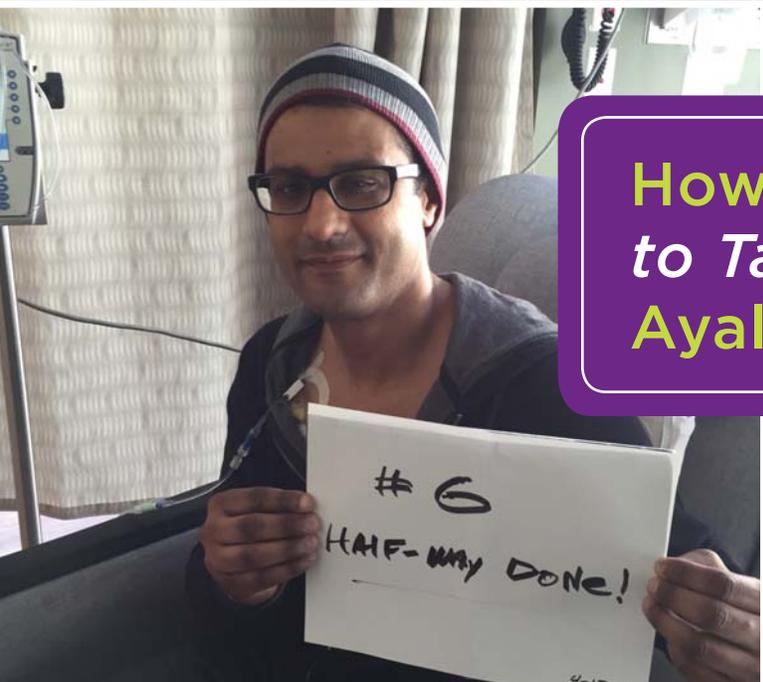




GIVE WELL GIVE WELL



## How the Lombardi Walk/Run to Tackle Cancer brought the Ayala family closer together

Luis Ayala was still undergoing chemotherapy when he decided to start a walk team.

*Learn how you can join the effort, on page 2.*

## Message from Cristy

Dear Friends,

With signs of spring everywhere, so many of us are ready to get out and enjoy the warmer weather and the outdoors. There is a sense of renewal and hope. And it is in that spirit that we are dedicating our efforts to tackling cancer in 2016.

Thanks to our loyal partner, the Vince Lombardi Cancer Foundation, we are proud to launch five new Lombardi Walks to Tackle Cancer this year in eastern Wisconsin. Dollars raised collectively from these events will stay local and support Aurora Cancer Care programs, services and research in their communities. And each participant's total gift will receive a 50 percent match by the Vince Lombardi Cancer Foundation.

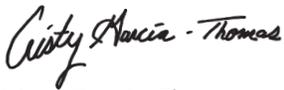
I am so proud of our Lombardi Walk committees, teams and volunteers across eastern Wisconsin who have joined us in this effort. But I'm even more inspired by the people who represent why we walk, like Luis. Luis led one of our strongest fundraising teams in last year's cancer walks, and as a cancer survivor himself, he shares a powerful story of his cancer journey that is incredibly moving.

Many of us are personally too familiar with cancer, we recognize cancer doesn't discriminate. It affects our neighbors, our coworkers and our loved ones. And the only way we can truly battle this disease is by joining together.

And you are already a part of this team. In this issue of Inspire, you'll see the strength of our impact, how gifts to cancer care are making a difference. You'll read Luis's words about why he walks and how he is determined to help those who hear the words "you have cancer" know they're not alone. You'll learn about an innovative cancer research effort that helps more people not only beat cancer but in living well as survivors.

Thank you for your continued generosity to make efforts like these possible. May this spring issue fill your hearts and spirit with hope in this fight.

Always,



Cristy Garcia-Thomas

Chief Diversity and Inclusion Officer, Aurora Health Care, and President, Aurora Health Care Foundation



Cristy Garcia-Thomas with Paul Soltwedel, Board President of the Vince Lombardi Cancer Foundation, at the Vince Lombardi Award of Excellence Dinner Ball on April 9. Learn more in this issue about how Aurora Health Care Foundation and Vince Lombardi Cancer Foundation work together to support local Aurora Cancer Care programs, services and research.



LOMBARDI WALK TO  
**TACKLE  
CANCER**



Aurora  
Cancer Care®



Vince Lombardi  
CANCER FOUNDATION

### Our team to "Tackle Cancer" is growing!

Germantown, Green Bay, Kenosha,  
Milwaukee, Oconomowoc, Oshkosh,  
Sheboygan, Two Rivers, Williams Bay

June - July 2016

*The Lombardi Walk to Tackle Cancer supports local Aurora Cancer Care programs, services and research with your total gift receiving a 50 percent match by the Vince Lombardi Cancer Foundation!*



For dates, or to register and  
make a gift, go to [LombardiWalk.org](http://LombardiWalk.org).

