



## **NC Foothills Affiliate of Susan G. Komen for the Cure®**

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## **Our Promise:**

to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.

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# HISTORY

## The Susan G. Komen for the Cure®

### The Power of a Promise, 28 Years

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure® and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures. Thanks to events like the Komen Race for the Cure®, we have invested nearly \$1.5 billion to fulfill our promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world. For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit [www.komen.org](http://www.komen.org) or call 1-877 GO KOMEN.

- Susan G. Komen for the Cure® is the world's largest breast cancer organization.
- Susan G. Komen for the Cure® is the world's largest and most progressive grassroots network of breast cancer survivors and activists.
- Susan G. Komen for the Cure® is the world's largest source of nonprofit funds dedicated to curing breast cancer at every stage.
- Susan G. Komen for the Cure's promise is to save lives and end breast cancer forever.
- Susan G. Komen for the Cure® has changed how the world talks about and treats breast cancer. When the organization was founded in 1982, people wouldn't even say the words "breast cancer" aloud.

#### **Susan G. Komen Race for the Cure®**

The Susan G. Komen Race for the Cure® Series is the world's largest and most successful education and fundraising event for breast cancer ever created.

- There are more than 140 Komen Race for the Cure events internationally.
- More than 1.6 million people participate in Komen Race for the Cure® events around the globe.
- Komen now has Race events in the Bahamas, Italy, Tanzania, and other locations, so each Race event is truly part of a global movement.
- The Komen Race for the Cure® is our signature event, but it is not the only way to engage with Komen. The organization has a variety of non-Race events and programs.
- The Race Series brings in nearly half of the organization's revenue.

## ***Our history continued.....***

### **The North Carolina Foothills Affiliate**

The NC Foothills Affiliate of Susan G. Komen for a Cure® was incorporated as an Affiliate in April, 2000. The Charter Board members were: Ron Beane, President; Carol Frye, Secretary; Rob Turner, Treasurer; Amy Cortner (Grants Chair); Diane Hamer, Steve Hitt, Jan Hollar, Kathy Kent, Janice Rostan, Jonathan Smith, and Beverly Veals (Race Chair). Other key volunteers included were Tiffany Cooper (Communications/PR Chair), Debbie Rummell (Race Treasurer), Alicia Stanislaw (Volunteer Chair), Laurie Faw, Cheryl Whittington, and John Mead.

The Komen NC Foothills Affiliate is a three-county Affiliate, which includes Burke, Caldwell and Catawba Counties. Ideally, five representatives from each county serve on the Board of Directors. These three counties are referred to as the Affiliate's "service area", therefore, any grants disbursed must be within this area.

#### ***How it Began.....***

John Mead, key volunteer, had attended the Komen Charlotte Race for the Cure® several years before the incorporation of this Affiliate and realized then the value of the Komen Foundation. Mead's sister-in-law and his wife's Aunt had died of breast cancer which is why he had such a passion for this Foundation and its mission. While at a meeting with Ron Beane in 1999, Mead discussed with Beane the Komen Foundation and its cause. They then contacted Kathy Kent, Breast Health Nurse at the Center for Breast Health in Lenoir and the rest is history. In April, 2000 a group of nearly 20 representatives from three counties formed bonds that has raised awareness about breast cancer and helped fund local projects towards the mission of eradicating breast cancer.

The Komen NC Foothills Affiliate held its first Susan G. Komen Race for the Cure® on Saturday, October 14, 2000 at the Quest4Life Wellness Center in Lenoir, NC. Over 1,000 participants showed their support by running and walking in the event.

