

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

Number Four 2010

# About Life



## JOIN THE TEAM OR CHEER FOR CANCARE IN THE HOUSTON MARATHON: RACE DAY IS JANUARY 30, 2011

CanCare would like to thank everyone who attended the Marathon Kickoff event at Memorial Park. It was a huge success and a fun time for all!

Team CanCare has an awesome group of runners and walkers for the upcoming Chevron Houston Marathon. Even if you're not a marathon runner, you can still join the team and participate in the 5K, plus you'll get one of our free Team

CanCare t-shirts! Sign up at [www.teamcancare.org](http://www.teamcancare.org).

We also need cheerleaders and supporters on race day at our "Hoopla" Site, sponsored by Williams. Enjoy live music from *After Hours Band* while we cheer on runners and walkers less than one mile from the finish line. Email [amyt@cancare.org](mailto:amyt@cancare.org) for a map and directions to our spot on the race course.

Team CanCare has participated as an

official "Run for a Reason" charity in the Houston Marathon every year since 1996. Over the years, Team CanCare's dedicated participants have raised over \$874,000 in support of the organization. Our team is unique in that it offers an opportunity for runners and walkers to dedicate their race to someone special affected by cancer, and it is entirely supported by sponsors and in-kind donors so that all funds raised go directly to CanCare. Everyone who participates is invited to our exclusive after party at Saint Arnold Brewery!



Houston Marathon Executive Director - Wade Moorehead, Gary Schoonover, Rachel Gonzales, Nan McCreary, Amy Tanner, Kerry McKay, Pat Hogan-Korge, Race Director - Brant Kotch

Catalina Booth

## Happy Holidays from CanCare

As we near the end of our 20<sup>th</sup> year of service, the CanCare Staff wants to thank each and every one of you for another amazing year of *improving the quality of life for cancer patients and their families.*



Back l to r: Rachel Gonzales, Pat Weatherspoon-Hall, Debbie Edmondson, Kim Akel, Anne McCluan, Nicole Dixon  
Front l to r: Amy Tanner, Nancy Tucker, Tommy Thompson

May your holiday season be filled with special moments shared with people you love.

# THE FIRST ANNUAL CANCARE CONVENTION

The first annual CanCare Convention was held August 20 and 21 at Embassy Suites Energy Corridor with more than 160 people in attendance.

Friday evening, CanCare Founder Anne Shaw Turnage shared her vision for CanCare 20 years ago, and CanCare President Nancy Tucker shared her vision for the future. Our underwriter, Pfizer, sponsored a program on the Art of Active Listening.

Saturday, we reconvened for breakout sessions on *Who Cares about the Caregiver*; *Relief for the Volunteer's Spirit*; *New Reasons to put our Hope in Research*; and *Hospital Visitation 101*.

Special thanks to the 2010 Planning Committee, Bill Hall, Roy Beversdorf, Sherea Cary, Tina Davis and Christine Reed. And a big thank you to our presenters and hosts: Anne Shaw Turnage, Pfizer Oncology, Buz Jochetz, Liza Kutner, Kim Trimble, Karen Davin, Anita Bullers, Larry Latimer, Dixie Wilson, Richard Wheatley, Wil Uecker, Richard Lindermanis, Emily Prus, Tom Costantino, Jill Pavlas, Rick Hollar, Pat Hogan-Korge, John Miner, Tim Bone, Darryl Wilson, Chad Lyons, Michael Sieger, Sonya Villamagna, Mary Catherine White, Alex Weisbach, Foundation for Cancer Support, Synergy, St. John's United Methodist Church, American Cancer Society, Dr. E. Brian Butler, Dr. Luis H. Camacho, Craig Butler, Lee Ann Elvig and DJ Bear.



Nancy Tucker, Anne Shaw Turnage, David King, Mikki Wunderle



Colorado Springs CanCare volunteers, Ed Abbott, Kathy Nelson, Phyllis McCoy, Dorothy Abbott, Cindy Johnson, Bill Monroe, Maxine Dale-Jackson, Linda Puna, Shirley Wilson-Barnes, with Pat Weatherspoon-Hall, Nancy Tucker, Kim Akel



Chad Lyons, Sonya Villamagna, Michael Sieger, Mary Catherine White



Sherea Cary, Dr. Bob Boyd

# VOLUNTEER SPOTLIGHT: PAM BLACKLOCK



*Beverly and Warren Bright*



*Kim Akel, D.J., Dr. Edgardo Rivera*



*Rex and Tina Davis*

CanCare volunteer, Pam Blacklock, is at your service as a new clown character, Nurse Needa Hugg, who spreads her love of life and gives hope to cancer patients in local hospitals.



