



Cancer Support Now, Inc.

Living Through Cancer Together
Info@CancerSupportNow.Org

From the Executive Director



CSNI Volunteers Honor CSNI Volunteers

By Patricia Torn

Yes the header is right. Cancer Support Now is a community of survivors reaching out, supporting, informing and advocating for survivors, their loved ones and caregivers. We are a community of volunteers. Therefore, when volunteers are honored by CSNI it is volunteers who do the honoring.

Twenty-seven Cancer Support Now volunteers gathered on February 16, 2013 for the second CSNI volunteer appreciation lunch, *"From the Heart with Gratitude"*. It was volunteers who made the lunch happen. They planned the event. They set up for the event. And they helped clean up after the event. And they were also present to be honored.

Volunteers are the true program managers, directors, support facilitators and administrators of Cancer Support Now. In the last year over 50 volunteers headed up every aspect of Cancer Support Now.

What do our volunteers do? They facilitate peer one-on-one and group support. They serve on our board. They help make our Annual Long-Term Effects of Cancer Survivorship happen by serving on the planning committee and by volunteering at the conference. They provide training for peer facilitators. They write the newsletter. They edit the newsletter. They plan for and serve at the Annual Cancer Survivorship Reunion Picnic. They take pictures. They fold cranes for our crane cards. They promote the programs of Cancer Support Now. They serve as executive director. They are our webmaster. They work on finding resources to support the organization. I could go on.

Cancer Support Now is a three-year-old organization and each year the number of people volunteering to be program managers, directors, support facilitators and administrators grows. And lest we forget - each year - as volunteers we provide free support for several hundred New Mexico cancer survivors and their caregivers. After all, that is our main mission. Just as *"The Little Engine that Could"* said starting up the hill, "I think I can. I think I can, I think I can.", we at Cancer Support Now have learned, "We know we can. We know we can. We know we can".

Do you need support? Call 505.255.0405. Would you like to join our community of volunteers? Call me – 505.307.3414. Thank you volunteers with gratitude, from the bottom of my heart. Patricia

Don't forget to mark your calendars and register for April 6 Cancer Survivorship Conference

**Cancer Support Now Presents the Second Annual
Long-Term Effects of Cancer Survivorship Conference**



**Saturday, April 6, 2013
8am – 4pm**

**Central United Methodist Church in Albuquerque
University/Copper West of UNM, 201 University Blvd. NE**

Keynote Speakers

Rob Ferguson, PhD, "Skills for Managing Chemo-Brain"

**Richard Madden, MD, "Role of the Primary Care Physician
in Cancer Survivorship Care"**

Breakout Groups – repeated in the afternoon

Survivorship Care Planning Workshop

Genetics in Cancer Survivorship

Hospice – What it is Today, What it is Not

Medical Cannabis Uses Post-Treatment

\$20 Registration, Scholarships Available, Just Ask

Continental Breakfast, Lunch, One Year Membership in Cancer Support Now

To request a registration form, e-mail ptorn@comcast.net

For additional information and help with registration call 505-255-0405

You may also register at www.cancersupportnow.org



Joining our 2013 board this year is Tricia Monaghan. Tricia was born in military family moving about every two years and graduated from high school in Stuttgart, Germany. Tricia has two daughters, two granddaughters and is married to attorney David Grammer.

Tricia spent a year in New Mexico when she was 12 and from Germany returned to go to the University of Albuquerque where she majored in business administration. She subsequently earned an MBA.

Her first job post college was in commercial banking at the former First National Bank in Albuquerque. She stayed in banking for 10 years doing commercial lending and management.

In 1993 Tricia decided to go to law school at UNM. Upon graduating, she joined a large law firm where she practiced commercial and insurance defense law. She has been practicing law for 17 years and is in private practice today.

In 1989, she was in a head-on auto accident and almost died. She had multiple blood transfusions. Fourteen years later, she discovered that she had developed Hepatitis C from the blood transfusions, underwent 48 weeks of chemo like treatment, lost 30% of her weight within the first three weeks, and added a wasting disease to her already serious condition. To be able to continue treatment she had to find something to counteract that weight loss. The answer turned out to be medical cannabis.

The treatment left Tricia with gastro-paresis (partial paralysis of the stomach), causing chronic intractable nausea and cachexia (wasting syndrome). She joined other advocates and persistently fought for a medical cannabis law in New Mexico, including continually testifying in front of legislative committees until the Lynn and Erin Compassionate Use Act ("the Act") was passed in 2007. After years of rigorous and exhaustive medical cannabis research, she successfully petitioned to add nausea and cachexia as qualifying conditions for the use of medical cannabis.

Meet Tricia Monaghan – CSN's Newest Board Member

Tricia hopes that with her position on CSN's board she can help inform and educate people involved with battling cancer of the palliative care that medical cannabis can provide and facilitate legal access for patients.

Her favorite activity in her free time is playing with her granddaughters (Keir, 7 and Kensie 4.) She also enjoys traveling, hiking, skiing, and reading.