<b>Year</b>	<b>Registered Participants</b>	<b>Funds Raised</b>
2000	1,101	\$160,000
2001	1,012	\$120,000
2002	980	\$87,000
2003	1,043	\$93,000
2004	1,294	\$112,000
2005	1,097	\$116,000
2006	1,050	\$108,884
2007	1,200	\$159,135
2008	1,723	\$164,962
2009	2,120	\$170,000
2010	2,557	\$166,483

***Over \$1.3 million dollars in grants has been awarded by the Affiliate since its inception.  
See the following pages for more details.***



## **Screening, Treatment, and Educational Program (STEP) Grants, 2001-2010**

Money raised by the NC Foothills Affiliate of Susan G. Komen for the Cure® is used largely to support breast cancer/breast health initiatives in our three county service area: Caldwell, Catawba, and Burke Counties. Up to 75% of the money raised in this area stays here and is granted out to local non-profit entities through STEP (Screening, Treatment, and Educational Programs) Grants. A minimum of 25% of the money goes to the Susan G. Komen for the Cure® Research Grant Program. No money raised in this area goes to salaries here or at Komen National. Including min-grants (not listed), we have granted over \$1,300,000 in our ten year history.

### **Grants Summary—2011**

**The NC Foothills Affiliate will award \$150,000 in grants for Fiscal Year 2011-2012. The grant recipients and amounts follow:**

#### **Blue Ridge HealthCare - HOPE for the Uninsured Population**

##### **Amount Funded: \$30,000**

Blue Ridge HealthCare Foundation respectfully requests \$30,000 to expand services for the Blue Ridge Cancer Care Centers and BRHC Radiology for breast cancer screening, treatment, diagnostics, and education in the community including tracking software, educational materials and screenings. Expansion of services will provide additional resources to reach minority populations.

An aggressive outreach forum works collaboratively with local agencies to identify and assess women who are in need of education, screening, and treatment of breast cancer. Key activities include: community events and health fairs for free screening and information, breast health speakers for outreach and support groups, participation in Komen sponsored events to promote breast cancer awareness, employee participation for fundraisers to underwrite the cancer care programs, and state-of-the-art diagnostic and screening equipment for mammograms, as well as patient navigation from diagnosis through treatment and survival.

#### **Caldwell County Health Department - Breast Health Education, Screening and Outreach**

##### **Amount Funded: \$40,000**

The Caldwell County Health Department along with the Center for Breast Health of Caldwell Memorial Hospital has developed a free screening program for underserved women in Caldwell County. This program provides for women under the age of 50 that do not have adequate insurance and do not qualify for state or federal funding. In talking with the Caldwell County BCCCP coordinator this week I found out that program is currently out of funds and their fiscal year does not begin again until July 2011.

Our screening/education/outreach program began in 2002 with a grant from the NC Foothills Komen Affiliate and has continued every year. This program has provided hundreds of mammograms, numerous breast biopsies and many ultrasounds for women that would have gone unserved because of financial reasons. This program has also detected several breast cancers in women that would not have had a mammogram because of inability to pay. So, in these cases this grant has saved the lives of many women, saved the mothers of many babies and has been a great success here in Caldwell County. We feel the educational programs that we do with the help of this grant allows us to explain the importance of breast health and the importance of having foundations like the Susan G. Komen for the Cure®. All information provided during our educational classes is ordered thru the Komen Foundation.

### **Catawba County Hispanic Ministry (Centro Latino) - Healthy Hispanics**

#### **Amount Funded: \$7,000**

Catawba County Hispanic Ministry (Centro Latino) would like to secure funding to provide free mammograms for Hispanic women in Catawba County. If Centro Latino is able to secure funding, we would like to deposit the funds in an account with the Health Department and allow them to provide the mammograms for Hispanic women at their location. Centro Latino will make referrals to the Health Department instead of offering a mobile mammography unit on site. The women who are served will be tracked at the Health Department and their services will be paid for through the funds secured by Centro Latino. Once 80 Hispanic women have been served, Centro Latino will be notified and we will complete the final reporting form for the grant. This funding will allow us to offer the services needed for the women we serve, as they are needed throughout the year. We are trying to make better use of our resources and run more efficiently while still offering the same services to our clients. Because Public Health is referred clients not only by Centro Latino, but also by Catawba Valley Medical Center and Frye Hospital, we feel it is important to partner with them to help meet the needs they are helping serve.

