Los Angeles County Commission for Women

B-50 Kenneth Hahn Hall of Administration, 500 West Temple Street, Los Angeles, CA 90012
(213) 974-1455 ofc./ (213) 633-5102 fax / laccw@bos.lacounty.gov e-mail

NOMINATION APPLICATION
29th ANNUAL WOMEN OF THE YEAR AWARDS SCHOLARSHIP LUNCHEON

The nomination application is to include a biography of the nominee. Copies of this form can be downloaded from the Commission's website at http://laccw.lacounty.gov

NOMINEE INFORMATION:

NAME: Patricia Tucker

ADDRESS: 830 North Pasadena Avenue

CITY: Pasadena STATE: CA ZIP: 91103

HOME PHONE:

CELL PHONE: (626) 407-8268

E-MAIL:

EMPLOYER: Neighbors Acting Together Helping All

JOB TITLE: Drug Free Communities Project Director

WORK ADDRESS: 2023 North Lincoln Avenue

CITY: Pasadena STATE: CA ZIP: 91103

WORK PHONE: (626) 794-5889

FAX: (626) 794-7824

CRITERIA

Nominees must have worked on behalf of women's issues; made significant contributions to women's equality issues, and served as a role model for women. Previous members of the Commission may be nominated for their current professions and other activities relating to advocacy for women. Previous recipients are not eligible for this award. (See list at: http://laccw.lacounty.gov)

Applications for nominations within these categories may be received from the community and Commissioners. If applying in more than one category, a separate application is required.

NOMINATION CATEGORY (to be considered, choose only one appropriate choice)

Education X	Health ____	The Arts / Media ____	Business / Labor ____	Law / Public Safety ____

NOMINATION SUBMITTED BY: **DECEMBER 20, 2013**

NOMINATOR: Betty Thomas

ORGANIZATION: Set for Life

JOB TITLE: Board Member, Vice President

ADDRESS: 256 East Fig Avenue,

CITY:Monrovia STATE:CA ZIP: 91016

DATE: 12/20/2013

PHONE (626) 358-1156

WORK PHONE:_____

CELL PHONE (626) 716-1981

FAX: _____

E-MAIL:bettythomas3@verizon.net

PROCESS OF SELECTION

The Women of the Year Awards recognizes up to ten (10) women who are outstanding role models for over **4 million** women in the County of Los Angeles. District Awardees are selected by each Los Angeles County Supervisor and Community At-Large Awardees are selected by the Commission for Women in the following five categories: ***Education, Health, Media/Arts, Business/Labor, Law/Public Safety***. All nominees will be rated on a scale of 1-4 for each of the following areas below. The highest overall score will receive the award nomination.

NOMINEE PATRICIA DUFF TUCKER *CATEGORY – Health and/or Education*

Please describe your Nominees participation in the following areas in relation to the category chosen:

1. My nominee has worked on behalf of women's issues by:

More than 25 years serving in various low income communities. Her passion is to spearhead programs and services which encourage and empower women and youth to never give up. Pat is a foundering board member of Set For Life. www.setforlife.org
The organization mission is to serve the San Gabriel Valley seniors, low income and uninsured with connections to resources. Over the last nine years the focus has been Healthy Living for Life, proving health screenings and health maintenance information. An important component of the organization yearly expo is the offering of free mammogram to low income and uninsured women. Yearly 38 to 50 women have had mammograms with follow-up. Pat has served as board president for the last two years.

2. My nominee has made significant contributions to women's equality issues by:
Assisted and mentored low income women of starting micro home based business.
Helped low and moderate income women and single mothers become first time homeowners.
Organized free mammogram event and annual Set for Life Health Expo for women in need.
Awarded CDOC Colorectal Cancer Awareness Program. Hosted free colorectal seminars and free Zumba classes in community.

3. My nominee has served as a role model for women by:
Pat is a wife and mother. She has been married for 28 years. Pat is an energetic woman who hard work does not appear like work as you observe her in action. Pat daughter Morgan is a recent graduate of the University of Southern California. Pat assists her husband with his video and taping business. Pat is a member of Second Baptist Church in Monrovia and a volunteer in the tape, photo and news gazette ministries.
Pat has a Masters of Science in Rehabilitation Counseling from California State University Los Angeles.

