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OUR MISSION

We are a volunteer community of individuals affected by cancer dedicated to assisting people diagnosed with cancer and their caregivers, so that no one goes through cancer alone.

Our services include our helpline, a variety of support groups, one-on-one support, referrals, education, information and training. We also recognize supporters in the community at our Hope & Healing Honors events.

The CSN Newsletter is a quarterly publication of Cancer Support Now

Editor: Gavriela de Boer

gavriela.at.csn@gmail.com

PO Box 37338

Albuquerque NM 87176

www.cancersupportnow.org

info@cancersupportnow.org

www.facebook.com/cancersupportnow

For support and information

Call our Helpline at

505 255 0405 or toll free 855 955 3500

All CSN Support Services are free

2nd Hope & Healing Honors Celebration

Join the community Saturday, December 1, 2018

11:00 am - 3:00 pm

Indian Pueblo Cultural Center

2401 12th St NW, Albuquerque, NM 87104

Once a year, we have the opportunity to celebrate those who have played a meaningful role in the lives of cancer survivors and caregivers. This event honors physicians, nurses, other healthcare providers, businesses, volunteers and individuals who have made a significant impact on our community

Has cancer touched your life? Have you been helped along the way? Has someone been there for you? Taken you to appointments or treatments? Gone the extra mile? Been an angel? Provided care? Been a good friend? Understood? Cared? Helped figure out medical bills? Listened? Offered a supportive solution?

You can acknowledge someone who has touched you in one of these ways by nominating them to receive recognition for our Hope & Healing Honors event. All individuals and groups nominated will be honored. One in each category will be selected by a jury of peers for a special award to be received during the luncheon. The submission form is on page 7 of this newsletter and online at our website.

The inaugural **Sandy Ginsburg Award** will be given to one exceptional member of our community at this year's Hope & Healing Honors event. The award, honoring Cancer Support Now's current President and one of its founding members, Sandy Ginsburg. Sandy has been a pillar of New Mexico's community of cancer survivors and has given years of service to making sure no one in our state has to face cancer alone. We are thrilled to be introducing this award and look forward to awarding it for years to come.

Individual ticket at \$65 a piece will soon be available through our website. For those wishing to nominate someone, donate auction items or sponsor the event, please contact Brittany Karnezis at brittany.karnezis@gmail.com or 505 358 9799.

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, I lived through this horror. I can take the next thing that comes along.

Eleanor Roosevelt

CSN BOARD OF DIRECTORS

. . . I N M E M O R I A M . . .

Sandy Ginsburg, President
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Cancer Thriving and Surviving
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CANCER PEER-SUPPORT AFFIRMATION

I OFFER MY PRESENCE, a presence that listens without judgment, a presence that is comfortable with silence, tears and laughter, a presence that offers encouragement.

SUPPORT IS JUST THAT -- being there, listening attentively, accepting moments of silence, tears and laughter, encouraging without judgment.

WHAT IS THE GIFT I HAVE TO OFFER as a support person? I have a personal experience of cancer -- I understand and I am not afraid to be there to listen.

Joseph Stephenson, a member of the CSN Survivors Writing Together group, passed away in May surrounded by family and friends during a hard fought battle with lung and prostate cancer. His wide-ranging talents and huge heart endeared him to many, not only in the cancer community but in the community at large. We miss you, Joe.



Dannette Villarreal, a 20-year participant in the North Valley Women's Support Group left us in February. According to fellow group members, Dannette modeled resilience in the face of adversity and was possessed of a rare grace and stamina. To the very end, she celebrated life and left beautiful memories for all who loved her. Her spirit lives on in the group and in the memories of everyone who was touched by her grace.

Ray Lamont, a facilitator of the Head/Neck Cancer Support group, lived with metastatic throat cancer for many years. His wife Sarah supported the caregivers of head/neck cancer survivors. They would have been married 50 years at their next anniversary and they dated for 4 years before that. They were an extraordinary team together, each supporting the other on an extremely difficult journey. Ray is deeply missed by all of us.

John Dawson, a Roman Catholic priest, lived and worked in California for most of his adult life. Upon his retirement 10 years ago, he moved to New Mexico where he formed many new friendships. Buoyed by his faith community, he long outlived his initially dire prognosis. He will be remembered for his quiet strength.

Survived by a daughter and scattered family members, **Donald Dunning** loved people. He could make a new friend and confidant in 5 minutes flat. The heart that he wore on his sleeve was made of solid gold. (No photos of Ray Lamont, John Dawson or Donald Dunning at press time.)

