



September 2009 Newsletter

**Issue I
2009**

October

In This Issue

Quote of the Month

Did You Know?

Winter Garden

Don't Forget

A Message from JoAn

Quote of The Month

"The most important thing
in illness is never to lose
heart."

~Nikolai Lenin

Did You Know?

October is National
Breast Cancer
Awareness Month.

Winter Garden Joins PHF

Winter Garden will
donate 10% of your
meal and COSMO to
PHF every Monday

Greetings

Welcome, and thank you for viewing the first edition of the Pink Heart Funds' Newsletter. We are very excited to have a portal to share news, information and upcoming events with you. We will also highlight some of the ponytail donators, recipients, and people who have been touched by the tremendous generosity of the Pink Heart Funds' community. We look forward to many more great newsletters!

A Message from JoAn

"Pink Hearts is a Ministry"

"I never dreamed that there would be such a need for this cause. The help we have provided to children and adults in the past three years has been overwhelming. We have provided over 1000 wigs free of charge and nearly 100 free breast prostheses. This is not just another non-profit organization. Pink Hearts is a ministry."

-JoAn Nicely, Founder



Upcoming Event

Third Annual Pink Heart Funds "Walk Of Hope"

Date: Saturday, November 7, 2009 Time: 8:00 am
Registration day of walk: 7:00 am

Pre-register at Pink Heart Funds Office
5095 Beatline Road, Long Beach 228-575-8299

Entry Fees:

\$20 - Pre-register (Forms and money must be received
by October 20th to guarantee free T-shirt.)

\$25 - Register day of walk/run/roll (Cannot guarantee free

night

6:00pm until close.
229 Klondyke Road
Long Beach MS 39560

228.863.1684

Don't Forget:

Volunteer Meetings are
the 1st Monday of
each month at 6:00 p.m. in
the
PHF Building on Pineville
Road.

Hope to see you there, n
ew volunteers are welcome
at all meetings!

Before & After

This brave beauty donated
her beautiful hair to help
provide a wig for a child in
need.



Before

T-shirt)

\$50 - Pink VIP (Includes sweat shirt, hat and PINK or PURPLE wig.)

\$10 - Children 10-18 (Includes T-shirt) you must be pre-registered to guarantee T-Shirt.

Free - Children under 10 (wagons and strollers allowed) does not include T-shirt. *Must register.

Pink Heart Funds celebrates "Hope" in all types of cancer with cancer survivor ceremony after walk: The lovely Rhonda Weidner of WLOX is the Mistress of Ceremonies. Keynote speakers: Local oncologist and four-time cancer survivor Lisa Russell.

THE FUN STUFF: Share your hair and cut your ponytail of 6 inches or more * Face painting * Pink ribbon tattoos * Craziest team contest award * Most money raised team award * Most decorated stroller and wagon award * Children's live art auction * Raffles * Waterslides and more * Most items are free, but not all so bring your money and support a great cause while having a great time!

[For all the details and registration form, follow this link.](#)

Share Your Hair

A donated ponytail can be any color or texture, and only has to be 6 inches long.

[To learn more, click here.](#)



Laughter is the Best Medicine

"The First Mammogram is the Worst"

By Judy Allen

The first mammogram is the worst. Especially when the machine catches on fire.

That's what happened to me.

The technician, Gail, positioned me exactly as she wanted me (think a really complicated game of Twister - right hand on the blue, left shoulder on the yellow, right breast as far away as humanly possible from the rest of your body). Then she clamped the machine down so tight, I think my breast actually turned inside out. I'm pretty sure Victoria's Secret doesn't have a bra for that. Suddenly, there was a loud popping noise. I looked down at my right breast to make sure it hadn't exploded. Nope, it was still flat as a pancake and still attached to my body. "Oh no!" Gail said loudly. These are perhaps, the words you least want to hear from any health professional. Suddenly, she came flying past me, her lab coat whipping behind her, on her way



After

If you or someone you know would like to donate to the Pink Heart Funds, contact us at **228-575-8299**.

out the door. She yelled over her shoulder, "The machine's on fire, I'm going to get help!" OK, I was wrong, 'The machine's on fire,' are the worst words you can hear from a health professional. Especially if you're all alone and semi-permanently attached to A MACHINE and don't know if it's THE MACHINE in question.

I struggled for a few seconds trying to get free, but even Houdini couldn't have escaped. I decided to go to plan B: yelling at the top of my lung (the one that was still working). I hadn't seen anything on fire, so my panic hadn't quite reached epic proportions. But then I started to smell smoke coming from behind the partition. "This is ridiculous," I thought. I can't die like this. What would they put in my obituary? Cause of death: breast entrapment?

I may have inhaled some fumes because I started to hallucinate. An imaginary fireman rushed in with a fire hose and a hatchet. "Howdy, ma'am," he said. "What's happened here?" he asked, averting his eyes. "My breasts were too hot for the machine," I quipped, as my imaginary fireman ran out of the room again. "This is gonna take the Jaws of Life!" In reality, Gail returned with a fire extinguisher and put out the fire. She gave me a big smile and released me from the machine. "Sorry! That's the first time that's ever happened. Why don't you take a few minutes to relax before we finish up?"

I think that's what she said. I was running across the parking lot in my backless paper gown at the time. After I'd relaxed for a few years, I figured I might go back. But I was bringing my own fire extinguisher.

You can also learn more on our website:

[Pink Heart Funds](#)

Contact Us

Pink Heart Funds Office
5095 Beatline Road
Long Beach, MS 39560
228-575-8299



Short Cuts for Cooking or Hair

Step into the only book that doubles as a cookbook and hairstyle book, sharing inspirational stories from those touched by cancer. JoAn has over 30 years of experience as a hairdresser and 7 years as a wigologist.

\$25.00

[Click Here to Purchase Your Copy](#)
Proceeds Benefit Pink Heart Funds