



TIED TO THE CAUSE ART EXHIBIT

We have successfully completed the first ever "Tied to the Cause."

Ten artists submitted works that depict the lives that "walk through the cancer experience." The pieces needed to include shoes, laces, feet or something that showed the "walk."

The event was hosted by the Washington Pavilion, to whom we would like to extend a huge "Thank You"! Through the unique event, individuals had the opportunity to vote for the People's Choice award, which would then be placed on display at the new Avera Cancer Institute. The winner was Jo Vander Woude with the piece entitled "Keep on Dancing."

Look for more information coming soon about the next "Tied to the Cause" event.

Survivor Day Huge Success



Cancer survivors and their journeys were celebrated at the annual Survivor Day, held June 6 at Sertoma Park in Sioux Falls. The event is a celebration of life and honors the many cancer survivors and their support network.

Entertainment was on-hand, featuring the Crabgrass Crew and everyone enjoyed the food, catered in from Tony's Catering in Brandon.

Be sure to mark your calendars for Survivor Day 2011; guaranteed to be another fun celebration of life.



A PEEK INTO OUR PROGRESS

We continue to make strides on finishing up the new Avera Cancer Institute!

THIRD FLOOR

The third floor is almost complete, with just a few odds and ends needing to be completed. In fact, final inspections were held mid-July.

SECOND FLOOR

The second floor has the ceiling, cabinets and lights installed, and crews are working on flooring. A final inspection for this floor is planned around mid-August.

FIRST FLOOR

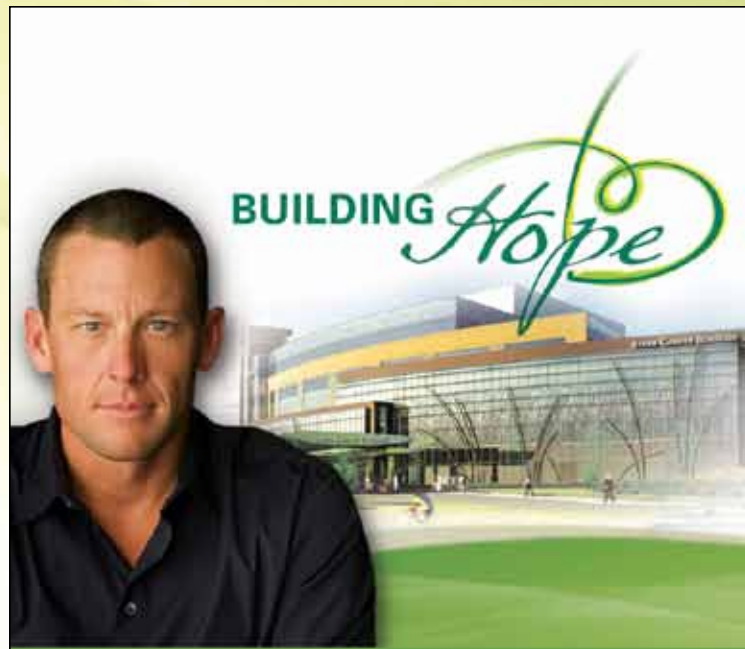
On the first floor, the terrazzo is being worked on and wall taping is going on. Rounding out the progress on the exterior, the landscaping has started and crews are making the pond a priority.

PICTURES FROM TOP TO BOTTOM:

- East atrium
- Center canopy
- Pond located on the East side



*Be sure to check in with us next month,
for another peek into our progress!*



**BUILDING HOPE GRAND
OPENING GALA
FEATURING
LANCE ARMSTRONG
OCTOBER 29, 2010**

World-champion cyclist and cancer survivor Lance Armstrong will be our guest as we celebrate the opening of the Avera Cancer Institute with a Gala on Friday, October 29, 2010. Lance, who beat cancer against the odds and came back to win seven Tour de France titles, embodies what we believe about treating cancer—that there is hope and there is life after a cancer diagnosis.

Experience Building Hope and witness firsthand the future of cancer care in our region.

To learn more about the event, please visit www.ExperienceBuildingHope.com.

