



one-to-one: *A community of Experience*

abcd
after
breast cancer
diagnosis
the power of one-to-one

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“If it weren’t for ABCD, I wouldn’t have reached the point where I believed I would be better.”

The words are from one of the women diagnosed with breast cancer who came to ABCD: After Breast Cancer Diagnosis for hope and comfort. She was able to connect with the community of experience that is the mentors of ABCD.

ABCD’s 230 mentors have touched more than 3,000 breast cancer patients since ABCD was founded as a grass roots organization eight years ago.

Those mentors not only have experience with breast cancer, they have received thorough training in a 12-hour course developed by ABCD. We are deeply grateful to the dedicated physicians, attorneys, psychiatrists and communications specialists who volunteer their time to teach our mentors. We believe the training sets ABCD apart from traditional support groups and enables our mentors to bring compassion and credibility to each and every match.

ABCD’s matching process takes into account demographic as well as disease and treatment

characteristics. So a participant who comes to ABCD will find herself matched with someone who can provide inspiration and strength based not only on a similar medical experience, but also similar life experiences.

And ABCD makes sure the match works, keeping in contact with both mentor and participant through the process and providing the participant with information, questions for physicians, resources and survivor tips to help her go through treatment and beyond.

ABCD fills a need for personalized information and one-to-one support that doctors increasingly recognize as important to a breast cancer patient’s overall treatment and healing process. More referrals than ever before are coming to us from doctors, nurses and social workers. We believe ABCD should become part of the standard of care for breast cancer, and we’ll continue our efforts to reach healthcare professionals with our message. It’s pretty convincing when we tell

them that 96 percent of our participants say they'd refer someone else to ABCD.

Those of us who have been there know that breast cancer affects more than just the person who is diagnosed. It touches families, friends, co-workers and others. That's why ABCD's community of experience extends to families too, such as helping husbands cope with their wives' diagnoses, as participant Dixie Yeck describes in this annual report.

"ABCD wasn't around when I was diagnosed. If only someone had been there for me to talk to."

That thought was expressed recently by one of our mentors, who recognizes the power of the reassurance and support she provides—not only for the participant she's mentoring, but for herself as well. Healing from breast cancer doesn't end when the medical treatment ends. Healing, like breast cancer itself, is something we live with for the rest of our lives. Helping someone else through the process helps us heal as well.

A recurrence of breast cancer is news no one wants to hear, but ABCD made learning that my own cancer

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and are survivors today gives me hope and inspiration. And that's our purpose: to offer a community of experience that provides help, hope and support—**one-to-one**.

had returned after 14 years somehow more bearable. Knowing so many women who have faced the disease two, three or even four times

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Gertie Payne (left) with mentor Camellia Givens

one-to-one:

Drawing inspiration and strength from someone who's been there.

“Numb and shocked” is how Gertie Payne felt when she learned her breast biopsy had revealed cancer. With no family history of the disease and just a few weeks shy of her 50th birthday, the diagnosis hit hard.

Though her family was supportive, Gertie had never talked with anyone who had survived breast cancer. “I was real depressed,” she recalled. “I thought maybe it would lead to something worse and I wouldn’t survive.”

As she began treatment, which included a lumpectomy, chemotherapy and radiation, a hospital social worker suggested that talking to an ABCD mentor might help. The social worker facilitated the referral, and ABCD matched Gertie with Camellia Givens.

“During my first conversation with Camellia, I went from ‘I hope I survive,’ to ‘I will survive,’” said Gertie. “She ignited a spark in my mind that I will be well again.”

Now an 11-year survivor, Camellia was diagnosed with breast cancer in 1996 and underwent a mastectomy, chemo-

therapy, and radiation as well as reconstructive surgery six years later. She completed training as an ABCD mentor in 2006 and has mentored three women through ABCD.

“I’d been informally mentoring people anyway but the training taught me the proper way to do it,” Camellia said. “You let the other person do the talking. You’re supportive; you help them understand how they’re feeling and what to expect.”

