

NCBC Inspiration Award



Presented by Cary Kaufman, MD, FACS

NCBC Inspiration Award



Past Awardees have been:

2005	Olivia Newton-John
2006	Deb Wiggins
2007	Blake Cady MD,
2008	Barbara Rabinowitz PhD
2009	Teresita Macarol RT
2010	Beau Askew MD / Phil Sutton MD
2011	John W. Cumming CEO
2012	Partners, Companions, Spouses
2013	Ben Anderson MD
2014	Laszlo Tabar MD
2015	Navigation – Kneece, Johnson, Hopkins
2016	Cary Kaufman MD
2017	A. Thomas Stavros MD
2018	Suzanne Foster
2019	Ernie Bodai MD
2023	Inspiring Women

Team Members

Survivor
Administrator
Surgeon
Admin – Nurse
RT – Survivor
Breast Team
Supporter
Partner
Global Health
Radiologist
Nurse Navigators
Surgeon
Radiologist
Supporter
Surgeon
Survivors

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- Professional or lay person who has contributed to the field of breast care
- Through their deeds and actions, they have demonstrated their commitment to women with breast cancer
- They have gone above and beyond what would normally be expected for their position.
- They are looked upon as mentors or examples of how to “do it right”
- They stand out as an inspiration and make our own work seem more worthwhile and meaningful

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- Inspiring acts occur by all members of the team, doctors, nurses, technologists, administrators, survivors, industry, significant others, and more
- Typically we honor an individual who doesn't know they are receiving this recognition until now.
- This year, we are honoring two individuals for their unique contributions to our field.
- We will describe each individual and then ask them both to come up and receive their award.
- Who are they?

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- This individual is a breast cancer survivor from years ago
- When she was diagnosed at age 38, there were no advocates, there was no Komen foundation, there was very little support for a young person in her situation nor opportunities to learn about the disease
- Her physical self was successfully treated but her emotional, practical and supportive self was left lacking.
- She describes this time as a “defining moment” in her life.
- It was then that she decided that no other women should have to struggle with the impact of this diagnosis as she did. She had a mission!

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That's when the idea of the
Breast Cancer Wellness Magazine
was born



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For the last 18 years Beverly Vote has published this magazine to support women at every point on their journey



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Social Media Connections
17,607 Followers



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Social Media Connections

17,607 Followers

**Beverly Vote** • 3rd+
Connecting breast cancer survivor... [+ Follow](#) [×](#)
1w •

Turning scars into stories of strength. Let go of the past, fuel your spirit with hope, and march bravely into the future. ❤️

[#BreastCancerWellness](#) [#breastcancersupport](#)
[#survivingstrong](#) [#breastcancerjourney](#) [#healing](#)
[#movingforward](#)

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Founder – Breast Cancer Thrivers' Cruise – since 2005, 18 years

- ✓ Longest running Breast Cancer Survivor Cruise event in the world –Attendees come from all across the country
- ✓ Famous “Pink Celebration Party” on board
- ✓ Next coming this May 4 – 9, 2024 NYC to Bermuda





Memories of 2023 Thrivers' Cruise

16th Annual Breast Cancer Thrivers Cruise 2023

Making Great Memories Together



From February 19 -26, 2023, we had a great itinerary exploring the Southern Caribbean together. The weather was incredible, the islands were absolute paradises, we made great memories together, our laughter was louder, and our friendships are stronger than ever. But more than that, we are family, where we can be ourselves and be loved and appreciated just as we are.



SHEILA MARIE JOHNSON
FAITH AMBASSADOR



RAYMOND COOPER
THRIVER CAREGIVER



RAMONA EVANS
THE ENCOURAGER AWARD



BREASTFRIEND CRUISERS
LARGEST GROUP



VAL WILLIAMS & KAREN JO SMITH
BEST DECORATED CABIN DOOR



VAL WILLIAMS & KAREN JO SMITH
PRETTIEST IN PINK



KAREN JO SMITH
FUNKIEST FLIP FLOP



LINDA CHINDORI CHININGA
FAR OUT TRAVELER



LINDA CHINDORI CHININGA & KIMBERLY SHEEK
BEST KARAOKE

SEARCH FOR A THRIVER

Breast Cancer Wellness

BREASTCANCERWELLNESS.ORG

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Awareness is Good, but Action is Essential

Take Action Today and Join the Check Your Chart™ Movement

Go to Check Your Chart - My Density Matters to Learn:

- ✓ What is the Check Your Chart™ initiative?
- ✓ What is breast density and why does this matter to you and women around the world?
- ✓ Why do you need to know your breast density?
- ✓ How do you Check Your Chart?
- ✓ What do you need to know about your mammogram report?
- ✓ How do you collaborate with your doctor?
- ✓ What are your options?

