

DMA Minutes for December 3, 2014

Attendees: 97 Guests: 1

Speakers: Bob Mazzone and Pam Dey from CT Challenge, arranged by Alex Garnett. They spoke about how their organization empowers cancer survivors to live healthier, happier and longer lives and in 2012 alone aided over 54,000 survivors.

CT Challenge is a “new business” trying to make a difference in the lives of cancer survivors of which there are 14.5 million in the U.S. Bob pointed out that cancer is a living thing which grows; it’s smart and invasive and is a “lonely” disease. Bob’s organization attempts to thwart cancer’s attack via “control”. The goal is for victims to emerge from the tunnel because nothing is ever the same after cancer enters one’s life. Survivors are never done for one carries the label forever. CT Challenge teaches people how to live with the disease and cope in three ways: increased exercise, improved nutrition and psychological support.

CT Challenge has set up a Center for Survivorship and is the only such center in the U.S., being in existence for two years. It stresses that the shared experiences make people stronger. CT Challenge sponsors bike rides annually (this year it’s July 24 and 25th) to raise money for its organization. The rides are of varied lengths and over 10 years they have raised over 13 million dollars!

Bob and his group are making a difference in cancer patients lives and is raising awareness not only of the disease itself but of how to improve one’s chances of confronting and living with this dreaded disease.

Dates in History:

1953 Hugh Hefner published the first edition of Playboy with a budget of \$7,600.

1964 Dr. Martin Luther King received the Nobel Peace Prize in Oslo. He was the youngest recipient ever.