

CANCER SUPPORT NOW INC

Newsletter



Inside this issue:

August 2015 Number 5.2

In Memoriam 2

List of CSN
Support Groups 3

2015 Conference
report and pics 4

More pictures 5

Please, and
Thank you 6

Community Cancer
Navigation Program 7

Editor's Note:

This is the third CSN Newsletter and we will publish one about every 6 months. Most of this issue is basic information about the organization and its events, and a portion is articles submitted by members.

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

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

Thanks, Jerry Cross

Please save the date for our next exciting picnic.

Cancer Support Now Invites You To Our 6th Annual Cancer Survivors Picnic, it's FREE

**OPEN TO ALL WITH A PERSONAL EXPERIENCE OF CANCER —
WHETHER IN TREATMENT OR POST-TREATMENT —
SURVIVORS & CAREGIVERS WELCOME**

August 9, 2015 — Sunday Afternoon, 12:30pm to 3:30pm

**Elena Gallegos Open Space — Kiwanis Shelter, free entrance
to park, Tramway and Simms Park Road**

Food, Fun, Games, Hiking, & Music!



It always tastes better outdoors.

Gotta Walk!



Talking and Sharing



Music



Bingo

Horseshoes

Call 307-3414 or email ptorn@comcast.net

Reservations Required



Cancer Support Now Officers

***President - Sandy Ginsburg
Vice President - Jerry Cross
Secretary - Anjanette Cureton
Treasurer - Kathi Ledford***

CSN Board Members

***Carmelita Agodon
Sarah Contreras
Tom Gautsch
Thelma Giomi
Al Hiat
Mike Linver
Mary Mann
AnnRenee Mascarenas
Mark Rupert
Denise Uzeda***

Volunteers and Staff

***Director of Programs 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

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 half year.**

Helayne J. Abrams

Beverly Bien

Joanne Hasegawa

**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.**

**We live in a community where no one has to go
through cancer alone, whether as survivor or
caregiver, whatever their needs may be.**

**We are a community of survivors reaching out,
supporting, educating and assisting survivors,
their loved ones, and caregivers.**



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 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.

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 11:00 am 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: 2nd 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 3rd Saturday of each month at 10:30 am.

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: 1st 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 11:00 am 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 (505)254-7784 2533 Virginia St, NE Suite C Albuquerque, NM 87110 pchelp@pcsanm.org

Gratitude Quote from M.J. Ryan in **Attitudes of Gratitude**

Gratitude is a stance we voluntarily take, and one we can adopt through the difficult seasons of life as well as the good ones. The daily practice of gratitude keeps the heart open regardless of what comes our way!



2015 Conference Report and pictures

This is from Mary Mann's Cancer Blog, [New Mexico Cancer Girl](http://cancergirlnewmexico.com/2015/04/07/cancer-support-now-conference-time/), trippin thru the big C in Albuquerque
<http://cancergirlnewmexico.com/2015/04/07/cancer-support-now-conference-time/>

I was selling raffle tickets for our chocolate gift basket. Guests were choosing items from the breakfast table. Others were meeting old friends; starting new friendships registration packets in hand. Sandy Ginsburg was on the stage ready to welcome everyone. Dr. Michael Linver would be arriving soon for the keynote.

I stood there talking with a woman who has been recently diagnosed with breast cancer. She had the surgery a few weeks ago and would be having radiation next. Her experience had been such a whirlwind that she was still absorbing what had happened to her. She was looking for answers. And she wanted to feel that she was not the only one. She was tentative. But she was here. She was me one year ago.

One year ago I had completed breast cancer radiation three months before and thyroid cancer radiation one month before. The conference was new to me. It was a port in the storm. Kind faces not in scrubs. Welcoming. Informative. A chance to speak out. A chance to hear and be heard. I was heard.

I was welcomed into the group. This year I am on the board of Cancer Support Now. I was on the planning committee for the 4th Annual Long-Term Effects of Cancer Survivorship Conference. I am fortunate to be a part of something so valuable to the individual with cancer. I feel the real value of our conference is to the individual. We are a port in the storm with open arms and friendship and information.

After Dr. Linver's excellent talk we moved to our breakout sessions. Mine was the Fatigue/Sleep Issues. Popular subject. Catherine Offutt, a woman who radiates positive energy, and Patricia Torn, an excellent speaker, led us with an interactive, fun and funny experience. The best formula for learning.

