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CSN BOARD OF DIRECTORS

Anjie Cureton, President
Pamela Engel, Vice President
Lindy Ruggiero, Treasurer
Carmelita Agodon
Russell Janis
Audrey Simplicio
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

info@cancersupportnow.org

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

Save the Date!

**Saturday
April 9
9 am - 4:30 pm
on Zoom**

11th ANNUAL CONFERENCE LIVING WITH and BEYOND CANCER

Presentations Include:

- UPDATE ON MEDICAL AID IN DYING
- HYPNOTHERAPY FOR ANXIETY DURING CANCER
- RESOURCES FOR SPANISH-SPEAKING CANCER SURVIVORS
- **AND MORE!**

Attendance is Free, Registration Required
WATCH FOR REGISTRATION INFORMATION AT
WWW.CANCERSUPPORTNOW.ORG

POR FAVOR RESERVE LA FECHA DEL SÁBADO 9 DE ABRIL DE 9:00 AM A 4:00 PM PARA LA 11AVA CONFERENCIA ANUAL DE VIDA CON Y MAS ALLÁ DEL CÁNCER POR ZOOM

Las presentaciones incluyen una actualización en asistencia médica para morir, hipnoterapia para la ansiedad durante el cáncer, recursos para sobrevivientes de habla hispana, y más.

No hay costa en la asistencia. registro es requerido.

Por favor esté atento a la información de registro en nuestra página web de www.cancersupportnow.org

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!

Donate at <https://www.cancersupportnow.org/donate>

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.

In the words of cancer survivors and family caregivers who have utilized our services:

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

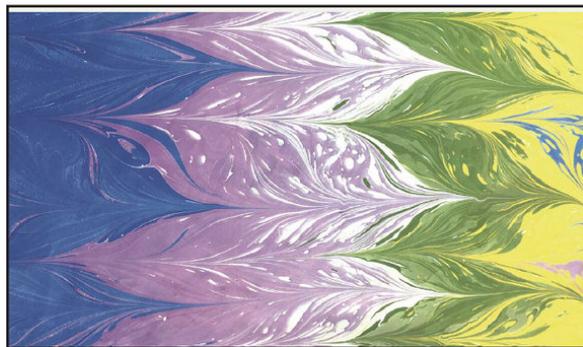


"A word fitly spoken is like apples of gold in settings of silver."

... Proverbs 25:11 Modern English Version

"Words spoken at the right time are ... a work of art."

– Cancer Survivor



"Grace is ... slipping into joy."

– Selena Rushton



Seeking a SPANISH-SPEAKING Community Navigator/Un Navegador de la Comunidad

Cancer Support Now is seeking a person who is a cancer survivor and/or has seen a loved one through cancer, and who is familiar with finding resources for the non-medical needs one faces when dealing with cancer. Someone who speaks Spanish and English fluently and can provide referrals to resources, peer support, and interpreter assistance when necessary, to monolingual Spanish speakers facing cancer. This would be up to 30 hours/month by phone as a contractor with Cancer Support Now. Free training provided through Cancer Support Now.

If you feel this is something you would love to do, or you know someone who would, please call the Helpline at 505-255-0405.

'Apoyo en Cáncer Now' esta buscando una persona sobreviviente de cáncer, ó que ha tenido a un ser querido que vivió la experiencia del cáncer; que este familiarizado en encontrar recursos que ayuden en las necesidades no médicas enfrentadas al lidiar con el cáncer. Debe ser una persona que hable español e inglés fluidamente y pueda proveer referencias a recursos, apoyo de compañero, y cuando sea necesario interpretación a hispano parlantes enfrentando el cáncer. Tendrá bastante apoyo de parte de compañeros de trabajo. Esta posición es de tiempo parcial, mayormente por vía telefónica, como contratista de 'Apoyo en Cáncer Now.' La persona recibirá entrenamiento sin costo de parte de 'Apoyo en Cáncer Now.'

Si siente que esto es algo que le gustaría hacer, o si conoce a alguien que le gustaría, por favor llame a nuestra Línea de Ayuda al 505-255-0405.



Rachel Kuenstler
1922 - 1/8/2022

Rachel was a member of the North Valley Women's cancer support group since 2018.

She was an inspiration to us – always strong in the face of adversity. Her determination to continue chemotherapy for pancreatic cancer, was indomitable and her zest for life was contagious. Despite feeling very sick, we were impressed by her ability to be

always impeccably and fashionably dressed, even in a recuperation facility after a fall. Those of us lucky enough to have known her outside of the group, feel a special loss.

Rachel was dedicated to Rotary for decades, had a special interest in fly fishing and often spoke of travel yet to come.

Pauline Cahalan
1/6/1945 - 1/25/22

Pauline was a member of the North Valley Women's group for five months, joining shortly after being diagnosed with stage IV kidney cancer.

