

January News

Theme: "B" The Change
Goal: \$30,000
RelayForLife.org/Bluffton

We **save lives** and create more birthdays by helping you stay well, helping you get well, by finding cures, and by fighting back.



Relay For Life of Bluffton

June 22-23, 2012

at Bluffton University's
Dwight Salzman Stadium
Opening Ceremony at 6pm
Closing Ceremony at Noon



RELAY★REVIEW

A NEWSLETTER FOR OUR RELAY FOR LIFE SUPPORTERS

What is Relay For Life?

Relay is an American Cancer Society fundraising event that began in 1985, when Dr. Gordon Klatt, a Tacoma, Washington surgeon, ran and walked on a Tacoma track for 24-hours. It's generally held overnight as a simple that cancer never sleeps, and following Dr. Klatt's footsteps, our event is a walk-event where teams and participants not only enjoy a day/night of games, activities and a lot of fun... but also a chance to celebrate, remember and fight back against cancer.

You may be wondering... who can get involved? Relay For Life is a community event that is open to anyone willing join us in the fight against cancer. Whether you want to start or join a team, become a sponsor, sign up to help plan the event or are simply interested in coming to the event to celebrate with local survivors... everyone is welcome get involved in Relay For Life.

Look Good... Feel Better

Look Good... Feel Better is a community-based, free, national service. It teaches female cancer patients beauty tips to look good and feel better about how they look during chemotherapy and radiation treatments.

Volunteer beauty professionals lead small groups, usually about 6 to 10 women, through practical, hands-on experience. Women learn about makeup, skin care, nail care, and ways to deal with hair loss such as wigs, turbans, and scarves. Each woman receives a free makeup kit to use during and after the workshop.

All cosmetology volunteers who are part of the program attend a 4-hour certification class to become a Look Good... Feel Better volunteer. Look Good... Feel Better is absolutely free, and is non-medical, salon and product neutral.

Anyone interested in becoming a Look Good... Feel Better volunteer, or are interested in attending a local workshop can contact our local American Cancer Society Health Initiatives Coordinator, Marybeth Torsell at 888.227.6446 x5101 or at marybeth.torsell@cancer.org

It's never too early to sign up

Teams are the lifeline of our event. Families, friends, businesses, churches, civic groups, local government offices... anyone in our community is welcome to team up and either start or join a team. Prior to the day of our Relay event, teams actively and creatively organize fundraisers, and what better way to bring people together for a good time and to support a good cause?

Visit us online at www.RelayForLife.org/Bluffton and sign up today. We ask all participants who start or join a team to pay a \$10 Commitment fee and then set an individual fundraising goal. We also offer incentive prizes to help motivate your fundraising. To start, any individual who raised \$100 prior to **May 11th** will receive a free 2012 Relay For Life t-shirt!

Join our Planning Committee

Every good event has the tremendous support of a great planning committee. We are fortunate to have dedicated individuals who are willing to work behind the scenes to help make each year better.

We're looking for volunteers to join us, and we have a number of great areas you could help. Whether your interest is in recruiting or mentoring our Relay teams, the logistics of setting up our event, being a part of our Luminaria program, entertainment, sponsorship or helping with our Survivorship activities (including recognition and celebration) – we have a place for you. Call or email us today!

www.RelayForLife.org/Bluffton

Need answers? Call 1.800.227.2345.

The American Cancer Society toll-free phone lines are open every minute of every day to help give people the answers they need about cancer. Whether it is a question about coping with cancer or a request for local patient services, we are here anytime day or night to help you through your cancer journey. Each year, our Cancer Information Specialists provide free information and support to the nearly 1 million people who call us at 1.800.227.2345.



Fundraising Tip:

Paper Chains

Have students sell individual links to create a paper chain that can be hung in the classroom. The links can be sold in honor of or in memory of someone, or they can include educational information about nutrition or physical activity. You can also bring the chain to your local Relay event and use it to decorate your campsite.

The official registration and financial information of the American Cancer Society, East Central Division, Inc. may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 800.732.0999. Registration does not imply endorsement. Ohio residents may call 717.783.1720.

2012 Calendar

Upcoming Meetings:

- February 2, 2012
- March 1, 2012
- April 5, 2012
- May 3, 2012
- June 7, 2012
- June 19, 2012

All meetings take place on the 3rd Floor of the Town Hall Building.

Committee Meeting
from 6pm – 7pm

Team Rally
From 7pm – 8pm

Upcoming Trainings:

- Team Captain University
January 21, 2012
- Winebrenner Seminary
Findlay, Ohio
- Time: TBA

RelayForLife.org/Bluffton

Blaze of Lights Parade

This year our Relay For Life participated in the Blaze of Lights Parade! The weather cooperated and it was a beautiful night to walk and enjoy a good time with everyone who came out. Here are a few pictures of our float... Enjoy!



Happy New Year! Will you choose... you?

Sticking to those New Year's Resolutions can be touch, especially if you've put major lifestyle changes like quitting smoking, getting more exercise, or eating better on your list. A lot of us start our strong on our new healthy plan, then lose steam after the first few weeks.

No matter what your goal, it helps to make it specific. It's all too easy to blow off a vague plan, like "getting more exercise" or "eating better." Instead, resolve to walk 30 minutes on Tuesdays and Thursdays, or a piece of fresh fruit every night after dinner. Here are a few tips to get you started:

- Eat your veggies first. Make it a goal to fill half your plate with vegetables. They tend to be low in calories and packed with nutrients. Let lean proteins play the supporting role.
- See the sunrise. Early workouts are easier to squeeze into your hectic schedule, and they save you the need to shower twice.
- Stay on top of health screenings. Regular health screenings by a health care professional can help find cancer early, when it's easiest to treat. If you're not sure what you need to have done or how often, visit us at www.cancer.org and check out our [screening guides](#).

American Cancer Society's *Relay For Life of Bluffton*

June 22-23, 2012
at Bluffton University's
Dwight Salzman Stadium
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Closing Ceremony at Noon on the 23rd

2012 Interest Form:

Name: _____ Email: _____

Address: _____ City / State / Zip: _____

Are you a Survivor? Yes No If yes, want to attend our Survivor Activities? Yes No

Interested in:

Sponsoring Event Joining Committee Joining a Team Starting a Team

Purchase a Luminaria (\$10 donation each)

In Honor of: _____

In Memory of: _____

Include additional names on separate sheet of paper

Return This Form To:

American Cancer Society
c/o Relay For Life of Bluffton
740 Commerce Drive, Suite B
Perrysburg, Ohio 43551