



CONTENTS

- 1 CSN Organizational Information
Board of Directors
- 2 Conference Overview
- 3 Health benefits of Melons
- 4 Lee's Cancer Journey
- 5 News and Announcements
- 6 News and Announcements
- 7 Cancer Support Now Free Services
- 8 CSN Free Services cont'd

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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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

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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!

13th Annual Living With and Beyond Cancer Conference

An Overview

Pretend you are looking at your last medical bill, point to the amount due, and break out into loud, hysterical laughter! This is one of the *Laughter Yoga* practices to induce laughter, which not only improves your mood, but is a good workout when sustained for 20 or 30 minutes, like it was during the *13th Annual Living With and Beyond Cancer Conference* on Saturday, April 6.

The laughter came on the heels of a serious discussion about end-of-life planning using the Five Wishes, a beautiful tool for thinking through what you would want near the end of life. These wishes include who you would want to make decisions for you if you are unable to make your own decisions, what kind of life support you would want, if any, and how you wish to be cared for near the end of your life. *Do you want to hear music, do you want to be massaged with warm oils, do you want your feet to be covered, or do you just want to be left alone?*

The next presentation detailed three keys to continue managing your full life, maintain financial security and feel like yourself again while facing a cancer diagnosis. These keys are education, self-care, and, if possible, planning for life beyond cancer.

The Zoom morning concluded with a Heart Brain Coherence meditation, which research has shown can improve well-being at the cellular level. *The power of the heart is what gives people control of their autonomic nervous system so they can more quickly recover from stress, anxiety, and trauma.*

The in-person sessions began with a discussion of healthy eating to help support your body during cancer treatment and beyond. Sauerkraut and

buttermilk, anyone?! Everyday tasty things like apples and oatmeal are good for your gut bugs too! Keeping your microbiome happy helps your energy, your brain, your immune system, and your waistline.

The *Prostate Cancer 101* discussion began with the assurance that we now have better methods of screening than the digital rectal exam. The value of being screened early with a simple PSA blood test cannot be overstated. Prostate cancer is tricky, but treatable, and you would do well to catch it early and avoid some of the treatment side effects.

The day ended with a heartfelt discussion of what hospice is, what they provide, and when is it time to give them a call. One of the most important takeaway was that hospice is not meant for the last days to week, but for the last months to a year. *Interestingly, research shows that those who go onto hospice sooner rather than later tend to live longer.*

★ A special thank you to the New Mexico Department of Health ★
for making this event possible.

Thank you to the *Central United Methodist Church* for hosting the afternoon.

Thank you to our gracious presenters: *Jon Kessler, CLC, Rabbi Debra Brin, Patricia Torn, Eli Follick, David Turner, and Rita Rachkowski.* ★



→ If you weren't able to make it to the event or would like a review of what you heard, go to the conference page of cancersupportnow.org to see all of the videos, handouts, and slides.

MELONS - PART OF A HEALTHY DIET

By Eli Follick

Melons are part of the Cucurbitaceae plant family, which includes foods like pumpkins and cucumbers. There are dozens of different types of melons that grow globally, including the gourd-like bitter melon from India and the sweet canary melon grown in Asia and Africa.

Most of the melons eaten in the U.S. are grown domestically, with watermelon, cantaloupe, and honeydew the most commonly consumed varieties.

While each type of melon offers a slightly different nutritional profile, every variety is hydrating and full of antioxidants like vitamin C and beta-carotene.

Great Source of Antioxidants

Melons are excellent sources of antioxidants, naturally occurring molecules that help scavenge harmful compounds in the body called free radicals. Free radicals heighten oxidative stress and damage tissues over time.

A greater intake of antioxidant-rich foods has been associated with a lower risk of developing chronic diseases like cardiovascular disease and cancer.

Plant foods like fruits, vegetables, legumes, nuts, seeds, and whole grains are all wonderful sources of antioxidants. Melons are no exception.

Each type of melon delivers a different antioxidant profile. Cantaloupe, for example, is a great source of beta-carotene, a 'provitamin' that gets converted into vitamin A in the body and supports vision and reproductive health. Just one cup of cantaloupe provides nearly one-third of your daily vitamin A needs.

Watermelon serves up notable antioxidants as well. The summertime staple is rich in lycopene, the same antioxidant that gives foods like tomatoes and grapefruit their vibrant color. While findings have been mixed, some studies report that a higher lycopene

intake is associated with lower risk of developing prostate cancer.

Promote Hydration

About 20% of our hydration needs are actually met through food, not the water we drink. Luckily melons are among the most hydrating fruits around, with varieties like cantaloupe and watermelon clocking in at 90% water by weight. Melons' sky-high water content makes them perfect snacks for hot summer days. Staying adequately hydrated helps maintain steady energy levels, regular bowel movements, and lubricated, mobile joints. Consuming enough fluids is also important for preventing conditions like kidney stones.

Support Immune Health

All three of the most popular types of melon are good sources of vitamin C, another antioxidant.

Vitamin C in particular supports a healthy immune system by stimulating the production of white blood cells and enhancing their action against foreign invaders. On the flip side, research shows that low levels of vitamin C are associated with a greater susceptibility to illnesses and infection. What's more, dietary vitamin C helps the body absorb more non-heme iron from plant-based foods like nuts, seeds, and beans. Since an iron deficiency can also worsen our body's defenses against invaders, vitamin C bolsters the immune system in more ways than one.

