

Central Pennsylvania Coalition United to Fight Cancer



**CATALYST**

*Presents*

# *Loving Souls & Sweethearts XIV*

**Cancer Education Workshops & Luncheon**

**C. Ted Lick Wildwood Conference Center  
Harrisburg Area Community College Campus  
Harrisburg, Pennsylvania**

**Saturday - February 27, 2010**



This program is partially funded by a Community Partnership Grant from the American Cancer Society's Making Strides Against Breast Cancer event.

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Against Breast Cancer event.*



# History of the Central Pennsylvania Coalition United to Fight Cancer CATALYST

In 1996, Barbara E. Jackson, R.N., at that time, Public Health Program Administrator in the Cancer Control Program, Pennsylvania Department of Health, recognized a critical need to promote cancer awareness within the minority community. In response to that need, Barbara worked with key community leaders in the Harrisburg Area to establish a locally-based cancer coalition. Inviting other interested parties to join this endeavor, the coalition strengthened to spread the message that education, prevention and early detection can save lives. This effort brought together representatives from the worlds of Public Health and the Religious communities.

This organization was originally known as the Collaborative Meeting, strategies for recruiting the minority population. The group decided to change the name. In 1996, Clare Jones, the first chairperson, suggested the name, CATALYST. This present title, the Central Pennsylvania Coalition United to Fight Cancer, Inc. (CATALYST), was agreed upon by the charter members December 18, 1996. The group became incorporated in 1999.

A community-based organization, CATALYST, is in partnership with the Pennsylvania Department of Health, area churches, civic affiliations, and local health care agencies. The members are comprised of cancer survivors, laypersons, professionals, visionaries, and clergy.

"CATALYST" is defined as one that provokes significant change. With the dedication, sacrifice, and hard work of CATALYST members and its partners, health efforts in the minority community have expanded to include women, men, girls and boys. The CATALYST mission is to improve the cancer survival rates of ethnic and minority persons in Central Pennsylvania and statewide. By using culturally sensitive approaches, CATALYST promotes the benefits of early detection. While the initial focus has been on breast, cervical, and prostate cancers, the group continues to address other cancers and cancer issues.

Throughout its history, the group met in various locations. In 1997, The Goodwin Memorial Baptist Church, located at 2447 Green Street, Harrisburg, PA graciously opened its doors to CATALYST as a meeting site. Since that time, it has hosted the meetings on the second Monday of each month.

Today, CATALYST members remain united and committed to battle the devastating effects of cancer in the Central Pennsylvania region. In the future, CATALYST envisions expanding the battle statewide and nationwide.



## A MESSAGE FROM THE PRESIDENT/ FOUNDER

Good morning to all! On behalf of the Central Pennsylvania Coalition United to Fight Cancer, CATALYST Officers and members, welcome to our Fourteenth Annual Loving Souls and Sweethearts Free Cancer Education Workshops and Luncheon! It is a blessing, pleasure and a joy to see all of you once again.

As we move forward in this twenty-first century there is much to reflect upon. History has been made; is being made, witnessed and experienced. There are wars, rumors of wars, earthquakes, famine, depression, recession, illnesses and diseases. No matter what; we are blessed to be here to experience and savor every moment of life!

As you know, it takes a team effort to execute any plan. I thank God for each CATALYST member, partner, sponsor, advertising sponsor and their contribution to this annual event.

God has continued to bless our organization in our mission to serve you, the community! We are again blessed to work with a group of gifted, dedicated, talented planning committee members. To each planning committee member we say” thank you for your time, talent and expertise!”

We are again pleased to offer some of the best educational resources available in the Central Pennsylvania Region. It is our goal that the educational sessions will impact you to make positive life style changes. Hopefully these healthy changes will have a *ripple effect*; ultimately these changes will have an impact on the lives of family members and friends as well as co-workers. It has been our continued goal to provide empowering educational presentations and this year is no exception.

CATALYST thanks each presenter for their invaluable, educational, quality presentation. We acknowledge and appreciate your dedicated commitment to the community.

Please take the opportunity to view our web site at [www.catalystpa.org](http://www.catalystpa.org). We are fortunate to have Ms. Melissa Turbin, Treasurer/Director of Consulting, Students in Free Enterprise (SIFE) from Elizabethtown College as our Web Master. Ms. Turbin has done a fantastic job!

We are so thankful for the wonderful community support and the great support continually received from our wonderful partners, affiliates, corporations and merchants, as well as individuals over the past 14 years. Thank you to our Gold, Silver and Friends of CATALYST Sponsors!

Our Fourteenth Annual Loving Souls and Sweethearts Cancer Education Workshops and Luncheon is partially funded by a Community Partnership Grant provided by the “Making Strides Against Breast Cancer Event” of the *American Cancer Society, Capital Region Unit*.

From the bottom of my heart, I thank God for the continued support of my wonderful husband, George, my family, CATALYST members, church family members and each of you.

CATALYST thanks you for loving yourself and others enough to take time out to become more empowered! **“We care, we are concerned, and we are committed!”**

God’s richest healing blessings to each of you and yours,

Barbara E. Jackson, RN  
President/Founder

# MISSION STATEMENT

The **mission** of **CATALYST** is to improve the cancer survival rates of ethnic and minority persons in Central Pennsylvania and state-wide. The initial focus has been on breast, cervical and prostate cancer. We promote the benefits of early detection by using culturally sensitive approaches.

## **The mission is accomplished by:**

- Presenting education programs, workshops, and seminars within the community.
- Distributing cancer awareness materials at multicultural community events.
- Networking with healthcare providers and community organizations.
- Promoting media campaigns.
- Assisting with screening opportunities in conjunction with providers.
- Uniting persons and organizations to address the unique health issues of minority populations.
- Fostering the CATALYST Cancer Survivors Support Group.

# Central Pennsylvania Coalition United to Fight Cancer

## CATALYST

2009 - 2012

### ELECTED OFFICERS

<b>Barbara E. Jackson</b>	<i>President &amp; Founder</i>
<b>Cecelia Lilley</b>	<i>Vice President</i>
<b>Eartha Matthews</b>	<i>Secretary</i>
<b>Gale Diane Baten</b>	<i>Assistant Secretary</i>
<b>Jacqueline Lawson</b>	<i>Treasurer</i>
<b>Norleen Duncan</b>	<i>Assistant Treasurer</i>
<b>Rev. Roger Dixon</b>	<i>Historian</i>
<b>Joelene Erby</b>	<i>Assistant Historian</i>
<b>Alberta McWhite</b>	<i>Chaplain</i>

### CATALYST MEMBERS

Aminta Adger	Shonyah Hawkins	Barbara Sanor
India Allen	Yahne Jackson	Mary Lee Scott
Betsy Aumiller	Kim Jarrett	Dottie Benton Simpson
Jerilyn Baskett	Claudette Johnson	Chennie Smith
Doris Bryant	Sarah A. K. Mitchell	Paula Thomas
Danielle Bubnis	Martha Morgan	Ramona Thompson
Rev. Donrico E. Colden, Sr.	Barbara Nicholson	Chanty R. Webb
Yasmin Coleman	Diana O'Neil	Karilyn Weidner
Collette Dickason	Johathan "Chucky" Palmer	Kaye Weiss
Scott Dinner, Esq.	Dorothy Patterson	Tia Whitaker
Mary Easter	Maude Penn	Elizabeth A. K. Williams
Brad Gebhart	Dr. Gwendolyn Poles	Iris "Rick" Williams
Priscilla Hammonds	Arlene Prentice	Evelyn Wilson
Cynthia Scott Harris	Monica Roach-Price	Natashia Woods
Dr. Harold A. Harvey	Dr. Jose N. Prudencio, Jr.	
Rosie Hawkins	Joyce Fry Rochester	

