



HAPPY ANNIVERSARY



Lou Sufferdini and Chris Wilson

Thirty Years for ASK— *a time to remember* by Payson Jones

“On the Wings of a Crane” was the theme of ASK’s 30th Anniversary Celebration, held on June 9th at the Virginia Aviation Museum. Suspended from the ceiling were dozens of real airplanes in silent tribute to the growth of aviation. Below them over 150 people were on hand in a not-so-silent tribute to celebrate the growth and accomplishments of ASK. It had been 30 years since ASK’s inception and it was a time to celebrate and recognize those who have made it happen.

A Japanese legend holds that, as a crane lives for one thousand years, if a sick person can fold one thousand origami paper cranes, the gods will grant their wish and make them well again. Paper cranes served as the theme for the celebration, with a total of 500 cranes decorating the space, one for each of the children being treated at the ASK Clinic each year. Most were folded before the celebration began and, to complete the 500, a table had been set up at the party with the evening’s visitors being asked to fold them into the graceful birds. Our own Tonya King, previously ASK’s art therapist and the founder and director of the Living Well art therapy program, was on hand to help. Similar to the Japanese legend, they were made in the hope that their creation would symbolically bring health and wings to the children with cancer that need them. All those who attended, and those who preceded them with ASK, have been and are continuing to be wings of hope for thousands of sick children and families. They have helped to give them hope when there was none and the strength for their tomorrows when tomorrows were uncertain.

Thirty years is a long time and ASK’s success can be measured in terms of our love for the children, the many ways in which we have helped them to temporarily forget their illness with diversions like parties, trips, being on hand to play, talk and listen to them, the smiles on their faces when we have succeeded, the new facilities, equipment and staff help we have provided, and the hugs with which we have been rewarded. It has been 30 years of growth, unfortunately due in large measure to the larger number of children being diagnosed with cancer, but also due to our ability to increase community awareness of childhood cancer and to attract new donations in order to expand our services to these families. And yet, in many ways, ASK has remained the same since 1975 with our will to accomplish our mission undiminished. The makeup of the Board and corps of volunteers is constantly changing, with new faces eager to help, but always the mission remains the same. For some, their association with ASK has spanned many years, some as far back as 1975, and they have provided a constancy of purpose and

ASK

newsletter

INSIDE THIS ISSUE

ASK Works to Make Race Success	2
ASK at the Land	3
President’s letter	4
Picnic at Windy Oaks Animal Farm	4
Message from the Executive Director	5
High School Graduates Honored	7



ASK Works Hard to Help Make Race Success *by Tony Basch*

On April 9, 2005, over 16,000 runners and walkers participated in the sixth annual Ukrop's Monument Avenue 10k, one of the nation's largest and fastest growing 10k races. As race beneficiary, ASK raised over \$90,000 this year. In addition to receiving a generous portion of each entry fee, ASK received a substantial number of donations from individuals and companies.

ASK continued its partnership with Richmond SportsBackers, the non-profit entity that organizes the Ukrop's Monument Avenue 10k, by assisting with a number of the responsibilities to make sure the race went smoothly. As this year's race liaison, I was awestruck by the commitment of ASK's volunteer squads and amazed by the willingness of other generous souls to help out when they realized that the race contributed to ASK's mission of helping children and their families deal with cancer. ASK's volunteers were visible helping at all stages of the race, from setting up race signs, stuffing packets, and helping with the race expo to staffing the largest and most impressive water stop, cheering for the runners and walkers along the way, and assisting with clean-up.

First and foremost, my gratitude goes out to Katie Hansen, who coordinated our volunteer efforts. She mobilized a volunteer force of over 200 people and ASK's efforts during the race would not have been nearly as successful without her dedication.

ASK is also grateful to Thom Suddeth of Road Runner Running Store and Paul Sterbenz of Richmond Kickers for their generosity in donating prizes to this year's race. Paul also supplied staff and players from the Richmond Kickers for ASK's water stop to add to the excitement and fun.

The trio of David Andrews, Anne Cuomo and Amy Godkin kept our work on



Save The Date!

