

Congressional Families Cancer Prevention Program®

of the Prevent Cancer Foundation®



ACTIONS

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LEADERS IN CANCER PREVENTION HONORED AT 25TH ANNUAL ACTION FOR CANCER AWARENESS AWARDS LUNCHEON

This year's theme, **"Catch the Wave of Prevention,"** captured how our combined efforts create momentum to inspire and educate the public on cancer prevention.

The Congressional Families Program's signature event honored **Sarah Hospodor-Pallone** (spouse of Rep. Frank Pallone, New Jersey); **Marie Royce** (spouse of Rep. Ed Royce, California); **Laurie McGinley**, health/medical reporter for *The Washington Post*; and **Sun Bum®** and **Protect The Groms®**, an innovative sunscreen company and nonprofit. Through their knowledge, inspiration and action, each award recipient has made significant contributions to prevent cancer and promote health.

Held in the beautiful Members Room of the Library of Congress, this year marked 25 years of the luncheon.

Following a moment of silence to acknowledge those affected by the recent devastation from hurricanes in Florida, Texas and Puerto Rico, Congressional Families Program Executive Director **Lisa McGovern** gave a brief history of the Program. Prevent Cancer Foundation® President and Founder **Carolyn "Bo" Aldigé** spoke about the Foundation's 32 years of work on cancer prevention and early detection. **House Democratic Leader Nancy Pelosi** offered remarks, noting the important contributions of each of the honorees, the Congressional Families Program and others in the cancer community.

Investigation Discovery Channel's **Paula Zahn**, a past recipient of the Program's Distinguished Service in Journalism Award, returned as Master of Ceremonies.

Sarah Hospodor-Pallone received the **Congressional Families Leadership Award** for her participation in the Congressional Families Program and leadership as an Executive Council member in recent years. In this role, she has helped spearhead educational seminars on a number of cancer prevention topics, including disparities in health care for women veterans, aging and prevention, and the dangerous promotion of indoor tanning beds on college campuses.

Marie Royce was also honored with the **Congressional Families Leadership Award** as a longstanding member of the Congressional Families Executive Council and supporter of both Program and Foundation-wide events. She is instrumental in inspiring Congressional spouses on both sides of the aisle, as well as diplomatic spouses, to join and participate in the Program.

(continued on page 4)



**CONGRESSIONAL FAMILIES
CANCER PREVENTION PROGRAM®**
of the Prevent Cancer Foundation®



1st Row (L to R): Honorees: Tom Rinks, Sarah Hospodor-Pallone, Laurie McGinley and Marie Royce

2nd Row (L to R): Honoree Drake Rinks, Katie Posey (spouse of Rep. Bill Posey, FL), Patti Garamendi (spouse of Rep. John Garamendi, CA), Kasey Crowley (spouse of Rep. Joe Crowley, NY) and Jennifer Messer (spouse of Rep. Luke Messer, IN)



L to R: Norma Cárdenas (spouse of Rep. Tony Cárdenas, CA), Freda Manzullo (spouse of Fmr. Rep. Don Manzullo, IL), Lorena Saenz-Gonzalez (spouse of Rep. Vicente Gonzalez, TX), Debbie Meadows (spouse of Rep. Mark Meadows, NC)

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LETTER FROM THE EXECUTIVE DIRECTOR



Dear Congressional Families members and friends,

"I had no idea a program like the Congressional Families Cancer Prevention Program existed!"

That was the sentiment expressed by one of our honorees at our 25th Annual Action for Cancer Awareness Awards luncheon this September. It made me stop and think.

At a time when media often portrays Washington as dysfunctional and divided, our program is a great example of how members and spouses put politics aside and find common ground. Since 1991, we have been working together in a bicameral, bipartisan way, united against our common foe: cancer. Through education and outreach, we raise awareness about cancer prevention and early detection with the hope of sparing other families the pain too many of ours have felt when receiving a cancer diagnosis.

At our October 4 "How To" seminar, we shared best practices on ways to help in our districts and states by publishing op-eds, hosting educational events and other ways to positively impact our communities (**see page 5 for Amanda Soto's tips for hosting an event**). We also brainstormed ideas on how to better showcase our unique bipartisan program to the public and to let them know we are working together for a healthier America. More on that to come!