Cancer Support Now deeply appreciates the generous donation from friends and supporters in memory of Catherine Logan Carillo, founder of the peer support model, PLTC, and Cancer Support Now.

A REVIEW OF THE 7TH ANNUAL CONFERENCE

by Anjie Cureton

Catherine Logan-Carrillo, co-founder of CSN, People Living Through Cancer, and the National Cancer Institute's Office of Cancer Survivorship, spearheaded the idea for an annual conference to address the long-term side effects of treatment faced by cancer survivors. Catherine, a survivor of two cancers, experienced "chemobrain" during a time when the medical community did not recognize it as 'real.' The 2012 conference featured a presentation on the *Cognitive Effects of Cancer Treatment*. At the 2013 conference, the focus was on *Treating the Cognitive Effects of Chemotherapy*. Feedback from the cancer survivorship community, led to an expansion of the conference theme in 2016 as reflected in the name change of the **5th Annual Living With And Beyond Cancer Conference**.

The seventh conference expanded even further as a collaboration among Cancer Support Now, the Prostate Cancer Support Association, and the Gynecological Cancer Awareness Project. **Christine Sherwood, LMT, DHM** shared her story of cancer diagnosis, treatment, and survivorship and credited the trauma of her experience with her subsequent growth and healing.

Jessica Moffett, RN, OC presented "Our Way Forward," a program created by TESARO, Inc. to educate and support women living with ovarian cancer and the health professionals who work with them. Ralph Lind, M. Div discussed the impact of a cancer diagnosis on couples and families. He stressed the necessity of communication, vulnerability,

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WHAT NOT TO SAY TO A CANCER SURVIVOR

From the editor

On second thought, maybe I should title this article "What not to say to me!" As a survivor of two cancers with ongoing chronic issues from the most recent bout with pancreatic cancer, I field comments from well meaning family and friends that sometimes make me feel worse than if the person had simply remained silent. Below is my list of things you might not want to say to someone facing cancer:

1. **"Don't worry, you'll be fine."** This dismisses my legitimate right to feel totally freaked out. Cancer is serious business. You can respect my fear, and nurture hope by telling me you care. Because you have no idea if I'm going to be fine. No one does.
2. **"My cousin had cancer and she never missed a day of work, even when she was having chemo."** Well, la-dee-da! I hate her already.
3. **"You should try a macrobiotic diet/fasting/alternative treatments, etc."** I might be trying just about everything I can manage already. If you passionately believe in a certain remedy, try an open-ended approach: "If you're not really into talking about this let me know, but I heard of something I wanted to share with you, and you can feel free to take it or leave it."
4. **"You have to beat this for your daughter/son/kids."** Oh really? Because I wasn't already lying awake at night in a cold sweat, just praying I'm going to see my grandchild's 10th birthday/bar mitzvah/wedding. But thanks for pointing it out, and adding that extra layer of self-blame if my next test results aren't what I'd hoped they'd be.
5. **"Think of cancer as a gift/lesson/opportunity."** Really? I'd prefer a gift like a bracelet/flowers/spa treatment, rather than a disease that is robbing me of my health, job, hair, vitality, fertility and possibly my life.
6. **"Should you be having that glass of wine / cheeseburger / Marlboro Light / triple sundae with chocolate sauce..."** We all know that there are things that aren't good for us. When I indulge in certain things from time to time it's because I want to feel normal. Because they make me happy. Because I've had a bad day. Whatever. I probably already know I shouldn't be indulging, and I probably don't need you to call me on it.

I'll end with the thought that you can't really say the wrong thing if your heart is in the right place. Well, actually you can, but it's not the end of the world. And it shouldn't be the end of a friendship. There's no perfect thing to say, because everyone is different, and everyone's cancer is different. Maybe the best approach is "I love you and I hate that you have to go through this, but I'm here for you." And then don't forget to actually be there.