# CATALYST

## SUB-COMMITTEES

### FUNDING:

Barbara E. Jackson  
Diana O'Neil  
Tia Whitaker

### OUTREACH EDUCATION:

Betsy Aumiller  
Jerilyn Baskett  
Danielle Bubnis  
Barbara E. Jackson  
Jacqueline Lawson  
Kaye Weiss

### PUBLICITY:

Betsy Aumiller  
Yasmin Coleman  
Shonyah Hawkins  
Diana O'Neil  
Sheila Baylor - "Guru  
Graphic Designer"

### LOVING SOULS:

Betsy Aumiller  
Jerilyn Baskett  
Gale Diane Baten  
Danielle Bubnis  
Norleen Duncan  
Shonyah Hawkins  
Barbara E. Jackson  
Tina Ladd  
Jacqueline Lawson  
Eartha Matthews  
Kelly McCall  
Diana O'Neil  
Kaye Weiss  
Tia Whitaker

### HISTORIAN:

Rev. Roger Dixon  
Joelene Erby  
Monica Roach Price

### SCHOLARSHIP COMMITTEE:

Jacqueline Lawson  
Tia Whitaker  
Elizabeth A. K. Williams  
Paula Thomas

# Loving Souls and Sweethearts *XIV*

Free Cancer Education Workshops and Luncheon  
Saturday, February 27, 2010

## AGENDA

- 8:00 am - 8:30 am**                      **Registration and Continental Breakfast**
- 8:30 am - 8:45 am**                      **Welcome and Opening Remarks (Spruce Suite)**  
**Greetings** – Barbara E. Jackson, RN, President/Founder  
**Invocation** – Reverend Ruby Thames  
**Greetings** – Danielle A. Lavetan, MSW, American Cancer Society,  
Pennsylvania Division, Inc.  
**Greetings** – Barbara Terry – Vice President for Mission Effectiveness,  
Pinnacle Health System  
**Free Screening Instructions** – Kelly T. McCall, Corporate &  
Community Wellness Coordinator, Pinnacle Health System  
**Announcements and Introduction of Keynote Speaker**  
– Barbara E. Jackson, RN, President/Founder
- 8:45 am - 9:30 am**                      **Keynote Speaker** – Harold A. Harvey, MD  
**Breast Cancer** – *Anatomy, new treatment options and clinical trials*  
( Spruce Suite)  
  
**General Session (Spruce Suite)**  
  
**Hope is More Than a Four Letter Word –**  
*Cancer, depression and spirituality*  
**Moderator** – Reverend Ruby Thames  
People’s Community Baptist Church  
  
**Protestant Representative** – Chaplain Wendell H. Scanterbury,  
Cancer Treatment Centers of America  
  
**Catholic Representative** – Father Kevin Thompson  
St. Francis of Assisi Parish
- 10:10 am - 10:20 am**                      **Break**  
  
**General Session – The Anatomy of it All (Spruce Suite)**  
*Prostate, colon, cervical, ovarian cancers*  
  
**Moderator** – Kathryn Peroutka, MD  
  
**Colon Cancer** (includes video segment of colonoscopy) –  
William J. Curry, MD, MS  
**Cervical/Ovarian Cancer** – Ricardo T. Carter, MD, LLC  
**Prostate Cancer** – Jose N. Prudencio, Jr., MD



**General Session – What Everyone Needs to Know!  
(Spruce Suite)**

**Moderator** – Betsy Aumiller, DEd

**Nutrition** – Cancer Fighting Foods – Carol Clelland RD, LDN  
**Diagnosed with cancer and don't have insurance?** –  
Dolores Magro, Director, Patient Advocacy & Conference  
Development, PA Breast Cancer Coalition  
**Clinical Trials** – Chanty R. Webb, RN, BSN

**12:00 Noon**

**Glucose/Cholesterol Screening  
(By appointment upon registration)**

**12:30 pm - 2:00 pm**

**Luncheon and Awards (Birch Dining Room)**

**Blessing of the food** –

**Introduction of the  
Special Guest Mistress of Ceremonies** –

**Special Guest Mistress of Ceremonies** –  
Valerie Pritchett, ABC 27 News

**Remarks** – Thomas P. Loughran, Jr., MD, Director Penn State  
Hershey Cancer Institute

**Remarks** – Charles D. Gladney, Sr., Highmark Corporate Affairs,  
Director of Community Programs

**2010 Award Presentations:**

**Claude E. Nichols, Jr., MD Medical Award** –  
Mrs. Susan F. George

**The Barbara Davenport  
Loving Souls Community Service Award** –  
Ms. Norleen M. Duncan

**The Loving Sweethearts Award** –  
Mr. John and Mrs. Ramona Thompson

**The President's Award** –  
Ms. Judith R. Windom

**Closing** –

**2:00 pm - 3:30 pm**

**Free Health Screenings and Health Information  
Health Organizations and Information**



**SPECIAL GUEST MODERATOR:**  
**VALERIE PRITCHETT**  
**ANCHOR/REPORTER - ABC27 NEWS**



Valerie Pritchett anchors abc27 News at Noon and co-anchors abc27 News Live at Five and abc27 News at 7:00pm. Harrisburg! That's where Valerie, her husband Joe, and their 3 dogs call home. "My husband and I love living in the Midstate. There's so much to do from enjoying a meal on Second Street to having fun with my 'boys' at a dog park."

"I am an animal lover!" Valerie helps many animal rescue organizations with fundraising.

In addition to her anchoring duties, the award winning journalist also reports, "There are interesting people and places in the Midstate who have many interesting stories to share."

A project close to her heart is Val's Kids which features children in foster care who through the Statewide Adoption Network are looking for permanent homes.

A community volunteer, Valerie is the Honorary Co-Chair for the American Cancer Society's Making Strides Against Breast Cancer Walk, and Daffodil Days events. She assists Big Brothers/Big Sisters, The American Literacy Corporation and many other nonprofit organizations.



## **KEYNOTE SPEAKER BREAST CANCER**

### **HAROLD A. HARVEY, M.D.**

Dr. Harvey is a Professor of Medicine at the Penn State Milton S. Hershey Medical Center. He received his Medical Degree from the University of West Indies in Barbados and completed an internship at Queen Elizabeth Hospital, also in Barbados. Dr. Harvey completed his residency at Lemeul Shattuck and Faulkner Hospital in Boston. He was a Fellow in Medical Oncology and then a Teaching Fellow in the Department of Medicine at the Tufts-New England Medical Center Hospital in Boston before coming to the Hershey Medical Center in 1974.

Dr. Harvey's primary research interest is breast cancer. He has published extensively in this field in over 300 articles, books, book chapters, and abstracts. He has also given many presentations on his research both nationally and internationally.



## **GENERAL SESSION PANEL DISCUSSION:**

### **HOPE IS MORE THAN A FOUR LETTER WORD**

#### **REVEREND RUBY N. THAMES - MODERATOR**

Humility and service have been the hallmark of the life of Ruby N. Thames. At the age of twelve she gave her life to Christ – thus the beginning of her Christian journey. Reverend Thames launched a highly esteemed, spirit-filled preaching and teaching ministry in 1991 when she was granted her license. After much prayer and meditation she accepted the calling to serve as pastor of the Junior Church at St. Paul Missionary Baptist Church.