Upcomin ASK Events:

Month of Sept. – Kourageous Kids Exhibit
 Sept. 12 – Bon Air Rotary Golf Tournament for ASK
 Sept. 23 – ASK's Rainbow Gala
 October 22 – Halloween at the Zoo
 For more information on any of these events go to www.askweb.org or call (804) 828-1531.

Upcoming Special Love Events:

Oct. 7-9 – Octoberfest for camp-eligible families
 Oct. 28-30 – BRASS Weekend fro Siblings
 Nov. 4 – NIH Ski Dance
 For more information on any of these events go to www.speciallove.org or call (888) 932-2707.

Mark Your Calendars!

The ASK Rainbow Gala will be held on Friday, September 23rd at the Richmond Omni Hotel. Tickets at \$125 per person and sponsorship opportunities are available. For more information please call: (804) 402-2807.

ASK at The Land *by Lisa Goodwin*

The Land, located in Pamplin City, Virginia, is owned by the Dibert Family and is a very special place where their family and friends can relax, go fishing and swimming, and enjoy nature. On May 14, the Dibert family and many of their friends, including lots of enthusiastic teenagers and young adults, hosted a day of fun and relaxation for a number of our clinic families. We took a hayride through the countryside and visited newborn calves. We had a fantastic lunch, took four-wheeler rides and went fishing in the beautiful pond. The children had their faces painted and some good-spirited adults let the children paint theirs! We ended our relaxing, fun-filled day with the release of helium-filled balloons with each child's name and phone number attached so we could see how far they traveled.

Each family who attended was truly touched by the generosity and loving spirit of the Dibert family and friends. What a special family and what a special day! We hope this will be the start of a wonderful tradition of ASK at The Land.

course, from meeting with race representatives to coordinating donor thank-you letters. Anne's ability to mobilize so many folks on race day helped us create the most impressive water stop of the entire race. ASK's favorite clown troop, Virginia Clown Alley 3, cheered so well they were awarded in the CapTech Spirit Contest.

Where would ASK be without Payson Jones' assistance? Payson came through yet again as a volunteer, fund raiser, cheerleader, and all-around good guy. He raised a phenomenal amount to help ASK and kindly lent us his ASK Wishing Well for the race expo. Watching children drawn to the vibrant colors of the wishing well as they walked through the expo, I realized just how well Payson understands children.

In fact, the vast numbers of highly dedicated volunteers made all of the difference this year, including the Tri Delta sorority from the University of Richmond. Our packet stuffers blazed through over 18,000 race packets faster than ever happened in the past. The folks at SportsBackers were amazed by ASK's packet production, which allowed everyone to leave while it was still light outside, rather than midnight. Finally, ASK's thank-you note committee ensured that we sent out race prizes soon after the race.

We are grateful to SportsBackers for its continued choice of ASK as its race beneficiary. Jon Lugbill, Tracey Russell, Townley Goldsmith, Mary Marshall Graber, Mandy Burnette, Jeff Fitch, Scott Schricker, Faith Hecht, and the rest of the members of the race committee have all been more than helpful and enthusiastic in supporting the race and ASK's part in it. ASK is grateful for all of this help and hopes volunteers will commit to assist with next year's Ukrop's Monument Avenue 10k.

James River High School Comes Through for ASK

by Payson Jones

On April 22nd the sophomore class of the James River High School Center for Leadership and International Relations held a very successful auction and spaghetti dinner to benefit ASK. Co-Chairs Amanda Corbelli and Katie Radford and a host of their classmates had been planning the event since early in the school year and their efforts were rewarded with a grand total of \$9,800 was raised. Following a dinner hosted by Joe's Inn, WRIC-TV 8's ever-gracious Lisa Schaffner deftly ran the live auction. Childhood cancer survivors Jake Eck and Jeffrey Edwards each spoke to the crowd, giving a great testimony as to why the students had worked so hard to help children with cancer.

First Baptist Church Preschoolers Raise Money for ASK

by Payson Jones

For the second year, children from Richmond's First Baptist Church Weekday School participated in a "Collecting Coins for ASK" project. On May 18th they brought in over \$1,000 in donations — some were coins in plastic sandwich bags, some in paper bills, and others in the form of checks from parents. All were clenched in tiny fingers by the smiling 3, 4, and 5-year olds to help children being treated for cancer at VCU Medical Center. ASK volunteer Payson Jones, led by FBCWS Director Mary Hiteman, gratefully accepted their donations and read stories to several classes. ASK (and FBCWS) parents Leslie and Al Strickler sharing the heartfelt words of their own personal involvement with ASK in a letter to the school's families announcing the fundraiser.

