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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.

The CSN Newsletter is a quarterly publication of Cancer Support Now, Inc.
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www.facebook.com/cancersupportnow

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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

CSN BOARD OF DIRECTORS

Anjie Cureton, President
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Carmelita Agodon
Anne-Marie Cooper
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CANCER SUPPORT NOW IS SEEKING VOLUNTEERS

Available opportunities include:

- Representing Cancer Support Now at a community health fair
- Providing peer support for a person newly diagnosed with cancer and/or for a caregiver of a loved one with cancer
- Assisting with marketing tasks (distributing flyers and newsletters to health clinics, senior centers, and other sites)
- Assisting with the annual Living With & Beyond Cancer Conference
- Assisting with taking calls, finding resources, and offering peer support on the Helpline
- Train to become a support group facilitator

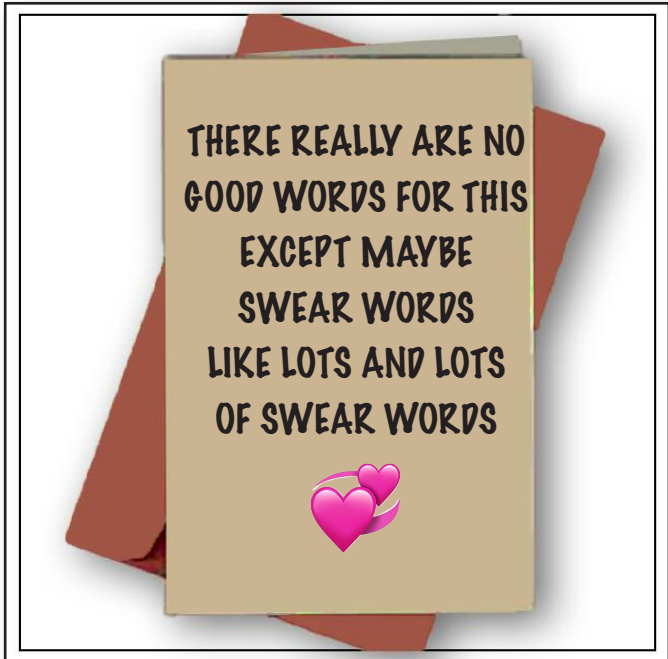
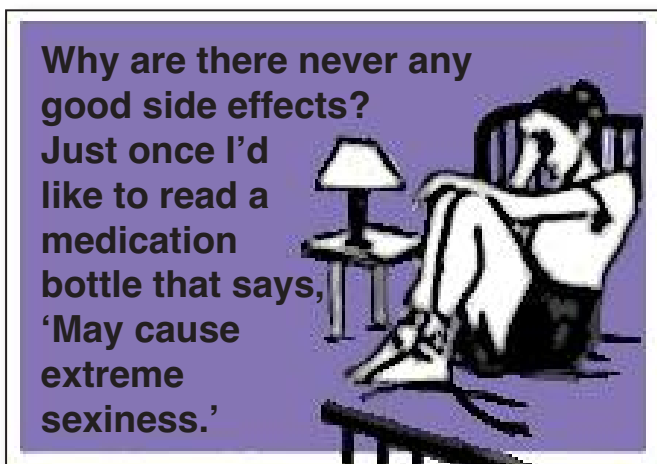
Thank You!



SAVE
THE
DATE

14th Annual Living With and
Beyond Cancer Conference

SEE PAGE 3


HUMOR






14th Annual Living With and Beyond Cancer Conference

Saturday, April 5 **ON ZOOM** 9:00 am - 1:00 pm



9:00 a.m. Welcome by Cancer Support Now



9:10 a.m. Stephen Wagner, DDS –
People with Cancer Need Dental Care Too

10:20 a.m. Taylor Harrold – *Arts-In-Medicine: Art As An Ally*

11:30 a.m. Kelly Dunn, RD –
Healthy Eating During and After Cancer

12:40 p.m. Evaluation and Feedback Session



ATTENDANCE IS FREE – REGISTRATION IS REQUIRED

REGISTER AT CANCERSUPPORTNOW.ORG



We are the **Cancer Support Now** community
We come from **everywhere** ... so that no one faces cancer alone

