

CANCER SUPPORT NOW INC

Newsletter



August 2016

Issue 6.3

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This is the **regular summer edition** of the CSN Newsletter. We have expanded listings of the numerous support groups for survivors and caregivers.

Deadlines: future issues: January 1 for the February issue, and July 1 for the August issue.

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

Thanks,
Jerry Cross
505-228-6768

Hope & Healing Honors

Has cancer touched your Life? Have you been helped along the way? Has someone been there for you? Taken you to appointments or treatments? Gone the extra mile? Been an angel? Provided care? Been a good friend? Understood? Cared? Helped figure out medical bills? Listened? Offered a supportive solution?

Show your appreciation - tell the world, and this person, how grateful you are. Ways you can do it are:

Fill out a submission form to honor someone for our Hope & Healing Honors Event September 24, 2016.

Join our community to celebrate together:

Date: September 24, 2016 Place: Indian Pueblo Cultural Center

Time: 11 AM - 3 PM, ticket includes tapas, music, American Indian dance performance and museum admission.

Emcee: Shelly Ribando, news anchor, KOAT TV

It's a great way to contribute to Cancer Support Now and it will help us to continue offering free:

- | | |
|---------------------------|-------------------------------------|
| support groups | annual conference |
| community navigation | facilitator training |
| seven day a week helpline | one-on-one smoking occasion support |
| one-on-one peer support | an extensive lending library |

Consider a sponsorship or buying a table:

Gold Level - \$2,000

- One table preferred seating for attendees (9 seats)
- Acknowledgement in the Hope & Healing Honors program
- One-half page ad in the program
- Dedicated Facebook post thanking your for your sponsorship (3,000 distribution)
- Half-page ad in our July and January newsletters (1,500 distribution)
- Logo displayed at the event entrance and on the CSN website

Silver Sponsor - \$1,000

- One table preferred seating for attendees (9 seats)
- Acknowledgement in the Hope & Healing Honors program
- One-quarter page ad in the program
- Dedicated Facebook post thanking your for your sponsorship (3,000 distribution)
- Logo displayed at the event entrance

Bronze Sponsor - \$575

- One table preferred seating for attendees (9 seats)
- Acknowledgement in the Hope & Healing Honors program

Attend and bid on items in our Silent Auction.

Help us by encouraging others to promote this special occasion. Questions: call 505-355-0405 or 855-955-3500

Or buy an ad - only \$35.00! Look at some of these ideas:

Dr. Tapir P. Hedgehog, PhD, B.O.
Motivational Speaker
Available for your Conferences

Author of the Best Seller
The Grass is Always Greener...
7000 Hightower Rd., Ste 420
Albuquerque, NM 12345
505-222-1111



*To Anna -
I wouldn't have
made it
without you!*

Love, Donna

\$35 buys ad in *Cancer Support Now's* Hope & Healing Honors program September 24. Actual size of ad is approximately 2.5" x 2"; email ad copy and info to herMAHJesty@comcast.net or call Cyndi at 505.440.0044. Or use a business card (it will be modified to fit space). Checks can be made payable to *Cancer Support Now*. Deadline September 10, 2016

Supply your B&W
camera-ready copy
or we can do the
layout for you!

Dr. Igor von Fangtooth
Veterinarian



505-555-1212
33 Barkley Lane
Albuquerque, NM 87234

Because pets are family!

*Dr. Miracle,
You are the best,
you helped
save my life!*
Hugs, James



*With all good wishes
for a bright future to
Cancer Support Now.*
~Anonymous





Cancer Support Now Officers

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

CSN Board Members

Carmelita Agodon
Sarah Contreras
Thelma Giomi
Cyndi Heller
Al Hiat
Mike Linver
Mary Mann
Mark Rupert
Denise Uzeda

Volunteers and Staff

Patricia Torn Training&Workshops
Eleanor Schick Helpline/Navigator
Sarah Contreras Navigator,
also in Spanish
Runtang Wang Webmaster
Jerry Cross Newsletter Editor

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.

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

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

In Memoriam

We lost the following Cancer Support Now friend since the last newsletter.

Stasia Kerkmans

We are sorry to have lost her as our friend, but we are grateful to have had her as a part of our lives.

CSN webpage, www.cancersupportnow.org has many pages of resources, other websites, articles, and documents of help to anyone. It also has page links in Spanish and Chinese.

