

UPCOMING EVENTS

Looking Forward to an Exciting Fall



HOW100

Hope on Wheels: Women Cycling for a Cure

Saturday, September 6, 2008

This fourth annual event is a one-day, noncompetitive cycling event for women, benefiting breast cancer research. Visit www.HOW100.org to learn how to get started training and fundraising. You can also find registration information online.



THE WOMEN'S EVENT

Raising awareness and funds in the fight against breast cancer

Friday, September 26, 2008, 10:45 a.m.-1:00 p.m.

The Embassy Suites at Cool Springs

Lunch, Silent Auction & Guest Speakers including: Kelly Corrigan, author of *The Middle Place* and breast cancer survivor; and Denise A. Yardley, M.D., director of breast cancer research at The Sarah Cannon Research Institute.

\$100 each or a table of 10 for \$1,000

Limited seating; reservations will be taken in order of receipt. To reserve your place, call (615) 467-1936.



THE MINNIE CHALLENGE

High-performance driving course!

Saturday and Sunday, October 18 & 19, 2008

Nashville SuperSpeedway

There are several opportunities to participate, whether you've just received your driver's permit or are a competitive driver—all benefiting The Foundation. All programs are presented by the Phil Wicks Driving Academy. *Please note this is a driver's school, not a racing program.*

Visit www.minniepearl.org/challenge to read what other people say about their experience and to register.



EVENTS

mark your calendars

LOOK GOOD. FEEL BETTER
Free cosmetologist session for women cancer patients
Monday, August 11, 2:00-4:00 p.m.
Seating is limited. Call (615) 467-1936 for reservations.

JON HASTINGS MEMORIAL GOLF TOURNAMENT
August 18, 2008, Old Natchez Country Club
The Tennessee Wireless Association will hold the fourth annual golf tournament in memory of their colleague and friend, Jon Hastings. Please contact Sandra Abernathy at 615-252-3840 or sabernathy@boulcumplings.com.

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PEARL BALL
Saturday, October 18, 2008
The Sam Davis Home in Smyrna, Tenn.
The Pearl Ball, presented by StoneCrest Medical Center, raises money for cancer research and education in Rutherford County. Register online at www.minniepearl.org/pearlball.

QUIT 4 LIFE
Free smoking cessation support group
Meets every Tuesday at The Foundation's Patient Resource Center 6:00 - 7:00 p.m.
For more information, please call (615) 467-1936.

The Minnie Pearl Cancer Foundation is a nonprofit public charity committed to funding programs that provide the greatest benefit to cancer patients and their families. By supporting new programs in cancer research, education, and patient and family services, we honor the memory of Sarah Cannon, a cancer patient herself, who created the beloved character "Minnie Pearl."



CONTACT INFORMATION

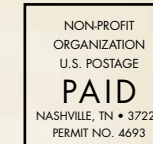
THE MINNIE PEARL CANCER FOUNDATION
A 501(C)(3) NONPROFIT ORGANIZATION

PAIGE ANDERSON : ADMINISTRATIVE ASSISTANT
BARBARA COLEMAN : ONCOLOGY SOCIAL WORKER
ADELE DORRIS : DIRECTOR OF DEVELOPMENT & OUTREACH
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LIFETIMES

THE NEWSLETTER OF

The Minnie Pearl Cancer Foundation

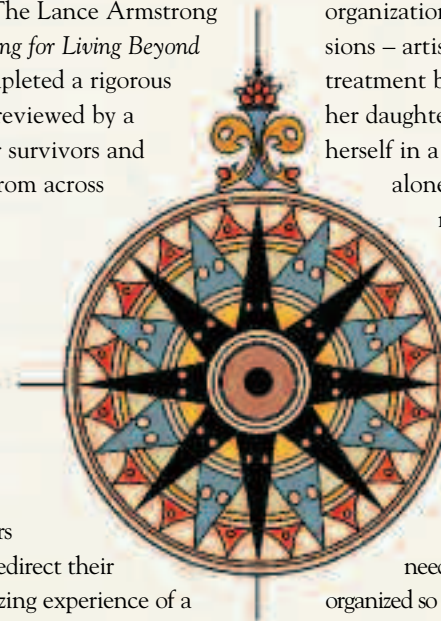
Hope through Research, Support and Education

SUMMER
2008

LIFE COACHING FOR LIVING BEYOND CANCER

One of only twenty community nonprofit organizations across the country – and the only one in Tennessee – The Foundation was recently awarded a \$44,000 grant from The Lance Armstrong Foundation (LAF) to launch *Life Coaching for Living Beyond Cancer*. Each recipient organization completed a rigorous application process, and proposals were reviewed by a selection committee composed of cancer survivors and cancercommunity experts and advisors from across the country.

