

CANCER SUPPORT NOW INC. Newsletter



Inside this issue:

February 2015 Number 5.1

In Memoriam	2
List of CSN Support Groups	3
CSN 2014 Accomplishments	4
Transportation/ Reimbursement info	5
Cracking Open the Unseen Door	6
Coping with Cancer	7

Editor's Note:

This is my second CSN Newsletter, and we will publish one about every 6 months. Half of this issue is basic information about the organization and its events, and half is articles submitted by members.

In order to make this work, everyone is needed to help provide me articles, news, profiles, personal stories, and other information. Deadlines for future issues: July 1 for August issue, and January 1 for Feb issue,

E-mail works best, send items to me at ieraldcross@comcast.net

Thanks, Jerry Cross
505-228-6768

Please save the date for our next exciting conference!

Announcing Cancer Support Now's Fourth Annual Long-Term Effects of Cancer Survivorship Conference



Saturday, March 28, 2015 8:30am to 4:30pm at Central United Methodist Church* in Albuquerque. The Conference includes breakout sessions held twice, morning & afternoon, and a panel of experts on rehabilitation topics of concern to post-treatment survivors and their caregivers.

Fatigue/Sleep Issues **Lymphedema**
Creative Movement/Visual Art an interactive, experiential session
End of Life Planning and Support



Keynote speaker: Michael N. Linver, MD, FACR, is the Director of Mammography for X-Ray Associates of New Mexico, and Clinical Professor of Radiology at the University of New Mexico. Dr. Linver is a busy lecturer on mammography, having presented over 900 talks throughout the United States and in over 23 countries around the world.

***Central United Methodist Church, 201 University Blvd. NE, Albuquerque, NM 1 block north of Central**
For more information call
505.307.3414 or e-mail ptorn@comcast.net
Or watch the website www.cancersupportnow.org



Registration is required & opens in mid-February



Cancer Support Now Officers

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Secretary - Anjanette Cureton
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***Executive Director Patricia Torn
Helpline Eleanor Schick
Webmaster Runtang Wang***

Cancer Support Now, Inc

PO Box 37338,

Albuquerque NM, 87176

Email: info@cancersupportnow.org

Facebook: <https://www.facebook.com/cancersupportnow>

For support and information call our

Helpline at

505-255-0405 or 855-955-3500.

All CSN support services are free.

CSN Affirmation

Cancer Survivors Offering Support

We offer our 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 we have to offer a support person? We have a personal experience of cancer -- we understand and we are not afraid to be there to listen.

In Memoriam

**We lost the following Cancer Support
Now friends in the last year.**

Judy Bartholomew

Darlene Bower

Loretta Chavaria

Rae Cherry

Judi Conrad

Shunchun Hsu

Daniel Johnson

Margaret Shinn

Roberta Zuni

**We are sorry to have lost them as our
friends, but we are grateful for the
opportunity to have had them as
part of our lives.**



Cancer Support Now Free Support Services

Support Services - Cancer Support Now, Inc. offers several groups that provide support for caregivers – family and friends – and several that provide support for those with a diagnosis.

Eleanor, a cancer survivor, answers the phone. Call 255-0405 for cancer support groups, their locations and who they serve. One-on-one cancer support is also provided.

Fourth Saturday Cancer Support Now Survivors Group Meets the Fourth Saturday of each month from 10:30am to Noon on Osuna NE west of Jefferson: For those with a diagnosis of cancer, men and women, a cancer caregiver support group for men and women is held at the same place, same time. Both groups begin together for informational topic discussion then meet for support session in separate rooms. This Cancer Support Now group for those with a diagnosis of cancer is facilitated by Marie and Denise. One-on-One telephone support is provided for participants if they so desire between scheduled group meetings.

Isleta Cancer Education and Support: 2nd Tuesday of the month, 10:30 to noon at Isleta Health Clinic. Begins with informational session first - then support group open to men and women, caregivers and survivors. The group is affiliated with Cancer Support Now. Stephanie is the facilitator. Open to the public.

Journaling Support Group Meets Every Thursday, 4 to 5:30 pm at UNM Cancer Center: For loved ones of those with advanced cancer or those grieving a recent death from cancer. Eleanor and Anjie are the facilitators.

Late Afternoon Breast Cancer Group Meets Every other Wednesday, 5 to 6:30 pm at Carlisle and Comanche: This group has been providing support for those with Breast Cancer for 20 plus years. Alice and Betty are the group facilitators.

Ovarian Open Arms Gynecological Support Group Meets the Third Saturday every month near Moon on Candelaria, 10:30 to Noon: Open to women with all gynecological cancers and women who are caregivers for those with gynecological cancers. Connie, Margaret and Debbie are the facilitators.