# How the **Lombardi Walk/Run to Tackle Cancer** brought the Ayala family closer together

“When chemo starts, you think I’m going to be a soldier. So you start tackling things. But halfway through you just get unbelievably tired. I remember thinking, I’m only halfway through this?”

– Luis Ayala

Luis says he lived with pain for about a year before he told a single person or saw a doctor. He told himself it was just a stomach ache, but it eventually got in the way of his ability to get in and out of his car and even walk. It finally progressed to the point that he was throwing up blood.

“It happened twice, pretty close to each other. I remember I was watching a Packers and Vikings game in 2014. After that I knew something was really wrong,” Luis explains.

Luis was eventually diagnosed with cancer and doctors removed an 8 to 10 pound tumor from his stomach and colon. It had also spread to his lymph nodes, so for the following eight months, he went through extensive chemotherapy that left him feeling absolutely exhausted. But as physically difficult as that was to endure, for Luis, cancer’s emotional toll was the worst.

“During my treatment I had to use a chemotherapy bag that felt like this ‘scarlet letter of cancer’ on my side that went with me everywhere. I couldn’t escape it. So on my last treatment, I thought I was going to go party and



(L-R) Luis Ayala with two of his closest friends, Cinthia Maldonado and Carlos Aquino. Team Ayala was one of the Milwaukee location’s biggest fundraising teams!



Luis did the Lombardi Walk/Run to show his daughter, Mya, the importance of helping others. He later learned of an essay Mya wrote for school, on the subject of superheroes. She wrote her story about her dad’s toughness in the face of cancer.

celebrate life. But I ended up getting really depressed because chemotherapy at least gave me an identified opponent. Now my enemy was invisible, how do I keep fighting?” Luis explains.

Just before Luis’s final chemotherapy treatment in 2015, he heard about the Lombardi Walk/Run to Tackle Cancer in Milwaukee. He says it was a way for his family to rally against cancer together, “Lombardi is the greatest coach in the world, plus he had colon cancer, the same as me. I just felt drawn to supporting Vince Lombardi Cancer Foundation and helping other people in my community who are tackling this thing, too.”

Luis and Team Ayala ended up being one of the most successful teams at the Lombardi Walk/Run to Tackle Cancer last year. Not only was the team a top fundraiser, but Luis believes it also brought his family closer together. Team Ayala will be back at it on July 23 when the Lombardi Walk/Run to Tackle Cancer moves to Festa Italiana. And that’s because his fight to TACKLE CANCER has only just begun.

“Maybe I need to spread the word to help others get treatment sooner than I did. It’s crazy how many people are affected: young, old, different cultures, different races, and we are all united with this awful disease. Once you strip away all the things that make you different, you just become cancer warriors,” Luis says.

Join Luis and register for a walk or make a gift. Go to [LombardiWalk.org](http://LombardiWalk.org).

# The many ways cancer has touched Don and Patricia Spiegelhoff

Don Spiegelhoff, MD, was a radiologist for 30 years, mostly at Aurora St. Luke's Medical Center. He's been retired for 22 years and is living with his wife, Patricia, in Burlington.

Don says cancer care has changed tremendously since his time at Aurora St. Luke's, "Back then the principle treatments were surgery and radiation therapy. There was very little chemotherapy at the time. Now it's much more refined than it used to be. They can do so many things we didn't have the capability of doing."

Don was grateful for those advancements in 2010 when he himself was diagnosed with a very rare gastrointestinal tumor. Five years later, during routine



Don and Patricia Spiegelhoff are proud to support the Partners in Cancer Care campaign.

cancer screenings, doctors found another spot. This time it was in his lung and he had his left lower lung removed.

"You never think this will happen to you, you don't even think you'll age. We still don't know what

caused mine - I had no family history of it," Don says.

Don has been touched by cancer in so many ways. So he and Patricia wanted to give back and help others fighting the same battle. In early 2016, they

made a \$25,000 gift to the Partners in Cancer Care campaign, which is a \$2.2 million community fundraising effort to help build a brand new comprehensive cancer center in western Racine and Walworth counties. The new center includes a state-of-the-art Vince Lombardi Cancer Clinic, 25 medical oncology infusion bays, 10 exam rooms, an outpatient procedure room, as well as space for complimentary therapies and support services.

