



# MISSION

FOR ALL WHO BATTLE CANCER

NEWSLETTER  
WINTER 2018

## MOVING MOUNTAINS

Two families. Close. A child from each born in the same year—a boy, a girl. Later, a best friend. All three at middle school together. Cancer. The best friend first, the boy next, the girl after that. What are the chances? (As tight as these three are, their cancers are unrelated.)

Last spring, 19-year-old cancer survivor Giacomo Brancato brought his childhood friend Patrice Tsopanides and her best friend Morgan Galdenzi to the Mission Training Center. Morgan was diagnosed when she was 16 years old, when she and Patrice were fellow cheerleaders on their high school championship squad. The need for more treatment brought Morgan home from college last year, halfway through her sophomore year, shortly before Patrice was diagnosed in January.

Giacomo, now a Division 1 college baseball player, knew what Mission programs, culture and community had done for him, helping him navigate what no young person should ever have to face, and he wanted that for his friends. (Giacomo found Mission nearly three years ago just after his own diagnosis. He trained through his grueling treatment and afterwards, to regain his strength and reclaim his life.) *(Continued inside)*

## KEY NUMBERS

36

PROGRAMS

23,480

PARTICIPANTS

### Mission Training Center

28 PROGRAMS

784 PARTICIPANTS

@Mission:NoLimits



4K



872



1K



45K

### YOURMISSION.ORG

+70K PAGE VIEWS

50 STATES

+18K UNIQUE VISITORS

45 COUNTRIES

## MOVING MOUNTAINS

(Continued from cover)

Patrice trained through the summer at Mission. Morgan, a committed athlete who has always worked out—consistently and hard, even during treatment, trained with her. Enter Lacey Henderson who visited last July as part of the Mission Speaker Series. Lacey, like Morgan and Patrice, was a high school cheerleader. It was sheer coincidence. She had gone on to win a college scholarship for cheering, all after losing a leg to cancer when she was just 9 years old. The girls met her, spent time with her, laughed with her, learned from her, became friends.

The cheerleaders met the cheerleader. It changed their lives. Again, what are the chances?

“Morgan loved the personal training she got at Mission but what I thought was amazing was when Morgan saw Lacey’s prosthesis and what she’d been through, it made her more comfortable talking about her issues. She opened up. As a parent, I felt it set a stage for the girls to feel comfortable discussing the obstacles they continue to face. Morgan tends to not talk about her fears or struggles much with others,” said her mother, Lori Galdenzi.



Patrice Tsopanides (left) and Morgan Galdenzi (right) practicing yoga with Mission



Giacomo Brancato with Patrice Tsopanides (left) and Morgan Galdenzi

“For Patrice, what she experienced through Mission reignited her fight, her determination to get on with her life and her confidence that she can,” said her mother, Lisa Tsopanides.

What does it take for enough individual, isolated things to come together to move mountains? What is the tipping point? For cancer survivors, the 300,000 young survivors under the age of 30 and the 15.2 million others on a quest to find their own way forward after a cancer diagnosis, it is Mission.

This year, with the official roll out of the Adventure Project for young survivors and the magnet for attention it is for survivors

of all ages, we are igniting just such a shift. It is the critical tilt toward reaching all who battle cancer with the knowledge, tools and inspiration they need to get to the other side of cancer and stay there. A step at a time, we conquer mountains.

**80%** of pediatric cancer survivors will face a disabling, serious or life-threatening health condition by the time they are 45 years old. Exercise, nutrition and mind-body health can help.

Source: St. Jude Children’s Research Hospital

## THE ADVENTURE PROJECT MOVES FORWARD

### Helping Young Survivors Find Their Infinity

Through Virtual Coaching and Grants, the Adventure Project gives survivors ages 12 to 30 access to the tools they need to pursue active, healthy lifestyles to counter the long-term effects of their cancer treatments. Their stories shared online through our digital platforms provide exponential impact as they draw in survivors of every age, inspiring and educating them to reclaim their own lives and dreams. To refer a young cancer survivor to the Adventure Project, please contact Andrew Newbold, Andrew@yourmission.org.