Prostate Cancer Support Association of New Mexico Meets at Bear Canyon Senior Center 12:30 to 3:00 PM, First and Third Saturdays each month: Newly diagnosed are welcomed to hear our members share their experiences regarding their treatment choices. Medical speakers present at each meeting. We affiliate with Cancer Support Now. Call 254-7784. www.pcsanm.org

Survivors Writing Together Meets every Monday, 2:30 to 4:00 pm at UNM Cancer Center : Writing support group. Call Cancer Support Now, Inc. 255-0405. Eleanor and Anjie are the facilitators.

Take Care — Cancer Support Now Caregiver Group Meets the Fourth Saturday from 10:30am to Noon on Osuna NE west of Jefferson: For men and women caring for someone with cancer either as a family member, friend or other cancer caregivers, a cancer survivors support group for those with a diagnosis of cancer is held at the same place, same time in a separate room. Both groups begin together for informational topic discussion then meet for support session in separate rooms. This Cancer Support Now group is facilitated by Lydia and Patricia. One-on-One telephone support is provided for participants if they so desire between scheduled group meetings.

The Women's North Valley Cancer Support Now Group Every Other Thursday night, 6:30 to 8:30 pm in the North Valley east of Coors on Montañño: Welcoming women with all types of cancer, caregivers and survivors. Geri and Michele are the facilitators of this group which has been meeting for 25 years. "Our aim is to provide relief from the isolation of diagnosis, a trusting and warm environment for sharing useful information."



Twenty Five 2014 CSNI Accomplishments, January 1 to December 31 Patricia Torn, Executive Director

1. Newsletter distributed to nearly 1000. Thank you Jerry Cross for volunteering to do the newsletter.
2. Received a **\$5000** grant from **Blue Cross Blue Shield** for our **Helpline** for the year of 2014.
3. Completed year two of a four year grant with DOH June 30th. The grant is for \$25,000 for services and \$3000 for evaluation of services. Support services include the helpline, long term effects of cancer survivorship conference, 2 facilitator trainings and 2 Caregiver workshops. Year 3 began July 1, 2014.
4. Third Long-Term Effects of Cancer Survivorship April 5, 2014 - **120** attended.
5. New Board Member Beverly Bien is elected to the Board in April.
6. Received an anonymous donation of **\$10,000** for **Helpline Services**.
7. Held **3** Caring for the Caregiver workshops - **23** attending: February 28th Los Alamos; March 12th Alamogordo; & July 17th Albuquerque.
8. **3** Peer Support Facilitator Trainings: Alamogordo March 12 & 13; Albuquerque May 1 & 2; and Albuquerque September 13 & 20 - total trained **21**.
9. In May received a **\$3000** grant for our **2015 conference** from **Bernalillo County**.
10. 5th Annual Survivors Picnic on July 28th at Elena Gallegos Park with **40** people attending.
11. Made Caregivers presentation at Cancer Services of New Mexico September retreat.
12. November 2nd held 5th CSN Annual Meeting of the Membership. The bylaws were revised.
13. Participated in **18** Health Fairs throughout the year.
14. Helpline received **759** incoming calls.
15. Cancer Support Now provides 9 peer led support groups and 2 peer led affiliate groups many holding multiple meetings each month.
16. Provided free survivor to survivor support through support groups and one-on-one support, matching each individual with someone whose cancer experience is similar to the caller's present experience. We have served more than 100 people in groups and another 300 for one-on-ones.
17. Provided free relaxation classes monthly in partnership with Jean Stouffer, certified hypnotherapist.
18. Held Reiki sessions for 4 cancer survivors or caregivers every other month on 4th Sunday afternoon. Thank you Reiki Masters David Fisher and Caren Waters.
19. Held 14 smoking cessation sessions in partnership with the American Lung Association.
20. **2** smoking cessation classes & several one-on-one sessions held at Isleta Health Center, Isleta Pueblo.
21. Conducted 5-month print & radio advertising campaign to raise awareness of support services.
22. Partnered with Managing Your Chronic Disease promoting workshop participation of cancer survivors.
23. Used social media marketing through CSN Facebook Page with 1,200 people on the page.
24. Successfully conducted First Annual Appeal Campaign.
25. Celebrated five years of CSN support services in December.

If you want to help us accomplish even more, contact any board member to help with the Conference in March, fundraising, the Picnic, or any of the support groups, just email the organization at info@cancersupportnow.org



Transportation/Reimbursement for Transportation to Medical Appointments

By Stasia Kerkmans, with info compiled from American Cancer Society website and others

American Cancer Society programs call 800-227-2345, 24 hours a day, 7 days a week: www.cancer.org

First, clients may want to check with their health insurance company for medical transportation and mileage reimbursement. For some policies this may include reimbursement or travel arrangements for traveling out of state for treatments ordered by their physician.

