

Congressional Families Cancer Prevention Program®

of the Prevent Cancer Foundation®



FALL/
WINTER
2020

ACTIONS

WWW.CONGRESSIONALFAMILIES.ORG

CONGRESSIONAL FAMILIES HOLDS FIRST-EVER VIRTUAL ACTION FOR CANCER AWARENESS AWARDS

Each fall on Capitol Hill, the Action for Cancer Awareness Awards luncheon unites congressional members and spouses, diplomats, and leaders in the cancer community to focus on cancer prevention and early detection. While COVID-19 prevented an in-person gathering this year, a virtual event allowed us to welcome an even bigger audience as we celebrated this year's award recipients. The **28th Annual Action for Cancer Awareness Awards** held on September 24 honored actor, comedian, writer and producer **Ken Jeong**; "Today" news anchor and "Today" 3rd Hour co-host **Craig Melvin**; Congressional Families Cancer Prevention Program® member **Terry Loeb sack** (spouse to Rep. Dave Loeb sack, D-Iowa); and charitable gaming organization **Games Done Quick**.

Following a moving tribute to **Justice Ruth Bader Ginsburg**, who received our Special Recognition Award in 2019, Congressional Families Executive Director **Lisa McGovern** invited the audience to "imagine a world without cancer." Prevent Cancer Foundation® Founder and CEO **Carolyn "Bo" Aldigé**, House Speaker **Nancy Pelosi** and House Republican Leader **Kevin McCarthy** welcomed everyone virtually. Special guests including "Good Morning America's" **Amy Robach** offered congratulations to the 2020 honorees, who have used their respective platforms to educate the

public about cancer prevention and early detection.

► **Ken Jeong, Excellence in Cancer Awareness Award.** Before Ken's comedy career took off, he was a practicing physician. As his career pivoted, his wife Tran, also a physician, was diagnosed with triple-negative breast cancer. She encouraged him to take his infamous role in "The Hangover," even as she was undergoing treatment. Since then, Ken has used his comedy and visibility to raise awareness about the importance of screening to detect breast cancer early.

► **Craig Melvin, Distinguished Service in Journalism Award.** Following his brother's colorectal cancer diagnosis, Craig began to use his professional platform to raise awareness about colorectal cancer, encourage family conversations and highlight the importance of screening. His reporting has brought attention to the disturbing trend of younger adults being diagnosed with this disease.

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The 28th Annual Action for Cancer Awareness Awards honored actor, comedian, writer and producer Ken Jeong; "Today" news anchor and "Today" 3rd Hour co-host Craig Melvin; Congressional Families Program member Terry Loeb sack (spouse to Rep. Dave Loeb sack, D-Iowa); and charitable gaming organization Games Done Quick.



Ken Jeong



Craig Melvin



Terry Loeb sack



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

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LETTER FROM THE EXECUTIVE DIRECTOR



Dear Congressional Families members and friends,

Welcome to the newly-elected members and spouses of the 117th U.S. Congress—and to those of you who are already part of the congressional community! For those of you who are just joining the congressional community or are first time readers of this newsletter, we hope to inspire your participation in the Congressional Families Cancer Prevention Program. For those of you already working with us, thank you and keep up the good work!

There is no other program quite like the Congressional Families Program, a bipartisan, bicameral initiative to increase the public's understanding of cancer prevention and early detection. Sadly, every family has been touched by cancer in some way. Our program, created in 1991, unites congressional spouses committed to reducing cancer across all populations through research, education, outreach and advocacy.

For many Americans, cancer prevention took a back seat to other priorities this year, and they delayed routine cancer appointments due to COVID-19. But cancer doesn't stop for a pandemic. In response, the Prevent Cancer Foundation launched the **Back on the Books** campaign to encourage people to reschedule these appointments (**read more on page 5**). Highlighting the importance of routine screening appointments is just one of the ways you can use your platform as a congressional spouse to inspire action.

On page 3, you will find more ways to get involved with the Congressional Families Program. As many have had to do in 2020, we have pivoted to new ways to connect with you—and for you to connect with your communities. While it may be some time before we can host an in-person seminar again, there is an upside to virtual events like webinars and webcasts: they allow us to reach even more of you in your home states and you can share these events with your networks. Through our **Posting with a Purpose** initiative, you can reach out to your communities on social media. If you prefer traditional media, we invite you to submit one of our op-eds or letters to the editor. Even as we stay at home, we can continue our work together to educate and raise awareness.

As our nation faces one of its greatest public health challenges, it is important not to forget the other health battles we must continue to fight. Let's do our part to maintain a vital focus on cancer prevention and early detection to save lives.

Wishing you and yours a healthy, happy holiday season.

Lisa McGovern, Executive Director

UPCOMING EVENTS

APRIL 7, MAY 5 AND JUNE 2, 2021
23rd Annual Prevent Cancer Dialogue
Virtual

SEPTEMBER 23, 2021
27th Annual Prevent Cancer Gala
The 2021 Prevent Cancer Gala will be held under the gracious patronage of His Excellency, Ambassador of the Republic of Korea Lee Soo Hyuck and Ms. Hye Kyung Hwang.