She earned her Clinical Pastoral Degree from the Pastoral Institute of Central Pennsylvania, an Associate Degree from Harrisburg Area Community College with a degree in Health and Human Services, a certificate from Moody Bible Institute, studied religion at the Lebanon Valley College and earned a certificate from the National Board of Christian Education.

In 2003 Rev. Thames was led by the Holy Spirit to organize The People's Community Baptist Church for service to the Lord in the Greater Harrisburg Area.



## **GENERAL SESSION PANELISTS:**

### **HOPE IS MORE THAN A FOUR LETTER WORD**

#### **CHAPLAIN WENDELL H. SCANTERBURY (Protestant)**

Wendell Scanterbury is an ordained Minister and a Chaplain at the Cancer Treatment Centers of America (CTCA) in Philadelphia. At CTCA he conducts seminars on forgiveness, provides counseling and spiritual support for patients and caregivers. He also conducts Lay Ministry Training for the Our Journey of Hope Program of CTCA. Wendell has served as the Pastor of Ecclesia Deliverance Ministries in Brooklyn, NY. He coordinates Prison Outreach Ministry at Mt. Airy Community Church, where he currently serves on the Leadership Team. He holds a Bachelor of Science Degree in Pastoral Ministry from Nyack College in New York City and is a Master of Divinity Candidate at Westminster Theological Seminary in Glenside, PA.

#### **FATHER KEVIN THOMPSON (Catholic)**

Father Kevin Thompson, affectionately known, as “Father Kevin” has been the pastor of St. Francis of Assisi Parish on Market Street in Harrisburg for four years and is a member of the Capuchin-Franciscan Order.

Father Kevin is originally from Latrobe, PA. He graduated from the University of Pittsburgh with a BS in Nursing and worked for a number of years in the Intensive Care Unit of Children’s Hospital of Pittsburgh. Father Kevin also worked as a lay missionary on the island of St. Lucia and it is there that he felt the Lord calling him to a different type of healing ministry.

He was ordained in 1977 and has been a member of his religious order for over 20 years. Father Kevin is Spanish speaking and uses this gift very often in his parish as well as in the community.



## **GENERAL SESSION:**

### **THE ANATOMY OF IT ALL**

**KATHRYN PEROUTKA, M.D. - MODERATOR**

Dr. Peroutka was born and raised in Baltimore, Maryland. She attended St. Louis University in St. Louis, Missouri and the University of Maryland School of Medicine. From there she went to North Carolina for six years to do her medical residency and then attended Duke University Medical Center for her Fellowship in Hematology/Oncology.

Dr. Peroutka briefly practiced in Atlanta, then moved to Harrisburg where she has practiced since 1981. She is with Andrews and Patel Associates. Their offices are located in Camp Hill and Harrisburg, PA.



## **GENERAL SESSION PANELISTS:**

### **THE ANATOMY OF IT ALL**

#### **WILLIAM J. CURRY, MD, MS - COLON CANCER**

(Includes a video segment of a colonoscopy)

Dr. Curry is a practicing Family Physician and primary care researcher with the M.S. Hershey Medical Center. He has practice and research interests in colon cancer screening and diabetes care. Dr. Curry recently completed a project funded by the National Cancer Institute to improve colorectal cancer screening in Central Pennsylvania Family Medicine Practices, which showed that one-on-one physician education can improve screening.

#### **RICARDO T. CARTER, MD, LLC - CERVICAL/OVARIAN CANCER**

Residency, SUNY NY, Lutheran Medical Center Brooklyn ,NY.  
Fellowship Boston University/VA Medical Center.  
Current Staff Physician and Cancer Program Medical Director at  
Lewistown Hospital, and CPOG Chairman.  
Sports nut and a camera buff.



## **GENERAL SESSION PANELISTS:**

### **THE ANATOMY OF IT ALL**

#### **JOSE N. PRUDENCIO, JR., M.D. - PROSTATE CANCER**

Dr. Prudencio was previously in private practice for 22 years in the Harrisburg area. He is now incorporated with Urology of Central Pennsylvania. Dr. Prudencio has extensive experience in the diagnosis and treatment of many urological diseases, especially in prostate cancer. He has presented numerous research papers both locally and abroad.

Dr. Prudencio graduated with a Bachelor of Science degree from Northern Illinois University in DeKalb, Illinois. He went on to pursue his medical career and graduated at the University of the East Medical Center in Manila, Philippines as a Doctor of Medicine. Dr. Prudencio completed his specialty in urology from Maimonides Medical Center in New York and is a certified medical technologist.





## **GENERAL SESSION:**

### **WHAT EVERYONE NEEDS TO KNOW**

#### **BETSY AUMILLER, DED - MODERATOR**

Betsy, a Senior Research Associate at the Penn State College of Medicine, is currently the project manager for the south central region of the Pennsylvania Cancer Education Network (PCEN). Working in the field of health education for over 16 years, Betsy has had the opportunity to design, implement and evaluate health education programming and strategy within the health insurance industry, worksites, and a variety of other community organizations.

Betsy received her master's degree in health education from Penn State and recently completed her doctoral degree in education at Penn State Harrisburg in the area of online learning and health behavior change.



## **GENERAL SESSION PANELISTS:**

### **WHAT EVERYONE NEEDS TO KNOW**

#### **NUTRITION: CANCER FIGHTING FOODS**

**CAROL CLELLAND, RD, LDN**

**Outpatient Registered Dietitian**

**Food and Nutrition Department**

**Sodexo Health Services at PinnacleHealth System**

Carol is a Licensed Nutritionist and Registered Dietitian who has been with PinnacleHealth System for 23 years as a nutrition educator and diet counselor. She has taught community nutrition classes, written magazine and newspaper articles and has been interviewed numerous times by the media on a wide variety of nutrition related topics. Public speaking experiences include non-profit organizations, community gatherings as well as corporate class support groups series and professional peer groups. She is a member of the American Dietetic Association and the Pennsylvania State Dietetic Association.



## **GENERAL SESSION PANELISTS:**

### **WHAT EVERYONE NEEDS TO KNOW**

#### **DIAGNOSED WITH CANCER AND DON'T HAVE INSURANCE?**

#### **DOLORES MAGRO**

**DIRECTOR, PATIENT ADVOCACY & CONFERENCE DEVELOPMENT  
PA BREAST CANCER COALITION**

Dolores Magro is the Director of Patient Advocacy & Conference Development for the PA Breast Cancer Coalition (PBCC). As patient advocate, she navigates patients and their families through a maze of insurance issues, barriers to accessing quality health care, financial concerns, and often providing a much-needed shoulder to lean on. She served as a consultant to the authors of “*Breast Cancer: Covered or Not?*” the PBCC insurance guidebook. Dolores is a frequent participant in regional and national Patient Advocate Leadership Summits and in PBCC training seminars held throughout the state to increase awareness of the Commonwealth of PA’s Breast and Cervical Cancer Prevention and Treatment program (BCCPT).

Dolores lives in the Philadelphia area and volunteers for Musicians on Call through WXPB, bringing live music to patients’ bedsides. She is blessed with two wonderful children ...Jennifer, who works for Liberty Mutual insurance and lives in Marlton, New Jersey, and Michael, a clarinetist playing New Orleans jazz in the French Quarter of New Orleans.



## **GENERAL SESSION PANELISTS:**

### **WHAT EVERYONE NEEDS TO KNOW**

#### **CHANTY R. WEBB, RN, BSN - CLINICAL TRIALS**

Chanty Webb has been employed as a registered nurse in the General Clinical Research Center at Penn State Hershey Medical Center for 10 years. In this position she performs procedures with participants already in research studies and helps to enroll new participants into research studies.

