

Sherry Palmer | Founder

Hi, everyone! Hope you are all well—especially in this crazy world we are living in now. As you might imagine, this is a trying time for Driven by Heart, too! We have rescheduled the Joy of Life luncheon for 2021 in hopes that normalcy will be restored by then and we can fully enjoy ourselves. Meanwhile, we are having meetings via Zoom and are now planning an outdoor meeting so we can socially distance and still be together. If that works well, it might become our new normal! The office is open Monday and Wednesday; please call to let us know that you are coming so we don't have a crowd. Please wear your mask (we have some if you need one!), and we will do the same. We are also available Tuesday and Thursday by appointment. If you are newly diagnosed, we can also Facetime or use Zoom to show you what we have available for you and we can deliver your supplies if you can't pick them up. Remember, **we don't want anyone to go through breast cancer alone.** Please check in with us on our website (DrivenbyHeart.org) or on Facebook ([Drivenbyheart.fightingbreastcancertogether](https://www.facebook.com/Drivenbyheart.fightingbreastcancertogether)). ❤️



Luncheon Update

Due to the ever-changing nature of social distancing requirements, we made the difficult decision to cancel this year's 11th annual Joy of Life luncheon that had been rescheduled for June 26. Many of you paid for your seats, your vendor tables, or your table sponsorships. There are three options for handling those funds: you can roll your payment over to next year's luncheon, you can donate those funds to Driven by Heart, or you can ask for a refund. Refunds will be mailed and issued as checks. Please email SherryPalmer@DrivenByHeart.org to designate your preference. We look forward to seeing you all—and hopefully sharing some hugs—at next year's event. Mark your calendars for an extra special celebration of life, survivorship, and friendship on March 26, 2021!

LOOKING AHEAD TO BREAST CANCER AWARENESS MONTH



It's okay to not be okay, but focus your time on positive things. Allow yourself little breakdowns, and spend the rest of the day feeling, thinking, and doing what matters. You are stronger than you know.

Rockledge Country Club has graciously offered to hold our second annual golf tournament fundraiser for Driven by Heart on Saturday October 17, 2020. You can expect lunch, lots of raffles, hole contests, a longest and shortest drive contest, and a hole-in-one car prize.

The car is an extremely generous donation by Ron Norris Buick Honda GMC, and we can never thank them enough! They are located at 1700 S. Washington Ave. in Titusville. Stop by their dealership and offer thanks for their support of our mission.



Driven by Heart is currently open by phone, email, and appointment.

We want to hear from you!

How can we help you?

We continue to provide breast cancer patients with the same services and resources that we always have. We offer post-surgical and chemo supplies for our gals, a lending library, in-person support with breast cancer survivors, and informational group sessions. At the time of publication, we are still conducting group meetings via Zoom. You can keep up-to-date by checking in on our Facebook page.



We are forever grateful for our community's support during the uncertainty that COVID-19 has brought to all of our lives. As

most of you know, we continue to be able to help breast cancer patients in our area through donations and fundraisers. Please contact our office if you think of a way that you can help. THANK YOU, BREVARD COUNTY!

SPEAKER SERIES

Keep an eye on our Facebook page and the Breast Cancer Blog on our website for upcoming speakers. We are exploring possibilities like Zoom meetings or outdoor venues to bring speakers to you. You are welcome to turn off your camera during our Zoom meetings if that's more comfortable for you!

What kind of speakers would you like to see at Driven by Heart?

If you have any suggestions,
please email them to

SherryPalmer@DrivenbyHeart.org

Board Member Profile

Meet Tracy Kohlstedt



Hello, Driven by Hearters! I have been a board member of Driven by Heart since 2012. I was diagnosed with Hodgkin's Disease (a form of lymphatic cancer)

when I was 18. After surviving that cancer, I made the decision to leave my home state and place my roots in Florida. I have been married since 2001, and we have two wonderful children. I have an MBA from Webster University and a BA in economics from Rollins College. My dedication is to helping cancer patients and survivors navigate their paths and to raising funds locally that are used to help local businesses and Brevard County residents.



5-minute tacos

Ingredients: you choose! Beans are full of protein, corn has the carbs that our bodies require for energy, lettuce is great for fiber and daily greens, avocados provide healthy fats, and tomatoes are a great source of vitamin C. Cheese is calcium-rich and high in calories—sometimes an important dietary need for those who are losing weight due to treatment issues.

Toppings: you name them! Green or red onion, cilantro, sour cream, black olives, jalapenos, and taco sauce round out the flavor profile.

Corn shells and flour tortillas are always classic choices. A healthier substitute for white flour tortillas is the carb-balanced tortilla. They are loaded with fiber and are very low in carbs.

Watch for emails
or updates

