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**CSN BOARD OF DIRECTORS**

Anjie Cureton, President  
 Lindy Ruggiero, Treasurer  
 Carmelita Agodon  
 Anne-Marie Cooper  
 Russell Janis  
 Colleen Sullivan-Moore  
 Debbie Weissman

**ADVISORY COMMITTEE**

Tricia Monaghan, JD, *Legal Advisor*  
 Eleanor Schick, *Helpline*  
 Patricia Torn, *Facilitator*  
*Training/Workshops*  
*Cancer Thriving and Surviving*

**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.  
 PO Box 377338

Albuquerque NM, 87176

[www.cancersupportnow.org](http://www.cancersupportnow.org)

[info@cancersupportnow.org](mailto:info@cancersupportnow.org)

[www.facebook.com/cancersupportnow](https://www.facebook.com/cancersupportnow)

For Support and information

Call our Helpline at

**505 255 0405 or toll free 855 955 3500**

**ALL CSN Support Services are free**

Volunteer Appreciation Gathering  
 Date TBA  
 watch your email for details

Seeking a Support Group Co-Facilitator for  
 the Women's North Valley Group  
 Call the Helpline for details

**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

***Thank You!***

## NEW PARTNERSHIP

**Women with Wings and Curia/Innoplexus** are announcing a new partnership for Create to Heal. **CURIA™**, the leading app for cancer patients with more than 1.5 thousand users worldwide, is now offering the *Create to Heal* online course to their community of patients and caregivers. Free to download through iTunes and Google Play, *Curia* offers the best of a survivorship program: the latest treatments, trials and experts, even a buddy system where the newly diagnosed patient is paired with someone who has already survived the same type of cancer.

Through this strategic alliance, *CURIA* and *Create to Heal* will empower cancer patients and their caregivers to tap into their innate creative talents, helping them reduce stress, activate their resiliency and ability to heal. *Create to Heal®*, the signature program of *The Women with Wings Foundation* is based on many years of clinical teaching experience and research using all forms of art, including the art of “scribbling and doodling,” creative writing, poetry, the color and motion of art and uplifting music.

**For more information on the Curia app, please visit**  
[Curia<https://curia.app>](https://curia.app)[<https://urldefense.com/v3/\\_\\_\\_https://curia.app/\\_\\_;!!KXH1hvEXyw!ehzLkLrmkBEYNN6ZdtrAJnKIUPWBwGsV-BCsmvrog3KKLa930qbq4C8t8am98li5LByzrgxx59JfZfOlmxA\\$>](https://urldefense.com/v3/___https://curia.app/__;!!KXH1hvEXyw!ehzLkLrmkBEYNN6ZdtrAJnKIUPWBwGsV-BCsmvrog3KKLa930qbq4C8t8am98li5LByzrgxx59JfZfOlmxA$>)

**For more information on Create to Heal, please visit**  
[Create<https://womenwings.org/create-to-heal>](https://womenwings.org/create-to-heal)[<https://urldefense.com/v3/\\_\\_\\_https://womenwings.org/create-to-heal/\\_\\_;!!KXH1hvEXyw!ehzLkLrmkBEYNN6ZdtrAJnKIUPWBwGsV-BCsmvrog3KKLa930qbq4C8t8am98li5LByzrgxx59Jf9DB4DfE\\$>](https://urldefense.com/v3/___https://womenwings.org/create-to-heal/__;!!KXH1hvEXyw!ehzLkLrmkBEYNN6ZdtrAJnKIUPWBwGsV-BCsmvrog3KKLa930qbq4C8t8am98li5LByzrgxx59Jf9DB4DfE$>)

*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



## Are you a cancer survivor interested in losing weight?

Join the more than 200 cancer survivors on the AMPLIFY research study who are learning new ways to become more active and eat better!

Contact us if you're a cancer survivor age 50+ at 1-833-535-7934

or visit [amplifymyhealth.org/info](http://amplifymyhealth.org/info)



[@amplifysurvivorhealth](https://www.facebook.com/amplifysurvivorhealth)  
[@amplify.survivor.health](https://www.instagram.com/amplify.survivor.health)

## Ostomates' Support Group of Central New Mexico

### Topics Discussed

Diet and Nutrition  
Stoma Care  
Ostomy appliance companies,  
Medication  
Ostomy types  
Fluid and Electrolytes  
Hernias  
Intimacy  
Travel  
Swimming  
Insurance and Supplies  
Exercise and Work  
And more!

