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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.
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www.facebook.com/cancersupportnow
Call our Helpline at **505 255 0405**
or toll free **855 955 3500** for information.
All CSN Support Services are free.

2nd Hope & Healing Honors Celebration

Registration is now open for 2018's Hope and Healing Honors, a Luncheon and Awards Ceremony December 1 at the Indian Pueblo Cultural Center starting with a Silent Auction at 11:00 am.

Fun will be had all around with delicious food from Pueblo Harvest Café, surprise musical guests, a silent auction and an uplifting, hopeful awards ceremony! And, introducing the First Annual Sandy Ginsburg Award (See page 6).

Caleb James, formerly of KOB News 4 and the creator of The Greatest of Us, will emcee this awards ceremony celebrating those who have made the greatest impact on New Mexico's community of cancer survivors and their loved ones.



There are many ways you can join us in this celebration!

(1) *Nominate an individual for an award.* (You may submit more than one nomination). To nominate a physician, nurse, other healthcare provider, business or community volunteer who has made a significant impact on cancer survivors, visit our website or contact Brittany for a nomination form at 505 358 9799 or brittany.karnezis@gmail.com.

(2) *Purchase a ticket/s.* Visit www.bit.ly/HopeHealing2018 or www.cancersupportnow.org or call 505 358 9799 to buy individual or groups tickets. Space is limited, so secure your seat today!

(3) *Be a Sponsor.* Sponsorships by way of buying luncheon tables, vendor tables and donating silent auction items are a great way to support Cancer Support Now so we can continue offering free support to cancer survivors and caregivers through our support groups, one-on-one peer support, community navigation, annual survivorship conference, seven-day-a-week helpline, facilitator trainings, smoking cessation support, and so much more. Contact Brittany Karnezis at brittany.karnezis@gmail.com or 505 358 9799 with any questions. We look forward to making this year's Hope and Healing Honors the best yet!

BOARD OF DIRECTORS

Anjie Cureton and Brittany Karnezis

Co-Presidents

Jerry Cross

Vice President

Gavriela de Boer

Secretary

Mark Rupert

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Eleanor Schick, Helpline

Patricia Torn, Facilitator Training/Workshops Cancer Thriving and Surviving

Runtang Wang, Webmaster

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.

A Message from CSN Co-Presidents

By unanimous vote, long-time CSN Board Secretary **Anjie Cureton**, and board newcomer, **Brittany Karnezis**, agreed to serve as Co-Presidents. Anjie brings the experience of being a cancer survivor and holds the history of Cancer Support Now while Brittany brings marketing skills and vision for the future of Cancer Support Now

WE ARE HONORED TO HAVE THE OPPORTUNITY to serve Cancer Support Now and the cancer support community. Along with our newest marketing efforts, we remain focused on nurturing the heart of Cancer Support Now in the form of the helpline and our support groups. Please see page 8 for an opportunity to submit your comments and ideas for what you would like to see from Cancer Support Now. Also, please be part of it all! We are recruiting new board members! We have a special need for a bilingual Spanish/English speaker and/or someone with financial experience to join the finance committee. We are ever in search of submissions to the newsletters, including personal stories or writings, news from your support groups, and any research or coping tools that you have run across that have been helpful. Please call the helpline if you are interested and available in becoming a one-to-one peer supporter and/or a group facilitator. And let us know if you want to volunteer – we are a working board and always welcome a helping hand!



Anjie Cureton

A 24-year survivor of brain cancer, Anjie has been the clinical psychologist at the UNM Comprehensive Cancer Center for over 13 years. "My experience with cancer at 23 brought me to the work that I do today with the Cancer Center and with Cancer Support Now. I love hearing peoples' life stories and am fascinated with the authenticity that facing a life-threatening illness requires of those who experience it."

Brittany's background in nonprofit management, marketing and fundraising makes her a perfect fit for her new role at CSN. "Cancer has affected too many of my loved ones and family," she says. "We got through it with the support of community organizations." I believe in the importance of CSN to the NM community and look forward to meeting you, hearing your stories and collaborating with you to bring positive outcomes to cancer survivors and their caregivers.



Brittany Karnezis

May your choices reflect your hopes, not your fears.

Nelson Mandela

A METAPHORICAL STORY

by Caitlin Feeley

What's it like to go through cancer treatment?

It's something like this: one day, you're minding your own business, you open the fridge to get some breakfast, and OH MY GOD THERE'S A MOUNTAIN LION IN YOUR FRIDGE.

Wait, what? How? Why is there a mountain lion in your fridge? NO TIME TO EXPLAIN. RUN! THE MOUNTAIN LION WILL KILL YOU! UNLESS YOU FIND SOMETHING EVEN MORE FEROIOUS TO KILL IT FIRST!

So you take off running, and the mountain lion is right behind you. You know the only thing that can kill a mountain lion is a bear, and the only bear is on top of the mountain, so you better find that bear. You start running up the mountain in hopes of finding the bear. Your friends desperately want to help, but they are powerless against mountain lions, as mountain lions are godless killing machines. But they really want to help, so they're cheering you on and bringing you paper cups of water and orange slices as you run up the mountain and yelling at the mountain lion - "GET LOST, MOUNTAIN LION, NO ONE LIKES YOU" - and you really appreciate the support, but the mountain lion is still coming.

