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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.
PO Box 377338

Albuquerque NM, 87176

www.cancersupportnow.org

info@cancersupportnow.org

www.facebook.com/cancersupportnow

Editor: Marcia Reifman, mreifman@q.com

For Support and information

Call our Helpline at

505 255 0405 or toll free 855 955 3500

ALL CSN Support Services are free

Thank You!

**Seeking
Cancer
Support
Now
Board
Members**

*We are a working board
and members are expected to
assist with activities and events*

Time commitment-monthly
meetings in the afternoon of
the second Sunday/month.

CSN BOARD OF DIRECTORS

Anjie Cureton, President
Lindy Ruggiero, Treasurer
Carmelita Agodon
Scott Fowler
Alice Hiat
Russell Janis
Colleen Sullivan-Moore
Debbie Weissman

CONTRIBUTORS & COLLABORATORS

Tricia Monaghan, JD, *Legal Advisor*
Eleanor Schick, *Helpline*
Patricia Torn, *Facilitator Training/
Workshops*
Cancer Thriving and Surviving
Marcia Reifman, *Newsletter Editor*
Jess Shirley, *Webmaster*
Catherine Offutt, *Evaluator*

Board members must have
experience of cancer as a
survivor, family caregiver,
or in oncology health care.

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

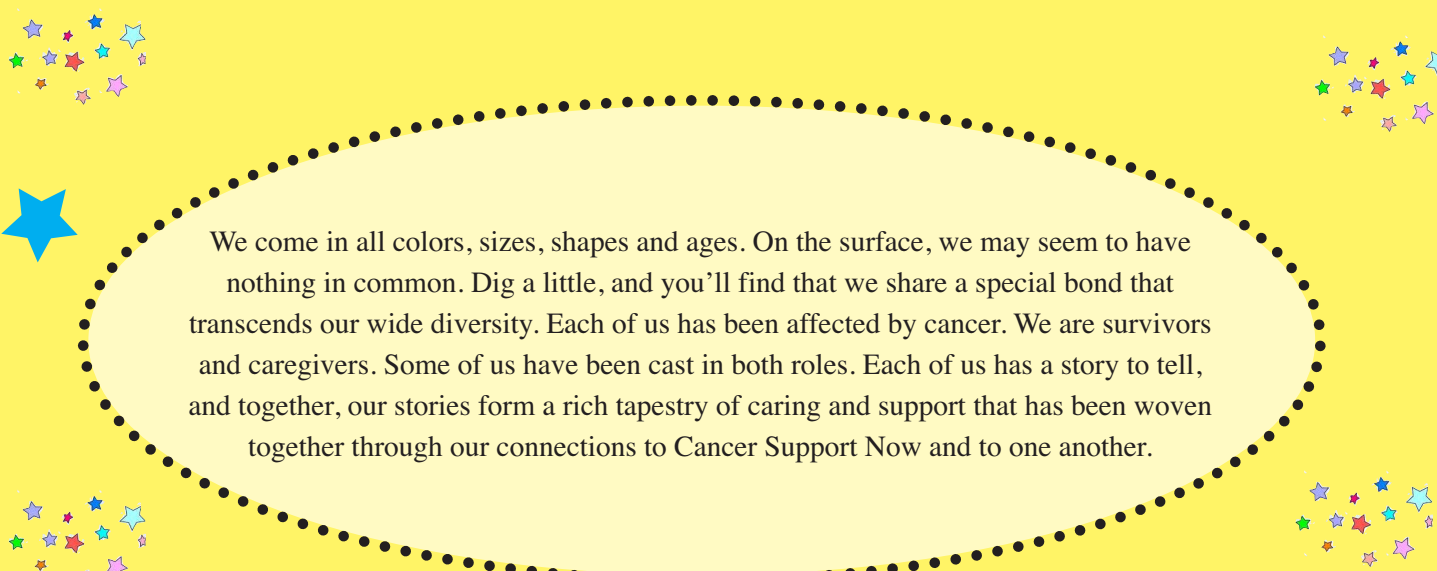
HUMOR



Senility Prayer

God grant me the senility
to forget those people
I never liked anyway,
the good fortune
to run into those I do like,
and the eyesight
to tell the difference.
Amen.





