

CANCER SUPPORT NOW Newsletter



Winter 2017
Issue 7.1

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This is the winter edition of the CSN Newsletter. We have expanded listings of all the numerous support groups for survivors and caregivers online.

This year we will try four issues, in February, May, August, and November

E-mail works best, send items to me at geraldcross@comcast.net
Thanks,
Jerry Cross
505-228-6768

Cancer Support Now's FREE Conference March 18, 2017

Plan on Attending Cancer Support Now's Sixth Annual Conference

Living With & Beyond Cancer

on **Saturday, March 18, 2017; 8:30am to 4:30pm**

at Central United Methodist Church,
201 University Blvd. NE, Albuquerque, NM,
Just north of Central/University

The day will begin with a healthy continental breakfast and an opening presentation by Gail Rubin, cancer survivor and author of ***A Good Goodbye: Funeral Planning for Those who Don't Plan to Die.***

The day will proceed with your choice of 2 of 6 breakout sessions. including (as of press time, website will have any updates). Some breakouts are both am and pm, some am only, and some pm only.

New Mexico Medical Cannabis Program: Medical and Legal Perspectives

Impro Medicine Show

Hospice 101

Native American Perspectives on Cancer Care: Sacredness in Healing

Vial of Life, Get your documents in Order

Lymphedema, What it is and how to deal with it

The luncheon keynote speaker, **Jose Maresma, Director of Programming at The Mindful Center, and a Wellness consultant at Presbyterian Health Services,** will present on ***Mind-Body Health.***

The event is **FREE**, the meals are **FREE**, but **registration is required** by Wednesday, March 2. **More info on the speakers is on page 3 inside.**

As of January 9, please go to our website, www.cancersupportnow.org to register online, or to print and mail in the registration form. There is also an option for non-computer types, call and give your info, and breakout section choices to one of our planners, Mark, at 505-270-2462 . Be sure to leave a clear message if you miss him so he can promptly return your call. You will choose the two breakout sessions you wish to attend.



Cancer Survivors Offering Support

Cancer Support Now Officers

President - Sandy Ginsburg
Vice President - Jerry Cross
Secretary - Anjanette Cureton
Treasurer - Kathi Ledford

CSN Board Members

Carmelita Agodon
Gavriela de Boer
Sarah Contreras
Thelma Giomi
Cyndi Heller
Al Hiat
Mike Linver
Mary Mann
Mark Rupert

Volunteers and Staff

Patricia Torn Training&Workshops
Eleanor Schick Helpline/Navigator
Sarah Contreras Navigator,
also in Spanish
Runtang Wang Webmaster
Jerry Cross Newsletter Editor

Cancer Support Now, Inc

PO Box 37338,

Albuquerque NM, 87176

Email: info@cancersupportnow.org

Facebook: <https://www.facebook.com/cancersupportnow>

For support and information call our

Helpline at

505-255-0405 or 855-955-3500.

All CSN support services are free.

CSN Affirmation

Cancer Survivors Offering Support

We offer our presence, a presence that listens without judgment, a presence that is comfortable with silence, tears and laughter, a presence that offers encouragement. Support is just that -- being there, listening attentively, accepting moments of silence, tears and laughter, encouraging without judgment. What is the gift we have to offer a support person? We have a personal experience of cancer -- we understand and we are not afraid to be there to listen.

We live in a community where no one has to go through cancer alone, whether as survivor or caregiver, whatever their needs may be.

Mission statement: We are a community of survivors reaching out, supporting, educating, and assisting survivors, their loved ones, and caregivers.

In Memoriam

We lost the following Cancer Support Now friends since the last newsletter.

Kathy Dawn Daily

Natalie Kreutzer

Alysia (Nikki) Romero

Brad Saltman

Eric Walters

We are sorry to have lost them as our friends, but we are grateful to have had them as part of our lives.

The CSN webpage, www.cancersupportnow.org has many pages of resources, other websites, articles, and documents of help for anyone. It also has page links in Spanish and Chinese.

Please like our Facebook page at

<https://www.facebook.com/cancersupportnow>
You do not have to be a Facebook member to see our postings, just click on the link.

Cancer Survivors Offering Support

Cancer Support Now's FREE Sixth Annual Conference

Living With & Beyond Cancer

Saturday, March 18, 2017; 8:30am to 4:30pm

at the Central United Methodist Church,

201 University Blvd. NE, Albuquerque, NM, Just north of Central/University

Morning Keynote: Gail Rubin, