



Newsletter

2nd Quarter, 2010



Amy Turner, Dallas Participant - Baylor

Amy Turner's voice rings with vivaciousness and happiness for life, sounding like she is in her thirties.

In reality Mrs. Turner is in her seventies, a two-time cancer survivor, and she looks forward to every day. She is especially enthusiastic on the days she is scheduled to exercise at FitSTEPS for Life® in the Sammons Cancer Center at Baylor Hospital. Mrs. Turner says, "I love FitSTEPS for Life® and feel so much better after I exercise. The exercise improves my energy, I avoid depression and it increases my hope. My four daughters drive me and I am glad I can always meet my exercise schedule. I am so thankful to Dr.

O'Shaughnessy for referring me to the free FitSTEPS for Life® exercise program."

Retired from the Southland Corporation after 15 years of store management, Mrs. Turner exercised moderately at home but was never a member of a gym. Her work was fairly physical so she has always maintained an appropriate weight. The FitSTEPS for Life® free program provides her a structured exercise program specifically for cancer survivors. Mrs. Turner has even exercised during the weeks she has treatments. She has emotional support from her family and faithful church friends, but is glad she has made new friends at FitSTEPS for Life®. "It is comforting to share cancer survivorship with others as we exercise. Each of us benefits from the other's experiences and we have become close friends," summarized Mrs. Turner.

Two Birds with One Stone...Gifts in Honor or Memory Benefit the Organization and Your Loved One

By: Joyce Brown, Development Director

"Two birds with one stone" is an old expression we often hear. It congers up a vision of a young man out hunting foul for the dinner table and expertly throwing his stone into a flock and getting two birds. What a nice benefit to his family with only one effort of the young hunter.

You too can give two benefits with only one effort when you give a gift to FitSTEPS for Life® in honor or in memory of someone. The recent Mother's Day campaign was our first attempt at e-fundraising and you proved this may grow to be very beneficial to FitSTEPS for Life®. So, yes there will be a Father's Day e-fundraising opportunity to support FitSTEPS for Life®. We have heard many nice comments on the card we designed and mailed for Mother's Day and we guarantee the Father's Day card will be a handsome design also.



Thanks to Susan Smith, participant and volunteer, for her suggestion to keep a permanent opportunity posted on our website so that a gift may be given at anytime in honor or in memory of someone. Consider this suggestion done! See www.fitstepsforlife.org. Please, when appropriate, consider giving a gift to FSFL rather than giving a tangible item to someone who does not need or want another item around their home. Please, get two birds with one stone.

Using Exercise to Fight Fatigue

By: Matthew Ebert, Clinical Director

"If I am already fatigued, wouldn't exercise just make me more tired?"

This question is not uncommon as we tell patients about the FitSTEPS for Life® (FSFL) program and its benefits. The answer is no; with the right type of exercise at the correct intensity. The "right exercise" would be of moderate intensity and would promote endurance without over-exertion. The word exercise can seem intimidating and often brings images of running or heavy weight lifting. The phrase "no pain, no gain" does not apply with the FSFL program. The truth is that research shows significant improvement in energy, muscle mass, and endurance from utilizing light, but regular (at least 3 days a week) exercise.



Keep in mind, each individual is just as unique as the treatment regimen they are following. For this reason, taking part in FitSTEPS for Life® is your best bet. The program is supervised by trained staff who can guide you on how to listen to your body, but still receive the greatest benefit available, while always taking precautions to keep you safe. You must understand your body is under extra stress during treatment and you should not be disappointed if you cannot do as much as you used to. The most important thing is to remain consistent with your activity and continue to gradually progress once treatment ends.

If you are undergoing chemotherapy treatment, there are a few more guidelines that you must follow. Chemotherapy is generally stressful to the body and the most common side effect is a lowering of your white and red blood cells. White blood cells protect your immune system and if they become too low, you will be more susceptible to infection and may need to avoid exercise until they are once again stable. However, you must understand that nothing will maintain normal blood counts more than regular exercise. It is only in extreme circumstances that exercise would not be appropriate.

With all this being said, exercise is the best way to eliminate symptoms associated with treatment. It is only under special conditions, generally for a short period of time, that exercise should be suspended. Always ask your doctor or a FSFL staff member when you have concerns about whether or not to skip an exercise session due to treatment side effects.