## HELPING SURVIVORS LIVE. LIFE. VIBRANTLY.

Mission is a mindset, and the tools needed to achieve it. It's a conviction that life is so much more than a diagnosis. It is the engine to get survivors to the other side of cancer and the fuel to keep them there. Mission is personal training, group fitness classes, yoga, TRX, walk and talk sessions, academic and camp scholarships, adventure retreats, nutrition education, workshops, a speaker series and online platforms including [www.yourmission.org](http://www.yourmission.org) (formerly [www.ctchallenge.org](http://www.ctchallenge.org)) visited by survivors in all 50 states and 45 countries ...and Mission is our newest program—The Adventure Project for survivors aged 12 to 30. Mission is hope, determination and triumph. Mission is life.



Lacey Henderson--cancer survivor, Mission speaker and Adventure Athlete grant recipient



Cancer survivor at the Mission-sponsored First Descents Adventure Camp in Tarkio, MT



TRX class at the Mission Training Center

**20** minutes of moderate exercise can stimulate the immune system, producing an anti-inflammatory cellular response which can protect against serious health issues



## STRENGTH IN NUMBERS

"I joined (Mission) as a wellness member, attracted by the clean and new facilities, the friendly and attentive staff and trainers, and the good feeling from knowing that my membership was supporting an organization providing such an important service to the community.

Six months after joining, I was diagnosed with lung cancer. The camaraderie of other survivors and the incredible support from the entire team at Mission, certainly helped me to maintain a positive outlook before my surgery. Their efforts were instrumental to help guide me through what proved to be a speedy recovery.

(After my diagnosis) I found a fellow member who, like me, was a more active bike rider before our illnesses. But we've encouraged each other and now ride together at least once a week, comforted in knowing that neither one of us is holding back the other, at our now slower paces."

— Doug Fried, Cancer Survivor

**2X** Increased physical activity among breast cancer survivors more than doubled the women's post-treatment mental processing speed.

Source: The Memory & Motion Study, University of California San Diego School of Medicine

## THE RIGHT SPACE

"Mission has been my healing sanctuary for the past year. When I first walked through its doors, I knew I was home... the beauty, light and serenity literally brought tears to my eyes and the warm welcoming greeting told me I had found my people! I, like many other people going through treatment, experienced debilitating pain in my bones and joints, and my doctors suggested I join a gym and do consistent weight-bearing exercise. I couldn't imagine going to the local gym with its bright lights, loud noises and frenetic pace. But that's just what I did and it was just too intense for me.

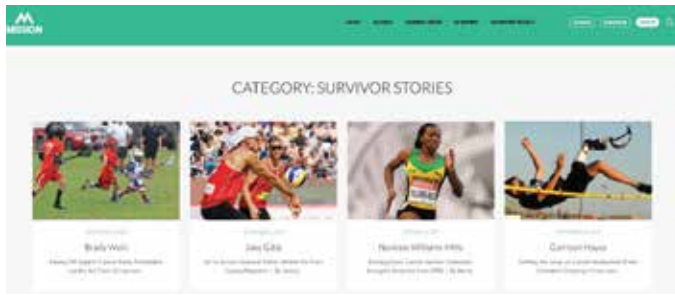
I am so grateful to have found the Mission. At the Mission, I feel comfortable to show up in any state I might be in on any particular day and know that I am surrounded by people who are compassionate and understanding, by people who have had similar experiences and by people who are rooting for me and I am rooting for them."

—Jennifer Jennings, Cancer Survivor

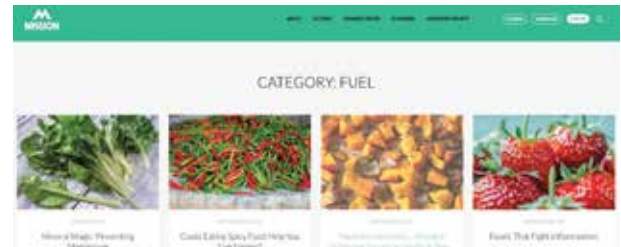


# Digital Health and Wellness

## INSPIRING. ELEVATING. EDUCATING. ACTIVATING



Through our digital hub [www.yourmission.org](http://www.yourmission.org), and our social media channels on Facebook, Instagram, Twitter and YouTube, we are exporting the benefits of the Mission Training Center, our incubator for best practices, to survivors in all 50 states and in more than 45 countries worldwide. @MissionNoLimits



