

## **Sarah Ochieng**

The Volunteer Spotlight is a unique honor given to volunteers who go above and beyond the call of duty to help the Affiliate fulfill its' mission. For the month of April, Sarah Ochieng is spotlighted. Sarah was asked about her experience as a volunteer with the Affiliate, this is what she had to say:

### **What type of volunteer work do you do for Komen Dallas County?**

I have done several of the community and college health fairs with Komen Dallas County. I volunteered at Race for the Cure Dallas County in October 2015. I was also able to volunteer at the Metastatic Breast Cancer Alliance Think Tank research conference in February 2016.

### **How long have you been volunteering with Komen Dallas County?**

I have been volunteering since July 2015.

### **What do you enjoy most about volunteering with Komen Dallas County?**

I really enjoy interacting with others, whether it's Aisha and everyone at the office, the other volunteers I met, or the public that visits us at our booth.

### **What is the best part of being a Komen Volunteer?**

I believe the best part of volunteering at Komen is that people open up and share their knowledge, experiences, and stories with us! It's ranged from young college students unsure of self-breast exams to many people sharing their first mammogram stories. I enjoy being able to share and relate to those that talk about how breast cancer as affected their lives, it really touches me!

### **What does Komen Dallas County mean to you?**

Komen Dallas County means inspiration and hope to me. Educating and being a voice for others is an aspiring feeling for us that volunteer with Komen.

### **What have you learned through your experience?**

I have learned that there are many different views about breast cancer and they all come down to hope and strength. I love that there are a variety of individuals willing to come together for this cause, regardless if it's for themselves, someone else, or just simply because.

Something that really sparked my interest while volunteering was during the Think Tank conference; I learned that breast cancer has come very far in just the last ten years and there are many brilliant minds out there wanting to eradicate this disease off the plant.

### **What would you share with others who are considering volunteering with Komen Dallas County?**

Komen Dallas County is a very welcoming and upbeat organization to work for. You will meet many appreciative and compassionate people through them. I've had positive experiences every time I've volunteered with Komen Dallas County and I know you would also!