

FOUNDATION

CARDS FOR A CURE HONOREE

I found the Tallahassee Memorial Cancer Center when my son had an Eagle Scout project to build an arbor in their Healing Garden – it was also where my father-in-law was receiving radiation treatments at the time. Maye Walker – a breast cancer survivor and activist who donates her time to the Tallahassee Memorial Cancer Center Healing Garden – graciously worked with us with the eagle project, and I thought, this is a special place. This led me to begin working as a registered nurse in the radiation department. As fate would have it, I later became Dr. Imanirad’s nurse.

I was on a six-month mammogram schedule as my physician was concerned about an area in my left breast, where I found a lump and a biopsy was taken. It was a Friday at work when Mary Swain, MD, radiologist, called to tell me I had cancer. A week later she called again to let me know the pathology report was back and it was triple negative breast cancer. There was silence on both sides. She said she usually wasn’t giving this information to someone who was a nurse and realized the impact the news had on me. I thought to myself, get to work and think about this later. Wow, triple negative! Of course, I went home to do research and the reality set in. I had been aching under my armpit and down my arm, so the fear of metastases was always in the back of my mind. I knew surgery would give me answers, but the wait could be long.

I had not told my children yet because I wanted as much information as I could get, and I selfishly wanted their life and mine to stay “normal” as long as possible. My husband, Randy, and I have two boys and a girl, and at the time they were 17, 19 and 21. My daughter was a senior in high school. A typical teenager and active volleyball player, her worries consisted of college, prom and things a high school senior thinks about. All of my extended family is in Tallahassee, and I knew once my diagnosis was out, our world would never be the same. Randy, a few close friends and coworkers knew – but this time allowed me to think, cry, pray and find my strength through my faith in God. Instead of saying “why me,” I started saying “why not me.”

I have a book by Anne Graham Lotz titled, “WHY.” She recounts how her son was diagnosed with cancer and how she prayed with him. “We acknowledged that he could bring God glory through faithfully trusting him if the cancer led to death, or if the cancer went into remission, or if the cancer was surgically and successfully removed, or if the cancer simply disappeared.” I felt those words; I needed to pray, have faith and trust God. I knew I had the best doctors around me and an amazing group of coworkers by my side. Some of my patients asked me if I was going anywhere else to get



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treatment. My answer was easy – absolutely not when the best are right here.

Surgery was a defining moment. I knew my life could change drastically after that, but at this point, I was ready to move forward. I can certainly appreciate the emotions patients face between diagnosis, further testing, waiting on results and getting surgery scheduled. I remember waking up in recovery after my double mastectomy, and Randy telling me the lymph nodes were negative. Groggy, all I could think was ‘thank you.’

Chemotherapy was next. I scheduled a patient for chemotherapy and he started the same day I did. It was so strange to be on the receiving end. Each treatment, I felt blessed to have people I worked with taking care of me. A co-worker gave me a card with a girl pushing a boulder that said, “You may not see us standing behind you on the front end, but we are all there pushing that boulder with you.” Family and friends also pushed that boulder. Meals were provided that helped give us a sense of normalcy, and my book club and Sunday school sent cards, texts and more. Random acts of kindness carried my family and me through such a difficult time.

“I am a cancer survivor,” is a term I have a hard time saying for many reasons. My story is not remarkable, and as an

oncology nurse I live and breathe cancer most every day. There are so many courageous people who I admire: people who don’t see a cure in sight — who just hope for scans that show remission or at least don’t show progression; people who keep enduring treatment after treatment to stay alive a little longer to be with family and friends another day — who are just waiting for the shoe to drop and be told it is progressing, that it’s time to try a different regimen. They are truly courageous. I am honored and blessed to be a part of the team at One Healing Place. Each person at the Cancer Center makes a difference – from the greeter when you walk in the door and the schedulers who know you by name, to the medical assistants, nurses, physicians, housekeeping, management, and behind-the-scenes heroes who get authorizations for treatments and scans. There is research being done to find new treatments and funding is the driving force, but we need to remember to take care of those that take care of us too. Also, to remember not only those with breast cancer, but everyone enduring a cancer diagnosis. This community is blessed to have so many people dedicated to helping patients through their cancer journey. Thank you for helping me through mine.