Chanty also works with members and organizations in surrounding communities to educate and encourage enrollment from people of various ethnicities into clinical research studies. She has served as coordinator for the Penn State Care Fairs for the past seven years, an event to reach out into the communities of Harrisburg and Lebanon to give a “face” to clinical research at Penn State Hershey. Chanty lives in the Harrisburg area with her wonderful husband and three kids.



## ABOUT OUR COMMUNITY SERVICE AWARDS:

During the planning of our first **Loving Souls and Sweethearts Cancer Education Workshops and Luncheon**, held February 15, 1997, we decided to present three awards to individuals meeting the criteria described below.

These awards represent three areas: survivor, relative and or spouse. In addition to the other awards, The President's Award was initiated in 2007. This award is presented to those individuals who unselfishly make outstanding humanitarian contributions to their fellowmen.

The first Medical Award was presented to the late Claude E. Nichols, Jr., MD, a Harrisburg physician who exemplified an outstanding commitment to his patients and the community. We felt so strongly about Dr. Nichols' unselfish dedication that we asked his permission to use his name for future recipients.

Our individual community service award is presented to someone who willingly gives service to their community in the fight against cancer and is involved in other community activities. It was initially named The Alex Murphy Loving Souls Award. In 1999 it was changed to "The Barbara Davenport Loving Souls Community Service Award". The late Barbara Davenport, at one time a Health Educator with the Pennsylvania Department of Health, Southcentral District, was one of the original dedicated members of this coalition. She faithfully served her family, church and community. In February 1998, Barbara, a breast cancer survivor, was called to her eternal rest. Because of Barbara's love of community health, her sacrifices and dedication to all, we unanimously agreed to change the name of the award in remembrance of her spirit.

The Loving Sweethearts Award is presented to a couple in recognition of their courageous battle against cancer. This couple exemplifies that this battle is being fought with the weapons of God's love, strength, guidance, medical care, humor and determination.

This award has also been given as the Loving Sweetheart Award to a single person who has, against all odds, fought the battle of cancer with courage while serving others.



**CONGRATULATIONS**  
**AND**  
**BEST WISHES**

**TO OUR**

**2010 AWARD RECIPIENTS:**

*"The Dr. Claude E. Nichols, Jr. Medical Award"*  
*Mrs. Susan F. George*

*"The Barbara Davenport Loving Souls  
Community Service Award"*  
*Ms. Norleen M. Duncan*

*"The Loving Sweethearts Award"*  
*Mr. John and Mrs. Ramona Thompson*

*"The President's Award"*  
*Ms. Judith R. Windom*



## **A NOTE ABOUT THE MAN FOR WHOM THE MEDICAL AWARD IS NAMED . . .**

### **THE LATE CLAUDE E. NICHOLS, JR., M.D.**

The late Dr. Claude E. Nichols, Jr. was the Medical Director and incorporator of the Addictive Disease Clinic. He had over 50 years of experience in the medical field. From 1949 to 1991, he provided medical care to the Harrisburg area through his private family medical practice.

Dr. Nichols received his Bachelor of Science Degree from Wilberforce University, Wilberforce, Ohio in 1944. He earned his Medical Degree from Meharry Medical College in Nashville, Tennessee in 1948.

Dr. Nichols received numerous awards and citations including: "The Urban League Award For Community Service", "The Nyswander & Dole Award for Outstanding Contributions to Methadone Treatment", and "The American Cancer Society John Baum Humanitarian Award". The Capital Region Health System at Hamilton Health Center, Inc. named its Adult Medicine Department, "The Claude E. Nichols, Jr. Adult Medicine Department," as well as instituted the Claude E. Nichols, Jr. annual health essay writing contest for young students with the winner receiving the Claude E. Nichols, Jr. CRHS Merit Award.

Dr. Nichols devoted his entire life to others. He realized the importance of treating patients holistically and with compassion. **CATALYST** feels privileged to have been permitted to name this award after such a devoted "servant of mankind".



## **A NOTE ABOUT THE 2010 DR. CLAUDE E. NICHOLS, JR. MEDICAL AWARD RECIPIENT . . .**

### **MRS. SUSAN F. GEORGE**

Susan George currently serves as Director of the Division of Cancer Prevention and Control at the Pennsylvania Department of Health where she directs the Commonwealth's comprehensive cancer control efforts. She is the Chair of the Pennsylvania Cancer Education Network Advisory Committee, Co-Chair of the Department's Colorectal Cancer Advisory Committee and Chair of the Income Tax Check Off Committee for Breast and Cervical Cancer Research in Pennsylvania. She also served as Chair of the Interagency Council on Tobacco and Health and co-founded Pennsylvania's nationally recognized Athletes Against Tobacco Campaign. Susan convened the first statewide consensus conference on breast cancer screening in the United States and served as state coordinator of the National Governor's Association Breast Cancer Awareness Campaign in Pennsylvania. She also worked on the historic Three Mile Island Nuclear Accident Health Study conducted by the Pennsylvania Department of Health.

Susan was the catalyst for the development of the first Comprehensive Cancer Control Plan written for the Commonwealth of Pennsylvania and received a Certificate of Commendation from Governor Edward G. Rendell. Under her purview as Chronic Disease Director for the Commonwealth, the Department wrote and released the first statewide plan to prevent obesity and other related chronic diseases. Susan is a past recipient of the National Cancer Institute's Cancer Information Service *Reaching People Through Partnership* award and twice nominated for employee of the year by the Pennsylvania Department of Health.

Foremost among her notable accomplishments was the establishment of affordable child-care for Commonwealth employees. Susan was instrumental in establishing the Governor's Model Child Care Program for Commonwealth employees.

Susan grew up in Steelton, Pennsylvania and received her B.S. degree from Shippensburg University. She and her husband Keith will be celebrating their 30<sup>th</sup> wedding anniversary this October. They have a son, Tyler, who will be getting married in October. Susan enjoys spending time with her 95 year-old Mother, Mary, serving as a mentor to young people, and rooting for the Philadelphia Eagles.





## " In Tribute"

*In 1998, as CATALYST was preparing for its second "Loving Souls & Sweethearts" Workshop and Luncheon, one of our dedicated members, BARBARA DAVENPORT, was called to her eternal rest.*

*BARBARA was a health educator who realized that time is a gift from God and she used it wisely by serving her family, church, and community.*

*When CATALYST was first organized, she not only worked tirelessly with us, but also spoke as a cancer survivor during our first workshop.*

*Because of her example of dedication to our cause, we felt it fitting to change the name of our community award to the "Barbara Davenport Loving Souls Award."*

*May this serve as a reminder to all of us that we are called for a purpose and, in serving each other, we translate God's love into action.*



**A NOTE ABOUT THE 2010  
BARBARA DAVENPORT LOVING SOULS  
COMMUNITY SERVICE AWARD RECIPIENT . . .**

**MS. NORLEEN M. DUNCAN**

Norleen is a native of Birmingham, Alabama. She relocated to Harrisburg, Pennsylvania in June 1968 and later retired from the Commonwealth of Pennsylvania with 35 years of service. She is currently an Independent Sales Director with Mary Kay Cosmetics. Norleen is an active member of the Steelton Mennonite Church.

Norleen has completed three marathons with the Leukemia and Lymphoma Society of San Francisco, California, Anchorage, Alaska, and Chambersburg, Pennsylvania. She also campaigned for the 2007 “Woman of the Year” for the Leukemia & Lymphoma Society and raised well over \$10,000 to assist in the challenge to find a cure for Blood Related Cancer. She was the Chairperson for CATALYST with the Highmark Health Community Walk in 2007, 2008, and 2009. She is active in many professional organizations.