MISSION STATEMENT

Cancer Support Now is a membership-based organization created by cancer survivors to build and sustain:

- o An active community of people whose lives have been affected by cancer diagnoses
- o Opportunities for those facing cancer to give and receive cancer support with a primary emphasis on: — peer facilitated support groups and one-on-one peer support
- education and information to empower each cancer survivor to make prudent decisions to improve his or her- own unique situation,
- activities that strengthen the CSN community

Focus on the Board

Thelma Giomi (12/'13) is an award winning poet, author, psychologist and public speaker. She earned her Ph.D. in clinical psychology from the University of New Mexico and has been a National Science Foundation and National Institute for Mental Health grantee. Her poems are found in numerous anthologies, newspaper, newsletter and magazine publications as are many of her non-fiction pieces. Through life experiences with her own chronic illness and being the primary caregiver for family members with cancer she has developed a deep belief that caring for each other is the most significant and meaningful thing we can do with our lives. She emphasizes the strong spirit in all of us to find enchantment and inspiration in the world around us, empowering our lives with renewal, deep peace

Board of Directors

Sandy Ginsburg PhD - President
Albert Hiat PhD - Vice President
Anjanette Cureton PsyD- Secretary
John Coffman CPA- Interim Treasurer
Carmelita Agodon, M.D.
Jerald Cross MS
Catherine Logan-Carrillo Publisher
Stephanie Fine, M.D.
Tom Gautsch BSEE
Thelma Giomi PhD
Michael Linver M.D.
Tricia Monaghan JD
Betty Rein RN MA
Anjie Ro-Trock RN MSN
Eleanor Schick Author, Illustrator
Patricia Torn MPA- Executive Director

and purpose. Dr. Giomi came to Cancer Support Now, Inc. through years of workings as a volunteer with the cancer community and through many personal experiences with cancer, the most significant experience being her sister, Debra Giomi, who started the Origami Crane Cards to offer gifts of peace and hope to those diagnosed with cancer, their family and friends. She can be reached at www.thelmagiomi.com

In Memory of Members of Our Community Deepest Condolences to the Family and Friends of

KCAPS Laguna Juanita Cheromiah 2/05/13

Wed. Afternoon Breast Cancer Support Group

Lynn Tetterington 2/13/2013

Survivors Writing Together Sherri Young 2013

North Valley group Stephanie Eberhard 2011,
Angela Clarke 2012, Heather Ames 2012

Ovarian Open Arms 2012: Betty Parker, Wilhellmina Penell

Facilitators Marcia McGuire 2012, Sheila Wood 2012



The beautiful legacy of folding Origami cranes came from Debra's own experience. She created this project to extend to others the beauty and compassion of the gift of cranes and of the healing experiences she had through peer facilitated groups.

This November members and non member gathered at Thelma Giomi's home to fold the Origami cranes for the cards. Some came to learn to fold; others were experienced folders. We had a good time getting to know about each other. A large number of cranes were folded and placed in cards ready to be sent out to

those newly diagnosed, friends or family. Receiving the crane cards folded by survivors has meant so much to so many. A thousand thank yous go out to amazing volunteers who participated.

The Crane Committee welcomes all who would like to share in this beautiful tradition. You can fold cranes with us by contacting Dr. Thelma Giomi at TGiomi@gmail.com. When you do you will find a beautiful gift emerging from your own hands.

The Debra Giomi Memorial Crane Project

Thank you

By Thelma Giomi

Thank You to Our Donors In Honor & In Memory of

In honor of Alice & Al Hiat by Anonymous

In honor of Catherin Logan Carillo by Susan Leigh

In honor of Linda & Jim Walcott & Michele Brandwein by Michele Rost

In honor of Vi Gausch by Tom Gausch

By Sandy Ginsberg

In memory of John Cuneo Betsy Cuneo

In memory of Sylvester Baca by Steve Baca

Thank You

2ND ANNUAL LONG-TERMS EFFECTS OF CANCER SURVIVORSHIP CONFERENCE**Saturday, April 6**

Please mark your calendars for the Cancer Support Now, Inc. 2nd Annual Long-Term Effects of Cancer Survivorship Conference on Saturday, April 6! The purpose of the conference is to provide education and support for cancer survivors. Cancer Support Now, Inc. (CSNI) defines “cancer survivors” as all those diagnosed from the time of diagnosis and for the remainder of their lives, and their family members and close friends.

