

Because of YOU, Steve is here today to share his story.

2024
SUMMER
**FULL
CIRCLE**
NEWSLETTER

AT ALL COST

Steve Cost went out for what he thought would simply be an enjoyable night of hearing local musicians... but the night proved to have a life-long impact.

Some events in life seem destined to be. On a fall evening in 2017, Steve Cost, a local artist and professor, was hosting an open studio for the First Friday Art Walk at Sunset Center. His friend Dean Yates, a guitarist and singer with the band Insufficient Funds, handed him a ticket to the Friends of Fogelberg Concert scheduled for the following week. Steve accepted his friend's invitation, but little did he know, this concert would set him on a path that would ultimately save his life.

The concert, featuring some of Amarillo's finest bands, was more than just an evening of great music; it was a rallying call in the fight against prostate cancer. Throughout the event, Joe Ed Coffman and others repeatedly announced from the stage that a free PSA screening test would be available the following morning. This message struck a chord. Inspired by the story of Dan Fogelberg's death from prostate cancer, Steve decided to take action and attended the free screening – a simple blood test– the very next day.

A month later, he received a call from the Amarillo Urology Associates Clinic, requesting a consultation with Dr. Wilkerson based on his initial screening results. By May of 2018, another PSA test confirmed the presence of advanced prostate cancer. Dr. Wilhelm, a surgeon at

Amarillo Urology Associates, laid out the treatment options, and the decision was made to proceed with radical prostate removal surgery.

Given his diabetes, Dr. Wilhelm recommended a cardiologist's evaluation to ensure Steve's heart could withstand the surgery. Tests revealed the need for a stent, which his doctor successfully placed. By November 2018, the prostate surgery was successfully completed.



health, and under Dr. Wilhelm's care, Steve has remained cancer-free since the surgery.

Steve's journey underscores the importance of regular PSA tests for men, a message Steve passionately shares. Today, he continues the fight against prostate cancer by talking about his journey and encouraging others to be diligent when it comes to their health. He gives back by co-hosting Friends of Fogelberg, the concert where this journey began. Steve also created caricatures of Dan Fogelberg and sold them at last year's concert - donating a portion of the proceeds to the Harrington Cancer and Health Foundation (see picture to the left). Steve reminds us of the importance of advocating for yourself and taking advantage of cancer screenings of all types.

Steve's journey underscores the importance of regular PSA tests for men.

Within one year of attending the Friends of Fogelberg Concert, Steve had not only caught and treated prostate cancer, but also was made aware of another potential life-threatening health condition which he was able to proactively correct. Regular check-ups with his cardiologist have kept his heart in good

Without YOUR loyal donations, Steve's journey may have gone differently. Thank you for making a difference in Steve's life!

Meet Allen Harris: Prostate Nurse Navigator



ALLEN HARRIS

Allen plays a vital role for our local survivors as the Prostate Nurse Navigator at Amarillo Urology Associates. Understanding the need for more comprehensive care, Allen stepped into this position to support the many men diagnosed with prostate cancer each year in our community. He considers himself an educator, ensuring patients understand their diagnosis, its severity, and the treatment options available – which often include active surveillance, surgery, or radiation therapy.

Allen is the go-to resource for patients, available to answer questions and provide guidance. His compassionate approach often puts the men he sees at ease. Allen explains everything from the function of the prostate to the reasons behind specific treatment recommendations, making complex medical information accessible and understandable.

"A percentage of the guys I have seen would not have had the opportunity to be screened if it wasn't for the free screenings provided by your donations. If we catch even one man's cancer then it's all worth it," says Allen.

Access to a caring Prostate Nurse Navigator like Allen is an invaluable asset for local men who are facing a prostate cancer diagnosis. This is all made possible by generous donors like YOU.

14th ANNUAL BENEFIT CONCERT

Friends of Fogelberg

DAN & ROCKIN' THE 70'S

SEPTEMBER 6, 2024 | Globe-News Center for the Performing Arts

RAISING FUNDS AND AWARENESS FOR PROSTATE CANCER

It was December 17th, 2007 when Joe Ed Coffman (in pain of losing his favorite musician to cancer) began calling musicians about putting together a benefit concert to play Dan Fogelberg's music, and raise money for prostate cancer awareness. In 2008, the first concert took place. The concerts and dream continue, raising over \$400,000 in 15 years, and screening over 5,800 men at the Free PSA Screenings.