Most of all, Camellia tells other women to have a positive attitude. “You have to fight it. There are more ups than downs.”

“Hearing that Camellia was a 10-year survivor gave me encouragement and inspiration.”

Gertie agreed. “Hearing that Camellia was a 10-year survivor gave me encouragement and inspiration,” she said. “Knowing that someone else has walked in my shoes—all women need this.

“If I hadn’t met her, I don’t know if I ever would have reached the point of believing that I would get better.”

one-to-one: *A stranger becomes a friend who offers comfort and hope.*

*Both just barely into their 40s. Just starting their families.
And then the heart-stopping news: breast cancer.*

Diagnosed in December 2006, for Dixie Yeck it was the worst Christmas imaginable. Her husband, a Marine, was in Iraq. She was home alone with two young children and a breast cancer diagnosis.

With no family in the area, Dixie had no one to turn to. Scared and desperate, she remembered hearing about ABCD and picked up the phone. Two hours later, she got a call from Teri Frailing.

“Teri was my lifeline, because I didn’t have Mike,” Dixie said. “Teri gave me hope, because I was hopeless. I don’t know what I would have done without her.”

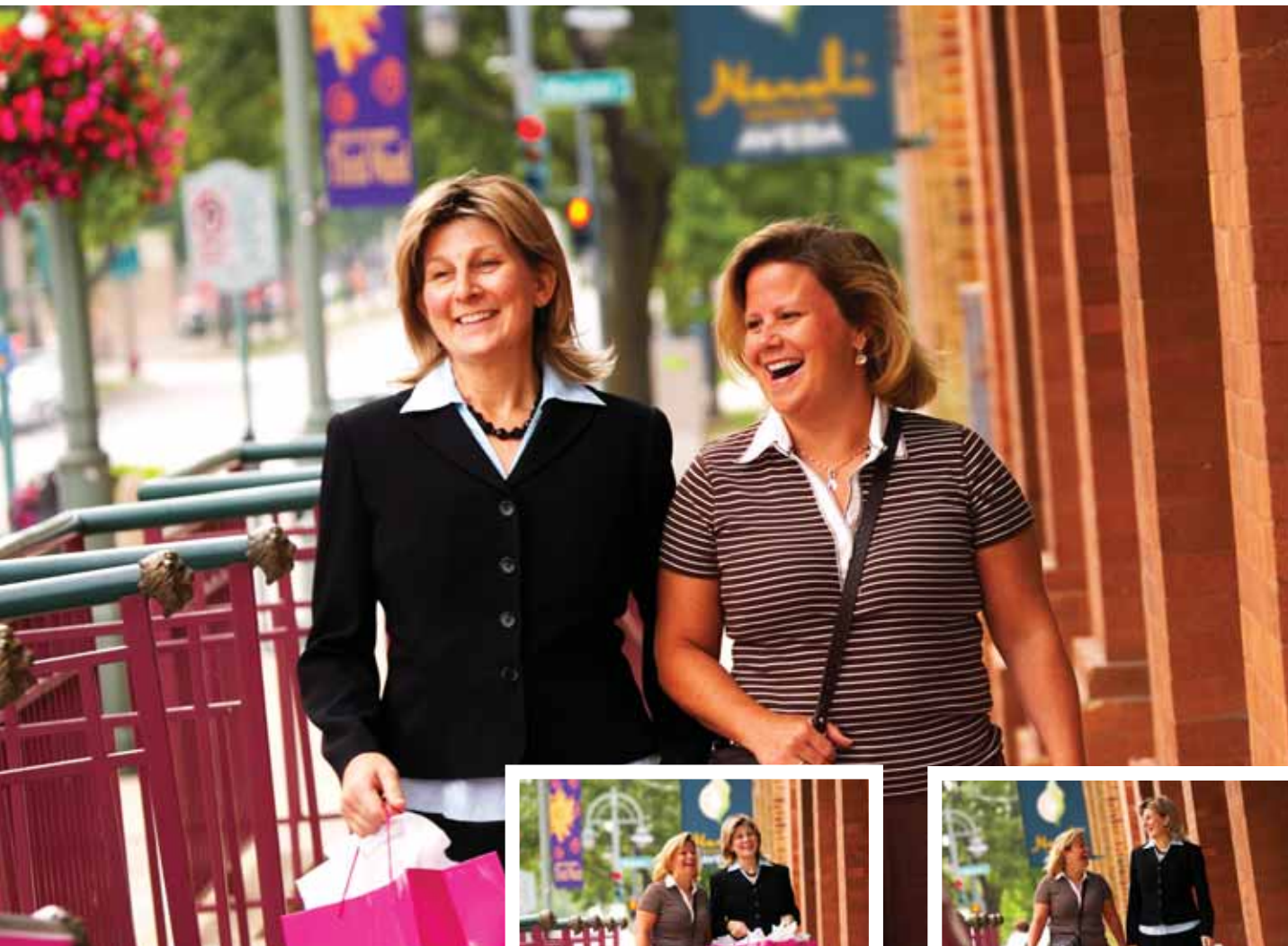
As Dixie faced decisions about surgery and chemotherapy, Teri connected her with other ABCD mentors who shared their experiences with breast reconstruction and other aspects of treatment. In all, Dixie had five mentors, all facilitated through Teri and ABCD.