### **Catawba County Public Health - Building a Healthier Tomorrow for Women**

#### **Amount Funded: \$40,000**

Catawba County Public Health (CCPH) has been committed to providing care to under-insured/uninsured women in Catawba and surrounding counties. CCPH continues to be the only agency in the county that partners with area surgeon groups to ensure that women who have abnormal breast issues have access to follow-up regardless of their ability to pay. The Adult Preventive Health Clinic provided cancer screening and/or diagnostic services to over 4,000 women in calendar year 2010. These services included exams, screening/diagnostic mammograms, referral to surgeons, and surgical procedures for low-income women. It is our goal to continue to help these women access care that they otherwise might not be able to obtain.

CCPH continues to maintain strong partnerships with area hospitals, Cooperative Christian Ministries, Centro Latino, physician practices, and local surgeons to address breast health issues for women in need. The Susan G. Komen funding has been a vital resource to our county especially in a time when state funding has decreased dramatically over recent years. It is crucial to the women of Catawba County who have identified breast problems to be able to seek further testing and treatment in an effort to reduce breast cancer rates. CCPH looks forward continuing to collaborate with the Komen Foundation and other health care sources to provide needed care to low-income women with breast abnormalities.

### **Fitness Plus At Catawba Valley Medical Center - Yoga for Breast Cancer Survivors**

#### **Amount Funded: \$2,000**

In April of 2007, Fitness Plus implemented the Strides to Recovery wellness program for cancer survivors. As part of this program, Fitness Plus would like to continue Yoga for Breast Cancer Survivors. Yoga increases flexibility, stimulates the mind, and balances the body. Yoga incorporates meditation, relaxation, imagery, controlled breathing, stretching and physical movements. Researchers at the University of Texas M.D. Anderson Cancer Center found breast cancer survivors who participated in a yoga program reported they were in better general health, experienced less fatigue and had fewer problems with daytime sleepiness.

Yoga for Breast Cancer Survivors is lead by a registered nurse, certified in Yoga instruction, and who is a breast cancer survivor. This program offers a structured relaxation program along with social support. Participants in the Yoga program will complete a Depression Inventory and Subjective Evaluation, along with flexibility testing upon enrolling into the program and at twelve weeks of participation. The goal is to see improvements in levels of anxiety, stress, depression, overall flexibility and perception of general good health. The likely impact is that the yoga program will help combat the negative effects of traditional cancer treatment using the mind/body connection.

**Frye Regional Medical Center Volunteer Auxiliary - Working Together for a Healthier Community  
Amount Funded: \$11,000**

In 2011-2012 we will collaborate with local not for profits, Frye Regional Medical Center, FryeCare, and area health departments to provide breast health information and free/low cost screening mammograms, diagnostic mammograms, and ultrasounds.

These services will be provided to both men and women. Those people who need further care will be referred to area health departments with NC BCCCP approval. We will be Working Together for a Healthier Community in 2011 by providing services to low income individuals of all minorities and ethnic groups, the newly unemployed and uninsured/underinsured individuals

**Good Samaritan Clinic - County's Breast Cancer Safety Net: Increasing Access to Prevention, Screening, Diagnosis and Referral  
Amount Funded: \$10,000**

Since opening its doors in 1996, Good Samaritan Clinic has been committed to honoring and supporting the physical, emotional and spiritual health of the most vulnerable residents of our community. Over the last fifteen years, this interdenominational Christian ministry has taken on its own life force as the clinic has grown beyond its core medical services to add dental care, mental health counseling, migrant farm worker outreach, specialty clinics and referrals, a bustling pharmacy and a host of women's health services.

Good Samaritan Clinic is the primary care provider and safety net for Burke County's low-income, uninsured residents. There is no other program in the community that offers comprehensive primary care with labs, x-rays, specialty referrals and prescriptions solely to the uninsured. As a result, Good Samaritan has developed very strong relationships and referral agreements with key care partners. Blue Ridge Health Care, also a Komen grantee, works together with Good Samaritan Clinic to complement each other's services.

