

Celebrating 16 Years of Saving Lives



**Caribbean Themed
Prostate Cancer Survivors**



Anniversary Gala

6 p.m. to 10 p.m. • Saturday 9.28.24
Orlando Gardens Event Center



Dr. Arnold Bullock, M.D.
Board President
The Empowerment Network, Inc.
Alan A. and Edith L. Wolff
Distinguished Professor Of Urology
Washington University School of Medicine

Our objectives and plans for the future

I am thrilled to address you as the newly appointed President of TEN. It is both an honor and a privilege to lead this esteemed organization dedicated to supporting those affected by prostate cancer. As we embark on this journey together, I am excited to outline our objectives and plans for the future.

First and foremost, my primary goal is to enhance our community by increasing membership and participation. To achieve this, we are focusing on improving our visibility and outreach efforts across St. Louis. One key initiative is to establish stronger relationships with local urologists and radiation oncologists. By introducing ourselves and highlighting the benefits of referring their patients to TEN, we aim to become a trusted resource in their professional network. Our strategy includes distributing informative brochures in their waiting rooms and inviting them to our meetings as guest speakers, thereby fostering collaboration and knowledge sharing.

Furthermore, we recognize the importance of enriching our monthly meetings with diverse and knowledgeable guest speakers. This initiative aims to provide valuable insights and support to our members while attracting new participants who can benefit from our community's collective wisdom and experience.

In addition to these efforts, we are committed to strengthening the bond among our members through engaging group activities. Volunteer opportunities and social events will not only foster camaraderie but also provide avenues for personal growth and mutual support.

Looking ahead, I am excited to announce that a billboard campaign promoting TEN will soon be launched, further increasing our visibility and outreach in the community.

Together, we have the opportunity to make a profound impact on the lives of those affected by prostate cancer. Your financial support and active participation are crucial as we continue to grow and evolve as an organization dedicated to empowerment, education, and support.

Thank you for your ongoing commitment to TEN. I look forward to working closely with each of you to achieve our shared goals and make a meaningful difference in the lives of our members.



*By Melive Shahid, Sr.
17-year Prostate Cancer Survivor
Founder
The Empowerment Network, Inc.*

We Need Courage to Walk This Cancer Journey

After a 17-year prostate cancer journey and advocacy, I've often wondered why men diagnosed with this disease seem to disappear into the shadows of life and cease to be visible to acknowledge their cancer journey. The old saying, "A closed mouth doesn't get fed" is true with a prostate cancer journey submerged in secrecy.

Do we realize that speaking openly and courageously about our cancer journey and story can impact the lives of other men struggling with the decision-making process of whether or not to get tested and to follow up? As cancer survivors, we must exemplify the model of courage and be the mouthpiece needed to shadow over the fears and struggles men face with a prostate cancer diagnosis. We're the examples that you can survive and live years after a cancer diagnosis. Yes, we can impress men that a simple blood test can save your life, like ours.

We know there are a lot of moving parts that come with a cancer diagnosis, but fear doesn't have to be in the equation with the help of the men of The Empowerment Network. When we walk together proudly and boldly into our God-given purpose, we set the example for newly diagnosed men to do the same.

Our resounding faith combined with medical research and newly discovered cancer treatments coming from great cancer institutions all around us is the winning combination that gives us the courage and strength to walk this cancer journey without knowing the ending of our story.

Survivors, the courage we proudly display in our new walk and our mannerisms will change the course of history and the fears around this disease for years to come. So why fear, the help is here as The Empowerment Network celebrates its 16th year.

St. Louis, it has been our pleasure to serve you and your family!

About The Empowerment Network, Inc.

"Our helping becomes our psychological and emotional healing"

Our Mission

The mission of TEN is to provide culturally sensitive education, prevention, intervention, research, support and advocacy services to males and their families on prostate cancer. TEN promotes best practices designed to help decrease the rate of death caused by cancer and to improve health outcomes among men and their families.

Dr. Arnold Bullock, M.D.

President, Board of Directors

Dr. Arnold Bullock is a board-certified urologist and men's health expert at Washington University in St. Louis, Missouri. He graduated from Johns Hopkins School of Medicine in 1987 and completed his internship and residency at Washington University School of Medicine.

Dr. Bullock is affiliated with Barnes-Jewish Hospital, Siteman Cancer Center, Barnes-Jewish West County Hospital, Christian Hospital, St. Louis Children's Hospital, and VA Medical Center - St. Louis. He was named a "Best Doctor in America" by St. Louis Magazine and was a 2015 Lifetime Achiever in Health Care.

