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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 and Healing Honors events.

The CSN Newsletter is a quarterly publication of Cancer Support Now, Inc.

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For support and information  
Call our Helpline at  
**505 255 0405 or toll free 855 955 3500.**  
**All CSN Support Services are free.**

## LIVING WITH AND BEYOND CANCER

***Don't miss the 7th Annual Living With and Beyond Cancer Conference***

*In collaboration with the Prostate Cancer Support Association (PCSANM)*

*And the Gynecological Cancer Awareness Project (GCAP)*

**Saturday, April 28, 2018, 8:30am - 3:30pm at Sandia Preparatory School**

**532 Osuna Rd NE, Albuquerque, NM**

**THE EVENT IS FREE, THE MEALS ARE FREE, but registration is required.**

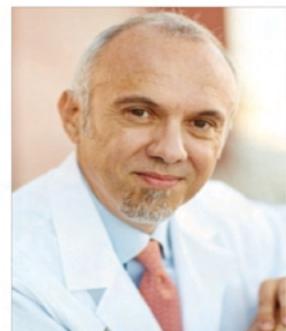
The day will begin with a healthy continental breakfast and an opening presentation by Christine Sherwood entitled "**An Integrated Life : Pathway to Wholeness.**"



Christine Sherwood, survivor of a late stage cancer diagnosis, defines being healed as finding peace, acceptance and a meaningful purpose in life. She has published two books on healing: Help Me Remember Who I Am (poetry) and Fire & Ash: The Alchemy of Cancer (prose). Along with teaching, Christine facilitates cancer groups and retreats for women who have/had cancer at Ghost Ranch called Holding Courage.

Following Sherwood's keynote speech, attendees have their choice of two out of six breakout sessions, some offered both AM and PM, and others only AM or only PM. The first of four morning breakout sessions, ***Being an Effective Relationship Team Through the Stress of Cancer Treatment***, will be presented by Ralph Lind, a licensed professional clinical counselor, whose experience as a caregiver for his brother through treatment, hospice and death, as well as surviving his own life-threatening illness, has added a special dimension to his work. The session will address the "left out" aspects of cancer's impact on relationships and family.

New Frontiers in Cancer Immunotherapy, presented by Olivier Rixe, MD, will focus on using certain parts of a person's immune system to fight diseases such as cancer. Dr. Rixe is internationally renowned for his work in Phase I clinical trials and as Principal Investigator for several neuro-oncology clinical trials.



Third choice on the breakout session menu is Living With Ovarian Cancer and Other Below the Belt Cancers. Presented by Nurse Educator Jessica Moffett, RN, OCN, this call-to-action encourages ovarian cancer patients, their loved ones (Continued on Page 8)

· · · I N M E M O R I A M · · ·

CSN PIONEER CATHERINE LOGAN-CARILLO  
DIES AFTER LONG CANCER JOURNEY

Catherine Logan-Carrillo, 72, an unparalleled leader who advocated for all human kind, making the world a better place, impacting all she came in contact with, died Monday, February 19, 2018. The world is emptier without her.

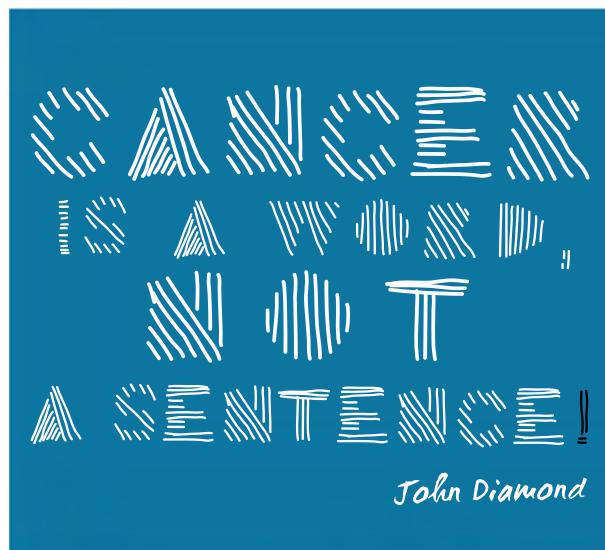


Anywhere she saw injustice, she sought to right it. When she saw someone in need, she was there for them. In 1964 Catherine worked in the Civil Rights Movement where she put the freedom of others above her own personal freedom. After graduating from the University of Illinois she joined the Peace Corps. Catherine was a founder of Living Through Cancer (LTC), which took on a national presence and was featured in chapters of several books. She wrote and edited the "Living Through Cancer Journal." Catherine's passions as a cellist and gardener were featured in "US News and World Report". She owned and edited the "Horseman's Voice" and was instrumental in starting "Cancer Support Now." She is missed by her sister, Janice Matsuo; brother, Tom Logan; brother, John Logan; sister, Yoshiko Azuma; brother, Eladio Quinones; aunt, Lynn Purdue; Gene Matsuo; Jocelyn Logan; nieces, Julia Schroeder and Jocelyn Marie Logan; nephews, Chris Matsuo, Emil Azuma and Stewart Azuma. She is missed by many. Catherine was preceded in death by her husband, Tino Carrillo, the love of her life. Memorial contributions may be made to Cancer Support Now (CSN).