Her matter-of-fact courage and her wish to be an example of quiet dignity as her body declined touched us all deeply.



Pam Beason

Pam Beason was a woman of such strength and courage. A woman of God, always referring to her Lord as the way forth. I first met Pam at Lovelace Women's Hospital when we were able to meet for Create to Heal in person. Pam is an original Create to Healer! And, what a great sense of humor! During our first meeting, we went around the room to check in and tell our stories. Pam told us about her journey with breast cancer and that she opted not to go through reconstruction. She went under her blouse and pulled out her knitted knocker and announced: "This is my new boob!" A sense of humor in the face of adversity - !!!

Everyone in the room laughed and the support group went beautifully from there.

Rest in peace beautiful Pam. We all love you.

Pam is survived by her husband Les and beautiful retriever Remy.

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

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.

HOW TO BE YOUR OWN BEST ADVOCATE ***

Patients/Survivors and/or caregivers, all cancers. Learn to identify and eliminate barriers in finding both medical and non-medical resources; information & support during cancer diagnosis and treatment Second Tuesday, "Lunch and Learn," Noon-2:00 pm. *Colleen Sullivan Moore*

PANCREATIC CANCER SUPPORT GROUP ***

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

PANCREATIC CANCER CAREGIVER SUPPORT GROUP ***

Caregivers to patients/survivors of pancreatic cancer, all stages, men & women. 1st & 3rd Thursdays, 4:30-6:00 p.m. *Jim Pitcher*

RIO RANCHO AREA BREAST CANCER SUPPORT GROUP***

First and third Tuesday, Noon - 1:30 pm. *Barbara Michael*

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, 6:00 - 8:00 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, and Elizabeth Harris*

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*

UNM/CSN CANCER SUPPORT GROUP ***

Survivors and/or caregivers, all diagnoses, men & women. First & third Mondays, 4:30 - 5:30 pm. *Adele Frances & Anjie Cureton*

CREATE TO HEAL SUPPORT GROUP ***

Using Art, Music, Writing, Mediation to Explore the Journey of Cancer. Survivors and/or Caregivers, all diagnoses, men & women. Second & fourth Saturdays, 10:00 - 11:30 am. *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.

TAOS CANCER SUPPORT ***

Survivors of all cancers, all stages, Men and Women. Meets every Tuesday, 5:00 to 6:30 pm. *Mary Short & Colby Sinescu*. Call Eileen Craig at Taos Cancer Support Office: 575-751-8927

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. Contact Kat Adams at kat@thegap.org or call 505 610 9300. For upcoming schedule go to: <https://www.thegap.org/calendar.html>

HEAD, NECK & ESOPHAGEAL CANCER SUPPORT GROUP

Men & women, all stages. Second & 4th Mondays. 4:00-5:00 pm. Jess Quiring: 505 796 3513

CLIMB FOR TEENS AND KIDS

Learn how to talk with your child or teen about your cancer diagnosis. Kids and teens tour the center and talk directly with doctors about cancer. First grade through Senior in High School. Meets once a week for six weeks, 6:00-7:30 pm. For more information, call Jess Quiring: 505 796 3513

COMMUNITY GIFT CLOSET – OPEN TO THE COMMUNITY

Free wigs, hats, post mastectomy bras & breast prostheses. Every Wednesday, 10:00 am - 1:00 pm
Masks required - Proof of vaccine required for all attendees

EMBRACE MONTHLY BOOK CLUB

2nd Tuesday of the month, 5:30 - 7:00 p.m. Call 505 727 3041 for information and registration. View Website (Click on Healing Circles)

CANCER SERVICES OF NEW MEXICO

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

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. Lovelace Women's Hospital. 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 support group only. Please register by calling: 602-567-7593 or call 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 Tuesdays, 4:00 to 6:00 pm OR Eight consecutive Thursdays, 10:00 am to Noon. scheduled throughout the year. Sponsored by Cancer Foundation for New Mexico. Registration required. Call or text: Joanne Fay Brown, 510-381-1205 or joanne@joannebrown.com



Interested in helping other people with cancer? We're looking for bilingual Spanish speakers to offer telephone peer support for people facing cancer. We will train you. This is not for medical information or for counseling; you would be a friendly ear who understands the journey).

Please contact 505 255 0405 if you'd like to help. Thank you.

¿Interesado en ayudar a otras personas con cáncer? Buscamos hispanohablantes bilingües que han pasado por experiencia de cáncer para ofrecer apoyo telefónico a personas que ahora buscan ayuda para lidiar con él. Te entrenaremos. Esto no es para dar información médica ni para dar consejos. Usted sólo será un oído amistoso que comprenderá su jornada.

Si le gustaría ayudar por favor comuníquese al 505 255 0405. Gracias