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.



Upcoming Prostate Cancer Support Association of New Mexico Conference

Our affiliated group, the Prostate Cancer Support Association of New Mexico, is sponsoring a FREE conference, “Quality of Life after PCa Diagnosis” for Survivors and Caregivers, on Saturday, November 5, 2016; 9AM-4:30 PM, at the Central United Methodist Church, 201 University St NE, Albuquerque, at University and Central, across from UNM, More information is available at their website, www.pcsanm.org or call 505-254-7784, or email them at pchelp@pcsanm.org



Some of the topics below might be of interest to other types of cancer survivors and/or caregivers.

Tentative Schedule as of press time

Morning

9:00 – 9:15 Welcome, PCSA; Intro to Moderator, Joe Diaz, KOAT

9:15 – 10:00 Does PSA Testing Result in Overtreatment ? Dr. Tom Schroeder (UNMCC Radiation)

10:00 - 10:45 Sexual side effects from PCa treatments Dr. Shah (UNM Urology)

10:45 – 11:00 Break

11:00 – 11:45 Erectile Dysfunction and Urinary Problem Solutions Dr. Grollman (Alb. Urology Associates Urology)

11:45 – 12:40 LUNCH Box lunches available for sale

Afternoon

12:40-12:45 Intro to Moderator TBD

12:45 –1:30 Recovering Intimacy after PCa Treatment Dr. Mark Pugsley (Independent Psychologist)

1:30 -2:15 HIFU a New Treatment for Localized PCa Dr. Robert Pugach (Pacific Coast Urology-Urologist)

2:15-2:30 Break

2:30 –4:10 Breakout sessions -(2 cycles of 45 min each, plus 2 cycles of 5 min shift time) each session on a different topic

Nutrition – Jan Esparza (Pres. Registered Dietitian)

Physical Fitness – Don Hoover (RR Physical Therapy)

Stress Management - TBD

Sharing Session – PCSA Moderator

4:10 Thank you for attending - Closing remarks PCSA

4:30 Shut down/Clear the building

In addition to the above speakers and breakout sessions, there will be exhibitor tables with health information for attendees



Here is the Registration Form for the Hope and Healing Honors Event. It can also be found online at http://cancersupportnow.org/pdfs/registration_normination_form.pdf

Hope and Healing Honors

Indian Pueblo Cultural Center

2401 12th Street NW

September 24, 2016 noon-2:30 p.m.

MC: Shelly Ribando, news anchor, KOAT-TV

Presentations

Tapas Silent Auction Music

Ticket includes museum and American Indian Dance Performance which starts at 11 a.m.

Please return reservations on or no later than September 12, 2016 to

Cancer Support Now P. O. Box 37338 Albuquerque, NM 87176

Please check one:

- ☐ Yes, I will be attending the Hope and Healing Awards
 - ☐ Please reserve ____ tickets at \$65 each.
 - ☐ Please reserve ____ tables of 9 at \$575 each
- ☐ No, I cannot attend. Please accept a donation of \$_____

Payment: (Please check one)

- ☐ Enclosed is my check made payable to Cancer Support Now in the amount of \$_____
 - ☐ Please charge my ☐ MasterCard ☐ Visa Amount _____
- Card Number _____ Expiration date _____ Billing zip code _____

Signature _____

Name _____ Title _____

Organization _____ Department _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____



You may Nominate someone to honor for our Hope and Healing Honors. It can also be found online at http://cancersupportnow.org/pdfs/registration_normination_form.pdf

Hope and Healing Honors Submission Form

Submission Requirements

1. A completed honoree form
2. A maximum 300-word narrative outlining specific examples that describe how the honoree contributed to the needs of cancer survivors and their loved ones. Include why you feel they deserve the award. This summary may be used for publication purposes.
3. Honorees will be invited to attend the event as the guests of Cancer Support Now.
4. Use one form per honoree.

Deadline for submission is Monday, August 15, 2016

Mail to: **Cancer Support Now**, P O Box 37338, Albuquerque, NM 87176

Email: info@cancersupportnow.org

I am honoring:

Name _____ Title _____

Organization _____ Department _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

The honoree is a

☐ Physician ☐ Nurse ☐ Other healthcare Provider ☐ Business ☐ Volunteer/Individual

Nominator information:

Name _____ Title _____

Organization _____ Department _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Send me information on ☐ Cancer Support Now ☐ Volunteer Opportunities

Questions?

