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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

this will be
an English
only event

SAVE THE DATE!

Saturday, March 25, 2023

9:30 a.m. - 1:30 p.m.

11th Annual Living with and Beyond Cancer Conference

**THIS WILL BE A VIRTUAL
EVENT ON ZOOM**

***Stay tuned for further
details and Registration***



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!

CSN BOARD OF DIRECTORS

Anjie Cureton, President
 Lindy Ruggiero, Treasurer
 Carmelita Agodon
 Russell Janis
 Colleen Sullivan-Moore
 Debbie Weissman
 Patricia Varga

ADVISORY COMMITTEE

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



- 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! Thank you!

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

Nine years ago, age 68, I underwent surgery to remove 2/3 of my tongue due to stage 4 cancer diagnosis. I then endured 66 chemotherapy treatments. My recovery prognosis was 60/40. Prior to this event I was strong and vital, albeit with the angst and dysfunction that comes with life.

These multimedia images represent the trauma, anger, outrage, and finally grief, of the death and possible rebirth of my life force. They are composed of PET scan imagery from my ordeal and found material representing the way in which my cancer treatment felt: metallic, indifferent, poisonous, relentless, and deadly. They are a testament to my stubbornness and resilience.

My plan is to create 66 pieces, (all approximately 20 x 20 inches) representing every day of treatment. I am also going to produce a hand-made book from the images and the ongoing writing that describes in prose and metaphor my death and return to life as it is

happening. The book will be bound with metal and include selected writings and imagery describing my personal journey of what is called "survival."

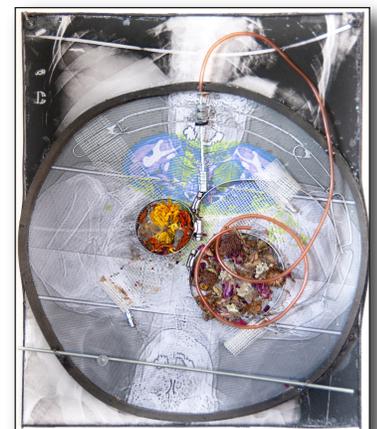
Part of my story and work was featured in a segment of *The Picture Show*, Photo Stories from NPR (<https://www.npr.org/sections/pictureshow/2022/11/12/1131040226/andres-mario-de-varona-and-marcia-reifman-collaborate-in-photo-series-trials>)

P.S. Because I live in northern NM, I chose Santa Fe for radiation/chemo treatments. My experience at UNM, from the surgery, care, and ongoing therapy has been exemplary in compassion, honesty, and knowledge. I know that had I gone through treatment here, my trauma would have been noticed and my story at least a little less severe.

P.S.S. Two days ago I received an extraordinary letter from a 79 year old woman who had seen the article on the NPR website, and I am slowly digesting it's effect on my being. She shared an eerily similar story that is both soothing and painful. I was aware when I agreed to go "national" I could receive such responses. I'm glad.

My life force
 Was almost extinguished
 October 9, 2013
 Felt a weak erratic flicker
 High Holy Days 2018
 Stirred again
 December 2019
 Steadily and shakily
 Made itself known
 I became stronger
 (work and determination)
 And IT became stronger

Today I opened a bottle of
 juice without the aid of a
 wrench
 Today I am putting form to
 my ideas
 And they keep coming
 Today my feelings of being
 alone
 Almost overwhelm me
 But not quite
 I guess the important things
 really come in threes



WINTER 2023



CANCER SUPPORT NOW
...IN MEMORIAM...



Connie Corona

*She died of Clear Cell Ovarian Cancer
on October 7, 2022*

For Connie

Contributors from the North Valley Women's Support

Our group has an empty Zoom window

Warrior
beautiful and bright
sweet, open heart
lovely smile
a joy to know

Connie brought her shyness as a gift to us
Quiet but present
Sweet smile

As she faced the raging storm, she shared a calm acceptance,
living to the very end of her life with radiating love
Content and good

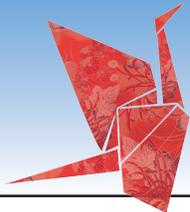
Your spirit touched my own and left footprints on my heart
Presence

Your soft demeanor, gentle smile, compassionate heart, and hopeful
spirit will continue to inspire me on my own cancer recovery journey

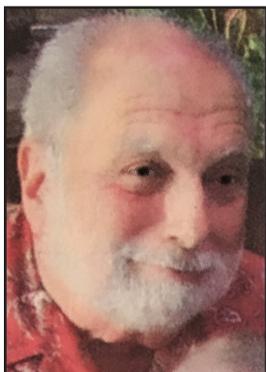
I will always miss your kind, sweet, gentle demeanor
Your sweet, kind manner of speaking
kind, gentle soul

Loved by her son and then by us

Our group has an empty Zoom window
Grief
Silence



Albert Hiat – February 18, 1936 - September 22, 2022



Albert Hiat passed away at home on September 22, 2022. “Albie” was born on February 18, 1936 in Brooklyn, NY. He was a loving husband, father, grandfather, and friend. He had a tremendously warm spirit that affected everyone he met and a keen, frequently deployed sense of humor. Albie loved spending time with his family, eating hamburgers at O’Niell’s, baseball games, and Broadway musicals.

Albie’s life was defined by service to others. He served as a soldier in the U.S. Army from 1960 to 1962, made a career as a hospital pharmacist, and a second career as a psychologist with the U.S. Public Health Service/Indian Health Service. He was a founding member of Nahalat Shalom Synagogue, People Living Through Cancer, and Cancer Support Now.

Al is survived by his wife Alice Hiat, daughter Sara Hiat, son Judah Hiat, and his grandchildren.



“I’ve learned that people will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel.”

— *Maya Angelou*

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*

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*

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*

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

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.

COLORECTAL CANCER SUPPORT GROUP

If interested, call Jess Quiring : 505-796-5313

CAREGIVER SUPPORT GROUP

If interested, call Jess Quiring : 505-796-5313

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.
Call Jess Quiring: 505-796-5313

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 support group is on Zoom but you may call in by phone if you wish. Please register by calling: 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

LOVELACE EMBRACE PROGRAMS

Young Breast Cancer Survivors Support Group Yoga for Cancer Survivors

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