We received very positive feedback on the presentation by Dr. Jeffrey Lewine about “Cognitive Effects of Cancer Treatment,” at the first conference, and we received requests for more information on coping with these effects. In response, the 2013 conference will feature Dr. Rob Ferguson presenting on *“Cognitive-behavioral management of chemotherapy-related cognitive change.”*

Participants in the first conference received information on survivorship care planning, and we will expand on this in the 2013 conference by offering a *survivorship care plan workshop* break-out session to help participants begin to develop their own care plan. As more and more people survive cancer, it becomes increasingly important for primary care providers to know how to better serve their patients who have had cancer. Part of survivorship care planning includes a better understanding of which survivorship issues require follow up with an oncologist, and which issues are best managed by a primary care physician. Our second keynote by Dr. Richard Madden, a primary care physician, will present on *“The Role of the Primary Care Physician in Cancer Survivorship Care.”*

Additional offerings at the 2013 Long-Term Effects of Cancer Survivorship Conference will include a break-out session made up of a *Genetics Panel* featuring a genetics counselor and individuals living with BRCA and other gene mutations that may affect their and their family members’ risk for cancer. There will also be breakout sessions by *Hospice of New Mexico* and by the *New Mexico Medical Cannabis Alliance*. Conference participants will choose two breakout sessions. In addition, participants will have the opportunity to participate in *guided imagery* and *reiki* sessions.

The conference will be Saturday, April 6 from 8:00 am – 4:00 pm at the Central United Methodist Church at the corner of University/Copper. Breakfast, lunch, and CSNI membership are included in the \$20 conference fee. Scholarships are available. Complete enclosed registration form, make check payable to: Cancer Support Now Inc., and mail to Cancer Support Now, Inc., c/o Patricia Torn, 2212 Lester Drive, #232, Albuquerque, NM 87112 or register online at www.cancersupportnow.org.

For more information call: (505) 255-0405 or 1-855-955-3500.

Eleanor Schick Helpline

CSNI's helpline started as the first contact point for survivor-to-survivor support. From there, as the person who answers the helpline, I would refer callers to one-on-one support with a trained volunteer who has successfully dealt with the issues the caller is feeling challenged by, or I would suggest they join a group for ongoing support.

I still do this. But something I didn't expect to be doing, and which may be the most meaningful part of the work I now do on the helpline, is becoming the ongoing support person, myself, to caregivers who have a loved one whose doctor has said, "there's nothing more I can do..." or whose loved one has chosen not to continue treatment or, in rare cases, whose loved one chose not to have any treatment from the start.

These caregivers need a great deal of support and it seems that the phone, where I am the only one who answers, and I answer from my home where there is no background office noise or distraction and no other demands on my time, provides an intimacy and immediacy that meets a real need in these caregivers'

reaching out, like in the evening, or on a weekend, when the anxiety or frustration or sheer sadness of their experience is just too much to bear alone ...and I am just a phone call away. If I happen to be out, of course, I call back as soon as I can.

After the initial call, in most instances, my support of these people levels out to me checking in with them once or twice a week, or --in times of crisis-- once a day. The people reflect back to me that just getting my call, even if it's for only a few minutes --though I always call when I can spend as much time as they need-- is enough to be extremely reassuring, and to bring some sense of normalcy to their day.

I also support a few people who have a rare or very advanced disease and, for one reason or another, can't get to a support group. One such person lives in Northern New Mexico and a neighbor drives her to Santa Fe for treatment. But traveling is exhausting and expensive for her, and she is very grateful to be able to call me when she just feels she needs to talk for a while.

Each person's needs and issues are unique, and the most meaningful experiences I've had are providing ongoing support either for caregivers or survivors that, for one reason or another isn't readily available otherwise. I get to know these people, and their challenges and losses become part of my days, and how they are coping matters to me, and they feel that. It seems that there is a great need for this kind of support and I don't know of any other organization that is providing it.

CSNI Support Groups

ALBUQUERQUE AREA SUPPORT GROUPS

Breast Cancer Support Now: 50 Years Old & Younger One Saturday a month, 10:30am - 12, NE Heights

Isleta Cancer Education and Support: 2nd Tuesdays, 10:30 am – 12, Isleta Health Center

Journaling Support Group: For loved ones of those with advanced cancer or those grieving a recent death from cancer. Thursdays 4 to 5:30pm, UNM Cancer Center

Kawaika Cancer Support Group: 2nd and 4th Tuesdays, 5:30pm - 7:30pm, Laguna Pueblo.

Call 505.552.6652 for location or more information. Ask for Rosie or Natalie.

Late Afternoon Breast Cancer Support Group: Every other Wednesday, 5 - 6:30pm Carlisle at Comanche

Men's Cancer Support Group: Thursdays – Six on with four off, 6:30 to 8pm, NE Heights

Ovarian Open Arms: 3rd Saturday of the month, 10:30am

North Valley Women's Support Group: Every other Thursday night 6:30 - 8:30

Sandia Presbyterian Church Cancer Support Now Group Survivors & Loved Ones: 2nd Thursdays, 2pm Sandia

Breast Cancer Group: 1st Wednesday of the month, noon - 1pm, Sandia National Labs

Survivors Writing Together: Writing support group every Monday, 3 - 4:30pm, UNM Cancer Center

Westside Cancer Support Now Group Survivors & Loved Ones: 2nd & 4th Thursdays, 2 - 3:30pm

Call the Helpline for more information on group or one-on-one support: 505-255-0405

Cancer Support Now

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