



HARNESSING THE **POWER** OF **YOU**.



**CHANGING THE
IMPACT OF CANCER.**



15x40 connection
NewCancerConversation.org

A message from our **Founder**

15-40 Connection's work to empower the lifesaving advantage of early cancer detection has become part of our DNA. Seeing the reward of lives saved drives us all to want to do more; to reach more people quickly. Early cancer detection is a benefit we all deserve.

As an organization we initially focused on teaching teens and young adults because tragically, they are a group who has paid a high price to delayed diagnosis. It is a primary culprit of the fact that their cancer survival rates have barely improved since 1975.

Through the work initiated and funded by us all, we quickly saw a broader opportunity and need for earlier cancer detection in all age groups. Cancer does not discriminate. Neither does delayed diagnosis.

We often ask people who have had cancer if they noticed symptoms prior to their diagnosis. The answer is frequently no. Then we teach them what a cancer symptom can feel like and their answer changes. They realize that there were signals but they did not know what they meant, so they blamed them on diet, lifestyle or aging. Many bravely share their experiences and insight to illustrate the importance of the lessons we teach.

We are moving forward with passion and a clear purpose; to teach all to recognize early warning signs of cancer and to actively collaborate with medical professionals for better health care. People have come to understand that they do not need medical expertise or even high school biology to be important contributors to their health care. Every team has roles that need to be filled with the right talent. Your healthcare team needs more than medical expertise. It needs you and knowledge about you. When you work together, outcomes improve.

We are so very fortunate to have you on our team helping to teach, guide and change the cancer conversation. Our work would not be possible without the generous support of donors, gala and golf guests as well as everyone who has contributed their time and talent.

On behalf of all those whose lives have been changed because they recognized and acted on cancer symptoms early, we are very grateful for your support.

Health is Wealth!



Jim Coghlin Sr.
Founder and Chief Volunteer



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A message from the **Executive Director**



15-40 Connection is deeply committed to changing the cancer conversation and delivering the lifesaving benefit of early detection. Its innovative approach is harnessing the incredible power of patient insight. We teach people to hear body signals that can be early warning signs of cancer and how to collaborate with their doctor. The patient's role in their own healthcare is essential for early cancer diagnosis.

Cancer is a disease that touches us all. The odds that you or someone in your family will be diagnosed with cancer are high, but few expect it. Understandably, the mere mention of cancer evokes fear and discomfort. Yet when we ask people if they want to learn how to recognize a cancer symptom, even those who are afraid, say yes.

By saying "yes," patients start to become empowered. We know that early detection is the best and most effective medicine for cancer. Who would not want the best medicine?

The power of patient insight guided by 15-40 Connection education is transforming the process that leads to diagnosis. Lives have been improved. Lives have been saved. Not all have been diagnosed with cancer but all have received more effective health care and returned to health sooner.

We set out to save patient lives but are doing much more. When the power of early detection allows a talented teacher to return to the classroom and connect with students in ways that helps them achieve and grow or when a father of young sons is able to return to being an engaged, "regular dad" or an executive is able to put his full talents to use running a business and employing others...the impact is immeasurable.

Among these victories is a sobering fact that motivates us every day. We know that even as you read this, there are people experiencing health changes that are early warning signs of cancer but they don't know it. They have not been taught to "hear" them. They are not seeking medical care and their cancer is progressing unchecked to stages that will be more difficult to treat and less likely to be cured. They need 15-40 Connection education.

We will continue to innovate, collaborate and lead the way toward changing the cancer conversation. We will continue until cancer symptom awareness, empowered patients and 15-40 Connection's New Cancer Conversation are part of our culture.

To do this work is both an honor and a passion. To all of you, please accept my deepest thanks.

A handwritten signature in dark ink that reads "Tricia". The script is elegant and cursive.

Tricia Scannell Laursen
Executive Director

LEADERSHIP & STAFF

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Founder & Chief Volunteer

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Ungerer Golf Tournament,
Gala & Auction; Assistant
to James W. Coghlin Sr.*

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E-Communications Manager

Alicia Donovan
*Education and Outreach
Manager*

15-40 Connection's New Cancer Conversation Is Creating Empowered Patients

Empowering individuals to take control of their health is the core of 15-40 Connection's education. Detecting cancer early also requires collaboration. Successful patient-doctor relationships cannot happen without patients collaborating with their doctors.

15-40 Connection's actionable and memorable steps: **The 3 Steps to Early Detection** help people become aware of their health and take an active role in their own healthcare.

