

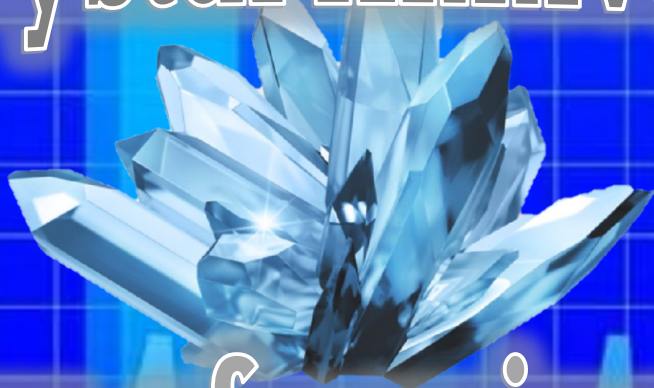


Prostate Cancer Survivors



GALA

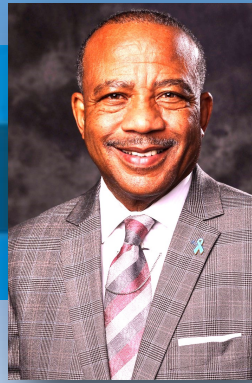
Our Crystal Anniversary



15 years of saving lives

September 23, 2023 | Orlando Gardens Event Center

A WORD FROM OUR FOUNDER



Celebrating 15 years

It's hard to believe that the Empowerment Network (TEN) is celebrating its 15th Year Crystal Anniversary. Where did the years go?

A journey that started with a promise, that grew from a vision, into a mission, and now an internationally known organization that helps and supports men and families with prostate cancer.

Yet, so much has changed over this span of time as I watched progress being made on all levels of cancer care. Over the many years of our existence, great friendships, relationships, and collaborations now exist in the medical community as we work together on prostate cancer related projects. New medical advancements, cutting edge robotic technology, research and interventions have occurred over the last 15 years to improve cancer outcomes. Prostate cancer survivors are now living longer and having a better quality of life with the work being done in the field of cancer treatments. We owe a debt of gratitude to our medical professionals for the unique gift of excellent care they have provided to prostate cancer patients. The future generations of prostate cancer survivors will benefit from the improvements and the advancements that are being made "today".

We share this same sincere gratitude with those of you who support our cancer organization, survivors and the caregivers in which we help and serve on a daily basis. Yes, the real treasure we see at TEN is in the faces of family members when their fathers, grandfathers and uncles survive this disease and go back to living a life of normalcy and having social interaction with their family members and friends.

We must continue the fight to win the war against prostate cancer and to find a cure for it in our lifetime. I hope and pray I live long enough to see an end to this insidious disease. But until then, I'm very proud to be a member of this amazing organization of men who have become the torchbearers fighting against this disease on the front line in our community. Let's continue the fight until prostate awareness becomes a household word and this disease is eradicated in the lives of men.

Long live TEN and long live the families we serve. Thank you for your love and support.

Happy Anniversary!

Mellve

Celebrating 15 Years of Saving Lives

The Empowerment Network, Inc.

2008 - 2023



“Our Crystal-Clear Anniversary”

The traditional 15th anniversary gift is crystal, an enduring material that symbolizes the lightness, clarity and durability of your love. The modern gift is a timepiece representing the many hours and minutes dedicated to someone or something. Crystals are arranged in a highly ordered repeating pattern called systems. The Empowerment Network, Inc. has a repeating pattern of helping men impacted by prostate cancer through endless love and support.

The Empowerment Network, Inc. (TEN) has been blessed to serve the St. Louis region since 2008. In September 2023, we will celebrate 15 years of making dreams the reality of **“Saving Lives”**. *We have 15 years of crystal-clear evidence and a population of cancer survivors to support it.*

Crystal clear means we embraced the science, the research, the medicine, the treatment and the genetics of prostate cancer leading to longer lives for our survivors. Crystal clear means our approach and messaging is completely transparent, simple and easy to understand. We are crystal clear that getting tested for prostate cancer **“Saves Lives”** and families.

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.

Mellve A. Shahid, Sr.

Founder/President, Board of Directors

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

Leonard Holloway, Secretary
Miles Strickland, Treasurer
Arnold Bullock, M.D.
John Dombrowski, M.D.
Terrence Freeman
Lorraine Hall
Zachary Hamilton, M.D.
Eric Kim, M.D.
Paulette Sykes, RN
Douglas P. Schoen, CFA
Malcolm Thompson
Vickie Wade, MSN, WHNP
Hope Whitehead, Esq.
Martin Wice, M.D. (Retired)

In Memoriam

Co-Founder and COO

Isadore M. Wayne, Sr.

