The Devils’ Advocate is a publication of The Red Devils, Inc.

Our Mission:
The Red Devils mission is to fund support services that improve the quality of life for breast cancer patients and their families.

What’s in a Name?
The Red Devils name was inspired by Katherine Russell Rich, author of The Red Devil – to Hell with Cancer and Back, which opens a window into the heart of a woman whose life with cancer was marked with courage, grace, and humor. In 2002, Jessica Cowling and Ginny Schardt formed a team called The Red Devil to walk in the Race for the Cure. The name has been ours ever since. “The Red Devil” is a nickname for the chemotherapy drug, Adriamycin, often used to treat breast cancer.

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To volunteer, please contact us at 410-323-0135 or info@the-red-devils.org

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Running with The Devils
By Meredith Ledard Kleeman

Nearly everyone knows someone diagnosed with breast cancer or affected by the disease. Help make an immediate impact on the lives of breast cancer patients and their families by participating in The Red Devils’ 12th Annual Running with The Devils 5K on Sunday, June 8 at Goucher College in Towson, Md.

Join Devils’ supporters from around the state for a morning of good times and good deeds at this family-friendly 5K run and one-mile walk that raises money for a variety of services for breast cancer patients. As the largest fundraiser for The Red Devils, this event aims to raise $125,000 to fund the services we provide to more than 700 patients annually, including transportation to treatment, meals and groceries, house cleaning services, medical expenses, and additional assistance to improve their quality of life as they undergo treatment. On average, The Red Devils invests $300 per patient every year, and funds more than $250,000 in patient services.

Charmaine Gordon of Synergy Women’s Fitness kicks off the event with a high-energy warm up

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Dear Devils’ Advocates,

Thank you for your swift and generous responses to our Horns of Hope Challenge. Your gifts made an immediate difference in the lives of families in Maryland living with breast cancer. We asked for your help in raising $50,000 that would be matched one-for-one by an anonymous donor, and you came through in a BIG way. Not only did you make the match, you exceeded our campaign goal! Together, you contributed $65,600, bringing hope to nearly 220 patients just like those whose stories of hope are shared in this issue of our annual newsletter.

We are deeply touched by your commitment to the families that turn to The Red Devils every day to help their loved ones with rides to treatment, and to ease their worries about making ends meet, from putting food on the table to affording their medications. Those families know they can rely on you.

Because of you, the breast cancer patients we touch will have fewer barriers to remaining in treatment. Their sense of normalcy will improve, as will their peace of mind; and their stress levels will reduce significantly. We all know how important those factors are in helping people heal and stay well, and in improving their quality of life. Giving them hope is the impact you have on their journey.

With sincere gratitude,

Joan M. Worthington  
Janice L. Wilson  
Board President  
Executive Director

If you would like to activate your belief in our mission by lending your expertise, please contact us.

We welcome:

• Volunteers to assist us with important projects in our office
• Skilled marketing, event planning, photography, legal, and research professionals available for pro bono service
• Community organizers to enter our Ambassador program and help raise funds and friends

Interested? Please call us at 410.323.0135 or send an email to info@the-red-devils.org

Don’t think you’ll get the trade-in value you deserve? Consider donating your car to The Red Devils. We offer a free, convenient service for converting that extra car, truck, or RV into a tax deductible donation benefiting The Red Devils. You can donate online (click the “Donate” tab and scroll down to “Donate Your Car” or call 877-999-8322 to make your donation. After your car is sold, you’ll receive the appropriate tax documentation and breast cancer families will get the support they need.
running with The Devils
continued from front cover

routine before the 5K run and one-mile walk. Walk or run or to the finish line, where you will be greeted with a carnival-like atmosphere. Enjoy samples from Rita’s Italian Ice before bidding on baskets in the Big Tent raffle, where you can win baskets featuring wine and local craft beers; family-friendly indoor and outdoor games and activities; a round of golf for four at a private club; and a dining around town package filled with gift certificates to local restaurants and VIP passes to the Baltimore Crab & Beer Festival and OktoberFest.

After running, walking, or riding (strollers encouraged!), kids of all ages can participate in games and activities at the Horns of Hope Challenge, including a Devils’ horn toss, cup stacking contest, kid-friendly pong (think beer pong minus the beer), and a relay.