4. How has your nominee demonstrated an attitude of empowerment, positively influenced and helped women to forge ahead:
Pat has a positive attitude and passion. In her work and as board president of Set For Life she inspires the people to work hard for success when there are only a few involved. Pat's energy is catching and motivating to the women she works with and leads.

Reason(s) for Nomination, additional comments or more specifics:

See www.setforlife.org website and attached excerpts for more specifics on the health and education programs offered.

Completed forms may be submitted to the Commission for Women at **laccw@bos.lacounty.gov** or Mailed to:

Los Angeles County Commission for Women
500 West Temple Street
Room B-50
Los Angeles, CA 90012

SET for LIFE

Board Of Directors

Patricia Tucker
President

Betty Thomas
Vice President

Venda Hawkins
Treasurer

Mercedese Hervey
Secretary

MEMBERS
JASMINE NORTHUP
YOLANDA RUBALCABA
CARRIE WALKER

Saturday, October 19, 2013
1:00pm - 3:00pm

Second Baptist Church, Inc.
Fannie M. Goodwind Education Center
925 South Shamrock Avenue
Monrovia, California 91016

2012 Expo Highlights

Helping to Keep Our Community Healthy!

125 Strokes Screenings were provided!
39 Low Income women received Free Breast Exams and Mammogram Screenings!
71 BMI Screenings!
64 Oral Cancer Screenings!
103 Diabetes Diabetes Screenings!
13 HIV/AIDS Screenings!
63 Blood Pressure Screenings!
36 Hearing Screenings!

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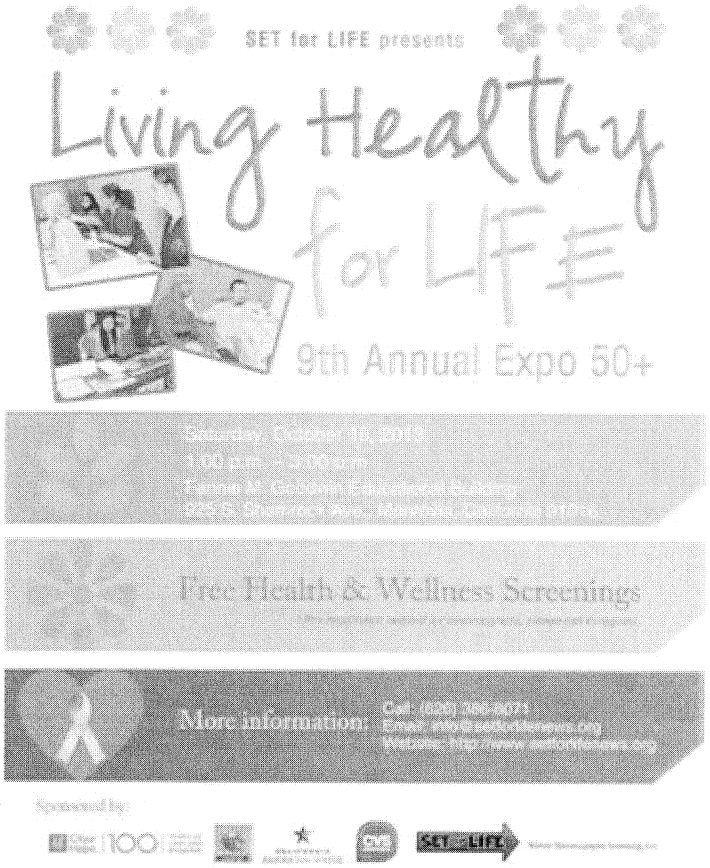
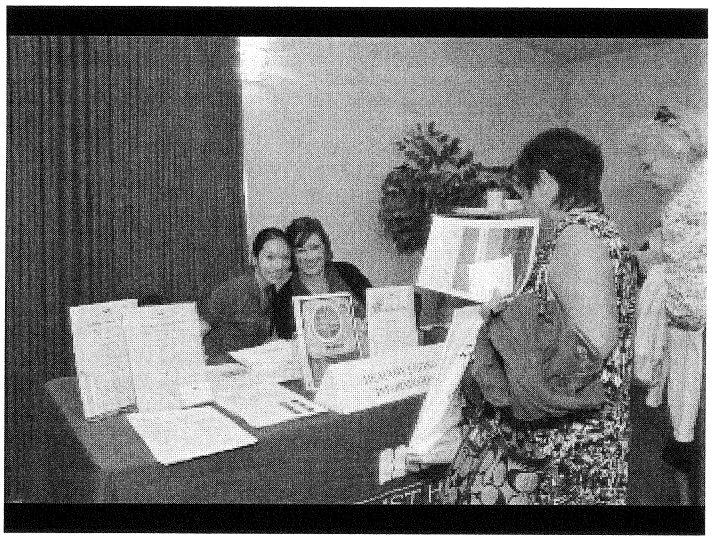
Mission & History

