



CONTENTS

- 1 CSN Organizational Information
Board of Directors
- 2 News and Announcements
- 3 In Memoriam
- 4 In Memoriam
- 5 In Memoriam
- 6 In Memoriam
- 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. 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
Lindy Ruggiero, Treasurer
Carmelita Agodon
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

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 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>><[**For more information on Create to Heal, please visit**](https://urldefense.com/v3/___https://curia.app/__;!!KXH1hvEXyw!ehzLkLrmkBEYNN6ZdtrAJnKIUPWBwGsV-BCsmvrog3KKLa930qbq4C8t8am98li5LByzrgxx59JfZfOlmxA$>.</p>
</div>
<div data-bbox=)

Create<<https://womenwings.org/create-to-heal>><[*Thank you!*](https://urldefense.com/v3/___https://womenwings.org/create-to-heal/__;!!KXH1hvEXyw!ehzLkLrmkBEYNN6ZdtrAJnKIUPWBwGsV-BCsmvrog3KKLa930qbq4C8t8am98li5LByzrgxx59Jf9DB4DfE$>.</p>
</div>
<div data-bbox=)

- 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


Cat Gordon – March 7, 1959 - March 31, 2023


Cat, survived her childhood which wasn't an easy one. She was the first woman on a non-combat ship in the Navy. She married her commanding officer which put an end to her Navy career. She ran marathons and swam almost daily

The rest of her life: Worked in retail management. She moved back to Albuquerque to care for her mother who had cancer and is still alive. She opened a small shop in Madrid where she sold Native American style flutes and other touristy items. She was passionate about her flute playing and got pretty good at it. She worked for ARCA taking care of the residents of various group

homes. Her spiritual life was strong and she was an active member of Centers for Spiritual Living.

Cat was extremely generous and kind. She made deep connections quickly. I think wherever she is, she just might be introducing herself as the ambassador to the Medical Aid in Dying program and is probably writing a book ...*"Looking At Cancer Through the Eyes of Love and Life."* Her death was graceful, dignified, gentle and went well.

— *Written by Patty Stephens, Cat's dear friend*

In the words of her fellow group members:

"Cat loved life to the fullest, and when it became clear that death was drawing near, she opened to it as just another step along the path."

"Cat taught me about how to die with an open heart, and to not fear death. Such a gift getting to know her."

"Cat, a beautiful soul who inspired me and many with her understanding of moving from the pain in this world to an eternal life of peace.

She spoke from her heart and loved with her soul. She is loved, she is missed."





Cindy Blue Horse August 17, 1954 – April 14, 2023



Mother, sister, daughter, artist, photographer, activist, animal advocate, master gardener, and a lifelong champion of sobriety, Cindy Leigh Roddy BlueHorse was born in East Orange, New Jersey, and passed away in Corrales, New Mexico. Cindy took the road less traveled, and she spent her life helping others live sober, creative, caring, and examined lives too. Her proudest accomplishment was becoming mother to Grant Edward Thompkins, IV, and beamed with pride at his creative abilities as an artist and graphic designer.

Cindy moved to Corrales in 2001. When asked what she loved about Corrales most, she said, "Everything." She adored the American Southwest, particularly the people and the commingling of cultures. She also became heavily involved in the Lakota community, where she was afforded the great honor of participating in Sun Dance ceremonies.

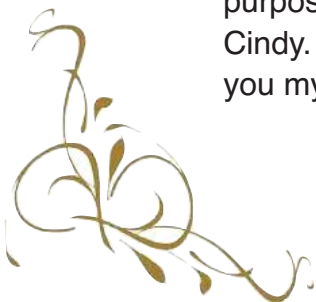
In place of a traditional ceremony, Cindy would encourage her loved ones, friends, and others to enjoy life sober, care about the earth and her people, and pursue creativity and the things that make your own souls come to life.

In the words of her fellow group members:

"Cindy was a sweetie pie. Warm, wise and wonderful describes her."

"Cindy faced death with such grace, acceptance, and commitment to her spiritual path. It was an honor to know her for a little while."

"Cindy, a lady who handled her disposition with grace and love and purpose. A peacemaker. A beautiful soul. Thank you Cindy. I looked forward to seeing you each week. I do miss you my friend."





