

Cancer Survivor's Message of Hope and Health

Fellow Homecare Workers,

On October 29th, I celebrated being cancer free for 7 years. I am living proof that early detection saves lives. There was no lump, no other symptoms. I owe my life to that mammogram. If I'd waited until I could feel a lump, it may have been too late.

I think my message is so much more important now, after the loss of our dear President, Karen Thompson. She was full of love, warmth, compassion and friendship, but she was also a determined, admirable leader who was not afraid to stand up for what she believed in. She fought hard for us to have health insurance, even though that coverage came too late to save her.

Now that we have our medical insurance, I think the best way we can honor her memory and spirit is

“*I want my story to be your story. One of hope, survival and being able to live a long, happy, healthy and productive life.*”

Debbie Brown, Roseburg



to try to not let any more of us die needlessly. Ladies, get your yearly mammograms and paps, do your monthly self-exams. Guys, you aren't immune to this. Listen to your bodies. Watch for any changes in your skin, digestion, unexplained weight loss, and call your doctor with any concerns. It could save your life.

I want my story to be your story, one of hope, survival, and being

able to live a long, happy, healthy and productive life. Let's honor Karen by taking care of ourselves so we can better care for those who need us most.

I am always available to talk to anyone, answer questions, and provide literature about cancer. Feel free to contact me at any time. 541-670-6431.

Need Information...Call Your Organizer!



Portland 503-408-4090 or 800-527-9374

Beckie Capoferri - Ext 454 Anita Fox - Ext 455

Jean Yamamoto - Ext 456

Salem 503-581-1505 or 800-452-2146

Timothy Welp - Ext 139 Emily Garrick-Steenon - Ext 181

Eugene 541-342-1055 or 800-521-3446

Rebecca Reynolds - Ext 302 Gaia Carney - Ext 303

...contact your Bargaining Team

To contact your bargaining team visit the website, www.seiu503.org and click on "Our Local." Click on "Homecare" and follow the link. Visit our website for updates: www.SEIU503.org and our training website: www.ltcworkers.com