Jason's Deli Box lunches and conversation were next. Upstairs the ABQ School of Massage Therapy and Health Sciences were giving free chair massages. Not a bad way to spend the day.

A rehabilitation panel discussion was lively. George Fraser PT, co-owner of Fifty 'n Fit stole the show with information about osteoporosis, fractures and exercise post treatment. My next breakout session was titled End of Life Planning and Support. It did not deliver as titled. I was disappointed as I needed help in this area. It was a philosophy based discussion. Interesting. However, I think most of us already had our philosophy pinned down but not our end of life plan.

What was memorable for me was the Closing. We gathered to discuss what we liked, what we would want next year. Everyone showed up. Last year there were some and this year there were many. Our attendees took ownership of the conference. It was the best thing that could have happened. They wanted to be heard. Led by the excellent Patricia Torn, they were heard. We went home happy.



Sleep/Fatigue/Depression



Compassionate Choices



End of Life Class



Dr. Michael Linver and Keynote Talk



Lymphedema Class



Advanced Care Planning



Breakfast



Mandela Making

Helpful Scouts from the church



Afternoon panel



Panel Audience



Registration



Mandela class



Yoga class

Closing session



Cranes in vase



More Breakfast



All photographs courtesy of
George Abernathy



Please, and Thank You by Geri Stayman

Probably before I could talk, I learned how to say “please” and “thank you”. I knew when to say these words. I use the word “please” prior to a request and “thanks” came after, as expected on cue. As in “please pass the ketchup”. These simple words, their meaning, and when and how to say them became essentially everything I knew about etiquette for many years. Well, okay, they are still all I know about etiquette. After a lifetime of this dance of manners occurring over and over, sometimes with little thought or meaning, I discovered the difficulty of asking for things.

I was told I had breast cancer over the phone, at work. It really was no surprise to me. I had felt this lump for two years and suspected, “knew”, it was cancer the first time, the first day I felt it. But the expectation of this call and its outcome did not prevent me from going into a tailspin. I felt rushed. I grew anxious. I wanted to know everything, all the facts and figures. I threw myself into every book, every website, every magazine I could get my hands on. Some people don’t want to know more about their disease, others do. My feelings had to do with wanting to be in control over every decision I possibly could. Everyone who has gone through a serious illness knows the feeling of helplessness. There is so much to learn in a period when you feel time is not on your side.

I felt like I had a run-of-the-mill breast cancer. There was a very definite protocol for my case it seems. The diagnosis was infiltrating lobular carcinoma, invasive, 1.2 cm, nuclear grade II. I was having a lumpectomy with sentinel node biopsy followed by CMF then radiation. Total time for therapy: about a year. The doctor spoke mostly about the women who work full time while doing their chemotherapy. One was able to maintain the appearance of health and go about one’s day while battling this disease. There was no way I wanted to be outdone by others (especially since I wasn’t on the bad stuff chemo-wise). Nonetheless, the sessions were beginning to drain me after only 2 times-6 weeks of chemicals in my body. At first I was determined to maintain my lifestyle (working part time, being a spouse, a parent). I eventually realized that if I was going to put all this time and energy into not dying, I had better do it right the first time. I quit a job I loved and tried to take it easy.

They have lovely magazines in my doctor’s office. There are the house and garden ones, the travel ones, the Hollywood gossip ones. (Am I the only one who doesn’t know who Brittany Spears is?). *Coping* magazine and *MAMM* were very helpful at the beginning. Celebrity cancer stories were bearable because most of the stars were old and I knew who they were. After reading more than I ever wanted to know about cancer, I found some repetitiveness in the coping department. This is not a bad thing. One decides what works for oneself when it comes to coping with illness, and most of us can use suggestions from strangers. I was drawn to the many patients in the magazine articles who suggested asking for help with ordinary tasks. The idea is that when people ask if they can do something for you, you respond in the affirmative.

Why it is so hard for us as a culture to ask for the assistance I will leave to the anthropologists. Determining this for myself was a struggle and an epiphany. It helped me to survive through the most troubling two years of my life. (My father had died the same year; my mother, who had just moved out from the Midwest and was living with us, was diagnosed with breast cancer.

