

SHADES OF PINK,
INC.

SPECIAL
POINTS OF
INTEREST:

- Rehearsal
Schedule
- Upcoming
Performances
- Meet the
Board



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VOLUME 1, ISSUE 3

3RD QUARTER 2007

Pink Happenings

A Word from the Founder



Wow, can you believe it is July, we are half way through the year. This year has been full of excitement, sadness and inspiration and I am sure that the rest of the year will be just as exciting and inspiring. There are hundreds of people around the world that still need to hear your message of hope, they need to see that you can survive a breast cancer diagnosis. You all are proof that not only can you survive a breast cancer diagnosis (or any other storm), and that you can still look and feel good while surviving the storm. We've got a host of events on the schedule and many more to come to help us inspire those that are surviving the storm or have survived it.

As a new 501c3 organization we now qualify for grants as a source of support. We are busy writing grants and seeking out ways to raise funds to support all of our efforts. I am hopeful that other funding agencies will want to see our efforts expand to include other survivorship programs. We are also seeking support, both monetary and in-kind, from our friends, partners, and supporters. All donations are tax deductible.

Sincerely,

Founder and President/CEO

Meet the Board of Directors

James D. Williams—"Butch" Williams graduated from the North Carolina Central University in 1976, and received his Juris Doctor degree from the North Carolina Central University School of Law in 1979. He was admitted to the Bar in the District of Columbia in 1979, and to the North Carolina bar in 1984. He is also admitted to practice as an Attorney and Counselor of the U.S. District Court, Middle Eastern and Western Districts, the Fourth Circuit Court of Appeals, and the United States Supreme Court.

Mr. Williams has built a thriving practice in criminal law over nineteen years, for the present firm in 1996. He has consistently received an A1 rating (the highest awarded) by Martindale-Hubbell, and was recognized as Outstanding Durham Criminal Defense Attorney of the year, 1993. "Butch" Williams is also known in the sporting world for his work as a sports agent.

"Butch" Williams is a member of the Durham County, North Carolina, and America Bar Associations; the North Carolina Academy of Trial Lawyers; the North Carolina Association of Black Lawyers; the 14th Judicial District Bar; the Sports Lawyers Association; the Black Entertainment and Sports Lawyers Association; the American Inns of Court; and the National Football and National Basketball Players Associations. He serves the Sports and Entertainment Committee of the North Carolina State Bar, NCCU Board of Visitors and Board of Trustee at St. Paul's College Lawrenceville, VA.

Since 1990, Mr. Williams has taught sports law and trial practice as an Assistant Professor at North Carolina Central University.



**Chaplain Maggie
Richardson**

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Encouraging Words

On Thursday, June 7, 2007 we lost a dear choir member and friend. Ms. Myra Fountain, and on Friday, June 15th we participated in her Homegoing Celebration. Unfortunately, we cannot control when a person is going to be called Home; however, we can celebrate the life they chose to share with us and others.

Over the years we have lost seven of our members which has caused all of us to experience grief, pain and sorrow, but in return we have gained seven beautiful angles. Angels are watching over us, this organization and will help to ensure that our mission and vision are achieved on a daily basis.

I can't tell you enough how wonderful, loving, caring and supportive you all are to one another during their times of need. This is truly why we exist. I know and believe that prayer and a positive attitude have the ability to change any and most things. We've got to pray for healing and recovery for all. We have so much work to do, a message of hope to spread and a testimony to share with the WORLD. Let's stay together and love one another through thick and thin and we will overcome all the storms that come before us. .

I Sing Because I'm Happy...



I'm very thankful that I can take this opportunity to share with you how I survived the storm. I was diagnosed with breast cancer on November 22, 2002, a very unexpected event. The storm was so cloudy that I could not see, I was told to be strong, it won't be long. The chemotherapy treatment had me so sick that I wanted to give up. There were days that I had to crawl out of bed just to clear my head. God has brought me through. He put a smile on my face each and everyday.

To those who served as my source of inspiration, my mother, who never gave up on me, my friends. Ms. Hyacienthe Holder, and Regina Reed, who stood by my side at all times. Last but not least, my husband, Darryl Middlebrook. He has shared every step this breast cancer experience, physically and emotionally with me. I dedicate my testimony to you for being my doctor, my nurse, my friend, and my inspiration during this time. You have kept me strong, with your encouragement and support.

By: Francine Prayer, Tenor

Around The City

National Black Arts Festival—July 20-29

Susan G. Komen & The Atlanta Braves Awareness Day—September 2nd

Dr. Phillips Breast Cancer Awareness & Education Weekend—September 29th

ACS Making Strides at Atlantic Station—October 27

Chemobrain...Is it Real?

For many years cancer survivors have worried, joked about, and been frustrated with the mental cloudiness they experience before, during, and after chemotherapy -- a side effect commonly called "chemobrain." While long recognized in practice, it is not until recently that this problem has been supported with science.