· · · W E A L S O R E M E M B E R · · ·

Nancy Bell  
Robert Copeland  
Michael Rivers  
Lyle Ware

Memorial contributions to Cancer Support Now may be made in three ways: Through our website ([CancerSupportNow.org](http://CancerSupportNow.org)); by mailing the donation form on page 7 of the newsletter along with a check to the address listed; or by downloading and printing the donation form online and mailing it with a check.



WE HAVE A NEW LOOK!

Spring is a time for renewal, so we're taking the opportunity to update our publications.

In addition to providing support to people whose lives are touched by cancer, CSN continually strives to reach out by being clear about who we are and what we do. Our new look is the result of hours of discussion and focus on our mission, vision and commitment to be present for all who benefit from our services.

We hope the role of CSN in the lives of patients, caregivers, survivors, and loved ones is positive and brings good things into your journey. We'd love to hear from you with any comments about the impact CSN has had on your life, our updated look, or anything else you'd like to tell us.

Email [gavriela.at.csn@gmail.com](mailto:gavriela.at.csn@gmail.com) or write us at Cancer Support Now, Inc, Attention: Gavriela de Boer, PO Box 37338, Albuquerque, NM 87176.

## UNMCC BROWN BAG SPEAKER SERIES



If you've never gone to The University of New Mexico Comprehensive Cancer Center Brown Bag Speaker Series held on Tuesdays, you might want to check it out in May. For your convenience, the schedule is below, or you can click on the link below to get details go online <http://www.unmevents.unm.edu>. Bring your lunch to Room 1048 in the UNM Cancer Center from 11:00 am to noon.

### 5/1 Advanced Directives

Jill Schulke

### 5/8 Internet Searches and Resources: Finding Valid Information Amidst the Clutter

Eileen Belynsky and  
Teya Nguyen

### 5/15 Tapping for Stress Relief

Elaine Lopez-Bogard  
Modern Day Medicine Woman

### 5/22 GLOW: Healthy Inside and Out

Ernestine Trujillo and  
AnnMarie Boyd

### 5/29 The Power of Visualization

Elaine Lopez-Bogard  
Modern Day Medicine Woman

**The Lunch Speaker Series is free, but you must register beforehand. Register by calling 505 925 0188.**

## DO YOU GET "SCANXIETY"?

Dear Readers,

My name is Gavriela de Boer, and it's my honor to design and write this newsletter for you. Like many of you, my life has been affected by cancer. In 2011, a tiny pimple on my face that wouldn't go away eventually led to a diagnosis of Merkel Cell Carcinoma, an extremely rare and aggressive skin cancer. After invasive surgery that left my face severely scarred, and six weeks of intense radiation to my head and neck, I was cancer-free, but I would never again be "home free."

Every three to six months, there are weeks I can't sleep, eat properly or function normally. People whose lives have not been affected by cancer might think a standard follow-up scan would be a breeze. I hope they live happily ever after without learning how wrong they are.

Apparently, the majority of cancer patients go through this stress. There is even a name for the anxiety and worry that accompanies the period of time before undergoing or receiving the results of a medical examination such as an MRI or CT scan: "scanxiety".

I recently learned on the Let's Win PC website, that while "scanxiety" may not be accepted medical terminology, "...fear and worry about imaging, both before a scan and after while waiting for the results, is pervasive among cancer patients. Studies suggest that having a follow-up scan after cancer treatment can trigger symptoms of post-traumatic stress disorder (PTSD), including intrusive thoughts, irritability, and insomnia."

If you're like me and would like techniques to lessen your "scanxiety" click on <http://www.letswinpc.org>. And if you're wondering why I've been hanging around pc (pancreatic cancer) websites, it became a habit after one of my routine scans in 2015 led to a diagnosis of pancreatic cancer. Three years later, I'm surviving, but I still feel "scanxiety" with each new scan and always look for ways to comfort myself.