## **A NOTE ABOUT THE 2010 LOVING SOULS AND SWEETHEART AWARD RECIPIENTS . . .**

### **MR. JOHN AND MRS. RAMONA THOMPSON**

John and Ramona Thompson are the founders of their own training organization called CoreVision. They share 40 plus years combined experience in training and community programming with adults as well as at risk youth in the secular and faith based arena.

Ramona has a bachelor's degree in Sociology, with a concentration in Criminal Justice and Psychology. She has seven plus years experience as a consultant for Dauphin County and over 14 years working with youth in the juvenile justice and behavioral health systems.

As Dauphin County Collaborative Board Coordinator, Ramona facilitates collaboration between community social service agencies and local government, to bring unity and solutions to the gaps and barriers in child serving systems.

John has been a consultant and trainer for various service agencies both private and public. John is the Services Coordinator for Firm Foundation of PA, a Christian community development corporation, focused on providing resources, training, and housing for men in transition. He is also involved in various outreach initiatives and trains for local, state and grass roots organizations.

John and Ramona Thompson have been married for 20 years; the last two years have been spent fighting ovarian cancer. In recent months Ramona has developed treatment-induced leukemia.

It is because of their love for one another and their faith in Christ along with support from a host of family and friends that they have made it this far.

To God be the Glory!!!



## **A NOTE ABOUT THE 2010 PRESIDENT'S AWARD RECIPIENT . . .**

### **Ms. JUDITH R. WINDOM**

Judi Windom certainly knows a thing or two about community health. Judi has been working for Highmark Blue Shield for the past 25 years and currently serves as a community programs specialist. Judi is highly involved in Highmark's community initiatives such as Partners for a Healthy Community, the SPARK program, and Highmark Walk for a Healthy Community.

She is most recognized for her role as coordinator of the popular women's health conference, Fun, Fit & Fabulous! With Judi's strong belief that the program can benefit all women, Fun, Fit & Fabulous! is an important opportunity for every woman to learn about the significance of engaging in a healthier lifestyle. For the past eight years, the conference has provided thousands of women the outlet to play a greater role in their personal health. Judi, a proud mother of two beautiful daughters, Brittani, 17 and Jalyn, 5, knows how important her health is to her family. She discovered the importance of work-life balance and makes time daily for her family, exercise and relaxation.

Judi is excited to share with others at this year's upcoming conference the profit women can have by understanding the benefits of living a healthier personal and professional life.



# 2009 HIGHLIGHTS



*The Dr. Claude E. Nichols, Jr. Medical Award" Presented to Angela Soto-Hamlin, MD*



*"The Barbara Davenport Loving Souls Community Service Award" presented to Danielle Bubnis, LSW*

## **2009 AWARD WINNERS AND PRESENTERS**

*"The Loving Souls and Sweethearts Award" presented to Reverend Alex and Mrs. Joelene Erby*



*"President's Award" presented to Shermaine R. Rideout*



A

*S*alute to  
*A*ll *C*ourageous  
*S*urvivors,  
*F*amilies, *C*aretakers  
*a*nd *F*riends!  
*G*od *B*less *Y*ou!



# **CATALYST SURVIVORS SUPPORT GROUP**

**HAVE YOU OR SOMEONE YOU  
LOVE OR KNOW BEEN  
DIAGNOSED WITH CANCER?**

**COME JOIN US!**

- Realize You Are Not Alone
- Realize You Can Lead a Productive Life
- Realize This Diagnosis Does Not Mean a  
Death Sentence
- Realize There is Hope
- Receive Support from Those Who Have  
"BEEN THERE"
- Receive and Share Information about  
Coping Strategies
- Receive Educational Support
- Receive Spiritual Support
- Enjoy Activities and Social Events

**WHEN:** Second Monday of each month

**WHERE:** Goodwin Memorial Baptist Church  
Family Life Center  
2430 N. 3rd Street (Rear Entrance)  
Harrisburg, PA 17110

**TIME:** 6:00 P.M. - 7:00 P.M. - Survivors Meet  
7:00 P.M. - 8:00 P.M. - Survivors and  
Supporters Meet

**CONTACT:** Barbara E. Jackson at (717) 221-1014  
Dorothy Patterson at (717) 236-3198



# **CATALYST SURVIVOR SUPPORT GROUP GOALS**

- 1. PRAYING FOR ONE ANOTHER**
- 2. BEING SUPPORTIVE OF ONE ANOTHER**
- 3. BRINGING ONE ADDITIONAL SURVIVOR TO EACH MEETING**
- 4. BELIEVING AND HAVING FAITH IN GOD AND HIS WORD**
- 5. KEEPING MIND, BODY, SOUL IN-SYNC TO HELP OTHERS**
- 6. ORGANIZING WAYS AND MEANS TO EXCHANGE INFORMATION**
- 7. ORGANIZING OUTREACH PROGRAMS (SPEAKER'S BUREAU)**

# **SCHOLARSHIP AWARDS OFFERED BY CATALYST**

## **DR. HAROLD A. HARVEY SCHOLARSHIP AWARD**

This scholarship is named for Dr. Harold A. Harvey, a great supporter of CATALYST during the past eleven years. He exemplifies an outstanding commitment to his patients and the community. Dr. Harvey is a Professor of Medicine at the Penn State Milton S. Hershey Medical Center in Hershey, Pennsylvania and a member of CATALYST.

Any high school senior who has been accepted to a college and is going into the area of health or medicine may apply. Applications are available each year in March.

## **ESTHER KEYS DAVIS SPIRIT AWARD SCHOLARSHIP**

This award is named for the spirit of Mrs. Davis who survived cancer for eight years and was an officer as well as an avid supporter of CATALYST. Esther was a motivating, enthusiastic, loving and always positive person. She always put others first and demonstrated that her reason for living was to help and serve others. Upon the reoccurrence of the cancer that eventually took her life in 2003, Esther never accepted defeat. Her presence taught us that nothing is impossible when you have the faith and determination to fight on.

Any college student studying in the area of health or medicine may apply. Central Pennsylvania Hematology and Medical Oncology Associates funds this scholarship annually. John D. Conroy, Jr., DO is a physician with this practice. Applications are available each year from November through the last week of January.

Applicants are eligible for a one (academic) year scholarship award of \$500.00.

### **RECIPIENTS:**

#### **DR. HAROLD A. HARVEY SCHOLARSHIP**

2006	Sequoyah Sherrill	Attending Hampton University
2007	Todd Reid	Attending Hbg. Area Community College
2008	Janette Jones	Attending Penn State Univ., State College
2009-10	Shelby Drayton	Attending Drexel University

#### **ESTHER KEYS DAVIS SPIRIT AWARD SCHOLARSHIP**

2006	Christine Ochieng	Attending Messiah College
2007	Shacoya Pope	Attending University of Pittsburgh
2008	Chelsea Doub	Attending Penn State Univ., State College

# **WHAT CANCER CANNOT DO . . .**

**Cancer is so limited that . . .**

**it cannot cripple love;**

**it cannot shatter hope;**

**it cannot corrode faith;**

**it cannot destroy peace;**

**it cannot kill friendship;**

**it cannot suppress memories;**

**it cannot silence courage;**

**it cannot invade the soul;**

**it cannot conquer the spirit;**

**it cannot steal eternal life.**

# The Big "C"

Walls and halls of cancer treatment facilities are adorned with copies of "What Cancer Cannot Do." As a cancer doctor, I looked at this poem which begins: "*It* [cancer] cannot cripple love, *It* cannot shatter hope, *It* cannot eat away peace... and thought, "How nice."

