris Tinsley*



*Pat Weatherspoon-Hall, Greg & Sue Barnhill*



*Rex & Tina Davis, DJ Bear*



*Ardell & Paul Stimson*



*Paul Schauer, Betsy Schauer and Sherea Cary*

## POWERFUL TOOLS FOR CAREGIVERS

CanCare, Inc., in conjunction with Interface-Samaritan Counseling Centers, now offers “Powerful Tools for Caregivers.” The course is free of charge and meets one night a week for six weeks, covering the following topics:

- Class 1: Taking Care of You
- Class 2: Identifying and Reducing Stress
- Class 3: Feelings, Needs and Concerns
- Class 4: Challenging Situations
- Class 5: Learning from our Emotions
- Class 6: Mastering Caregiving Decisions

Class participants report they are: better at caring for themselves; have fewer feelings of anger, guilt and depression; have increased confidence and ability to cope with the demands of caregiving; and take more advantage of community services.

If you are interested in attending this course, please send an email to [tommyt@cancares.org](mailto:tommyt@cancares.org) or call 713-461-0028 for a list of upcoming dates and locations.

## “Have you referred someone to CanCare lately?”

A CanCare Board Member met a coworker in the elevator at work who said his brother was struggling with melanoma in California. Our Board member called CanCare with the man’s name and phone number and within 6 hours we matched him and his caregivers with CanCare volunteers.

Nurse navigators and CanCare’s hospital volunteers consistently refer cancer patients to us. Because we have 14 active hospital visitation programs, we provide a continuum of care for their patients by offering emotional support to individuals after hearing of a new cancer diagnosis. Nurse navigators and hospital volunteers

get permission from the patient and call us with their name and number... and we do the rest!

Our Board of Representatives members play a key role within their congregation by helping connect fellow parishioners to CanCare. When hearing of a person who has recently been diagnosed with cancer, it is hard to find the right words. Our stars who represent their local congregations can help you... they reach out and say, “Would you like to talk to someone who is surviving your diagnosis?”

It’s easy to help someone with cancer... just ask, “Can I have someone from CanCare call you?”

BOARD MEMBER SPOTLIGHT:

# CANCARE BOARD OF DIRECTORS CHAIRMAN, WIL UECKER

Wil Uecker learned about CanCare several years ago from a United Way representative and wanted to help in the fight against cancer, so he agreed to join the CanCare Board of Directors. Cancer has touched Wil's life in many ways. His father and sister both lost their battle with cancer, and he was caregiver to a close friend with the disease, yet he remains positive that there is life after cancer.



Wil Uecker

"I have seen cancer up close and I have talked to people who have been helped by CanCare," Wil said. "There is no substitute for talking to someone who has been there, and that is what CanCare provides through its matching program."

Wil attended The University of Texas at Austin where he earned a BA, MBA, and PhD. For the past 25 years, Wil has been a professor at Rice University in the Jones Graduate School of Business. After serving eleven years as Associate Dean for Academic Affairs and eight years as Associate Dean for Executive Education, he has returned to teaching full-time.

Wil and his wife, Karen, who are both trained CanCare hospital volunteers, attend First Methodist Church and Bethany Methodist Church. Together, they are active in cycling, hiking and dancing. Wil reports, "My toughest hike was the one Karen and I took shortly after we were married in 2006. We climbed Kilimanjaro in Africa and followed that up with a safari on the Serengeti. We stay in shape cycling with a group on weekends here in Houston, and we enjoy dancing, mostly east and west coast swing, but also country western two-step, polka, and waltz."

They recently traveled to Mae Sot, Thailand on a mission trip to improve a



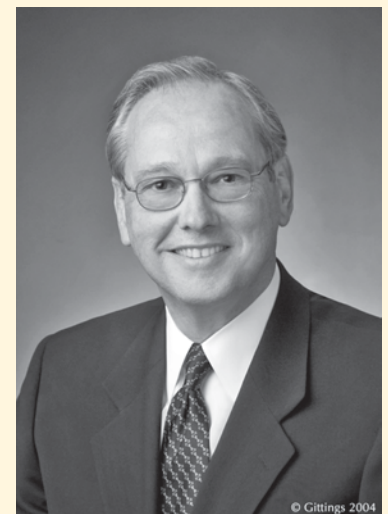
Wil and Karen Uecker

school for children of migrant workers and refugees from Myanmar. The school's director, who was diagnosed with stomach cancer, inspired them with her strong will. She refused to let her diagnosis stand in the way of her goals and remained hopeful about her treatment and the improvement of her oppressed community.

Her attitude reminded them of the support and encouragement provided at CanCare. Wil described it as "paradoxical that an organization of people touched so pervasively by such a dreaded disease can be so positive and hopeful."