As she struggled to cope, Dixie also worried about her husband thousands of miles away. They corresponded by email, but Dixie was torn between needing Mike’s support and not wanting to burden him with her fears. Shortly after Christmas, at Dixie’s request, ABCD matched Mike with Teri’s husband, also named Mike. The two Mikes “talked” by email until Dixie’s husband returned from Iraq in early 2007.

“He had someone who could tell him how to prepare, what to expect and how to help me,” Dixie said. “Just like me, he needed to be able to hash it over with someone who knows.” Dixie credits Teri for showing her that she could make it through those terrifying days. “What ABCD gave me is as important—if not more important—than the medicine I got.”

“What ABCD gave me is as important—if not more important—than the medicine I got.”

“You could pay hundreds of dollars for psychotherapy and it wouldn’t be as effective as the simple, matched, credible help I got from ABCD.”



Dixie Yeck (above left) with mentor Teri Frailing

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Angela Edwards (left) with mentor Nancy Schiro

one-to-one:

Journeying together from fear to reassurance, from helplessness to empowerment.

Much too young to be thinking about getting a mammogram, let alone breast cancer, 37-year-old Kenosha middle school art teacher Angela Edwards found a lump in her breast in spring 2007.

Her doctor thought it was a benign fibrocystic change in her breast tissue and told her not to worry about it. But in a chance conversation, fellow Kenosha Schools art teacher and breast cancer survivor Nancy Schiro urged Angie to get a second opinion.

An ultrasound and subsequent biopsy revealed Stage III breast cancer. Surgery and extensive chemotherapy followed, including prophylactic removal of Angie's ovaries.

"It was a hard road, very scary," Angie recalled. Facing a daunting treatment regimen, Angie called ABCD at her doctor's suggestion and was matched with Nancy.

"We knew each other a little but had no idea we had so much in common," Nancy said. After ABCD matched them,

the two teachers discovered their commonalities extended well beyond breast cancer to include everything from roses and golf to children and teaching art.

Diagnosed in 2001 at age 43, Nancy had also endured difficult treatment, including a mastectomy, chemotherapy, genetic testing, prophylactic mastectomy of her remaining breast, reconstructive surgery and removal of her ovaries.

It was a life-changing experience that included a divorce. "A journey of rediscovery," is how Nancy put it. "I learned

"I learned that you have to take care of yourself or you can't help anyone else."

that you have to take care of yourself or you can't help anyone else," she said. Sharing that philosophy with Angie has been part of Nancy's role as a mentor.

