



## Volunteer Newsletter

### Tracey Mullenax: Volunteer Highlight

Tracey Mullenax was attending a meeting of the Grant County Community Education Outreach Service (CEOS) in 2001, when she was introduced to the WV Breast and Cervical Cancer Screening Program (WVBCCSP). She was asked to volunteer as chair for a breast cancer awareness funding event, and fortunately for the WVBCCSP and Grant County women, she accepted the challenge.

Tracey began her WVBCCSP volunteer journey by educating herself. She read a lot about breast cancer, WVBCCSP, and early detection. She said the most important thing she learned was that finding breast cancer early often makes it easier to treat and raises a woman's chance of survival. For her it was a news flash! Learning more about breast cancer caused Tracey to ask herself a lot of questions. How many women were there in her community with breast cancer? Were all of those women getting the help they needed? How could she encourage women to get a mammogram when she herself had not had one? At age 42, she went for her first screening mammogram. Since that first mammogram she has been called back a few times for repeat screenings, but has had no real problems.

One of the ways Tracey helps raise money for the WV Breast and Cervical Cancer Diagnostic and Treatment (D&T) Fund is a basket raffle at the Tri-County Fair. She visits businesses in her community, getting donations for the baskets. In return, the businesses receive educational materials and an understanding of the importance of the D&T Fund. She says every year she finds people that do not know about WVBCCSP or the D&T Fund. They are excited to learn about programs that help WV women and usually take program information to share with a friend. At the fair, Program information is displayed and handed out. Tracey says people are always asking her if she is a survivor. She tells them no, but she is proud to raise money for the D&T Fund.

Tracey is the mother of three, a wife, and a volunteer. She is involved in the Breast Cancer Awareness Day Wreath Hanging ceremony at the Grant County Courthouse every year. She makes sure the high school football team has pink ribbon helmet stickers for October and makes breast cancer awareness announcements over the PA system during October football games. She serves in several ways for the Grant County CEOS, is a 4-H leader, volunteers at her church, and is involved with other volunteer organizations and boards. She takes every opportunity to increase breast cancer awareness in these organizations. Thank you Tracey.



Tracey at a Health Fair. The WVBCCSP Display is to her right.



Tracey and her three children selling tickets at a D&T Fundraiser.



## Breast Cancer Awareness Month

October, designated as Breast Cancer Awareness Month (BCAM), is a time to remind all women about the importance of screening for breast cancer. Breast cancer screening can lead to finding cancer early when it is easier to treat. The WV Breast and Cervical Cancer Screening Program (WVBCCSP) encourages women to talk with their doctors about their breast cancer screening plan.

For the WVBCCSP, BCAM started early this year with a dog walk in Union on August 26 and the first 'Walk for Women' in Princeton on August 31. WVBCCSP volunteers spent countless hours planning and then carrying out hundreds of activities. All of the activities helped remind women to get screened for breast cancer. They also raised over \$122,000.00 for the WV Breast and Cervical Cancer Diagnostic and Treatment (D&T) Fund, with more donations coming in. The D&T Fund helps uninsured women that need further testing or treatment for breast cancer.

This year schools, sports teams, marching bands, community groups, screening clinics, local politicians, business leaders, and volunteers participated in BCAM fundraising events. In addition to the 15 Walks for Women there was a dog walk, a cancer awareness walk, and a remembrance walk with pink luminaries carefully set out through the town. People of all ages were involved in BCAM.

BCAM finished up on Tuesday, November 12, with the annual Volunteer Luncheon in Flatwoods. Even though it snowed, over 120 volunteers attended the luncheon. Three breast cancer survivors shared their personal cancer stories of hope and encouragement. The volunteers were treated to lunch, played bingo, participated in two education sessions, and listened to a report about the funds they raised for the D&T Fund.

The WVBCCSP appreciates and thanks our faithful, dedicated volunteers for all you did in October and throughout 2013. You stepped up to the challenge yet another year to enable the D&T Fund to continue to serve WV women in need!!



Yvonne, a 40 year cancer survivor, gets ready for the balloon launch at the Williamson Walk.



Fran, a breast cancer survivor that used the D&T Fund, spoke at the Clay Walk and at the Volunteer Luncheon.



Pam, recently diagnosed with breast cancer and going through treatment, attended the Man Walk. Many of Pam's family participated in the Walk.