



“An irritant in an oyster can create a beautiful pearl”

Dianne Graham learned she had lymphedema in 2014 almost 30 years after her cancer treatment in 1985. After meeting with others who were also affected by lymphedema and who shared her same questions and concerns about this issue, this small group decided that forming a support group would be a great way to engage others in the community. That's when Dianne linked up with Cancer Lifeline and started our first lymphedema support group in July of 2015. The support group is just barely a year old but it has grown and evolved from the first meeting, which garnered eight people. Dianne has found solace in facilitating the lymphedema support group and the Bosom Buddies breast cancer group. These groups are a place of empowerment, hope, and joy. Participants can share their story and get needed support but also find more resources such as classes, treatment centers, and garment fitters.

The lymphedema support group in particular has been such a success because it is unique in the Seattle area. Dianne identified that there was a need in the community but there were not group choices for lymphedema support. In this way, Dianne has helped Cancer Lifeline to be a pioneer in engaging those who have been affected by this side effect of cancer treatment. These groups have allowed individuals to find relief and to engage with others. There are frequent speakers that come to the group in order to bring new topics and answers to light which in turn facilitate meaningful discussions.

Dianne has made such an impact on Cancer Lifeline and in turn our organization has impacted her. She now feels more aware of the strong effect of cancer on people and how they deal with it through thick and thin. She has grown to have a deeper appreciation for the group process – seeing how it can empower and bring hope to the people that attend. She loves experiencing what can happen when people connect.

This is why, during our Volunteer Appreciation Dinner in June, Dianne was given The Dorothy S. O'Brien Award – also known as the Empowerment Award. She has shown

herself to be such an important force in our Cancer Lifeline community and uses her strength to empower others during their difficult time.



Dianne Graham at our Volunteer Appreciation Dinner / Receiving an award from Mary Ellen Shands

Volunteer Appreciation Dinner Award Winners for 2016

In June we were delighted to honor our volunteers with a special Volunteer Appreciation Dinner hosted by staff at the Dorothy S. O'Brien Center. Thank you to everyone who came out and celebrated with us!



Shirley Utevsky Volunteer of the Year Award (Volunteer of the Year)

Established in 1989 in memory of Shirley, a direct service volunteer, who gave generously whenever there was a need

Congratulations to our 2016 winners:

- Keri McLerran
- Chad Aschtgen

The Dorothy S. O'Brien Award (Empowerment Award)

Established in 1990 by an anonymous donor as a tribute to Dorothy and her belief in the importance of self-determination and empowerment

Congratulations to our 2016 Award Winners:

