



# Volunteer Newsletter

## Debbie Viands: Volunteer Highlight

Debbie Viands is a faithful volunteer for the WV Breast and Cervical Cancer Screening Program in Jefferson County. In September 2010, right before the scheduled Pink Luncheon and Purse Auction, her life changed forever. She was diagnosed with breast cancer. Debbie said it was like “being hit by a freight train.” Even though she didn’t feel or look differently, there was an enemy inside of her and if left unchecked, it would kill her! She had an aggressive, triple negative breast cancer and started chemotherapy right away. This was followed by a mastectomy and radiation. Debbie considered herself fortunate because she had health insurance. She could not imagine what it would be like to have no health insurance. For these reasons Debbie is proud to raise money for the WV Breast and Cervical Cancer Diagnostic and Treatment (D&T) Fund which helps WV women who do not have health insurance.

For Debbie, volunteering has always been a big part of her life. She serves as Chairperson of the annual Pink Luncheon and Purse Auction in Jefferson County that benefits the D&T Fund. Normally there are about 25 purses for sale at a silent auction as well as \$5.00 and \$10.00 tables where other purses can be purchased. Attendees may also purchase a meal ticket for the event. Debbie and the other volunteers start preliminary planning shortly after the beginning of the new year and gather speed as they near October. This past year the event, which is sponsored by the Jefferson County Community Educational Outreach Service (CEOS) Council, raised \$5,200 for the D&T Fund! Debbie does a great job organizing this event.

In other volunteer roles, Debbie serves as Treasurer of the Jefferson County CEOS Council



Debbie and her husband, Lester, vacationed in Hawaii.

and Foundation. She is also President of the local CEOS Club. This group prepares meals for shut-ins and helps with crafts once a month at the senior center. They also knit and crochet hats and booties for the newborn nursery at the local hospital, lap robes for a nursing home, and scarves and hats for the Jefferson County Operation Warm Up Program. Debbie also volunteers for the local 4-H, her church, and is on a Relay for Life team.

Those who know Debbie say she is a pleasure to work with and she demonstrates a selfless, caring attitude towards others. Thank you Debbie!



Debbie accepted a donation check from Justin Kobayashi at the Pink Luncheon and Purse Auction.

## Meet Our New Staff

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Shelly Dusic, MA, Health Information Specialist.

**Shelly Dusic**, Health Information Specialist in Region C, joined WVBCSP in December 2012. Region C includes Doddridge, Harrison, Lewis, Ritchie, Brooke, Hancock, Marshall, Ohio, Marion, Monongalia, Pleasants, Tyler, Wetzel, and Wood counties. A graduate of the Communication Studies Theory and Research Master's Program at WVU, she is always looking for ways to put her "gift of gab" to good use.

Community service began for Shelly when she first joined 4-H in the 4<sup>th</sup> grade and it has become a life-long passion. Shelly has an extensive background in civic engagement, non-profit organizations, and fundraising.

Some of Shelly's hobbies include: Historical Research, Education, Camping, Fencing, Martial Arts, Dancing, Cooking, and Writing.

Shelly is excited about her new position with WVBCSP.



## Mud River Pound Punchers

Last June a film crew from the Oprah Winfrey Network spent three days in Mud River, a small community in Lincoln County. The crew filmed an episode about parents helping their kids lose weight. The one-hour documentary was part of a series on national TV called *Our America* hosted by Lisa Ling. The closing segment featured a group of women who are members of the Mud River Volunteer Fire Department. These women decided to make changes in their lifestyle to reverse their own alarming health risks and those of their families. They committed to getting more exercise and eating healthier. They did so without the benefits of a gym, a nearby grocery store, or even sidewalks. Their secrets to success were **mutual support** and **making it fun**. They did it by walking eight miles a day, rain or shine, and collectively their group has lost over 1,000 pounds. As the son of their leader, Melissa Ferrell, said at the conclusion of the segment, he went from being embarrassed to be seen with his mom because of her weight, to calling her his role model and "Superhero!" Host Lisa Ling remarked, "They have a lot to teach the whole country!" Recently several Pound Punchers were special guests at the Women's Health Conference in Charleston. The women were happy to report that the WV Legislature approved a bill to rename Mud River Road "The Mud River Pound Punchers Highway!" You can find more information about the Pound Punchers on [www.youtube.com](http://www.youtube.com) or their FaceBook page.

Pound Punchers (left to right) Annie Toney, Linda White, Melissa Ferrell, Shannon Hager, and supporters stand in front of the new road sign. Also pictured are: Delegate Josh Stowers (D-Lincoln) and Delegate Jeff Eldridge (D-Lincoln).

