

Susan G. Komen® Central Tennessee



Worship in Pink

October 2019

with Pink Sunday hosted on October 20th

Susan G. Komen® Central Tennessee

4009 Hillsboro Pike, Suite 209, Nashville, TN 37215

615-383-0017 komencentraltennessee.org



Where the end of breast cancer begins.™

Worship in Pink Toolkit

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Welcome

Susan G. Komen® Central Tennessee is proud to continue hosting our annual Worship in Pink Program. We are truly inspired by the commitment shown in the fight against breast cancer in our local community!

We understand that a generous amount of work goes into coordinating a Worship in Pink Program and we thank everyone who has taken the time to join this effort. This toolkit aims to lighten the planning and workload by providing tips, templates and suggestions for hosting your program.

We hope that our relationship with you and your congregation will continue beyond the month of October and the Worship in Pink Program. Together, we can help to offer education, support and resources to a greater number of individuals within our community.

We are here to help with any questions or concerns you may have! We would love for you to share your experience and feedback with the Worship in Pink Program.

Have questions or concerns? Contact Dana Niven, Manager of Mission and Education, at (615) 383-0017 or dniven@komencentraltennessee.org. You can also visit our website at komencentraltennessee.org for more information.

Sincerely,

Susan G. Komen® Central Tennessee



Susan G. Komen® Central Tennessee

The Central Tennessee Affiliate of Susan G. Komen® serves **41 counties** in Greater Nashville, Upper Cumberland, Chattanooga and North Georgia.

Our Mission: *to save lives by meeting the most critical needs in our communities and investing in breakthrough science and research to prevent and cure breast cancer.*

Big Bold Goal: *to reduce breast cancer deaths by 50% in the United States by the year 2026.*

Within our affiliate, **75%** of net proceeds remain in our service area. The remaining **25%** goes toward lifesaving research in all areas of breast cancer, from basic biology to prevention to treatment and to survivorship.

Since our inception in 2000, Susan G. Komen® Central Tennessee has provided a total of **397** grants totaling over **\$10.1 million** to our local partners through our Community Grants Program. Through these grants, Central Tennessee is able to provide education, clinical breast exams, mammograms and other life-changing services to those most at need in our 41-county service area.

Through our **2019-20** Community Grants Program, **\$300,000** was granted to **13** local programs in our 41-county service area. These programs will provide over **1,400** mammograms, **1,100** clinical breast exams, and allow more than **7,300** individuals access to breast health education. These programs are vital in increasing early detection and resources to help individuals through the continuum of care in Central Tennessee.

We have also contributed over **\$4.2 million** toward breast cancer research with a total of **\$988 million** being funded nationally by all Komen Affiliates since 1982.



Worship in Pink Overview

What is Worship in Pink?

Worship in Pink (WIP) is a grassroots initiative that provides the opportunity for religious organizations of all faiths to spread life-saving messages about breast health and early detection in their respective places of worship.

What exactly does my organization have to do?

Design a program that works best for your organization. You can hand out the FREE educational materials at your weekly service and invite members to wear pink, invite members to speak about how breast cancer has impacted them or honor survivors and those living with Metastatic Breast Cancer.

Who can participate in WIP?

All faith-based organizations within the Central Tennessee service area of Greater Nashville, Upper Cumberland and Chattanooga counties.

- Greater Nashville counties: Cheatham, Davidson, Dickson, Maury, Montgomery, Robertson, Rutherford, Sumner, Trousdale, Williamson and Wilson
- Upper Cumberland counties: Cannon, Clay, Cumberland, DeKalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Van Buren, Warren and White
- Chattanooga counties: Bledsoe, Bradley, Grundy, Hamilton, Marion, McMinn, Meigs, Polk, Rhea and Sequatchie

When is WIP?

Throughout the month of October or whenever your faith-based organization is able to put on your program.

Where is WIP?

At any faith-based organization in the Central Tennessee Service Area.

Why should we do WIP?

The main goal of this program is to provide breast cancer education and resources, spread awareness of this disease, and to honor Breast Cancer Survivors and those living with Metastatic Breast Cancer.