"It's a roller coaster ride," Angie said. "From day to day, I feel different. But Nancy gives me the reassurance that someday I'll be happy again."

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Jean Soens

“All living & deceased breast cancer patients”

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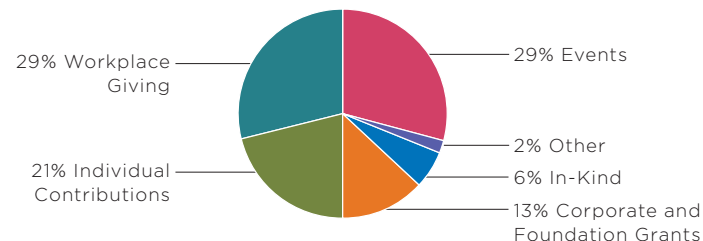
Mrs. George Ziefle

Mary Vandenberg

Financials

	2006	2005
Assets		
Cash	\$ 497,719	\$356,680
Accounts Receivable	7,561	89,727
Prepaid Expense	1,080	956
Fixed Assets	6,404	11,169
Software	3,405	3,405
Less Depreciation	(5,987)	(7,911)
Total Assets	\$ 510,182	\$454,026
Liabilities & Net Assets		
Liabilities	\$ 2,730	3,645
Net Assets		
Unrestricted	507,452	447,657
Temporarily Restricted	—	2,724
Total Liabilities & Net Assets	\$ 510,182	\$454,026

2006 Revenue Sources



All of ABCD's services are provided free of charge.

	2006			2005
	Unrestricted	Temporarily Restricted	Total	Total
Gross Revenue				
Individual Contributions	\$ 63,038	\$ —	\$ 63,038	\$ 30,337
Corporate Contributions & Foundation Grants	37,262		37,262	133,476
Fund Raising Events	85,942		85,942	67,127
Workplace Giving	85,480		85,480	23,135
In-Kind Donations	19,177		19,177	5,597
Other	5,534		5,534	1,972
Net Assets Released from Restrictions	2,724	(2,724)	—	—
Net Revenue	299,157	(2,724)	296,433	261,644
Expenses				
Program Services		167,552	167,552	138,381
Administration		30,728	30,728	28,380
Development		21,905	21,905	11,559
In-Kind Expense		19,177	19,177	5,597
Total Expenses	239,362	—	239,362	183,917
Change in Net Assets	59,795	(2,724)	57,071	77,727
Net Assets at Beginning of Year	447,657	2,724	450,381	372,654
Net Assets at End of Year	\$ 507,452	\$ —	\$ 507,452	\$ 450,381

You can make a difference.

All of ABCD's services are provided free of charge, so we depend on the generosity of our friends and supporters.

Thank you.



6737 West Washington Street
Suite 3265
Milwaukee, WI 53214
Telephone: 414/918-9222
Fax: 414/918-9223
www.abcdmentor.org

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ABCD: AFTER BREAST CANCER DIAGNOSIS is a non-profit organization founded in Milwaukee, Wisconsin, in 1999. While science searches for a cure, ABCD's mission is to complement the work of health care providers by serving as a reliable, accessible and highly personalized resource for women and men who are affected by breast cancer. Created by women who have had breast cancer themselves, ABCD's services focus on the individual needs of each patient. ABCD is not a support group and does not offer typical support group programs. Instead, ABCD has developed a mentoring service that brings together new patients and breast cancer survivors who have been trained to help others navigate the treatment process. ABCD also operates the Breast Cancer Helpline, the only such telephone helpline in Wisconsin.

ABCD works in cooperation with area hospitals, clinics and organizations that help breast cancer patients and their families but does not provide medical advice and is not affiliated with any health care providers.

OUR MISSION: ABCD: After Breast Cancer Diagnosis provides free, personalized information and one-to-one support to people affected by breast cancer.

ABCD is a member agency of Community Health Charities of Wisconsin, a charitable federation of non-profit health agencies dedicated solely to supporting volunteer health agencies through workplace giving campaigns.