Is there anything about your journey you'd like to share with other cancer survivors? Here's your chance. Send your story to [gavrieladeboer@gmail.com](mailto:gavrieladeboer@gmail.com) or by snail mail to Cancer Support now/Newsletter.

I'm looking forward to reading and hearing your stories!

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

**BLOOD CANCER GROUP**

*For survivors dealing with a blood or lymphatic cancer  
First Tuesday, 1:00 pm - 2:30 pm  
Carlisle & Comanche*

**SOUTHWEST SISTERS**

*Breast and Gynecological Cancer Support  
Second and fourth Wednesday 5:30 pm - 7:00 pm  
Location to be announced  
Sue Whipple & C.J. Kreider*

**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 - 5:30pm 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](mailto: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](mailto:cleversenoras@gmail.com) or  
Pat Belletto [pbelletto@msn.com](mailto: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](mailto: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](mailto:lswilburn05@aol.com)

**Definition of a Survivor:**  
Anybody diagnosed with cancer,  
regardless of stage, for the rest of their  
lives, as well as their family caregivers

## NEW ONLINE READS

Many of us spend time in chatrooms online to answer our questions and to address our concerns about our particular cancer/s. With that in mind, we're launching this column with links to essays, research and other topics of interest to anyone in the cancer community.

The first one caught our attention because it expresses an important truth we sometimes forget in the everyday crush of dealing with pain, or treatment side effects, financial hardships or depression. In *The Art of Enjoying Each Breath*, Jane Biehl discusses the importance of stepping back and enjoying the little things in life. An eight year cancer survivor, Biehl was inspired by a quote on her hairdresser's wall: "Life is not measured by the number of breaths we take, but by the moments that take our breath away." If you want a lift click on the link to read the entire article:

<https://www.curetoday.com/community/jane-biehl/04/2018/the-art-of-enjoying-eachbreath>

Cannabis has been used as medicine for thousands of years; only since the 1940s has the plant not been widely available for medical use. Currently, many jurisdictions are making it possible for patients to obtain the botanical for medicinal use. For the cancer patient, cannabis has a number of potential benefits, especially in the management of symptoms. It is useful in combatting anorexia, chemotherapy-induced nausea and vomiting, pain, insomnia, and depression. For some patients, it is the only agent that works, and it is the only antiemetic that increases appetite. It is also helpful with peripheral neuropathy in a number of conditions, and it could prove useful in chemotherapy-induced neuropathy. Read more at <http://ncbi.nlm.nih.gov/pubmed/27022315>

To get an overview of prostate cancer and the latest key statistics in the US, or to learn about the risk factors for prostate cancer and how to lower your risk The American Cancer Society's website may be helpful. Topics include early detection, diagnosis and staging; treatment, and after treatment. Here's the link:

<https://www.cancer.org/content/dam/CRC/PDF/Public/8797.00.pdf>

The ACS's website also lists risk factors for Ovarian Cancers, which include age, obesity, reproductive history, use of birth control and genetic components. Click here:

<https://www.cancer.org/cancer/ovarian-cancer/causes-risks-prevention/risk-factors.html>

## VOLUNTEER OPPORTUNITIES

If you were to ask anyone involved with CSN about what has made the organization so successful, the answer would probably be how many cancer survivors in our community have stepped up to the plate to serve as peer counselors, trainers, spokespersons, and any number of roles that a thriving non profit needs to fulfill its mission. Except for one position (community navigator) our organization is run entirely by volunteers. We know there is a lot of talent in our community that has yet to be tapped. "Sharing my experiences, especially after my cancer diagnosis has added so much meaning to my life and my cancer journey", says one volunteer. "It was the missing piece that took me from feeling isolated to being part of a special community of survivors," he adds.

Rather than diving right in, we suggest you test the waters by attending one of our workshops, support groups, conferences or trainings. There might just a perfect niche for you.

Email gavriela.at.csn@gmail.com or write us at Cancer Support Now, Inc, Attention: Gavriela de Boer, PO Box 37338, Albuquerque, NM 87176.



Dear Cancer,  
I hope one day  
you are just  
a zodiac sign.

## WHAT DO YOU THINK?

**CANCER SUPPORT NOW** is recruiting people diagnosed with cancer and/or their family caregivers to tell us about their experiences not only with CSN, but with the health system, the effects of cancer on every dimension of their lives. This will be a one-time two-hour session.

We are particularly interested in hearing from individuals who have participated in our support groups, called the help line, and/or attended any of our events or conferences.

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. Please consider being part of this exciting new initiative with us. We will be reaching out to you during the summer and fall, and hope to share the results of our research and planning at the 2019 Living With and Beyond Cancer Conference!

