



**A SALUTE TO DR. SHERON
C. PATTERSON**

**BREAST CANCER
SURVIVOR
SAVES HER HAIR
WITH COLD
CAPPING**

**GET IN THE
PINK WITH
KENDRA
SCOTT**

**PF PINK INFUSION
MAGAZINE**
FOR SURVIVORS AND THOSE WHO SUPPORT THEM

*Join Us for the 23rd Sister to
Sister Fitness Festival*





Dear Readers,

It is with great excitement and a sense of profound purpose that I welcome you to the inaugural issue of Pink Infusion, our brand-new breast cancer magazine. As the editor-in-chief, I am honored to introduce you to a publication dedicated to empowering, educating, and encouraging those affected by breast cancer.

Breast cancer is not just a disease; it's a journey that touches the lives of millions worldwide. Pink Infusion aims to be your trusted companion on this journey, providing a blend of insightful articles, personal stories, medical updates, and practical advice. Whether you're a survivor, a caregiver, a healthcare professional, or someone seeking knowledge and support, Pink Infusion is here for you.

In our pages, you will find a warm look at survivorship and the amazing testimonies of those who have gone through the pink journey.

But Pink Infusion is more than just a source of information - it's a community. Through our stories of courage, resilience, and hope, we aim to connect individuals and families impacted by breast cancer, fostering a sense of solidarity and support. Together, we can share our experiences, learn from one another, and find strength in unity.

As the founder of the Celebrating Life Foundation, I ask that we embark on this journey together. I invite you to join us in our mission to educate, empower, and encourage those most impacted by the disease. Together we can make cancer powerless.

Your voice matters, and Pink Infusion is here to amplify it.

Thank you for joining us in this important endeavor. Together, let's paint the world pink with hope, courage, and compassion.

With warm regards,

Sylvia Powers

Editor-in-Chief Pink Infusion

Founder - Celebrating Life Foundation



Join Us for the 23rd Sister to Sister Fitness Festival

The 23rd Sister to Sister Fitness Festival promises to be a day filled with food, fitness, fun and a commitment to raising awareness and funds for breast cancer education and outreach. Scheduled for October 5, 2024, this annual event brings together communities to honor survivors, remember loved ones, and empower individuals in the fight against breast cancer.

Walking for a Cause

Breast cancer affects millions of lives worldwide, touching individuals and families in profound ways. The 23rd Sister to Sister Fitness Festival provides a platform for individuals to actively contribute to the cause. Participants of all ages and fitness levels are encouraged to lace up their sneakers, join the walk, and make a meaningful difference.

Raising Awareness

Education is a powerful tool in the fight against breast cancer. Through informational booths, interactive exhibits, and engaging activities, the 23rd Sister to Sister Fitness Festival aims to raise awareness about breast health, early detection, and the importance of regular screenings. By arming individuals with knowledge, the event empowers them to take charge of their health and well-being.



Get Involved

Joining the 23rd Sister to Sister Fitness Festival is easy. Simply gather your friends, family, and colleagues and register online at www.celebratinglife.org. Participants can choose to walk individually or form teams, creating a sense of community and healthy competition. Every step taken and every dollar raised brings us one step closer to a world without breast cancer.

Empowering Communities

More than just a walk, the 23rd Sister to Sister Fitness Festival is a celebration of strength, resilience, and hope. From inspirational speeches to uplifting performances, the event fosters a sense of solidarity among participants. Whether you're a survivor, a supporter, or someone passionate about making a difference, the festival offers a welcoming environment where everyone can come together to make an impact.



Honoring Survivors and Remembering Loved Ones

At the heart of the 23rd Sister to Sister Fitness Festival are the survivors who inspire us with their courage and resilience. The event provides an opportunity to celebrate these individuals and recognize their strength in the face of adversity. Additionally, it's a time to remember those who have lost their battle with breast cancer, honoring their memory and reaffirming our commitment to finding a cure.