*Pam Blacklock*

Through silly jokes, big hugs and a bright cheery smile, Pam brings special moments of laughter and joy.

Diagnosed with a rare gynecological cancer in October 2006, Pam refers to her journey of survival as a roller coaster ride. “It was late summer, and I was living the good life,” Pam recalls. “My husband, Lloyd, and I had a custom built home in Bastrop, Texas and went there every weekend to play golf and have fun with our friends. We were hoping to retire there later on.”

“Cancer has a way of re-arranging life; what I once thought of as important just wasn’t anymore,” Pam says. “We sold our beautiful home in Bastrop a couple of years ago. We miss it and our friends, and I miss the church that I belonged to there. I go back and visit as often as I can.” While at Bastrop Christian Church, Pam became involved in the new Clown Ministry. After moving back to Houston, she decided to

further her passion and went to Clown School through Cheerful Clown Alley in 2009. She is now a proud member of CCA here in Houston and also of Katy Klowns in Katy, TX.

For Pam, “Cancer was the spur that prodded me to do things that I had always wanted to do, but thought that I’d get to later on.” As a massage therapist with 15 years experience, she always enjoys taking her special massage chair to health fairs and volunteering her services. Three months after her last treatment, she took a three-day intensive course to learn Oncology Massage.

Pam’s experience led her to become a CanCare volunteer in February. “It was good to be in a room full of people that ‘get it,’” she says. “As survivors trying to understand our new self, it helps so much to be able to talk to those that know where we are in our journey.” Pam believes the opportunity to be matched with someone for one-on-one support creates a unique and special bond between the volunteer and client. “I believe that I am able to help just by listening,” she states.

Pam is eager to participate in hospital visitation for CanCare in the future, and already has experience visiting patients at St. Luke’s and at Texas Children’s Hospitals with The Cheerful Clown Alley. “I love being able to make them laugh and just forget why they are there, even if for a

few brief minutes. I am partial to visiting on the Oncology Floors.”

Pam shares, “God is good, and He continually points me in the direction that He wants me to go. I’m learning every day that He has plans for me...whether it is as a massage therapist or as a clown or as a CanCare volunteer. As long as I am able to touch someone else and make their life a little easier...give them a smile or an ear...that’s where I want and need to be.”



*Nurse Needa Hugg*

*Visit us on Facebook and join CanCare’s page to see the photos from the CanCare Convention.*

# 18TH ANNUAL CANCARE GOLF CLASSIC

What a great success! The CanCare Golf Classic banquet and auction were bigger and better than ever. Special thanks to Erica Plummer, one of CanCare's dedicated volunteers, who through a special video made by college friend, Parker Vandergriff, shared her personal journey through cancer and treatment, and how CanCare continuously impacts her life.

The golf tournament and the traditional party holes were fun and festive once again this year. Congratulations to Jan Bartholomew, lucky winner of the extraordinary wine raffle. CanCare is grateful to all of the volunteers who helped to make the event a success, and a special thanks to Lakeside Country Club, golfballs.com, the CanCare Golf Committee, Melissa Wilson and Golf Committee Chair, Don Childress.

Big thanks to the Friends of CanCare Board, Friends Advisory Board and Young Friends of CanCare Board, whose members spent months in advance planning for this event. We'd like to send a personal thank you to our super star volunteer, Emily Prus, who went above and beyond the call of duty once again!



*Claire Copeland, Nancy Tucker, John Holland, Michael Westmoreland, Tommy Thompson*



*Running the Big Board - Rod Wiggins, Troy Utz*



*Melissa Wilson, Don Childress*



*Parker Vandergriff, Erica Plummer*



*Fiesta Party Hole with Mariachi music played throughout the day*



2010- Annual CanCare Golf Classic Results	
<b>Gross:</b>	
1st Place:	Jochetz/Moffitt/Edwards/Layne--64
2nd Place:	Dawson/Geyer/Redden/Alexander--66
3rd Place:	Vanos/Ligums/Parker/Barbles--66
<b>Net:</b>	
1st Place:	Newton/Irwin/Hayes/Irwin--54
2nd Place:	Toney/Hudson/Bonora/Crittenden--55
3rd Place:	Folkerts/Kruger/Goodwine/Kruger--55
<b>Putting Contest:</b>	
Tie 1st Place:	David Weaver, Steve Cagle Jr. and Gavin Smith
<b>Pitching Contest:</b>	
1st Place:	Don Childress
Tie 2nd Place:	David Jackson and Todd Riddle
<b>Longest Drive Men #13:</b>	
Hdcp. 0-8	Richard Barbles
Hdcp. 9-16	Jay Moffitt
Hdcp. 17 & Over	Neal Kallmeyer
<b>Longest Drive Ladies #13:</b>	
Hdcp. 0-12	Judy Scarborough
Hdcp. 13 & Over	Jan Bartholomew