FREE CANCER SUPPORT NOW SERVICES
For Information, call our helpline: 505 255 0405

SOUTHWEST SISTERS

*Breast and Gynecological Cancer Support
Second and fourth Wednesdays 5:30 pm - 7:00 pm
Lovelace Women's Hospital
Sue Whipple & C.J. Kreider*

RIO RANCHO BREAST CANCER SUPPORT GROUP

*All women breast cancer survivors
First and third Thursdays noon - 1:30 pm
Barbara Michael*

UNM/CSN FRIENDS AND FAMILY WRITING TOGETHER

*Journaling Support Group for Grief or Anticipatory Grief
For caregivers/loved ones of someone with any type of cancer
Every Thursday, 4:00 - 5:30 pm at UNM Cancer Center
Eleanor Schick and Anjie Cureton*

PUEBLO OF ISLETA CANCER COMMUNITY SUPPORT

*Second Tuesday of the month, 10:30 am - Noon
Isleta Pueblo Health Clinic
Stephanie Barela*

WOMEN'S NORTH VALLEY GROUP

*All cancers, survivors and caregivers
Every other Thursday, 6:30 pm - 8:30 pm
Montano, West of Fourth Street
Michele Brandwein and Geri Stayman*

OVARIAN OPEN ARMS

*Third Saturday of the month, 10:30 am
Covenant Presbyterian Church, NE Heights
Margaret Goga, Debbie Reynolds, and Pamela Engel*

TAOS GROUP

*Survivors (all cancers) and/or caregivers, men and women
Tuesdays, 4:00 pm - 5:30 pm
413 Sipapu Street, Taos
Christine Sherwood and Susan Haugen*

SANTA FE WOMEN'S GROUP, SURVIVING SISTERS

*For all diagnoses for women
Second and fourth Tuesday, 4:00 pm - 5:30 pm
2098 Calle Ensenada, Santa Fe
Ms. Fred, Emily Haozous & Elizabeth Harris*

U27 (UNDER 27 YEARS OLD)

*Third Wednesday of the month
Meeting Place TBD
Kimberley Craft*

UNM/CSN SURVIVORS WRITING TOGETHER

*Journaling Support Group
Survivors, all diagnoses
Every Monday, 2:30 pm - 4:00 pm
UNM Cancer Center
Anjie Cureton and Eleanor Schick*

UNM /CSN EDUCATION AND SUPPORT GROUP

*Survivors &/or Caregivers, all diagnoses
First and third Monday, 5:30 pm - 7:00 pm
University and Copper
Anjie Cureton and Adele Frances*

THYROID SUPPORT GROUP

Coming Soon

ONE-ON-ONE CANCER CAREGIVER SESSION

*One time, 90-minute Session:
Resources & Support for Cancer Caregivers
Scheduled individually to accommodate the needs of
the caregiver; Call Patricia at 505 307 3414*

ONE-ON-ONE SMOKING CESSATION

*Scheduled individually.
Call Patricia at 505-307-3414*

**ONE-ON-ONE PEER CANCER SUPPORT OR
PEER MATCHING**

Call our Helpline: 505 255 0405

CANCER NAVIGATION

*Assists with non-medical needs of survivors or their
loved ones, Call our Helpline: 505-255-0405*

COMMUNITY PARTNERS

PROSTATE CANCER SUPPORT ASSOCIATION OF NEW MEXICO (PCSANM)

First and third Saturday of the month
Bear Canyon Senior Center, 4645 Pitt St. NE
Jerry Cross: 505 228 6768 or jeraldcross@comcast.net

GCAP CIRCLES OF HOPE

Gynecological Cancer Awareness Project
Second Saturday, 9:30 am fellowship/light breakfast,
10:00 - 11:00 am groups: breast cancer, gynecological cancers, and caregivers.
Contact: Amy Gundlach cleversonoras@gmail.com or
Pat Belletto pbelletto@msn.com or
505 610 9300

RELAXATION SUPPORT CLASSES

Open to cancer survivors and/or their loved ones
Last Friday of the month, 10:30 am - Noon
Carlisle Boulevard NE; Jean Stouffer, certified
Hypnotherapist: 505 296 8423 jeansouffer@mac.com

NMCC SUPPORT PROGRAMS

Head and Neck Cancer Support Group for Men
Second & fourth Mondays, call: 505 796 3513
CLIMB Program for children when scheduled
Call 505 857 8460; Gift Closet: Every Wednesday 2:00 - 5:00 pm; Call 505 857 8460

LOVELACE BREAST CARE CENTER

Young Breast Cancer Survivors Support Group
Third Tuesday of the month, call 505 727 6900
Yoga for Breast Cancer Survivors, Tuesdays and Fridays
Call 505 727 6933

LYMPHEDEMA SUPPORT GROUP

Second Monday at 6:00 pm
Call Julia Archibeque-Guerra at 505 252 0024 or
Jackie Hertel at 505 265 2339 for location