Members Emeritus

Lou Richard
John Tyler

Executive Director

Sen. Robin Wright Jones (Retired)

Partner

Walter Pritchard
Marketing Communications Specialist
Soaring High Media Group

PROGRAMME

Opening	Sen. Robin Wright-Jones (Ret.) Executive Director
Introduction of	Tony Scott Master of Ceremonies
Grand March	"We Are the Champions"
Remarks	Rick Stevens President, Christian Hospital
Blessing of the Meal	Survivor Henry Robinson
Dinner is Served	
The Occasion	Mellve Shahid, Sr.
Awards Presentations	
Mellve Shahid, Sr. & Sen. Robin Wright-Jones (Ret.)	
Acknowledgements	Mellve Shahid, Sr.
Closing Prayer	Survivor Henry Robinson

MENU



ENTRÉE

SICILIAN BEEF
ASIAN BARBEQUED CHICKEN

ACCOMPANIMENTS

FOUR CHEESE MACARONI
ROASTED GARLIC MASHERS
GREEN BEANS AMANDINE



ITALIAN GARDEN SALAD
DINNER ROLLS AND BUTTER
COFFEE, TEA, WATER
CASH BAR

DESSERT

SHEET CAKE

I believe...

By Melive Shahid Sr., Founder/President, The Empowerment Network Inc.

I Believe

We, The Empowerment Network, must become the service that is needed in our community in order to affect change. Often times in the urban community, that needed service is not available. It was not available when I was diagnosed with prostate cancer. We created it!

I Believe

The Empowerment Network is not the average cancer organization. This organization is divinely assisted by Almighty God to help men as they battle this disease from “diagnosis to recovery.”

I Believe

No cancer organization in urban America has done or will do what The Empowerment Network is doing to help save the lives of men with our support and message given at our monthly, nationally acclaimed support group meetings. Our meetings feed and uplift the health of the human spirit in newly diagnosed men to help them realize there is life after this disease and a brighter tomorrow to share with their families.

I Believe

Our message is lifting the shame, fear, and disgrace caused by this disease in the lives of men. It is helping men to return to living a normal life after they have traveled the journey of sharing this disease. The Empowerment Network was able to see, understand, and create the services needed for prostate survivors in the St. Louis community with our message of Hope & Love. Our message has now helped to change the way men think about their prostate health.

I Believe

This organization has helped bridge the gap of understanding between academics in the St. Louis community, and has brought to the universities a greater understanding of working with cancer survivors to help create a model that will soon be shared throughout the nation. The Empowerment Network is that model to be shared with the world!

I Believe

What The Empowerment Network is doing with prostate awareness and prostate health on a grass-root level, will one day be studied in the annals of history surrounding this disease in the urban community among African American men. Our message will save thousands of lives in years to come.

I Believe

Continued on back

The Empowerment Network Inc.

“I Survived”

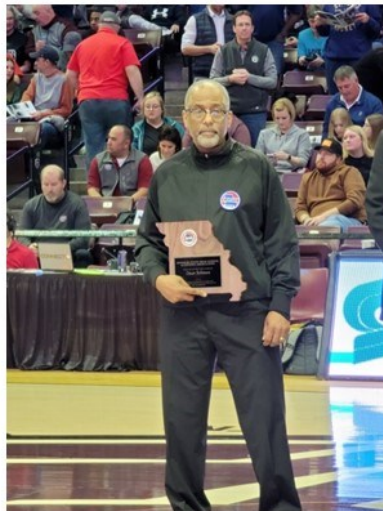
I Believe

It is because we strongly believe in our hearts and minds that the greatness you see in our cancer ambassadors and cancer advocates, who do the work of saving lives by sharing their stories and experiences with newly diagnosed men and their families - make a difference. We are the example!

I Believe

This is the year of Patience and Kindness and only time could have produced the chemistry of bringing this great organization together for this task. God has helped to assemble this dynamic team of kind, passionate and committed men and women, who believe in the mission and vision of The Empowerment Network during September National Prostate Awareness Month.

I can see it, I can feel it, and I believe it. I'm excited that this dream is finally becoming a reality. Let's continue the work we have started and wait patiently for God's reward, if it's his Will.



CURRICULUM VITAE
MELVE SHAHID, SR.