Life Coaching for Living Beyond Cancer (LCFLBC) is a groundbreaking program to address cancer survivors' unmet needs. Conceived by The Foundation's staff, in collaboration with certified life coach Sheila Bates from the Vanderbilt-Ingram Cancer Center's Office of Patient & Community Education, LCFLBC empowers survivors with self-advocacy skills as they redirect their life priorities following the often-immobilizing experience of a cancer diagnosis. Sheila works with survivors to facilitate positive change in any area within their lives while focusing on long-term planning. Clients may receive up to six free individual coaching sessions over a three-month period or participate in a free eight-week life coaching group. While individual coaching may occur through phone sessions, life coaching groups are being offered periodically at The Foundation's Patient Resource Center or at Gilda's Club Nashville. The LCFLBC program is offered free of charge to any cancer survivor who has completed treatment.



Five-year ovarian cancer survivor Terry Kornman recently completed coaching sessions that were pivotal in her efforts to regain organization in her life and enjoyment of one of her life's passions – artistic endeavors. Having endured not only her own treatment but also the jolting reminder of life's fragility through her daughter's brain tumor diagnosis and surgeries, Terry found herself in a downward slide and unable to organize her life, let alone organize her time, environment and the art supplies needed to produce and enjoy art again.

Terry describes, "My stress level exploded, and my life was completely chaotic following my and my daughter's diagnoses. I would literally get up in the morning with my hands shaking. When I heard about this life coaching program, I knew what areas in my life I wanted to work on: my environment and stress management. Once I began meeting with the LCFLBC life coach, each week we set goals and determined the actions needed to reach those goals in order to get my surroundings organized so I would not feel so overwhelmed all of the time. Meeting each week and reporting back about the progress I had made during the week really motivated me to try to get my life in order. Although I'm still working on these issues, I feel much more organized and am making a conscious effort to do things for myself to relieve stress. A cancer diagnosis is such a profound life-changing event...whether it is your own diagnosis or a loved one's. For most people, it is imperative to reach out to help make some sense out of what is happening in your life. I highly recommend this program to other cancer survivors who

continued inside

JOURNAL OF HOPE:

Hats Off to...Goorin Hat Tree Foundation

A recent, multi-box delivery to The Foundation drew curious staff out of their offices to take a peek at the intriguing contents – vintage, retro and contemporary men's and women's hats created with unexpected fabrics and bold style, hats to amply stock our free hat bank for cancer patients. The gracious donor? Goorin Brothers, Inc., and the Goorin Hat Tree Foundation. In 2007, this 112-year-old hat company based in San Francisco, California, began contributing more than 24,000 hats to 80 organizations in 30 states across the country. Now, The Foundation is very proud to become one of the fortunate recipients.

Ben Goorin, owner of Goorin Brothers, Inc., says the company has always had a tradition of charitable giving. Since the death of Goorin's brother-in-law to cancer, Goorin Brothers has found particular comfort in donating their fabulous, street-smart hats to organizations that work directly



with cancer patients. Goorin's generosity in the form of look-good, feel-good hats helps counter the impact of hair loss during chemotherapy and radiation treatments.

The first weekend in April, at the close of National Young Adult Cancer Survivor Week, The Foundation passed along its good fortune to participants of our fifth Young Adult Cancer Survivor Retreat. Representing ten states, twenty young adults (20- to 35-year-olds) converged on NaCoMe Conference Center for a weekend of walks by the creek, storytelling, games, shared experiences and artistic endeavors. Goorin's hats were a hit among this vibrant crowd. The participants sported souvenir camouflage messenger bags, also compliments of Goorin, that were filled to the brim with goodies from many generous contributors.