Good Samaritan Clinic is requesting \$10,000 to support the screening and referral of patients receiving a clinical breast exam and often, the subsequent screening or diagnostic mammogram. This funding will be used to purchase medical supplies and cover the cost of the provider to perform the exams, review the tests and coordinate additional testing.

**Helping Hands Clinic, Inc. - Helping Hands Breast Health Initiative  
Amount Funded: \$10,000**

Helping Hands Clinic is the only free medical clinic serving the uninsured residents of Caldwell County. The Clinic's mission is to improve the health of the uninsured and lower the cost of their care by offering high-quality, affordable medical care to those who can not afford to pay for their medical care. All Helping Hands patients are uninsured, ineligible for Medicaid and Medicare and fall below 200% of the Federal Poverty Level.

The objective of the Helping Hands Breast Health Initiative is threefold: to provide uninsured women access to life saving clinical breast exams; to provide access to breast health education in order to increase early detection of breast cancer for women, regardless of their socio-economic and racial group; and to identify uninsured women who are at "high-risk" for breast cancer and provide them with access to diagnostic mammography and education regarding breast cancer. With funding from the Susan G. Komen Foundation, Helping Hands Clinic will expand its preventative care programs to include annual breast exams for women, breast health seminars, and community-wide Breast and Cervical Cancer Screenings for uninsured women. The impact will be early detection of breast cancer for women in high-risk populations and breast cancer awareness for all uninsured women.

## **Grantees 2001- 2010**

**The NC Foothills Affiliate awarded \$150,000 in grants for Fiscal Year 2010-2011. The grant recipients and amounts follow:**

- Blue Ridge HealthCare Cancer Center: \$37,000
- Caldwell County Health Dept.: \$40,000
- Catawba County Hispanic Ministry: \$6,720
- Catawba County Health Dept.: \$33,280
- Fitness Plus at Catawba Valley Medical Center: \$2,600
- Frye Regional Medical Center: \$10,000
- Good Samaritan Clinic: \$10,400
- Helping Hands: \$10,000

**The NC Foothills Affiliate awarded \$170,366.70 in grants for Fiscal Year 2009-2010. The grant recipients and amounts follow:**

- Caldwell County Health Dept.: \$45,000
- Catawba County Health Dept.: \$45,000
- Blue Ridge HealthCare Cancer Center: \$43,000
- Fitness Plus at Catawba Valley Medical Center: \$2,806.70
- Catawba County Hispanic Ministry: \$6,560
- Good Samaritan Clinic: \$28,000

**The NC Foothills Affiliate awarded \$170,000.00 in grants for Fiscal Year 2008-2009. The grant recipients and amounts follow:**

Caldwell County Health Dept.: \$45,000

- Catawba County Health Dept.: \$45,000
- Blue Ridge HealthCare Cancer Center: \$21,295
- Catawba Valley Medical Center: \$5,500
- Fitness Plus at Catawba Valley Medical Center: \$12,960
- Frye Regional Medical Center: \$6,400
- Good Samaritan Clinic: \$25,000
- Frye Regional Medical Center: \$1,800

**The NC Foothills Affiliate awarded \$99,024 in grants for Fiscal Year 2007-2008. The grant recipients and amounts follow:**

Caldwell County Health Dept.: \$35,000

- Catawba County Health Dept.: \$35,000
- Blue Ridge HealthCare Cancer Center: \$21,295
- Catawba Valley Medical Center: \$6,600
- Frye Regional Medical Center

**The NC Foothills Affiliate awarded \$91,295 in grants for Fiscal Year 2006-2007. The grant recipients and amounts follow:**

Caldwell County Health Dept.: \$35,000

- Catawba County Health Dept.: \$35,000
- Blue Ridge HealthCare Cancer Center: \$21,295