## THANKS FOR YOUR SUPPORT!

CanCare extends a special thank you to The Methodist Hospital System for the recent charitable donation of \$25,000. CanCare volunteers made over 4,000 visits to patients in Methodist hospitals in 2008, and we now have patient visitation programs at the following hospitals in their system: The Methodist Hospital in The Medical Center, Methodist Sugar Land and Methodist Willowbrook.



Ron Giroto, President and CEO,  
The Methodist Hospital System

© Gittings 2004

DID YOU KNOW?

**CANCARE CELEBRATES A "RECORD YEAR" WITH 113 NEW VOLUNTEERS TRAINED IN 2009, AND 27 NEW HOSPITAL VOLUNTEERS RECRUITED.**

## VOLUNTEER SPOTLIGHT:

# ERICA PLUMMER, CANCARE VOLUNTEER

Most high school seniors have a lot on their plate: applying to colleges, looking forward to Prom and getting ready for the next chapter of their lives. For 17-year-old Erica Plummer, her life plan did not include cancer, but little did she know that her whole world was about to be turned upside-down.

Erica was a stand-out student all through high school. She was active in competitive swim team and took advanced classes. As a freshman, the tall girl with long blonde hair was discovered by an agent at the mall and was sent to California, New York and Florida for modeling shoots.

One day in the fall of her senior year, Erica discovered a lump on the back of her neck. More than one doctor told her it was nothing to worry about, but she decided to have it removed, and it tested positive for Ewing's sarcoma, a form of bone cancer. She began chemotherapy the very next day and spent the next six months in the hospital undergoing treatments.

"I cried when they shaved my head," Erica remembers. After some thought, she figured, "why be upset about losing my hair when I should worry about staying alive?" She tried on a few wigs but didn't like the way they looked or felt and decided to go bald. To accessorize, she wore baby bows on her head. "I had one in every color," Erica recalls, "One to match every outfit."

During this stressful time, Erica's step-

father was also staying in the hospital, battling kidney cancer, and her 22-year-old brother was stationed overseas in Iraq. Erica's mom, who worked across the street as an oncology nurse, visited them on her breaks and spent every night at the hospital, alternating between her daughter and husband.

"It was hard at times...us both being sick," Erica recalls. "I think we all had moments where we wanted to quit." While it was hard, Erica says it helped her family bond. Her step-father lost his battle with cancer in 2007 and seeing all that he went through, Erica says she feels fortunate to be a survivor.

For Erica, the secret to getting through



it was this: "Take one day at a time." She went through six rounds of chemo, every other treatment being worse than the last, but by taking it one day at a time, she finally made it to her last session. Two days later, Erica went to her Senior Prom.

She recalls how excited she was shopping for her dress and how blown away she was with the way her date asked her to go with him. He sprinkled Hershey's kisses all over the floor in her house, and on her mirror he left a note that read: "Now that I've kissed the ground you walk on...will you go to Prom with me?"

"Prom was so much fun," says Erica, who showed up to the dance completely bald. "I'd spent the last six months that way, so I was used to it...it wasn't a big deal. And, I saved \$100 not paying for an up-do!"

Erica became a CanCare volunteer in February, 2008. "I wanted to help young people with cancer," she says. "There was never anyone my age to talk to when I was going through treatments...it was always someone older. I get the opportunity to make them feel better and encourage them, and I'm able to give them the support I wish I'd had."

Looking back on her experience, Erica says she thinks it made her stronger and helped shape the person she is today: a 21-year-old senior at The University of Texas, majoring in nursing and considering a career as an oncology nurse, just like her mom.

## It's an Honor

Congratulations to Nancy Tucker, President of CanCare, for being selected by *Houston Woman Magazine* as one of "Houston's 50 Most Influential Women of 2009."

A huge congrats to CanCare's summer intern, Laura Prus, who is joining MD Anderson Cancer Center as a research intern in the external communications department. Laura spent all summer

supporting the CanCare staff, and we are so thankful for all of her hard work.

Congratulations to CanCare volunteer, Gladys Williams, who received a 2009 Mayor's Volunteer Houston Awards Certificate of Appreciation for her outstanding volunteer work in our community.

Congratulations to CanCare staff member, Pat Weatherspoon-Hall who

received a partial scholarship from WBSN (Women's Business Support Network) for her studies in Christian Counseling at Houston Graduate School of Theology.

CanCare's Director of Program Services, Kim (Fricks) Akel, celebrates her recent marriage to Michael Akel during a loving ceremony at Second Baptist Church of Houston.

# CANCARE GOLF CLASSIC BANQUET & TOURNAMENT

It just gets better and better! Now in its 17th year, the CanCare Golf Classic and Banquet was a great success. The banquet and auction proved to be a good time for all and a special thanks to Keith Saathoff, one of CanCare's clients, who shared what a difference CanCare has made in his life.