We come in all colors, sizes, shapes and ages. On the surface, we may seem to have nothing in common. Dig a little, and you'll find that we share a special bond that transcends our wide diversity. Each of us has been affected by cancer. We are survivors and caregivers. Some of us have been cast in both roles. Each of us has a story to tell, and together, our stories form a rich tapestry of caring and support that has been woven together through our connections to Cancer Support Now and to one another.

While one may think of the typical cancer support group as mostly comprised of women with breast cancer, the journaling support groups offered through Cancer Support Now boast several male attendees.

After time for check-ins, the co-facilitators introduce a writing topic (e.g. What's different in my life now? What's the hardest part?). Most people tend to write on a deeper level than they will speak, and when they choose to share the writing with others, there is an increased level of intimacy.

Maybe the shared experience of cancer breaks down the gender barriers? Maybe it's the safety of the writing that attracts men as well as women to these groups, and then they surprise themselves with being willing to share and be vulnerable. Whatever the reason they join, the men who attend these groups keep coming back, opening up, supporting others and letting themselves be supported on the cancer journey.

Deepest Thanks To All For Sharing

The stories on the following pages were graciously contributed from :

"Friends and Family Writing Together"

A group for the loved ones of someone with cancer and for those who have lost someone they love to cancer

Thursdays at 4:00 pm on Zoom

"Survivors Writing Together"

For survivors of all types of cancer of any stage in all phases of treatment and survivorship

Mondays at 2:30 pm on Zoom

"Advanced Cancer Journaling Group"

For those living with stage IV cancer

Tuesdays at 3:30 pm on Zoom

We are the **Cancer Support Now** community

We come from **everywhere** ... so that no one faces cancer alone



JOIN
US!

Cancer, a Male Perspective

When I first had contact with the Family & Friends journaling group, I was a full time caregiver to my critically ill adult son. I really had little contact with the world outside of medical professionals and services. I did all the heavy lifting, driving for infusions, and home care, and my wife did the massive job of coordinating those people and services. So I came to the group as a caregiver, and continue as a griever, as my son passed away over two years ago.

I experience other people's losses and my own in this safe place with no judgement or shame. Only people who have experienced loss and grief, can truly understand what goes on for someone like me. There have been people with sibling, parent, partner, and child loss all in one place. I feel that even though it's a club I would never willingly join, I am glad to be a part of it.

Thanks, Erwin Hellman

Hello,

My name is Patrick Dingman.

My wife passed away about six years ago. It was very difficult adjusting to life without my dear wife. Cancer support allowed me to communicate with other men who have had similar experiences.

Finding out that I was not alone in my journey helped me immeasurably in adjusting to my new life.

If you have any further questions about how Cancer Support Now has helped me, please feel free to call.

Patrick Dingman

505-250-5380



Cancer, a Male Perspective

In 2012, when I was sixty-four, my family doctor suspected that I had developed prostate cancer, which was soon confirmed by the urologist I had been referred to. I suppose I had lived a charmed life regarding my health and this was the first time I had been faced with a serious diagnosis and a choice of treatments. In the moment, I made a quick decision to schedule surgery which seemed the best option. I was very happily married and had a young daughter and I wanted to be there for them. Fortunately, the surgery was a success. But I had to face the fact that I was getting older and this reality was something I hadn't expected.

At some point along the journey, I was invited to participate in the Survivors Writing Together Journaling group. At first, I was still in a bit of

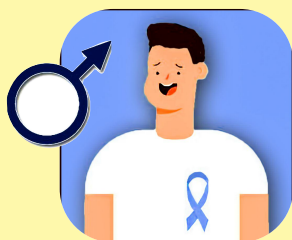
denial about seeing myself as a cancer survivor. I suppose I had difficulty classifying myself that way. Cancer was something I didn't want to identify with. But through my years as a member of the group I have felt a solidarity and friendship with the group members and appreciate their perspective and support. In return, I try my best to repay their openness and trust.