Jerry Cross March 26, 1950 – May 6, 2023



From Jerry's daughter, Andrea:

After two years of grueling treatments that really took their toll, my dad died of prostate cancer this morning. He died peacefully in his apartment with me by his side, like he'd planned. In true Jerry fashion, he planned every detail for the last years of his life. He moved up to Colorado only 8 months after my mom died. St Andrew's Village embraced him and his antics. In the short two years he lived there, he hosted several rocket launches, monthly dinner theatre movie nights and made so many sweet friends. I am forever grateful for the friendships and support he had at SAV and am so proud of him for starting a new life in Colorado.

Although I often rolled my eyes, and sometimes felt embarrassed by the things my dad did, now I feel nothing but pride and admiration for the life he gave me and the one he led. He was always giving (in his own quirky way) and thinking of others. He loved telling jokes and giving gifts, always with a Jerry flair. He adored his granddaughters and I know he's heartbroken his time with them was short.

I'm so grateful for the last two years of having him close. So sad it didn't last longer. So glad my parents are together again.

Excerpt from the Winter 2017 CSN newsletter: Jerry Cross's Story by Mary Mann

Jerry was a board member of Cancer Support Now for many years before moving to CO. He was known for finding fun gadgets to include in gift bags and as giveaways at our annual conference – flashlight pens, keychain bottle openers.

When I think of Jerry Cross, I think of a gentle giant, a big teddy bear. Blue eyes and white beard, an intense man who graced our community with caring and hard work. He was a no nonsense, get the job done kind of person. He worked hard for his community. Jerry was born in Wiesbaden, Germany. His mom was German, his dad Austrian. When he was one, his mother died, and he went to an orphanage, where he was adopted by an American Air Force Captain and his wife.

His life brought him to our organization, *Cancer Support Now*. His active contributions earned him a position on the CSN Board. We worked together on the committee for our spring conference for several years.

My favorite line from Jerry is "I've had a good time in life." You can see how he's got so successful with that attitude. I wish we had more like Jerry Cross.





Gavriela de Boer February 6, 1948 – February 7, 2023



My beautiful mother Gavriela de Boer was born February 6th, 1948 in Israel. It filled her with pride that she was born the same year that Israel was declared a state. At the age of four, she moved with her parents to America. It was a scary and difficult adjustment to move away from everyone in her life and everything that she knew culturally, not to mention learning a new language. She adjusted to life in America and thrived, regardless of what curveballs were thrown at her, just as she did for the rest of her life.

Growing up in Silver Spring, MD she began to build an eclectic foundation of skills. She learned to sew, draw, type, helped her father build things, mastered various crafts, became an excellent cook and an eloquent writer, and sang and played the guitar beautifully. Though she told me she always felt like a stranger in a strange land, having moved to another country as a small child. In 1971, she and Daniel had a beautiful son, Benjamin Porecki. That's me. She often said I was her greatest joy in life and her greatest creation (and she created a LOT.)

In 2011, she was diagnosed with Merkel Cell Carcinoma. She beat it. Then in 2015 she was diagnosed with Neuroendocrine Pancreatic Cancer. She continued on this way for a few years, not complaining, simply trying to enjoy the moments of life she could while she quietly cared for herself when that was all she could do. Relatively recently, Merkel Cell reared its ugly head again. She accepted the news with grace, dignity, and class. In the end, she was at peace, relaxed, unafraid, pain-free.

My Mom, your friend Gavriela, was a force of nature. She was love, humor, strength, compassion, talent, creativity, ferocity, and generosity. She touched everyone that came into her orbit, and she will forever be loved and never forgotten.

In the words of her fellow group members:

"Gavriela, I loved looking at her big red glasses with her big smile. Her art was amazing. She is missed already."

"When I think of Gavriela, the word that comes to mind is "classy." From the moment I met her until the day she left us."

"Gavriela, a lady who looked chic like a model. Her name had flair. Very classy, very smart. I loved her red readers. She is dearly missed."



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, 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*

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. *Anjie Cureton*

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 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.

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: 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
Masks required - Proof of vaccine required for all attendees.
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 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