DATE TBD
29th Annual Congressional Families Action for Cancer Awareness Awards Luncheon
Washington, DC

THANK YOU FOR TAKING ACTION: 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. Op-eds can be personalized and tailored for local use. Thank you to the following members and spouses who have recently requested state-specific information to personalize their op-eds and share vital cancer prevention and early detection messages in their home communities:

- ▶ Bobbi Barrasso – Wyoming
- ▶ Desarai Crow – Colorado
- ▶ Diana Enzi – Wyoming
- ▶ Jaime Gardner – Colorado
- ▶ Nicole Beus Harris – Maryland
- ▶ Mikey Hoeven – North Dakota
- ▶ LeeAnn Johnson – Ohio
- ▶ Mary McKinley – West Virginia
- ▶ Patty Williams – Texas

Learn more about how you can educate the public about cancer prevention and early detection at www.congressionalfamilies.org.

THANK YOU TO OUR SPONSORS



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10 WAYS TO GET INVOLVED WITH THE CONGRESSIONAL FAMILIES PROGRAM



1. **Join our Congressional Families Advisory Committee.** Currently, 170 congressional spouses have added their names to our bipartisan, bicameral Advisory Committee. All that is required is an interest in optimizing health and wellness through cancer prevention and early detection. There are no time or financial obligations.



2. **Submit an op-ed or letter to the editor.** Nearly every month, the Congressional Families Program distributes template op-eds corresponding with cancer awareness observances for Program Members to submit to local publications. We provide state-specific statistics to make it most relevant to your home state, and you are free to personalize it further.



3. **Share on social media.** The Congressional Families Program sends out weekly social media posts on cancer prevention and wellness topics for you to share with your followers on Facebook, Instagram or Twitter.



4. **Attend a webcast, webinar or virtual event.** Although our in-person events are on hold for now, the Congressional Families Program will host several educational events in 2021 to bring you cutting-edge information on cancer prevention and early detection to take back to your constituents. Stay tuned for more details, including plans for our signature event, the 29th Annual Action for Cancer Awareness Awards!



5. **Host an in-district event.** The Congressional Families Program can provide topic ideas, educational materials, expert speaker recommendations or other support if you would like to organize your own educational webinar, site visit/tour or awareness event.



6. **Share your expertise or story in our biannual newsletter.** Whether it's a personal story or your professional expertise on a cancer-related topic, we love to include your voices in our newsletter.



7. **Participate in Prevent Cancer Foundation events.** The Congressional Families Program's umbrella organization hosts several of Washington's finest and most fun events that raise awareness and funds for critical research and programs. Check out the calendar on page 2 for upcoming events or find out more at www.preventcancer.org/events.



8. **Share our resources.** Did you know the Prevent Cancer Foundation has a *Guide to Preventing Cancer*? We also have a *Breast Health Education Guide* designed to reach young women about breast health and breast cancer (updated Spanish version available soon). Download these FREE resources at www.preventcancer.org/guide and www.preventcancer.org/breasthealthguide. And consider hosting an in-district/state event with local experts featuring these resources.



9. **Follow us on social media.** The best way to stay up to date on the latest from the Prevent Cancer Foundation and the Congressional Families Program is to follow us on social media. You can find us [@PreventCancer](#) on Facebook, Twitter, Instagram and LinkedIn.



10. **Keep in touch.** We love to hear what you are doing in your community to raise awareness of cancer prevention and early detection. We're always up for new ideas to expand our outreach, build our community and further our mission. Shoot us an email if you have something to share!

VIRTUAL ACTION FOR CANCER AWARENESS AWARDS

(continued from page 1)

■ **Terry Loeb sack, Congressional Families Leadership Award.**

Terry is a longtime member of the Congressional Families Program and its Advisory Committee. As a survivor of three types of skin cancer, she has shared her experience and educated others about cancer risk reduction to raise awareness and inspire action. She and Rep. Loeb sack have regularly participated in our events in Washington, D.C., and Iowa.



Mike Uyama



House Speaker Nancy Pelosi and House Republican Leader Kevin McCarthy welcomed everyone virtually.

■ **Games Done Quick (GDQ), Special Recognition Award.**

Founded by **Mike Uyama** in 2010, GDQ hosts charity video game marathons. Its events have raised more than \$25 million for nonprofit organizations, including the Prevent Cancer Foundation and Doctors Without Borders. "Speedrunners" compete to finish video games quickly as hundreds of thousands of people from around the world watch online and donate in support of the gamers and the charities. GDQ also brings the message of cancer prevention and early detection to a younger, global audience.

