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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. 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

CSN BOARD OF DIRECTORS

Anjie Cureton, President
Pamela Engel, Vice President
Mark Rupert, Treasurer
Carmelita Agodon
Dana Drum
Sandy Ginsburg
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

Save The Date!

10th Annual Living With & Beyond Cancer Conference on Zoom • Saturday, May 8, 2021 • 9:00 am – 4:00 pm

Presentations include the Southwest Harvest Project; Dental Care During Cancer; Legal, Insurance, and Paperwork of Cancer; Chair Yoga; and Medical Cannabis.

watch for registration information in your email and on our website

For Your Information . . .

The New Mexico Legislature will be considering the Elizabeth Whitfield End-of-Life Options Act (*house bill 47*) this session. If passed it will allow terminally ill patients who meet certain criteria to request a prescription for life-ending medicine from their health provider.

If you're interested in knowing more you can (link to <https://endoflifeoptions.org>)

If you'd like to voice support for the bill you may contact your state legislator and/or the bill's sponsor Rep. Debbie Armstrong

Tongue in Cheek/10-15-2020

by Marcia Reifman, Tongue Cancer Survivor

So, I'm here with my gang in the isle of truth
 The door bursts open
 Three beings clothed in black clouds force their way in
 Word has gotten out that the meaning of life can be found within my group
 They try force
 I resist
 They torture and wait
 First my tongue, but not all of it, is yanked out of my mouth
 For 66 days I am bolted to a metal table and blasted with poison in 10 minute increments
 At first I glow
 But rapidly descend into darkness
 I am left shattered and broken
 Gathered in the arms of those who so desperately want me to be whole again
 It was a battle
 Ended in a draw
 I am pronounced a survivor
 HA!



–From the Upaya Institute and Zen Center newsletter:

A good friend of mine said, "You are married to sorrow." And I looked at him and said,

"I am not married to sorrow. I just choose not to look away."

And I think there is deep beauty in not averting our gaze.

No matter how hard it is, no matter how heartbreaking it can be. It is about presence. It is about bearing witness.

I used to think bearing witness was a passive act. I don't believe that anymore. I think that when we are present,

when we bear witness, when we do not divert our gaze, something is revealed—the very marrow of life. We

change. A transformation occurs. Our consciousness shifts.

–Terry Tempest Williams

Did you know that colorectal cancer is preventable, and yet it is the second leading cause of new cancer cases and cancer deaths in New Mexico? Many people don't know that they are at risk for this type of cancer or even what it is.

Join us for a virtual educational session where we will talk to you about colorectal cancer and the actions you can take now to make sure you know your level of risk. For joining this session, and completing a short pre and post survey you will earn a Walmart \$15 e-gift card.

We look forward to hearing from you!

https://ibis.health.state.nm.us/indicator/view/CancerScrColoRec.Age50-75.Year.NM_US.html

UNM HSC is partnering with Oregon Health and Science University to learn more about **childhood cancers** and give a voice to patients (5-14) and their families to share their stories.

The study consists of an interview via zoom, and participants will receive \$50 for their time.

Contact Cynthia Killough for more information.

CKillo@salud.unm.edu

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

Due to the guidelines in place to prevent spread of the Corona Virus, **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*

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 - 8:30 pm. *Geri Stayman*

OVARIAN OPEN ARMS ***

All gynecological cancers. Third Saturday, 10:30 am. *Margaret Goga, Debbie Reynolds & Pamela Engel*



TAOS CANCER SUPPORT GROUP

Survivors and/or caregivers, all diagnoses, men and women. Every Tuesday, 4:00 - 5:30 pm. *Christine Sherwood & Susan Haugen*

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*

VIRTUAL CANCER SURVIVOR AND THRIVER SUPPORT GROUP FOR WOMEN ***

Second & fourth Saturdays, 1 :00 - 2:30 pm. Women only, survivors only, all diagnoses, stages 1-3. *Barbara Michael*

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. Contact Kat Adams at kat@thegap.org or call 505 610 9300.

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 FOR CANCER PATIENTS

Free wigs, scarves, head coverings, bras & breast prostheses. Wednesdays, 1:30 - 3:30 pm. All cancer patients.

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 Thursday, 7: 00 - 8:30 pm. Presbyterian Kaseman Hospital. 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, 1:30- 3:30 pm OR eight consecutive Thursdays, 10:0 am - 12 Noon, scheduled throughout the year. Sponsored by Cancer Foundation for New Mexico. Registration required. Call or text: Joanne Fay Brown, 510 181 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