Fortunately you don't need to eat an entire melon to keep your immune system on tip top shape: just one cup of cubed cantaloupe fulfills 65% of your daily vitamin C needs.

Quality melons will be free from bruises. Watermelons that have yellow areas on their outer rinds are best. That yellow spot is the area where the fruit rested on the ground. Its presence indicates that the watermelon fully ripened out in the field instead of getting shipped prematurely to your grocery store.

We all must eat everyday. Might as well enjoy the right foods and enhance our health along the way. *Melons certainly have a place in my diet.*

Lee's Cancer Journey

by Barbara Lee Fall



Lee delighted at her increased energy and the healing occurring in her body. She grew stronger in body, mind, and spirit each day. Lee became hopeful that she could be a long-term survivor of a short-term cancer. Despite tumor markers rising steadily, Lee felt healthier and that she was getting well. Cautious, she continued maintenance chemotherapy to keep the carcinomatosis at bay. Lee credited changes in her treatment approach to opening a door for healing.

Two years ago, Lee received news that her ruptured appendix had contained a cancerous tumor. Cells escaped during surgery; cancer remained in her body but hadn't metastasized. Ever the pragmatist and research nerd, she created a Mind Map of alternative cancer treatments. She hoped the combination of supplements and visualization, along with many other modalities, would prevent her cancer from metastasizing. It didn't.

One year after diagnosis, scans and blood work proved that Lee's cancer had metastasized. *“So much for preventative therapies,”* Lee thought. She could find no documented testimonies of alternative treatments impacting this type of cancer.

Reluctantly, she agreed to a surgery that horrified her (CRS/HIPEC), followed by chemotherapy. A stint in the Surgical Trauma Intensive Care Unit taught Lee *“gracious humility.”* Completely helpless, she thanked everyone from nurses and doctors to janitorial staff for their help. And, she overcame being a control freak. So, no matter how difficult the experience, lessons could be learned, and personal growth achieved. And she was NED after surgery.

From April to November, Lee wrestled with the anxiety and stress familiar to cancer patients.



Metastasis ... Chemotherapy ... More metastasis ... Added chemotherapy ... NED again in November! ... Maintenance chemo from November to March ...

Then, something changed again as her tumor markers rose steadily. Lee knew now that neither alternative nor traditional treatment methods alone were adequate. They must be combined in an integrative approach to achieve the maximum benefit. Despite her anxiety, Lee felt confident.

Rethinking supplements, Lee added immune boosting herbs and spices. She remains careful to avoid antioxidant pills, which would interfere with chemotherapy. Aromatherapy combined with colors provides anxiety relief. Sound frequencies, found in YouTube videos, address different aspects of healing. Lee talks to her cancer daily, telling it she'd learned what she needed to learn and didn't need it anymore. She thanks each of her eleven body systems for their good work: past, present, and future. She sends the Healing Light of Love throughout her body, requesting the cancer be healed and her body strengthened. She is letting go of emotional baggage and tells her immune system to be purposeful in its healing. Lee is realizing, after a month or so, she has more focus, more energy, and no longer suffers from incontinence.

As Lee greets each morning, marveling in the beauty and serenity of nature around her, she recaptures lost joy. *“May I be strong yet flexible like the trees,”* she prays. *“In beauty I am loved; In beauty I am nurtured; In beauty I grow compassionate; In beauty I grow wise. I am as endless as the sky, as solid as the earth and rocks, and as joyful as the singing birds.”* Each day, Lee is becoming more integrated in body, mind, and spirit. What impact this integrative treatment approach will have on her cancer remains uncertain, but it is improving Lee's overall health.



Use QR code to apply



Free Fly-Fishing Retreat for Women Surviving Breast Cancer



**Casting for Recovery Retreat at Philmont Scout Ranch, Cimarron, NM
August 16-18, 2024**

Apply now for the opportunity to enjoy a 2-1/2 day retreat for women of all ages and in all stages of breast cancer treatment and recovery who live in **New Mexico**, the **Texas Panhandle** (26 northern counties), and **Southern Colorado's San Luis Valley** (6 southern counties), at no cost to participants upon arrival at the retreat site.

Casting for Recovery is a national, nonprofit support and educational program for women surviving breast cancer. Casting for Recovery was founded on the principles that the natural world is a healing force and that women surviving breast cancer deserve one weekend - free of charge and free of the stresses from medical treatment, home, or workplace - to experience something new and challenging in a beautiful, safe environment.

To apply for this retreat click on the QR code or
For more information: <https://castingforrecovery.org/breast-cancer-retreats/>
Application deadline: **June 6, 2024**. Participants are randomly chosen.

National Contact:
109 E Oak St., Ste 1G
Bozeman, MT 59715
888.553.3500
<https://castingforrecovery.org/>

QR for donation to NM, TX , So CO:





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



Facebook: @amplifysurvivorhealth
Instagram: @amplify.survivor.health

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*

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. TaosCancerSupport.org

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



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

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 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.

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- Men and women, all ostomy types, family and caregivers welcome. Call: Nurse Barbara D'Amore, 505-797-4388 or Email: <damorebd@aol.com>