Also, for some reason, there's someone in the crowd who's yelling "that's not really a mountain lion, it's a puma" and another person yelling "I read that mountain lions are allergic to kale, have you tried rubbing kale on it?"

As you're running up the mountain, you see other people fleeing their own mountain lions. Some of the mountain lions seem comparatively wimpy - they're half grown and only have three legs or whatever, and you think to yourself - why couldn't I have gotten one of those mountain lions? But then you look over at the people who are fleeing mountain lions the size of a monster truck with huge prehistoric saber fangs, and you feel like an asshole for even thinking that--and besides, who in their right mind would want to fight a mountain lion, even a three-legged one?

Finally, the person closest to you, whose job it is to take care of you - maybe a parent or sibling or best friend or, in my case, my husband - comes barging out of the woods and jumps on the mountain lion, whaling on it and screaming "GODDAMMIT MOUNTAIN LION, STOP TRYING TO EAT MY WIFE," and the mountain lion punches your husband right in the face. Now

Now your husband (or whatever) is rolling around on the ground clutching his nose, and he's bought you some time, but you still need to get to the top of the mountain. Eventually you reach the top, finally, and the bear is there. Waiting. For both of you. You rush right up to the bear, and the bear rushes the mountain lion, but the bear has to go through you to get to the mountain lion, and in doing so, the bear TOTALLY KICKS YOUR ASS, but not before it also punches your husband in the face. And your husband is now staggering around with a black eye and bloody nose, and saying "can I get some help, I've been punched in the face by two apex predators and I think my nose is broken," and all you can say is "I'M KIND OF BUSY IN CASE YOU HADN'T NOTICED I'M FIGHTING A MOUNTAIN LION."

Then, IF YOU ARE LUCKY, the bear leaps on the mountain lion and they are locked in epic battle until finally the two of them roll off a cliff edge together, and the mountain lion is dead.

Maybe. You're not sure - it fell off the cliff, but mountain lions are crafty. It could come back at any moment.

And all your friends come running up to you and say "that was amazing! You're so brave, we're so proud of you! You didn't die! That must be a huge relief!"

Meanwhile, you blew out both your knees, you're having an asthma attack, you twisted your ankle, and also you have been mauled by a bear. And everyone says "boy, you must be excited to walk down the mountain!" And all you can think as you stagger to your feet is "fuck this mountain, I never wanted to climb it in the first place."

Caitlin Feeley is an educational game designer living in Boston.

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 and Donna Storey*

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
Lovelace Women's Hospital 4701 Montgomery Boulevard NE
Conference room "A" on the first floor.
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 cleversenoras@gmail.com or
Pat Belletto pbelletto@msn.com or
505 610 9300

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 B2:00 - 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

Somebody should tell us, right at the start of our lives,
that we are dying. Then we might live life to the limit,
every minute of every day. Do it! I say. Whatever you want to
do, do it now! There are only so many tomorrows.

--Pope Paul VI



INTRODUCING THE SANDY GINSBURG AWARD

Cancer Support Now is thrilled to be launching the first annual award in honor of one of our founders and past Board President, Sandy Ginsburg. A giant in our community, Sandy has been supporting cancer survivors and their loved ones in New Mexico for decades and has done so without ever seeking recognition. The Board of Directors felt it was about time to give Sandy the spotlight she deserves and created a treatment scholarship in her name, to be given out at each year's Hope and Healing Honors event. Co-president Brittany Karnezis recently sat down with Sandy to learn how CSN has benefited the community over the years.

In the 1980's, People Living Through Cancer was formed in an Albuquerque living room by a group of strong women who were looking to build community with fellow cancer survivors. This is how Sandy Ginsburg, a pillar of our community, came to be involved in support systems for cancer survivors. A multiple-type, multiple-time cancer survivor, Sandy knows firsthand the emotions, struggles and growth cancer survivors experience throughout their journeys.

For decades, Sandy was instrumental in growing the reach of PLTC to those who had little connection or support. In 2009, she was a founding member of Cancer Support Now and served as its President for many years, stepping down this past summer. Sandy has been foundational to a number of local and national organizations, founding the New Mexico Coalition for Literacy, running the NM Arts and Crafts Fair, serving on the national board for Literacy Volunteers of America, and serving on the local boards of the WHEELS Museum and the Albuquerque Museum Foundation.

To say Sandy is a renaissance woman extraordinaire doesn't touch the tip of the iceberg of what she has meant to people all over the country. In her work with CSN and PLTC, Sandy has touched hundreds of survivors and their loved ones, who have gone on to touch hundreds, likely thousands, more. Her leadership and guidance have been the catalyst for movements of peer support around the nation and in the homes of some of our most vulnerable.