I started saying “yes please” without knowing yet what I needed, but feeling relief after it was spoken. Of course, people could think for me if I could not. Meals were appearing at our doorstep. Blessings were being said in synagogues, and novenas were being offered in churches. Rides were wondrously arranged for the children so that I didn’t need to drive them to school every day from our new home (yes, we moved during this time) near Community Corners to their old school in Caroline. The ability and humility to ask for help turned my life of worry and hopelessness into one of community and possibilities. The big surprise was that my acknowledgment of my need (just say “yes!”) filled many, many needs during my illness and provided others with the blessing of being able to do a mitzvah.

One problem remains. There is no way to adequately say “thank you”.

Originally published in CHOICES-the Newsletter of the Ithaca Breast Cancer Alliance, Fall 2000

Next years Cancer Support Now Surviving Conference is scheduled for Saturday, March 5, 2016, same times, same place. Planning will start in September. If you would like to be involved in finding speakers, helping organize, or working on the day of the event, please let any CSN Board Member or the Editor know of your intent. We could always use the help.



CSN's New Community Cancer Navigation (CCN) Program

Nine navigators were trained in February to help find non-medical resources and information for cancer clients, patients and caregivers. Our two primary navigators, Eleanor Schick and Sarah Contreras take the calls coming into Cancer Support Now. To give you an idea of how extensive these services are, here is an example of one couple helped by Sarah who works mostly with Spanish Speaking cancer clients.

Sarah received a referral from Cancer Services of NM, a woman battling cancer for nine years. The family was in dire financial straits because their social security benefits had been cut off due to an administrative error.

Here are just a few areas in which they were in need of help:

Help with partial mortgage payment. After much research, Sarah was able to find another cancer support organization, GCAP, able to help with the partial payment. Sarah prepared the paperwork to determine their eligibility.

Sarah had interviewed the couple at their home and noticed an exposed wall with faulty plumbing, which posed some serious health & safety concerns. She contacted several agencies, and finally found that the American Red Cross (ARC) had a program to assist low-income families with emergency minor home repairs.

Sarah assisted the couple with the completion of the application and the submission of

required documents. All met at the American Red Cross office with a representative and the couple was subsequently approved to receive the benefits of the program. The next step was the home inspection. Sarah asked the ARC representative if they could also take a look at the water heater because it was making so much noise. She also requested they inspect the gas heater and swamp cooler. They agreed these were valid concerns and added them to the tasks list.

Upon the initial inspection, the ARC inspector approved the replacement of the plumbing & the repair of the wall. They also approved the replacement of the water heater and noted the gas heater & swamp cooler also needed to be replaced.

The American Red Cross replaced the water heater; the plumbing has been replaced; and the wall repaired. The ARC was unable to replace the gas heater & swamp cooler due to funding shortages. They serviced the swamp cooler, a temporary fix. Sarah is now searching for other resources to address the need to replace the gas heater and swamp cooler.

This is but one instance of the important work our navigators are doing through the Community Cancer Navigation program.

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. You do not have to be a Facebook member to see our postings, just click on the link on our website.



The Prostate Cancer Support Association of New Mexico, one of our affiliate support organizations, will hold their fourth annual conference on the diagnosis and treatment of prostate cancer on Saturday, September 19, 2015. It will be held at the South Broadway Cultural Center/Library, 1025 Broadway Blvd, SE, in Albuquerque, from 9 am to 4:30 pm. This date was chosen because it coincides with men's health month and prostate cancer month.

They will have speakers on the new topics of laser ablation, MRI as a diagnostic tool, and genetic testing for staging of prostate cancer. They will have a review of prostate cancer staging and how the pathologist develops the Gleason score. Wrapping up the conference, they will have breakout sessions during which you can talk with various physicians regarding any particular concerns about your diagnosis or treatment. We urge you share this information with other men to take advantage of this program to learn more about prostate cancer. One out of six men will get PCa in their lifetime. Please share this info with anyone and everyone.

Confirmed speakers so far:

Dr. Margaret Gallegos on Use of MRI in locating tumor; Dr. Paul Anthony on Radiation; Dr. Peter Lindberg on Advanced PCa treatments; Bernadette Goodman on Laser Ablation treatment; Dr. Larry Massie on Pathology review/Gleason; Dr. Satyan Shah on Surgery; a speaker from Genomic Health on Genetic Testing; and others TBA

The conference is free, box lunches will be available

More information can be found by calling 505-254-7784, emailing pchelp@pcsanm.org, or on their website, www.pcsanm.org

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