Conclusion

As we gear up for the 23rd Sister to Sister Fitness Festival, let's come together as a community to make a difference. Whether you're walking in honor of a loved one, supporting a friend, or simply passionate about the cause, your participation matters. Join us on October 5, 2024, as we walk side by side, united in our commitment to ending breast cancer once and for all. Together, we can make a difference!

**The Celebrating Life Foundation Salutes:
Dr. Sheron C. Patterson's 35 Years of Ministry**

Dr. Sheron C. Patterson's 35 Years of Ministry In the realm of spirituality and community leadership, few names evoke as much respect and admiration as Dr. Sheron C. Patterson. After an illustrious career spanning 35 years of dedicated service, Dr. Patterson, the esteemed Senior Pastor of Hamilton Park United Methodist Church, bids farewell to her role, leaving behind a profound legacy that has touched countless lives.

Dr. Patterson's journey in ministry has been characterized by unwavering dedication, profound wisdom, and an unyielding commitment to serving her congregation and community. Throughout her tenure, she has exemplified the true essence of pastoral care, providing guidance, comfort, and inspiration to those in need. Her compassionate spirit and genuine concern for the well-being of others have been the cornerstones of her ministry, earning her the enduring respect and affection of her parishioners.



Sylvia Powers and Dr. Sheron Patterson have worked diligently in the community to bring awareness to breast cancer.

Under Dr. Patterson's leadership, Hamilton Park United Methodist Church has flourished as a beacon of hope and spiritual nourishment in the community. Her visionary approach to ministry has led to the implementation of numerous programs and initiatives aimed at addressing the diverse needs of the congregation and fostering a culture of inclusivity and belonging. From vibrant worship services to impactful outreach efforts, Dr. Patterson has worked tirelessly to create a welcoming and supportive environment where all are embraced and valued.



Dr. Patterson is a 16-year survivor of breast cancer. She turned her diagnosis into a vehicle of community empowerment via awareness programs and fund-raising thousands to provide low-income and no-income women with free mammograms. She has served on the advisory board for the Celebrating Life Foundation.

Beyond the walls of the church, Dr. Patterson has been a tireless advocate for social justice and equality, embodying the principles of love, compassion, and justice espoused by the United Methodist Church. She has been a vocal champion for the marginalized and disenfranchised, using her platform to speak out against injustice and inequality in all its forms. Her courageous stance on issues such as racial reconciliation, economic justice, and LGBTQ+ rights has inspired countless individuals to join in the pursuit of a more just and equitable society.

As Dr. Patterson embarks on the next chapter of her journey, her impact and influence will continue to resonate far and wide. While her retirement marks the end of an era, it also heralds the beginning of a new legacy, one that is built upon the foundation of her lifelong dedication to serving others. As she passes the torch to the next generation of leaders, Dr. Patterson leaves behind a lasting imprint on the hearts and minds of all who have had the privilege of knowing her.

By Sylvia Powers

Breast Cancer Survivor Chooses to Save Her Hair with Cold Capping

Breast Cancer Survivor Eva Coleman faced chemotherapy headfirst by opting out of hair loss and opting into cold capping.

“At first, I was comfortable with the fact that I was going to lose my hair if I chose to do chemotherapy. Then, my oncologist explained that I didn’t have to lose it and that I could do cold capping. Although she matter-of-factly talked about this process, I had never heard of it before. My mother was sitting in the room when she began to share these details with me. It was like a little antenna went off in her head as my mom began to grasp everything; she was talking about cold capping,” said Coleman, who is a Telly award-winning producer with over 28 years of professional experience in television, radio, and newspapers.

Although Coleman initially wasn’t sold on the idea of cold capping, a few words from her mother would change her mind.

After much dialogue about hair loss, Coleman’s mother, Rosie Gray, said, “Baby, bald won’t be a good look on you.”

It was these words that made Coleman give cold capping a second consideration.

