



### KARMANOS VISION

A world free of cancer

### KARMANOS MISSION

To lead in transformative cancer care, research and education through courage, commitment and compassion

### KARMANOS QUICK LINKS

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## AUGUST AT KARMANOS



August is Summer Sun Safety Month. Skin cancer is the most commonly diagnosed cancer in the United States, with an estimated 5.4 million cases a year.

You can reduce your chances of getting skin cancer by using broad-spectrum sunscreen year round, with a sun protection factor (SPF) of 30 even on cloudy days. Remember to reapply every two hours! You should also consider wearing a hat and other protective clothing. [LEARN MORE.](#)

## PATIENT FOCUS AND RESOURCES



### Caregiver Support Groups Provide Comfort

*From The Jewish News:*

When Mary Sue Schottenfels' husband Ken Knoppow was diagnosed with prostate cancer in 2010, it was not only difficult for him, but she also found herself facing emotions of fright and isolation.

"I think the biggest challenge is balancing a full-time job and giving him support," she said. "It's the stress of not knowing what the future holds."

Schottenfels, 69, works as executive director of CLEARCorps, a Detroit-based nonprofit organization that promotes healthy home environments to Detroit residents. She also took on the task of keeping track of her husband's medications and doctors' appointments, as well as escorting him to almost every appointment. Knoppow, 70, is being treated by a team of oncologists at the Barbara Ann Karmanos Cancer Institute. [READ MORE.](#)

### Support groups, education classes and community events

Through a variety of support groups, education classes and community events Karmanos offers patients, families and friends the resources you need to improve your quality of life and be an integral partner in the fight against cancer. For a full listing, click the link below.

## CLASSES AND SUPPORT GROUPS

### CANCER AWARENESS AND EDUCATION



#### **Karmanos S.H.I.E.L.D. Program**

Interested in learning more about sun safety? S.H.I.E.L.D. is a free sun safety program for adults and school-aged children that provides information on how to protect the skin from the sun, signs of sun damage, and skin cancer risk factors. Additionally,

S.H.I.E.L.D. motivates participants to make realistic and smart choices for protecting their skin from the sun. For more information, please contact Ivana Marchlewicz, Community Educator at 313-576-8382 or [marchlei@karmanos.org](mailto:marchlei@karmanos.org). [LEARN MORE.](#)

### UPCOMING EVENTS



#### **Gather your friends and family for a night out at Jimmy John's Field!**

Join us for fun, entertainment, cancer awareness, survivor recognition and baseball. Ticket packages benefitting the Karmanos Cancer Institute include one patio ticket, an all-you-can-eat buffet, unlimited soft

drinks and two alcoholic beverages (for guests 21 and older) for \$35 per person. A portion of the proceeds from these tickets benefit research efforts at Karmanos

Cancer Institute.

Are you a prostate cancer survivor? Your ticket is complimentary with the purchase of two companion tickets. *\*\*Note: complimentary game tickets are limited and will be given on a first come, first served basis.*

Purchase tickets online [HERE](#) or call the Jimmy John's Field Box Office at 248-759-5278 (mention Karmanos Cancer Institute).

**Friday, August 16, 2019**

**Gates open at 6 p.m.- Game time 7:05 p.m.**

**Jimmy Johns Field - 7171 Auburn Rd, Utica, MI 48317**

Please contact Chelsea Pulice at [pulicec@karmanos.org](mailto:pulicec@karmanos.org) with questions about complimentary game tickets.



## **Partners Night 2019**

Join Detroit's young professional philanthropists for a unique and exciting evening featuring exquisite cuisine, interactive entertainment and a silent auction, all while investing in innovative cancer research that will lead to the next treatment breakthroughs. At Partners Night,

more than 350 guests will enjoy a swanky night out, while being immersed in Art Deco architecture of the 1900's State Savings Bank. The gilded ceilings and vintage bank vault will provide the perfect backdrop for an unforgettable evening.

**Friday, September 20, 2019**

**Honoring the LaFontaine Family**

**7 p.m.**

**State Saving Bank - 151 W Fort St. Detroit, MI 48226**

For more information on tickets or sponsorship opportunities visit:  
[www.karmanos.org/partners](http://www.karmanos.org/partners)

## WAYS TO SUPPORT



### Support Karmanos while running in the Detroit Marathon

Are you running in the Detroit Free Press/TCF Bank Marathon? Or maybe you're running the 1 mile, 5k or half marathon.

Perhaps you have a family

member or friend lacing up their sneakers. Well great news, Karmanos Cancer Institute is BACK as a Charity of Choice for the Detroit Free Press/TCF Bank Marathon and we want you to be a part of Team Karmanos! Our goal is to collectively raise \$5,000.00 to support the fight against cancer.

If you are interested in making your marathon more than just about crossing the finish line, please reach out to Chelsea Pulice at 313-576-8112 or [pulicec@karmanos.org](mailto:pulicec@karmanos.org) to set up your Team Karmanos fundraising page today!

### Wall of Hope Program

Our Wall of Hope program is a heartfelt way to honor and remember a loved one, friend, colleague or a special caregiver. With a gift of \$3,000 for a three-inch plaque, \$5,000 for a five-inch plaque or \$10,000 for a seven inch plaque, you can inscribe a

meaningful message of hope, gratitude or inspiration to an honoree on our Wall of Hope. The Wall of Hope is located on the main level at the Karmanos Cancer Center in Detroit. This lasting tribute provides a visible connection to the donor and



the honoree, while providing the Institute with vital funds to continue scientific research and provide the latest cancer fighting treatments. For more information, please contact the Development Office at 313-576-8115, [wallofhope@karmanos.org](mailto:wallofhope@karmanos.org) or visit [www.karmanos.org/wallofhope](http://www.karmanos.org/wallofhope).

[FORWARD TO A FRIEND](#)

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