To a cure for all cancers. With gratitude and love,

Lea Lane



Save the Date

Electrotech, LLC presents the

12th Annual Cards for a Cure

Benefiting the Tallahassee Memorial Cancer Center & Cancer Programs

In Honor of Lea Lane

October 14, 2017 | 7 pm - 11 pm | Donald L. Tucker Civic Center

Entertainment by: Momentum Party Band

Sponsor information: Janet.Borneman@TMH.ORG or 850-431-4048



Tickets can be purchased online at www.cardsforacuretallahassee.com.

Florida Diabetes Camp

Out of more than 29 million people in the United States living with diabetes, five percent are diagnosed with type 1 diabetes. With so few of the population having type 1 diabetes, resources and education – especially for children diagnosed with it – are often not widely known. Thanks to the partnership between the Tallahassee Memorial HealthCare (TMH) Foundation, TMH Physician Partners – Metabolic Health Center and the Florida Diabetes Camp, that is changing.

Each year, the Florida Diabetes Camp provides an opportunity for children between the ages of 6 to 11 years old to attend a weeklong camp where they are able to receive education about diabetes and bond with other children who have the same condition. With the small percentage of people with diabetes having type 1, there are usually not any other children with type 1 diabetes in their families, schools or communities that they know. That's where the Florida Diabetes Camp comes in – they bring in more than 40 campers from all over the North Florida and South Georgia region who are diagnosed with type 1 diabetes to participate in the weeklong camp.

With the support of the TMH Foundation through the Gannett Foundation, the Tallahassee Sigmas Educational Foundation and the Proctor Endowment for Children with Diabetes, TMH and the Florida Diabetes Camp have been helping these children create memories and better understand type 1 diabetes. The Metabolic Health Center and pediatric endocrinologists Larry Deeb, MD and Nancy Wright, MD provide clinical staff the medical supervision, counselor training and nutrition management of the camp. They work along side other camp counselors and

student volunteers from Florida State University, Florida Agricultural and Mechanical University and University of Florida Health programs to give these kids the best experience they can.

Just like any other camp, campers experience an assortment of different activities including swimming, games, archery, arts and crafts, campfires and more. What makes the camp unparalleled to others is that the campers also get the chance to learn more about their shared disease and different ways to manage the challenges that come along with it. They do everything from checking their blood sugars to counting their carbohydrates together, which builds friendships and support systems through the highs and lows of managing this disease. These children are given the chance to create bonds and share stories with kids in their age group, who know first hand exactly what trials they are all going through.

“The community has truly come together to support this cause and we couldn't be more thankful,” said Dawn Springs, Director of TMH Physician Partners - Metabolic Health Center. “Between the support of the TMH Foundation through the Tallahassee Sigmas Educational Foundation and the Proctor Endowment for Children with Diabetes and their long-time support of over 20 years of our camp, we are able to have more children attend this special camp year after year.”

For more information or to make a donation in support of juvenile diabetes, please contact Judi Wills at 850-431-5904 or Judi.Wills@TMH.ORG.



Gift in Action



The Tallahassee Memorial Transition Center is an innovative facility that provides follow-up care for certain patients who cannot see a physician as quickly as needed, or for patients who may not have a physician, insurance or the means to access the healthcare they need.

With the support of the Tallahassee Memorial HealthCare (TMH) Foundation, the Transition Center was recently able to purchase additional equipment to help facilitate the Telemedicine program – allowing the Transition Center to continue on their path of supporting and helping patients who are on the road to recovery. The items purchased included iPads, an iPad floor stand and a few computers, all of which are crucial to have for the Telemedicine program.