Call: 505.255.0405 or 855.955.3500

Email: info@cancersupportnow.org



Cancer Support Now's PEER-FACILITATED SUPPORT GROUPS

For contact information and details on support groups, please call the Helpline Telephone: 505-255-0405, toll free 855-955-3500, or check the Website

New groups which have transitioned over from People Living Through Cancer (PLTC) as of July 1, 2016 are marked with an asterisk.

Advanced Diagnosis Group *

All types of cancer, survivors only
1st and 3rd Tuesday, 1:00-2:30 PM
Carlisle & Comanche

Blood Cancer Group *

For survivors dealing with a blood or lymphatic cancer
2nd and 4th Tuesday, 1:00-2:30 PM
Montano, West of Fourth St.

Breast Cancer Group *

Survivors only
Every Wednesday 6:00-7:30 PM
Carlisle & Comanche

Community Cancer Navigation (view [flyer](#))

Community cancer navigators are here to work hand in hand to meet the non-medical needs of people experiencing cancer in any way, as survivor, caregiver, friend, etc.

English speaking:

Eleanor Schick:
(505)255-0405

En Espanol:

Sarah Contreras:
(505) 890-1205

Coloring & Creativity *

All cancers, survivors and caregivers
Temporarily inactive

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 PM to 5:30 PM
UNM Cancer Center

Pueblo of Isleta Community Cancer Support

All are welcome!
2nd Tuesday of the month, 10:30-Noon
Isleta Health Clinic

LGBT Group *

CSN now hosts the ONLY LGBT Cancer Survivor group in NM
All diagnoses, cancer survivors
1st and 3rd Tuesday, 6:30-8:30 PM
NM Cancer Center (Jefferson & Lang)

North Valley Women's Support Group

All cancers, survivors and caregivers
Every other Thursday night, 6:30 PM to 8:30 PM
Montano, West of Fourth St.

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 Peer Cancer Support

Survivors or caregivers
Call our Helpline at 505-255-0405 or Toll Free at 855-955-3500
Seven days a week, 9:00 AM to 9:00 PM

One-on-one Peer matching

Available through Helpline at 505-255-0405 or Toll Free at 855-955-3500
Matching with a phone buddy who has dealt with a similar diagnosis and/or challenges.



Cancer Support Now groups, continued

Ovarian Open Arms

Third Saturday of the month, 10:30 AM
Covenant Presbyterian Church
NE Heights

Relaxation Support Classes

Open to cancer survivors and/or their loved ones
Call Jean Stouffer, certified hypnotherapist,
296-8423
10:30-12:00 noon last Friday of the month
Carlisle Blvd NE

Sandia Breast Cancer Group

1st and 3rd Tuesday of the month,
12:00 Noon to 1:00 PM
Sandia Base: Sandia Employees Only

Santa Fe Women's Support Group, "Surviving Sisters" *

A group for all diagnoses
2nd and 4th Tuesday, 4:00-5:30 PM
Santa Fe

Survivors Writing Together (view [flyer](#))

Journaling Support Group
All diagnoses
Every Monday, 2:30-4:00 PM
UNM Cancer Center

Taos Support Groups *

Survivors (all cancers) Tuesdays, 5:00-6:30 PM
Caregivers (all cancers) Mondays, 5:00-6:30 PM
Sipapu St, Taos

Thyroid Cancer Group *

2nd Tuesday of the month, 6:30 PM
On Fourth St. NW

UNM/CSN Education and Support Group

A group for patients, survivors of all types
of cancer, and their loved ones.
1st and 3rd Monday, 5:30-7:00 PM
Central United Methodist Church
University Blvd

U27 (Under 27 years old)*

Survivors, all diagnoses, male and female
3rd Wednesday 5:30-7:00 PM
Location TBA

Prostate Cancer Support Association of New Mexico

It is an affiliated support group with CSN.
Support group meetings are held 1st and 3rd
Saturdays of the month, 12:30-2:45 PM;
meetings at Bear Canyon Senior Center.
Office is at 2533 Virginia St, NE Suite C
Albuquerque, NM 87110
Call: (505) 254-7784
Web: www.pcsanm.org
Email: pchelp@pcsanm.org

Current Site for Cancer Support Now Library





Eleanor Schick, interview by Mary Mann

I instantly liked Eleanor when I met her. She pays attention to you when you are speaking to her. She cares, is thoughtful and helpful.