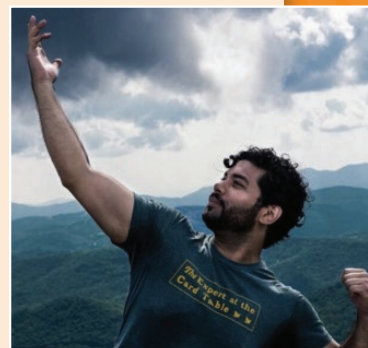
Those who follow these three steps, have received more effective healthcare. Some have played significant roles in helping to save their own lives and others have improved the quality of their lives by returning to health sooner.

STEP 1: Remember What Great Feels Like

Your awareness of how you feel when you feel great is a tool that you can use to recognize health changes earlier. Since cancer can reveal itself in different ways to different people, it is important to know what is normal for you.

In order to do this, we urge people to create a benchmark of their health by answering the following questions:

- **Your typical energy level** – are you a high/low energy person?
- **Sleep patterns** – do you need 4, 6, 8 hours or more of sleep to feel rested? Do you sleep through the night?
- **Weight** – we all go through periods of weight gain and loss from time to time, but what is your average?
- **Bowel habits** – how 'regular' are you?
- **Skin** – do you have a lot of freckles or moles? Have they changed over time? Do they itch?
- **Lump or bumps** – do you have any on your body? Were they always there? Have they changed or grown?
- **Pain** – do you have a new or unusual pain that lasts longer than a few days?



STEP 2: Use the 2-Week Rule

The 2-Week Rule is the recommended timeframe for seeking medical attention if your great has changed. The flu, a seasonal cold, or muscle pain, to name a few examples, typically resolve within two weeks.



If a health change persists for more than two weeks, 15-40 Connection recommends that it be brought to the attention of a doctor. This timeframe limits panic for some and promotes earlier action for others. Doctors and healthcare professionals agree that it helps them diagnose conditions earlier when treatment is both easier and more effective.

STEP 3: Share with a Doctor

Once you make an appointment with your doctor, your job is not done.

You are the expert on your body.



You know your body best and need to share what you know about your health changes with your doctor.

Advocate for yourself and don't let embarrassment or fear stop you from sharing all of your concerns. Be honest about all of your health changes. Your doctor is like a detective. As you share more with your doctor, a clearer picture will emerge about what's going on with your health.

Changing the Impact of Cancer

Remember Caitlin Whitney? She called 15-40 Connection to say “Thank you for saving my life.” 15-40 Connection’s education taught her how to recognize important health changes, what to do next and how to be an empowered patient. Caitlin’s actions led to her early cancer diagnosis and saved her life. She is back teaching 5th grade and is now sharing what she learned to help others detect cancer early.



Recently Kerri noticed a mark on her face. Because of 15-40 Connection’s education, she did not wait to get it checked. The spot on her face was a subtle change that didn’t go away after two weeks and she knew she needed to act. Her doctor diagnosed her with skin cancer. Because she didn’t wait, her treatment plan was easier. Her skin cancer was removed and has healed and she is back to feeling her great.

A volunteer at the Tough Sander event learned about 15-40 Connection education and used it to help her husband. He was a testicular cancer survivor, but started experiencing new pain in his groin. Remembering the 3 steps, she encouraged her husband to see a doctor when the pain didn’t go away and unfortunately they discovered the cancer had returned. They are incredibly thankful they found it quickly and he is currently undergoing treatment.



JD has had two careers where being tough and brave can be life-saving, but has learned that when it comes to your health, don’t tough it out—call your doctor and share as much information as you can. You know your body best. As a two-time cancer survivor, he wants people to know how important this is. Call your doctor and share everything you know about what has changed. You are an important member of your healthcare team.



A Doctor's Perspective

Peter Deckers, MD, Dean Emeritus, UConn HEALTH

"Would you recognize a cancer symptom? Would you do something about it? What are the drivers that prevent people from doing something about it in a timely fashion?"

"If we can cause patients to be aware of themselves, effectively we are empowering them to make choices that would lead to good health earlier and drive up the cure rate. It is unquestioned that if we find a breast cancer that is less than 1 cm we have a cure rate that is over 90% or a mole on the skin that is a malignant melanoma that has not invaded very deeply vertically into the skin, we cure over 90% of people."

"Early detection is vitally important but it includes not only the technology advances but also patients being aware of their health and reporting changes that need to be investigated."

Notable Celebrities Helping to Get the Word Out



Dee Rowe, Former UConn Men's Basketball Coach and 2017 Naismith Memorial Basketball Hall of Fame Nominee

"Love life, appreciate the gift of life. 15-40 Connection is reaching out everyday to make the world a better place. We can all make a difference."