Now I am a cancer patient and I avoid looking at this poem. There are too many "cannot's" to suit me. I like to view my new life as a cancer patient in a more positive light, such as the following:

## New Opportunities

- Cancer gives you the excuse to leave work early or not even show up.
- Cancer makes each moment precious.
- Cancer allows you to fit into all your previously tight clothes.
- Cancer gives you something else to worry about instead of bills.
- Cancer gives you new courage -- you know, "Why not live dangerously, I already have cancer?!"
- Cancer gives you more time at home to catch up on all the odd jobs you were too busy to do, like that once a month dusting-oops!
- Cancer improves one's spirituality.
- Cancer makes worrying about the future superfluous.
- Cancer creates new friendships and strengthens old ones.
- Because of cancer and chemotherapy, bad hair days are passe.
- Being a cancer patient inspires great creativity in making your new body your best body!
- Cancer permits redirections and efficiency of living.
- Cancer patients become good managers, better friends, and the best appreciators.

**C. L. Ikner**

July 1, 1997

*(Dr. Cindy sadly lost her battle with lymphoma May 16, 2000)*

# Loving Souls & Sweethearts Workshop

## Presenters and Topics

### **2009**

*General Session - Moderator:* Kathryn Peroutka, MD

*Nutrition: Eating Your Way to Good Health* - Carol Clelland, RD, LDN

*Spirituality and Cancer* - Rev. Dr. James D. Jackson

*Colon Cancer: What You Need to Know* - Scott Barnes, DO

*Lung Cancer/Tobacco* - Harold A. Harvey, MD

*For Women Only: Prostate Cancer A Man's Disease; A Woman's Concern* - Betsy Aumiller, DEd

*For Men Only: Men's Health Issues* - Jose H. Prudencio, Jr., MD

*For Women Only: Women's Health Issues* - Ayodeji O. Bakare, MD

*Cancers of the Blood: Leukemia, Lymphoma and Myeloma* - Mary Simmonds, MD

*Survivorship Issues Panel: You Can Make It! Ask the Experts! :*

*Moderator* - Kaye Weiss, RN, MEd

*Chemotherapy/Radiation* - Beth Seng, RN, ONC

*Caring for the Caregiver* - Susan Resavy, LSW

*Eating Well Through Cancer Treatment* - Wendy Hoy, RD

*Survivor Representative* - Johathan "Chucky" Palmer

### **2008**

*Panel Discussion - Moderator* - Kathryn Peroutka, MD

*Heart Health* - Joy Cotton, MD, FACC

*Colon Cancer* - Scott Barnes, DO

*Spirituality and Cancer* - Dr. Michael Barry

*Nutrition and Cancer* - Carol Clelland, RD

*Women's Health Issues: Knowledge: The Key to Good Health* - Sharee Livingston-Anderson, DO

*What's New in Breast Cancer Treatment* - Angela Soto-Hamlin, MD

*Men's Health Issues: Having the Courage to Maintain Good Health* - Jose N. Prudencio, Jr., MD

*Chemotherapy and Radiation: What is it anyway?* - Harold A. Harvey, MD

# Loving Souls & Sweethearts Awardees and Categories

## 2009

**Angela Soto-Hamlin, MD**

*The Claude E. Nichols, Jr., MD Medical Award*

**Danielle Bubnis, LSW**

*The Barbara Davenport Loving Souls  
Community Service Award*

**Reverend Alex and Mrs. Joelene Erby**

*The Loving Sweethearts Award*

**Shermaine R. Rideout**

*The President's Award*

## 2008

**Kathryn Peroutka, MD**

*The Dr. Claude E. Nichols, Jr. Medical Award*

**Diana O'Neil**

*The Barbara Davenport Loving Souls  
Community Service Award*

**Reverend Sterling C and Aldine J. Green**

*The Loving Sweethearts Award*

**Reverend Roger E. Dixon, Sr.**

*The President's Award*

**CENTRAL PENNSYLVANIA COALITION  
UNITED TO FIGHT CANCER  
CATALYST**

***CATALYST Accomplishments/ Outreach Activities 2009***

**February**

Held “Loving Souls and Sweethearts XIII Cancer Education Workshops and Luncheon” at C. Ted Lick Wildwood Center, Harrisburg Area Community College Campus, Harrisburg, PA, February 28, 2009.

**April**

Participated in and supported the Sickle Cell bowling party, April 18, 2009.

Supported and attended Institute for Cultural Partnerships 4<sup>th</sup> Annual Champions of Diversity Award Dinner held at the Harrisburg Hilton and Towers, Harrisburg, PA, April 23, 2009. President, Mrs. Barbara E. Jackson, received a Nominee Award on behalf of CATALYST.

**May**

Participated in and promoted health education at Dauphin County” Partners for a Healthy Community Day of Free Health Screenings and Dental Services” held in Harrisburg, PA, May 2, 2009.

Supported and attended AmeriHealth Mercy Scholarship Award Dinner held at HACC, Harrisburg, PA, May 28, 2009.

Participated in the “Walk for a Healthy Community” sponsored by Highmark Blue Shield, City Island, Harrisburg, PA, May 30, 2009.

**June**

Participated in and promoted health education at Tabernacle Baptist Church Health Fair held in Harrisburg, PA, June 6, 2009.

Participated in and promoted health education at “ Juneteenth Celebration” at Memorial Park, Carlisle, PA, June 20, 2009.

Participated in and supported the Relay for Life sponsored by American Cancer Society held in Harrisburg, PA, June 26-27, 2009

Participated in and promoted health education celebrating “National Cancer Survivor’s Day” at Beulah Baptist Church, Steelton, PA, June 28, 2009.

### **August**

Participated in and promoted health education at the “Fun, Fit and Fabulous Women’s Conference” at Hershey Convention Center sponsored by Highmark Blue Shield, August 29, 2009.

### **September**

Participated in and promoted health education at the “Arms Around Harrisburg Health and Safety Fair” at Day Spring Ministries, Harrisburg, PA, September 12, 2009.

Participated in and promoted health education at “Bridges to Community Services” held at Broad Street Market Plaza, Harrisburg, PA, September 16, 2009.

### **October**

Supported and attended Pennsylvania Breast Cancer Coalition’s Annual Conference at the Hilton and Towers, Harrisburg, PA, October 14, 2009.

Supported and attended presentation by Honorable Congresswoman Debbie Wasserman Schultz at the Jewish Community Center, October 14, 2009.

Participated in and promoted health education at Mt. Calvary Church Of God In Christ Health Fair, Harrisburg, PA, October 17, 2009.

Participated in “Making Strides Against Breast Cancer Walk” sponsored by American Cancer Society held on City Island, Harrisburg, PA, October 17, 2009.

Hosted the First CATALYST Survivors and Friends Gala 2009 “A Celebration of Life” at the Radisson Penn Harris Hotel and Convention Center, Camp Hill, PA, October 17, 2009.



# 7

## **WARNING SIGNALS THAT CAN SAVE YOUR LIFE... IF YOU SEE YOUR DOCTOR!**

1. Change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge
4. Thickening or lump in breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in wart or mole
7. Nagging cough or hoarseness

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***and***  
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***to the Cause!***



# ***GOLD SPONSOR***



This program is partially funded by a Community Partnership Grant from the American Cancer Society's Making Strides Against Breast Cancer event.