Fight Cancer with Vegetables? ... A BIG YES! *By Eli Follick*



It may be hard to believe that by eating more vegetables you may be able to help to prevent cancer or better manage the disease. There is a group of vegetables, part of the Brassica group of plants, including the following:

- Arugula
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Horseradish
- Kale
- Radishes
- Rutabaga
- Turnips
- Watercress
- Wasabi

All of these cruciferous vegetables are rich in nutrients, including several carotenoids (beta-carotene, lutein, zeaxanthin); vitamins C, E, and K; folate; and minerals. They also are a good fiber source. In addition, cruciferous vegetables contain a group of substances known as glucosinolates which are sulfur-containing chemicals. These chemicals are responsible for the pungent aroma and bitter flavor of some cruciferous vegetables. During food preparation, chewing and digestion, the glucosinolates in cruciferous vegetables are broken down to form biologically active compounds such as indoles, nitriles, thiocyanates and isothiocyanates. According to the National Institutes of Health indole-3-carbinol (an indole) and sulforaphane (an isothiocyanate) have been frequently examined for their anticancer effects.



Indoles and isothiocyanates have been found to inhibit the development of cancer in several organs including the bladder, breast, colon, liver, lung, and stomach. Experiments with cells grown in the laboratory have identified several potential ways in which these compounds may improve general health and help prevent cancer:

- They help protect cells from DNA damage.
- They help inactivate carcinogens.
- They have antiviral and antibacterial effects.
- They have anti-inflammatory effects.
- They induce cell death (apoptosis)
- They inhibit tumor blood vessel formation (angiogenesis) and tumor migration (needed for metastasis).



These vegetables are easily available in most supermarkets either fresh, canned or frozen. Recipes can be found in most cookbooks and on the internet.

They can be eaten raw and cooked in unending ways. Some of them can be included in salads, used as side-dishes, snacks, in soups, or even served as a meal.

According to the NIH, prostate cancer, colorectal cancer, lung cancer, and breast cancer have been studied; and those who have regularly eaten cruciferous vegetables enjoy

beneficial effects versus those who have not eaten them. A few studies have shown that the bioactive components of cruciferous vegetables can have beneficial effects on biomarkers of cancer-related processes. For example, one study found that indole-3-carbinol was more effective than placebo in reducing the growth of abnormal cells on the surface of the cervix.

In addition, several studies have shown that specific forms of the gene that encodes glutathione S-transferase, which is the enzyme that metabolizes and helps eliminate isothiocyanates from the body, may influence the association between cruciferous vegetable intake and human lung and colorectal cancer risk.

The US Department of Agriculture, in their dietary guidelines for Americans, recommends that every age group should have vegetables at meals every day. They claim that vegetables may protect us against diseases, including cancer.

I suggest that it would be beneficial to try including vegetables in some or all of your meals. Try them prepared in different ways. You'll like what you are eating and you'll likely benefit in so many ways.



Thank you!

- Are you a cancer survivor or do you love and care for someone who is a cancer survivor?
- Have you called our Helpline to get support and resources?
- Are you a support group member or facilitator?
- Have you attended a Cancer Support Now conference?

We offer our Helpline, support groups, and conference free to everyone. But we can only continue to do this thanks to donations from those who value our services.

Any amount helps! Please donate today!

If you would prefer to donate your time, we are always seeking new board members and volunteers. ***Please contact the Helpline if you are interested.***

“Thank you for always being there when I need to talk.”
Caregiver grieving loss of brother to lung cancer

“You’ve helped me more than you know.”
Breast cancer survivor

“Your words tread softly on my heart. No one has ever spoken to me with respect and validation as you do.”
Colon cancer survivor



Featured in Prime Time Magazine



READ THE WHOLE ARTICLE

<https://www.primetimenm.com/2024/12/03/when-cancer-calls-a-local-helpline-answers/>



When Cancer Calls, a Local Helpline Answers

By Autumn Gray

As the holidays approach, know this: Angels do live among us. One of them is Eleanor Schick – though people more often refer to her as a resource, friend, or godsend. Schick is a one-woman helpline for Cancer Support Now, an Albuquerque-based volunteer community of individuals affected by cancer and dedicated to helping those impacted by cancer so that no one endures the disease and its ramifications alone. Though the nonprofit’s services include support groups, one-on-one support, referrals, and education, the helpline is its heartbeat.