Cool hats for cool people from cool friends...Goorin Brothers has joined the ranks of our treasured friends who enable The Foundation to make a tremendous difference in the lives of cancer survivors. Hats off to you, Goorin Brothers!



Thank You!

OUR HEARTFELT THANKS TO THOSE LISTED BELOW, WHOSE GENEROUS TIME, RESOURCES, AND ENERGY ONCE AGAIN ENSURED THE SUCCESS OF OUR YOUNG ADULT CANCER SURVIVOR RETREAT:

The Minnie Pearl Cancer Foundation
Young Professionals' Board/Fusion '08
Tennessee Oncology Group LLC
Sarah Cannon Cancer Center
Baptist/St. Thomas Hospital
The Minnie Pearl Cancer
Research Network
Planet Cancer
American Cancer Society Hope Lodge
Vanderbilt-Ingram Cancer Center
Gilda's Club
Leukemia/Lymphoma Society

I'm Too Young For This!
Tennessee Comprehensive
Cancer Control Coalition
Association of Oncology
Social Workers
Next Step
NaCoMe Conference Center
The Phillips Foundation
Center for Reproductive Health
Goorin Brothers, Inc.
Rodney Cearley
Mary Linehan

Sheila Bates
Lauren Beasley
Cristy Tice
Megan Ingram
Luke Gregory
Wild Oats Market/Michael Martin
David Spigel, M.D.
Sewn-N-Love
Jamie Vasquez, M.D.

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LIFE COACHING FOR LIVING BEYOND CANCER

feel they are spinning their wheels and can't seem to get things in order. Cancer can often leave so many areas of your life paralyzed, and the motivation and accountability inherent in this coaching program helped me to begin to change areas of my life."

"The LAF grant for cancer survivorship initiatives allows The Foundation to offer a free program that can minimize the psychosocial distress from cancer. It offers survivors a

means to directly assess, evaluate and redirect their priorities; live purposefully; and find new, meaningful balance to their lives," said Susan Gregory, oncology social worker at The Foundation. "We are thrilled and honored to be among such an extraordinary group of organizations that all share a passion for helping people affected by cancer and understand the challenges and opportunities a cancer experience presents for a lifetime."

ABOUT THE LANCE ARMSTRONG FOUNDATION



The Lance Armstrong Foundation (LAF) unites people through programs and experiences to empower cancer survivors to live life on their own terms and to raise

awareness and funds for the fight against cancer. The LAF focuses on cancer prevention, access to screening and care, research and quality of life for cancer survivors. Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, the LAF has raised more than \$260 million for the fight against cancer. Join 70 million LIVESTRONG wristband wearers and help make cancer a national priority. Unite and fight cancer at LIVESTRONG.org.

FUSION '08

A recent spring evening downtown at Nashville's City Hall drew a crowd of over 400 guests seeking high fashion, cutting-edge music, stellar art, delectable food and a compassionate cause. Organized and executed by The Foundation's Young Professional Board event chairs Heather Karls and Brenda Davenport, this year's Fusion event raised a record-setting \$22,000. The funding is directly earmarked to support and fund The Foundation's annual Young Adult Cancer Survivor Retreat. Launched by young adults for young adults, Fusion piques the senses while, at the same time, providing both tangible support and an acknowledgment of young adult cancer survivors' compelling needs and stories.



Photo by: Nikki Etienne

*A Minnie
Moment*

*Thank
you*



CHATTANOOGA WOMEN'S EVENT

The Foundation recently took the ingredients for its successful, sell-out Women's Event on the road. Collaborating with the Parkridge Medical Center's Sarah Cannon Cancer Center, the first *Women and Cancer Event* was held at The Chattanooga in downtown Chattanooga, Tennessee, on April 23. More than 200 guests enjoyed educational and inspirational guest speakers Stephen DePasquale, M.D., and Barbara Haskew, Ph.D. and breast cancer survivor. Through the support and donations of numerous sponsors and a bountiful silent auction, the event raised \$35,000 for Parkridge's patient assistance needs and The Foundation's Patient Resource Center.

Minnie's Pearls



“A couple was having a yard sale on a really hot summer day. So the husband stretched out on a lounge chair and unexpectedly fell asleep. When he awoke he heard people laughing and found that while he was asleep, his wife had placed a sign at his feet which read, ‘Make me an offer.’”

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