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*Central Pennsylvania Coalition  
United to Fight Cancer*

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*wishes to*

*“Thank AmeriHealth Mercy  
Health Plan for your support !”*

**CATALYST**

**WISHES TO**

**THANK THE FOLLOWING**

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**AND**

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Volunteers for Comfort & Companionship  
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**CATALYST OFFICERS**  
**AND MEMBERSHIP**  
**WISH TO THANK**  
**THE GOODWIN MEMORIAL BAPTIST CHURCH**  
**“THE CHURCH BLESSED TO BE A BLESSING.”**  
**THE CONGREGATION**  
**REV. DR. JAMES D. JACKSON**  
**SENIOR PASTOR**  
**AND**  
**THE CHURCH OFFICERS**  
**FOR YOUR WONDERFUL SUPPORT**  
**FOR THE PAST FOURTEEN YEARS.**



**CATALYST** meeting day and time:

**Day:**

Second Monday of each month

**Time:**

6:00 P.M. - 7:00 P.M. - Survivors Meet

7:00 P.M. - 8:00 P.M. - Survivors and Supporters Meet

**Location:**

Goodwin Memorial Baptist Church Family Life Center

2430 N. 3rd Street (Rear Entrance)

Harrisburg, PA 17110

Phone: (717) 238-4400

*OUR BEST WISHES TO CATALYST!!!  
AS YOU CELEBRATE LOVING SOULS AND SWEETHEARTS XIV  
FREE CANCER EDUCATION WORKSHOP AND LUNCHEON*

*The Tradition of Our Family Caring for  
Your Family Continues into The 3<sup>rd</sup> Generation*



In 1951 the late Major and Dorothy Winfield began a ministry of funeral service. A service of helping families create meaningful remembrances of their loved ones. This ministry was instilled in their children and their employees.

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As a family business, we also remain dedicated to our mission of being more than just a business. We take pride in our strong community involvement by supporting and actively participating in efforts that improve the quality of life for families in our community. Thank you Greater Harrisburg for embracing us for over 57 years.

*Over Years  
of  
50 Caring  
for our  
Community*

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*Major H. Winfield, Founder  
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Central Pennsylvania Coalition  
United to Fight Cancer  
**CATALYST**

Thanks and acknowledges

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TREASURER/DIRECTOR OF CONSULTING

FOR EXCELLENT MEDIA SUPPORT!

# CONGRATULATIONS

Central Pennsylvania Coalition  
United to Fight Cancer

## CATALYST

*on your*

***Loving Souls and Sweethearts XIV***



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<b><i>Office Assistant:</i></b>	<b><i>Sheila Baylor</i></b>
<b><i>Financial Secretary:</i></b>	<b><i>Donald Price</i></b>

*Barbara,*



*In our busy lives, we often forget that there is more along the way than just bills to pay, phone calls to return, and errands to run. There are people in our lives who need to be hugged and who need to be loved. There are people in our lives who need their accomplishments noticed and praised. We need to remember how fragile hearts can be, how quickly a soul can grow weary, how fast a spirit can break. Forgive us for forgetting that a heart is a garden that needs to be tended and nourished with what only another heart can give - Love, appreciation, devotion, and honesty. Thank you for loving us and putting up with us. We want you to know, we appreciate you not only for what you have done, but for what you have become and what we all are together. We are all very proud of you.*

*\* And I am proud to be your husband. \**

*Love,  
George*



**Bishop William Jones, Jr.**  
Founder & CEO



*"Reclaiming The Streets Through The Spirit Of Christ"*



## **KINGDOM EXPANSION 2010-12: "REAPING THE KINGDOM HARVEST THROUGH CHRIST'S SPIRIT"**

**Worship Services:**  
Sun-10am & 5pm; Wed-7pm

**Toddler's & Children's Worship Services:**  
Sun-10am

**Jericho Prayer: Wed-6:30pm**  
**Youth Bible Challenge: Wed-7pm**

**Evening Prayer: Mon, Tue, Thurs & Fri-**  
**6:30pm**

**Corporate Prayer: Sat-8am**

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*To Joelene Erby*



*Love You Mom!*

*Hyleas Fountain  
2009 Silver Medalist Summer Olympics*



Being so much of a Loving Soul  
is YOUR anointment.

YOU touch, rubbing gold

~pour ointment~

from the sun & moon

into 1 wound,

small or large,

then another

without any at all regard

to men's color.

For some, caring is merely synthetic.

For YOU it's clearly genetic!

The sick prosper with YOU as doctor;

the ill will lose thirst

if they use YOU as nurse.

For YOU are GOD's living water;

HIS massage-giving daughter

~Nubian Nightingale~

who takes flight, then sails~~ west,

south, north or east

to unite with wellness,

pain relieved

as YOU take the course of least

gain received

& the most given.

YOU are a host driven

to put self in the footsteps

of others.

YOU're sealing hearts with the healing arts  
of Bible truths.

Each survivor's proof

that in YOUR striver's pursuit

of giving a helping hand to others

YOU're shelving plans & druthers.

YOUR divine wall of cleared visions

unwinds the ball of fear's divisions,

to become a compass of comfort,

going the length & distance

with an insistence

on flowing against resistance.

NORLEEN, whether as "Catalyst"

or strategist,

YOUR grace in volunteerism

breaks thru the fear schism.

It is no Wonder that YOU are Honored.



*Breast Cancer Awareness and Prevention Calendar  
featuring the Majestic Pink Waters of the Capitol Fountain*

## **KERA'S HOUSE**

### **Working to Promote Healthy Communities**

*"A volunteer service organization helping families and at-risk youth"*

*Kera's House promotes Quality Health Care and Prevention Care Awareness, provides Housing Assistance and Free After School Tutoring for Students. To promote stronger communities, Kera's House has established "Youth Community Volunteers".*

*The picture above featuring the Majestic Pink Waters of the Capitol Fountain (in honor of Breast Cancer Awareness) is one of an array of beautiful portraits in the Breast Cancer Awareness and Prevention Calendar, now available.*

*Calendars can be purchased from a Kera's House Youth Volunteer  
by calling (717) 889-4875. Proceeds will benefit:*

*Central PA Coalition United to fight Cancer (CATALYST), The American Cancer Society and  
The PA Breast Cancer Coalition Cures Program.*

*Kera's House, Inc Linda Dean, Founder (717) 315-3414  
kerashouse@comcast.net*

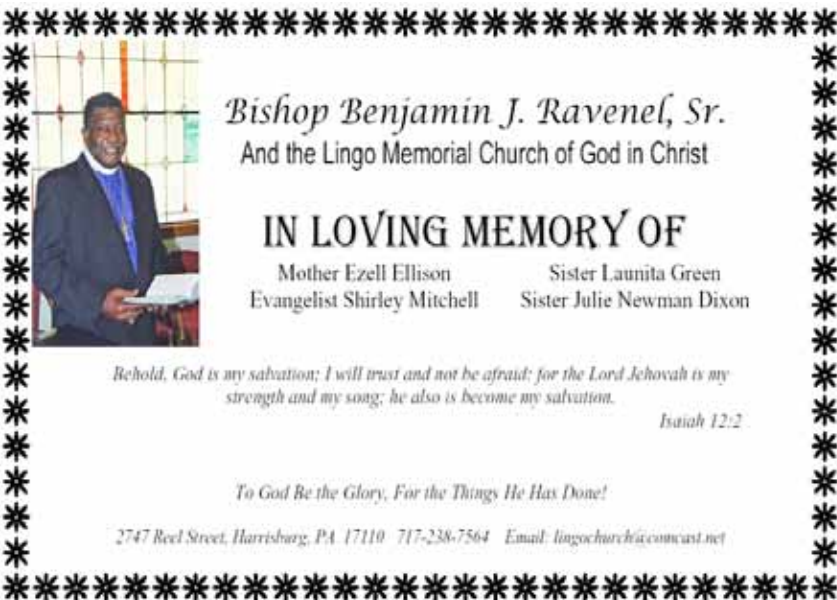
CONGRATULATIONS ON YOUR

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## Ma, we love you!