For more information or to participate in a focus group, email Gavriela de Boer at [gavriela.at.csn@gmail.com](mailto:gavriela.at.csn@gmail.com).

## CSN CAN ALWAYS USE YOUR SUPPORT

Receiving a diagnosis of cancer is a life-altering event. At CSN, we believe no cancer patient/survivor or their loved ones should go through this journey alone. We offer a safe place to express the emotions following a cancer diagnosis, to listen to others who have been on this journey, to learn, and to become an active participant in cancer treatment and recovery.

We assist hundreds of New Mexicans via our telephone helpline and sponsor peer-led support groups, training sessions and workshops throughout the state, as well as our annual Survivorship Conference. We couldn't do this without help from the community. Donations enable us to continue to provide these services free of charge. We hope you'll consider donating so that we may continue to reach out to the more than 10,000 newly diagnosed cancer patients each year in New Mexico. Every gift helps, regardless of amount. There are two ways to donate: Go to <http://www.CancerSupportNow.org>, click on the **DONATE** tab and follow the instructions to use PayPal or a credit card. OR you can send a check by completing the form below and mailing it to Cancer Support Now, PO Box 37338, Albuquerque, NM 87176. Please make your check payable to **Cancer Support Now**.

-----CUT ALONG THIS LINE-----

### DONATION FORM

Please include your contact information, so that we can acknowledge your tax deductible donation.

NAME

ADDRESS

EMAIL ADDRESS

PHONE NUMBER

If you wish to honor or memorialize someone on the Cancer Support Now Honor/Remember web page, please provide their name below:



CSN is a 501 (c) 3 organization, and all donations are tax deductible.



## MY DEMON

The intruder slipped in  
I didn't notice  
A parasite  
It found the essence of who I was  
It was the demon  
I felt its hot breath upon my neck  
I felt its claws close around the  
    inside of me  
I felt it pulling me to a deep dark place  
And the demon destroyed me,  
    it took it all  
My health  
My energy, my reserve  
My profession, work, job  
My financial security  
My friends, patients  
My marriage, my partner, my friend  
It took my future  
And when I came to know the demon  
Through my veins I fed it the poison  
I fed it hope  
I fed it resilience and courage  
I fed it the love that was given to me  
I filled the empty spaces with gratitude  
With appreciation for everyone who  
    cared for me  
With thanksgiving for each day my  
    eyes opened  
It only left me-life  
I know the intruder, the invader, the  
    demon  
It has chosen to leave me, for now  
To let me survive  
It has taught me appreciation, courage,  
    joy, hope  
It has given me a new journey, a different  
    future  
When it returns, I will know it  
I will know what to do  
I will feed it

-- Ruth Kemp

## LIVING WITH AND BEYOND CANCER (from page 1)

and healthcare providers to rethink how they talk about advanced ovarian cancer and ways to partner together to navigate the physical and emotional challenges that the disease brings. This initiative is sponsored by TESARO.

**Surviving the Financial Impact of Cancer**, presented by Stephanie Michnovicz, Program Manager of Cancer Services of New Mexico's free Legal, Insurance, and Paperwork Assistance (LIPA), will cover managing medical and insurance paperwork, eligibility criteria and application for Social Security disability, resources for paying for medical and non-medical expenses, and much more. This breakout session is being offered twice, morning and afternoon, to give all conference attendees the opportunity to participate.

**Flip My Wig**, another afternoon breakout session, will feature learning about headwraps and scarves, how to style your wig, and easy everyday make up tips. Giveaways include wigs, scarves, and make up samples. Kelly Campbell of Beauty by Kcampbell will style the wigs.

The third afternoon session, **Tired of Cancer:**

**Fatigue and Sleep During and After**

**Cancer**, presented by Shanna Diaz MD of the University of New Mexico Sleep Disorders Clinic, will focus on tools for getting to sleep and staying asleep, as well as on managing fatigue to give you the energy for engaging fully in life during and after cancer.



### Diet and Nutrition: What Should I Eat?

Nicole Ackerman, MS, RD, LD, CNSC, will discuss cancer prevention through nutrition; the best food choices during cancer treatment, and nutrition for survivors. Ackerman is a Dietitian at the Presbyterian Jorgensen Cancer Center. She will prepare a healthy food dish and give out samples.

*In previous years, CSN arranged for a local hotel to have a discounted room rate for our out-of-town guests on the Friday before and the night of the conference. This year, due to the Gathering of Nations, hotels will not offer discounts for that high-demand weekend. If you are coming from out of town, please book early so you won't be shut out of a place to stay. We apologize for the inconvenience. Go to <http://www.cancersupportnow.com> or call Kyra at 575 442 8375 to register.*