

Cancer Aid & Research



DIRECTOR

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***An ounce of prevention
is worth a pound of cure.***

– BENJAMIN FRANKLIN

You are sitting in the doctor's office and as the results are read to you, a numb, cold, nauseous and dazed feeling overcomes you. You can hear what is being said, but the fear that accompanies these dreaded words has overcome you. The doctor reads the report followed by these words, "I am sorry. You have cancer."

A hundred thoughts race through your mind as you ask yourself, "Now what? How will I tell my spouse, my family, my grandchildren? How will this change my life? Can I continue to work? Will my insurance cover this? How can I afford this added expense? Is it curable?"

We need to eliminate cancer as a major health problem. We can do this only if we continue research. Our donations will help make this research possible. We need your help. Your contributions, time and support are invaluable weapons in the cancer fight. Research to find a cure for cancer is ongoing. We must continue. Even the smallest donation can make a huge difference in the lives of people facing cancer.

Our donations of \$2 (or more) per member provide the needed funds for the Cancer Grants and the ongoing research needed to find a cure or interim treatment until a cure has been found. Funds from your Ladies Auxiliary Relief Fund may be used to meet this obligation. Our annual goal of \$3 million is possible. The first-place Department in each Membership Group will receive 25% of its total contributions to present to a

local cancer research institution in their area. All other Departments reaching \$2 or more per member will receive 15% of their total contribution to present to a local research institution.

A Cancer Grant is a gift of love given to a member who has been diagnosed with cancer. The applicant must be a member of the Ladies Auxiliary VFW for one full year and current dues must be paid before applying for a Cancer Grant. A member is allowed two grants during her lifetime. Junior Girls are eligible to receive one grant during continuous membership in the Junior Girls Unit. National Headquarters will determine the amount of the grant following the guidelines approved by the National Council of Administration. You may obtain a Cancer Grant application form from your Auxiliary or Department Treasurer; these forms are also available by contacting National Headquarters at (816) 561-8655.

In the *It's Time for America's Military Heroes* year, a two-year Postdoctoral Research Fellowship will be awarded for cancer research. Universities, hospitals and other institutions are invited to nominate one individual who meets the criteria. If you would like assistance on locating an accredited cancer research facility, contact your Department Chairman, your doctor, or check the Internet for a listing of these facilities in your state.

Along with our commitment to find a cure for cancer, we must practice awareness. Remember to get your annual checkups and encourage your family and friends to get theirs also. Use your birth month as a reminder for these checkups, and celebrate another year with good health...a gift to yourself. Send an e-card to friends and family you care about, encouraging them to get tested. These cards are available at www.cancer.org. Contact your doctor to find out what tests are right for you and how often they are needed. Any amount of exercise and developing healthier eating habits is a great way to start.

Early detection through education is very important in our fight against cancer. Your American Cancer Society provides materials which can be obtained at www.cancer.org or by calling 1-800-ACS-2345, and the brochures will be mailed to you. Cancer education or a presentation should be conducted at each Ladies Auxiliary meeting. Invite relevant speakers to your Ladies Auxiliary meetings.

The American Cancer Society has identified 7 symptoms which could be a sign of cancer.

- A change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge from any place
- A lump in the breast or other parts of the body
- Chronic indigestion or difficulty in swallowing
- Obvious changes in a wart or mole
- Persistent coughing or hoarseness

If you experience any of these warning signs, you should see your doctor right away. It does not mean you have cancer, but it is a sign you should not ignore.

It is important to remember the caregivers and offer to sit with the patient or provide a meal, drive them to an appointment or just be there to offer your love and support. Oftentimes, the visits and the phone calls stop when cancer is diagnosed because of the awkwardness and our fear of the unknown. By volunteering, you feel better, and you may be the best medicine there is.

Cancer does not care about race, age, sex, religious beliefs, your educational background or how much or little money you have; cancer does not discriminate. Everyone has been touched by cancer in some form or fashion. Either they have had cancer or a friend or relative has been diagnosed. There are many fundraisers or fundraising projects that can be held to raise dollars for a cure. Encourage donations given as a memorial to Cancer Aid & Research in lieu of flowers. "In Memoriam" cards can be purchased from the Ladies Auxiliary Supply Department.

With your help, we are continuing to see an increase in cancer survival rates. Join in and be a part of our team as we continue raising money to save lives. Help the fight against cancer; donate and volunteer. Remember, together we can make a difference.

AWARDS FOR DEPARTMENTS AND DEPARTMENT CHAIRMEN:

For each program award, unless otherwise noted, \$25 to the first-place Department and a keepsake to the Chairman; second-place Department to receive \$15 and a citation to the Chairman.

1. *Citation to each Department Chairman with at least 80% participation by Auxiliaries.
2. Award to the Department for the best promotion of the Cancer Grant program.
3. Award to the Department for the best publicity of the Post-doctoral Cancer Research Fellowship to a cancer institution.
4. *The first-place Department in each Membership Group will receive 25% of its total contributions to present to a local research institution (percentage must be \$2 per member or more).
5. *15% of total contributions to all other Departments reaching \$2 or more per member to present to a local research institution.
6. Keepsake to each Department Chairman with each Auxiliary contributing \$2 or more per member by June 30, 2010, and received at National Headquarters by July 10, 2010.
7. Outstanding Performance Award in each Membership Group based on criteria on Page 1.

AWARD FOR NATIONAL CHAIRMAN:

"It's Time for America's Military Heroes" Plate to the National Chairman based on quality and timeliness of material.

*NOTE: Winners will be published in the *Year-End Officers' & Directors' Report* and awards will be mailed to the 2009-2010 Department President for distribution.

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