Community Involvement/Activities

- Established The Empowerment Network, Inc. in 2008
- Host of "The Empowerment Network Health Focus Radio Show," from 2008 to 2018
- Member of the 100 Black Men of Metropolitan St. Louis 2008-2016
- Research Consultant for St. Louis University's Prostate Cancer Study
- Facilitator of the American Cancer Society's "Man to Man Support Group for the City of St. Louis" 2008-2011
- Member of People's Health Center Prostate Cancer Awareness Coalition 2009

Awards/Honors

- 2007-2009-Resolution recipient-Saint Louis City Board of Alderman
- 2008-"Man of the Year Award"-100 Black Men of Metropolitan St. Louis
- 2008-Resolution Recipient-Missouri House of Representatives for Work in the Community
- 2008-"Health and Wellness Award"-Harris Stowe State College Collegiate 100
- 2008-"Community Service Award"-Masjid Al-Tauheed
- 2009-"Humanitarian of the Year Award"-Lone Star Lodge No. 2
- 2009-"Harold P. Freeman Service Award" for Establishment of Support Group (1st National Award)
- 2010-Resolution Recipient-Missouri Senate-for Role in Prostate Cancer Advocacy
- 2010 -"African-American Citizen of the Year Award"-Gateway Classic and Ameren UE
- 2010 -"Yes I Can Special Achiever Award"-St. Louis Metro Sentinel Journal
- 2010- "Harold P. Freeman Service Award" for Establishment of Cancer Center (2nd National Award)
- 2011-Resolution Recipient-Missouri Senate for Establishment of Cancer Center
- 2011-Nominated for the Citizen Medal given by President Obama
- 2012-Missouri Gov. Nixon signs SB 38 Establishing Urban and Rural Pilot PC Program spearheaded by Melve Shahid
- 2012-Dr. Martin Luther King Tribute Award
- 2012-Dr. Martin Luther King Non-Violence Support Group Award
- 2012-Metro Area Professional Organization Honoree at the National Shrine of Our Lady of the Snows
- 2013-Missouri Foundation for Health – Basic Grant Award
- 2013- St. Louis Philanthropic Grant Award
- 2014-Community Impact Award from Wade Funeral Homes, Inc.
- 2014-Community Asset Management Corporation (CAMCO) Appreciation Award
- 2014-20th Annual Nation of Islam Savior's Day Award
- 2015-Harmony Grand Chapter/Order of Eastern Star "Black Men Matter-Unsung" Community Difference Award
- 2015-Metropolitan Area Professional Organization Honoree
- 2015-St. Louis American Foundation's "Salute to Excellence in Healthcare" Advocacy Organization of the Year
- 2016-Word of Mouth Entertainment "Stepganza Award"
- 2017-Received the "Excellence in Community Service Award" from Better Family Life"
- 2018-Celebrated 10 years of The Empowerment Network " Saving Lives"
- 2018-Established The Empowerment Network Eastside Initiative
- 2019-Received the "Drum Major of Service Award" from The Empowered Church & COGIC Urban Initiatives
- 2019-First Baptist Church of Chesterfield "Outreach and Missions Award"
- 2020-Christian Hospital "Drum Major of Service" Award
- 2020-ZERO-The End of Prostate Cancer ST. Louis Walk Largest Team Award since 2018
- 2021-Urology Foundation Humanitarian Recognition Award Nominee
- 2021-St. Louis Board of Aldermen Resolution awarded in recognition of his tireless efforts promoting prostate cancer awareness
- 2022-Received Resolutions from St. Louis (MO) County Council and the City of Moline Acres (MO) in Recognition of June-Men's Health Month Kickoff
- 2023-Received The Herschel Price Man of the Year Award from the St. Louis Men's group Against Cancer
- 2023-Community in Action Award from Hatz4Hearts Pink Carpet Gala
- Numerous newspaper articles, podcasts, radio and television interviews have highlighted his efforts to spread public awareness about prostate cancer throughout the region

“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.



Rev. Richard Ashley currently serves as Pastor of St. Philips Evangelical Lutheran Church in the Ville neighborhood of North St. Louis. A preacher, teacher and lecturer, he received his Master of Divinity degree in Theological and Ministerial Studies from Central Baptist Theological Seminary in Shawnee, Kansas. In addition to his pastoral duties, Rev. Ashley works as a Stockbroker at TD Ameritrade in St. Louis County. We are recognizing him for his generous spirit in allowing TEN’s Support Group to meet monthly in the Lower Level of his church.