**15.5 million**

# OF CANCER SURVIVORS IN THE U.S.

**43**

# OF CHILDREN DIAGNOSED WITH CANCER EVERY DAY

**1/3**

# OF CANCER DIAGNOSES IN THE U.S. RELATED TO BEING OVERWEIGHT

**68%**

FIVE-YEAR SURVIVAL RATE ACROSS ALL TYPES OF CANCER, UP FROM 49% 40 YEARS AGO

Sources: American Cancer Society, National Cancer Institute; U.S. Centers for Disease Control and Prevention

# ct Challenge

**2018 Ride Dates:**  
**July 27-28**  
[bike.ctchallenge.org](http://bike.ctchallenge.org)

## Going the Distance for Cancer Survivors

### 13TH ANNUAL CT CHALLENGE

Supported by 545 selfless volunteers, 1,181 participants in the 2017 CT Challenge rode 43,450 miles—enough to crisscross the country more than 20 times, raising more than \$2 million (and counting) for Mission programs while they were at it. Because of their collective passion, hard work and generosity, we are moving mountains for survivors everywhere, breaking through for them with paradigm-shifting paths forward.



Members of Team Marshall Wace prepare for the start of the Ride



From left: Eric Fuller – Newman's Own CFO, Jeff Keith – Mission/CT Challenge CEO, Faith Fennelly– Newman's Own Foundation Grants Manager

## SPECIAL THANKS TO OUR PARTNERS

- ▶ Bank of America Merrill Lynch
- ▶ Bigelow Tea
- ▶ BMW of Bridgeport
- ▶ Boehringer Ingelheim
- ▶ Cantor Fitzgerald
- ▶ Datto
- ▶ Day Pitney
- ▶ Dell Technologies
- ▶ Discovery
- ▶ FactSet
- ▶ Fairfield County Hunt Club
- ▶ GenRe
- ▶ Hitachi Capital America Corporation
- ▶ HomeServe
- ▶ Jefferies
- ▶ Key Bank
- ▶ Marshall Wace
- ▶ Mastercard
- ▶ Navigators
- ▶ NBC Sports
- ▶ Newman's Own
- ▶ Orthopaedic Specialty Group
- ▶ People's United Bank
- ▶ PIMCO
- ▶ Priceline Group
- ▶ Pullman & Comley
- ▶ QueBit
- ▶ Starwood
- ▶ Steelcase
- ▶ Stop & Shop
- ▶ TD Bank
- ▶ Thule
- ▶ TracyLocke
- ▶ Williams Trading

## Partner Profile

### Newman's Own Foundation: Investing in Futures

In testimony to its vision, and pledge to use the power of giving to transform lives, Newman's Own Foundation recently awarded a \$25,000 grant to Mission for the expansion of the Adventure Project to help young cancer survivors reclaim their lives and realize their potential.

"This support is helping us take the Adventure Project from its incubation stage to national roll out," said Mission CEO Jeff Keith.

"The Adventure Project is a good fit with the Newman's Own commitment to enhancing the quality of life for children with life-limiting medical conditions, and/or for whom the experience of childhood has been disrupted by circumstances beyond their control. It is one of our key giving pillars," said Newman's Own CFO and Mission champion Eric Fuller.

"(Mission) is an impressive organization and the work (it) is doing is important," said Newman's Own Grants Manager Faith Fennelly.

"We are grateful beyond words for the grant and the vote of confidence it represents from such an esteemed organization," Keith continued.

**MISSION exists to inspire everyone who has stared down cancer, to elevate expectations and equip them with the game-changing exercise, nutrition and mind-body knowledge, tools and community needed to activate any plans, dreams and potential to *live. life. vibrantly.***



@MISSIONNOLIMITS



250 PEQUOT AVE. | SOUTHPORT, CT 06890  
YOURMISSION.ORG