

Asbestos Disease Awareness Organization

“United for Asbestos Disease Awareness, Education, Advocacy, Prevention, Support and a Cure.”

www.AsbestosDiseaseAwareness.org

December 2004

Message from Linda, ADAO Executive Director & Cofounder

As the new legislative session starts, ADAO is gearing up for even more meetings with Congress to help spread the word about the need for a fair and balanced bill that takes into account the voice of the victims' and the need to increase funding for research, education and prevention.

Actions speak louder than words ...

How can you support asbestos awareness today?

Turn your anger into Action!

- Sign and circulate the asbestos awareness petition! **We are using the petition instead of letters to show international solidarity on The Hill, and in the future to the United Nations, World Health Organization and International Labor Organization.**
<http://www.asbestosdiseaseawareness.org/eLibrary/petitionform.pdf>

- Make an online donation to ADAO.
- Share your loved one's name as we honor and remember victims that have lost their battle with mesothelioma or an asbestos related disease. Email names to

ADAO will continually update our website tribute page and respectfully mention their name on 4/1/05 during National Asbestos Awareness Day.

“Send Lawyers, Guns and Money” ... and Jordan! In January, Jordan Zevon, ADAO National Spokesperson, Doug and I will tackle Washington D.C. AGAIN. It's now or never for fair and just asbestos legislation. Thanks in advance to Jordan; his passion, commitment and personal experience will help deliver an unforgettable message to your senators.

Need a holiday gift? Pick up your Warren Zevon tribute album, [Enjoy Every Sandwich: The Songs of Warren Zevon](#). You will love this fabulous collection of songs.

ADAO went Global - uniting victims and victims' organizations around the world.

Read the online Global Asbestos Congress report for more information. Over 500 delegates from 40 countries sharing a common goal, united together in Japan. Yes, there is power in unity; the GAC supports our fight!

A Light of hope ...“Some of you may be familiar with the Association of Cancer Online Resources (ACOR) tradition and lit a candle on Sunday, December 19th from 7 p.m. in memory of those who have lost their battle with Mesothelioma or an asbestos related disease. On December 31st we light another candle in honor of those still battling these diseases as a symbol of lighting their way into a new year....one which hopefully will bring new advances in the treatment, as well as the recognition it should get by the media. This is not in any way to be considered a religious ceremony, just a special time to remember the ones that are lighting the way for us.” ~ Jill

MESSAGE FROM THE PRESIDENT: Alan Reinstein, Mesothelioma Victim

ADAO is a volunteer victim-to-victim organization staffed by victims, their families and friends and funded solely through private donations.

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This is my first message, and I would like to take this opportunity to thank everyone who has helped give birth to ADAO. The creation of ADAO is the "brainchild" of my wife Linda, and her partner Doug Larkin. What they have accomplished in a few months speaks volumes of their passion and dedication to our cause.

By spreading the sad truth about asbestos, we can help save lives now, and in the future. There is a lot of work to be done. If you can help us, please email Cathy at cathy@asbestosdiseaseawareness.org to volunteer.

If you would simply like someone to talk to, I would be happy to share my experience in battling against Mesothelioma, as well as the information we have available regarding other diseases caused by asbestos. We are one big and growing family, we need each other, and we can help each other. Please, let us hear from you. alan@asbestosdiseaseawareness.org

LEGISLATIVE UPDATE: Doug is the master at conquering The Hill. Read his complete [Legislative Update](#) on our website. SENATE RESOLUTION 448 (drafted by ADAO) -- designating April 1st, 2005 as National Asbestos Awareness Day is a small step for victims, but landmark legislation for the future. Read [Senator Reid's statement](#). **WE ARE USING THE PETITION INSTEAD OF LETTERS TO OUR SENATOR TO PASS THIS RESOLUTION.**

MEDICAL UPDATE: Our Medical Advisory Board might be able to help you navigate the uncharted waters of asbestos related diseases. Keep current by reading our website support and medical resources pages.

VOLUNTEERS' UPDATE: ADAO has put a face on these hideous diseases and now it's time for Congress to meet US. Cathy Dorf and Debra Farnsworth work tirelessly to coordinate volunteer efforts. Email [Cathy](#) to volunteer - become your ADAO State Representative. For our complete list of Volunteers refer to: <http://www.asbestosdiseaseawareness.org/eLibrary/ADAOVolunteers.pdf>.

Our ADAO Representatives:

1. Reduce the intense feelings of victims' isolation, especially upon first diagnosis of disease
2. Represent strength and unity in Washington D.C. and at a State and Local level (as needed)
3. Disseminate ADAO information to our members via email
4. Serve as a state contact person for the press (as needed)

Please join us in welcoming our new ADAO State and International Representatives:

Robert - (VA)

Terry - (United Kingdom)

Mike - Firefighters

Gopal - (India)

Lewis - Students

Lynda (Eastern Australia)

Tim - (Canada)

Lucy - Warren Zevon Representative

Shelly - (MO)

Next month's features:

TEACHERS' UPDATE: by Judy and Mardel will keep you informed about asbestos in our schools and are uniting teachers across the nation. Read Mardel's full article about the Asbestos Hazard Emergency Response Act (AHERA) online at <http://www.asbestosdiseaseawareness.org/eLibrary/ahera.pdf>

FIREFIGHTERS' UPDATE: by Mike, OH firefighter, is on the front line with firefighters.

VETERANS' UPDATE: Searching for a Representative! Email linda@asbestosdiseaseawareness.org to volunteer.

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Mark your calendars for **ASBESTOS AWARENESS DAY** on **APRIL 1ST 2005**

NEW ADAO WEBSITE RESOURCES AND TOOLS: [Medical](#), [Safety/Prevention](#), Early Asbestos Related Disease Warning Symptom And High-Risk Occupations and [Support](#).

The Holidays are a Tough Time...by Judy Whitmire

For many people, this time of year is particularly difficult. For some, their loved one is still struggling with mesothelioma or other asbestos-related diseases. No matter how hopeful they are (and they should be!) they can't help to wonder if it will be their last holiday together. Savor each moment and live for each day with hope. For others, it is a holiday missing a loved one for the first, third, fifth, or tenth year. Sometimes the loneliness can be unbearable as others around you celebrate the joy of the season.

Experts agree that sometimes it helps to change your holiday routines to focus on those activities that bring you joy and to eliminate those that only create stress. It might also help to focus on others who are suffering in some way. Some ideas:

- Take goodies or flowers/plants or offer to help at a senior center, veterans' center, daycare, or school
- Donate your time at a homeless shelter or a soup kitchen on the holiday itself helping to serve others
- Make a financial contribution to an organization fighting asbestos-related diseases.
- Change your destination - travel to a new place or do something you have never done before
- Above all, appreciate what you do have and know that others truly do care about you!

Complacency and silence resolves nothing. Grief and exhaustion tends to dissuade victims from fighting the fight. ADAO has become an organization Congress respects, a credible resource for the media and medical community, but most of all, a safe and nurturing environment for victims and their families. We give encouragement, support and comfort to each other - we share our experiences and knowledge.

Our daily struggles are painful and the job at hand is HUGE, but we remain personally committed to our ADAO goals.

Tribute donations and contributions will receive an acknowledgement note upon request.
Please include full names and addresses.

Donations can be made directly on our website using PayPal or mailed to:
Asbestos Disease Awareness Organization
1525 Aviation Boulevard Suite 318
Redondo Beach, California 90278

May you and your family enjoy a peaceful holiday season and a New Year with countless blessings,

Linda

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