Teddy Bears Everywhere

The primer class at St. Michael's School recently held an art gallery in which they raised \$1,000 to purchase teddy bears (with outfits) at Build-A-Bear. Clinic nurse practitioner Anne Mauck, ASK Board Member Heidi Bassett and ASK long-time volunteer Joyce Heyer accepted the bears on behalf of the clinic. St. Michael's student (and childhood cancer survivor) Madison Bassett was the guest speaker at the presentation and shared her story. Thank you to St. Michael's School for their continued support for ASK!

The King George Relay for Life Committee recently combined their fundraising walk with a teddy bear walk for the kids. Each person walking a lap to help fight cancer also brought a teddy bear. The committee recently delivered over 100 bears to the clinic to share with our kids. Thank you!

Siblings Harrison and Olivia Strickler and Brownie Troop #111 recently helped organize the clinic's first Teddy Bear Clinic. The group brought bears for each child in the clinic to dress up. The children had a tea party with their bear and gave them a complete check-up with their own personal doctor kit. A special thank-you to the Mixing Bowl for providing a delicious cake for this event.



President's Letter

I hope everyone is enjoying their summer and keeping busy. I am fortunate to report the ASK Board has been busy as well.

Starting the summer off was the ASK 30th Anniversary Party which took place in the Virginia Aviation Museum on June 9, 2005. Between catching up with old and new friends, an excellent dinner, the interesting planes everywhere to view, and the jazz music, it was really something special to celebrate ASK's 30th birthday. As I commented that night, the current Board is very grateful for all of the past work the volunteers, former Board members and friends of ASK have done to get our organization to the strong place it is in today. Thanks to Outback Steakhouse for donating the meal and the efforts of Anne Cuomo, Peggy Andrews and Allison Rios for making the evening happen successfully.

Another cause for celebration was ASK's success in helping with this year's Ukrop's Monument Avenue 10K. Board member Tony Basch did an outstanding job of coordinating the many committees and volunteers who helped with the race. I am pleased to report the race generated over \$90,000 this year for our organization. We remain extremely grateful to Richmond Sportsbackers for giving ASK this opportunity. This income is a significant portion of our budget and allows ASK to carry out our mission to help our children and families.

The ASK Board has been busy with various initiatives. We held a successful retreat this spring to discuss our long-range plan. We are always looking for ways to improve our organization and with Board member Jim Eck's and Past President Chris Swanson's help we assembled three to five-year tactical plans for all areas of our organization.

One of the two main initiatives that came out of the Retreat was having the appropriate administrative support to run our organization on a daily basis. Anne Cuomo has done a great job over her first six months executing the daily business of ASK as our Executive Director. Thanks Anne for everything you have been doing. Please feel free to contact her with your questions or comments.

The second retreat initiative that the Board has acted on is hiring a person to concentrate on the financial development of our organization and the Board recently selected Amy Godkin to be ASK's first Development Director. Many of you may know Amy as our grant writer and newsletter editor. She has done an excellent job, bringing in over \$100,000 in the past two years. As you might expect, we wanted to make sure we keep her around with that type of performance. The Board wanted to manage our administrative costs, so Amy will be working part-time initially. Welcome Amy!

Our Board continues to grow and Allison Rios became our newest member in May. She brings an excellent business background as owner of Gali's Wellness Salon in Carytown. You may recall she held a special event at her salon for the girls from clinic that we called "Girls Just Want To Have Fun" Day. Various spa services were provided to the girls at no charge. Please welcome her to the Board as you see her around town.

We continue to work diligently to offer our children and their families the best support while they go through a difficult time. Board members Lisa Goodwin and Shaaron Brown and their Patient Care team have numerous initiatives in motion. Please contact them if you have ideas that can improve our work. Also, please feel free to reach me anytime at 804-673-1100 or via email at davidandrews@theshoppingcentergroup.com to offer your thoughts. As I have mentioned, I always looks forward to your thoughts for improvement and inspiration as we work to improve the lives of our children and their families throughout the year.