So stay tuned...and as you look ahead to 2018, please include Congressional Families in your plans, whether it's by attending educational seminars to strengthen your knowledge on cancer prevention, organizing events in your community, submitting op-eds to your local paper or participating in a new initiative. New Year's resolutions don't have to be all about diets and exercise (although eating healthy and being physically active are great ways to reduce your cancer risk!); they can also be about making an impact in your community. Let's work together!

Wishing you a happy, healthy holiday season,

Sincerely,

Lisa McGovern, Executive Director

UPCOMING EVENTS

April 11-13, 2018

Dialogue for Action® on Cancer Screening and Prevention 2018
Hilton McLean Tysons Corner
McLean, VA.

Learn more at
preventcancer.org/dialogue-for-action

May 16, 2018

24th Annual Spring Gala
National Building Museum
(See Save the Date on back page)

The 2018 Spring Gala will be held under the gracious patronage of His Excellency, Ashok Mirpuri, the Ambassador of the Republic of Singapore, and Mrs. Gouri Mirpuri.

SAVE THE DATE
September 27, 2018
26th Annual
Congressional
Families Action for
Cancer Awareness
Awards Luncheon

THANK YOU TO OUR SPONSORS



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L to R: Helen Green (spouse of Rep. Gene Green, TX), Lisa McGovern, Sarah Hospodor-Pallone

THINK ABOUT THE LINK® ON CAPITOL HILL

The Prevent Cancer Foundation's *Think About The Link*® campaign aims to advance awareness of three viruses—human papillomavirus (HPV), hepatitis B and hepatitis C—that can cause certain cancers. On June 15, a bicameral, bipartisan group of more than 20 congressional spouses and senior legislative staff gathered for a Congressional Families briefing to learn about the link between viruses and cancer.

Rep. Judy Chu (California),

who has made viral hepatitis awareness a priority as Chairwoman of the Congressional Asian Pacific American Caucus, offered remarks on the need to educate on prevention and treatment of hepatitis B and C, particularly to Asian-Americans and Pacific-Islanders, a group disproportionately affected by these viruses.

Other speakers included: **Kate Moraras, M.P.H.**, senior program director of the Hepatitis B Foundation and director of Hep B United; **Stacey Trooskin, M.D., Ph.D.**, director of the Viral Hepatitis Program at Philadelphia FIGHT; **Sherrie Flynt Wallington, Ph.D.**, assistant professor of oncology at Georgetown Lombardi Comprehensive Cancer Center; and **Kim Jappell**, grants manager at the Prevent Cancer Foundation®, who shared her story of losing her mother to cervical cancer.

A robust Q&A session followed the speakers' presentations. Congressional Families Executive Director **Lisa McGovern** closed the program by highlighting opportunities for members and spouses to participate in *Think About The Link*® events, including speaking at grassroots events, sharing details of the events on social media, or providing quotes for press releases.

If you are interested in educating others about the link between viruses and cancer, contact Lisa at lisa.mcgovern@preventcancer.org for more information. Visit www.thinkaboutthelink.org to learn more about the campaign.



1st Row (L to R): Pat O'Halleran (spouse of Rep. Thomas O'Halleran, AZ), Barbara Grassley

2nd Row (L to R): Steve Williamson (spouse of Rep. Pramila Jayapal, WA), Katie Posey, Roxanne Babin (spouse of Rep. Brian Babin, TX), Lisa McGovern

THANK YOU FOR YOUR OP-ED OUTREACH!

Each month, the Congressional Families Program offers Members and spouses the opportunity to submit op-eds about cancer prevention and early detection to their local media outlets. Thank you to the following spouses who recently reached out.

Bobbi Barrasso – Wyoming

Amy Carter – Georgia

Monica Conyers – Michigan

Dr. Maya Rockey Moore Cummings – Maryland

Leah Dunn – Florida

Diana Enzi – Wyoming

Mary Frances Faso – New York

Brenda Fleischmann – Tennessee

Lorena Saenz Gonzalez – Texas

Patricia Garamendi – California

Barbara Grassley – Iowa

Mikey Hoeven – North Dakota

LeeAnn Johnson – Ohio

Lily Knight – California

Roberta Kustoff – Tennessee

Dr. Wayne Kye – New York

Jeanie Lamborn – Colorado

Delores Lawson – Florida

Mary McKinley – West Virginia

Marie Royce – California

Amanda Soto – Florida

Amey Upton – Michigan

DID YOU KNOW...?