Registration Form 2019

To participate in the 2019 Worship in Pink Program, please complete the following Registration Form and submit by:

- Fax to 615-383-0067
- Mail to 4009 Hillsboro Pike, Suite 209, Nashville, TN 37215 (Attn: Dana Niven)
- Email to Dana Niven at dniven@komentcentraltennessee.org

Complete this form only if you have not already registered online

Register early as supplies may be limited

Name of Faith Based Organization _____

Address of Organization _____

City/State/Zip _____ County _____

Telephone _____ Website _____

WIP Coordinator/Main Contact _____

Telephone _____ W/H/M Email _____

Secondary Contact _____

Telephone _____ W/H/M Email _____

Ethnic Breakdown of Recipients by percentage (%):

Information can be provided in several languages- please contact Komen Central Tennessee for more information.

_____% African American _____% Hispanic/Latina _____% Caucasian

_____% Asian/Pacific Islander _____% other (Please specify) _____

Number of Women in Congregation:

Women ages 20-40: _____ Women ages 41 and over: _____

How did you hear about Worship in Pink/Pink Sunday?

____ Phone Call ____ Website ____ Mail ____ Social Media ____ Friend ____ Other

Guided Steps

Planning and Execution

1. **Registration Form:** Fill out the attached registration form or register online at komencentraltennessee.org to secure your **FREE** breast health materials for your congregation.

Your Congregation will receive:

*Free to make copies and print other off Affiliate Website
(komencentraltennessee.org/worshipinpink/)

- Up to **750** breast health awareness bookmarks
- **25** Breast Self-Awareness Cards
- **20** Breast Cancer Risk Factors Brochures
- **15** Racial and Ethnic Differences Brochures
- **5** Komen Central Tennessee Grantee Brochures
- **5** Treatment Assistance Program Flyers

2. **Planning your event for Worship in Pink:** Use this toolkit as a starting point for planning your event for your congregation.
3. **Promote your Program** to the church members, distribute the educational materials and open the conversation to discuss breast health for women.
4. **Talking points and Bulletin Information:** This is an opportunity for your congregation to give information to others to help make an impact in your faith-based organizations. Example shown on page 9.
5. **Implement your Activities:** provide educational materials, survey information and encourage the congregation to get involved!
6. **Complete Survey:** During your program, share the printout with the survey link with your congregation. Individuals who complete the survey will be entered to win a \$25.00 gift card.
7. **Still have questions?** Contact Dana Niven, Manager of Mission and Education at (615) 383-0017 or dniven@komencentraltennessee.org.

Program Ideas

Plan your Worship in Pink program to meet the needs and preferences of your congregation. Many faith-based organizations plan additional activities during the service and distributing of educational materials and survey links.

- Invite a Breast Cancer Survivor, one living with Metastatic Breast Cancer, or a medical professional to speak to the congregation.
- Have a moment of silence and/or a prayer in honor of those who have been affected by breast cancer.
- Host a candlelight vigil for Breast Cancer Survivors and Co-Survivors.
- Serve pink lemonade / pink treats at a reception before or after the service
- Hand out pink flowers, ribbons or other articles of pink clothing to show unity, support and appreciations for those within the congregations who may have been affected by the disease.
- Recognize and celebrate Survivors, those living with Metastatic Breast Cancer and/or Co-Survivors during the service/ceremony.
- Set-up an educational area to provide breast cancer awareness facts and share them throughout the service.
- Create a Wall of Hope with names, pictures and stories of congregation members who have been affected by breast cancer.
- Encourage women to commit to receive a mammogram.
 - Can fill out survey for a 6-month reminder/follow-up
- Collect a special donation from the event that can be made to Komen Central Tennessee to help support local women with receiving mammograms.
 - The average cost of one mammogram is \$130 in Tennessee
- Encourage your congregation members to participate in your local More Than Pink Walk™ event. Visit komencentraltennessee.org to register!
 - Chattanooga: Sunday, October 13th, 2019
 - Nashville: Saturday, October 26th, 2019

Sample Bulletin Announcements

Sample #1:

Join us for Worship in Pink on October XX, 2019!

Join your fellow community members in celebrating **Worship in Pink** between October 12th – 14th, 2019. Worship in Pink participants will receive **FREE** educational materials, with information on risk factors, early detection, self-awareness and resources. Wear something pink (OR OTHER PROGRAM IDEAS HERE) to show your support. Join us as we honor Breast Cancer Survivors and those living with Metastatic Breast Cancer for their strength and pray for those who have lost their battles to breast cancer.

Sample #2:

What is a Mammogram?

