Allegacy’s Don’t Wait Golf Tournament Continues to Raise Money for Breast and Ovarian Patients

Allegacy Federal Credit Union continues to support Cancer Services and the patients we serve with breast and ovarian cancers. During the 20th Annual Don’t Wait Golf Tournament, the management team and faithful employees from Allegacy joined together to raise over $110,000. New this year, Allegacy sponsored a special time to celebrate and honor cancer survivors during the 1st Annual Survivors Tea in the 20th Annual Don’t Wait Golf Tournament.

As October 2019 approached, the leaders of her company told Leslie they wanted to hold a fundraiser in her honor and wanted her to choose the recipient of the funds. Leslie chose Cancer Services! For the month of October, Battery Watering Technologies raised over $14,500 from their fundraiser! We are so grateful for their generosity!

We asked Leslie what she would want people to learn from her experience and she said, “First of all, even though I’m finished with the hardest part of my journey, it is still a struggle. So don’t forget about your Survivor friends and family members. Still check on them! Life after cancer treatment is not easy and we still need reassurance and support. Second, I encourage people to donate to Cancer Services where your money stays in the community and helps people locally. Until you are in need, you do not know how valuable their services are, so you have to take the word of those who have used them! They are invaluable!”

Special thanks to Excalibur Direct Marketing
Happy 65th Anniversary Cancer Services!

In 1955, Cancer Services became an independent nonprofit from the vision of an Advisory Board. Without any affiliation with a national organization, they wanted to be sure that cancer patients and their families in our community received the support they needed; and the community received education about cancer. Now in 2020, 65 years later, we have to wonder if those members had any idea of the tremendous impact they were setting in motion. Cancer Services has evolved from a grassroots organization to a well-established, collaborative agency serving as an essential resource to almost 5,000 cancer survivors annually. We are securing over $40 million dollars in treatment support resources each year and providing evidence based and innovative nutrition and survivorship programs. All of these activities are truly insuring access to comprehensive financial, physical, and emotional support services...all inspired from a vision of a community of caring.

We are so honored to be a part of the past 65 years and more determined than ever to insure the future of this wonderful organization. In honor of our 65th Anniversary, we have increased our initiatives in planned giving, estate planning and fundraising to meet the ever growing needs and opportunities of positively impacting lives now and in the future. The cost of cancer care can create tremendous health disparities, and we are here to try to reduce the financial toxicity of cancer and impact survivorship and wellness by focusing on our mission of “Enhancing health, life, and survivorship” in all of our efforts.

The team of staff and board that strive to make life better each and every day, will continue to utilize all of your support and involvement to the fullest potential and continue to dream of ways to make the greatest impact for survivors. We can all think of someone (or many someones) that inspired us to get and stay involved with Cancer Services and help make the next someone's life a little better...let's all take that inspiration into the future while being so grateful for the many that came before us. Thank you for being a part of everything we have done and will do!!

Tara O'Brien, Chief Executive Officer

Ron Willard, President, Board of Directors

Cancer Services, Inc.
3175 Maplewood Avenue
Winston-Salem, NC 27103
RETURN SERVICE REQUESTED

We Have a Podcast!

The Triad Cancer Connection Podcast!

Whether you’re someone who has been diagnosed with cancer, is a loved one of someone who has faced a cancer diagnosis, a healthcare provider or someone who wants to decrease risk and be knowledgeable about resources, then you've come to the right place! This podcast will connect you to our local experts and resources.

We'll talk about things like cancer survivorship, financial assistance resources, how to support someone through cancer, when to get screened, and how to keep humor and fun in your life despite a serious diagnosis.

We can't wait to have you join us as we start our newest program -- Be sure to subscribe to our podcast feed and share with your friends! Email Julie to suggest topics and guests!

julie@cancerservicesonline.org

Upcoming Dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>February Transitions Reunion!</td>
<td>January 21st</td>
<td>6pm - 8pm</td>
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<tr>
<td>February Crash Course</td>
<td>February 22nd</td>
<td>10am - 3pm</td>
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<tr>
<td>Evening Class</td>
<td>April 2nd, 9th, 16th, 23rd</td>
<td>5:30-8pm</td>
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<tr>
<td>Daytime Class</td>
<td>June 2nd, 9th, 16th, 23rd</td>
<td>12:30-3pm</td>
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Save the Date! June 6th!

Save the date for the 29th Annual Triad Cancer Survivors Day! Location will be announced at a later date! Be sure to mark your calendars and look for more details in the coming months!

Cancer Transitions Wellness Program

A 4-week program for survivors and caregivers to answer “What’s Next?” after cancer treatment. Call 336-760-9983 for dates.

Topics Include:
- Nutrition
- Financial Recovery
- Exercise
- Follow-up Care
- Emotional Recovery

Cancer Transitions Reunion!

Tuesday, January 21st, 6pm - 8pm

February Crash Course

Saturday, February 22nd, 10am - 3pm

Evening Class

Thursdays, April 2nd, 9th, 16th, 23rd, 5:30-8pm

Daytime Class

Tuesdays, June 2nd, 9th, 16th, 23rd 12:30 - 3pm

Space is limited! Registration is Required

Sign up today! Call 336-760-9983!

We established in 1955

65

Established in 1955

We are a nonprofit organization U.S. POSTAGE PAID PERMIT #42 WINSTON-SALEM, NC

Save the Date!

April 25, 2020

Celebrating 65 Years of Service to Our Community

Event Co-Chairs:
Mr. & Mrs. Jon and Kimberly Marzano

WE'RE PLANNING A FUN, FESTIVE AND CELEBRATORY EVENING FOR WRAPPED UP IN RIBBONS.

PLEASE VISIT CANCERSERVICESONLINE.ORG TO LEARN MORE.

Wrapped Up In Ribbons

SAVE THE DATE!

Save the date for the 29th Annual Triad Cancer Survivors Day! Location will be announced at a later date! Be sure to mark your calendars and look for more details in the coming months!

Discover delicious recipes with Julie, The Cancer Dietitian! Are you tired of those complicated recipes? Do you want some ideas for delicious and nutritious recipes that won't take you all day to make? This hands-on cooking demonstration class is for you! Location to be determined. Space is limited! Call us today to sign up at 336-760-9983!

Upcoming Dates

February 11th ~ 11:00am - 12:30pm
March 10th ~ 5:30pm - 7:00pm
April 7th ~ 11:00am - 12:30pm
May 16th ~ 10:00am - 12:00pm

Exercise
Nutrition
Follow-up Care
Emotional Recovery

Established in 1955

65

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