Remember to don your devilish best for a chance to win the best team spirit award—anything red and festive is fair game! Awards will be handed out in a variety of categories, including top finishers by age, most money raised, and largest team.

This year, Running with The Devils participants can pay tribute to someone special by purchasing a Horns of Hope homage sign that will be displayed along the Goucher College course route. For an additional $25 donation, event participants can dedicate their journey to a loved one, and take their special tribute home with them. Another new feature is the Devils’ Delight registration option. Runners and walkers can opt to pay a $1 registration fee in exchange for committing to raise at least $150, half of the amount needed to assist a patient for an entire year.

Team registration is also available. Recruit friends, family, and coworkers to start a team to run or walk, or help an existing team meet their fundraising goal.

The Society for Marketing Professional Services Maryland Chapter participated for the first time in last year’s event, and exceeded their fundraising goal. “It was incredibly rewarding to both raise funds and participate in the 2013 Running with the Devils 5K last year,” says SMPS member Elisabeth McCollum. “Walking and running for a good cause and doing it with a group of good friends made getting up so early on a Sunday morning worth it. We had a great time together, got some exercise and in the end raised $1,000 more than our target goal of $2,000, for a total of $3,130!”

If you can’t make it to this year’s event, consider making a donation to support an individual participant or team. Or sign up to become a virtual registrant as an individual or team member and get a Running with The Devils 5K t-shirt.

Visit www.runningwiththedevils.kintera.org for registration and donation details, as well as tips on how to meet your fundraising goals. The registration fee is $35; online registration ends June 2. The on-site registration fee is $40. Sponsorship packages are also available; visit the event website for more details.

Will Your Employer Match Your Gift?

Double your donation with an employer match! Many employers will match charitable gifts made by their employees. To find out whether or not your employer will match your donation to The Red Devils, visit our website, www.TheRedDevilsMD.org, click the “Donate” tab and scroll down to “Double Your Donation.”
Stories of Hope

By Meredith Ledard Kleeman

A breast cancer diagnosis is many things—shocking, frightening, devastating. Some patients are fortunate enough to have the support of family and friends during this challenging period, but many women struggle with the overwhelming world of treatment options, doctor visits, and medical expenses.

Where does a retiree who has recently moved back to her hometown turn for support? What about a single mother receiving disability payments and recovering from her third round of cancer treatment? Or a working mom with five kids and a tight budget, who recently lost her own mother?

These are a few of the more than 700 patients The Red Devils helps every year.

“It’s really been a blessing”

When Helen Wright, 65, was diagnosed with Stage II breast cancer last October she had no local support network. Helen had just moved back to her hometown of Elkton, Md., one year before, after living in Modesto, Calif., for 58 years. “Being here and not knowing anybody, not having anybody to go with me to treatments—it was very scary and frightening,” Helen says.

As a retired home healthcare worker, Helen lives on a fixed income and couldn’t afford to fly her daughter from California to Maryland to help with her treatment. Helen shared her concerns with Susan DeWitt, her nurse navigator at Union Hospital in Elkton. As a nurse coordinator at one of The Red Devils’ 40 partner hospitals in Maryland, Susan arranged for us to pay for a round-trip ticket to fly out Helen’s daughter to help with her treatment and recovery.

“If it hadn’t been for [The Red Devils] I don’t know what I would have done,” Helen says. Helen’s daughter, Sherry Trimble, arrived in early February to assist with her mother’s recovery after she underwent two lumpectomies. For two months, Sherry cooked, cleaned, and drove Helen to her daily appointments.

“Having [my daughter] here has really helped,” Helen says. “I’m really pleased that there was somebody around who did this type of thing. It’s really been a blessing.”

“They provide for me”

For Michele Franklin, 55, her relationship with The Red Devils goes back eight years, after her third cancer diagnosis. She was initially diagnosed with breast cancer in 1994, and underwent a mastectomy in her right breast and received chemotherapy treatments. The cancer went into remission for five years, but came back in 1999 in both breasts. This time she received radiation and the cancer went into remission once more. In 2001, a tumor was found in her lymph nodes, and she started chemotherapy again. Michele’s cancer has been in remission since then, but she continues to receive chemotherapy.