Dr. Bettina Drake is a Professor of Surgery in the Division of Public Health at the Washington University School of Medicine. She received her Doctor of Philosophy degree in epidemiology from the University of South Carolina, Columbia. Her research interest has been identifying the risk factors for cancer as well as the at-risk groups for these factors. This includes contributing to the translation of these findings into behavioral interventions at the individual and population level. Dr. Drake is being recognized for consistently including The Empowerment Network in meaningful and game changing research projects across time.

“Wind Beneath Our Wings” Awardees



Dionne Ferguson is the current Board President of the St. Louis Philanthropic Organization, Inc. They provide funding and capacity building support to non-profit organizations whose programs and services advance the quality of life for St. Louis city residents. TEN has added and expanded existing services, programs and outreach activities because of grants received from this organization. They are being recognized for their continued faith in our mission to “Save Lives”.



Matt Fulson is the Founder/President of Fulson Housing Group in Lee’s Summit, MO. An affordable housing industry maven, Fulson has spent many hours in the St. Louis region developing and managing affordable housing units for area families. Mr. Fulson’s path crossed with our Founder and President, Mellve Shahid, Sr., on one of these properties leading to a beneficial partnership that has helped to sustain TEN’s operation. Mr. Fulson is being recognized for his care and friendship.

“Wind Beneath Our Wings” Awardees



Dr. Kendra Holmes is the President and CEO of Affinia Healthcare. Her role is a historic one: Dr. Holmes is the first woman and the first Black person to be selected as the President and CEO in its 117-year history. She joined Affinia Healthcare in 2003 and worked her way to the executive level where she oversaw health center operations. Dr. Holmes received her bachelor's and doctorate degrees in pharmacy at the University of Health Sciences and Pharmacy in St. Louis where she now serves on the Board of Trustees. Actively involved in the community, Dr. Holmes has received numerous honors and accolades. She is being recognized for her unfailing willingness to support and participate in our community outreach events.



Randy Sanderson serves as the Finance Director at 1st Baptist Church of Chesterfield. The church's focus is to advance the Kingdom of Jesus Christ by equipping souls for Christian Service. In so doing, they invite non-profits to apply for grants through their Outreach and Mission Awards Committee thus supporting various programs throughout the region that positively impact the quality of life for individuals. TEN has been the recipient of this grant in recent years. We recognize Mr. Sanderson for giving us the opportunity to participate in their charitable giving.

“Wind Beneath Our Wings” Awardees



Dr. Keisha Windham is the Assistant Director of Community Outreach and Engagement in the Division of Public Health Sciences at Siteman Cancer Center. Dr. Windham received her Doctor of Public Administration degree from the University of Illinois at Springfield. She has more than seven years of high-level scientific research experience and is motivated by the challenges of the underserved community. Dr. Windham additionally oversees the activities of Siteman’s PCCP (Prostate Cancer Community Partnership) board of which TEN is a member. We recognize Dr. Windham for her diligence in establishing PSA testing events throughout the region and including TEN as a partner in this work.

THE BLUE DIAMOND AWARD

Given to a TEN Board Member for Outstanding Service



Doug Schoen is a Board Member of The Empowerment Network, Inc. Currently, the Director of Community Financial Investments at Edward Jones, he joined the board in memory of his late father-in-law, Steve Myers, who was a TEN member. Mr. Myers was the Fox 2 helicopter reporter for many years. Mr. Schoen is receiving our Blue Diamond award for his loyal and enduring support of our organization through his duties as a board member.

Office of the Governor



State of Missouri

Governor's Proclamation

WHEREAS, about one in eight men will be diagnosed with prostate cancer during his lifetime; and

WHEREAS, prostate cancer is the second leading cause of cancer death among American men behind lung cancer; and prostate cancer is the most common cancer diagnosis in American men, after skin cancer; and

WHEREAS, prostate cancer is a serious disease, but with appropriate treatment most men diagnosed with prostate cancer do not die from it; and

WHEREAS, improved awareness of prostate cancer, understanding risks for developing it, consultation with a medical provider, and access to recent medical advances that may extend patients' lives improve patient outcomes; and

WHEREAS, men should talk to their healthcare provider regarding their risk of developing prostate cancer and whether/when screening and related tests for early detection of prostate cancer are indicated; and this shared-decision making discussion can start at age fifty for men at average risk, or at age forty for men at higher risk, including African American men, men with a family history of prostate cancer, or men with a known genetic mutation that increases their risk for prostate cancer; and

WHEREAS, if a decision is made to screen for prostate cancer, a single blood test for prostate-specific antigen (PSA) is the most appropriate test for screening; and

WHEREAS, there is still more research to be done for prostate cancer so that new more effective treatments can be developed; and Missouri will continue to push for critical research and advance treatments for prostate cancer.