This year the concert, "Dan & Rockin' the 70s", happening on September 6th, will be co-hosted by Doppler Dave Oliver, Stephen Cost, and Dr. David Wilhelm of Amarillo Urology. Doppler Dave's and Steve Cost's prostate cancer was detected by the free screenings provided by YOUR donations, and because of that, they are here today to share their stories. Two special guests will be featured this year as well – Billy Stull and Jim Wilson, Amarillo natives. Billy was the owner of the iconic Billy's Band-Aid, a local music store. Jim Wilson has worked with such artists as Paul McCartney, Elton John, and a guy named Dan Fogelberg, to name just a few. Jim has just released his book, "Tuned In" and will be signing copies at the concert. Please make plans to attend Friends of Fogelberg in September. You're sure to have a great time while helping in the fight against prostate cancer!



Pictured L to R: David Tarpley, "Doppler" Dave Oliver, Steve Cost; Musicians performing at FOF 2023

"I never dreamed Friends of Fogelberg would have become what it has. When Dan Fogelberg died of prostate cancer in 2007, I decided to fight what killed him. I thought the concert in 2008 would be one and done, but the people of Amarillo and surrounding areas have indeed made this a cause that has truly saved men's lives! Friends of Fogelberg simply would not work without our generous donors, who are the key to our success. My thanks also go to all the wonderful musicians who have put on great concerts over the years, giving of their time and talent. If you haven't been to a Friends of Fogelberg concert, you don't know what you're missing, if you have, we would love to see you there again!" – JOE ED COFFMAN, FOUNDER, FRIENDS OF FOGELBERG

TICKETS GO ON SALE AUGUST 2, 2024 at panhandletickets.com

For sponsorship opportunities please contact Gainor Davis at
806-331-6937 or gainordavis@hchfamarillo.org

A **SURVIVOR**
LOOKS LIKE
ME.



*"Early detection can
save lives –
it saved mine!"*

"DOPPLER" DAVE OLIVER

In September 2019, well-known and loved local meteorologist, "Doppler" Dave Oliver attended the free prostate cancer screening hosted by HCHF. Several days later Dave received a card from the screening in the mail. His results were flagged as abnormal. Dave wasn't too concerned, but he went through with the recommended next steps anyway. At his doctor's office, a nodule was found on his prostate. A biopsy would reveal four cancerous tumors.

Dave credits his as a success story, thanks to early detection.

"The story ends well, but only because I was screened, and the cancer caught early enough to be effectively removed and treated."

Today Dave is cancer free, and shares his story as encouragement for other men to be screened so that lives are saved, and stories end well.

SAVE THE DATES:

A SIMPLE BLOOD TEST COULD SAVE YOUR LIFE!

FREE (blood test) PSA SCREENINGS

**NO
APPOINTMENT
NECESSARY**

TWO DATES TO CHOOSE FROM:

SATURDAY, SEPTEMBER 7, 2024

8:00 AM to 11:00 AM

AMARILLO UROLOGY ASSOCIATES
1900 Medi Park Dr. Amarillo, Texas

THURSDAY, OCTOBER 17, 2024

5:30 PM to 8:30 PM

PONDASETA BREWING CO.
7500 SW 45th Ave. Amarillo, Texas



OUR
COLORS
RUN TOGETHER 5K

Celebrate

Remember

Honor

LET'S RUN TOGETHER!

5k & 1 Mile Fun Run/Walk

SEPTEMBER 28,
2024

REGISTER TODAY:



SCAN CODE OR VISIT:
HCHFAMARILLO.ORG

5K COMPETITIVE	\$35
5K NON-COMPETITIVE	\$30
1 MILE FUN RUN/WALK	\$30
KIDS (UNDER 12)	\$25



Sur•vi•vor:

Any person diagnosed with cancer, from the time of diagnosis... for life.

For more information about the FREE resources available to cancer survivors please visit 24survivorship.org

*Our biggest wins are the programs that are part of the Harrington Cancer and Health Foundation.
Together, we work to create meaningful and lasting change in the health of our community.*



CANCER
SURVIVORSHIP
CENTER



Children's
Miracle Network
Hospitals



Friends of Together