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*Bishop Benjamin J. Ravenel, Sr.*  
And the Lingo Memorial Church of God in Christ

### IN LOVING MEMORY OF

Mother Ezell Ellison                      Sister Launita Green  
Evangelist Shirley Mitchell              Sister Julie Newman Dixon

*Behold, God is my salvation; I will trust and not be afraid; for the Lord Jehovah is my strength and my song; he also is become my salvation.*

*Isaiah 12:2*

*To God Be the Glory, For the Things He Has Done!*

2747 Reel Street, Harrisburg, PA 17110 717-238-7564 Email: [lingochurch@comcast.net](mailto:lingochurch@comcast.net)



## *In Loving Memory of:*

*Antione Allen*

*Rosamond Barton*

*Sidney Dickason*

*Margaret Knox*

*Efferine McWhite*

*James Earl McWhite, Sr.: June 16, 1943 - April 26, 2009*

*Lewis McWhite*

*Theodore R. Patterson Sr.: August 11, 1985*

*Lillian Totten: Sept. 11, 1930 - Sept. 17, 2003*

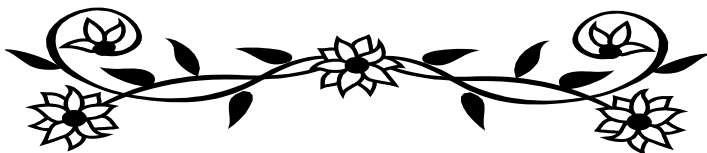
*Lisa Marie Waller: May 16, 1967 - February 14, 2007*

*Mrs. Ella Weems from your daughter Priscilla Hammonds*

## Gone but not forgotten . . .

### Gloria McClure

### Helen Williams





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### **Congratulations to Norleen Morton Duncan 2010 Recipient of the Barbara Davenport**

Loving Souls Community Service Award  
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&

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Congratulations to Norleen Morton Duncan  
2010 Recipient of the Barbara Davenport  
Loving Souls Community Service Award

**Steeltown Mennonite Church**

Rev. and Mrs. Victor Romain

Bob & Cherry Lews, Ray & Marian Yovanovich  
Alfred & Norfaye Cloud, Richard & Marian Winey  
Calvin & Trudy Brown, Frances & Dawn Offei  
Loretta B. Canton, Lois Wolgemuth  
Lorraine Basonic

Congratulations to our sister... *Norleen Morton Duncan*

We are so blessed and honored that you are a part  
Of our family...and we are So proud of you!!!!

We thank God for favor and for his faithfulness  
and loving kindness towards you and your  
compassion for so many. Keep on  
"Living your Life Like It's Golden"

Your brothers,  
Ronnie, Richey, Jr., and Kip



Congratulations to Norleen Morton Duncan

2010 Recipient of the Barbara Davenport  
Loving Souls Community Service Award

I'm Proud of you

Lillie Baskerville

**Congratulations to Norleen Morton Duncan**  
**2010 Recipient of the Barbara Davenport**

Loving Souls Community Service Award

Ratna Moody - Kwandra Lewis-Howard

Zenoria McMorris-Owens - Douglas Morgan

Joan Ober - Robert Jackson

Vanessa Coleman - Tamera Colbert

Ronnie Wolf - Vickey Lawson

Donnie Wolf - Claudette Aikens

Robert & Jannette Wright



## SAVE THE DATE!

The Central Pennsylvania Coalition United to Fight Cancer, “CATALYST”, is participating in the Highmark Walk for a Healthy Community scheduled for Saturday, May 22, 2010 at City Island in Harrisburg.

CATALYST is participating in the walk because it gives us the opportunity to raise funds to support our mission and provide free quality educational programs to the communities we serve.

The 2010 Highmark Walk for a Healthy Community will benefit 35 health and human service agencies. Since Highmark Blue Shield underwrites the cost of the walk, 100 percent of the money raised by walkers supports the 35 participating organizations, including “CATALYST.”

Please mark **Saturday, May 22, 2010** on your calendar and start gathering friends, family members, neighbors and co-workers to join us in walking to ensure a healthier community!

For more information, visit  
[www.walkforahealthycommunity.org](http://www.walkforahealthycommunity.org)

**Thank you for all you do for others:**  
*CATALYST Survivors and Supporters*

**CATALYST Cheerleaders:**  
*Dorothy Patterson and Priscilla Hammonds*

**CATALYST Holiday Coordinator:**  
*Claudette Johnson*

**Loving Souls and Sweethearts  
Planning Committee members:**

*Betsy Aumiller  
Jerilyn Baskett  
Gale Diane Baten  
Doris Bryant  
Danielle Bubnis  
Norleen Duncan  
Shonyah Hawkins  
Barbara E. Jackson  
Tina Ladd  
Jacqueline Lawson  
Eartha Matthews  
Kelly McCall  
Diana O'Neil  
Kaye Weiss  
Tia N. Whitaker*



***Thank you Loving Souls and Sweethearts  
Sponsors/Supporters!!!***

***Advertising Sponsors***

***American Cancer Society Capital Region Unit***

***AmeriHealth Mercy***

***Jerilyn Basket***

***Sheila Baylor, "Graphic Designer Guru"***

***Cancer Treatment Centers of America,***

***Eastern Regional Medical Center***

***Giant Food***

***Goodwin Memorial Baptist Church***

***Patricia Guest, Editing Consultant***

***Highmark Blue Shield***

***Hospice of Central Pennsylvania***

***Hyleas Fountain(2009 Olympic Silver Medalist)***

***Tina Ladd***

***The Leukemia & Lymphoma Society***

***Dr. Eugene Lengerich***

***The Major H. Winfield Funeral Home, Inc.***

***Pat Halpin-Murphy***

***National Cancer Institute***

***Melissa Noden***

***Pam Stein***

***Participating Vendors***

***Penn State Milton S. Hershey Medical Center***

***Pennsylvania Breast Cancer Coalition***

***Pennsylvania Department of Health***

***PinnacleHealth System***

***Valerie Pritchett, Special Guest Moderator,***

***Anchor/Reporter ABC27 News***

***Program Participants***

***Tina Rinehart of "little PINKpages"***

***Dr. Linda Rhodes***

***Ruth Karns Rudderow***

***Unison Advantage***

***Friends of CATALYST!***

***Douglas Morgan***

***Zenoria McMorris Owens***

***C. Ted Lick Wildwood Conference Center Team:***

***Michael Baker, Director***

***Lou Fredericks, Facility Manager***

***Pam Stein, Marketing and Sales Manager***



# **Save The Date**

**Saturday, February 26, 2011**

**Central Pennsylvania Coalition  
United to Fight Cancer  
CATALYST**

*presents*

***Loving Souls & Sweethearts XV***

**Free Annual  
Cancer Education Workshop & Luncheon**

**Location: TBA**

**For more information regarding meeting dates,  
membership, contributions, or the  
Cancer Survivor Support Group**

**Please contact:  
Barbara E. Jackson at (717) 221-1014 or  
Jacqueline Lawson at (717) 545-0529**