Jay Moffitt, Mark Edwards, Buz Jochetz, Paul Layne



Chip Vanos, Nancy Tucker, Jeb Ligums, Richard Barbles, Jonathon Parker



CanCare Supporters at the Mardi Gras Cajun Party Hole



Randi Brady, Amy Tanner, Sonya Villamagna, Susan Clifton;  
Young Friends Tailgate Party Hole



CanCare Staff, Amy Tanner, Debbie Edmondson, Kim Akel, Tommy Thompson, Nancy Tucker, Rachel Gonzales, Nicole Dixon



Fishette's Party Hole with awesome volunteers and music by the Kelly McGuire band

**CanCare Holiday Open House**  
Tuesday, December 7

**Team CanCare in the Chevron Houston Marathon Aramco Houston Half Marathon and the El Paso 5k**  
Sunday, January 30

**CanCare Support Volunteer Training & Reception**  
Weekend of February 25-27 and 29

**Marathon Victory Party**  
Wednesday, February 23

**Young Friends Crawfish Boil**  
Saturday, April 30

2010-2011

## ITS AN HONOR:

A big congrats to **Michael Westmoreland**, Friends Advisory Board member, for his recent engagement to Claire Copeland.

Way to go **Chris Tinsley**... she was awarded 1st Place in a Scrapbook Page Contest at The Methodist Hospital, where she spends her time as a CanCare volunteer.

Congratulations to **Sonya Villamagna**, Young Friends of CanCare President Elect, who was recently promoted to Automotive Media Consultant at KHOU/cars.com.

Congrats to Friends Advisory Board member, **Jason Cain**, for his new role as Private Wealth Advisor with Paul Comstock Partners.

Congrats to **Jim LeBlanc**, CanCare volunteer, on his recent engagement to Meade Collard.

## Tips for the Holidays

Holidays can often be very stressful times, especially if you are dealing with cancer as a patient or a family caregiver. Here are some tips on how you can identify and reduce your personal stress.

**1. Identify your sources of stress.** What causes your stress? Too many demands on your time, over committing, family expectations, airports and crowds? It's important to know what causes you to feel stressed.

**2. Know your "signs" of stress.** Do you have physical signs like a clinched jaw, trouble sleeping, a change in eating habits? Or do you have mental or emotional symptoms of stress like irritability, forgetfulness or apathy? Perhaps a combination of both physical and mental/emotional symptoms?

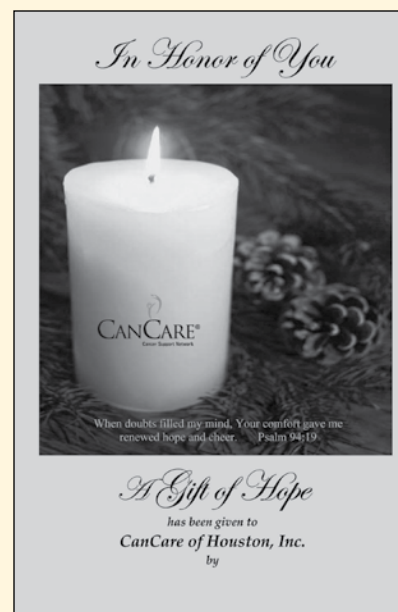


**3. Identify what you can and cannot change.** One thing that causes our level of stress to increase is trying to change what we cannot change. For instance, we can't change another person's behavior or attitude, but we can change our own behavior or attitude.

**4. Take action to reduce your stress.** If you have physical signs of stress, do something physical like taking a walk or working out. If you have mental/emotional signs of stress, try reading a book, meditating or listening to soothing music. If you have a combination of signs, do something that engages you both physically and mentally. Progressive relaxation exercises (reducing anxiety by alternately

## 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.



tensing and relaxing the muscles) and guided imagery techniques (practice of creating a detailed mental image of an attractive and peaceful setting or environment) engage both the mind and the body.

