



2009 Walk Dates

- Northampton, MA: September 13th
Look Memorial Park
- Nashua, NH: September 26th
Greeley Park
- York, ME: October 3rd
York Beach Ball Field
- Boston, MA: October 15th
Boston Common
- Wakefield, MA: October 18th
Lake Quannapowitt
- Worcester, MA: October 25th
Assumption College



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Mission Moment

Bev Kimball Shares Her *Very Bright Blessing*... Bev Kimball

Thanks to rapid advancements in medical technology, we are living in amazing times!

In May 2000, at 47 years old, I was diagnosed with small lymphocytic lymphoma (SLL)—one of the low-grade, indolent varieties of the many different types of lymphoma.

I was told by my oncologists, both locally and at Dana Farber in Boston, that SLL is incurable, but that a person could live a relatively good quality of life for many years. However, I was told the median survival rate was less than a decade, and that I could not expect to have the same life expectancy as most of my peers. I remember hearing the words at Dana Farber, “You can expect maybe 10-12 good years....”.

*E*gads, I thought. *That means I’ll be lucky if I live to be 60...* pretty depressing news when you are only 47. The possibility of a bone marrow transplant was discussed between the doctors at some length. However, “watchful waiting” was the treatment decided upon, because for me (an otherwise healthy and relatively “young” person), the risks of my dying from the complications of a BMT were greater than living with the disease itself.

During that difficult emotional time, I was also told that there are “many exciting treatments just on the horizon.” That’s when I became involved with The Leukemia & Lymphoma Society and became a member of the planning committee for the Hyannis Light The Night walk.

By 2005, my symptoms had increased enough for me to undergo treatment. My white blood cell count had begun to steadily skyrocket. Constantly fatigued, my immune system was compromised, and I was coming down with what seemed to be a never-ending series of debilitating respiratory and sinus infections. I was treated with a combination of chemo (Fludarabine), and one of the newer

monoclonal antibodies called Rituxan. Produced in a laboratory, monoclonal antibodies are carefully engineered to target and attach *directly* to the cancer cells. They then help the patient’s own immune system to do what it should be doing on its own-- attack and kill foreign invaders, including the cancer cells. How exciting!

that’s true any more”, said my oncologist. **WOW! I’m astounded!**

Thanks to the support from LLS and the incredible research and development that is happening every day, treatments for these diseases are getting better and better all the time. I am convinced that we may see a cure for cancer in our lifetimes—and that much of the groundbreaking work is now being done with the blood cancers, due to the nature of these diseases.



Thanks to this amazing treatment, the progression of my lymphoma was kicked back significantly, with palpable shrinkage of the small tumors that had appeared all throughout my system. Now, four years later, I have remained symptom-free and all my blood counts remain in the normal range.

While research and development have come a long way, the treatments are not perfect –YET. **BUT....** Last month, my oncologist told me that people like me—who have had a good response to treatment for two years or more—can expect to have another good response, *if*—and quite possibly *when* --I relapse. BUT, I’m in remission now-- something that I was told would “never happen”, just eight years ago. And that old prognosis that I have a shortened life-expectancy? “Well, we don’t think

I am especially proud that more than 75% of the funds raised by LLS go directly to research, and the support of patients and their families. Literally, every dollar raised makes a difference in the quality of life for many people, and the future prospects for many others!

For those of us living with and battling cancer, having a support system and maintaining a positive attitude is **so important**. Each year, when my team of family and friends, *Bev’s Bright Blessings*, gathers at LLS’s Light The Night Walk, it is an incredibly emotional experience for me. This team works hard and raises thousands of dollars—amazing, since many of their donors give increments of \$10 or \$20 each year. It is hard for me to describe what their support and the support of the entire Light The Night event, does for me. My team, *Bev’s Bright Blessings*,

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June
2009

Newsletter

The Leukemia & Lymphoma Society
Fighting Blood Cancers



always celebrates together with a party before the walk...and it is true that every dollar raised makes my heart soar!

Thank you to The Leukemia & Lymphoma Society Staff and supporters, for making a huge difference!

Bright Blessings to everyone,

Bev Heaton Kimball

Join Light The Night At Fenway Park!



2009 Light The Night Kickoff*
Fenway Park
August 15, 2009
11:00 a.m.– 1:00 p.m.

Join the 2009 Light The Night All-Star roster as we prepare to hit this season out of the park! Line-up includes lunch with fellow Light The Night team captains, top fundraisers, honored heroes, local walk leaders and Staff. Walk away with tools and materials to make you a successful fundraising participant!

*This event has limited seating and restrictions apply. See below for rules and details.

Rules:

- To enter into the drawing to win a seat at the 2009 Light The Night Kickoff, you must fill out an entry form. Visit www.lightthenight.org/ma to download the form. Only one entry form per participant.
- This event has limited seating and is only open to registered Light The Night team captains and top fundraising club (TFC) members. TFC members must have raised \$250 (money has to be in account) by drawing date.
- You must be 18 years of age or older to enter the drawing.
- The entry form must be completed and returned no later than July 20th. Please return to Corie Hoffberger: Corie.Hoffberger@lls.org, fax: 508-810-1350.
- The drawing will take place on July 21st and a wait list will be created for all remaining applicants. You will be notified directly concerning your attendance status.

It's Time to Fundraise! Follow these easy-steps to get started:

Step 1: Sign into your fundraising page

Visit www.lightthenight.org/ma and select the "Sign In" option on the top of the screen

Enter the username and password that you received in your Welcome email after registering to access your fundraising page. Once signed in, you can change your username and password along with your profile information on the "My Account" tab.

If you have forgotten or lost your username and password, please contact a member of the Light The Night Staff and we will assist you in retrieving it.

Step 2: Customize your page

To get started fundraising on your page, click on the "Personalize Pages" tab. If you are a team captain, you can choose to customize the team page and your own page.

In the "Edit Content" area, you can customize the text and post a photo that will display on your fundraising page. Be sure to click on the "save" button after making your changes.

Click on the "Page Settings" button to further change how your page is displayed, including the Title, page link, how your name is displayed and indicate who you are walking in honor/memory of. Click on "save" after making any changes.

To set a fundraising goal, click on "Edit" next to "Personal Goal" in the "Funds Raised" section on the left where the thermometer is displayed, enter your goal amount and click on "save".

Step 3: Send Emails

After personalizing your fundraising page, import your contacts

- Click on the "Address Book" tab
- Select the email system that you use under the "Choose and Option" next to "Import Address Book". For Gmail or Yahoo, enter your login information for your email account and click on "Import".
- Otherwise, choose the Microsoft Outlook option to import a comma-separated value (csv) file with your contacts to import.
- For any additional contacts, enter their First Name, Last Name and email address then click on the "Add" button.

Now, you're ready to send emails to family, friends and co-workers

- Click on "Compose Email"
- Click on the Address Book icon and select those to email.
- Enter additional email addresses separated by commas.
- Customize the Donation Request template or enter a new message in the "message" box. Make sure that your message contains a link to your fundraising page so people can donate easily.
- Click on the "Send" button to send your email. Your email will be sent from your personal email address with a link to your page, where people can make a donation and support your efforts!

Making a donation is easy!

In the "make a donation" selection of your page, select or enter a donation amount and then click on the "donate now" button!

Don't forget to donate to yourself! It sets the standard and motivates others to contribute as well!

Happy 60th Birthday LLS! 1949-2009



The Leukemia & Lymphoma Society is celebrating 60 years of helping patients live better, longer lives!

- LLS created and implemented an innovative program to help smooth the way for children returning to school after cancer treatment, with education and tools for teachers and school