HPV is a leading cause of cervical, oropharyngeal, anal, vaginal, vulvar and penile cancers, and about 65 percent of all liver cancer cases in the United States are related to hepatitis B and hepatitis C.*

*Source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention.



A sampling of Members and spouses in attendance

Awards luncheon (continued from page 1)

Laurie McGinley was honored with the **Distinguished Service in Journalism Award** for her years of health care reporting, and especially for helping the public to better understand cancer and cancer prevention. During her remarks, she noted several stories she has covered throughout her career that have made a lasting impact on her and emphasize the critical need for cancer prevention and early detection. She also touched on several topics she'd like to cover more in-depth in the future, such as issues related to increasing access to and participation in clinical trials, and the rise in colon cancer among young people.

Tom Rinks, president of **Sun Bum®**, and **Drake Rinks**, executive director of **Protect The Groms®**, accepted the **Excellence in Cancer Awareness Award**. The sunscreen company inspires sun-safe practices through its social media and branding, especially for teens and young adults. Protect The Groms® impacts an even younger generation, partnering with schools to provide shelter, sunscreen and educational materials for children (a "grom" is a young surfer). Mr. Rinks remarked on how the company started as a way for his own family and friends to protect their loved ones from the sun, since they live in a coastal community and spend a great deal of time outdoors. The younger Mr. Rinks (Drake) spoke passionately about Protect The Groms' work to help establish healthy habits through fun, not fear.

The luncheon featured a "last taste of summer" menu, and the décor suggested white sand beaches with driftwood box vases filled with hydrangeas. Attendees included nearly 50 congressional spouses and members of the diplomatic community, and more than 20 members of Congress, including **Sen. Patrick Leahy (VT)**, **Democratic Leader Nancy Pelosi (CA)**, **Rep. Debbie Dingell (MI)**, **Rep. Leonard Lance (NJ)**, **Rep. Doris Matsui (CA)**, **Rep. Jim McGovern (MA)**, **Rep. Ralph Norman (SC)**, **Rep. Frank Pallone (NJ)**, **Rep. Ed Royce (CA)**, and **Rep. Debbie Wasserman Schultz (FL)**.

Congratulations to our honorees! Stay tuned for details on next year's luncheon and save the date of September 27, 2018!



Democratic Leader Nancy Pelosi with Honoree Tom Rinks



L to R: Carolyn Yoho (spouse of Rep. Ted Yoho, FL), Roxanne Babin (spouse of Rep. Brian Babin, TX), Dr. Janine Bera (spouse of Rep. Ami Bera, CA)



L to R: Teresa Cronin (Eisai), Carolyn "Bo" Aldigé (President and Founder, Prevent Cancer Foundation®), Dr. Clifford Hudis (CEO, American Society of Clinical Oncology), Paula Zahn, Barbara Grassley, Jaime Gardner (spouse of Rep. Cory Gardner, CO)



L to R: Amanda Soto, Lisa McGovern, Ruthie McIntosh (spouse of Fmr. Rep. David McIntosh, IN), Julie Chaffetz (spouse of Fmr. Rep. Jason Chaffetz, Utah)

BREAST HEALTH EDUCATION FOR YOUNG WOMEN

This spring, a group of Congressional spouses gathered at the Embassy of El Salvador to learn how to engage young women in their home districts on breast health education with the help of the Prevent Cancer Foundation's *Breast Health Education for Young Women: Facilitator's Guide*. The briefing coincided with the release of the Spanish translation of the Guide.

Erica Childs-Warner, senior director of evaluation and outreach at the Prevent Cancer Foundation®, presented on the purpose and components of the Guide, a user-friendly educational tool designed to strengthen young women's knowledge about breast health. The Guide was developed for use in interactive group sessions with high school and college-aged women and encourages sharing with female relatives of recommended screening age. The release of the Spanish-language Guide creates an opportunity to better reach Spanish-speaking women in the U.S. and around the world.