**The NC Foothills Affiliate awarded \$85,336 in grants for Fiscal Year 2005-2006. The grant recipients and amounts follow:**

Catawba Valley Medical Center: \$11,316

- Catawba County Health Dept.: \$30,000
- Caldwell County Health Dept.: \$30,000
- Blue Ridge HealthCare Cancer Center: \$14,020

**The NC Foothills Affiliate has awarded \$86,250 in grants for Fiscal Year 2004-2005. The grant recipients and amounts follow:**

Caldwell County Health Dept.: \$32,750

- Catawba County Health Dept.: \$35,000
- Blue Ridge HealthCare Cancer Center: \$18,500

**The NC Foothills Affiliate awarded \$89,416.50 in grants for Fiscal Year 2003-2004. The grant recipients and amounts follow:**

Catawba Valley Medical Center: \$22,404

- Caldwell County Health Dept.: \$26,000
- Catawba County Health Dept.: \$15,000
- Blue Ridge HealthCare Cancer Center: \$24,012.50
- Small Grants Funded: \$2,000

**The NC Foothills Affiliate granted \$111,512 in Caldwell, Catawba, and Burke counties for fiscal year 2002-2003. The grant recipients and amounts follow:**

Catawba Valley Medical Center: \$22,311

- Caldwell County Health Department: \$22,107
- Burke County Public Library: \$2815
- Caldwell Memorial Hospital Center for Breast Health: \$17,242
- Catawba County Health Dept.: \$28,000
- Caldwell Memorial Hospital Foothills Lymphedema Center: \$10,800
- Catawba Memorial Hospital Parish Nurses: \$4,175
- Frye Regional Medical Center: \$4062

**The NC Foothills Affiliate granted \$90,765 in Caldwell, Catawba, and Burke counties for fiscal year 2001-2002, including the following:**

- Caldwell Memorial Hospital Foothills Lymphedema Center: \$28,000
- Grace Healthcare Foundation: \$21,950
- Catawba County Health Dept.: \$20,000
- Blue Ridge HealthCare System: \$9,000
- Catawba Memorial Hospital: \$11,815

# **Volunteer For a Day....**

## ***Volunteer to Stay***

As a Komen volunteer, you can volunteer for an event and be a volunteer for the day, even less. The events are fun and ways to raise funds for our grants, increase awareness regarding breast cancer and/or educational. Events include:

- Komen Race for the Cure®
- Educational Events
- Volunteer Recruitment Events
- Survivors' Luncheon
- Scouting for a Cure™
- Special Sporting Events

You can also volunteer for a committee or the board and be a volunteer to stay. The board and committees usually meet monthly, but additional assignments may be made. Committees include:

- Race
- Volunteer
- Special Events
- Sponsorship
- Education
- Minority Outreach
- Grants
- Team Recruitment
- Survivors' Events
- Marketing and Public Relations
- Finance

***See the following pages for more information  
about each event and committee.***



## Special Events

**Educational Events** include breast health classes, health fairs and special educational events. Volunteers can be trained to be lay health educators and/or help with the special events.

**Volunteer Recruitment Events** are events to recruit volunteers from your area. They may be receptions or parties. A thank-you event is also held yearly for volunteers.

**Survivors' Luncheon** is held each fall before the Susan G. Komen Race for the Cure® as celebration of survivors as well as to honor those who have lost their battle with breast cancer. The event is also a kick-off event for the Race. It honors breast cancer survivors with an afternoon of entertainment, speakers and fellowship. Survivors receive a free lunch.



**Scouting for a Cure™** combines breast health education with fun projects for Girl Scouts. The projects made by the girls are used at special events and educational classes. It is held every other year in each county.

**Special Sporting Events** include **Volley for a Cure®** and **Swing for a Cure®**. They are held in association with local high schools middle schools and colleges. These events are purely educational. For more information, contact Teresa Jarrett at 828-315-3131.