Dr. Bullock is a public health advocate and mentor to young people in North St. Louis. He believes that patients can be better by knowing why they're visiting the doctor, coming prepared with questions, and making sure their questions are answered.

Mellve A. Shahid, Sr.

Founder, 17-year Prostate Cancer Survivor

Mellve A. Shahid, Sr., a 16-year prostate cancer survivor, is the Founder and Board President of The Empowerment Network, Inc. in St. Louis, MO. In March 2007, after having no sick days in his life, he was diagnosed with Stage 2 prostate cancer and given two years to live.

"On the operating table, I asked God to heal my body, restore my health and give me a second chance. I promised to fight prostate cancer and advocate for victims and survivors. I begged for my Life. All I want to do is keep my promise to God. I just want to be a helper and humble servant to those who need my help".

It was a pledge, a covenant, a divine oath. He believes in his vision and says he would give his life for this cause. Shahid says God has answered his prayer.

Shahid developed The Empowerment Network (TEN) in February 2008 on his basement floor with his late Co-Founder, Isadore Wayne. Both being cancer survivors, they created what they could not find in their neighborhood...a source for information about prostate cancer. Within months, TEN grew to over one-hundred men.

His advocacy has led to thousands of men on a grassroots level being exposed to vital information about prostate health. The team sponsors prostate cancer walks, health fairs, and church tours where education and free PSA testing are provided.

Board of Directors Members

Arnold Bullock, M.D., Board President

Leonard Holloway, Secretary

Miles Strickland, Treasurer

John Dombrowski, M.D.

Terrence Freeman, Ph.D.

Lorraine Hall

Zachary Hamilton, M.D.

Eric Kim, M.D.

Paulette Luckett, RN

Malcolm Thompson

Vickie Wade, MSN, WHNP

Hope Whitehead, Esq.

Martin Wice, M.D. (Retired)

Mellve Shahid, Sr.

Founder/Director of Development

In Memoriam

Co-Founder and COO

Isadore M. Wayne, Sr.

Members Emeritus

Lou Richard, John Tyler

Executive Director

Sen. Robin Wright Jones (Retired)

Communications/ Public Relations Consultant

Walter Pritchard

Soaring High Media Group

Office Staff

Connie Wilson, Delores Gladden



**The office of The Empowerment Network, Inc.'s
Cancer Information and Educational Center
6000 West Florissant Avenue, St. Louis, MO 63136
314.385.0998**



BELL OF HOPE: On the Wall inside the TEN Cancer Center

Listen carefully. Hear the ringing of the bell, an indication that a prostate cancer survivor has been proclaimed cancer free.

It is presented to a survivor who has finished a course of chemotherapy, radiation. The Bell of Hope is symbolic, a goodwill gesture saluting a new survivor of their personal medical milestone.

PROGRAMME

OPENING WELCOME

Sen. Robin Wright-Jones (Ret.), Executive Director

INTRODUCTION

Tony Scott, Master of Ceremonies, 96.3 FM Radio Personality

GRANDE MARCHE

"We Are the Champions"

THE OCCASION

Arnold Bullock, M.D., TEN Board President

FUND THE NEED

Mellve Shahid, Sr., Founder, Development Director

PRESENTATION OF AWARDS

Arnold Bullock, M.D. & Mellve Shahid, Sr.

BLESSING OF THE MEAL

Min. Owen Woolfolk

GUEST SPEAKER

Lannis Hall, M.D.

PRESENTATION OF AWARDS

Arnold Bullock, M.D. & Mellve Shahid, Sr.

ACKNOWLEDGEMENTS

Mellve Shahid, Sr.