"A lot of patients aren't able to travel easily and people like to be near their home. I grew up out here so I'm sort of prejudiced, but I think this is a good cause," Don says.

## Partners in Cancer Care campaign

Goal: **\$2.2 million** by the end of 2016  
 Raised to Date: **\$1,728,434**

 **\$1 million:**  
 Memorial Hospital of Burlington Community Foundation and Crystal Ball

 **\$55,200:**  
 McGMO golf outing

 **\$300,000:**  
 Vince Lombardi Cancer Foundation

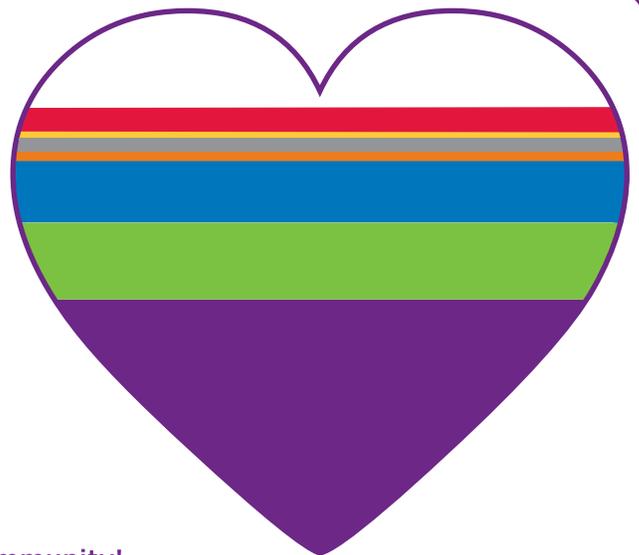
 **\$10,438:**  
 Community fundraisers

 **\$209,555:**  
 Benefit Ball

 **\$126,741:**  
 Individual gifts

 **\$26,500:**  
 Lombardi Walk to Tackle Cancer

 **\$471,566:**  
 STILL TO GO



**Join the campaign that's truly at the heart of the community!**

Make a gift in the attached envelope to "Partners in Cancer Care" or go to [give.aurora.org/cancercenter](http://give.aurora.org/cancercenter).

## How a bond over books turned into a battle against breast cancer

The ladies of the Lake Geneva Book Club had been getting together to read books and enjoy each other's company for over 20 years. But in 2008, one of the members, Vicki, learned she had breast cancer. Fortunately, Vicki was diagnosed early and had the necessary health insurance to cover her treatments. But the ladies knew that some are not that fortunate. So they turned their bond over books into an incredible fundraising effort to help others.



(L-R) Jolene Halvorsen, Aurora Health Care Foundation, with Rosemary Gardner, Carrie Swatek, Wendy Nowak, and Maureen Winkler, organizers of the walk, and Lisa Just, President, Burlington/Walworth Patient Service Market.

"We were all devastated. So we came up with the idea to have a walk to raise money to help others who aren't able to afford proper care. We continue to be motivated by the success stories from those touched by breast cancer," says Wendy Nowak, a book club member.

They started the Lake Geneva Hope Walk and to this day have donated over \$90,000 to various Aurora breast health funds. A major beneficiary, the Breast Treatment Assistance Program, offers women financial help for mammograms and other services.

"If the screening mammogram shows something and needs a better look, they might need a diagnostic mammogram or a biopsy," explains Amy Dilley, breast care coordinator at Aurora Memorial Hospital of Burlington. "We do see in our department a gap between that screening phase and the diagnostic phase. Some may not come back out of fear, but we know some are worried about the cost. However, if they meet financial requirements, this program offers each woman up to \$3,500 to help offset those bills."

The ladies had no idea when they started their book club decades ago that they would end up helping to write happier endings for so many others. This year's *Lake Geneva Hope Walk* is September 24.

## Turning their broken hearts into helping hands for others

Gerry Kadow and his daughters Samantha and Krista know the heartbreak of cancer. They lost Pamela Jean, Gerry's wife and the girls' mom, to ovarian cancer in 2011. The Kadows found comfort in helping others, so that same year they began PJ's Walk for Life, a 2K walk in Mishicot to raise awareness and funds for cancer impacting women.

"I've witnessed first-hand how fighting cancer can put a significant financial strain on a family," Gerry says. "Our efforts, in memory of Pam, help my daughters and me honor her, create awareness of ovarian cancer and provide hope and support to families in need."

Since 2011, they have given over \$36,000 to support Aurora Cancer Care patients in Two Rivers. Funds have been used to create a patient resource room and to support various patient assistance programs.