Valerie Clement, 5/27/1961 – 11/27/2024

Valerie joined the *Family & Friends Journaling Group* after her father died of multiple myeloma, and her mother was newly alone and struggling with dementia. Valerie took on the hard job of finding residential care for her mother, moving her when her mother's care wasn't acceptable, and always visiting her and doing what she could to cheer her up. Valerie left the group for a while, and then she came back, saying she wanted to do a better job of "caregiving for myself."

Valerie had a background in administration, as well as in editing. She became personal assistant and close friend to Dr. Vera John Steiner at the University of New Mexico's Linguistics and Education, after coming to know her through her classes, and she did freelance editing for UNM graduate students working on their theses. Valerie was instrumental in helping Patrice Repar launch the Arts in Medicine Program at UNM Hospital and UNM Cancer Center as its Administrator and Writer of Grants. Later, Valerie shifted her focus to the playing of singing bowls, and over time amassed an invaluable collection of bowls from all over the world, slowly mastering the art of playing them. In 2018, she took over the contract reporting duties for *Cancer Support Now*. Valerie brought a strong work ethic, the ability to think outside the box, and an emotional and intellectual depth to all her endeavors.

 *In the words of her group members*

"So hard to write about someone gone. Someone who made you smile, laugh at your own foibles. Valerie's voice was melodic, both in intonation and in what she said. Always a kind word, always able to dig deep into a thought, an emotion. I felt that she listened to what I said without superimposing her own thoughts on my thoughts. Valerie was willing to explore herself, her life, her spirituality.

I want to learn how to be that thoughtful, that introspective."

"She was really smart and I can't give any examples, but that intelligence shimmered through her and her writing."

"I miss her..."

"She was such a bright light."

"Valerie, patient, gentle, kind, generous, compassionate ... toward her friends, her community, and all that lives in our world."





Sandra Kay Rivera, 11/30/1947 – 1/28/2025

"Sandy" died on January 28, 2025 from metastatic breast cancer. She was 78 years old. Sandy's heart overflowed with love for her family and for all those she considered her extended family through her career.

She was a top-ranked Tupperware Manager, an Administration Assistant for LCPS, a Manager at Frontier Airlines, and an active member of her community and church. She will be deeply missed by her best friend and loving husband, Florentino (Tino) Rivera; her children, Tara Castle, Marina Munoz, Adreana Almanza, and John & Tim Rivera; her grandchildren, Rudy & Jordan Jasso, Lola & Kian Almanza, Gabriella Munoz, and Phoenix, Alicia, and Grayson Rivera; her sister, Debbie Gifford; as well as numerous extended family members and friends.



In the words of her group members

"Quiet, by nature, but deeply thoughtful and deeply caring about the struggles of others. Very principled. Instead of cancer treatment, she would rather have been RV-ing with her husband, Tino!"

"There was a quiet grace about Sandy. I got the impression that she died as she had lived – with integrity and grit."

"I'll remember Ms. Sandy as a kind, soft spoken, inquisitive soul that valued time spent with family and friends."

"Sweet, funny, she didn't like silence at the end of group. She would shout out something silly to get us to talk."

"Dearest Sandy, I'm grateful for the opportunity to have met you. May you rest in eternal peace my friend." In Christ's love, Renée Garcia





Greta Burke, 02/18/1958 – 03/30/2024

Greta Burke of Taos, NM, passed away on March 30, 2024 of cancer.

The Women's Cancer Support group, of Cancer Support Now, remember Greta as a gentle spirit with an inner strength that propelled her through her world.

Greta was a skilled alpine and telemark skier and would tell of the remarkable ski outings she had, wowing us with her energy and enthusiasm even in the midst of the cancer that was slowly taking her from us.