CANCER SERVICES OF NEW MEXICO

Legal, Insurance, & Paperwork Assistance Program (LIPA)
505 999 9764

FORCE (FACING OUR RISK OF CANCER EMPOWERED)

Facing Our Risk of Cancer Empowered
Support for those with genetic mutations
Third Sunday of the month, Women's Hospital, Auditorium B
2:00 - 4:00 pm
Contact Lou Wilburn at lswilburn05@aol.com

Blood Cancer Support Group

Second Tuesday of the month, 7:00 - 8:30 pm
Kaseman Hospital
Call Jamie McDonald: 505 291 2006

Optimism:

Someone who figures that taking a step backward
after taking a step forward is not a disaster;
it's more like a cha-cha.

WHILE SITTING IN THE CHEMO CHAIR

by Carol March

WHEN I WAS DIAGNOSED WITH CANCER 11 years ago, I opted for traditional medical treatment—chemo and radiation—supplemented with energy work, acupuncture, massage, and intense meditation. From that experience I gained a stronger connection with my inner self, my Guide, as some speak of it. I use journaling to ask questions of my Guide, and after years of practice, we have a good relationship.

I USE MEDITATION AND VISUALIZATION to understand myself and heal barriers that hinder my development. My natural affinity is with the inner sense of sight, so visualization came naturally. Or did, once I stopped using my analytical brain to “figure things out!” Operating intuitively opened another world that has become my “go to” place when I seek answers about health, creative projects, relationships, and life decisions.

A COUPLE OF WEEKS AGO, AS I SAT IN THE CHEMO CHAIR receiving immunotherapy for lung cancer diagnosed last July, radiology called to schedule my next CT scan. A dark cloud filled my chest. Doubt and fear. What if the healing I’m doing isn’t enough? What if the scan shows another nodule has formed? Along with the immunotherapy drug, fear was now running through my veins,

I PULLED OUT MY JOURNAL AND ASKED: Was the fear related to my lifelong struggle with the belief that I had to be perfect? My Guide agreed, gently, and suggested I look at the programming.

FIRST, I AFFIRMED THAT LOVE FILLS every cell of my body. Then I asked myself, “What belief is under the fear?” Several ideas came up. Hidden in my body was the idea that doubt means I’m not good enough. I should be doubt-free to prove myself worthy of healing. If I die from this disease, I lose. On a deeper level, I resent God for allowing disease and hatefulness to co-exist with love.

RESENTMENT SEEMED KEY, so I released it with my breath. In my mind’s eye, I saw a frightened child in a dirty white dress staring at me from behind a solid stone wall too high for her to climb. Another breath, more release, and I realized my resentment had kept this part of myself locked in prison like a criminal.

WITH INTENTION I DISSOLVED THE WALLS OF HER PRISON. It melted. She ran to me. I held her close, then watched as she grew to an adult. She kept growing into a huge golden goddess figure who looked down and smiled.

THE SCAN IS NEXT WEEK. I’m still nervous, but I keep breathing out my fear and remind myself that no matter what happens, my life exists within the matrix of love.

Carol March blogs about creativity, writing, and healing resources and tools at AWritersHeart.com

WHAT'S NEW ONLINE?

by Gavriela de Boer

In the United States in 2017, there were more than 1.5 million cancer cases diagnosed in 2017, with over half a million deaths resulting from cancer, according to the American Cancer Society. And while the numbers are frightening, they also hold some hope. Thanks to advanced treatments, more and more people are surviving and thriving with a cancer diagnosis. According to healthline.com, these are the best blogs about living with cancer in 2018:

If you and/or your caregiver want to feel less alone in your cancer journey, there is ***Blog for a Cure***. It was started by Jill, who wanted to create a site specifically for people with cancer and survivors to write about their journeys. Signing up is free.

<https://www.blogforacure.com>

When cancer takes center stage in the political arena, The National Coalition for Cancer Survivorship (NCCS) is here to advocate for you. On their blog **Cancer Policy Matters**, learn more about health and cancer policies in the United States and how tax money is allotted for cancer research. This blog will keep you in the know about how American healthcare reform will affect cancer research and care.

<https://www.canceradvocacy.org/>

The MD Anderson Cancer Center at the University of Texas runs **Cancerwise**, an inspirational blog, which features stories from people who have survived various types of cancer. It also includes the latest news on cancer research, policy topics, and clinical trials. Read insights into treatment options as well as details on side effects.