### Come join us at monthly meetings!

Welcome!

New and long-time Osteomates gather together to support and learn from each other.

Family and Caregivers encourage each other.

Professionals learn from post-hospital ostomates and sometimes provide education.



### Meetings are held in Albuquerque region.

Locations. Dates and times may change; therefore, before first visit, please leave a message as described below. After we have your information, we will contact you about upcoming meetings!

**NOTE:** This is not a contact number for emergencies. Obtain usual ostomy clinic or urgent care/ emergency room access.

Nurses at most meetings to answer questions and teach.

Strict confidentiality maintained.

Outside speakers occasionally.

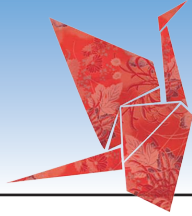
Membership is free.

If you speak only a language other than English, please bring an interpreter.

Come support others as you have been helped!!

Leave voicemail for Nurse Barbara D'amore at 505-797-4388  
or Email: [damorebd@aol.com](mailto:damorebd@aol.com)





### Margaret Gott – October 1, 1960 - August 6, 2023



Margaret “Meg” Cecile Gott of Albuquerque died peacefully on August 6 at the age of 62 with her daughter at her side. Meg’s last days were spent at the VA hospital where she walked millions of steps as a pharmacy technician to deliver medicine to veterans. Her work was always accurate, and she was well-respected by many at the VA.

Born in Washington, D.C. and raised in Maryland, Meg’s loved ones recall her taking the bus alone to D.C. when she was only 13 years old to see the Smithsonian and other museums. Prior to the VA, she proudly served in the Air Force and the Air National Guard as a Technical Sergeant and Communications Specialist.

Meg was known for her wicked intelligence and witty sense of humor. In her free time, she loved playing games, making arts and crafts, and the music of Chicago and Tower of Power. Her greatest joys in life were her three children – Stephanie Gott, James Wojtkowski, and Michael Wojtkowski. Along her journey, Meg inspired everyone who knew her, from her doctors to the receptionists at the UNM Cancer Center.

#### ***In the words of her fellow group members:***

“Meg endured cancer and its treatment with quiet grace. She made a concentrated effort to prepare herself and her family for the inevitable, always thinking of her family first. I always enjoyed seeing Meg in the group, knowing she would bring an authentic voice to the room.”

“Meg really listened to others with her heart. I was always startled at how deeply she took in what people in the group shared, and how much she cared.”

“Meg was a very supportive group member. She always had positive things to say to the other group members. Her smile was bright and lit up the room. She is missed.”

“Meg: the kindest, nicest person! You didn't even have to really know her for her to treat you nice. I miss our dear friend Meg” ❤️

“Meg was a lovely person, kind and gentle, generous with her knowledge and always appreciative of others' kindnesses. I miss her but hope that her suffering has ended and that she is at peace.”





In a recent *Create to Heal* class, colorectal cancer survivor Christina Hernandez shared her thoughts about the journey, “The Journey with Cancer.”

She has made a friend of her stoma, as she patiently waits for surgery to re-attach her colon.

Christina reminds us to “befriend the unknown. So much of life is uncertain. Really, all we can do is show up and share our stories and our strength”.



My Journey with Cancer: Frustration is Beautiful

Frustration,  
Fear of the Unknown.  
Pain.  
What if?

There is Beauty in the not knowing ...

[WOMENWINGS.ORG](http://WOMENWINGS.ORG)

Due to the guidelines in place to prevent spread of the Coronavirus, **we are holding support groups only on web-based platforms at this time.** Please call our Helpline for support to anyone challenged by cancer.

The groups listed below designated with \*\*\* are meeting on Zoom or on another web-based meeting platform during this time. To join a group on Zoom, please call our Helpline and we will connect you with the group facilitator, who will send you an invitation to join the group. For all those who are unable to attend a group on a web-based platform, you may use any cell or landline phone to call in and participate in one of these groups by phone. For those groups not presently meeting on a web-based platform, facilitators are providing direct support by phone, as needed.

**Please call our Helpline for direct and/or ongoing support for anyone, challenged by cancer: patient/survivor and/or loved one,**

**LGBTQ+CANCER PEER SUPPORT Referrals:**

*Jeff Hurley and Deb Openden:* Call our Helpline.