Farewell to Melanie...FSFL was blessed to have you

By: Joyce Brown

Do you remember the first time you met Melanie Orme? I do, and we were only a couple minutes into our conversation when I knew I liked her. Psychologists say that first impressions are made in a few short seconds. When you listen to Melanie talk about FitSTEPS for Life®, you soon catch her contagious passion that she has for serving cancer survivors and the importance of exercise.



Melanie came to FitSTEPS for Life® in March 2008 as a volunteer after she read about the organization in the Baylor Magazine. In a short time everyone recognized she brought many skill-sets that FSFL needed and Melanie advanced from volunteer to Program Director in November 2008; then in January 2010 from Program Director to Executive Director of the Dallas area.

All of us at FitSTEPS for Life® are saddened to see Melanie go, but we understand she needs to make a move so her family can be together. What a blessing it has been for our FSFL organization, participants, referring physicians and the entire Dallas oncology community to have Melanie's leadership and contagious enthusiasm about survivorship.

Melanie, we wish you, Cliff and your three sons all the best in your future endeavors. You are always welcome back to FSFL.

Welcome to Melinda...FSFL Program Director

Welcome Melinda Morgan, new Program Director for the Dallas area, who joined FSFL in May. She brings 17 years of program experience from Big Thought and the YMCA of Dallas which will be so beneficial to us as we grow. She brings strengths in supervision, launching new initiatives, risk management and strategic planning. Melinda graduated from OSU and has lived in Dallas for 25 years. Training for triathlons, enjoying her three cats and dabbling in acrylic art fill Melinda's time away from work. Join FSFL in welcoming Melinda when you meet her around the centers.



Mable Hill, Tyler Participant - FCC

My journey with FitSTEPS for Life® began as a caregiver in October of 2007. My husband was diagnosed with stage 4 lung cancer and his doctor recommended FitSTEPS for Life® and encouraged me to join as well. My husband received tender care, strength and encouragement at the FSFL exercise site in the First Christian Church, Tyler. He enjoyed going and it was a real blessing to me to know I was helping him by attending with him each day. He passed away and after that I did not attend for over a year.



After some time passed, I spoke with Pam, one of the wonderful clinical staff at First Christian Church, who assured me that "once a member, always a member". I became an active participant again, and an advocate for FitSTEPS for Life®. The program met a real need in my life and I found good friends that have helped me through this difficult time. The exercise has been so valuable to me as well since I have arthritis and have had both knees replaced.

In February of this year I knew I wanted to give back, so now I serve as a volunteer once a week and at other times when a need arises. I love people and want to help each one that comes to FitSTEPS for Life® to have a good experience and benefit from their exercise time. The fellowship with the employees, volunteers and the other participants is a real joy in my life. I love being a "cheerleader" and advocate for FitSTEPS for Life® because it has made such a positive impact on my life.

Volunteer Appreciation Week, April 19th - 23rd

On April 22nd, fifteen volunteers gathered together for the East Texas annual "Volunteer Round-Up" Luncheon at the First Christian Church in Tyler. Everyone came dressed in their boots and jeans to enjoy delicious BBQ prepared by Joyce and Archie Brown and complimentary sides donated by Stanley's Famous BBQ Pit. Various awards were presented to the volunteers in appreciation for their dedication and hard work. The Volunteer of the Year award for 2009 was presented to Mrs. Gloria Rognlie for devoting over 160 hours in the administrative office. Although the time and effort that volunteers give is priceless to our organization, this event was a small token to show our appreciation and gratitude. Special thanks to those who helped make this event such a success. Congratulations volunteers on another astounding year.

Volunteer of the Year

Gloria Rognlie

The Presidential Award

Gloria Rognlie - 161.75 hours

Teresa Smart - 133 hours

Jean Tolar - 130 hours

LaVene Minton - 120.5 hours

Nick Rognlie - 107.5 hours

MarcieToups - 100 hours



This award was given by the President of the United States for those individuals that have achieved a certain standard, measured by the number of hours of service over a 12 month period. These volunteers have devoted 100 or more hours in 2009.

Also recognized at the luncheon are the following volunteers for total hours for all time:

Four hundred hours: Sue Burke and Nick Rognlie

Three hundred hours: LaVerne Minton, Gloria Rognlie, Dr. Herd Snider and Pat Verhoeven

Two hundred hours: Teresa Smart and Beverly Wheeler

One hundred hours: Beth Guinn, Miriam Rubin, Jean Tolar and Marcie Touns

We would also like to thank all the Dallas area volunteers and the time and efforts you give which are priceless to our foundation. Special congratulations to Susie Wright who also received the Presidential Award Service for 2009.