## Committees

**Race Committee** plans and implements the annual Susan G. Komen Race for the Cure® held in October. Activities include marketing and public relations, teams, sponsorship, operations, race director, registration, Friends for the Cure® and Breast Cancer Survivor Events. Committee meets the third Thursday of the month (except December) at 6:00 p.m. at the NC Foothills Affiliate Office. Contact Deborah Burgess at 828-962-6832 for more details.

**Volunteer Committee** is responsible for finding new volunteers while maintaining a relationship with previous volunteers. The members plan events and other strategies for recruitment and retention. They also conduct a yearly volunteer appreciation event. Currently, they meet on the second Thursday of every other month, except for an additional meeting in October prior to the race, at 12:00 p.m. Contact Brenda Putnam at 828-485-2300; ext. 6210 for more information.

**Special Events Committee** is responsible for Volunteer/Grant Reception, Scouting for the Cure™, sporting events and other special events that the board selects. They meet quarterly and possibly more often as needed before special events.

**Sponsorship Committee** seeks corporate and other sponsors for Race for the Cure® and other special events. Special sponsorship booklets explain the benefits of sponsorship and the return on their investment to our community. They meet monthly from January through November with the Race committee meeting.

**The Education Committee** is responsible for planning the breast health education in the Affiliate's service area. Education may be classes, health fairs, seminars or awareness events. They meet every other month at 3 p.m. at the Komen Office. Contact Crystal Dula at 828-757-5448 for more information.

**Team Recruitment Committee** seeks new teams for the Race and encourages previous teams to participate again. Teams are recruited from industries, businesses, churches, schools, and civic groups.

**Survivors' Event Committee** plans the Survivors' Luncheon and the survivors' events and ceremony at the Race. Committee meets as needed.

**Marketing and Public Relations Committee** promotes all of the Komen NC Foothills Affiliate Events to the media and general public, including press kits, PSA's, print material and advertising. It serves as Affiliate spokespersons and oversees speaking engagements. Committee meets as needed.

**Financial Committee** assists in developing Affiliate budget, receipt of monies, and in monthly and quarterly financial reports. Committee meets as needed.

## Questions and Answers about the NC Foothills Affiliate of Susan G. Komen for the Cure®

When was the NC Foothills Affiliate started?

It was incorporated in April 2000.

When and where was the first Susan G. Komen NC Foothills Race for the Cure?

Our first Race was on October 14, 2000 at the Lenoir Mall.

When and where is the Komen NC Foothills Race held now?

Our Race is held the third Saturday of October at Lenoir Rhyne University.

How many people participate in the Race?

In 2010, our Race had 2,557 registered participants.

How much money does the Race make?

In 2010, our Race made \$160,483.

Does the affiliate receive money from other sources?

Yes, our affiliate receives money through private donations, memorials, third party events (individual or group fundraising) and cause related marketing.

How does one make a donation to the NC Foothills Affiliate?

Donations can be made on-line at [www.komenncfoothills.org](http://www.komenncfoothills.org) or by mail to PO Box 2667, Hickory, NC 28603.

What does one need to do to initiate a third party (fundraising) event?

Contact the affiliate office at 828-328-CURE (2873) for details.

Where does the money go?

Twenty-five percent goes to breast cancer research, the other 75% remains in the affiliate area and is distributed through grants. In 2010, we granted out \$150,000 to local agencies.

What do these agencies do with their grant funds?

Grant funds pay for mammograms and follow-up diagnostic tests for women who cannot afford them. It is also used for breast cancer awareness events, breast health education, and restorative programs for breast cancer survivors. Funds are also used to provide education for nurses, breast cancer nurse navigators, and other healthcare professionals.

How does one join the Komen Race for the Cure?

Individuals can register on line beginning July 1 at [www.komenncfoothills.org](http://www.komenncfoothills.org), or a registration form can be obtained by calling the affiliate office at 828-328-CURE (2873). Individuals can also join a team or create one.

Where can I get more information about forming a team?