“At the Transition Center, we see a lot of high-risk patients who aren’t able to see a primary care doctor or specialist for their follow-up after they’ve been discharged from the hospital,” said Lauren Faison, Administrator of Regional Development, Population Health and Telemedicine at TMH. “Our goal at the Transition Center is for patients to receive the preventative care they need no matter where they are, and to be able to connect with physicians, pharmacists, or whoever they need to get the follow-up care that is crucial to them.”

TMH’s Transition Center and Telemedicine program allows physicians to see patients in remote locations. Because of the limited healthcare resources in many parts of rural North Florida, access to primary care physicians and specialists can be challenging, and often times cause patients to go without those critical healthcare services they are in need of. That’s where Telemedicine comes in – with the funds from the TMH Foundation, the Transition Center was able to purchase additional equipment needed for the Telemedicine program, allowing physicians and patients to connect digitally.

“A little bit can go such a long way,” said Lauren. “With the funds from the TMH Foundation, we were able to purchase more equipment for our Telemedicine program which has literally changed the outcome for the better for some of our patients.”

For more information on the Tallahassee Memorial Transition Center or to donate, please contact the TMH Foundation at 850-431-5389 or at Foundation@TMH.ORG.

PAR-TEE FOR TOTS

Sunday, October 22, 2017 6 pm - 9 pm

Proctor Subaru, Located at 1707 Capital Circle NE

- Cocktails
- Dinner by The Seineyard
- Raffle - Win a new 2018 Subaru Crosstrek 2.0i Premium
- Raffle - Other select prizes
- Raffle tickets are \$75 each and include admission to the PAR-TEE

Make Your Reservations NOW for

TEE OFF FOR TOTS

PAR-TEE and Golf Tournament

The 24th Annual Tee Off for Tots Par-TEE and Golf Tournament are set, respectively, for October 22 and 23. The proceeds from both events will be divided equally between the Proctor Endowment for Children with Diabetes who are served at the TMH Physician Partners - Metabolic Health Center and Tallahassee Memorial Children's Center for children with a variety of conditions and treatment requirements. Your generosity, support and participation in Tee Off for Tots will positively influence the lives and medical outcomes of thousands of infants and children and their families.

This is your chance to WIN a new car!
Only 1,000 tickets will be sold.

WIN

TICKETS ARE
\$75

a NEW

2018 Subaru Crosstrek 2.0i Premium

27 MPG CITY / 33 MPG HWY



Sponsored by:



GOLF TOURNAMENT

Monday, October 23, 2017

Rain date - Thursday, October 26, 2017

GOLDEN EAGLE COUNTRY CLUB

Two flights: 8 am and 1:30 pm

Registration: 7 am and 12:30 pm

Every effort will be made to accommodate requests for specific flight times. Soft spikes, please.

AWARDS RECEPTION

- Immediately following each flight in the Plantation Room
- Top three teams in morning and afternoon flights
- Awards Presentation

GAMES WITHIN GAMES

There are 5 contests:

- Longest Putt
- Air Canon
- Closest to Pin
- Hole-In-One on Specified Hole
- Straightest Drive in Fairway, 150-Yard Minimum

In addition to the Hole-In-One opportunity under Games Within Games, ALL PLAYERS will be eligible to win an all-new 2018 Acura 3.5 V-6 9-AT P-AWS with A-SPEC Sedan with a Hole-In-One on the 15th hole! *Hole-In-One Terms and Conditions Apply.

FORMAT: CAPTAIN'S CHOICE SCRAMBLE

All players hit their tee shot. The captain selects the best shot and all players hit their second shot from that point.

LUNCH

Lunch will be served between rounds.

LEVELS OF PARTICIPATION

MAJOR SPONSOR

There are multiple opportunities. Please call the TMH Foundation at 850-431-5389 for details.

GOLD TEAM OF 4 PLAYERS **\$2,000**
Name on Tournament Board, Tee and Green, 4
Tournament Gift Bags, 8 tickets to Dinner Carnival,
4 Games Within Games tickets.

TEAM OF 4 PLAYERS **\$1,200**
Name on Tournament Board, 4 Tournament Gift Bags.