David Andrews

Windy Oaks Animal Farm Hosts ASK Picnic *by Payson Jones*

After many days of rain, a beautiful day on May 21st greeted more than 75 ASK children and their families at the Windy Oaks Animal Farm for the annual ASK Picnic. Located in Mechanicsville, owners Curtis and Bea Shepperson graciously let us use the facilities without charge. Their grandson, Skyler, just completed a Bone Marrow Transplant at VCU Medical Center and is a well-known and active visitor to the ASK Clinic.

Set in the woods along a winding dirt country road with ample shade everywhere for people and the animals alike, it hosts a great array of animals of all sorts—monkeys and apes, camels, peacocks, kangaroos, goats, llamas, porcupines, deer and many others. But it was the monkeys that took center stage with the young visitors, as they do with 3-year old Skyler. Reacting to all of the attention in front of their cages, they kept up a loud chorus of screeching and howling, much to the delight of the youngsters. Upon seeing the albino deer, one young girl remarked "That deer's mother must have used a lot of sunscreen on it so it didn't get sunburned."



In addition to laughing and running around to see all the animals, there was plenty more for the children's entertainment. There was a large elephant-shaped Moon Walk where the children could bounce around, and next to the pavilion clowns Bonkers (Mike Cox) and Sweet Thang (Barbara Cox) painted faces and fashioned balloons into animal shapes.

At the large rustic picnic pavilion, William Dunn roasted the hot dogs and Joyce Heyer handed out the food and worked the pink cotton candy machine. After lunch another dessert of sorts was available, not for eating but throwing. With his head sticking through the face hole of the clown cutout, Payson Jones received a number of gooey whipped cream pies in the face. Then the children got the mischievous idea of doing the same thing to their parents. Dr. Cliff Russell was there with his family and although he somehow escaped a pie in the face, his daughter Naomi proved to be a wicked pie thrower. Messy but fun.

Another attraction was the presence of five Star Wars characters. Ward Jones' Fighting 501st Storm Troopers Legion was there in full armor and costume. Darth Vader and four Imperial Storm Troopers walked about talking with the children, posing for pictures and handing

out Star Wars action figures as gifts to them. At times they removed their helmets to reassure the children that real people were under the imposing costumes. There were other ASK volunteers on hand to help, including the ever-faithful S.M.I.L.E. buddies.

It was a good day for the children and their families to leisurely walk around the beautiful sylvan acres of the farm, be in a quiet different world and be away from the hospital setting—for awhile at least. As one little girl summed it up, “I like it here better than Clinic—they don’t have any needles here.” So, the Picnic was a success and a good time was had by all, thanks in large measure to Curtis, Bea, Skyler and their animals.



From the Executive Director's Desk

We are celebrating our 30th year of ministering to sick children and their families. Doing whatever we can to make their lives just a little bit easier, less painful and frightening. All that we have done and all that we will continue to do is based upon the extreme generosity of time, talent and money of so many people in our community. ASK was built upon the foresight of a group of parents so many years ago. It is these parents and the hundreds who have followed in their footsteps that have made ASK what it is now.

Even today we have some very dedicated parents who lend ASK a hand whenever we need it. Some do it in return for all ASK has done for them, some see a need in the clinic and pitch in; others carry on in memory of their children. No matter what the reason they are our past and our future. As you know, our bylaws state that half of our board is parents and the other half made up of community supporters. Today we have five parent board members that include Peggy Andrews (recording secretary), Lisa Goodwin (patient care chair), Heidi Bassett (Rainbow Gala chair), Jim Eck (president-elect), and Donna Miles. Each one of these folks and the many who preceded them have spent countless hours doing ASK “work.”

As reported in our last newsletter, we have begun a new program called Family- to- Family that will pair mentor parents with newly diagnosed families to lend a supportive ear and hopefully provide the much needed advise of a “veteran.” This program has been funded through the generosity of the Richmond Memorial Health Foundation. If you are a parent that is looking for some help and guidance through a relaxed, non-clinical approach this may be the program for you. Please contact (804) 828-9300 for more information.

