

Konnnect to Komen

A monthly e-newsletter for Komen OC Volunteers!



SPOTLIGHT: Our fabulous front (line) desk volunteers!

First impressions count. The Orange County Affiliate of Susan G. Komen for the Cure® makes a great first impression thanks to the friendly volunteers who help with the phones and front reception desk. These volunteers give their time and talent so that callers and visitors get prompt attention, helpful information, and are connected to the right person. Besides providing professional service, these volunteers make a big statement by committing to the task for weeks and months, allowing the Komen Orange County Affiliate to put more dollars toward fighting breast cancer.

They also give smiles and hugs when needed. Meet our front line folks.

"Having volunteers as the first link to the public is so valuable you can't put a price on it." author unknown



Sujata & Shefali Dutt: I enjoy the atmosphere at Komen. I feel it is enjoyable for me and I would like to continue as long as I can be a role model for my daughter. My daughter volunteers with me. Volunteering is a

way for us to give back to our community. I feel if each of us gave of ourselves even a little, it goes a long way in making the world a better place. Last year when my friend's father suddenly passed away, it was devastating for her. I visited my friend and spent time listening to her and was there for her as long as she needed me.



Anjelica Reid: I wanted to volunteer at Komen to get some office experience, but since coming on Fridays my whole outlook changed. I now volunteer to help make a difference in the life of others. I have learned that even asking how a person's day is going over the phone could change their whole day. Volunteering is

important to me because I feel that when you are blessed with a lot you should give back or help someone who is in need. I am so blessed that my mother and my sister haven't had breast cancer, so I find it important to help those families that have been impacted by breast cancer. The most common questions I get asked are, "How can I learn more about breast health?" and "What can I do to help find a cure?" Every week I come into Komen I feel like I am helping someone. Whether it be entering in volunteer applications or helping someone find a low cost mammogram or even greeting people as they come in. I feel that every small thing I do every week is helping the BIGGER picture.



Pam Zemanek: I volunteer because it helps me to be closer to other people that care about women that have been touched by breast cancer and their families. It helps me see up close the Race for the Cure going on every day and not just on Race Day. All the hands that are involved in helping are attached to someone with a warm caring heart that I always feel instantly close to. These people in-

spire me. I believe in KOMEN! I also have a personal drive for the cure as a breast cancer survivor and someone that may not have been here if I wasn't aware of early detection at 41 years young. Being a mom of two daughters, I'm prepared to do whatever is needed to reach the finish line in hopes of saving my girls and other women of being touched by this horrific disease. I believe in KOMEN!



An(h)jelica Martinez: I chose to do my senior internship at Komen after having found the website during a search for employment. I viewed the website and spoke with Cindy regarding this opportunity and was struck by the sincere camaraderie within the office and was

touched by Komen's mission to end breast cancer. I have previous HR/Office experience working for a non-profit hospice agency and found that position to be one of the most rewarding positions I've held. My heart has always wanted to serve the community and I find myself back at an organization that strives to increase the quality of life for others and also strives to end breast cancer. I am truly blessed by the experience. I find volunteering to be important because it gives an opportunity to be selfless and give back to a community of individuals in need. When you sacrifice a little piece of yourself to others, you are essentially building the quality of life for others around you.



VOLUNTEER OPPORTUNITIES


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SAVE THESE DATES!

5th Annual Pink Tie Ball Angel Stadium
May 14, 2011

20th Annual Race for the Cure® Fashion Island
September 25, 2011

Check our website for other upcoming volunteer opportunities!



HAPPY BIRTHDAY

Wishing all of our special Komen OC volunteers whose birthdays we missed in February, all the best in the coming year.

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Continued: SPOTLIGHT: Our fabulous front (line) desk volunteers!



Suzi Demsey: I volunteer at Komen for a few reasons: it is a non-profit with a cause dear to my heart. I like that its fundraising efforts go to research breast cancer cures, to enable uninsured and low income people the opportunity to seek the help they need plus it educates the public with all issues involving breast cancer, and lastly, it is payback time! I survived and I want everyone else to survive as well. Volunteering is important to me. If Komen didn't have volunteers their fundraising efforts would be eaten up to pay people for the jobs we do as volunteers. It feels good in my heart to give back. It sounds silly, but maybe the time I spend answering phones, inputting data, organizing things, filing, etc. saves money that will help someone get a mammogram to save their life. The most common question? Depends on the time of year, "where can I get a free or low cost mammogram?" "Do I have to pay for wigs at Komen?" The people I feel I have helped the most are those newly diagnosed or those going through chemo/radiation because I've been there, done that. One lady walked in for a wig and told me she finds herself crying for no reason. I let her know that when newly diagnosed, that is very common; the tears come out of no where, seemingly for no reason. I talked her through it, let her know that happened to me, but once you have a plan of attack (surgery, chemo/radiation, etc) the tears stop. I let them know the most important key to becoming a survivor is attitude. Know that you are going to live. Keep smiling and go forth with courage!!! Every now and then I get someone on the phone that has a loved one that has been diagnosed or that passed away and they just need a soothing voice and caring ear to pour their heart out to. Me being that person, makes volunteering worth it!



Annie Stoeckmann: Annie is an incredible and professional volunteer who shies away from any and all spotlights. Annie's best friend Suzi Demsey is a breast cancer survivor. I think Annie would tell you that is why she started volunteering with Komen. Annie has been volunteering for Komen ever since she retired; it has become a passion for her. She is a delight to work with, and is a caring and compassionate resource for those who call for information. In addition to one day a week at our front desk, Annie is Komen OC's Rally for the Cure Ambassador and can be found working registration at most Komen OC events!



Joanie Malis: Volunteering is my way of giving back and supporting an organization that is making a difference in breast cancer awareness, support, and research. I have time that can be used productively and personally to assist others....to make a difference. The most common question I am asked is where to go for low cost or free care. Whenever I feel I have successfully directed someone to an answer for their question or problem, I feel I've helped that person on their path.



Jamie J. Hunter: Jamie is a no nonsense volunteer of few words but her actions speak volumes! Jamie not only helps at the front desk one day a week but is our Banner Chairperson for the Race for the Cure! In her own words: Why do you volunteer (at Komen)? Karma. Why is volunteering important to you? Gets me out of the house so I won't sit around eating all day long. What is the most common question you are asked? May I please talk with Cindy? Can you (briefly) share a time you felt you really helped someone? I opened the door for the UPS guy once.



Fabian Valencia: I volunteer at Komen because I feel related to the cause. Volunteering gives me a sense of contribution to society. I get connected to other people. Also volunteering has increased my self-confidence. I am asked often where and why I volunteer. I feel I really help someone, when I use my language skills to help a person to find the answer that they are looking for. Note: Fabian is fluent in Spanish and is able to provide extra help for some callers.



Hayley Rosenberg: I volunteer at Komen because I like its friendly and welcoming work environment. Volunteering is important to me because it is important to give back as much as one can to the community. Whenever you volunteer, you end up getting something back in return for your volunteer work. The most common question I am asked is where one may receive a free or low-cost mammogram when they do not have health insurance. During this past 2010 Orange County Race for the Cure, I helped a lost, little girl remain calm, while taking the proper active measures to help locate and reconnect her with her parents.



Laura Brueckner: I volunteer at Komen because I believe in the mission of education and research for a health issue that has become pervasive among women. If I didn't volunteer I think I would feel out of balance – as if everything I do would be just for me. There is common question for me. Whenever I am able to refer a woman to a clinic for a low-cost mammogram I feel that I have helped her.