SET for LIFE is a nonprofit, community based organization, serving the communities of the San Gabriel Valley since 2004. Our mission is to provide older adults 50+ with health education, practical skills as it related to enhancing their quality of life and health outcomes. In 2005, we began offering educational health seminars, medical screenings and interactive workshops to senior residents through our annual "Living Healthy for Life 50+" Expo.

By partnering with local organizations, including: City of Hope, an NCI designated Comprehensive Cancer Center, AARP, and HealthCare Partners, to name a few, we are able to offer the above mentioned services free of charge to all participants. In 2012, our annual health expo reached over 600 medically under served seniors and their families. In 2011, we began our fitness classes, which have attracted over 350 older adults and children. The classes are designed to engage our seniors in a healthy lifestyle change to improve health and prevent chronic illness.

In 2012, SET for LIFE received an award from the city of Monrovia for outstanding





& Free Healthy lunch was provided to all attendees and volunteers!

charitable service to the community. In 2010, we were honored by the city of Duarte for our community health services. Our annual Expo primarily helps to engage and educate seniors and their families in making healthy lifestyle changes and choices.

Our Volunteers in Action

We need your professional skills and talents to help SET for LIFE continue to provide services to the community. If you are looking for a way to truly give back locally, why not offer up the skills you already posses? The SET for LIFE Expo 50+ also offers the perfect opportunity for high school students to earn necessary community service and internship hours. Please contact us for more information.

LEARN MORE

A special thank you to Dr. Ashing Giwa, her staff and the City of Hope Drs. who provided valuable information to participants.

READ ARTICLE

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Create a website with SnapPages

About Us

Mission

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How We Began

SET for LIFE was established through a vision of Wm. LaRue Dillard, PhD, Bishop of Second Baptist Ch programs and services with the goal of educating and training seniors and their families in the surroundin is a federally recognized 501(c) 3 nonprofit organization.

Our Policy

As a 501 (c) 3 federally recognized nonprofit organization, SET for LIFE has created partnerships which resouces and services to the community, SET for LIFE does not endorse or support specific companies affiliated with any government or political agency. Our services are offered FREE of charge without regar religious or non-religious affiliation.

Board of Directors

Executive Board

Patricia Duff Tucker- President

Patricia has served as the Director of Business Development "On Web Television", a branded content web series production company for approximately seven years. In 2012 she founded PROFLICS, to expose students in underserved communities to the world of web video creation. For more than 25 years, she has worked in nonprofit administration; Serving as Executive Director and Interim Executive Director for several nonprofit affordable housing organizations in Southern California. Patricia has received numerous Congressional, Legislative and Local awards for her contributions to the community. In 2009, Patricia received the California State Legislatures Women in Business "Technology" award. Patricia holds a Masters of Science Degree in Rehabilitation Counseling. She is a resident of Pasadena, California.

Betty Thomas - Vice President

Betty is a graduate of Monrovia High School and Pasadena Community College, is a Registered Nurse. Betty is currently working per-diem at Four-College, in Colton, California. Betty is a member of Monrovia-Duarte Black Alumni Association and Monrovia Coordinating Committee. Betty completed and holds a certificate from the Monrovia Area Partnership Neighborhood Leadership Program. Betty serves on the Church Food Pantry and is a member of the Mission of Mercy at Second Baptist Church. She is a resident of Monrovia, California.