NOW THEREFORE, I, Michael L. Parson, GOVERNOR OF THE STATE OF MISSOURI, do hereby proclaim September 2023, to be

PROSTATE CANCER AWARENESS MONTH

in Missouri and encourage the residents of Missouri to become informed and aware of prostate cancer.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Missouri, in the City of Jefferson, this 2nd day of August, 2023.



Michael L. Parson

Michael L. Parson
GOVERNOR

ATTEST:

Jay Ashcraft

Jay Ashcraft
SECRETARY OF STATE

Missouri House of Representatives



Resolution

Whereas, the members of the Missouri House of Representatives hold in high esteem those Show-Me State organizations that are dedicated to improving quality of life in local communities and neighborhoods through improvement in health care; and

Whereas, The Empowerment Network, Incorporated, is celebrating Fifteen Years of Saving Lives during its Crystal Anniversary to be held on September 23, 2023, at the Orlando Gardens Event Center in St. Louis, Missouri; and

Whereas, The Empowerment Network is a St. Louis-based nonprofit, prostate cancer advocacy, education, and awareness organization with proceeds from their crystal anniversary gala event going towards programs that benefit prostate cancer survivors and their families; and

Whereas, approximately one in eight men will be diagnosed with prostate cancer during his life, making it the most common cancer diagnosis in American men after skin cancer, and the second leading cause of cancer death among American men behind lung cancer; and

Whereas, prostate cancer is a serious disease, but with appropriate treatment most men diagnosed with it will survive thanks to improved awareness that includes men understanding their risks for developing it, consultation with a medical provider, and access to recent medical advances, all of which may extend patients' lives and improve their outcomes; and

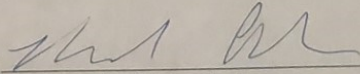
Whereas, men should talk to their healthcare provider regarding their risk of developing prostate cancer, and if a decision is made to screen for it, a single blood test for prostate-specific antigen (PSA) is the most appropriate test for screening in men age fifty who are at average risk, or at the age of forty for men at higher risk, including African American men, men with a family history of prostate cancer, or men with a known genetic mutation that increases their risk for the disease; and

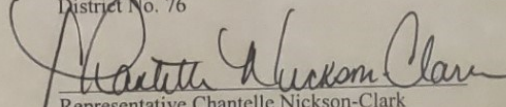
Whereas, with more research to be done, the Show-Me State will continue to push for critical research that will undoubtedly develop new, more effective treatments for prostate cancer:

Now, therefore, be it resolved that we, the members of the Missouri House of Representatives, One Hundred Second General Assembly, join to applaud the history, goals, and accomplishments associated with The Empowerment Network, Incorporated, and to convey to all of those involved this legislative body's most heartfelt best wishes as they celebrate their Crystal Anniversary on September 23, 2023; and

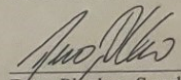
Be it further resolved that the Chief Clerk of the Missouri House of Representatives be instructed to prepare a properly inscribed copy of this resolution for the Empowerment Network, Incorporated.



Offered by 
Representative Marlon Anderson
District No. 76


Representative Chantelle Nickson-Clark
District No. 67

I, Dean Plocher, Speaker of the House of Representatives, One Hundred Second General Assembly, First Regular Session, do certify that the above is a true and correct copy of House Resolution No. 3496, adopted September 12, 2023.


Dean Plocher, Speaker

15 years of memories



HEALTHYfocus
Radio Show
A presentation of
The Empowerment Network Inc.
Health issues and topics that inform and educate the community.

Hosted by, from left:
Amin Muhammad, Theo Brown (standing),
Larrotte Hill and Malvee Shukie Jr.

Sundays, 5 p.m. to 6 p.m. (CST)
WGNU 920 AM Radio
streaming live @ www.WGnu920am.com
—CALL IN AT 314.880.0808—
#tenhealth

The Empowerment Network Inc. is a non-profit organization.

A collage of images showing the radio show broadcast, including hosts and guests in a studio setting.



Our Sponsors

CRYSTAL BANNER PATRONS



ST. LOUIS MEN'S GROUP AGAINST CANCER



PARTNERS



SSMHealth.

Saint Louis University Hospital



CONTRIBUTORS



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SAINT LOUIS UNIVERSITY
—
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BJC HealthCare



PECaD

PROGRAM FOR THE ELIMINATION
OF CANCER DISPARITIES



YOU'RE
STILL

A Man

“SURVIVING PROSTATE CANCER”



COMING SOON...

BY MELLVE SHAHID SR.