Even though my cancer experience was brief, its emotional impact on me was greater than I at first recognized. Being with such positive and courageous people has encouraged me to embrace life and live it without fear and denial. I consider the act of writing and sharing with others to be a vital and ongoing component of recovery.

Mark Pappler



RESOURCES



Health and Social Care in the community

'It's made me feel less isolated because there are other people who are experiencing the same or very similar to you': Men's experiences of using mental health support groups

[CLICK TO READ MORE](#)

**Why Men with Cancer Don't Seek Support:
Fear of Vulnerability and Lack of Power**

[CLICK TO READ MORE](#)



Dancing Beyond Cancer

By Sylvia Avalos

I have never been a great dancer, but not for lack of enthusiasm or effort. I've always been that shuffling, señora, dancing to cumbía – a tentative step to the front, then shifting to the back, almost catching the beat. But, given the chance, I always dance! Put with a partner, and oh – it's Drama! I tried to lead; there I am wanting to listen to the music, attention fully on the beat, when I should be following my partner. So it's a battle. I was in my 40s when I found a dancing partner who taught me how to follow. And in my wisdom, I tuned in.

- AC, Adriamycin Cytosan, "The Red Devil".
- 4 Rounds.
- Stage 3 inflammatory breast cancer with a 12 cm tumor in my right breast.
- Yeah, I was clocked in.

I knew I didn't have the energy, the strength, the reserves, to fight against two opponents. I couldn't view chemotherapy as a poison, a combatant, an adversary, as

well as the cancer. I was already fatigued before my diagnosis! Looking back, I'm convinced it was my first symptom. No, the chemotherapy was going to be my dancing partner, guiding the cancer out of my body. My red devil in a red dress. Salsa. Cumbía. Merengue. I tried them all.

On days, when chemo said rest, I rested. When it said, chicken broth and applesauce. OK, menu decided. And when it said, play, clean, crochet, go shopping! Yes!! Let's go!

I learned to listen to my body. I learned the value of rest. I learned to prioritize my dwindling stores of energy. It's quite the opposite of the hustle culture, it's a softer life, so there's some guilt attached, but also a sense of peace and calm.

Even now, after 4 rounds of AC, 4 of Taxol, a mastectomy, 30 rounds of radiation to the chest, immunotherapy, 2 craniotomies, 6 rounds of SRS to the brain, and now more chemotherapy with Enhertu, I find chemotherapy has been my *teacher in treatment*, my dancing partner.





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



MORE RESOURCES

PROVEER APOYO EN ESPANOL



Mi nombre es Sylvia. Soy una sobreviviente del cáncer de mama desde hace 3 años, de los cuales la mitad han sido de la etapa cuatro. He recibido quimioterapia, radiación, y unas cirugías. Estoy disponible para proveer apoyo de pares para

escucharlos, apoyarlos emocionalmente y asistirlos a encontrar recursos comunitarios.

My name is Sylvia. I am a 3-year breast cancer survivor of which half has been with stage IV cancer. I've had chemo, radiation, and a couple of surgeries. I am available for peer support to listen, support you emotionally, and help you find community resources.

sylvia.apoyodepares@gmail.com
575. 277.8645

**How Pelvic Floor Therapy
Can Help During Cancer**

[CLICK TO READ MORE](#)

Managing Cancer-Related Fatigue

[CLICK TO READ MORE](#)

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*

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 OF CANCER 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: 505-298-6356. 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>](mailto:Benjamin4@cyber-mesa.com) Or John DeFlice: 505-897-4167 or [<jdeflice@gmail.com>](mailto: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>](mailto:cancerwarriors.desert.sw@gmail.com) or Call or text: Jackie Mattila at 952-807-5515