Venda Hawkins - Treasurer

In 1973 Venda received her B.S. Degree in Accounting from Jackson State University. In 2001 Venda received her Masters

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Jasmine
Mem
Yolanda R
Mem
Carrie V
Mem
Susan
Mem

Project M

Marlon E
Printing / Websit

Tamara
Volunteer Re

Venda Ha
Accou

Debra H
Grant W

Michelle
Graphic

Danielle
Creative

Past Pres

BaLinda
2004 -
2007 -

Sheree

Degree in Special Education from California State University San Bernardino. For many years, Venda was a Senior Financial Analyst for Volunteers of America, World Vision Inc. and Kaiser Permanente. Venda is currently employed as a Special Education Teacher for the Pomona Unified School District.

Mercedes Hervey - Secretary

Mercedese Hervey is an RN and currently works as a school nurse for Pasadena Unified School District. She serves on many Board throughout Pasadena, including the Pasadena Links. She is a resident of Bradbury, California

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2006 -

Founding Boc

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Patricia Du

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Create a website with SnapPages

2012 Colorectal Awareness Program

Be Aware! Be Active! Get Tested!

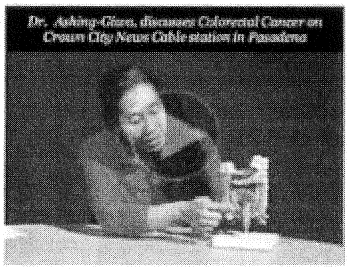
A project of SET for LIFE and City of Hope

Thank You to our Community Partners

Methodist Hospital Arcadia, Northview Middle School, Second Baptist Church Monrovia

Project description/summary:

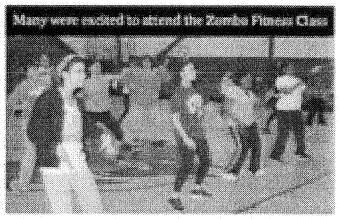
SET for LIFE (Senior Education and Training for Living Informed Futures Everyday) will conduct a Colorectal Cancer continuing Medical Education program for healthcare providers in the San Gabriel Valley of Southern California, along with providing an educational media campaign and Zumba fitness program targeting higher risk community members from March 2012 - May 2012.


Dr. Ashing-Giwa, discusses Colorectal Cancer on Crown City News Cable station in Pasadena

I loved the class so much, I came back again and brought my daughter. I liked hearing another providers perspective and learned something different both times.

Sylvia B - 80 years

Learning about the benefits of early detection


Many were excited to attend the Zumba Fitness Class

Primary Cancer Plan Objective(s):

Colorectal Cancer: Objective 3 – By 2015, decrease the proportion of late-stage diagnoses of colorectal cancer among African Americans and Asian and Pacific Islanders by 20 percent, from the current proportions in African Americans of 51.5% to 41.2% and in Asian and Pacific Islanders of 51.8% to 41.1%.

CDCC
CALIFORNIA DIALOGUE ON CANCER
Preventing Cancer & Saving Lives through Collaboration

Senior Education and Training For Living Informed Futures Everyday
SET for LIFE
www.setforlife.org
(626) 644-7572

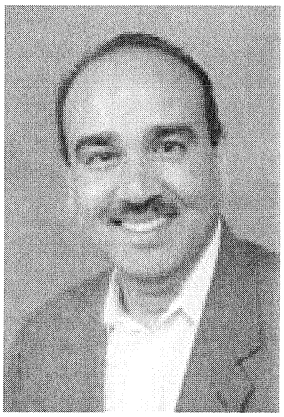
Corking pancreatic cancer

A research team led by Sanjay Awasthi, M.D., discovered a possible way to make pancreatic cancer cells more vulnerable to radiation and chemotherapy.