She manages the Cancer Support Now Helpline which is available seven days a week for those in the community who need answers to questions about their or a family member's cancer. She is available 9 am to 9 pm 7 days a week by calling: 505-255-0405 or 855-955-3500. This is what she told me about her work with the helpline:

"I refer callers, whether caregivers or patient/survivors to groups, or to one on one support or when neither seems appropriate I provide support to them in the moment, and on an ongoing basis, and whenever they need, sometimes for years.

Though cancer issues are what prompts someone to make the first call, supporting them becomes whatever they need...whether its referrals to other providers, or ongoing emotional support...about cancer but also about anything.

There are some people who need support but ask me to please call them regularly, rather than initiating the call themselves, and I'm happy to do that.

I support people on hospice and people who have a loved one on hospice, and I continue to support people who have lost a loved one to cancer for as long as they need, sometimes years.

Cancer often brings up issues of PTSD because new trauma tends to reawaken old trauma. I have experience with PTSD and often support people who are working through it. I have referred some with PTSD to counseling, though I continue to support them as well.

I love this work."

It is easy to see that she does love her work. Beyond her work at the Helpline she has so much to her credit.

She has written and illustrated over 30 published children's books. When *Mama Wore A Hat* was distributed free to cancer treatment centers across the country by Wyeth Pharmaceuticals. It is now distributed free by Cancer Services of New Mexico in every child's gift bag made available to all adults treated with cancer who have children in their lives.

She was a professional dancer in a NYC company.

She loves to write. She believes, "writing allows us to follow a train of thought to completion in a way that expresses an inner wisdom that isn't available in normal conversation."

For 10 years, she was a Writer in Residence in the Rio Grande Writing Project at UNM, a local site of the National Writing Project.

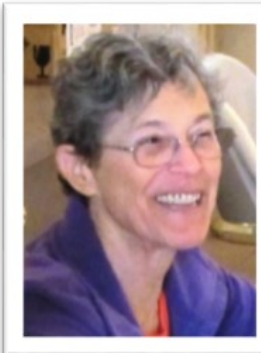
She has been a community support for many writers. She has given author talks in Children Literature classes at UNM. She has done the same in many elementary schools around the city.

Her writing experience spawned the idea of writing support groups for cancer survivors and for caregivers. She and Anjie Cureton developed the two ongoing writing support groups at UNM Cancer Center. They each meet once a week: Journaling Support Group, (caregiver, 255-0405) and Survivors Writing Together (255-0405).

Eleanor wisdom:

"I believe that cancer, even with its traumas and losses, gives us each the chance to connect with a higher wisdom in ourselves if we do the work, and if we reach out for support in it."

It is easy to see why I like Eleanor so very much.





This is a great workshop for helping Cancer Survivors.



Put Life Back in Your Life!



Manage Your Chronic Disease (MyCD)

Cancer: Thriving and Surviving (CTS) Program

A FREE Workshop for Cancer Survivors and Caregivers

Registration Required Prior to October 18th

Week 1 - Session Activities:

- Introduction to workshop
- Group Introductions
- The Mind-Body Connection
- Fatigue Management and Getting Help
- Introduction to Action Plans

Week 2 - Session Activities:

- Feedback and Problem-Solving
- Dealing with Difficult Emotions
- Getting a Good Night's Sleep
- Regaining Fitness During and After Cancer Treatment
- Making an Action Plan

Week 3 - Session Activities:

- Feedback
- Managing Pain
- Living with Uncertainty
- Making Decisions
- Future Plans for Health Care
- Making an Action Plan

Week 4 - Session Activities:

- Feedback
- Cancer and Changes to Your Body
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

Week 5 - Session Activities:

- Feedback
- Endurance Exercise
- Making Decisions about Treatment and Complementary Therapies
- Dealing with Depression
- Positive Thinking
- Making an Action Plan

Week 6 - Session Activities:

- Feedback
- Cancer and Relationships
- Guided Imagery
- Working with Your Health Care Professional and System

Days: Tuesdays

Dates: October 18 – November 22, 2016

Time: 1:30 p.m. – 4:00 p.m.