**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 & 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 \*\*\***

Second Tuesday, 10:30 am. - Noon, Stephanie Barela

**WOMEN'S NORTH VALLEY GROUP \*\*\***

All cancers, all women, survivors and/or caregivers. Every other Thursday, 5:00 - 6:30 pm. *Geri Stayman*

**OVARIAN CANCER PEER SUPPORT**

All gynecological cancers. Call Pamela Engel at 505-314-4854 for one-to-one peer support

**SANDIA CANCER SUPPORT GROUP \*\*\***

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

**SANTA FE WOMEN'S GROUP SURVIVING SISTERS \*\*\***

All diagnoses, all stages, all women. Second & fourth Tuesdays, 4:00- 5:30 pm. *Ms. Fred, Emily Haozous, Janet Gilchrist*

**U27 (UNDER 27 YEARS OLD)**

Peer Support, *Kimberley Craft*

**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

**CREATE TO HEAL \*\*\***

Survivors &/or caregivers, all diagnoses, men & women. Using Art, Music, Meditation to explore the Journey of Cancer. One-on-one or in small groups. By appointment. *Patricia Varga*

**ONE-ON-ONE PEER CANCER SUPPORT OR PEER MATCHING**

Survivor to Survivor and/or Caregiver to Caregiver

**COMMUNITY CANCER NAVIGATION**

Referrals to assistance for non-medical needs. For patients, survivors and/or their loved ones

**RELAXATION SUPPORT SESSIONS**

**provided by phone during this time.**

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





## COMMUNITY PARTNERS

*Note: If you wish to participate in a group or access a service listed below, please call the number provided to see whether they have suspended meetings during this time, or are using a web-based platform to hold meetings, or are making other special provisions to prevent disease transmission.*

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

First & third Saturday, 505-254-7784 or Toll Free: 800-278-7678

### GCAP CIRCLES OF HOPE: THE GYNECOLOGICAL AWARENESS PROJECT \*\*\*

Support group for survivors of any gynecological cancer. Second Saturday, 10:00 - 11 :30 am. Phone: 505-585-8821; Email: <amy@thegap.org>. For upcoming schedule go to: <<https://www.thegcap.org/calendar.html>>

### HEAD, NECK & ESOPHAGEAL CANCER SUPPORT GROUP

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

### CLIMB FOR TEENS AND KIDS

Suspended until further notice.

### COMMUNITY GIFT CLOSET – OPEN TO THE COMMUNITY

Free wigs, hats, post mastectomy bras & breast prostheses. Every Wednesday, 10:00 am - 1:00 pm. Call: 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. For information, call 505-259-9583

### LEGAL, INSURANCE & PAPERWORK ASSISTANCE PROGRAM (LIPA)

Sonya Pierce - phone: 505 999 9764, email: LIPA@cancerservicesnm.org

### FORCE (FACING OUR RISK OF CANCER EMPOWERED)

\*\*\*

Support for those with genetic: mutations. Third Sunday, 2:00 - 4:00 pm. Contact Lou Wilburn: atlswilburn05@aol.com Or: Kendra Montanari: kendra@facingourrisk.org

### BLOOD CANCER SUPPORT GROUP

All blood cancers, men and women, all stages. Second Saturday, 9:30 - 11:00 am. This is a TELEPHONE (only) support group. There is no charge, but pre-registration is required by calling facilitator, Jamie McDonald: 505-291-2006.

### ALBUQUERQUE NETS (NEUROENDOCRINE/CARCINOID SUPPORT GROUP)

Terry Nelson: 505 269 4641 or nls306@aol.com.

### WRITE TO HEAL \*\*\*

Free eight week writing workshop for cancer patients/survivors. Eight consecutive weeks, two hour sessions, scheduled throughout the year. Sponsored by Cancer Foundation for New Mexico. Registration required. For days and times and to register, call or text: Joanne Fay Brown, 510-381-1205 or <joanne@joannebrown.com"

### LOVELACE EMBRACE PROGRAMS

#### Young Breast Cancer Survivors Support Group

#### Yoga for Cancer Survivors

Call Sandra Arellano, Lovelace Breast Nurse Navigator: 505-727-6933

### OSTOMY SUPPORT GROUP

Monthly support group for new and long-time ostomates.

**See flyer on page 3 for details.**