"The drug and radiation resistance of this cancer is legendary," said Awasthi, a professor in the departments of Diabetes and Metabolic Diseases Research and Medical Oncology & Therapeutics Research. So researchers are looking for pancreatic cancer's weak spots.

They may have found one in RLIP76, a protein naturally found in the body.

This protein pumps out the toxic chemicals that accumulate in the cancer cell as a result of chemotherapy or radiation therapy, before they can cause cell death, Awasthi said. Removing the protein, the scientists thought, might keep the toxins in the cells long enough to kill them. In a way, it would be like putting a cork in cancer cells' exhaust system.

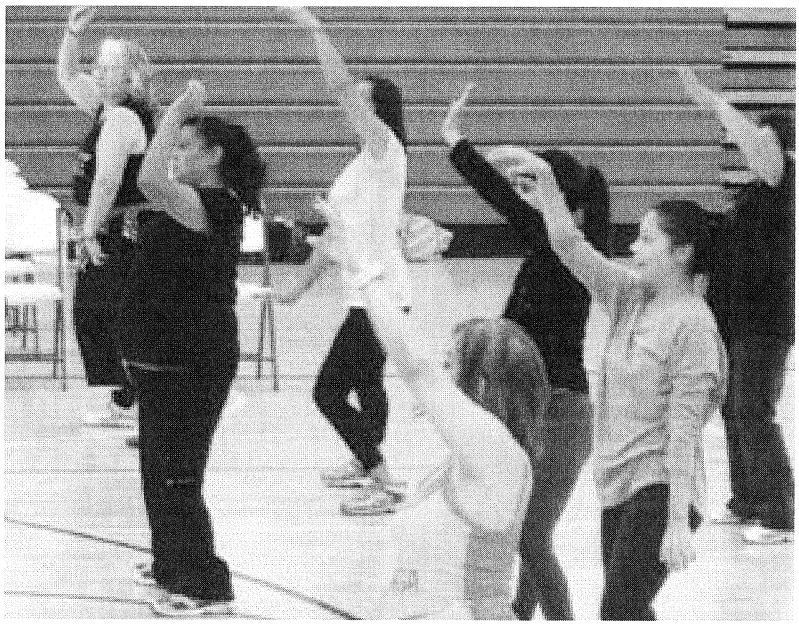


Sanjay Awasthi

They tested the strategy by lowering levels of RLIP76 in pancreatic cancer cells in mice and then exposed them to radiation or chemotherapy. The therapies killed cancer more effectively.

An added bonus of the research: Dropping RLIP76 also reduced blood sugar, cholesterol and triglyceride levels. This means that medications using this strategy to fight cancer might also work against diabetes.

The team hopes to move the research into clinical trials. — Alicia Di Rado



Zumba's Latin beats keep participants moving.

Zumba moves community to learn about cancer screening

"¡Muévela! ¡Muévela!"

The Latin music booms and pulses with an infectious groove, getting dancers to jump and clap.

It is not Miami, nor a Mexico City nightclub; the music is the energy behind a Zumba class — and it is the star attraction of a health education effort by City of Hope's Center of Community Alliance for Research & Education (CCARE), and SET for LIFE, a community-based nonprofit organization focused on wellness.

The class encourages healthy physical activity through the dance-based fitness craze. It also aims to raise awareness about the importance of colorectal cancer prevention through healthy lifestyle changes and early detection, especially among Latinos and African-Americans.

Latinos and African-Americans are among the least likely of ethnic groups to get regular screening for colorectal cancer. As a result, colorectal cancer tends to be more advanced when diagnosed— and tougher to treat — in these groups.

"It's important for us to introduce health information that is more community accessible and culturally relevant, and therefore more likely to result in positive changes in health behavior," said Kimlin Tam Ashing-Giwa, Ph.D., director of CCARE. "It is part of CCARE's community education initiative to empower communities to take action to improve the health of their residents and reduce the burden of cancer."

The California Dialogue on Cancer funded the effort. To learn more about CCARE's outreach, visit www.cityofhope.org/ccare. Details on the Zumba classes are available at www.setforlifenews.org. — Alicia Di Rado

PAULA MYERS THOMAS BROWN