

# CANCER SUPPORT NOW INC. Newsletter



August 2014      Volume 4

## Inside this issue:

Organizational Info	2
List of Support Groups	3
Third Conference Highlights	4-5
CSN Helpline	6
My Lung Cancer Odyssey	7
More Pictures from Picnic	8

## Editor's Note:

This is the first CSN Newsletter in over a year, and I would like to publish one about every 6 months. Since it has been so long since the last one, most of this issue is basic information about the organization and its events.

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

E-mail works best, send items to me at [geraldcross@comcast.net](mailto:geraldcross@comcast.net)

Thanks, Jerry Cross  
505-228-6768

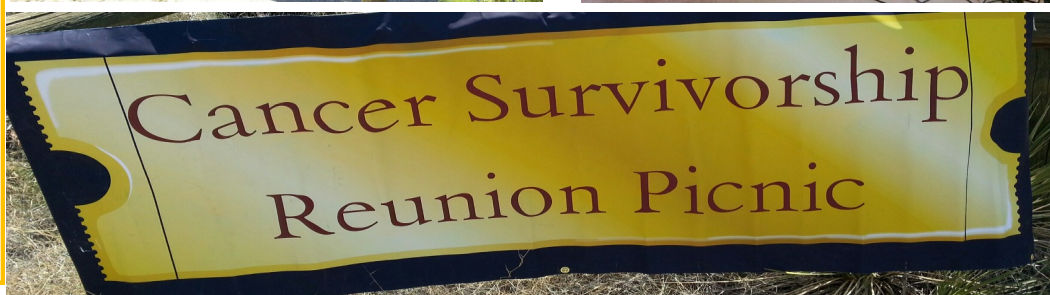
## 5th Annual Cancer Survivors Picnic a Success

The picnic was held Saturday, July 26 at Elena Gallegos Picnic Area. Fifty people were in attendance. We had great sing-along music from The Tower Trio. Mo, Karen, and Dawn are/were air traffic controllers, hence their name. Their Facebook page is at <https://www.facebook.com/#!/TowerTrio>

Jimmy Johns served up the box lunches, and we had watermelon after. Sandy Ginsburg presented Patricia Torn with a plaque for outstanding contributions to Cancer Support now as Executive Director and as a Super Volunteer. Robert Copeland did some great magic tricks. His site is at <https://myspace.com/professorpresto>

Many games of bingo were held, with CSN mugs as prizes. There was a quilt auction, and about a dozen baked goods to be sold. In spite of 97 degree heat, the pavilion we were in was not bad, there were some breezes.

It was good to see old friends, and meet new ones today.





**Cancer Support Now Officers**

**President - Sandy Ginsburg**  
**Vice President –open**  
**Secretary - Anjanette Cureton**  
**Treasurer - Kathi Ledford**

**CSN Board Members**

**Carmelita Agodon**  
**Beverly Bien**  
**Jerry Cross**  
**Tom Gautsch**  
**Thelma Giomi**  
**Al Hiat**  
**Mike Linver**  
**Tricia Monaghan**  
**Anjie Ro-Trock**

**Volunteers and Staff**

**Executive Director Patricia Torn**  
**Helpline Eleanor Schick**  
**Webmaster Runtang Wang**  
**Newsletter Editor Jerry Cross**

**Cancer Support Now, Inc**

**PO Box 37338,**

**Albuquerque NM, 87176**

**Email: [info@cancersupportnow.org](mailto: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.

**THANKS FROM THE DEBRA GIOMI  
MEMORIAL CRANE PROJECT**

Recently, I sent out a request for Origami folded cranes for our cards. So many talented folders responded so quickly. I now have a supply of cranes for projects going forward. I want to thank each of you who devoted time, energy and talent to respond to my request. You are true treasures to the CSN community.

Also I am extending an invitation to anyone who would like to learn to fold the cranes to contact me at [tgiomi@gmail.com](mailto:tgiomi@gmail.com) and I will get back to you with help in learning this ancient and beautiful art.

Again, thank you my loyal, gifted folders.