INDIVIDUAL PLAYER **\$300**
1 Tournament Gift Bag.

GAMES WITHIN GAMES (per player) **\$35**

REGISTER YOUR TEAM ONLINE NOW AT TMH.ORG/GOLF.

To reserve your player/team spot and all associated benefits, the pre-registration payment deadline of 10/3/17 must be met. Registrations will be accepted after 10/3 but there is no guarantee of signage, publication or other benefits with late registration.

FOR MORE INFORMATION

Call or e-mail Aaron Kinnon at
the TMH Foundation: 850-431-5389
Aaron.Kinnon@TMH.ORG



TALLAHASSEE MEMORIAL
HEALTHCARE
FOUNDATION



Mickey S. Moore,
TMH Foundation
President

“At some
point, a
decision has
to be made
for the team.
Make it.”

LEADERSHIP, COMMUNICATION AND PUBLIC SPEAKING

Via CEO Bootcamp!

Years ago – when I worked in the financial industry – I attended a unique leadership bootcamp hosted by the Credit Union National Association and EASCI (Extreme = Arts + Sciences, Inc.), held outside of Seattle at the beautiful Salish Lodge. Upon reflection over the years, I can attest that this was the most transformational professional experience in my life – especially in the areas of leadership, communication and public speaking.

Yes, bootcamp. Sleep deprivation. Early mornings. Late nights. PT. Competitions. No play, no resort time, just curriculum. Our instructors included a retired Navy Seal Commander!

As one of the youngest participants in the class, I am sure I stuck out a little. Being one of few VPs there (thanks to our progressive CEO who believed in developing his people), I know I started off wanting to prove I belonged there and, unfortunately, it showed. I hadn't quite figured out that leadership didn't mean you had to be the loudest and proudest “charge ahead” voice in the room all the time. As my frustration increased with our team's apparent inability to “win” anything, my impact on the others was obvious. Fortunately, a little counseling by an instructor and a little self-talk put me on a different path. I quickly learned that finding my place on the team of leaders and being comfortable and confident with who I was – without voicing it or forcing it – brought me to a leadership role of respect, authenticity and engagement. This transformation caught the attention of the instructors and I was awarded the overall Leadership Award for the bootcamp – in reality, I should have awarded them for helping me get to where I was.

Communication during this bootcamp was fast and furious, sometimes complete and detailed, but mostly direct, critical and constructive - there was no time for sugar coating. My takeaway from this aspect of the bootcamp was that we may only have time to communicate in short and precise moments as leaders and that it may be necessary to make decisions without all of the information you think you need. At some point, a decision has to be made for the team. Make it.

Who really loves public speaking? Who really thinks it is easy and never gets nervous? Well, this bootcamp cured me of most public speaking fears. Over three days, the instructors required us to do a total of seven speeches. Press releases, crisis management, business presentations and various other subjects were covered, along with best practices in preparation and delivery. Most scary was the notice given with each one – or lack thereof – and the environment in which each took place. The instructors varied notification times between one minute and 10 minutes – that's it. Here is your subject and good luck. As for the environment, they made us speak in empty rooms, full rooms, well-lit rooms, spot-lighted rooms, a few in the audience, many in the audience...we never really knew what to expect. Takeaways for me? Slow it down as best as possible, be precise and clear, engage with the audience, use body language and voice inflection, emphasize key points, pause, don't try to say everything and breathe!

I still have a video of my closing speech and I can clearly recall the emotions of the last day. Those 3.5 days/nights brought me to a better understanding of my place in leadership and helped me recognize my areas needing improvement. As a 31-year-old executive at the time, there were plenty. Leadership, communication and public speaking require preparation and practice in many ways, but I know this bootcamp helped carve me into who I am today. That's my most transformational professional experience – what's yours?

The TMH Foundation Update is produced by the Tallahassee Memorial HealthCare Foundation
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To make a secure online donation, we invite you to visit [TMHFoundation.ORG](https://www.TMHFoundation.ORG).