As you know, ASK relies on donations from the community to support its staff, programs and services. Throughout the years many of our parents and even some of the children have done successful fundraising on ASK’s behalf. Recently there has been penny drives at local schools, toy drives, Frisbee tournaments, golf tournaments, dinners and auctions all initiated by our families. We appreciate all the wonderful events that help us help you!

ASK is also fortunate to have a team of dedicated parent volunteers. They have helped do everything from painting, newsletters, clinic help, 10k race support, cooking and baking, and, most recently, making a thousand cranes for our anniversary party. We salute all those parents who have unselfishly dedicated their time and talent to make others happy!

A special thanks to all our parents. We dedicate our work to the betterment of your life as you travel this road. Please know you are not alone in this journey but ASK is here for you each step of the way. Please contact us at 828-1531 or consult any of our clinic staff if we can offer you assistance.

Anne M. Cuomo



Board Member Spotlight

The Board of Directors recently welcomed its newest member, Allison Rios. Allison is the owner of Gali’s Wellness Salon in Carytown, which generously hosted ASK’s “Girls Just Want to Have Fun” Day last year. In her own words: “I had my daughter less than a year after losing my business partner and dear friend to uterine cancer. The experience made me sure I wanted to do anything I could to support people during their battle with cancer, and being a new mom, I knew my heart lies with the children. After seeing so many courageous girls and their mothers at the “Girls Just Want to Have Fun” Day, I realized just how special and important ASK is to the children it supports. I was thrilled when asked to join the board and am excited about helping to add a bit of light to these families’ journey.”

ASK Welcomes Dr. Godder

ASK welcomes Dr. Kami Godder as the new Chair of the Pediatric Hematology/Oncology Department. She comes to the VCU Medical Center from the Doernbecher Children’s Hospital in Portland,OR.

ASK’s Magnificent Moms

Congratulations to Katherine Freeman Jones and Sheila Rose. They were recently recognized in Style Weekly magazine’s “Magnificent Moms” Mother’s Day tribute.

Clinic Announcements:

The clinic staff is making several changes to better serve our children. Please note:

- Dr. Nancy Dunn and Anne Mauck, CPNP are seeing long-term follow-up patients in the Survivorship Clinic every Wednesday from 8:30am – 12:30pm. Plans are in the works for this clinic to include other disciplines. Patients must be 5 years out from diagnosis and 2 years off therapy to be seen in the clinic.
- There is a new multi-disciplinary Neuro-Oncology (brain or spinal tumor, on or off therapy) Clinic meeting on the first Thursday afternoon of every month with Dr. Kami Godder and Kathy Tofferi, RN from Pediatric Hematology/Oncology, Dr. John Ward from Pediatric Neurosurgery, and Dr. Ted Chung from Radiation Oncology.
- If you feel that you are eligible for one of these specialized clinics, please call the clinic receptionists at (804) 828-9300 for more information or to make an appointment.

Important Numbers

All numbers are area code (804) unless otherwise noted.

Pediatric Hem/Onc Research –
Rose Thune, Clinical research assistant – 628-1889
Shari Hiers, Clinical research assistant – 628-1232
Diane Richardson, Clin. research assist. – 628-1923

Drs. Godder, Russell, Massey and Dunn – 828-9605
After hours – 828-0951

Clinic Nurses – 828-9300
Margaret Sharp, Rachel Mollen,
Kathy Tofferi, Jennifer Egland

Nurse Practitioners – 828-9605
Anne Mauck, Elizabeth Hall, Debbie Fisher

Social Worker
Robyn Dillon – 628-0422

Chaplain
Jim Bonomo – 628-1123

Childlife Therapist
Stephanie White-Poyer – 828-2304

Education Consultant
Alma Morgan – 828-0426

Ronald McDonald House – 355-6517
Special Love – (540) 667-3774
Candlelighters Childhood Cancer Foundation – (800) 366-2223
American Cancer Society – (800) 966-3586
Leukemia Society of America (800) 866-4483
The Association for the Support of Children with Cancer (ASK) – 828-1531

ASK Board of Directors 2005-2006

OFFICERS

David Andrews, President
Jim Eck, President-Elect
Tara Matthews, Treasurer
Peggy Andrews, Corresponding Secretary
Tony Basch, Parliamentarian