Relay for Life

This is a fundraising event for the American Cancer Society and will be held at the Sioux Falls Baseball Stadium on **July 30-31st at 6 p.m.**

Relay For Life is a fun-filled overnight event designed to celebrate survivorship and raise money for research and programs of the American Cancer Society. During the event, teams take turns walking or running laps. Each team tries to keep at least one team member on the track at all times. The evening kicks off with cancer survivors taking a lap around the bases, followed by a meal for them and members of their family.

Grab your friends and family and form a team to walk through the night. Go to http://main.acsevents.org/site/TR?pg=entry&fr_id=23098 to learn more about the event.

A Time to Heal for Breast Cancer

One of two programs. This first session offers a 12-week holistic approach to physical, emotional and spiritual health through education and rehabilitation. Open to women who have completed their treatment for breast cancer. The next group will begin Tuesday, September 21st. Contact Lynne Hunter at 322-3005 for further information or to register.

Time to Heal for All Cancers

We are now taking requests for participation in the Time to Heal program. This is a 12 week education and rehabilitation program. Participants need to be at least eight months into their treatment and have the ability to attend the 12 weekly sessions, which are three hours in length. Each participant is able to bring one caregiver who will also attend the 12 week sessions. The program will begin September 16th so call 605-322-3034 to speak to Melanie Hericks and sign up.

CLIMB®...Children's Lives Include Moments of Bravery

This is a unique program for children who have a parent or significant adult caregiver who is actively going through cancer treatment. Melanie Hericks, Social Worker and Carol Rogers, Art Therapist, will facilitate the group that will run for six consecutive weeks. The program is designed to meet the needs of children ages 6 to 12 years. Please call 322-3000 to speak with a social worker to learn more about this program.

Avera Cancer Institute's Fall Oncology Symposium

Excellence in Cancer Care through Survivorship & Technology will be held in the Avera McKennan Education Center on **Saturday, September 25, 2010**. The Avera Cancer Institute Oncology Symposium is specifically designed to educate participants on the interdisciplinary practices that are available to enhance the quality of life for oncology patients. This event is FREE so go to www.AveraCancer.org and register today!

Pampering and Prevention CELEBRATION

You and your friends are cordially invited to our second annual Pampering & Prevention Celebration! Held **Saturday, August 28 from 8 a.m. to noon** at the **Avera Doctor's Plaza 2**, you can splurge on who else, but you!

Get your annual mammogram and get pampered by participating in events and activities focused on YOU! Learn more about the topics you're concerned about, such as:

- Vitamin D deficiency
- Midlife concerns
- Integrative medicine
- Urogynecology

Enjoy the many booths for healthy educational information and fun shopping opportunities.

In addition, we are offering the Avera Think Pink Kit, designed to help you speak with other women about the importance of breast health. It only takes a few minutes and provides life-saving information about breast self-exams and mammograms. Materials included in the Think Pink Kit are:

- Breast Health Fact Sheets
- Breast Self-Exam Cards
- Pink Bead Necklaces
- Hostess Think Pink Kit Survey

To register for the Pampering & Prevention Celebration, log on to www.AveraMcKennon.org or call 1-877-AT-AVERA.

Upcoming Events

- July 28** Nutrition Class **11 a.m.**
- July 28** Look Good...Feel Better **4-6 p.m.**
- July 30-31** Relay for Life
- Aug 3** Prostate Cancer Support Group
- Aug 9** Nutrition Class **2 p.m.**
- Aug 10** Look Good...Feel Better **1-3 p.m.**
- Aug 25** Nutrition Class **11 a.m.**
- Aug 25** Look Good...Feel Better **4-6 p.m.**
- Aug 28** Pampering and Prevention **8-noon**
- Sept 6** Closed
- Sept 7** Prostate Cancer Support Group
- Sept 9** BMT Support Group Picnic, Call for details **5:30 p.m.**
- Sept 13** Nutrition Class **2 p.m.**
- Sept 14** Look Good...Feel Better **1-3 p.m.**
- Sept 16** Time to Heal for All Cancers begins
- Sept 21** Time to Heal for Breast Cancer begins
- Sept 22** Nutrition Class **11 a.m.**
- Sept 22** Look Good...Feel Better **4-6 p.m.**

Massage Mondays:

Free 15 minute massage **2-4 p.m.**, Call the Avera Cancer Institute for app't. (605) 322-3000

