

CONGRESSIONAL SPOUSES MAKING A DIFFERENCE

LEADING EXAMPLES FOR CANCER PREVENTION



KANSAS STATE FAIR: Senator Pat Roberts and Franki Roberts at the Bob Dole Health Awareness Booth.



IOWA STATE FAIR: Senator Chuck Grassley and Barbara Grassley at the Iowa State Fair Prevent Cancer screening booth in August. The Booth provided oral cancer screenings and blood pressure tests.



SOUTH BOSTON COMMUNITY HEALTH CENTER: Margaret Lynch was on hand as spouse Congressman Stephen Lynch and Senator Elizabeth Warren cut ribbon at new digital mammography suite.

MICHIGAN BREAST CANCER WALK: Debbie Dingell and team of friends in Michigan on Komen 3 day/160 mile walk in memory of Cassandra Woods who served for years as Senator Carl Levin's state director.

MONIQUE SMABY JOINS CONGRESSIONAL FAMILIES' TEAM

We are pleased to welcome **Monique Smaby** to Prevent Cancer's Congressional Families Program as our new Programs and Communication Coordinator. Monique recently moved from California to start her career in Washington, D.C. She brings us years of experience in the events industry and, most recently, completed an internship at a political consulting firm, gaining valuable experience in communications and public relations. Monique graduated from Westmont College with a degree in Communication Studies. She is bright, curious, creative and has great energy – talents which she looks forward to devoting to expanding and growing our Congressional Families program. You will likely meet Monique at seminars and events, and work with her on op-eds and other outreach activities. Welcome Monique!

CONGRESSIONAL FAMILIES MISSION AND HISTORY

The Congressional Families Cancer Prevention Program is a nonpartisan outreach effort of congressional families who have joined forces to spread the message of early detection of preventable cancers. Specifically, we focus on raising awareness to prevent breast, cervical, colon, lung, oral, prostate, skin and testicular cancers.

The program was founded in 1991 by the Congressional Club in partnership with the Prevent Cancer Foundation, a nonprofit saving lives through cancer prevention and early detection.

Our advisory board consists of more than 140 spouses of Members of Congress, the Administration and the Supreme Court. Advisory board members receive copies of our newsletters, are invited to luncheon seminars, and are kept abreast of news and initiatives related to healthy living and cancer prevention. We encourage our advisory board members to engage in activities in their home states, nationwide, and internationally and we support them in those efforts.

To join the Congressional Families' advisory board, fax, mail or email the following information to the address below: your name, congressional district, preferred phone number, fax number and email address.

**Early detection saves lives.
Please join us.**



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Fran Drescher Comes to Washington: Actress, Author, Activist Joins with Scientists to Explore Impacts of Environmental Risks on Women's Cancers



Left to right: Julie Dann, Mikey Hoeven, Marie Royce, Landra Reid, Debbie Dingell, Fran Drescher, Susan Allen, Lisa McGovern, Jennifer Kildee, Janet Waxman, Barbara Grassley

Three powerful organizations came together on September 19 at the Dirksen Senate Office Building to raise awareness about how the environment may impact the development of women's cancers (breast/uterine/cervical and ovarian).

The stately Senate Judiciary Committee Room was the setting as the Congressional Families Cancer Prevention Program joined with the Heinz Center for Science, Economics and the Environment and Executive Women in Government in hosting the conversation. A standing room only

audience, including more than twenty-five spouses from the congressional and diplomatic communities, listened as leading scientists presented latest findings. With trademark humor and passion, **Fran Drescher** (also known as "The Nanny") shared her personal experience with cancer which led her to activism.

Lisa McGovern began the conversation by introducing the panel's moderators, **Susan Allen**, spouse of former Virginia Senator and Governor George Allen and **Debbie Dingell**, spouse of Representative John Dingell of Michigan. As First Lady of Virginia, Susan led a statewide breast cancer initiative and has remained active in cancer issues. Debbie Dingell has been involved

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Lisa McGovern introducing the panel moderators



Susan Allen (left) addressing audience; Fran Drescher (right)



Dear Congressional Family Members,

We are enjoying fall here at the Congressional Families Cancer Prevention Program and planning our winter events. Lots of good things are happening! As you will read on page 3 of this newsletter, new staff member Monique Smaby is bringing in a breath of fresh air as the Programs and Communications Coordinator for the Program. Monique brings an energetic spirit and is full of new ideas; I am eager for you to meet her.

Monique and I are focusing on expanding our web presence and creating a truly useful website for congressional spouses. We want this to be a “go-to” place for information about our Program, and also about other events of interest to congressional spouses and family members. In early December, we hope to re-launch with lots of new features, videos from seminars in D.C. you may have missed and activities you can do in your home communities. Our revamped website will keep you up to date on the latest events and follow the stories of spouses who are making a difference and preventing cancer in their communities. We may even start a Congressional spouse blog so stay tuned!

To Congressional Spouses, Present and Past: In order to communicate specifics about the Congressional Families Website and other important information, we need your correct email addresses – which we will keep confidential (as we always have). Help us stay connected with you! We have a great many personal email addresses but we do not have everyone’s and we are trying to fix that. If you do not currently receive emails from lisa.mcGovern@preventcancer.org, please email me now (before you forget!) to send your preferred email address. You are missing invitations to our Annual Awards luncheon each fall; seminars, webcasts and other learning opportunities; and activities you can do in your home districts/states and so much more. Again, let me emphasize that this email list is kept strictly CONFIDENTIAL. We are here to be a resource for you.

As I mentioned, we hope to make the website a “go-to” source for spouses on House/Senate schedule and events as well as our Congressional Families Cancer Prevention work. Please help us share your stories. Let us know what you are doing within your communities to educate and empower yourself, your family and your constituents to reduce their risk for cancer and other diseases. You inspire us – and we know you will inspire each other. Together, we can create healthier families and communities across this country and beyond.