Ignoring your stress can lead to increased health problems, burnout and can have a negative impact on all of your relationships. Take action to reduce your stress, and be kind to yourself this holiday season.

## CANCARE LIFETIME BOARD MEMBER, F. MAX SCHUETTE

For each of you involved with CanCare who has the privilege of knowing Mr. Max Schuette, you can imagine the challenge of trying to fit his experiences and wisdom in a one-page article.

F. Max Schuette was born in 1924, grew up in the Midwest during the years of The Great Depression, entered the College of the University of Chicago in 1942, left during his freshman year to join the U.S. Army Air Force where he earned his pilot wings and flew 25 missions as a combat pilot of a B-24 Liberator Bomber in Europe. That's where Max said he first became aware of his mortality.

He returned home, married Elizabeth Anne O'Hare of Des Moines, Iowa and, with her, resumed his studies at the University, where he received Bachelor of Arts and Law Degrees. Max and Liz came to Houston in 1950, raised a family of three children (with six grandchildren now) and enjoyed a successful career in commercial banking and financial services.

Oliver Wendell Holmes, Sr. is reported to have said, "The key to long life is to have a chronic, incurable disease, and take good care of it."



Liz and Max Schuette

Max imparts, "In talking about long life, I believe the good doctor was talking about the 'fullness' of days, even more than the 'length' of days."

Max retired in 1989 at age 65, when, in a routine physical checkup, he was

diagnosed with and underwent treatment for prostate cancer. "I derived much comfort from worship, Bible study and prayer, but it was the loving presence of my wife, Liz, throughout this time – offered without conditions, accepted without recompense – that sustained me more than anything else. This was before CanCare, and Liz was my one-on-one support."

Max recalls feelings of anger, bitterness, fear and anxiety. "If my senses were no longer reliable, my imagination moved in to whisper all sorts of terrible scenarios for the future." After surgery and the regimen of radiation, he remembers feeling like his lack of being in control had produced a lousy state of mind and he knew that was not what God wanted. Then, just two days before he was to return for his post-treatment check-up, he woke to a sense of peace as he had never known before. "With

a rush of good feeling, I knew that I had come out of despair and that no matter what I heard, it would be alright, it would be God's will."

"We are richly blessed with doctors and health care professionals who help us in understanding the diagnoses and protocols of medical science, but each of us faces the reality of cancer in our own, different way."

As a member of Memorial Drive Presbyterian Church, Max was recruited by Anne Shaw Turnage to help start CanCare in 1990. He served as the first Chairman of the Board and has been on the CanCare Board ever since. "I am tremendously impressed, indeed astonished, with the great work CanCare volunteers have done with survivors over the years through congregations, hospitals and corporations, and the financial support provided by the community and Friends of CanCare through the Golf Tournament, Marathon and other donations. CanCare has always been well managed, with strong Board participation. I believe we have had no stronger Board than our current one," shares Max.

In addition to being a CanCare Lifetime Board Member, Max serves on the Board of the YMCA of Greater Houston and the Buffalo Bayou Partnership.

## 51st CanCare Volunteer Class

We trained 19 new CanCare volunteers over the weekend of October 8th at member congregation, Northwoods Presbyterian in Spring, Texas. We want to give a special thanks to Rev. Ann Marie Quigley-Swanson for graciously allowing the space to host our event, and to Pat Dorst, Roxanne Tyler, John Leslie, Teresa Doyle and David King who assisted in making the training a success. Congratulations and welcome to our newest group of volunteers!





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

**PLEASE REMEMBER THESE PEOPLE IN YOUR PRAYERS:**

Barbara Bahrt, Nancy Bennett, Ruth Davies, Bob Evans,  
Charlotte Gorelick, Bill Henriksen, Alex Imlay, Family of Norma Jones,  
Family of Dick Martin, Frank Mohler, Milton Oglesby, Doris Praino,  
Dianne and James Stewart, Family of Patty Stone, Eleanor Taylor,  
Kim Thibodeaux, Family of Lionel Thompson, Maria Tromontin,  
Family of Donna Vokaty, June Votaw, Beverly Willis.

**CANCARE IS NOW ON FACEBOOK AND TWITTER.  
FOLLOW US FOR THE  
LATEST NEWS AND  
EVENT PHOTOS.**



We thank ConocoPhillips for their 2010 pledge of 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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