By visiting the NC Foothills website at [www.komenncfoothills.org](http://www.komenncfoothills.org) or calling by the affiliate office at 828-328-CURE.

## **Dress Code When Representing the NC Foothills Affiliate of Susan G. Komen for the Cure®**

Volunteers representing the Komen NC Foothills Affiliate are expected to use good taste and judgment when choosing attire for special events. Volunteers are our affiliate's link to the community, and as such they should portray the organization in a positive manner.

- Wear a nametag when provided.
- Clothing and footwear should be comfortable, practical, neat and clean. Susan G. Komen Race for the Cure® t-shirts are always welcome!
- Volunteer attire will vary depending on the location and type of event. The volunteer coordinator will inform individuals of what to wear for that particular event. If you have any questions or are unsure about certain attire, please contact the volunteer chair, Brenda Putnam at (828) 485-2300; ext. 6210 or [bputnam@catawbavalleymc.org](mailto:bputnam@catawbavalleymc.org).

### **Emergency Procedures**

It is the sincere hope of this organization that an emergency never occurs, however if one should ever arise, please use your best judgment and the following as a guide:

- Medical emergencies – IMMEDIATELY CALL 911 (Please contact the Komen NC Foothills office as soon as possible to file a report)
- For non-medical emergencies, such as theft – Contact Affiliate President, Teresa Jarrett, as soon as possible to file a report, (828) 315-3131 or by e-mail at [teresa.jarrett@tenethealth.com](mailto:teresa.jarrett@tenethealth.com).

Volunteers for the Komen NC Foothills Affiliate will read and sign a release form before participating in any event. In accordance with this signed release, the volunteer assumes full and complete responsibility for any personal injury and/or property damage that they sustain or cause during their participation as a volunteer. In addition, they release, hold harmless and covenant not to file suit against the NC Foothills Affiliate of the Susan G. Komen for a Cure®, (The "Foundation") and any of their employees, volunteers, partners, agents, sponsors, board members and successors from any and all loss, liability or claims they may have arising out of their service as a volunteer.

### **Volunteer Schedule Adjustments or Absences**

Volunteers are essential to the success of the Komen NC Foothills Affiliate. They help us attain our goals and adhere to our mission. Volunteers represent the Affiliate when employees or board members are not available.

It is imperative volunteers understand that when they volunteer for an activity or event, they have made a commitment to the organization. The NC Foothills Affiliate trusts volunteers will arrive on time for events and conduct themselves in a professional manner.

- If an emergency does arise and you cannot fulfill your commitment, contact the event coordinator or the volunteer coordinator, Brenda Putnam at 828-485-2300; ext. 6210, if within 24 hours of event. Earlier notification can be made by e-mail to event coordinator or Brenda Putnam at [bputnam@catawbavalleymc.org](mailto:bputnam@catawbavalleymc.org) as soon as possible to inform her of the situation. If the event coordinator or volunteer coordinator cannot be reached, please contact the Affiliate President, Teresa Jarrett at (828) 315-3131 or by e-mail at [teresa.jarrett@tenethealth.com](mailto:teresa.jarrett@tenethealth.com).



## Volunteer Form 2011-2012

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE (day): \_\_\_\_\_ PHONE (evening): \_\_\_\_\_

EMAIL: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_ EMPLOYER: \_\_\_\_\_

OTHER SKILLS OR TRAINING: \_\_\_\_\_

AGE: \_\_\_\_\_ ARE YOU A BREAST CANCER SURVIVOR? \_\_\_\_\_

I wish to volunteer for the NC Foothills Affiliate of the Susan G. Komen Breast Cancer Foundation. I understand that the nature of volunteer activities that may be performed during a Komen event may involve physical activity, contact with unidentified and/or unfamiliar persons, or other potential risk of personal injury. Knowing this, I hereby assume full and complete responsibility for any personal injury and/or property damage that I sustain or cause during my participation as a volunteer. In addition, I hereby release, hold harmless and covenant not to file a suit against Komen NC Foothills Affiliate, The Susan G. Komen Breast Cancer Foundation, and any of their employees, volunteers, partners, sponsors, board members and successors from any and all loss, liability or claims I may have arising out of my service as a volunteer.