The "rain, rain, go away" song worked by tee time Monday and the party holes were fun and festive again this year. CanCare is grateful to all of the volunteers who helped to make the banquet and tournament a success, and a special thanks to Lakeside Country Club, the CanCare Golf Committee and Golf Committee Chair, Dennis Nelson.

We are grateful to the Friends of CanCare Board and Friends Advisory Board, whose members spent months in advance planning for this event – with a special thanks to Emily Prus and Leslie Coleman who went above and beyond the call of duty! And... if you bought a ticket for the motorcycle raffle made possible by Mancuso Harley-Davidson, stay tuned for our next newsletter announcing the winner – the drawing was held December 1st, but too late to be included in this issue! Showing up to the golf course on a Harley would be pretty cool!

Gross	
<b>1st Place:</b>	<b>57</b>
Chip Hough	
Ted Miller	
Andrew Douglass	
Rusty Werme	
<b>2nd Place:</b>	<b>59</b>
Willie Alexander	
David Geyer	
Joe Redden	
Alistair Dawson	
<b>3rd Place:</b>	<b>61</b>
John Eads	
Hal Martin	
Dennis Murphree	
Dennis Nelson	



1st Place Gross with Nancy Tucker: Andrew Douglass, Ted Miller, Rusty Werme. Not Pictured: Chip Hough.



Dennis Murphree, John Eads, Hal Martin and Dennis Nelson



Laura Prus and Amy Tanner

See our next issue announcing the winner!



The Western Party Hole



Everybody Mariachi!



The Fishette's and "best fried fish in the world" Party Hole

<b>Net:</b>	
<b>1st Place:</b>	<b>56.7</b>
Kirk Folkerts	
Mike Kruger	
Rick Kruger	
Steve Kruger	
<b>2nd Place:</b>	<b>58.9</b>
Richard Barbles	
Scott Carter	
Jeb Ligums	
Jonathan Parker	
<b>3rd Place:</b>	<b>61.2</b>
Will Canfield	
Robert Mann	
Ken Sauer	
Tim Schrack	



*First Place Net with Nancy Tucker: Steve Kruger, Kirk Folkerts. Not pictured: Mike Kruger and Rick Kruger.*



*Chase Canfield, Kelly McGuire, Charlie Nettles*



*Dr. Jeffrey Lee*



*Buz Jochetz, Jack Moore, Jim Frost, Mark Edwards*



*The ladies that make it happen - CanCare's Friends of CanCare Board and friends*

**Tuesday, December 1**  
CanCare Holiday Party and "Hog For Hope" Raffle Drawing

**Sunday, January 17**  
Team CanCare in the Chevron Houston Marathon  
Aramco Houston Half Marathon  
and the El Paso 5k

**Tuesday, February 16**  
Marathon Victory Party

**Weekend of February 19-21 & 23**  
CanCare Support Volunteer  
Training & Reception

**April TBD**  
FunFare Tennis Tournament for  
CanCare

**Saturday, May 1**  
Young Friends Crawfish Boil

## 2009 - 2010

**Putting Contest:**

Tie 1st Place: Doug Ashley

Tie 1st Place: Scott Neal

**Pitching Contest:**

Tie 1st Place: Wade Jones

Tie 1st Place: David Geyer

Tie 1st Place: Trevor Hyde

**Longest Drive Ladies #13 (Hdcp 13 & Over):**

Stephanie Smith

**Longest Drive Men #13 (Hdcp 0-8):**

Seth Thornton

**Longest Drive Men #13 (Hdcp 9-16):**

Scott Carter

**Longest Drive Men #13 (Hdcp 17 & Over):**

Andy Abercrombie



*The Cajun Mardi Gras Party Hole*

**THE MISSION OF CANCARE:** *To improve the quality of life for cancer patients and their families.*

PLEASE REMEMBER THESE PEOPLE IN YOUR PRAYERS:

Darlene Alexander, Nancy Bennett, Carol Campbell, Paula Canik,  
Gayle Choate, Virginia Curtis, Megan Dieckmann, Devon Floyd, John Holland,  
Norma Jones, Chris Kaufman, Mary Lewis, Jonathan Lund, Louis Marshall,  
Ronda Mashburn, Frank Mohler, Doris Obermier, Milton Oglesby,  
Dave Reimers, The Family of Linda Sealy, Dianne Stewart, Patty Stone,  
Teri Stover, Eleanor Taylor, Sharon Underwood,  
Nathan 'Buddy' Webb and Michael Wiesenthal

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Jessica Garza  
Kathy Garza  
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Nancy Wilfong

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[www.goodshop.com](http://www.goodshop.com)  
and CanCare will receive a  
donation for every purchase  
you make! Linked to 1000's of stores!




**ConocoPhillips**

We thank ConocoPhillips for their 2009 pledge in printing to CanCare, Inc. This generous donation enables us to share CanCare's message of Hope through this publication, *About Life*. We appreciate the continued support of ConocoPhillips and its employees.

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