Best wishes and a happy season’s greetings,

Lisa McGovern, Executive Director



Left to right: Lindi Harvey, Lisa McGovern, Conn Nuget, Dr. Linda Birnbaum, Debbie Dingell, Fran Drescher, Susan Allen, Shoshana Grove, Reta Jo Lewis, Dr. H. Kim Iyerly

Fran Drescher Continued from page 1

with breast and women’s cancer awareness and prevention for more than thirty years; both women have been active members of the Congressional Families Cancer Prevention Program.

Susan had the pleasure of introducing the audience to actress and author Fran Drescher who founded the group **Cancer Schmancer** after her diagnosis and successful treatment of uterine cancer. In addition to her work with that organization, Fran is a Public Diplomacy Envoy for Women’s Health Issues for the State Department. She uses her platforms to educate people about cancer prevention and the need for early detection, saying “I feel like I lived to talk about it.”

Fran treats every element in her life as a prevention tool, from the food she eats to the consumer products she chooses for her body and home. She lives her message and sees it as her mission to encourage others to be informed consumers and make educated decisions.

Fran’s remarks were followed by a discussion of environmental risk factors that may contribute to the development of women’s cancers by **Dr. Linda Birnbaum** and **Dr. H. Kim Iyerly** who stressed that cancer is triggered by a mix of genes and environment. They all agreed that prevention is largely impacted by lifestyle choices; you can’t change your genes, but you can change your environment.

For those who are interested in this topic and could not attend the panel discussion, we will be posting a videotaped version of the conversation on our website in December. Stay tuned for notice with more details.

Queen Bee Trunk Show: a Hive on the Hill

On August 1, shoppers and cancer haters from Capitol Hill buzzed around a temporary “Hive on the Hill,” ruled by jewelry designer Queen Bee who is well known in the D.C. area and beyond.

Queen Bee Designs offered a one day sale on all jewelry creations; a portion of the profits were generously donated to the Prevent Cancer Foundation.

Designer **Alison Priebe Brooks** is a longtime supporter of Prevent Cancer and its signature Congressional Families Program. In addition to hosting trunk shows to benefit the organization, Allison has for the last few years created spectacular gift bag jewelry favors given at the annual Congressional Families Action for Cancer Awards luncheons held each fall. Thanks Allison!



Rep. Diana DeGette (Colo.) and congressional spouse Betty Ann Tanner (Tenn.) at the Queen Bee trunk show

THANKS TO OUR SPONSORS



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Prevent Cancer Super Colon™ Visits Worcester, MA



The Prevent Cancer Super Colon™ visited Worcester, Massachusetts on August 17 at the 23rd Annual Latin American Festival. The Prevent Cancer Foundation partnered

with UMass Memorial Health Center to bring the exhibit to this widely attended, fun event. Over 400 people walked through the super-sized replica of a colon to learn about colorectal health, prevention and early detection screening.

Massachusetts Congressman **Jim McGovern** and Congressional Families Cancer Prevention Program Executive Director **Lisa McGovern** were on hand to talk about their experience, having had colonoscopies within one day of each other shortly after their 50th birthdays. They assured people it was not as unpleasant as sometimes reported, and encourage others to be screened. Doctors and representatives from UMass Memorial were available to discuss screening guidelines, schedule colonoscopies and answer questions.

Cancer is the leading cause of death for Hispanics and colorectal cancer is the second most commonly diagnosed cancer in both Hispanic men and women. The Prevent Cancer Super Colon™ started conversations about diet, the need for exercise and barriers to screening such as lack of insurance, inability to take time from work and fears about cancer that are obstacles in Hispanic communities and beyond.



Congressman Jim McGovern (MA) and Lisa McGovern

5 years of Prevent Cancer 5K Walk/Run, largest turnout yet!

A record breaking 1,500 walk/runners participated in the 5th Annual Prevent Cancer 5k walk/run held at Nationals Park to support cancer prevention, early detection and honor loved ones. Entire families participated and some even brought their dogs! The September 29 event started out a bit chilly but as the sun rose, **Dance Trance**, an innovative group that combines fitness and dance, got the crowd going with a warm up and dance stretch session.

At exactly 9 a.m. the horn sounded and runners were off on the course. The course led walkers and runners down to Yards Park, onto the Anacostia Riverwalk Trail, back to Nationals Park and up the timeline ramp. Bunches of green balloons welcomed participants to the finish line. Families stayed post-race and visited the Nationals batting cages. **Subway** donated sandwiches to refuel the 5k finishers as they wandered through the health fair. Health partners performed screenings and provided information. And the Prevent Cancer Super Colon™ was on hand to walk through and learn about colorectal cancer and how to reduce risk. Participants stopped by the Prevent Cancer Foundation camera station to document their run and commitment to healthy living. Pictures can be viewed at the **Prevent Cancer Foundation Facebook page**, [Facebook.com/preventcancer](https://www.facebook.com/preventcancer).



Race participants came for many reasons including to honor family members, improve their personal health through exercise and support the mission of the Prevent Cancer Foundation. We are proud to announce that more than \$149,000 was raised at the event. In addition, many people were newly introduced to the Prevent Cancer Foundation, our initiatives, community programs and support for breakthrough cancer research. As always, an event is never successful without dedicated volunteers, sponsors, donors and participants. We thank the many who made this day a success!

We hope you will consider forming or joining a team next year, supporting this effort and enjoying a fun-filled day focused on exercise, family and health.

SAVE THE DATE
ANNUAL SPRING GALA
MARCH 7, 2014