You can access Check Your Chart™ 3 ways:

- 1 Go directly to the My Density Matters website: <https://mydensitymatters.org/programs/check-your-chart>
- 2 Use the QR Code below
- 3 Text 'Check Your Chart' to 211411 on your cellular device



The Check Your Chart™ initiative is brought to you by My Density Matters. My Density Matters is a 501(c)(3) non-profit with the mission to empower women to find out their breast density, learn their screening options, and take control of their breast cancer screening. Their work is supported by donations. Visit for more information.

This movement is in partnership with the National Consortium of Breast Centers.

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THE VALUE OF A LIFE STATEMENT

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FEATURE

KAREN RODRIGUEZ

Read more on how her breast cancer journey changed her life

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BREASTCANCERWELLNESS.ORG

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Stories of
survivors, advocates,
and others



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- Young Survival Coalition – YSC
(1998)
- Resources
- Support
- Information
- Personal Stories



A PERSONAL GLIMPSE INTO THE LIFE OF JENNIFER MERSCHDORF CEO OF YSC

In April 2011, 12 years ago, the Young Survival Coalition (YSC) hired Jennifer Merschorf as their third Chief Executive Officer. Jennifer began her work in this critical position nine months after she was diagnosed with breast cancer at age 36. Until then, Jennifer had utilized her MBA to help

her strengthen nonprofits in environmental and international efforts, not in breast cancer.

Jennifer found YSC a week after her diagnosis and attended one of YSC's Face-2-Face support group meetings in New York City. The

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- Newly Diagnosed
- Education
- Resources
- Connections
- Helpful Hints

**JUST
DIAGNOSED**

BY ARLENE M. KAROLE, FACHE, CHCP, CMP, MSA

What's in Your Refrigerator?

"There's no such thing as junk food. There's junk and there's food."

— Mark Hyman, MD

Just as we can take ownership and control of our breast cancer diagnosis and empower ourselves, we can take an honest review of the lifestyle choices we make daily that may influence our health in a good or not-so-good way.

For instance, we know that smoking can cause lung cancer but people choose to smoke anyway. While the sun's rays may get us that summer sun-kissed glow, long-term exposure can increase the risk

or developing skin cancer or stress left unchecked can wreak havoc and take a toll on our overall wellbeing.

I had no family history of breast cancer and my genetic test for the BRCA gene was negative, so I wanted to know "How did I get breast cancer?" I was on the quest to find out!

I came across an article in the Cancer Research UK science blog that highlighted, in part, "most breast cancers arise from genetic

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Physical Support

LYMPHEDEMA & EXERCISE: WHAT YOU SHOULD KNOW



by Dr. Sharon Cowden

Being on the other end of the stethoscope taught me a lot about medicine. As I have shared, I am a pediatrician and breast cancer thriver. Twenty years ago, I was diagnosed and treated for breast cancer. My surgery was a lumpectomy and an axillary node dissection. An axillary node dissection is removal of lymph nodes from under the arm to check for cancer. What I did not know about before surgery was the increased risk for lymphedema of the arm following an axillary node dissection. After surgery, I received a list

of the things I could no longer do which included not golfing. I was devastated!

Very simply, lymphedema is the buildup of lymph fluid in part of the body. For breast cancer patients, the risk is for the arm, breast and/or trunk on the side of the breast cancer. The lymphatic system transports lymph fluid throughout the body to remove harmful bacteria and viruses. In breast cancer surgery, the removal of lymph nodes to examine for cancer can interrupt this system.

[illegible]

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Emotional Support



Making Peace With Our Own Bodies

BY BRYNN BARALE, RN

Can you make peace with the changes to your body after breast cancer?

The short answer is yes, and the long answer is heck yes!! Before breast cancer, I was pretty carefree especially when it came to my appearance. Sure, I would get a haircut every month and maybe a new outfit here or there, however, my appearance came easy. I am sure that being 26 years old played a part in the way I fit into the world around me, but breast cancer quickly changed that.

I didn't really have a large gap of time after my lumpectomy and starting chemo, maybe 3 or 4 weeks. The lumpectomy didn't leave me feeling different about my appearance, but that feeling of familiarity with my body wouldn't last. Just as the surgical site was healing, I started chemo. I chose to shave my head right around chemo number two. I had a little gathering complete with plenty of margaritas, and just like that, my appearance changed again.

