

## **Women's Network - March News and Program**

March 10, 2011

President, Susan Lauffer; Secretary, Sue Lacey; Treasurer, Jerry Fries; Membership, Julie Freeman; Program, Deborah Langley and Pat Netzer; Communications, Franny Hildabrand; Nominating Committee, Ann Cleary, Carol Nagel, Becky Wallace

### **Upcoming Events**

**Womens History Month Celebration: Honoring our History Maker of the Year. Thursday, March 24<sup>th</sup>, Tri-County Technology Auditorium (on Nowata Road).**

Please join us to honor Mary Joe Strack as our 2011 History Maker of the Year!!

*(Please see detail below)*

### **Sunday Cinema – Sunday March 20<sup>th</sup>**

Please join us Sunday March 20<sup>th</sup> at 3 pm at Joan Dreisker's. We will be screening "Days of Heaven". Joan lives at XXX.

### **Book Club – Sunday April 3**

We will be meeting Sunday April 3 at 3:00pm at Rhonda Redden's. Rhonda has graciously agreed to host book club. We are reading "Saturday" by Ian McEwan. Rhonda lives at XXX (It's a streamline deco house with awnings and a wrap around white deck on the round part of the house at XXX). If you have trouble locating it her cell is: XXX.

### **Sweetheart Gift**

### **Note from Susan Lauffer**

In recent years Women's Network has presented a Sweetheart gift to a local organization that benefits women. Rather than have Board members pick the fortunate recipient, we thought this year we'd open up to the membership the opportunity to nominate a favorite organization. We will elect the members' choice organization at the Annual Meeting on May 19.

We have been donating \$200 to the selected organization.

Recent recipient organizations include Martha's Task, Samaritan Counseling and Growth Center and Family Care Services.

I will keep a list of nominated organizations. Please include a sentence or two about the worthiness of your choice, since not all of us may be familiar with the group. We will distribute the list before the meeting so that members may make an informed decision.

Send me the name of the organization of your choice! XXX or XXX

### **Women's Coalition Advocacy Day      Contact Julie Freeman for additional information**

OWC Advocacy Day April 12 and Legislative reception the night before on April 11.

## **History Maker – Detailed Information**

### **Mary Jo Strack to receive the Women's Network History-Maker of the Year Award**

Mary Jo Strack will receive the Women's Network History-Maker of the Year Award at 7 p.m. Thursday, March 24<sup>th</sup> at the Tri-county Technology Center Osage Room.

The award presentation coincides with Women's History month. In addition to the award presentation, Susan Graves from the Oklahoma Women's Foundation will chair a discussion on the status of women in the state, followed by a reception for Mary Jo Strack and speakers from the Women's Foundation. The evening program is open to the public.

Mary Jo Strack RT (R) (M) started her career 35 years ago initially for a radiology group associated with Jane Phillips Medical Center and then for Jane Phillips. This means she has held the same job for her entire life, a claim which few can make. She is a registered radiology technician and started when there were very few "registered" technicians; on the job training was more common. She is also a registered mammographer. She has these credentials which show her qualifications, but her nomination is based on her work in the community as a volunteer to provide breast cancer education and to improve the lives of breast cancer patients and survivors.

She started the first Bartlesville breast cancer survivor and patient support group at Samaritan Counseling and Growth Center where she is a member of the board of directors. This support group is funded by United Way and Samaritan Counseling. The support group is open to all breast cancer patients and survivors, and a clinical psychologist and medical facilitator are in attendance at each meeting. Five professionals in the medical field compose a Samaritan Counseling Cancer Board and the Cancer Board sponsors and attends all retreats and camps.

In addition she started Camp Hope and Camp Cope which meet at Elder Care. Camp Hope is a one day retreat for breast cancer survivors sponsored by Samaritan Counseling and held at Elder Care. It was designed to be a day of pampering and getting to know other survivors. The essential part of Camp Hope is good food, massage therapy, and beauty makeovers. The goal of both Samaritan Counseling and the Samaritan Cancer Board is to host two retreats a year and these retreats started two years ago.

Camp Cope was a one day retreat for all survivors of any type of cancer. Nancy Gillam as a Certified Circle of Life Coach facilitated the Camp Cope workshop and Samaritan Counseling sponsored and helped with the day. Nancy Gilliam's specialty is Health and Wellness Coaching, is a Certified Nutritional and Wellness Consultant, and is the owner of Fusion Massage and Wellness.

To continue her education Strack recently became a MammaCare Specialist for Jane Phillips hospital. MammaCare is an international program for professionals in the health care field. Graduates of the program teach breast examination to other professionals and teach self-examination techniques to women. The program uses a patented tactually accurate breast model used to teach fingers to feel the difference between normal and nodular breast tissue and potentially harmful changes in breast tissue. Particularly important, the model helps locate and quantitate dense tissue which needs a follow up exam with an MRI or ultrasound. Strack now offers classes for Jane Phillips on breast examination using this MammaCare system and model on request

and keeps the classes small. Strack is only one of ten people in Oklahoma with this certification.

Strack participates in local health fairs held by the Salvation Army and the Greater First Baptist Church and is a willing and frequent speaker to women's groups.

Quite by chance Strack and Jeanette Pearson became aware of a pink hair strand fundraiser in another city, and they started Strand Up! in Bartlesville . In 2010 four salons offered the pink hair strands for a donation of \$10. These Strand Up! donations were added to the Miles for Mammograms fund raiser during the month of October. Miles for Mammograms raised \$8000 in 2010. These donations are used to pay for mammograms for clients of Family Health Care Clinic who cannot afford a mammogram. Strack's dog, Salty Dog, is included in the celebration and gets to wear a pink strand during the month of October.

She coordinated efforts between Jane Phillips Medical Center and Martha's Task to make soft care pouches for holding drainage tubes after breast surgery. Strack arranged to have these given free of charge to post surgery patients as they leave the hospital. These pouches were on her list of things needed by mastectomy patients for a long time. The project gives the seamstresses at Martha's Task meaningful paid work and also educates them to the need and complications of breast cancer. In addition at Thanksgiving, Strack purchases a turkey for every seamstress at Martha's Task from her own funds.

As a five-year breast cancer survivor, Strack is a specially trained Reach to Recovery volunteer. This is an American Cancer Society Tulsa Chapter program to provide support and up-to-date information to patients and their family. Support is provided through visits or by phone. The information and support helps people cope with their breast cancer experience. The national incidence of breast cancer in women is now one woman in eight so there is a great need for this mentoring.

Besides seeing the obvious need for breast cancer awareness and education, Strack's inspiration came from Father Bill at St. James who frequently volunteered at Neighbor for Neighbor in Tulsa and charged his congregation to find similar opportunities. She volunteered at St. James, Mary Martha Outreach, and now attends St. Mary in Barnsdall.

The Stracks has two adult children and her husband has held the same position at Sieme