The idea of cooling the scalp to prevent hair loss started in Europe in 1998 and came to the United States a few years later. When cooled, the blood vessels in the scalp constrict, reducing blood flow to the hair follicles. That means less chemotherapy medication can get into the hair follicle cells. The cold also makes those cells less active, so chemotherapy drugs don’t target them as quickly. With less chemotherapy medicine in the follicles, the hair may be less likely to fall out. (1)

Due to the fact this is considered cosmetic, many insurance companies don’t cover the cost of this process.

“My mom, dad, and my brothers paid for it. We rented the system through a chemo cold capping company in Dallas. It was about \$430 a treatment, and I had four rounds of chemotherapy. Two of my rounds happened to be in the same month,” said Coleman.

For Coleman, cold capping was an eight-hour commitment during the days that she had chemotherapy. Although the actual infusion was only two and a half hours, the cold capping process started 50 minutes before the first drug was administered. Then, the cold capping was continued through the timeframe of her treatments. When the last drug was finished, cold capping was done for four more hours.

“Before her treatments, we placed a cold cap on her head, which was -30 degrees every 10 minutes. Then we would take it off. We had to saturate her scalp and hair with water before we started. During this process, we used a cooler that contained dry ice. We also wore gloves so we wouldn’t burn ourselves. We put a cap on her head, wrap her head up, and secure it tight.



During cold capping the coolant wrap covered Coleman’s head and scalp area, then it was covered by a compression cap. The compression provides equal pressure to the entire scalp and regulates the temperature. A strap was placed under her chin and buckled to the other side so the cap stayed securely in place during her chemotherapy infusion.

This caused her hair to freeze. I don't know how she felt with -30 every 10 minutes on her head, but I'm sure she was probably numb," said Marion Forbes, who was Coleman's cosmetologist and acted as one of her cold capping buddies.

The gel-packed freezing cap is supposed to be between -30 and -32 degrees Celsius.

If you want to use a cold cap, your hair should be clean when you arrive at the infusion center. That means washing it the day before or the day of your treatment with a shampoo that's free of paraben, silicones, and sodium laurel sulfate. On the day of your treatment, your hair must also be free of all products.(2)

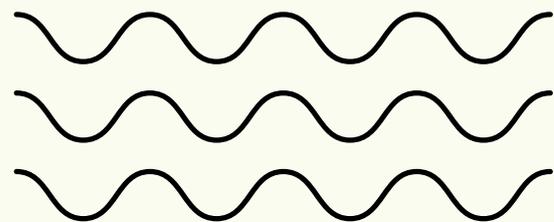
On the first day of her chemotherapy, the cold capping company sent a trainer to help guide her designated capping buddies through the treatment.

"It was grueling because you're putting these caps on your head that are extremely cold, and it's a brain freeze every time. But I had to get used to it. It's like when you step into an ice bath; when you step in, it's extremely cold, and your body adjusts to it.

It's the same with cold capping. Your body adjusts to it, but in this instance, by the time your body adjusts, it's time to put a new cap on. So, there's just a cycle of brain freeze, after brain freeze, after brain freeze. But in the grand scheme of things, it worked," said Coleman.



Hair Stylist, Marion Forbes and Eva Coleman prepared for Coleman's chemotherapy journey with one goal in mind, that she would not lose her hair.



After finishing her last chemotherapy treatment in July, in September Coleman still had the majority of her hair.



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JOIN US FOR AN EVENT
WITH KENDRA SCOTT!



DATE & TIME

Kendra Scott Dallas West Village
3699 McKinney Ave, Suite 105B
April 10th 5:00pm-7:00pm

DETAILS

Join the Celebrating Life Foundation at Kendra Scott Dallas West Village to celebrate the launch of a **BRAND NEW KS** product line! Excited?! Just wait until you find out what it is... 😊

Enjoy sips, sweets and shopping while supporting a great cause! 20% of the proceeds will benefit the Celebrating Life Foundation!

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