<https://www.mdanderson.org/publications/cancerwise.html>

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CANCER SUPPORT NOW

...so that no one faces cancer alone

Hope & Healing Honors Submission Form

Submission Requirements:

1. A completed submission form
2. A maximum 300-word narrative outlining specific examples that describe how the honoree contributed to the needs of cancer survivors and their loved ones. Include why you feel they deserve the award. This summary may be used for publication purposes.
3. Honorees will be invited to attend the event as the guests of Cancer Support Now.
4. Use one form per honoree.

Deadline for submission is Monday, November 5, 2018

Mail to: Cancer Support Now, PO Box 37338, Albuquerque, NM 87176, OR

Email: brittany.karnezis@gmail.com

I am honoring:

Name _____ Title _____

Organization _____ Department _____

Phone _____ Email _____

The honoree is a:

Physician Nurse Other Healthcare Provider Business Volunteer/Individual

My contact information:

Name _____ Title _____

Organization _____ Department _____

Phone _____ Email _____

Do you have questions or need more info? Contact Brittany at
505 358 9799 – brittany.karnezis@gmail.com



NEW ONLINE from page 6

Operated by the University of Colorado Cancer Center, Colorado Cancer Blogs has the latest treatment options and cancer research. Get information, insights, and advice from oncologists and other cancer-related healthcare professionals. The center also posts about their original research, as well as personal stories from people undergoing treatment at the center.

<http://www.coloradocancerblogs.org/>

For regular updates on medical advances as well as practical information on living with cancer, Cure Today is the blog to bookmark. It covers all types of cancer in a hub that's organized and easy to navigate, so it won't be hard for you to find the information applicable to your situation. Visitors can also share stories to help them stay motivated and connected.

<https://www.curetoday.com/>

Connecting with people who have or have had cancer can provide a priceless support system. Contributors to IHadCancer discuss everything from treatments and side effects to lifestyle issues. One highlight is their posts on how to talk to others about the disease. They write in an empathetic and personable way that makes this blog one to visit.

<https://www.ihadcancer.com/h3-blog>

Due to space limitations, we've included only a handful of the many blogs listed. Visit <https://www.healthline.com/> to see the other blogs listed.

7TH ANNUAL CONFERENCE (continued from page 1)

by Anjie Cureton

and self-care. *Our Way Forward*, created by **TESARO**, Inc. to educate and support women living with ovarian cancer and the health professionals who work with them followed, while another session dealt with the impact of a cancer diagnosis on couples and families. **Olivier Rixe, MD** presented *New Frontiers in Cancer Immunotherapy*, which described this class of cancer therapy and reviewed the ways in which healthy diet and exercise support the body's natural immune response. Lastly, **Stephanie Michnovicz**, Program Manager for the Cancer Services of New Mexico's free Legal, Insurance, & Paperwork Assistance Program (LIPA), provided invaluable information and resources on applying for disability, paying for medical and non-medical expenses, and finding affordable housing.

Following lunch, comic entertainment, and visits to the sponsor and vendor tables, participants had another choice to make among four afternoon breakout sessions. First was a repeat presentation by LIPA's **Stephanie Michnovicz** on *Surviving the Financial Impact of Cancer*. Kyra Harris, a Cancer Support Now board member, stepped in to cover the last-minute cancellation of the "Flip My Wig" presenter to offer a tutorial on tying scarves and finding the right wig, complete with giveaways. One participant reported that she learned "how to make myself more outwardly beautiful."

Shanna Diaz, MD, of the UNM Sleep Disorders Clinic, validated the experience of fatigue as a side-effect of all types of cancer treatment and the ways in which these treatments and cancer itself impacts sleep. She spoke about practical tools for getting to sleep, staying asleep, and managing fatigue.

Finally, **Nicole Ackerman, MS, RD, Derrick Walker, MS, RD**, and **Stephanie Mercado** presented on diet and nutrition for cancer prevention, during cancer treatment, and post-treatment. This presentation included the added bonus of healthy food samples. Participant feedback included the following: "I learned how important our diet is to our life, the impact it can make on health and to reduce inflammation."

In addition to the educational opportunities, participants expressed appreciation for the opportunity to meet fellow cancer survivors and family caregivers. Special thanks to those participants who stayed to participate in the feedback session at the end of the day. We received many great ideas for how to improve the next conference, including the registration process, marketing, the venue, and ideas for future presentations. We appreciate your suggestions and plan to implement many of them at the 2019 conference.