If you are interested in volunteering in 2010, please contact:

Haley Campbell - East Texas centers at 903.561.0149

Lindsay Black - Dallas Area centers at 972.664.0523

Dallas Area News:

- FitSTEPS for Life® was featured as "Our Neighbor" on WFAA-TV Channel 8 Ft. Worth News. Click on the following link to read the article and watch the video. [FitSTEPS for Life - Our Neighbor](#)
- Please welcome Becky Summers, Clinical Staff at our Richardson center and Sally East, Administrative Assistant for the Dallas area.
- FitSTEPS for Life® hosted a "Celebration of Life" for our participants on May 20, 2010 to honor our participants and celebrate their life. We had a wonderful time with participants, caregivers, friends, family and staff in attendance.

Awards were given to the following participants:

Longest Active Participant - Vera Johnson

Baylor Longest Active Participant - Vera Johnson

Duncanville Longest Active Participant - Dorothy Harris

Garland Longest Active Participant - Susie Wright

Gilda's Longest Active Participant - Larita Weathersby

Mesquite Longest Active Participant - Pamela Woodberry

Plano Longest Active Participant - Jim Adams

Presbyterian Longest Active Participant - Stan Fennig

Richardson Longest Active Participant - Marjorie Schreiber

A special thank you to Sharon Hargrove who provided drinks and light snacks for the event. Red Lobster, Chili's, McAlisters, Texas Roadhouse, Spaghetti Warehouse, Olive Garden and Applebee's who provided gift cards for the awards. Also, First Baptist Church - Garland for providing the space.

East Texas News:

- FitSTEPS for Life was featured in the Whitehouse Newspaper, the Tri County Leader. Click the following link to read the article. [FitSTEPS for Life - Tri-County Leader](#)
- We have added an hour to our Lindale center. Click the following link to see the hours of all the East Texas centers. [FitSTEPS for Life - East Texas Hours](#)

FitSTEPS for Life® was recognized and Dr. Kimmel was quoted in Cure Magazine. To read the article, click on the following link.

cure } Lung Cancer
update

"If they will start off with minimal amounts of exercise and plan on it being long-term, they will amaze themselves with what they can achieve."

Gary Kimmel, MD

All FSFL exercise facilities will be closed in
Observance of 4th of July
Monday, July 5th



We will also be closed
Monday, September 6th
In Observance of
Labor Day



Chicken and Couscous Vegetable Salad

- 1 ½ cups low-sodium low-fat chicken broth
- 1 cup uncooked couscous (pearl style)
- 1 ½ cups cooked chicken or turkey, chopped
- ½ pound asparagus, cut into 2-inch pieces, cooked and drained
- 1 ½ cups chopped green or yellow bell pepper
- 1 medium tomato, chopped
- ½ cup celery, diced
- ½ cup fat free Italian dressing
- 2 Tbsp. sliced almonds, toasted



Pour broth into saucepan, bring to boil. Stir in couscous. Remove from heat, cover, and let stand 5 min. Stir with fork. Stir together couscous, chicken, bell pepper, asparagus, tomato, and celery in a bowl. Add dressing, stir evenly to coat. Serve at room temperature or chilled. Before serving, sprinkle with almonds.

Makes 6 servings.

Per serving:

- Calories: 237
- Sodium: 340 mg
- Fat: 6 g
- Cholesterol: 29 g
- Fiber: 6 g
- Saturated Fat: 1 g

This delicious recipe is included in the FitSTEPS for Life® Exercise and Nutrition Manual.

Special thank you to all Donors!
1st Quarter, 2010

James and Sarah Adams
Hank Baker
Earl Y. Bateman
Baylor Health Care System
Helen and Harry Birin
Ruby and John Blackstone
Patricia Bottger
Dorothy and Dr. Ben Bridges
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Carol and Dr. Craig Weaver
JoAnn and Avery Womble

Memorials and Honorariums

Association of Fundraising Professionals - In Honor of Mr. James Holcomb
Martha Brandon - In Memory of Evelyn Peninger
Mary Johnson - In Honor of Mr. Burke Hazelrigg
Susan and David Smith - In Honor of Mr. and Mrs. Greg Mongeau
Gloria and Glen West - In Memory of Mr. Tom McCeig

If you would like more information about theFitSTEPS
for Life® program, please call your local office.

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