

Cancer Care Connection

JUNE 2006

“Mighty Joe” offers 6 week course to CCC members

An ounce of prevention is worth...

...you probably know the rest of this age old wisdom, and as part of Cancer Care Connection's ongoing efforts to provide resources for those affected by cancer, we've teamed up with nationally recognized fitness expert Joe Stankowski to assist you in making the lifestyle changes that can help you look and feel better today while lowering your risk for many illnesses and disease now and in the future.

One of the leading contributors to cancer is lifestyle - more specifically, an inactive one. Now, Joe brings his experience and a talent for helping people move past their aversions to exercise and re-discover their instinctive desire to move their bodies.

Employees of member corporations



can now experience "Mighty Joe's" e-course, "A Pound of Cure: a Fitness and Lifestyle Primer". In this exciting new program, Joe's enthusiasm is sure to rub off on you and get you thinking about exercise in a whole new way.

It's easy to join this informative and motivational program. Simply [visit the Cancer Care Connection website](#) and sign in with your user name (corporate) and password (member). Then just click on the link where you will be able to sign up for this free six-week adventure.

To sign up for this free program, click [here](#).

To learn more about Joe Stankowski, visit www.JoeStankowski.com.

New Staff Member to assist corporate members

Cancer Care Connection is proud to introduce the newest member to our team. Cary McCartin, a graduate of University of Delaware, has come on board to help assist you, our corporate members.

After facing Hodgkin' disease in 2003, McCartin has shifted his focus from politics to the non profit sector. Although young, McCartin has extensive experience in grassroots marketing, online advertising sales, and web solution sales. A self-proclaimed extrovert, McCartin has volunteered his time as a speaker on survivorship for the Ulman Can-

cer Fund for Young Adults and recently received a Governor's Citation for his work.

McCartin will be taking the time to make sure all employees know how Cancer Care Connection can help them. Whether it is coming to your health fair to remind you of important cancer screenings, spreading the word on our state of the art Cancer Resource Coaches, or updating your materials so you know exactly what we offer, he'll be there.

If you ever have any questions concerning the Cancer Care Connection Corporate Membership Program, feel free to call Cary

USEFUL LINKS:

Cancer Care Connection
www.cancercareconnection.com

Cancer in the workplace and American's with Disabilities Act Information
www.eeoc.gov/facts/cancer.html

Christina Cooks Naturally - a website dedicated to healthy cooking
www.christinacooks.com

It's Summer: get skin cancer news
[“Melanoma: Watch Your Back”](#)

Cervical Cancer Vaccine?
[New study on a vaccine that can lead to a lower risk in cervical cancer](#)

McCartin directly at 302-294-8555 or email him at cmccartin@can-connect.org.



Corporate Member Spotlight

American Spirit Federal Credit Union

Our very own Louise Puglise sat down with Maurice Dawkins, President and CEO of the American Spirit Federal Credit Union in Newark, Delaware for our first installment of the corporate member spotlight...

Q: How would you describe your company's mission and/or service?

A: Our mission statement is to make a positive difference in the lives of our staff, the federal credit union members and the community on a daily basis. It was this mission statement that convinced me I was in the right place. It is a service based industry and we strive to reach this goal everyday.

Q: What do you feel is your company's greatest accomplishment?

A: I think as a credit union, unlike some other financial institutions, we care. We care about our members and their financial situation. We take the time to explain and give them guidance so they understand the financial situation they are in and make suggestions by giving them options they may choose with no strings attached. We care.



Q: What would you like other Delaware businesses and the community to know about your company?

A: We work with both small and medium size businesses plus the community. Since credit unions are "not for profit", this means that the profit we make is rolled back into the business by lower interest rates for loans and higher dividends on savings. American Spirit is available to anyone who lives, works, worships or is affiliated with an Association in the City of Newark.

Q: What other health organizations do you support?

A: We, as a credit union, also support the American Cancer Society and the Breast Walk to raise funds. We encourage employees to volunteer their time in the community. Currently, several of our employees volunteer for the Hospice Program and the Middle School Education Mentoring Program.

Q: In your own words, what attracted you to the Cancer Care Connection program for your employees and their families?

A: We unfortunately have three or four staff members that were affected by cancer. We know how important it is to have the correct information and emotional support at that time. We wanted them to know that their employer was right there with them, supporting them in every way we could. CCC makes that possible.

To view the ASFCU website, go to <http://www.americanspirit.org/>

"Living With Cancer Fund" Update

When someone is affected by cancer, financial issues can become a huge burden on the patient and their family. One organization that Cancer Care Connection works with, The "Living With Cancer Fund", was created to fill gaps for individuals in the community living with cancer.

The Living with Cancer Fund (LWCF) is a non-profit foundation established to help support people living with cancer. Their goal is to provide funds for needs that cannot be met by any other means, foundations or grants. By providing them with immediate financial aid for their needs, LWCF hopes to relieve stress to provide some amount of hope and peace of mind during their life with cancer.

The LWCF was created in memory of R.R.M. Carpenter, Jr. by Oncology Care, a home health company specializing in cancer care. The foundation has an advisory board and is managed by the Delaware Community Founda-

tion.

Cancer Care Connection works with the LWCF by providing applicants referrals to any other sources of funding that are available. If none are available, CCC will help fill out an application for LWCF and Cancer Resource Coaches will provide an assessment of the caller to see if all of their other needs are being met.

The LWCF is funded through donations and fund raising events. To send a donation, make checks out to the Living With Cancer Fund and mail to...

*The Living With Cancer Fund
P.O. Box 1636
Wilmington, DE 19899*

For more information, please call Cancer Care Connection at 302-266-9686.

World Famous Dr. Weil CD Offer

Can listening to a CD make you healthier? What about a 4 CD set from an internationally recognized expert on medicinal herbs, mind-body interaction, and integrative medicine? Here at CCC, we think it can.

Through a donation from Dr. Weil, CCC can now offer "Self Healing Strategies - Simple Measures for Protecting Your Health, Staying Well, and Living Longer". With this CD, you can learn the strategies you need to protect your health and support your body's own healing processes.

Proceeds from the sale of this CD set will go to support the CCC free public service program and help those deal with the effects of cancer on their lives.

To purchase the CD set, which sells for \$25, either email Cary McCartin at cmccartin@can-connect.org or send a check with your address (made out to Cancer Care Connection) to...
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[Dr. Weil's website](#)

