



RUTLEDGE
CANCER FOUNDATION

Easing Cancer's Impact • Raising Survival Rates
Finding a Cure

Newsletter
SUMMER 2020

Meeting the needs of our cancer patients is more critical than ever. You are our lifeline and we are incredibly grateful for each of you!
Thank you for helping us

*Ease Cancer's Impact, Raise Survival Rates,
and Find A Cure !*

July is Sarcoma and Bone Cancer Awareness Month



Sarcomas are bone and soft-tissue cancers that many physicians rarely see during their career. **Because of this, it's common for Adolescent and Young Adults (AYAs) to be misdiagnosed during the early stages of cancer development.** That's why it's important to get a second opinion. You know your body better than anyone else. Do your research and be persistent if you feel something is wrong beyond your initial diagnosis. **Learn more [here](#).**

RCF Summer Intern Spotlight: Grace

My name is Grace. I am sixteen years old, starting my junior year at Fort Worth Christian School. Some of my passions include reading, baking, and working out. In

2014, I was diagnosed with Ewing's Sarcoma in my right chest cavity. As of now, I'm happy to say that I am five years cancer free! I love working with the Rutledge Cancer Foundation to help others who are going through a similar situation as I did. (Pictured: Grace with her older brother Justin.)



RCF Survivor Stories: Providing Hope and Inspiration

Welcome to **RCF Survivor Stories**, a new series brought to you by **Grace Kight**, our Summer intern. As we've talked to those affected by cancer over the years, we've found that sharing their experience benefits survivors, fighters, and loved ones. We want to provide a platform where hope and inspiration are both given and received. **Click on the photos below to watch several young AYA cancer patients share their story.**



Claudia, Age 23



Jax, Age 14



Grace, Age 19

Cancer Lessons Learned

Five years ago, while Kathy Carruth was undergoing treatment for an invasive breast cancer (lobular carcinoma), her son-in-law, DPS Lt. Kevin Huggins, was diagnosed with an aggressive form of brain cancer (glioblastoma). He passed away at 43-years-old after two brain surgeries, 10 months after diagnosis.

"Everyone's cancer journey is difficult and



different," Carruth said. "All cancer patients are warriors as they fight their battle."

Kathy's personal experiences with cancer have inspired her to look for opportunities to help others in her community who are going through similar situations. When the COVID-19 pandemic hit, she joined forces with Sherri Jones, Pam Branscum, and other women in her cancer ministry to sew face masks for RCF patients. Combined, they have made more than 400 face masks, averaging about 10-15 masks per volunteer, per day.

"Do whatever you can do. God has given everyone talents," Carruth said. "Use these talents to help others. I never dreamed that what I learned in junior high home economics class would prepare me and be such a blessing to myself and others."

When asked what others could do to help support those undergoing cancer treatment during a global health crisis, she said that something as simple as a prayer, card, or text message can go a long way for people who may be struggling. As for those currently fighting their own cancer battles, Carruth created list of lessons she's learned along her own journey:

- *Be your own advocate and listen to what your gut tells you.*
- *Don't be afraid to seek a second opinion. This decision saved my life.*
- *Take your fight one day at a time. It's too much to tackle it all at once.*
- *Try to stay positive. Pray, be around positive people, exercise, etc.*
- *Accept help from your family and support system. They want to help you.*
- *Cancer journeys are difficult but can develop you as a person and family. You grow closer to your family, God, and others.*

As a breast cancer survivor, Kathy still receives treatment and will continue for another five years. In the meantime, she continues to help those fighting through their own battles alongside her own. [Click here](#) to watch Kathy share her story with CBS.



Sheri Jones sewing masks



Pam Branscum hard at work

Young Adult Cancer Patients And Survivors Need Us More Than Ever Right Now



"I just wanted to let you know how much of a life-saver Rutledge Cancer Foundation has been. My husband had to quit his job due to Covid-19 and his back. I am the only income for the both of us right now... Every day I am humbled by your kindness toward us." -Wife of AYA Patient

In lieu of our usual fundraising, we are asking our supporters to give directly to our patient programs, research, operations or where most

HG GIVING 2020

Help us reach our goal!



needed.

Making a generous donation in support of our three main initiatives will not only be 100% tax deductible but will also help us continue our efforts to ease cancer's impact, raise survival rates, and find a cure for the most vulnerable among us.

We are incredibly grateful to those who have already given through North Texas Giving Day NOW and HG Giving. We are 36% to our goal of \$170,000.

[Donate or Sponsor for Hearts of Gold Giving](#)

Thank you to our current 2020 Hearts of Gold Giving Sponsors!

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Thank you to our 2020 Grantors! We could not do what we do without you!

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A huge success thanks to you!

From the bottom of our hearts, **THANK YOU**. We are overwhelmed by your generosity on North Texas Giving Tuesday Now! We greatly exceeded our \$10,000 goal and we were able to raise over \$34,000, including the matching donations, for AYA cancer patients across Texas.



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