**Thelma Giomi, Chair of the Debra Giomi  
Memorial Crane Project.**





### Cancer Support Now Free Support Services

**ABQ Quit Smoking Support Now – Thinking About Quitting:** Ongoing 90 minute smoking cessation support for those Thinking About Quitting using Freedom From Smoking®, a program of the American Lung Association, offered free by Cancer Support Now, Inc. Also offered at Isleta. Call 307-3414 to register.

**Cancer Caregiver Support Now Workshop:** July 19, 2014 Free Workshop/Roundtable Support for Cancer Caregivers 10am to 2pm. Small group. Service of Cancer Support Now. Call 307-3414 for more details and to register.

**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. Call 255-0405 for cancer support groups, their locations and who they serve. One-on-one cancer support is also provided. See [www.cancersupportnow.org](http://www.cancersupportnow.org).

**Fourth Saturday Cancer Support Now Survivors Group:** For those with a diagnosis of cancer, men and women, meets the fourth Saturday of each month from 10:30am to Noon on Osuna west of Jefferson. Young breast cancer survivor facilitator available to meet the special needs of younger breast cancer survivors. A cancer caregiver support group is held at the same place, same time in a separate room. Call 255- 0405 for more information. Cancer Support Now, Inc.

**Isleta Cancer Education and Support:** 2<sup>nd</sup> Tuesday of the month, 10:30 to noon at Isleta Health Clinic. Call Cancer Support now, Inc. 255-0405.

**Journaling Support Group:** For loved ones of those with advanced cancer or those grieving a recent death from cancer. Thursday, 4 to 5:30 pm at UNM Cancer Center. Call Cancer Support Now, Inc. 255-0405.

**Late Afternoon Breast Cancer Group:** Every other Wednesday, 5 to 6:30 pm at Carlisle and Comanche. Call Cancer Support Now, Inc. 255-0405.

**Ovarian Open Arms:** is an affiliate support group with Cancer Support Now. It is for those women experiencing gynecological cancers and meets on the 3<sup>rd</sup> Saturday of each month at 10:30 am.

**Reiki Support Class:** Offered free by Cancer Support Now the Fourth Sunday afternoon each month in partnership with certified Reiki Master. Open to those with a diagnosis of cancer and their loved ones. Call 307-3414 for location, times and to register.

**Relaxation Support Classes:** Offered free by Cancer Support Now once a month in partnership with Jean Stouffer, a certified hypnotherapist. Open to those with a diagnosis of cancer and their loved one. Call 269-8423 for dates, times and to register.

**Sandia Breast Cancer Support:** 1<sup>st</sup> Wednesday of the month, 12 noon to 1 pm at Sandia National Labs. Call Cancer Support Now, Inc. 255-0405.

**Survivors Writing Together:** Writing support group every Monday, 2:30-4 pm at UNM Cancer Center. Call Cancer Support Now, Inc. 255-0405.

**Take Care – Cancer Support Now Caregiver Group:** For those caring for someone with cancer either as a family member, friend or other cancer caregivers. Fourth Saturday from 10:30am to Noon. Cancer survivors support group for those with a diagnosis of cancer is held at the same place, same time in a separate room. For more info call Cancer Support Now, Inc. at 255-0405.

**The Women's North Valley Cancer Support Now Group:** Every other Thursday night, 6:30 to 8:30 pm in the North Valley for caregivers and those with a diagnosis of cancer. Call Cancer Support Now, Inc. 255-0405.

**Prostate Cancer Support Association of New Mexico** is an affiliated support group with us. Support group meetings are held 1st and 3rd Saturdays of the month.

[www.pcsanm.org](http://www.pcsanm.org) (505)254-7784 2533 Virginia St, NE Suite C Albuquerque, NM 87110





## **Third Annual Long-Term Effects of Cancer Survivorship Conference Highlights**

It was held April 5, 2014, at Central United Methodist Church, in Albuquerque, with 120 Participants in attendance.