BENEDICTION

Min. Owen Woolfolk

Enjoy Music by Bell Darris

MENU

ENTRÉE

Asian Barbequed Chicken

Sicilian Roast Beef

ACCOMPANIMENTS

Mexican Street Corn

Chef's Grilled Vegetables

Almond Basmati Rice

Mandarin Orange Piquant Salad

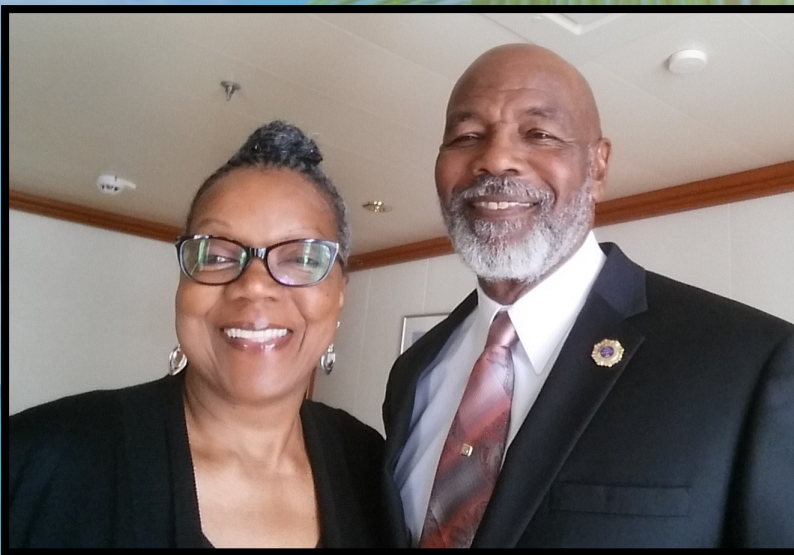
Dinner Rolls and Butter

Coffee, Tea and Water

"Wind Beneath Our Wings" Awardees

These individuals are being recognized for their endearing and dedicated contribution to the mission, programs and outreaches of The Empowerment Network.

Gloria and Hayward C. Gill, Sr.



Hayward C. Gill, Sr. joined TEN the first year the organization was organized. Hayward is a 16-year prostate cancer survivor.

He worked at General Motors, where he met his wife Gloria in 1984. They were married in 2005 and retired together in 2020 from General Motors Assembly Plant

in Wentzville, MO.

Hayward and Gloria have traveled extensively to Alaska, Australia, New Zealand, Rome, and Japan. Hayward enjoys bowling, riding his motorcycle, and supporting TEN. He and Gloria are enjoying retirement.

They have provided consistent support of TEN goals and activities since its inception in 2008.

"Wind Beneath Our Wings" Awardees

Rhonda and Glenn Haley, Sr.



Glenn Haley, Sr. and Rhonda Haley are more than just a couple. They are a dynamic duo with hearts for God and service to His people.

They have been serving as a deacon and deaconess at Calvary Missionary Baptist Church for many years. In this capacity, they have touched countless lives through prayer, witness and tangible blessings.

Sixteen plus years ago, Rhonda showed her love and devotion to her husband as Glenn faced a formidable adversary: prostate cancer.

The battle was fierce, but with the help of the Lord, their faith and determination was more fierce. Through surgeries, treatments, and moments of doubt, Rhonda kept praying for her husband and believing that God would show himself faithful, and together they clung to hope.

Glenn and Rhonda have been vigorous in their support of TEN for the past decade.

"Wind Beneath Our Wings" Awardees

Stacy Reliford



Stacy Reliford is the Alliance Development Manager for Pfizer, conducting public affairs and advocacy and engaging stakeholders in shared public policy priorities that impact patients.

Previously, she worked at the American Cancer Society and its advocacy organization, the American Cancer Society Cancer Action Network (ACS CAN) for over twelve years. In her position as state government relations director she managed ACS CAN Missouri's public policy efforts.

Stacy also has experience on political campaigns and Capitol Hill working for U.S. Senators John D. Rockefeller IV and Jean Carnahan.

Stacy holds a bachelor's degree from the University of Missouri-Columbia and a master's degree from The George Washington University. She has previously served as a Commissioner on City of Kirkwood Human Rights Commission, is a graduate of the Sue Shear 21st Century Leadership Academy and Leadership St. Louis 2016-17. Stacy and her husband Kyle reside in St. Louis and have two children.

Ms. Reliford has been a long term sponsor and supporter of TEN on behalf of Pfizer for many years.

Blue Diamond Award

Given to a TEN Board Member for Outstanding Service

Hope Whitehead, Esq.



Hope Whitehead is a well known attorney in the St. Louis region.

During her 35 year legal career, Hope has been a St. Louis City prosecutor, workers compensation judge, state representative and lawyer in private practice.

Currently, she is serving as the Director of Judicial Administration for the St. Louis County Circuit Court. She is the first black and first woman to be the administrator of the largest court in the State of Missouri.

Hope has been a committed member of The Empowerment Network board since 2012. Hope has been instrumental in leading The Empowerment Network, Inc. through several procedural and operational decisions that have had a favorable impact on our stability.

Our Sponsors

Thank You for Being with Us as We Endeavor to Save Lives

-Platinum-



ST. LOUIS MEN'S GROUP AGAINST CANCER



Gold



Silver



Bronze



skate 'king.



Jos. Ward Painting Co.
Quality & Dedication Since 1870



BERNESSA DAVIS, REGIONAL
VICE PRESIDENT



Partner



Media



OUTFRONT/