Sandy embodies the spirit of CSN's mission for no one to face cancer alone. It is this spirit that led us to create an award and scholarship for a cancer survivor who needs support at this point in their journey. Just a few of the words I've heard describe Sandy over the past week: Strong, generous, brave, illuminating, focused and determined, a rock. Do you know a cancer survivor in need of financial support who embodies these qualities? Please consider nominating them for the first annual Sandy Ginsburg Award today. To nominate a cancer survivor who is currently in treatment for this scholarship, please contact Brittany at brittany.karnezis@gmail.com or 505 358 9799 by November 19th.

Fear keeps us focused on the past or worried about the future. If we can acknowledge our fear, we can realize that right now we are okay. Right now, today, we are still alive, and our bodies are working marvelously. Our eyes can still see the beautiful sky. Our ears can still hear the voices of our loved ones.

Thich Nhat Hanh

CSN TO LAUNCH NEW WEBSITE

In our continuing effort to reach more cancer survivors and caregivers, Cancer Support Now is planning to unveil our new and improved website, with new features and more interactivity.

Gremlins among us have been hard at work to get the new website up and running. The plan is to have it done by year's end.

Watch this space.

CANCER SUPPORT NOW has launched a drive to improve our services by distributing questions to cancer survivors and their caregivers so that they can share their experiences--good or bad-- with the organization, the health system and the effects of cancer in every dimension of their lives. This is your chance to tell us how you feel about the services you received and how our operations could be improved. Your responses to the questions we ask will play a considerable role in our strategic planning so that CSN can continue to grow and have a positive impact on those we serve. Many of you have already answered the questionnaire. If you haven't, here's another opportunity to do so. The form is also available on our website. We will tabulate the responses before the the 2019 Survivorship Conference next Spring. Questionnaire is on page 8.

I N M E M O R I A M



Ruth Young-Arredondo - earned her angel wings on September 20, 2018, after battling ovarian cancer for the last several years. Ruth shared her love with her family, friends, and our community. She will be missed by all of the people she touched during her visit here on earth. Her spirit lives on in the memories of everyone who was touched by her grace and her warm smile.



WAITING FOR A DIAGNOSIS

Gavriela de Boer, Editor

You know how time goes so quickly and how it's almost Thanksgiving already and we don't know where the year has gone? But when you're waiting for a diagnosis...as I am...Time. Stands. Still.

This is the way things often go: You have unusual symptoms. You wait. You decide to call your doctor for an appointment. You wait some more for the appointment. When you finally see the doctor, you are scheduled for tests. You wait to take the tests. Then, you wait for the test results. Tests are initially inconclusive, and more tests are required, but before scheduling and taking the tests, insurance approval is required. Then you wait for approval. You wait for the office to schedule the tests. You finally take the test, and then you wait for the test results. Typically, you are referred to a specialist, who is unavailable for a month and here you go waiting again (and again and again).

I have just described the last three weeks of my life. While I continue to wait for news, I'm taking care of myself by (1) resigning myself to the idea that I'm very likely to receive a diagnosis of a cancer recurrence, so that I won't be as shocked when it actually comes. While my anxiety hasn't disappeared, it's somewhat diminished; (2) going for a long brisk walk because physical exertion requires energy, which would otherwise be spent obsessing over waiting. (3) cleaning every corner of my home and getting rid of stuff -- very cathartic for me, but probably doesn't work for everyone.

I'm asking my friends to please not make suggestions about what I "should" do, or compare my situation to that of someone you know, or tell me how impressed you are by my equanimity; for all you know I'm faking it. I'm asking you to just be there, to listen and hold the space for me to express my fears. These are the best ways you can support me while I wait...and wait...and wait.

A handwritten signature in cursive ink that reads "Gavriela".



HOW CAN CSN BEST HELP YOU?

1. Are you getting the help and information you need to stay well and have a good quality of life--things like nutrition, physical activity, stress management, and figuring out how to live better during recovery or ongoing disease?

2. How has cancer affected other dimensions of your life? Could you use some assistance with aspects of living your everyday life? What kind?

3. Think back to a time when you have experienced a transition as a cancer survivor, for example when you completed treatment, when your cancer went into remission, or when you were adjusting to living with chronic side effects. What kinds of challenges did you face? Is there something that could make those transitions easier for cancer survivors?

- 4 According to national studies, many survivors report that cancer affects their social and emotional well-being. When cancer has affected these aspects of life for you and other survivors, what kinds of support or activities made a difference? Did you get the support you were looking for? If not, why not?

5. Did you receive the help you needed to work your way through the system and put all of the pieces together? Sometimes this can be a team of people who work with you or an individual. Was it helpful?

6. Are there issues or barriers that get in the way of your receiving services and support that you need?

7. If you could choose one thing that's been helpful to you that you wish all cancer survivors could have, what would that be?

8. What do you think is the biggest gap in the programs, services, or support for cancer survivors?

9. Is there something you think we should know that we didn't ask you about.

Return answers to gavrieladeboer@gmail.com or PO Box 37338 • Albuquerque NM 87176

Use extra paper if necessary