**Location: The Cancer Center at Presbyterian - Kaseman Hospital campus
8300 Constitution Ave. NE, Building D, Albuquerque, NM 87110**

**A MINIMUM OF 12 PEOPLE ARE NEEDED TO HOLD THIS WORKSHOP.
SPACES ARE LIMITED TO 20 PEOPLE. SIGN UP TODAY!**

***REGISTRATION REQUIRED* CALL: 880 – 2800 TO ENROLL.**





Cannabis for Cancer

Cancer patients in New Mexico are fortunate to live in a State with a medical cannabis program. Medical cannabis provides an alternative or adjunctive option for cancer patients who are suffering from pain, chemotherapy-induced nausea and vomiting, insomnia, anxiety, depression, and neuropathy. Many oncology patients use cannabis as a supplement because of the plant's anti-cancer properties. Cannabis has an impressive safety profile and has never resulted in a lethal overdose.

Cannabis works through multiple mechanisms to provide symptom relief and inhibit cancer cell proliferation. The cannabis plant has over 100 cannabinoids that work together to produce a wide variety of effects¹. The two most well-known cannabinoids are CBD (cannabidiol) and THC (tetrahydrocannabinol). CBD is not psychoactive and helps prevent neuropathy from chemotherapy². CBD is a potent anti-inflammatory and helps to balance and enhance the immune system³. It is also an anti-depressant and is highly effective on combating feelings of anxiety. THC is mostly known for its psychoactive, mind-altering effects but its anti-cancer properties extend well beyond its ability to induce feelings of bliss. THC has been shown to lyse cancer cells in vitro, induce apoptosis (cancer cell death), inhibit angiogenesis (formation of new blood vessels) and metastasis^{4,5}. Inhaled cannabis is remarkably effective for treating nausea and vomiting.

Cannabis has so much to offer but there are challenges with obtaining the medicine. The application process is lengthy and can be expensive if an agency is used. The application for the medical cannabis card can be downloaded from the New Mexico Department of Health's website. The Registered Nurses at The Verdes Foundation suggest you ask your oncologist or primary care physician for their signature on the application. Many physicians are reluctant to recommend medical cannabis, so if your physician will not sign the paperwork for your card there are other agencies that can assist you with this process.

At the Verdes Foundation we understand that a cancer diagnosis can be devastating. It is life-changing and the fear of the unknown is frightening. The Registered Nurses at the Verdes Foundation will provide support and guidance during this difficult time. The Verdes Foundation offers a comprehensive nursing-based program that provides direction and monitoring to patients in need. Our nurses will conduct an hour-long consultation to review medical history and medications, and will provide individualized guidance with written instructions. We also provide follow-up services for monitoring and to ensure success with the medical cannabis program. During the consultation, we will assess

your personal goals of care and provide education specific to your needs. If you are interested in the medical cannabis program, contact Briana Perez, RN at The Verdes Foundation for additional guidance.

Briana Perez, RN, B.S.N.
The Verdes Foundation
505-280-2814

nurse@verdesfoundation.org



References

1. Sulak, Dustin D.O. "An Introduction to the Endocannabinoid System." O'Shaughnessy's The Journal of Cannabis in Clinical Practice, Winter 2015/16. Print.
2. <http://www.ncbi.nlm.nih.gov/sites/pubmed> J Neuroimmunology 2007 Mar; 184 (1-2): 127-35. E pub 2006 Dec 28. Immune control by endocannabinoids-new mechanisms of neuroprotection? Ullrich O, Marker K, Timm J, Tauber S. Institute of Immunology. Medical Faculty, Otto-Von-Guericke-University Magdeburg, Leipziger Str. 44, 39120.
3. Blesching, Uwe PhD. Cannabis Health Index. Berkeley, California: North Atlantic Books, 2015. Print.
4. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1766198/> Public Access: A house divided: ceramide, sphingosine, and sphingosine-1-phosphate in programmed cell death. Tarek A. Taha, Thomas D, Mullen, and Lina M. Obeid. Division of General Internal Medicine, Ralph H Johnson Veterans Administration Hospital, Charleston, South Carolina 29401; and Department of Medicine, Medical University of South Carolina, 114 Doughty St., P.O. Box 250779, Charleston, South Carolina 29425.
5. The Antitumor Activity of Plant-Derived Non-Psychoactive Cannabinoids. McAllister SD, Soroceanu L, Desprez PY. J Neuroimmune Pharmacol. 2015 Jun;10 (2):255-67. doi: 10.1007/s11481-015-9608-y. Epub 2015 Apr 28. Review. PMID: 25916