As a result of years of chemotherapy treatments, Michele was diagnosed with Stiff Person’s Syndrome, a rare neurological disease that causes progressively severe muscle stiffness in the spine and lower extremities. The disease affects Michele’s legs, and some days she can’t even walk without a walker or a wheelchair. A former special education classroom aid and bank employee, Michele has been unable to work for six years, and is currently receiving Social Security disability payments.

Michele developed a relationship with Deb Kirkland, her nurse coordinator at Northwest Hospital in Randallstown, Md. and confided in Deb that she was depressed and worried about providing for her young son. Deb arranged for us to put money into Michele’s son’s account at Franklin Elementary School to pay for his school meals for an entire year. The Red Devils also gave Michele gift cards around the holidays to buy gifts for her son, and paid for him to attend summer camp for several years. For the past five years, we have provided Michele with fresh, weekly meals through Moveable Feast and assisted with transportation to her chemotherapy treatments.

 “[The Red Devils] helped me a great deal because of my disability, and some of the things that I can’t provide, they provide for me,” Michele says. Whenever she’s struggling, Michele calls Deb. “Deb would always help me, she would always come through—she just helped me with everything I needed,” Michele says.
Cathy Guthrie, a 39-year-old mother of five, was diagnosed with Stage III breast cancer in September 2012, the same month that her mother died. Cathy received a double mastectomy four months later. Cathy and her family live in Cecil County, 45 minutes away from Union Hospital, where she was receiving treatment. Susan Dewitt, the same nurse coordinator who worked with Helen Wright, arranged for The Red Devils to provide Cathy with gift cards to help pay for gas and Christmas presents the year she was diagnosed.

“The gift cards were phenomenal,” Cathy says. “It was like a sigh of relief—one less thing to worry about. Being able to provide some stuff for the kids just gave us a sense of normalcy.” The Red Devils also funded a weekend camping trip for Cathy’s family so the kids could enjoy some fun after their mom’s recovery.

During the month Cathy was recovering from her mastectomy, she received weekly meals from Moveable Feast and cleaning help from Merry Maids. “There’s nothing like having a clean floor!” Cathy says, and adds that their empathy for her situation “Just really made my day.”

In addition to the services we provided, Cathy also appreciates the emotional support she received. “It’s not just monetary things or physical things—it’s the emotional support that you knew was there. Whether or not it was in your face, you knew it was there.”

Many breast cancer patients also need help managing the side effects of their treatment. Susan McIntosh, an acupuncturist, treats many patients dealing with chemotherapy-related symptoms, including nausea, exhaustion, pain, anxiety, and depression. “Sometimes after their first treatment they notice a big relief,” she says. “They feel like they can function, the anxiety is lifted a little bit.”

Janet Sanders, 55, was diagnosed with Stage I breast cancer last November and underwent a lumpectomy, followed by radiation and chemotherapy treatments. After her diagnosis, Janet suffered from anxiety and depression and was referred to Susan for acupuncture treatments, which she had never received before. “I was having panic attacks and [acupuncture] really helped me deal with it,” Janet says.

During the month Cathy was recovering from her mastectomy, she received weekly meals from Moveable Feast and cleaning help from Merry Maids. “There’s nothing like having a clean floor!” Cathy says, and adds that their empathy for her situation “Just really made my day.”

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Pain. Anxiety. Depression. These are a few of the side effects of breast cancer. While a trusted oncologist and a team of medical professionals can help women treat the disease, oftentimes patients need help managing the pain, anxiety, and depression their diagnosis and treatment cause.

That’s where the practitioners and therapists at Carroll Hospital Center’s Community Health & Wellness program step in. As part of The Red Devil’s network of 40 hospitals, Carroll Hospital Center offers breast cancer patients acupuncture, massage therapy, reiki, and reflexology to help relieve disease symptoms, boost energy, reduce stress, manage pain, and foster recovery.

In 2013, The Red Devils funded services for 40 breast cancer patients at Carroll Hospital Center. “Our goal complements The Red Devils’ goal to improve the quality of life for our breast cancer patients,” says Mary Peloquin, the manager of Community Health & Wellness at Carroll Hospital Center. “We know that we can’t change what they’re going through, but we can certainly help them through it.”

The practitioners and therapists in the health and wellness program see patients shortly after their initial diagnosis. “When a patient comes for the first time, they’re just in a state of high anxiety and stress,” says Belinda Finn, a massage therapist at the hospital. “They’ve had this awful news of a diagnosis and they don’t think that they can get relaxed.” Through a combination of gentle massage and reiki, a relaxation and energy balancing technique, “I almost 100% can get [patients] to a point of relaxation,” Belinda says.