If you live in Bernalillo County and are over 60, the City of Albuquerque provides free transportation for doctor, pharmacy and grocery visits curb to curb. Wheel chair accessible vans are available. Transportation is provided Monday - Friday, 7:30 am to 2:30 pm. Trips must be reserved 7 days in advance by calling 505-764-6464 Mon - Fri. Priority is given to medical appointments.

Clients with special needs can be accommodated with pre-registration (505) 764-6400. Escorts are not provided but a client can bring someone along to assist them.

Visit the City Transit Department online for more information on the transit services that the City of Albuquerque provides. <http://www.cabq.gov/seniors/senior-services/senior-transportation>

1. Road to Recovery service provides ambulatory cancer patients with free ground transportation to and from cancer treatment. Rides are dependent on volunteer driver availability therefore it is suggested you call with zip code information to see if there are volunteers available in your area. Cancer patients must be traveling to an appointment required to begin or complete cancer treatment, or to an appt for complementary therapy during cancer treatment. Transportation cannot be provided for follow-up after treatment completed. Patients must be ambulatory, able to walk to and from the vehicle, or have an accompanying caregiver to assist. Patients under the age of 18 must be accompanied by a legally responsible adult. A 4 business day advance notice is required, not including the date transportation is needed. Not wheelchair accessible.

2. Guest room/Patient Lodging provides short term overnight accommodations to cancer patients in active treatment who must travel more than 50 miles or 90 minutes to the outpatient treatment facility but cannot afford a place to stay. Accommodations may be requested for a cancer patient and an accompanying caregiver. Patients may stay 1-4 consecutive nights, no weekends, pets not allowed. Requests must be made at least 2 Fridays in advance of the date the room is needed.

3. Cancer patients may qualify for a free or deeply discounted rate (\$12 per night) for a maximum of 14 nights total per patient at Extended Stay America. Requests must be made at least 2 Fridays in advance of the date the room is needed. Patients should be in financial need and must travel more than 40 miles for treatment.

4. CancerCare provides financial assistance for transportation costs for women and children with any kind of cancer, and men with breast cancer, pancreatic cancer or multiple myeloma. Call the American Cancer Society for information on more programs at 800-227-2345

Medical Transport Companies

Statewide listing

ing http://npidb.org/organizations/transportation_services/non-emergency_medical_transport_van_343900000x/nm/

The following private businesses provide drivers:

Uber

<https://www.uber.com/cities/albuquerque>

Uber connects people with cars to people who need rides, meaning drivers on the Uber system are independent contractors. We conduct a rigorous screening process to verify that every driver is insured and legally qualified to drive. Westside to UNM about \$22 to \$30

Lyft

<https://www.lyft.com/cities/albuquerque>

Same idea as Uber. Go to link to look at pricing, i.e.. \$2.35 base and \$1.85 per mile, 0.20/minute.

Sample of Taxi prices:

ABQ Cab

<http://www.albuquerquecab.com/rates-and-services.php>

Start at \$2.50 + \$2.20/mile with extra fee for additional people, etc.

ABQ Green Cab Co.

http://abqgreencabco.com/rates_abq_green_cab_co.php

Start \$2.94 + \$2.60/mile with extra fees for additional people, pets or pick ups in Rio Rancho, Taylor Ranch

Short term car rental:

Zipcar www.zipcar.com/partners/aarp

"Get all the convenience of a car, with none of the hassle. With your Zipcar membership, you'll have 24/7 self-serve access to sedans, hybrids, luxury vehicles, and more, parked throughout the city and in airports around the globe. Reserve cars by the hour or day, with gas and insurance included in every reservation. As an AARP member, you can join Zipcar for \$40 (that's 33% in savings) and you'll get \$40 in free drive time. Once you receive your Zipcard in the mail, reserve a car online or on our mobile app. Use your Zipcard to unlock the car by holding it to the scanner on the windshield. When the doors unlock, the car is all yours! Just make sure to return the car to its reserved spot when your reservation is complete.



Cracking Open the Unseen Door

By Joy Schick-Southwick

When I was pronounced cancer free in 2013 following colon surgery, I was elated, but a sense of uncertainty and dread entered my life. Cancer could return. I recalled being overwhelmed by anger, guilt, fear and powerlessness when I dealt with the reality of cancer. I had repressed those feelings- afraid to communicate them to my best friend, caregiver and only partially to my psychotherapist.