Dorys Lizamo, prevention and chronic care program coordinator at the Spanish Catholic Center, and Pamela Shields, senior manager for outreach and research administration at the Foundation, demonstrated a role-playing activity, which can empower young women to share health knowledge with their families. Ms. Lizamo played the role of a young daughter talking to her mother about the importance of getting screened and dispelled some common myths, such as the belief all women experience pain during a mammogram.



Thanks to Sen. Chuck Grassley and Barbara Grassley (Iowa) for their continued participation and support as honorary co-chairs of the Prevent Cancer Foundation® Health Awareness and Screening Booth at the Iowa State Fair.

TAKING THE MESSAGE HOME

Inspired by the breast health seminar, **Amanda Soto** organized a bilingual workshop for constituents using the Guide in July. **Dr. Aileen Caceres**, a local obstetrician-gynecologist, was on-hand to help facilitate and answer questions in both English and Spanish, and a Mammogram Bus provided additional information on screening.

Contact us to plan your own event—and use Amanda's top 10 tips (below).



TOP 10 THINGS I LEARNED HOSTING A DISTRICT CANCER PREVENTION EVENT

by **Amanda Soto**, Spouse of Rep. Darren Soto of Florida

1. **Invite an expert.** Including a knowledgeable professional (or several) on the topic to present information and answer questions is KEY.
2. **Communicate with planners and participants.** Double and triple check with all involved in planning the program. Check-in weeks and days before the event to ensure all are clear on their roles and logistical details.
3. **If the event will be bilingual,** discuss event flow of translation with the Spanish-speaking guest.
4. **Set ground rules with your audience.** Events are to educate and raise awareness, not to debate politics. If questions become political, remind audience of the ground rules.
5. **Set a focus.** This goes along with your ground rules. The program focus should relate to cancer prevention. State intent of the topic to remind the audience if needed during the program or during the Q&A.
6. **Questions.** Your role is primarily as a convener. Answer the questions you can, defer to experts as needed. If no one can answer on the spot, take down the question and follow up later.
7. **Public Speaking.** Prepare. If you hate public speaking, minimize your role, perhaps by handing off pieces of the program to experts or your spouse.
8. **Follow up with materials.** The Congressional Families Program can provide materials at events as well as for post-event follow-up.
9. **Capture the moment.** Make sure someone takes photos and videos to share on social media, websites and with Congressional Families.
10. **Be kind to yourself.** You're doing a good thing here. You're providing a public service and promoting good health. Don't let the perfect be the enemy of the good!

CONGRESSIONAL FAMILIES PROGRAM MISSION AND HISTORY

The Congressional Families Cancer Prevention Program® is a bipartisan effort, founded in 1991, to increase the public's understanding of cancer prevention and early detection. Families of Senate, House, Cabinet, Supreme Court and the Diplomatic Corps are invited to work within their respective constituencies to educate the public. The Congressional Families Program offers educational events, materials and resources, enabling its members to bring the message of cancer prevention and early detection back to their communities. www.congressionalfamilies.org

Cassie Smith, Editor

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Congressional Families Cancer Prevention
A Program of the Prevent Cancer Foundation®

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Are you receiving our emails with invitations to special events? If not, contact lisa.mcGovern@preventcancer.org or call 703-519-2113.



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The Prevent Cancer Foundation® is one of the nation's leading voluntary health organizations and the only U.S. nonprofit focused solely on cancer prevention and early detection. Founded in 1985, it has elevated cancer prevention to prominence and fulfills its mission through research, education, outreach and advocacy across the country. Our public education programs have applied this scientific knowledge to inform the public about ways they can reduce their cancer risks.

www.preventcancer.org

SENSATIONS OF

singapore

SAVE THE DATE

Wednesday, May 16, 2018

National Building Museum

The Prevent Cancer Foundation® Annual Spring Gala

HONORARY PATRONS

His Excellency, the Ambassador of the Republic of Singapore
Ashok Mirpuri and Mrs. Gouri Mirpuri



TICKET AND SPONSORSHIP INFORMATION

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Congressional Families has more than 250 participating
Congressional spouses, but we are always growing.

Do you know of a Member or spouse who might want more information? Contact
Lisa McGovern at lisa.mcGovern@preventcancer.org