Editor Note: The NM Application Form and all relevant information are at this site:

<https://nmhealth.org/about/mcp/svcs/>

Help Wanted: If you want to help us accomplish even more, or to serve on our Board, or to help with the Hope and Healing Honors event, the next Conference in March, fundraising, or any of the support groups, just contact any of the Board Members, call the helpline, or email the organization at info@cancersupportnow.org



News You Can Use Section

Presbyterian Cancer Centers

Please note that we have Cancer Care Resource Centers open to the public Monday-Thursday 9am-12:30 staffed by volunteers at Rust Medical Center in Rio Rancho and Kaseman Hospital in Albuquerque. We also sometimes have hours on Monday afternoons and Fridays pending volunteer availability. It is always best to call first if possible.

The CCRCs provide free wigs, bras, and prostheses as well as comfort items and information in beautiful, non-clinical rooms.

RUST MEDICAL CENTER
2400 Unser Blvd SE
Rio Rancho, NM 87124
(505) 253-1274

Located in the lobby of the Jorgensen Cancer Center on the West side of Rust. The center has its own parking and entrance.

KASEMAN HOSPITAL
8300 Constitution Ave NE
Albuquerque, NM 87110
(505) 559-6147

Located just north of I-40 near the intersection of Wyoming and Constitution on 2nd floor of the Presbyterian Medical Group building in the oncology waiting area.

HOURS Hours are typically 9am-1pm Monday—Thursday but vary based on volunteer schedules.

We recently found out about some other cancer resources, specific to location in NM. Since we have many members in the Santa Fe area, here is the Cancer Foundation for New Mexico: <http://cffnm.org/>

Also the Los Alamos Council on Cancer: <http://www.losalamoscounciloncancer.org/Pages/default.aspx>

Cancer Services of New Mexico is accepting registrations for their Fall Family Cancer Retreat, to be held September 9-11, at the Albuquerque Marriott Pyramid Hotel.

A cancer survivor and up to 3 members of his/her family are given a free room; all meals, and activities are covered.

Flyers about the event are in many oncology clinics and doctors offices, and online at <http://www.cancerservicesnm.org/programs/retreat.php>

Their other services can be seen at <http://www.cancerservicesnm.org/>

We are a member of the New Mexico Cancer Care Alliance and the Albuquerque Cancer Coalition, which meets to share information and publish the Albuquerque Cancer Coalition Directory.

Thousands of copies are passed out by the groups included, and it is available online.

The 2015 English edition is at <https://acc.nmcca.org/files/2015/09/ACC-Directory-2015-final.pdf>

The 2011 Spanish edition is at https://acc.nmcca.org/files/2015/09/NMCCA-2011_SPANISH-directory.pdf

A 2015 Spanish update is at <https://acc.nmcca.org/files/2015/07/2015-Spanish-Language-ACC-Directory-Updates.pdf>

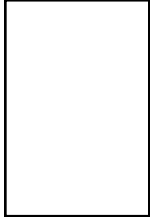
The 2016 Edition hard copies are now available, and should be posted online soon.

Patient Resource, where information equals hope, is an excellent website with guides to 25 types of cancer, an email newsletter, and understanding cancer and managing side effects webpages.

Please go to

<http://www.patientresource.com/Welcome.aspx>

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



PLTC Library transferred to Cancer Support Now
The online catalogue of almost 1,000 books can be seen here:
<https://www.librarything.com/catalog/CancerSupportNow>

The PLTC Library was recently turned over to Cancer Support Now.
On April 25, it was temporarily moved to the office of the Prostate Cancer Support Association of New Mexico, 2533 Virginia St NE, Suite C, 87110.

Map is at <http://goo.gl/maps/EUg9S>

For now, the CSN library is open during PCSANM office hours of 10 to 2 on Mondays and Thursdays, and by appointment. We hope to get some volunteers to get the library staffed the other week days. If you have books checked out from the library, please return them to this new location. There is a mail slot, so most smaller books could be returned when the office is closed.
If in a bind to return books there, please contact the Editor on page one.