



## Volunteer Newsletter

### Volunteer Highlight: Kathy Mason

Kathy Mason is an active WV Breast and Cervical Cancer Screening Program volunteer from Elizabeth, WV. Her two sons, Bob and Joe, started volunteering with her when they were young. Both boys, now adults, follow in their mother's footsteps by volunteering for different organizations in their own communities.

Kathy works closely with Anna Reno, the WVBCCSP Health Information Specialist in the southwestern part of the state. She often distributes WVBCCSP and educational information at the events she attends. Kathy notes that people respond well to the WVBCCSP health information and promotional items.

Over the years, Kathy has organized many fundraising events, especially in October, Breast Cancer Awareness Month. She distributes pledge cards to local businesses, helps decorate the town of Elizabeth with pink ribbons and paints many people's hair pink! She also partners with the Wirt County Middle and High Schools to organize pink-outs at basketball, football, and volleyball games. Before one of the football games she partnered with the local school RAZE group and distributed educational information and snacks to the crowd.

In 2013, Kathy organized the first Komen Pink Barn Project in the state located on Route 14 in Wirt County. It is still the only three sided barn ever painted! Since then she has attended pink barn dedications in Jackson, Mason, and Wood counties.

Kathy notes that cancer affects every family in one way or another. One of her goals is to educate people about the importance of cancer screening. She believes that early detection is half the battle. She encourages people to get screened and share the information with family and friends, not just in October, but all year long.

Kathy considers herself to be underinsured. She has a full time job, but her insurance is still expensive. Programs like the WVBCCSP and Bonnie's Bus help her and many WV women get their screenings close to home. Kathy says she works hard for WVBCCSP because they work hard for her and others like her. She thanks WVBCCSP for making screenings and educational information available to WV women!



Kathy Mason and Anna Reno, HIS, at a  
Pink Barn Dedication

## WVBCCSP Website

The WVBCCSP has a website loaded with information for our community volunteers! At the bottom of the home page there is a bulletin board with seven sticky notes. You can click on sticky notes for more information about: Support Group Meetings, free or low-cost WVBCCSP Screening Clinics, Walks for Women and Breast Cancer Awareness Month events (posted in September and October), and Community Events.

At the top of the website you can access Program information through the tabs on the left. To check out the website go to <http://www.wvdhhr.org/bccsp/>. For more information about the website or about WVBCCSP, call 1-800-642-8522.

## Taking Off Pounds Sensibly (TOPS)

In August 2014, the WISEWOMAN Program needed a local TOPS Chapter in Petersburg. They asked Ruthie Watts, Health Information Specialist, if she would lead it. Ruthie agreed, advertised TOPS, and at the first meeting there were ten participants. By the end of October 2014, there were 19 members and the group lost a total of 100 pounds. By the end of April 2016, there were 30 members and the group had lost a total of 442 pounds. The TOPS-Petersburg Chapter has been very successful as the membership has grown to 36 and the group continues to lose weight.

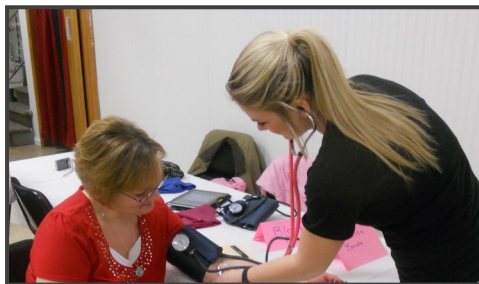
Ruthie describes the leadership team, a big part of their Chapter's success, as a caring, encouraging group of individuals dedicated to TOPS and their members. The team consists of weight recorders, a treasurer, a secretary and a co-leader. Even with encouragement from the leaders, the group gets a little nervous each week when they face the scales at a private weigh-in. As a group they say a pledge, have roll call, and then they have to confess whether they lost, gained, or remained the same. After "fessing up" the group turns its attention to competitions followed by an educational program.

Ruthie is pleased with the high level of membership participation at each meeting. She keeps members actively involved with competitions and challenges. One of the ongoing competitions is the "Biggest Loser." The members enjoy the competition and the six-month winner receives special recognition.

The TOPS Chapter in Petersburg is encouraging its members to live a healthier lifestyle that will have lasting positive results. For more information about the TOPS-Petersburg Chapter, call Ruthie at 304-257-5419.



TOPS members Jeanette Cosner, Patty Hedrick, and Betty Puffenbarger participated in the Luck of the Irish 5K. Jeanette has been the "Biggest Loser" twice!



Above: Brittany Watts, Exercise Physiologist, checks a member's blood pressure.  
Right: After a two-month long contest, Carol Ray was crowned the Fruit and Vegetable Queen.



Division Winners 2015 for their weight division: Shari Thompson, Liz Huffman, and Judy Helmick.



TOPS members recognized Cervical Health Awareness Month in January 2016.



Six-Month Biggest Loser Patty Hedrick.