MEMBERS

Heidi Bassett	Lisa Goodwin
Shaaron Brown	Donnie Harper
Michael Cox	Allison Rios
Peter Elmore	Cynthia Saady

EX-OFFICIO MEMBERS

Jim Bonomo, Chaplain, ASK
Anne Cuomo, Executive Director, ASK
Robyn Dillon, Social Worker, VCU Medical Center
Dr. Nancy Dunn, Pediatric Oncologist, VCU Medical Center
Dr. Kami Godder, Division Chair & Pediatric Oncologist, VCU Medical Center
Amy Godkin, Director of Development, ASK
Elizabeth Hall, Nurse Practitioner, ASK
Dr. Gita Massey, Pediatric Oncologist, VCU Medical Center
Anne Mauck, Nurse Practitioner, ASK
Alma Morgan, Educational Consultant, VCU Medical Center
Stephanie Poyer, Child Life Therapist, ASK
Dr. E. Clifton Russell, Pediatric Oncologist, VCU Medical Center

RACHEL BLANTON



MEGAN HAMILTON



ERICA BRADLEY



KATHERINE CONNOR



AUBREY COX



AMBER MYRICK



O'SHANTA TAYLOR



AMBER LACKEY



LEWIS P. NOEL, JR.



BRITTANY CROSBY



PAUL J. POLK, JR.



RIDGELY BRAUER



AMANDA BISHOP



BRITTANY BLOWERS



High School Graduates Honored

by Payson Jones

For the eleventh straight year, VCU Medical Center held a Graduation Recognition Luncheon to honor graduating high school seniors who had been followed by the Hospital Education Program and the Pediatric Hematology-Oncology Department. Alma Morgan, VCUMC's Educational Consultant and Ex-Officio ASK Board member, directed the program, which was held in the Medical Sciences Building.

This year there were 14 high school graduates. They were: Rachel Blanton (James River H.S.), Erica Bradley (Meadowbrook H.S.), Aubrey Cox and O'Shanta Taylor (both from Clover Hill H.S.), Lewis P. Noel, Jr. (James Monroe H.S.), Paul J. Polk, Jr. (Lancaster H.S.), Megan Hamilton (Matthews H.S.), Katherine Conner (Park View H.S.), Amber Myrick (Petersburg H.S.), Amber Lackey (Prince George H.S.), Brittany Crosby (Armstrong H.S.), Ridgely Brauer (Tabb High School), and Amanda Bishop and Brittany Blowers (both home-schooled).

Following a welcoming by Alma, an exceptionally beautiful Convocation by Chaplain Jim Bonomo, the crowd of about 120 students and their families enjoyed a buffet lunch and a beautiful Cake by Graham. Each of the graduates was given a corsage (Flowers by Joyce Heyer). Afterwards, the program continued downstairs. Alma opened the program by saying how proud she was of each of the graduates, how each of them had striven to learn and grow, and that she was increasingly optimistic because of them. Dr. Clifton Russell, Professor in the Pediatric Hematology/Oncology Department, gave a moving talk to the audience, adding his praise for these young people who had succeeded in spite of adversity. He emphasized that it was the entire medical team, so dedicated in what they do, that was responsible for the treatment, love and caring their patients had received. Debbie Robertson presented a scholarship in memory of her daughter, Melissa, who had been diagnosed in 1998. She said that "everyone has inner strength and (that) you need to look beside you as well as in back and front." Heidi Bach, graduating from Radford University and herself a cancer survivor, told of her own journey and of how the faculty and medical staff had helped her so. She said that cancer had made her strong, teaching her how to face obstacles.

The 14 graduates and their families each had an opportunity to address the audience and afterwards received gifts, presented by young Harrison Strickler. College scholarships were given by Mr. & Mrs. Al Heyer, Mr. & Mrs. Richard Robertson, ASK, and Payson Jones. A series of slides was shown of the 14 cancer survivors, accompanied by beautiful music, with the appropriate theme "May you experience the power of your dream." It was a special day of pride and hope for the future.