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Latest Breast Health News

13TH ANNUAL STOP THE SILENCE NATIONAL AFRICAN AMERICAN 5K WALK
FOR SISTERS NETWORK INC.® AT THE UNIVERSITY OF HOUSTON

Sisters NETWORK INC.

**REGISTER NOW
5K WALK / RUN**

13th ANNUAL

sisters network inc
stop the silence®
National African American
breast cancer walk.

PORTION OF THE FUNDS
RAISED BENEFIT THE

KAREN E. JACKSON
EST. 2008
BCAP
BREAST CANCER ASSISTANCE PROGRAM

**SATURDAY,
APRIL 29, 2023
9:00 A.M. - 12:00 NOON**

CLICK HERE FOR REGISTRATION

REGULAR REGISTRATION OPEN
January 9 - April 27, 2023
\$45/per person, \$450/team of ten

NEW LOCATION!
LYNN EUSAN PARK
THE UNIVERSITY OF HOUSTON
4800 CALHOUN RD, HOUSTON, TX 77004

NOTE: T-SHIRTS ARE GUARANTEED FOR PARTICIPANTS IF
REGISTERED AND SIZES PROVIDED BY MARCH 17 (NO EXCEPTIONS)



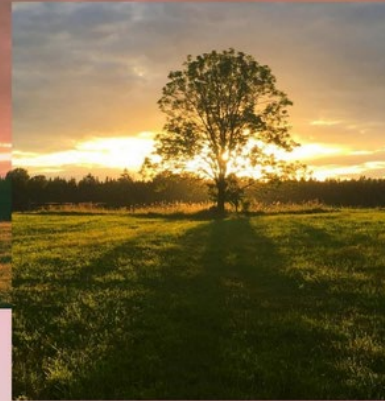
www.stopthesilencewalk.org | 866-781-1808 | stopthesilencewalk@sistersnetworkinc.org

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Beverly's Personal Notes

The Value of a Life Mission Statement



"I believe every one of us is born with a mission.

*No matter who you are, what you do, or how far you think you have to go,
you have been tapped by a force greater than yourself to step into your God-given calling.
This goes far beyond what you do to earn your living.*

I'm talking about a supreme moment of destiny, the reason you are here on earth."

-Oprah

After the diagnosis of breast cancer, I made a conscious effort for my life to stand for something differently than what I had focused my life on previously. I was doing everything I could to experience the Americanized version of the so-called dream life, the dream career, the dream house, and dream vacations. All great aspects of life itself, but I didn't know how to appreciate my life or my blessings because I was living a life that was sort of a trap because of

the superficial layers that I had built into my life based on marketing, programming, and other people's agendas. Up until the breast cancer diagnosis, I hadn't given enough thought to the value of my life, and the value of my life in this world. My upbringing programmed me that making a living was to be the purpose of my life, yet sometimes, through all this darkness of diagnosis, overwhelm and trauma is when we are challenged to see our existence in a new light.

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Beverly's Personal Notes

capitalize "Life Mission Statement" is because I wish to give it more authority.

A Life Mission Statement is a constant but gentle reminder to stay in alignment with what is important to you. It's okay to lean into someone else's Life Mission Statement until you decide on one that truly resonates with you, but don't be surprised if it doesn't take you long to revise it to what feels right for YOU.

When asked to spend your time and resources, if the request doesn't benefit your Life Mission Statement in some way, it is easy to just say no, not at this time, but thank you for asking.

My Life Mission Statement is to help change the culture and consciousness about breast cancer. I wrote this statement years ago and I still serve this mission. It keeps me away from the shiny-object syndrome so that I'm not someplace that I don't need to be. But I continue to learn that when we help others to heal or to see, we are helping ourselves to heal...a soulful healing experience. (The reason I capitalize "Life Mission Statement" is because I wish to give it more authority over my life, and the reason I never capitalize breast cancer or

any disease is because I wish to convey less energy and less authority to the disease. It's just my belief that words matter, and the intent and context of our words matter.)

Not everyone needs a written statement to believe in their life, nor do they need to prove their worthiness to others or to themselves. A Japanese study in 2009 concluded that people tend to live more satisfying lives when they happily serve a higher calling.

Once you have that written statement in hand, and have it front and center in your mind, don't be surprised if the universe doesn't show up in synchronistic (possibly subtle or in disguise) ways and begin bringing you opportunities to serve your mission.

There is a calling in all of us to be more and to love more. When you fill the deficit that you see in the world for someone else, it becomes a healing experience/moment for them, but also for YOU. Isn't it intriguing how life works that way!