After her first chemotherapy treatment, Janet was in a lot of pain, could barely walk, and had no appetite. “After acupuncture, I woke up the next morning, I sat up on my own, and did not have any pain,” she says. “I was like 90% better. It was a miracle.”

Mary, the manager of Carroll Hospital Center’s program, says she loves hearing patients comment about the services funded by The Red Devils. “They’re all appreciative, they think it’s a wonderful program, and they can’t believe we do it,” she says. “A lot of it is not medical; a lot of it is comfort services to make it easier for them to get through their cancer treatments. Several people say that it’s these little things that make the bigger impact for them.”
Goucher College, Towson, MD
Walk-Up Registration and Village Opens: 7:00 a.m.

Mail-In Registration Form
Please complete and mail or fax a copy along with your check or credit card payment to
The Red Devils
5820 York Road, Ste 200 Baltimore, MD 21212
FAX 410-323-0136
You may also register online at RunningWithTheDevils.org

Registrant Information. Please Print Clearly
Name: ___________________________________________ Gender: _____ Age: _____
Shirt Size (circle one) S M L XL XXL 5K or 1 mile (circle one)
Name: ___________________________________________ Gender: _____ Age: _____
Shirt Size (circle one) S M L XL XXL 5K or 1 mile (circle one)
Name: ___________________________________________ Gender: _____ Age: _____
Shirt Size (circle one) S M L XL XXL 5K or 1 mile (circle one)
Name: ___________________________________________ Gender: _____ Age: _____
Shirt Size (circle one) S M L XL XXL 5K or 1 mile (circle one)

Registration Fees
_______ Adults $35 per person
$40 on Event Day
_______ Children 12 and Under
(no charge)
$ __________ Donation
$ __________ TOTAL AMOUNT ENCLOSED

Contact/Billing Information. Please Print Clearly
Name: _____________________________________________________________________
Address: _______________________________  City/State/Zip: _____________________
Phone: ________________________________________  Email: _____________________
☐ I would like to receive email updates from the Red Devils
Credit Card #: ________________________________
☐ Visa  ☐ MasterCard  ☐ Amex  Expires: ______________________

RUNNING WITH THE DEVILS WAIVER
I hereby waive, for myself and all family members listed above, all claims against
The Red Devils, run/walk sponsors, Charm City Run Baltimore County, Goucher College
and any other person for any injury that I/we may suffer while participating in this event.
I grant permission to The Red Devils to use photographs of me and my family members
listed above in accounts of this event.

Must be signed by a parent or legal guardian if participant is under age 18.

Signature: ________________________________

PRESENTED BY
MIX 106.5
Baltimore’s Best Mix
By Meredith Ledard Kleeman

Devils’ Advocates

In addition to the money raised by our annual Running with The Devils each summer, we receive donations throughout the year from a variety of beneficiaries. Here are a few of the dedicated men and women who have donated their time, talents and treasures to help support breast cancer patients and their families.

Powerful Pens

Last Fall Cameron Powers, an 11-year-old from Parkton, Md., turned a newfound hobby—woodturning—into a vehicle to support a personal cause. His grandmother and great-grandmother are both breast cancer survivors, and he wanted to find a way to support a local organization that helps breast cancer patients and their families.

Cameron uses a wood lathe to make wood and acrylic pens, and recently began adding pink ribbon clips to some of his pens. He donates $1 from each breast cancer pen sold to The Red Devils. Since he began selling the breast cancer pens, he’s raised $30 for The Red Devils.

Shellie Powers, Cameron’s mother, says that he’s very proud of what he’s creating, and enjoys being able to support The Red Devils. “I really like the fact that [The Red Devils] helps kids go to camps and do things while their mom or grandmom try to get better,” Cameron says. “I can’t imagine having to worry about my mom, so I hope I can raise more money to help make things better for others.”

Cameron also uses his pen sales to promote The Red Devils’ mission. “I always get to talk to people about The Red Devils and I tell them what their purpose is,” Cameron says. “I hope that if I can raise more money for them, and spread the word about the Devils I can help them have more supporters and maybe more people can be helped!”