ASK Hosts First Survivorship Conference

On April 30th, ASK hosted its first Childhood Cancer Survivorship Conference at the VCU Medical Center. Grace Monaco, JD, founder of the Childhood Cancer Ombudsman Program, served as the conference's keynote speaker. The event also featured many speakers from the VCU Medical Center's medical community on late effects such as endocrine, fertility, cardiology and cognitive issues. The conference ended with a speaker's panel of childhood cancer survivors who shared their stories.

The event was funded by ASK and supported by materials from the Leukemia & Lymphoma Society, American Cancer Society, Lance Armstrong Foundation, Childhood Brain Tumor Foundation and Candlelighters Childhood Cancer Foundation. ASK is especially grateful to Anne Mauck, CPNP and ASK Board Member Shaaron Brown for organizing this event.

If you would like more information on childhood cancer survivorship issues and resources, please contact Anne Mauck or Dr. Nancy Dunn at (804) 828-9300.

Living Well

by Tonya King

Have you ever prepared for a journey? If you could go anywhere, where would you go? What would you take with you on your journey? These are all important questions to ask ourselves as we travel along on this journey called life. These are also the questions you will ask yourself and your family members this year in the family support groups called It's All in the Family.

It's All in the Family is a seven-week non-traditional support group for families dealing with difficult situations. Many seven-week sessions are offered throughout the year and focus on initiating healing conversations between patients and their families or grieving siblings and their grieving parents.

For your convenience dinner, art materials and counseling are provided each evening.

Come share your journey with us. It is going to be quite a trip!

If you have experienced loss in your family you are invited and encouraged by Living Well, and the VCUHS department of Pastoral Care to attend It's All in the Family starting November 4th 2005. Please call Tonya King at 804 874-8448 for information regarding registration and future dates for our chronically ill family groups in 2006.

THIRTY YEARS *continued from page 1*

dedication. It was a time to celebrate and recognize the efforts of so many. ASK is especially grateful to David Cobb of the Huguenot Road Outback Restaurant for graciously providing dinner for our guests.

For dessert, a cake was provided by the ever-faithful Graham Haddock, owner of "Cakes by Graham." A special thanks to the ASK parents Jerry & Delika Clemmer, and volunteers from the Omni Hotel for set-up and bartending services. ASK parent and Exhibit, Inc. owner Rich Chandler for linens, ASK board members Peggy Andrews, Allison Rios, and Jim Eck.

Guest speaker for the evening was Melanie M. Goodpasture, no stranger to all of those present, who was, herself, an "ASK kid" with a happy ending. She had been diagnosed with bone cancer and lost a leg at age 15 in 1980, but she was determined to make the most of it. "ASK was young then, basically a parent support group. I went to them and it helped my four-year old brother as well. Now I am a healthy, productive adult, a wife and Mommy." She served on the Board in the 90's — "because all of us have our own personal reasons for helping because you believe that you can make a difference." She presented then as now a glowing picture of a positive, successful and caring survivor who has met adversity head on and overcome it. "As your kids have grown up", she added, "so has ASK, all because you knew you could make a difference. ASK is an organization with a heart. You have certainly changed the world for so many sick children. Happy Anniversary to the Board, Godspeed and I wish you continued success." She ended her talk with the words "I admire your fortitude," something that everyone in the room would have said about her.

ASK Executive Director Anne Cuomo ended the program by recognizing some of the many volunteers and staff members who've helped over the past thirty years. She also recognized Dr. Nancy Dunn, Dr. Gita Massey and Dr. E. Clifton Russell for their many years of service.

Also receiving special recognition were longtime volunteers Patrick & Jackie Keith, one-of-a-kind supporter Payson Jones, and Sara Lowe Thompson representing long-time friend FBLA (Future Business Leaders of America).

It was a proud evening for all gathered there to celebrate ASK's thirty wonderful years and to rededicate themselves to continue their support of those wonderful children with cancer and their families.



Association for the Support of Children with Cancer

ASK
P.O. Box 17184
Richmond, VA 23226

NON-PROFIT ORG.
U.S. Postage Paid
Richmond, VA
Permit No. 1850

ASK, a private, non-profit organization, provides unique social, emotional, spiritual and financial support for children with cancer and their families. ASK also supports clinical and laboratory research at the VCU Medical Center to aid in finding the causes and cures of childhood cancer.