Joyce Kulhawik, Emmy Award-winning A&E Critic and 3x Cancer Survivor

"Doctors are doing their part. The science breakthroughs are extraordinary coming in from all around the world. But the first step doesn't begin with the doctors, it begins with you. Each one of you. All any of us can do is share what we know and what we learned with one another and help each other. I am sharing my story because we -- all of us sharing here today-- were lucky to tune in and pay attention and take charge and insist on our own health. Because it really does begin with you."



Learning to **Detect Cancer Early**

Onsite Educational Programs in Schools and Workplaces Reached:



Social Media

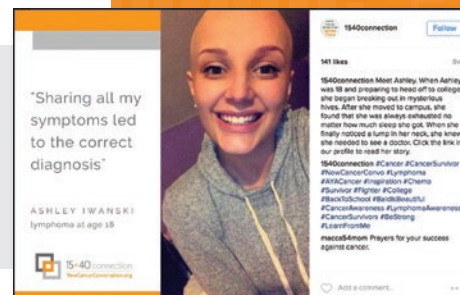
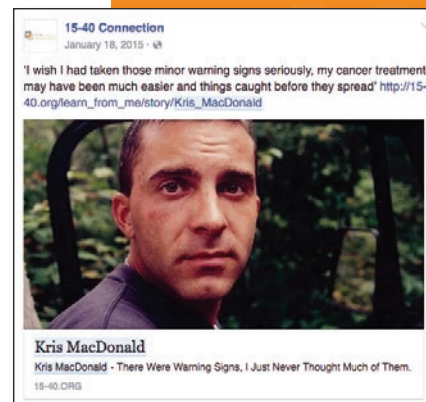


Where do people go to learn about cancer symptoms? Online.

15-40 Connection's social media channel followers continue to grow and teach thousands of people every year.

We share, teach, listen and answer questions. We reach people across the United States, as well as Europe, Asia and South America. Through conversations and interactions we are changing the way people think about cancer and their role in their own health care.

Through our blog, Facebook and Instagram we utilize the experience of others who share the lessons they learned on a journey that led to their cancer diagnosis.