Visit Facebook.com/cams.woodturning to check out Cameron’s breast cancer pens.

Bold for the Cure

Last year, Bold for the Cure donated nearly $10,000 to The Red Devils, raised in part by six men and women who shaved their heads during an event to support breast cancer patients.

Kisha Mitchell-Richards, a pathologist at Yale University, a breast cancer survivor, and the inspiration behind the Bold for the Cure organization, helped plan the event alongside fellow pathologist Olga Ioffe and her daughter Dina Ioffe. The event was hosted at Dakota Salon in Columbia, Md., in conjunction with the United States and Canadian Academy of Pathology’s annual meeting.

Kisha’s colleague Jeffrey Myers started Bold for the Cure in 2010 after a conversation with Kisha at USCAP’s annual meeting. At that meeting, Jeffrey complimented Kisha’s bald head, which was a result of her chemotherapy treatments. Kisha jokingly retorted that he should try shaving his head. Jeffrey took her comment literally, and started Bold for the Cure with several pathologist colleagues at the University of Michigan.

The organization has hosted several fundraising events in different cities since its inception, and identifies local groups to support. “We want to raise funds and utilize them in a way that’s helpful,” Kisha explains. “[The Red Devils] actually do exactly some of the things that we’re interested in, in terms of helping breast cancer patients on a basic, local level.”

Olga, a pathologist at the University of Maryland and a Dakota Salon client, worked with her daughter Dina and Chrissy Walker, the salon’s manager, to coordinate the event. “The turnout exceeded our expectations, and the salon went above and beyond,” Dina says. “Their enthusiasm was absolutely contagious. Without them, we wouldn’t have had nearly the success we did.”

In addition to the men and women shaving their heads, nearly 40 people participated by getting pink extensions, pink highlights, and pink manicures. “[That event] was one of the most uplifting experiences,” Chrissy says. When one of the participants shaved his head in honor of his mother, who had recently lost her battle with breast cancer, the entire salon became emotional. “It was very heartwarming, we all started to cry!” Chrissy says.

Candies for the Cause

Philip Sharp, 24, a longtime Running with The Devils participant and Red Devils supporter—his mother Sharon Sharp is a breast cancer survivor—has singlehandedly organized fundraisers to support breast cancer patients nationwide for the past three years.

Philip donated $1,600 to The Red Devils last year as part of his most recent fundraiser. He enlisted 10 of the children he works with as a treatment counselor at St. Vincent’s Villa, a residential treatment facility for children with significant emotional and behavioral challenges, to help with his 2013 fundraiser. The kids helped Philip stuff bags with candy that he then sold to friends, family, and colleagues in October as part of National Breast Cancer Awareness Month.

In past years, Philip has planned fundraisers and donated money to Susan G. Komen® and Sharsheret®, a national organization supporting Jewish women facing breast cancer.

While Philip raised more money in 2013 than he had during his previous fundraisers, he says the best part of this year’s fundraising event was seeing the kids work together to support a cause he’s so passionate about. “The kids displayed such positive behaviors during this activity,” he says. “I didn’t have to use the candy as an incentive to do the activity. The kids took to the activity and understood that they were trying to help other people.”
The Red Devils

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The following individuals volunteer to represent The Red Devils at community events to help raise funds and friends.

If you would like to become an Ambassador, please contact us at 410.323.0135 or info@the-red-devils.org.

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Mark Your Calendars for These Red Hot Events Coming This Spring and Summer!

May 3  Look for us at Bel Air’s First Friday
May 4  We’ll have a booth at the Towsontown Spring Festival
May 7  Funds for Friends day at the Greene Turtle in Aberdeen.
May 17  Drinks and more at Rope Walk Tavern
May 21  Devilish Dining at Blue Hill Tavern
June 4  It’s the 5th annual Hard Yacht for Hooters at the Hard Yacht Café in Dundalk
June 8  Running with The Devils at Goucher College
June 21  Ace of Hearts Ride at Chesapeake Harley-Davidson in Darlington
July  Hard Yacht Café’s Charity Golf Outing
July 19  Ace of Hearts Foundation Festival
Aug. 2  O’s vs. Seattle Mariners

Visit our Upcoming Events page for all the details. If you would like to organize a community event to support Maryland breast cancer families, please contact us at 410.323.0135 or send an email to info@the-red-devils.org.