"It's very rewarding to be able to come together with family and friends for a great cause. Then it all comes full circle when we are able to support others affected by cancer. None of this could be done without the great support of our community and all those who support the cause," Gerry shares.



Krista, Gerry and Samantha at the 2015 PJ's Walk for Life.

**Aurora Health Care Foundation has a tool kit to help you start your own fundraiser!**

To learn about the ways you can help, contact Caroline Stewart at [caroline.stewart@aurora.org](mailto:caroline.stewart@aurora.org).

## You can support the care that doesn't just heal wounds, but gives survivors HOPE

It was August 2015, Shanice had been trying for months to end a relationship that had become physically, verbally and sexually abusive. One horrible night, he beat her and said he was going to kill her. At one point, he made her follow him outside. That's when she heard it—a voice.

"Something inside of me just kept saying 'Run, Shanice run!' He walked ahead of me somehow and I just took off behind him. Something happened in those few moments because we really weren't that far apart. He could have caught me. It was God, I know it was God."



Shanice (left) says Sharain (right) made sure she had all the resources she needed before she left her care at SATC. Sharain even helped her file a restraining order the next day.

Shanice ran, and through a beaten, swollen eye she saw light and screamed for help. It was a motel and people inside called 911. Shanice was taken to the nearest hospital where medical staff treated her wounds. But to get the kind of specialized care someone like Shanice needed, she was referred to the Sexual Assault Treatment Center at Aurora Sinai Medical Center. And that is where she met Sexual Assault Nurse Examiner, Sharain Horn.

"I felt like God sent me an angel," explains Shanice. "I was so uncomfortable to show my body or let anyone touch me. But Sharain would ask, 'Is it okay to touch you here? Is it okay if I do this?' She made me feel like someone was by my side," explains Shanice.

Aurora has Sexual Assault Nurse Examiners, or SANE nurses, available in Milwaukee, Burlington, Elkhorn, Hartford, Kenosha, Oshkosh, Sheboygan, Two Rivers and West Allis. These nurses have specialized forensic training that helps both survivors and law enforcement.

"The physical evidence collection, in some ways, is the easy part. We're really helping people deal with trauma and begin that healing process," Sharain explains.

The next day, Sharain went with Shanice to the courthouse and helped her file a restraining order against her abuser. Shanice knows she has a long road to recovery, but she says thanks to the care she received at Aurora, she has a very powerful tool at her disposal: HOPE.

"Sharain made phone calls for me, referred me to counseling services and went out of her way to help me. She made me feel like there are still some good people out there," says Shanice.

You can celebrate survivors like Shanice and support Aurora's Abuse Response Programs by making a gift at [give.aurora.org/denimday](http://give.aurora.org/denimday). Learn how you can also become an Ambassador and help more victims thrive, contact Cynthia Hosale at [cynthia.hosale@aurora.org](mailto:cynthia.hosale@aurora.org).



### SAVE THE DATE Saturday, October 8

Join us at the BMO Harris  
Bradley Center for the  
2016 Aurora Gala,  
*Through All Stages of Life*

We recognize that strong families and dynamic communities thrive with healthy women. That's why this special evening will be dedicated to celebrating the health of women. To do this, we are proud to announce a special team of event co-chairs who are leaders in this effort.

**A heartfelt thank you to our  
2016 Aurora Gala Co-chairs:**

Joanne Bauer  
Patty Cadorin  
Minnie Chambers  
Nancy Hernandez  
Kathy Turkal

The event will include a special guest performance. Proceeds will benefit Aurora Health Care programs that serve survivors of sexual and domestic violence, and help women thrive through all stages of life. Tickets and sponsorships are still available. **For more information, please call (414) 219-4755.**

# Your gifts are helping to change the face of breast cancer survivorship

Through her research program, medical director Judy Tjoe, MD, is dedicated to changing the face of breast cancer care and survivorship through Translational Oncology Research: Quest for Understanding & Exploration, or TORQUE.

“Aurora Research Institute’s breast cancer research program, TORQUE, employs a ‘bench-to-bedside’ approach,” says Dr. Tjoe, a fellowship-trained breast oncology surgeon.



Dr. Judy Tjoe, in the white hat, holds the hand of Team Phoenix member Janine Herr, who completed her first successful triathlon.

Under the TORQUE umbrella, the Team Phoenix breast cancer survivorship program helps motivate cancer survivors to improve their quality of life. They train – under medical guidance – for a triathlon, learning best practices for removing physical and psychological barriers for initiating and maintaining a regular exercise routine after cancer treatment.