Growth in **Facebook** followers

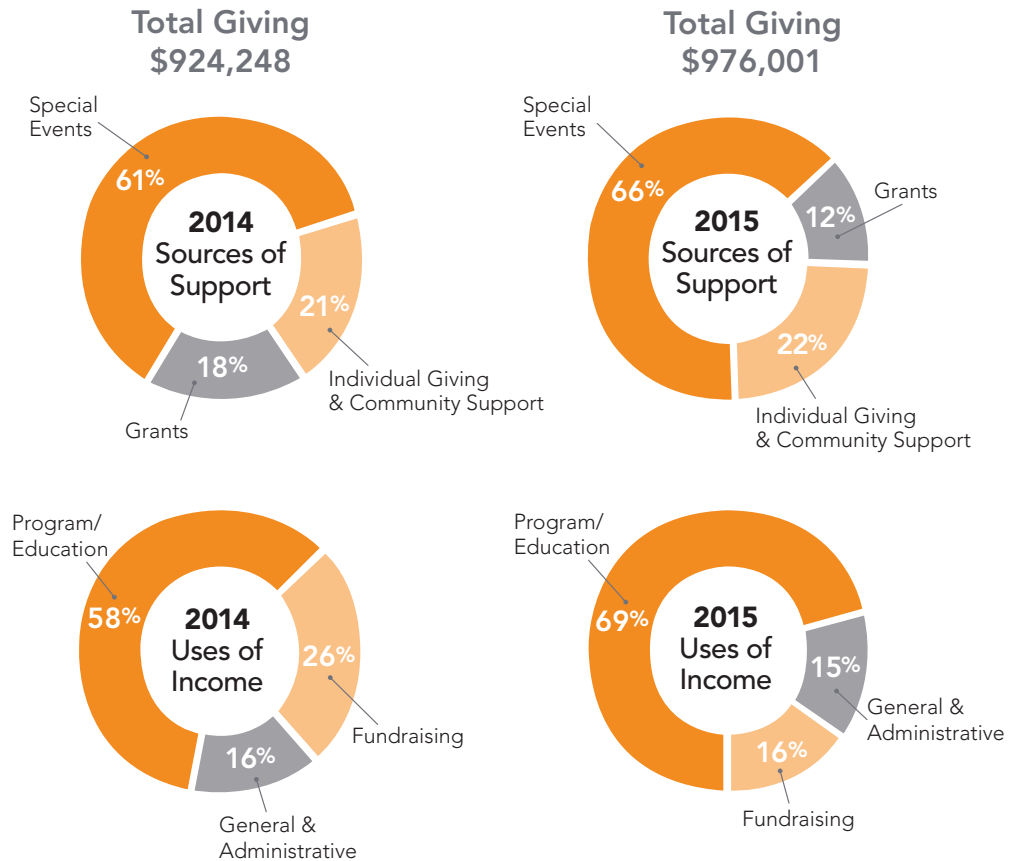


Growth in **Instagram** engaged users



Growth in **Instagram** likes

Financial Snapshot



Partnerships

15-40 Connection builds partnerships to deliver memorable and actionable educational programs to schools, universities, and workplaces. Partnering helps 15-40 Connection teach more people how to recognize important health changes that could be early warning signs of cancer. For example:

UConn: 15-40 Connection and UConn Health hosted 'Recognizing Health Changes You Should Not Ignore' for UConn Health patients and friends. Over 150 people learned important lessons through the powerful stories of young adult cancer survivors. The discussion was moderated by Emmy Award-winning A&E Critic and 3X Cancer Survivor Joyce

Kulhawik and Peter Deckers, M.D., Professor of Surgery, Dean Emeritus at UConn School of Medicine. Special guest and 3X Cancer Survivor Donald "Dee" Rowe, Former Head Coach of UConn Men's Basketball, closed the evening with an inspirational reflection on surviving and thriving.

Tufts Health Plan partnered with 15-40 Connection for a shared vision of improving patient outcomes. 15-40 Connection's education is integrated into the Tufts subscriber newsletter, social media, employee health fair and community events which collectively reach over 300K members and staff.

15-40 Connection and the Power of You

\$50,000 and Above

2014 & 2015

Jim & Nancy Coghlin
Coghlin Companies, Inc.; Columbia
Tech and Cogmedix

2014

Renewal by Andersen

2015

Roger M. Marino

\$20,000 - \$49,999

2014 & 2015

Jane E. Davis-Kusek and Charles
C. Kusek
John and Robyn Davis
Stephen A. Davis
Irene E. and George A. Davis
Foundation
Fraternal Order of Eagles #3565
Kokos Machine Company
Thomas H. Niles

2014

Bryan and Judy Rich

2015

Anonymous
Steven and Annemarie Austin
BTIG, LLC
Kevin and Patricia Meehan

\$10,000 - \$19,999

2014 & 2015

John P. Duquette
The George F. and Sybil H. Fuller
Foundation
Mississippi Polymers, Inc.
Richard J. Noonan
Thomas and Babs Putnam

2014

The George I. Alden Trust
Steven and Annemarie Austin
The Bassick Family Foundation
Chris and Kimberly Coghlin
Cynosure
Dan's Jeep Chrysler Dodge, Inc.
Chris and Jean Egan Foundation
Phillip and Linda Holman
Imperial Cars
Kirby Foundation Fund of Greater
Worcester Community Foundation
Christopher and Catherine Palermo
Ronald and Martha Pike
Todd Wetzel

2015

Cindy H. Andrews and
Thomas Whyte
Richard and Lori Carr
Michael and Ellen Davin
The DAVIS Companies
DCU for Kids
Imperial Distributors, Inc.
Manufacturing Resource Group, Inc.
Matthew 19:26 Fund
Joseph and Jane McGuine
Rodman Ride For Kids
United Way of Central Massachusetts

\$5,000 - \$9,999

2014 & 2015

Aeng Banks
Bollus Lynch, LLP
Brendon Properties
Brian and Rebecca Burns
CMP Advanced Mechanical Solutions
Jim and Kristen Coghlin
Norman and Debi Davieau
John and Danae Foley
Fourstar - Tornik LLC
Gary and Nancy Goodhile
Huhtala Oil Co.
Injectronics
JJ's Sports Bar & Grill
Thomas Kokosinski
Tommy and Corey Lee
Metso Automation
People's United Bank
Regan Remillard
Spectrum Enterprises
Worcester State University

2014

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Commonwealth Electrical
Technologies
Melvin S. Cutler Charitable
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The DAVIS Companies
Louis and Dona DeSantis
Matthew and Kristen Esler
John and Jeanne Esler
Rob Fuller Motorsports, LLC
Glen and Audette Hammitt
David Hatch
Honey Farms, Inc.
Lisa Kirby Gibbs and Peter Gibbs
Salim and Christy Lotuff
Brad and Traci Macomber
Marlborough Savings Charitable
Foundation
New England Business Media, LLC
John and Marie Palermo
Francis and Carolyn Shea
Rocco and Anne Trotto