- Dianne Graham
- Brenna Driver

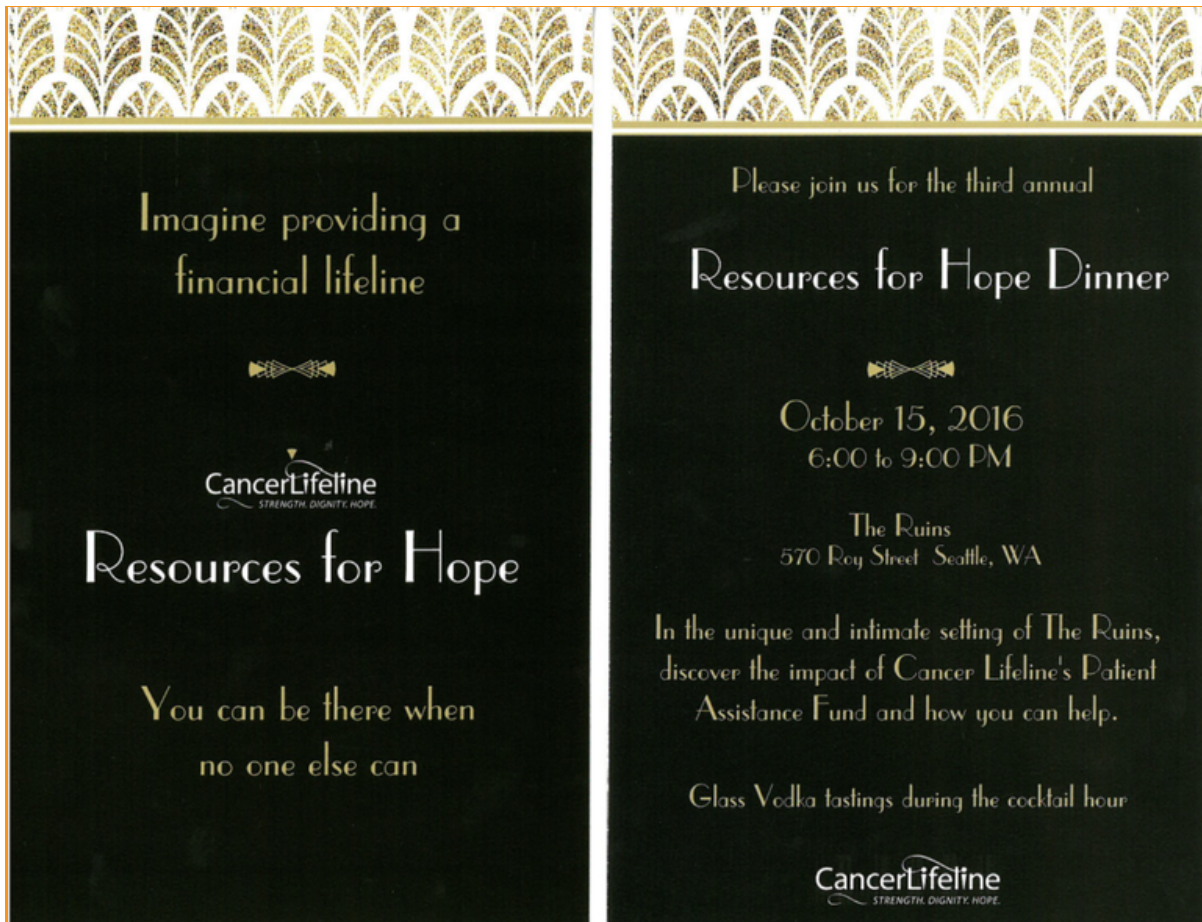
The Karl & Ellen Zahlis Inspirational Award (Leadership Award)

Established in 1988 to honor Karl & Ellen who have provided inspired leadership and creativity at all levels as volunteers, board, and staff

Congratulations to our 2016 Award Winners:

- Meghan Wilkins Melanson
- Lisa Dawson

You are Invited to our Annual Resources for Hope Gala



Save the date for our next fundraising event, the annual Resources for Hope Gala once again taking place at The Ruins. Join us on October 15th from 6:00 to 9:00 PM for a memorable night with a special vodka tasting from Glass Distillery during cocktail hour.

Proceeds will help build the Cancer Lifeline Patient Assistance Fund so that we can support the basic cost of living when low-income clients need it the most.

Tickets: \$250 per person

[Click Here to Register](#)

Contact Carol Brown at cbrown@cancerlifeline.org or 206.832.1271 for more info

Thank you to our thoughtful and generous partners for supporting the work of Cancer Lifeline!

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Making a Memorial Gift to Cancer Lifeline is Easy!

You can memorialize a loved one, commemorate a special occasion, or honor a caregiver or provider when you make a Tribute Gift to Cancer Lifeline.

So often we are unsure how best to honor someone. When another gift card or bouquet of flowers just doesn't express your true feelings consider a gift to Cancer Lifeline in honor of someone special. Simply go online at cancerlifeline.org and indicate in whose name you wish to make a meaningful gift. A notice will be sent to the individual or next of kin (the gift amount will not be disclosed).

If you wish to designate Cancer Lifeline as the recipient of Memorial gifts, we are happy to provide donation envelopes to distribute to family and friends.

Registration for classes began on Tuesday, August 23rd

Register early for our classes as they can fill up quickly. All programs, including those at hospital sites, are free and open to the public. Please join us!

There are two ways to register:

1) ONLINE

- Visit www.cancerlifeline.org and click on the "Classes & Registration" tab

- Click on "Register for September-December 2016 Classes"
- Click on the class you want and follow the directions to register
- Once you have submitted your registration, if you enter your email you will receive a confirmation email. Otherwise you can print the confirmation page for your records

2) BY TELEPHONE

- Call our Lifeline at (206) 297-2500 or (800) 255-5505; M-F; 9am-5pm. We can answer your questions about programs and walk you through the registration process

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