A mammogram is an X-ray of the breast. It is the best screening tool we have today to find breast cancer early, when it is the most treatable. It can detect breast cancer when it is very small, even too small to feel. It can also detect abnormal changes to the skin and calcifications. With having a mammogram completed each year, it can help an individual enter care at an earlier time help save lives.

Questions & Answers about Mammography

Are mammograms painful? To get a good picture, the technologist needs to flatten the breast. You may feel some pressure, but it will only last a few seconds. It shouldn't hurt. Let the technologist know if you feel any pain.

Is the radiation in mammography harmful? A woman is exposed to a small amount of radiation during a mammogram. While the radiation exposure during mammography can increase the risk of breast cancer, this increase in risk is very small. Studies show that the benefits of mammography far outweigh the risks.

How can I get a mammogram? Call your doctor to discuss and to set up an appointment or receive a referral.

Sample Unified Prayer

We pray to you for strength, healing and a cure.
Breast cancer has ravaged so many of our women.
Hear our prayer and ease our anxieties

We pray for those who devote themselves to research for a cure.
Give them insight and wisdom.
Let their labor be productive and rewarding.

We pray for those who have survived breast cancer.
We pray for those living with Metastatic breast cancer.
Give them confidence and faith.

We pray for those who will one day fall ill with breast cancer.
Give them new treatments and protect them from pain.
Let them not experience fear and doubt.

We pray for (INSERT God(s)) for strength, healing and a cure.

Breast Health Speaking Points

Know the facts:

- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. For African American women, that number is 1 in 9.
- 1 in 35 women in the United States will die from breast cancer- approximately.
- In the United States, one woman is diagnosed with breast cancer every two minutes and one woman dies from the disease every 13 minutes.
- Metastatic Breast Cancer is the most advanced stage of breast cancer. It is responsible for most of the 42,000 deaths from breast cancer in the United States each year.
- The chance for survival is greater when breast cancer is found early and only within the breast.
- Currently, there are more than 3.5 million Breast Cancer Survivors in the United States.
- Breast cancer is the 2nd leading cause of “cancer” deaths overall for women in the United States.

Susan G. Komen® recommends that you:

- Talk to your family to learn about your family history.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam every 3 years starting at the age of 20.
- Talk to your doctor about your personal risks of breast cancer.
- Know your body. Know how your breasts normally look and feel and report any changes to your health care provider immediately.
- Make healthy lifestyle choices. We do not know the causes of breast cancer but we do know ways to reduce personal risk of the disease.

What affects my risk of getting breast cancer?

- ALL women are at risk for breast cancer.
- Cancer can affect anyone; it does not discriminate!
- Being a woman is the number one breast cancer risk factor, with it increasing as you get older.
- Men can get breast cancer too. 1 in 1000 to be exact.

Susan G. Komen®’s Breast Self-Awareness Message:

- Know Your Risk.
- Get Screened.
- Know What Is Normal For You.
- Make Healthy Lifestyle Choices.

Additional Resources

Below are the other educational materials options to enhance your Worship in Pink program. Please feel free to download them and make copies as you see fit! Visit www.komencentraltennessee.org (hover over “About Breast Cancer” and click “Education Materials”).

- Men Can Get Breast Cancer Too
- Healthy Living
- Breast Cancer Among the Ashkenazi Jewish Heritage
- Lesbian, Gay, Bisexual and Transgender Individuals
- What is Breast Cancer?
- Talking with Your Children
- Talking with Your Partner
- Medical Terminology
- Questions to Ask Your Doctor

Completing the Survey

A print out with program survey information will be included in each faith-based organization’s educational packets. This sheet will have instructions on how to access a follow-up survey that congregation members can take after their Worship in Pink program. Organizations should hand this information out to the members who take part in the Worship in Pink Program. Completing the survey is highly encouraged as it provides valuable feedback and evidence based information for this programs future. Those who complete the survey will be entered to win a \$25.00 gift card.

Donations

Please consider making a donation or collecting donations for Susan G. Komen® Central Tennessee. Within our affiliate, up to **75%** of net proceeds remain in our service area. The remaining **25%** goes toward lifesaving research in all areas of breast cancer, from basic biology to prevention to treatment and to survivorship.

If your congregation collects donations and would like to do a check presentation, please contact Dana Niven at 615-383-0017 or at dniven@komencentraltennessee.org.