## COUNTY SINCE SERVING

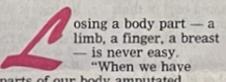
Article published in the COEUR d'ALENE PRESS on Thursday, October 10, 2024 featuring Northwest Director - Sheila Wayman!

KOOTENAL



Bag and Boob Babes Northwest Director Sheila Wayman cuts fabric for a drain bag Monday in the sewing room of her Dalton Gardens home.

By DEVIN WEEKS Staff Writer



parts of our body amputated, there's something missing," Stephanie Keaty, 58, of Hayden, said Tuesday. "When breasts are amputated, as in a mastectomy, something's gone."

Keaty underwent bilateral mastectomy operations not once, but twice following her initial breast cancer diagnosis in 2005. She opted for reconstructive surgery but had to undergo another procedure to have her implants removed when the cancer returned and metastasized.

"I lived for 11 years cancer free and then in 2019 started having some back pain," Keaty said.

The best option following the

second diagnosis was to have the prosthetic breasts removed.

"I was flat at that point," she said. "As a woman, we're used to wearing a bra, we're used to having different size breasts at different seasons of our lives."

She said a lot of amazing women out there choose to forego breast reconstruction following mastectomies.

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## **IMPLANTS**

"That's who they are, kudes to them," Keaty said. "Cheers to you and how you want to live your life and wear your clothes."

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patients' heads warm when they are without hair.

Beg and Boob Babes, Corp Northwest Babes, Cheaty said pool to little Ziplock bag with a signed note that asyst Livids or Lulu or whoever made these in Mover made where the company of the corp of the corp. The corp of the corp. The corp of the corp. The corp of the corp. The corp of the corp of

refresh."
Wayman and Keaty Wayman and Keaty have become close friends through the years. Although Wayman bas never experienced breast cancer, she is carrently undergoing treatment for a different form of cancer and feels for the women with whom her group's sewn and knitted gifts are shared.

whom is an analysis are chared "It's like losing your womanhood," Wayman said. "You don't really know until you do experience it. You can empathize with those who are telling their stories, and it's very moving even if we haven't been through it. "I tell you, a support system is the most valuable thing you could possibly have going through anything physically with your health," she said. "You don't know why it health," she said, "You don't know why it happened. You may never know."
All of the Bag and Hoob Babes products are free and sent wherever there's a need. "We furnish five hospitals in the Denver area" Wayman said.

area," Wayman said.
"They really like our products to give to their patients.

Wayman works with the Kootenai Health Foundation to share the items with Kootenai Health's patients. Kali Singleton, donor engagement and stewardship manager for the foundation, said the clinics place orders that are sent to Wayman.

"When women are going through this very vulnerable time, those Knitted Knockers are able to help them feel more confident and comfortable," she said "For Sheila and her volunteers to offer such an intimate thing for these women really makes a difference in how they're feeling and what they're going through.

She said the

foundation is grateful for the work the Bag and Boob Babes volunteers do to fill the specific geeds of the cancer

weeds of the cannor works are community.

"It's just very special," "It's just very special," with Bug and Boob Babes, and she felt the analys to help when she retired and was looking the state, and was looking to the state, and was looking to the state, "With love and proyers, Mary," the heart," she said. "As I'm sewag, Fra always hinking, 'Who's going to set this?" And I hope and state, and was always hinking, 'Who's going to set this?" And I hope and set this?" And I hope and set this?" And I hope and set this work is what God gave the state, and the same grows are the same grows and seven see grows satisfaction to know I'm helping somebody. She satisfaction, said it's important for women to soek medical care when something doesn't feel right.

"I was running I was in a triathion, I was your look well on the ourside, so medines we're not well on the ourside, so think it's important to trust what we feel."

Important to trust what we fee!"

Constant treatment to keep cancer at bay takes its toll, she said.

"I kid you not — I don't have hair, all the



Elaine Kimbali, who continues to knit Knitted Knockers following Ber daughter's death dus to breast case holds a pair of the knit prostheses Tuesday while Bag and Boob Babes Nerthwest Director Shells Wayman models a drain appeal and matching pillow.

models a deals appear and, things, but I've not to look sick, and I think that's part of the Bag and Boob Babes thing. Katy said. "I want to be appearing as normal as possible, don't want to look sick."

She said there will come a time when the options run out, but she and ber husbanc are at peace with their lives and faith.

She gets out of bed

and faith.
She gets out of bed
every day, even when it's
a strongle.
We're all going to
the at seme point.
The real going to
the at seme point.
The personally
have come to a desper
understanding of the
value of life, every single
day. That's what keeps
me moving."

Getting your annual mammogram is one of the most important steps you can take for your health. Idahe ranks near the bettom — 50th — among national breast cancer screening rates. October is Breast Cancer Awareness Month. Kcotenal Health is making easy and fun for women to keep up on their breast health. Pamper Me Pink, a special driven through event, will be hed Cot. 30 at Kootenal Health. Wemen will be able to schedule their mammograms and receive throughtful gits.

Register at pampermepting 2024 eventurite corn or call Kootenal Health marketing and community outreach manager Telli Willhate at 208 625-5307.

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