I had a glimpse of the colon cancer during a colonoscopy before the surgery, the memory of it haunted me. Physical healing was slow, but once home I believed painting that image could help me express how I felt. When I finished the painting, despite the web of cancer cells that stretched, punctured and penetrated the membranous surface, other people exclaimed, "How beautiful," frustrated I hid it as I had hid my feelings. Then I realized that I did not need radiation or chemotherapy, I was home free, I hoped. My life re-gained its normal routine.

In early spring of 2014 I had my yearly mammogram, before I left, a staff member said that they may call me for a follow up, but it probably won't be anything serious. When they phoned my heart beat rapidly, the procedure was simple and the results clear, I had first stage breast cancer. I saw the surgeon he calmly laid out the facts, he insisted that the surgery be followed by radiation but no chemotherapy.

In the early 1970's I had cared for my Mom at home in Walla Walla, Washington after her mastectomy. Unfortunately it was not caught early and the treatments then known failed and her cancer spread to her bones, she refused pain killers, food and water instead she slept. Her silence and my Dad's nightly retreat upstairs

left me isolated, her death left me alone.

So when I was told here in Albuquerque that I had breast cancer, I leapt to the worse scenario. Again I tried to keep my negative emotions hidden but my feelings beat me up. If I had not been on medication for major depression already, I would have been put on it then, in fact my Psychiatrist raise the dosage on one medication slightly. After a short time my mood improved, the supportive and compassionate care both at The Breast Cancer Center and the Radiation Oncology helped greatly, but my fellow cancer patients who shared their stories, feelings and fears helped greatly. They cracked an unseen door open in my life.

Through my art and then my fiction writing, a part of my life since childhood, revealed me. As the radiation sessions ended I realized that I needed to continue to share my feelings with others who had cancer. Among the material I had collected I found a card for Cancer Support Now, I called and decided to join. Between that support, where I am free to express myself and my Church, where God touches me I began to heal emotionally. As I did there was a nagging feeling that a story was coming to life, puzzled I was led to a pamphlet about assisted living in Albuquerque. Suddenly the story with some of its characters was alive. The novel, House of Peace was born.

House of Peace is an assisted living place that provides housing meals and staff for cancer patients. In the book the characters work through their mixed emotions and complex situations, they are friends or enemies who know each other and live in the same two-story house near Rio-Grande Boulevard. These imagined people share a world that I have experienced. They help me not only to reveal myself, but in the process of creating them and the story help heal my inner being, where the web of cancer penetrated my thoughts and emotions.

CANCER SUPPORT NOW MISSION STATEMENT

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

- An active community of people whose lives have been affected by cancer diagnoses**
- 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.**



Coping with Cancer

from the National Cancer Institute

<http://www.cancer.gov/cancertopics/coping>

Summarized by Jerry Cross

You may have just learned that you have cancer. Or you may be in treatment, finishing treatment, or have a friend or family member with cancer. Having cancer changes your life and the lives of those around you. Some of the changes you may face:

- Different feelings come and go both during and after treatment.
- Needing help with taking care of your children
- Daily routines as you go to appointments and through treatment.
- Relationships with others and knowing how to talk to them.
- Your work-life

The information in this section is meant to help you cope with the many issues and concerns that occur when you have cancer. There are resources available to help you learn about the disease and about the people who can help you. Know that you are not alone.

For more detailed information, see our [publications on coping](http://www.cancer.gov/publications/patient-education#coping-and-support). <http://www.cancer.gov/publications/patient-education#coping-and-support>

For more information on specific types of cancer, see our evidenced-based [PDQ](http://www.cancer.gov/cancertopics/pdq) (Physician Data Query) information.

<http://www.cancer.gov/cancertopics/pdq>

PDQ (Physician Data Query) is NCI's comprehensive cancer database. It contains summaries on a wide range of cancer topics; a registry of 8,000+ open and 19,000+ closed cancer clinical trials from around the world; and a directory of professionals who provide genetics services. PDQ also contains the NCI Dictionary of Cancer Terms, with definitions for 6,800+ cancer and medical terms, and the NCI Drug Dictionary, which has information on 2,300+ agents used in the treatment of cancer or cancer-related conditions.

It has news, information on clinical trials, fact sheets, statistics, research, and funding.

**It Can Also Answer Your Questions
1-800-4-CANCER**

Remember to keep your spirits up



The CSN webpage, www.cancersupportnow.org has many pages of resources, other websites, articles, and documents of help to anyone. Please like our Facebook page at <https://www.facebook.com/cancersupportnow> You do not have to be a Facebook member to see our postings, just click on the link.



Cancer Survivors Offering Support

Page 8



On November 22, Chico's at Wyoming and Academy held a benefit for Cancer Support Now. A portion of their sales that afternoon, over \$400.00, was donated to CSN. We had a display and gave out crane cards. Several of us were there to thank Ann Rose and Crissa for setting this up for us. We might do it again sometime.



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