2015

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Anonymous
Eric and Christine Austvold
Joseph and June Bafaro
Bar Code Direct, Inc.
Biomedical Research Models, Inc.
Michael and Sally Boyer
Peter Brown
Paul and Susan Butka
Kathy and Phil Cambo
Dave and Eirinn Campaniello
The Chacharone Family
Michael D. Cimini and Angela
Cheng-Cimini
Cynosure
Digital Federal Credit Union
Phillip and Linda Holman
Kirby Foundation Fund of Greater
Worcester Community Foundation
Jenique and Robert Leblond
Frederick and Tina Miller
Paul and Barbara Nazzaro
New England Fabricated Metals

Osterman Propane LLC

John Pino
Michael G. Ratte Charitable
Foundation
Bryan and Judy Rich
Ashby and Andrea Richardson
Martha and Jim Ross
SHI International Corp.
St. Pierre & St. Pierre, P.C.

\$2,500 - \$4,999

2014 & 2015

Anixter
Arrow Electronics, Inc.
Bank of America
Jill and Jonathan Conant
FABCO Manufacturing, Inc.
Fletcher Tilton PC
FLEXcon
Matthew and Holly Giza
David Gow, Wake Up Narcolepsy
Cutler Capital Management
The Hanover Insurance Group
Foundation, Inc.
The Hanover Insurance Group
Heilind Electronics, Inc.
John and Jeanette Howard
J.J. Bafaro, Inc.
Mercier Electric Co., Inc.
Brian F. Payne
Polar Beverages/The Crowley Family
Arthur and Debra Remillard
Richard and Alison Ricker
Steven and Julia Rothschild
Mark and Erin Shapiro
SpencerBANK
Pat and Deb Sullivan
Group Insurance Solutions, Inc./
Sullivan Benefits
Sullivan Group - Insurance & Risk
Management
Wachusett Mountain/The Crowley
Family
Wal-Mart Stores, Inc.
Stephen and Judith Wentzell

2014

Alexander, Aronson, Finning CPAs
Joseph and June Bafaro
Bar Code Direct, Inc.
Jack and Susan Bassick
Biomedical Research Models, Inc.
Richard and Lori Carr
Robert and Theresa Davis
Delande Electrical Supply
Diamond Staffing Services, Inc.
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Sam and Debra Hokkanen
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Manufacturing Resource Group, Inc.
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Michael Waltrip

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Worcester Community Foundation
Steve Zimmermann and
Janet Hylland

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Eric and Victoria Coghlin
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England, Inc.
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J. Michael and Julie Deneen
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Honey Farms, Inc.
JMM Charitable Foundation
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Northern Tree Service, Inc.
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Prescott Metal
Professionals, Inc.
Mark and Kathy Puccio
Robin A. Rhodes
Sager Electronics
Saint John's High School
Sandri Energy, LLC
Michael A. Shustak, DDS
Synoptics
Thermo-Craft Engineering
Rocco and Anne Trotto
John and Jeannine Urban

\$1,000 - \$2,499

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Colin and Carolyn Ahern
Robb and Madeleine Ahlquist
Anonymous
Applied Interactive
Michael and Patricia Barry
Peter and Shauna Barry
David Belsito
Norman Bitsoli
Blue Cross Blue Shield of
Massachusetts
Jason G. Bourque
Gerald and Loree Burns
Central One Federal Credit Union
Maureen L. Coghlin
Coghlin Electrical Contractors, Inc.
The Cole Family
Topper and Deb Degnan
Draco Racing Distribution Inc.
Eagle Cleaning Corporation
Fidelity Bank
Greenberg, Rosenblatt, Kull &
Bitsoli, P.C.

Dr. Abe and Linda Haddad
Horizon Solutions
Danny Iandoli
ISM Holdings
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Wonderful Giving

2014

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Moira Moynihan-Manoog and
Charles Manoog
New England Fabricated Metals
Optimum Technologies, Inc.
Osterman Propane LLC
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Joshua and Michelle Paquette
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Perrone Landscaping
John Pino
Prescott Metal
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Reliant Medical Group
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St. Pierre & St. Pierre, P.C.
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Rory P. Sullivan
Thermo-Craft Engineering
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United Bank
Worcester County Deputy Sheriff
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\$500 - \$999

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 Mark and Janice Fuller
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