As part of the research component for Team Phoenix, exercise physiologists and cardiologists are working collaboratively to study how exercise affects heart function after cardiotoxic breast cancer treatments. Researchers are also investigating ways to reduce cancer-related fatigue in patients who have undergone treatment.

“TORQUE scientists leverage patient data in the electronic health record against a biorepository of tissue and blood samples to find hidden clues, or genetic biomarkers,

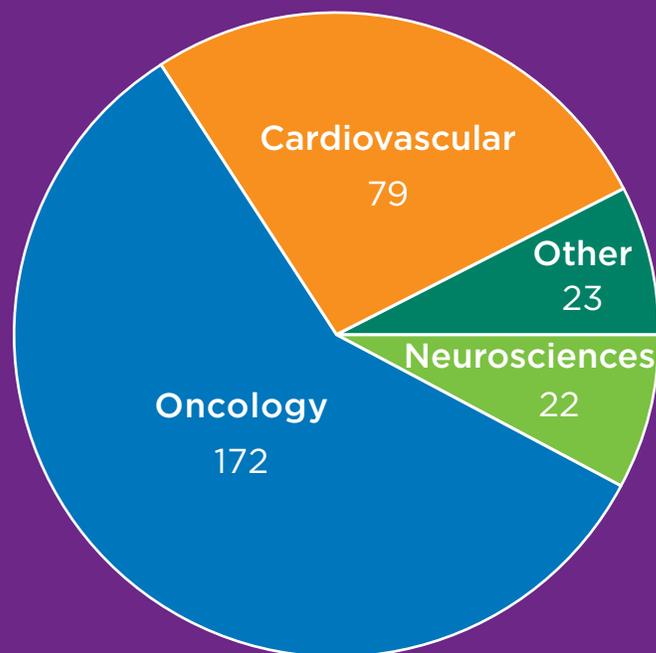
which may increase treatment effectiveness and improve individual survivorship,” says Dr. Tjoe.

Working in a collaborative atmosphere, researchers in the Institute’s Biorepository and Specimen Resource Center and industry partners use residual tissue removed at the time of the cancer operation. They are studying the molecular makeup of tumor cells, which improves understanding about how cancer develops, allows discovery of those hidden genetic biomarkers and spurs development of new targeted drug therapies.

Studies conducted by TORQUE researchers are supported by generous donors, including a significant gift this year by the Vince Lombardi Cancer Foundation. If you would like to help advance cancer research, contact Dawn Groshek at [dawn.groshek@aurora.org](mailto:dawn.groshek@aurora.org).

**Aurora Research Institute currently has 296 active clinical trials.**

Here’s what they’re studying:



## Aurora GOLF Classic

*In partnership with Jeff Cirillo*

### Monday, July 18

**Golf registration  
at 9:30 a.m.**

**Silent auction and  
reception begin at 5 p.m.**

**Chenequa Country Club  
Hartland, WI**

Meet Milwaukee Brewers great Jeff Cirillo and join us at the beautiful Chenequa Country Club in Hartland. Proceeds benefit Aurora at Home pediatric programs, which offer specialized in-home care to children.

For dinner and program tickets, go to [give.aurora.org/golfclassic](http://give.aurora.org/golfclassic).

## Calendar of events

**Saturday  
May 14**

### **Benefit Ball**

Geneva National Golf Club, Lake Geneva  
This event benefits the Partners in Cancer Care campaign.

Go to [give.aurora.org/benefitball](http://give.aurora.org/benefitball)

**Monday  
July 18**

### **Aurora Golf Classic**

*in partnership with Jeff Cirillo*

Chenequa Country Club, Hartland

This event benefits Aurora at Home pediatric programs throughout eastern Wisconsin.

Go to [give.aurora.org/golfclassic](http://give.aurora.org/golfclassic)

**Friday  
July 29**

### **McGMO Charity Golf event**

Delbrook Golf Course, Delavan

This event benefits the Partners in Cancer Care campaign.

Go to [www.mcgmo.com](http://www.mcgmo.com)

## Join a Lombardi Walk to Tackle Cancer near you!

**June 4 Germantown and  
Oshkosh**

**June 11 Kenosha**

**June 18 Green Bay, Sheboygan  
and Williams Bay**

**June 25 Oconomowoc and  
Two Rivers**

**July 23 Milwaukee (at Festa Italiana!)**



*Former Green Bay Packers Defensive Tackle Santana Dotson will be back as the Lombardi Walks Chairperson! Dotson will appear at the Lombardi Walk/Run in Milwaukee on July 23.*

Go to [LombardiWalk.org](http://LombardiWalk.org) to register or make a gift!