She coached mountain biking to youth, volunteering at the Field Institute of Taos, a non-profit that nurtures healthy outdoor experiences.

She will be remembered for her can-do attitude and that beautiful smile.

And her raging against the dying of the light.



All CSN support groups are currently meeting on Zoom, except those designated with red asterisks: ***. Using Zoom, we are able to include individuals who live outside Bernalillo County. In addition, we are able to support individuals while they are going through treatment, as they can attend groups from home. For those of you who struggle with computers in general, or Zoom in particular, we are happy to assist you in learning how to join us remotely. Please contact Anjie Cureton at 505-925-0104 if you are choosing to join a support group and need help using Zoom.

To join a group, or to learn which group and/or services might support you best, please call our Helpline. When you decide on which group feels right for you, we will connect you with the group facilitator who will send you a zoom invitation to join the group or will explain where the group will meet. For all those who are unable to use a web-based platform, you may use any cell or landline phone to call in and participate in any of these groups by phone. For those of you who would like our other free services, just call the Helpline.

Please call our Helpline for direct and/or ongoing support for patients/survivors and/or loved ones challenged by cancer and/or to be referred to one of our groups or services: 505-255-0405.

LGBTQ+CANCER PEER SUPPORT Referrals:

Jeff Hurley and Deb Openden: Call our Helpline to be connected..

PANCREATIC CANCER SUPPORT GROUP

Patients/survivors and/or caregivers of pancreatic cancer. All stages, men & women. Second & fourth Thursdays, 3:30 - 5:00 pm. *Jim Pitcher & Lillie Ortiz*

UNM/CSN Friends and Family Writing Together

Journaling Support Group for Grief or Anticipatory Grief. For caregivers of someone with any type of cancer. Every Thursday 4:00 - 5:30 p.m. *Eleanor Schick & Anjie Cureton*

PUEBLO OF ISLETA CANCER COMMUNITY SUPPORT ***

2nd Tuesday, at alternating times: 12:30-2 p.m.*or* 5-6:30 p.m and alternating meeting sites: Isleta Health Center *or* Isleta Elders Center. Please call Stephanie Barela at 505-869-4479 to learn more.

WOMEN'S CANCER SUPPORT GROUP

Women only, all diagnoses. Caregivers welcome. Every other Thursday, 5:00 to 6:30 p.m. Geri Stayman

SANDIA CANCER SUPPORT GROUP ***

Survivors, all cancers, all stages, men and women, 2nd Wednesday, noon-1:00pm. Sandia Base. *Christina Chavez*

SANTA FE WOMEN'S GROUP SURVIVING SISTERS

All diagnoses, all stages, all women. 2nd and 4th Tuesdays, 4:00- 5:30 pm. *Ms. Fred & Emily Haozous.*

U27 (UNDER 27 YEARS OLD)

Peer Support: Kimberly Craft. Call our Helpline to be connected

UNM/CSN SURVIVORS WRITING TOGETHER

Journaling Support Group for survivors, men & women, all diagnoses. Every Monday, 2:30 - 4:00 pm. *Anjie Cureton & Eleanor Schick*

UNM/CSN ADVANCED CANCER SURVIVORS WRITING TOGETHER

Journaling Support Group for survivors of metastatic cancer, men & women, all diagnoses. Every Tuesday, 3:30 - 5:00 pm. *Anjie Cureton & Eleanor Schick*

TAOS CANCER SUPPORT ***

Survivors of all cancers, all stages, Men and Women. Meets every Tuesday, 4:00 to 5:30 pm. *Mary Short & Colby Senescu.* Call Christy Elliott at Taos Cancer Support Office: 575-751-8927. TaosCancerSupport.org

CREATE TO HEAL

Using art, music, writing, meditation to explore the journey of cancer Survivors and/or caregivers, all diagnoses, men or women One-on-one sessions, by appointment Patricia Varga Call our Helpline for more information

ONE-ON-ONE PEER CANCER SUPPORT OR PEER MATCHING

Survivor to Survivor and/or Caregiver to Caregiver (by phone)