There were 4 Sponsors (NM Dept. Of Health, ASEA, Home Care Assistance, and Quantum Biofeedback of New Mexico) and 2 Exhibitors (UNM CFL, Kay Rogers)

### **Key-note Speakers**

***Dava Gerard MD, FACS, Surveyor, Commission on Cancer and Administrator, Presbyterian Healthcare Services, Cancer Service Line –The Journey: From Surviving to Thriving—*** Managing cancer as a chronic condition involves attending to physical symptoms, emotions, nutrition, fitness, and setting future goals. In learning to manage the cancer experience as chronic, it is useful to obtain the needed information and resources for survivorship care planning. It is also valuable to utilize creativity to move beyond surviving to thriving, which is about really living.

“This was a perfect talk for me right now – Thank You!”

***Arti Prasad, MD, DOM, Center for Life, University of New Mexico,—Holistic Cancer Survivorship—***Integrative medicine attends not only to physical health, but also to emotional, environmental, occupational, intellectual, social, and spiritual aspects of wellness. The integrative treatment modalities at the Center for Life are available to help cancer survivors manage treatment side effects during treatment and can help rebuild the body, mind, and spirit post-treatment.

“Very interesting statistical data; appreciated the Wellness discussion.”

**Thanks to the Key-note Speakers and leaders of the Break Out sessions on next page.**

**If you want to help plan or offer input for next year’s conference,  
please let someone on the Board know.**



**Dr. Dava Gerard**

### **Registration Volunteers**



### **Dr. Arti Prasad**





### Break-out Sessions

#### ***Complementary & Alternative Medicine - Acupuncture - Dr. Li Xu Ph.D., DOM, Hypnosis - Jean Stouffer, CHt, & Biofeedback - Diania DeCant***

Dr. Li Xu shared the benefits of Acupuncture and Oriental Medicine that have been proven to help cancer patients as well as survivors to alleviate pain, stress, and fatigue before, during, and after cancer treatments. Jean Stouffer discussed the benefits of hypnotherapy and then demonstrated the use of guided imagery to relieve stress and to relax. "I learned about how to make better decisions for my wellbeing and to share with others."

#### ***Pain Management - Brian Starr, MD, Director, Pain Consultation and Treatment Center UNM***

Discussed the different types of cancer pain – acute, chronic, and neuropathic—and the different methods of treating this pain – medication, interventional, and complementary. The session was interactive and largely dedicated to responding to participants' specific questions about pain and pain management. "Excellent discussion; knowledgeable; and thoughtful."

#### ***Stress Management – Aromatherapy - Kay Rogers, DOM, Certified Master Acugems™, LMT, CHNP; Yoga - Patti Lentz, PT***

Kay Rogers demonstrated the use of aromatherapy for relaxation. She went on to describe the influence of different scents on the body's vibrations and how to decrease stress in 21 seconds. Patti Lentz continued the relaxation with a guided yoga practice, instructing participants to explore their bodies' abilities with curiosity and care. "Enthusiastic and informative. Thanks for taking your time to inform us."

#### ***Stress Management – Mindful Meditation & Yoga – Michelle Duval, MA, Director, The Mindful Center***

Introduced the study and practice of mindfulness meditation: what it is, how to do it in our daily lives to reduce stress, manage pain, help with sleep issues, weight issues, healing processes, and more, and how it enables our ability to participate in our own health and well-being.

"This was so what I needed at this point in my recovery journey – it just resonated."

#### ***Optimum Nutrition / Mindful Movement – Strategies for Holistic Cancer Survivorship – Emile Brough, DOM, LMT, RMTI & David Lang, LMT, COMT***

Provided a review of nutrition in long-term survivorship and the importance of movement with an emphasis on respecting the body. Interactive demonstration of movement was included in the presentation with those attending actively participating.

"This was a great session."