The ceremony concluded with a touching dedication to **Patrick Beauregard**, a young veteran who died from colorectal cancer in September at age 32. Following his stage IV diagnosis in 2017, Patrick worked with the Congressional Families Program and the Prevent Cancer Foundation as an advocate, bringing awareness to the increase of young-onset colorectal cancer. He shared his story during our 2019 *Too Young for This Sh*t* webcast and in a "Today" show interview with Craig Melvin.



Patrick Beauregard

If you missed the awards ceremony, watch it on-demand at www.congressionalfamilies.org or view clips of the honorees' remarks at www.youtube.com/preventcancerfoundation.

GET YOUR APPOINTMENTS BACK ON THE BOOKS

When the coronavirus pandemic reached the U.S., many lives were put on pause. While many Americans had to reschedule weddings and family vacations, something even more important has been missed by thousands—routine cancer screenings.

If you were scheduled for a mammogram, Pap test, lung cancer screening, colorectal cancer screening, PSA test, skin check or dentist appointment earlier this year, your health care provider may have cancelled your appointment. However, it is critical you get those appointments **Back on the Books**.

Early detection saves lives. Routine cancer screening detects cancer early (even if you have no signs or symptoms!) and increases the likelihood your treatment will be successful. Give your health care provider a call today to reschedule your missed appointment—and then get in the door for your routine cancer screening.



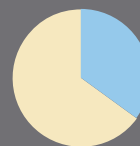
SAFETY FIRST

Your health care providers are taking precautions to keep you and themselves as safe as possible. Talk to your provider's office and ask what steps they are taking to limit exposure risk. Some precautions may include:

- ▶ Implementing a call-in or virtual check-in process so you can check in from your car
- ▶ Visual markers and limited seating in the waiting area so you can maintain physical distance from staff and other patients
- ▶ Requirements that all staff and visitors wear masks
- ▶ Hand sanitizer available throughout the office
- ▶ Frequent and thorough cleaning of all spaces and high-touch areas
- ▶ Protective equipment on all health care providers and office staff who have contact with patients
- ▶ Temperature checks and COVID-19 questionnaires for incoming patients
- ▶ Separate entrances and exits to reduce contact with other patients entering or leaving the office
- ▶ Requirement that patients test negative for the coronavirus 72 hours before a procedure, such as a colonoscopy

It's okay to ask—your health care providers want you to feel safe and comfortable during your visit.

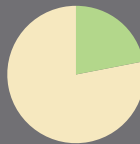
COVID-19 IMPACT ON CANCER SCREENINGS*



35% of all American adults had a cancer screening scheduled during the pandemic and missed it.



22% said their doctor's or dentist's office was open, but they wanted to minimize their risk of exposure.



22% of people who had routine medical appointments or screenings scheduled for the summer months planned to postpone or cancel the appointments.

**2020 Prevent Cancer Foundation Survey*

COUNT IN THE KIDS

It's especially important to make sure your kids' medical appointments are continuing and they are staying on track for vaccinations to keep them safe from preventable diseases and illnesses.

For boys and girls ages 11-12, this includes the human papillomavirus (HPV) vaccine. This vaccine protects against a virus that can cause at least six types of cancer. If your kids are in the recommended age range (or are older but haven't been vaccinated against HPV), it's important to get them vaccinated to protect against HPV and—ultimately—prevent cancer.

In the wake of the pandemic, 17% of parents missed a scheduled vaccination for one or more of their children. **Vaccinations can't wait**—get them back on the books today.

We encourage you to share the Back on the Books campaign with your family, friends and community. When you go to your rescheduled appointment, share a photo or video on social media and use #BackontheBooks. Tag three friends to encourage them to reschedule their own screenings.

To learn more about Back on the Books and find out what screenings are recommended for you, visit www.preventcancer.org/backonthebooks.



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



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of the Prevent Cancer Foundation®

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The Prevent Cancer Foundation® is one of the nation's leading 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

Do you know of a member or spouse who might want more information about the Congressional Families Program? Contact Lisa McGovern at lisa.mcGovern@preventcancer.org.

POSTING WITH A PURPOSE: MAKING AN IMPACT THROUGH SOCIAL MEDIA

The Congressional Families Program distributes weekly social media posts for members and spouses to share, highlighting facts or tips related to monthly cancer observances (e.g., Skin Cancer Awareness Month) and other relevant occurrences, such as World Health Day. We encourage you to share these educational posts with your followers on Facebook, Instagram and Twitter. Remember to use #CongressionalFamilies and tag @PreventCancer to coordinate our efforts and so we won't miss your post. If you aren't receiving this information and would like to, email Lisa at Lisa.McGovern@preventcancer.org.

Thank you to the following members and spouses who have shared posts on social media in recent months:

- Rep. Jason Crow – Colorado
- Rep. Joe Cunningham – South Carolina
- Nicole Beus Harris – Maryland
- LeeAnn Johnson – Ohio
- Rep. Joe Kennedy – Massachusetts
- Kelley Paul – Kentucky
- Kaira Rouda – California
- Amanda Soto – Florida
- Rep. Abigail Spanberger – Virginia