COMMUNITY CANCER NAVIGATION

Referrals to assistance for non-medical needs. For patients, survivors and/or their loved ones. Call our Helpline for more information

RELAXATION SUPPORT SESSIONS provided by phone

Learn Stress Management Techniques to Deal with Cancer. For Cancer Patients/survivors, and/or their caregivers. Offered by *Jean Stouffer*, Certified Hypnotherapist. Call our Helpline for more information

SMOKING CESSATION

Patricia Torn on Zoom or by phone. Call our Helpline for more information

CAREGIVER SUPPORT (Educational Sessions)

Patricia Torn on Zoom or by phone. Call our Helpline for more information



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

COMMUNITY PARTNERS

*** indicates in person meetings

PROSTATE CANCER SUPPORT ASSOCIATION OF NEW MEXICO (PCSANM) ***

First & third Saturday, Meetings are in person.

[View Website](#)

THE GYNECOLOGICAL AWARENESS PROJECT

Support for anyone with a gynecological cancer. Call for info: Kat Adams at 505-610-9300; Email: kat@thegcap.org

HEAD, NECK & ESOPHAGEAL CANCER SUPPORT GROUP

Men & women, all stages. Second & 4th Mondays. 4:00-5:00 pm. Jess Quiring: 1-913-991-8848

COMMUNITY GIFT CLOSET FOR CANCER PATIENTS

Free wigs, hats, post mastectomy bras & breast prostheses. Wednesdays, 10:00 am - 1:00 p.m. All cancer patients are welcome

New Mexico Cancer Center: 505-842-8171

HEALING TOUCH

for Survivors & Caregivers, men & women, in person, by appointment. Call Deanna Flores, Nurse Navigator, Lovelace Cancer Center: 505-727-3041.

CANCER SERVICES OF NEW MEXICO ***

Family Cancer Retreat, Spring & Fall, call Janet: 505-288-0331

FORCE (FACING OUR RISK EMPOWERED)

Support for those with genetic mutations:

<https://www.facingourrisk.org>

Peer Support in New Mexico: Lou Wilburn: 505-507-3347

RENEGADES: BLOOD CANCER SUPPORT GROUP ***

All blood cancers, men and women, all stages. In collaboration with the Leukemia & Lymphoma Society. Second Saturday, 9:30-11:00 am. Call Jamie McDonald: 505-291-2006. This is a hybrid group: in person, by telephone or computer.

ALBUQUERQUE NETS (NEUROENDOCRINE/CARCINOID SUPPORT GROUP)

Terry Nelson: 505 269 4641 or nls306@aol.com. [view website](#)

WRITE TO HEAL

A FREE ONLINE WRITING WORKSHOP

Based on (but not limited by) the life-changing diagnosis of cancer. Call or email Joanne Brown: 510-381-1205 or joanne@joannebrown.com.

LAND OF ENCHANTMENT MULTIPLE MYELOMA GROUP- Men & Women: Patients, Caregivers & Adult Family Members ***

1st Wednesday each month, 11:00-12:30pm Contact: Susan Benjamin: 505.690.4597 or Benjamin4@cyber-mesa.com Or John DeFlice: 505. 795.4323 or jdeflice@gmail.com More info here

OSTOMATE SUPPORT GROUP of CENTRAL NEW MEXICO ***

This is a support group for individuals living with an ostomy and their caregivers and families. It is also for those who may need to have an ostomy and want to learn more about it. North Domingo Baca Multigenerational Center on the Second Saturday at 1 PM. Meeting in person. Call Barbara D'Amore at 505-797-4388 More info here

DESERT SOUTHWEST CANCER SUPPORT GROUP in Las Cruces

Survivors or Caregivers of all cancers, all stages, men & women. In person: 4th Saturday, 10:00 am to Noon. *** Virtually the following Monday, 6:00 pm. Call or text Maricela Sandoval: 505-453-1789 or email: cancerwarriors.desert.sw@gmail.com or Call or text: Jackie Mattila at 952-807-5515