I understand that as a volunteer, I may become privy to confidential information about the Komen NC Foothills Affiliate or its volunteers. I agree to maintain confidentiality of any information marked "confidential" and personal information regarding volunteers.

**Form must be signed by the volunteer or if volunteer is under 18 years of age, a parent/legal guardian must sign.**

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION

NAME: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

PHONE(S): \_\_\_\_\_

Do you have any health issues or physical disabilities that we should be aware of? \_\_\_\_\_

(PLEASE COMPLETE BACK)

Name: \_\_\_\_\_

## Volunteer for a Day

### Race for the Cure® October 15, 2011 Lenoir-Rhyne College

I am willing to help with the Race for the Cure® on October 15, 2011 (may select more than one: please indicate preference order)

**Pre-Race Volunteer Needs:**

- |  |  |
|--|--|
| <input type="checkbox"/> Sponsorship                               | <input type="checkbox"/> Marketing/Public Relations          |
| <input type="checkbox"/> Neighborhood Liaison                      | <input type="checkbox"/> Entry Form Distribution - Early Aug |
| <input type="checkbox"/> Data Entry                                | <input type="checkbox"/> Team Registration (Date TBA)        |
| <input type="checkbox"/> Race Registration (Fri. 10/14 from 3–7pm) | <input type="checkbox"/> Set-up (Fri. 10/14 from 12-3 pm)    |

**Race Day Volunteer Needs:**

- |  |   |
|--|---|
| <input type="checkbox"/> Set-Up                                    | <input type="checkbox"/> Distribution of “give-aways” |
| <input type="checkbox"/> Volunteer Check-In                        | <input type="checkbox"/> Survivor Events              |
| <input type="checkbox"/> Friends for the Cure (prize distribution) | <input type="checkbox"/> Information Booth            |
| <input type="checkbox"/> Race Route                                | <input type="checkbox"/> Registration                 |
| <input type="checkbox"/> Water Stop                                | <input type="checkbox"/> Food                         |
| <input type="checkbox"/> Finish Line                               | <input type="checkbox"/> Clean-Up                     |
| <input type="checkbox"/> End-of-Race Accounting & Final Race Tally |   |

I am also interested in helping with other special events (may select more than one: please indicate preference order)

- |  |  |
|--|--|
| <input type="checkbox"/> Volunteer Recruitment | <input type="checkbox"/> Scouting for a Cure     |
| <input type="checkbox"/> Komen on the Go       | <input type="checkbox"/> Passionately Pink       |
| <input type="checkbox"/> Survivors' Luncheon   | <input type="checkbox"/> Speakers' Bureau        |
| <input type="checkbox"/> Educational Events    | <input type="checkbox"/> Special Sporting Events |

### Volunteer to Stay

I am willing to serve on the following committee(s): (may select more than one: please indicate preference order; see handout for more information)

- |   |   |
|---|---|
| <input type="checkbox"/> Race             | <input type="checkbox"/> Public Relations & Marketing |
| <input type="checkbox"/> Volunteer        | <input type="checkbox"/> Education                    |
| <input type="checkbox"/> Special Events   | <input type="checkbox"/> Finance                      |
| <input type="checkbox"/> Team Recruitment | <input type="checkbox"/> Minority Outreach            |
| <input type="checkbox"/> Sponsorship      | <input type="checkbox"/> Survivors' Event             |
| <input type="checkbox"/> Grants           |   |

**Mail or Fax this Volunteer Information Sheet to:**

Brenda Putnam, Volunteer Committee Chair  
CVMC's The Health First Center  
1960 Hwy 70 SE, Suite 196  
Hickory, NC 28602  
Fax: 828-485-2304

For More Information: 828-485-2610; ext. 2610