Beverly Vote



Beverly Vote

Beverly Vote is a 31-year survivor, publisher of the Breast Cancer Wellness Magazine, recipient of the Dan Ronly Award for Publishing, Co-Founder of NCBC Leaders' and Advocacy Council, Consultant and Strategist for Breast Cancer Survivor Campaigns, and Founder of the longest running cruise in the world for breast cancer survivors. She is also a contributing author for Chicken Soup for Breast Cancer Survivors' Soul, Dancing with Fear: Tips and Wisdom from Breast Cancer Survivors, and The Pink Prayer Book, Author of How We Became Breast Cancer Thivers, Co-author of Faces of Inspiration, and recipient of the Tigerlily Foundation's Inspiration Award and Sisters' Network Pink Angel Award. She and her husband David live at the Lake of the Ozarks in Missouri. They are the proud parents of Laurie and Brad and have five granddaughters and three great-grandchildren.

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But wait . . . There's more

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- This ultrasound technologist worked hard at the hospital and after several years became an Operations Manager at the hospital.
- She managed 9 departments, 12 senior managers, 500 employees and 65 volunteers.
- She was responsible for strategic planning, operations, finance management and fundraising for their breast center.
- She was instrumental in raising \$90 million to build a Women's Pavillion at the hospital.

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- She left that position for a new business opportunity in the private sector for a few years and was quite successful.
- She was the President of the company and eventually it was sold.
- About that time, a radiologist she had previously worked with, notified her of a job that she might be interested in.
- Her prior experience at the large hospital gave her the skills and knowledge necessary for this position.

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- The National Consortium of Breast Centers had lost their Executive Director and was having trouble finding the right person to lead this organization.
- They tried a management organization which was not effective.
- Then in 2013, they offered her the job of Executive Director and she hasn't looked back since . . .

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- She attacked this job with passion, dedication, commitment and focus. She was on-task 24/7.
- During her 10+ years at NCBC, Kimberly Bolin has accomplished more than you would expect of a non-profit Executive Director.
- NCBC grew in members, grew financially and grew in complexity.
- Brought new opportunities and grants to NCBC

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- Obtained NCCA certification for two main NCBC programs, Navigation and Cancer Genetic Risk Assessment certifications
- To my review, the NCCA (National Commission of Certifying Agencies) has certified only one navigation certification program and one cancer genetics risk assessment certification program.
- The COC and NAPBC accept these certifications.

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- Initiated and obtained ACCME accreditation for NCBC
- Created innovative marketing for all aspects of NCBC
- Integrated Inflammatory Breast Cancer quality measures into the NQMBC
- Encouraged renewed interest in Clinical Breast Assessment
- Initiated strategic planning for NCBC's future

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- Both Beverly and Kimberly, along with others, established the Annual Survivors and Advocates Summit culminating in this year's 3rd Annual event.

Beverly Vote and Kimberly Bolin Inspiration Award 2024

3rd Annual NCoBC Survivors & Advocates Summit™



Patients at the Forefront: The Expansion of the Patient-Provider Partnership

Beverly Vote & Kimberly Bolin, RT(R)(M), ARRT, ARDMS, NCBC Executive Director

The NCoBC medical community continues to partner with non-medical advocates. The 3rd Annual NCoBC Survivors & Advocates' Summit is an exclusive opportunity for breast cancer leaders and advocates and medical communities to lead the global mission for empowering and expanding the patient-provider relationships and trajectories.

This is your opportunity to be at the forefront with decision makers collaborating in the most revolutionary times in breast care and awareness history.

NCBC Inspiration Award



*The
National
Consortium of
Breast Centers
Inspiration Award*

is presented to

Beverly Vote

After your first-hand experience at an early age, you redirected shock, fear and isolation towards helping other women through this challenge. The 18 years of your Breast Cancer Wellness Magazine has provided hope, support, options, connections, and a spectrum of health opportunities that you didn't have.

The NCBC recognizes your long-term commitment helping so many women across the country.

The
National Consortium of Breast Centers
express their deepest gratitude.



March 18, 2024
Las Vegas



NCBC Inspiration Award



*The
National
Consortium of
Breast Centers
Inspiration Award*

is presented to

**Kimberly Bolin
Executive Director NCBC**

An individual who brought talent, abilities, innovative ideas, persistence, and full powered energy for over 10 years toward the goals of improving women's breast health.

The NCBC recognizes your commitment and dedication beyond this organization and towards all women.

The
National Consortium of Breast Centers
express their deepest gratitude.



March 18, 2024
Las Vegas



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3rd Annual NCoBC Survivors & Advocates Summit™



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Beverly Vote and Kimberly Bolin Inspiration Award 2024