Conference Pictures by Roger Blake. More at Website and/or Facebook page



**CSN Board President  
Sandy Ginsburg**



**Exec. Director  
Patricia Torn**



**Our webmaster  
Runtang Wang**



## **Cancer Support Now Helpline**

**For support and information call our Helpline at  
505-255-0405 or 855-955-3500. All CSN support services are free.**

**Are you aware that there is a helpline for your questions and concerns about your cancer? Whether you have just been diagnosed, are a long time survivor or anywhere along your cancer journey there is help to answer questions and ease those concerns of yours that are not medically related. Eleanor Schick personally answers the Cancer Support Now phone helpline at 505-255-0405 and toll free at 1-855-955-3500. This helpline is open from 9 am to 9 pm seven days a week. Eleanor says, “I try to give each person who calls the time and attention they need.” She herself is a long time cancer survivor. She personally knows the fears, concerns and need for information we have along our cancer journey. As these issues arise help is available to ease your way. Eleanor also co-facilitates several Cancer Support Now support groups. This has given her experience in listening and supporting cancer survivors.**

**I have personally used her helpline. Eleanor is an attentive listener who is very sensitive to the issues being discussed. Everything said is held in confidence. She is a very kind person who holds each person’s concerns gently. Her calm demeanor has been very comforting to me in a time of crisis. Eleanor is also very knowledgeable about the services, support groups and help available to cancer survivors. It is so helpful to speak to someone who is able to offer real guidance, especially during the off hours. This helpline is a unique service in the state of New Mexico. We are so fortunate to have this helpline available to us. Please feel free to make use of The Cancer Support Now services, specifically this very helpful helpline.**

**The Helpline is the point of contact for all support groups and connections to 1:1 peer supporters.**

**This helpline is funded by Cancer Support Now, a non-profit group, and a grant from Blue Cross Blue Shield of New Mexico. Financial contributions are always welcomed from individuals, agencies, or business groups.**

**Joanne Hasegawa**

### **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.**



## My Lung Cancer Odyssey

Beverly Bien

Newest CSN Board Member

I was 57 years old in November 2011 when I was diagnosed with lung cancer. The accompanying data was quite shocking and life expectancy was grim at best. I bounced in and out of anger and denial, and depression and fear. One of my recurring thoughts was that this wasn't supposed to happen to me. It was just some cosmic mistake and I would soon wake up from this nightmare. But that never happened.

Instead I consented to chemotherapy and radiation to try to shrink the tumor which was so large, it had caused half of my left lung to collapse. As I was a hiker, I had great breathing capacity and was completely unaware of my partially collapsed lung. I was a good surgical candidate which helped immensely. Along the way, I heard horrible words like "inoperable" and a very dire, abbreviated life expectancy.

Eventually, with major assistance from the oncologists and a nurse navigator, I made my way to the most amazing surgeon at MD Anderson in Houston, Texas. I woke up to the words that every patient wants to hear: "We got it all!"

I was cancer free for over one year and I gratefully threw myself back into work. I had started to believe that I was beating the odds. But when I began losing some right side mobility I agreed to an immediate MRI. The scan showed that my lung cancer had metastasized into my brain: my left and right parietal lobes and my cerebellum. I was told that I had very little time left. I went through several bouts of radiation as well several rounds of steroids, and then slowly began to work on my recuperation.

For me recuperation included some very major life changes: changing my attitude, early retiring, leaving my marriage, and delving into alternative spirituality as well as some alternative treatment. I had been a fairly healthy eater for many years, but now I gravitated to a largely alkaline based diet. I worked on adjusting my attitude and slowly began to reframe the way I perceived the world. I was in stage 4 cancer, so I had a choice. I could just give up or I could "pull out all the stops" as I had nothing to lose. I decided against just giving up.

There have been many ups and downs but here's the amazing thing: I am so much happier after implementing these life changes. And it is June 2014 and I am still here!

I realize that this isn't the answer for everyone living with lung cancer. But for me, I know in my heart that at least part of the process was changing my attitude as well as changing major parts of my life.

And yes I smoked—just for the record. But I stopped smoking 29 years ago.



**The CSN webpage, [www.cancersupportnow.org](http://www.cancersupportnow.org) has many pages of resources, other websites, articles, and documents of help to anyone.**

**Please like our Facebook Page. You do not have to be a Facebook member to see our postings, just click on the link.**





## Cancer Survivors Offering Support

Page 8



**Pictures from July 26 CSN  
Survivor Picnic. More on  
website or Facebook page**



**Cancer Support Now, Inc  
PO Box 37338  
Albuquerque, New Mexico  
87176**