Recent research has shown that some cancer drugs can, indeed, cause changes in the brain. Imaging tests have shown smaller brain size in the areas of the brain that are part of memory, planning, putting thoughts into action, monitoring thought processes and behavior, and inhibition. Though the brain usually recovers over time, these findings confirm that the sometimes vague, yet distressing mental changes cancer patients experience are real, affect daily activities, and warrant further research.

Chemobrain is real. You are not going crazy. Here we will tell you what chemobrain is, how you can deal with it, and what is being done about it.

What is chemobrain?

Here are just a few examples of what patients have experienced and defined as chemobrain: memory lapses, trouble concentrating, being unable to remember details, changes in the ability to do more than one thing at a time, having trouble remembering common words.

Having an extra option is im-

portant for women with this form of breast cancer, said Len Lichtenfeld, MD, deputy chief medical officer of the American Cancer Society.

"We now have a new drug that offers promise and hope to women who have a more aggressive form of breast cancer where until very recently, we had little to offer," he said.

For some people these effects happen quickly and only briefly, while others experience mild, long-term mental changes. Usually the changes that patients experience are very subtle, but the people who have problems are well aware of the differences in their thinking. Still, many people do not tell their healthcare team about this problem until it affects their every day life.

Doctors and researchers call chemobrain "mild cognitive impairment" and define it as the inability to remember certain things, complete certain tasks, or learn new skills.

Is chemobrain real?

Yes, chemobrain is real, but its cause is unknown. How often it happens, what may trigger it, or what can be done to prevent it, is also unknown. Studies looking at pictures of the brain have shown changes in the brain activity of breast cancer survivors treated with chemotherapy when compared to untreated women. These changes continued to show up on scans 5 to 10 years after ending treatment.

At this time, medical professionals do not know what causes chemobrain. It could be any of these things:

At this time, medical professionals do not know what causes chemobrain. It could be any of these things: the cancer itself, chemotherapy drugs, other drugs used as part of treatment (such as anti-nausea or pain medicines), patient age, stress, low blood counts, depression, fatigue, hormone changes.

What is known is that chemobrain is a real problem that affects both men and women. Low estimates are that 20% to 30% of people getting chemotherapy will experience it.

To read the full article you can log on to the American Cancer Society's web page at: www.cancer.org



2007 Rehearsal Schedule

July 21 & 28

August 3, 11 & 18

September 7, 15, 22, 29

UPCOMING PERFORMANCES

Celebration of Survivorship—August 11
Tickets are \$10 (404) 755-9728

DHR Cancer Survivorship Conference—Sept. 28

GA Power—African American Women's Annual Luncheon—Oct. 3

Frosted Pink—Oct. 4-7—Santa Monica, CA

Power of Prevention—October 18

Harvest of Hope—October 20

Pretty in P.I.N.K.—October 27



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SHADES OF PINK, INC. is a 501c3 non-profit organization whose overall mission is to uplift those surviving the disease, remember those lost to the disease and to promote a positive image of survivorship by changing the “face of breast cancer” to one that is positive and pretty. Our goal is to facilitate contact, interaction, self-awareness, learning, self-expression, communication, support and personal development among breast cancer survivors and the general public; as well as, increase the mammography screening rates among African American women through community education and awareness programs.

Shades of Pink is a place *“Where Breast Cancer Survivors Celebrate Survival Through Song”* by spreading a *“A Message of Hope”* while *“Individually and Collectively Supporting Breast Cancer Survivors and their Families One Day at a Time.”*



Reminders...

- CALLING NEW MEMBERS
- NOW ACCEPTING VOLUNTEERS
- TO CALL THE SICK AND SHUT IN
- CALL A NEW FRIEND

Coming Soon

- VOLUNTEER TRAINING
- COMMUNITY HEALTH ADVOCACY TRAINING

Happy Birthday to You

3RD QUARTER

VALERIE CULBREATH	ALTO	07-07
BRENDA IRBY	ALTO	07-13
WILMA WILLIAMS	SOPRANO	07-22
GRETA SAMUELS	SOPRANO	07-23
JUANITA CLARKE	SOPRANO	08-07
BETTY ROBINSON	TENOR	08-11
VIVIAN VARNER	TENOR	08-11
PEGGY PROTHRO	ALTO	08-13
SHIRLEY JACKSON	TENOR	08-27
THERESA MATTHEWS	TENOR	09-09
DIANE BROWN	TENOR	09-12
JEANNETTE JOHNSON	ALTO	09-15
MARY BARR-BAXTON	SOPRANO	09-16
JOY HALLINAN	SOPRANO	09-20
ROSIE WHITE	SOPRANO	09-21
JO MARY TAYLOR	ALTO	09-25
BEATRICE LYONS	TENOR	09-26
DORIS JACKSON	TENOR	09-27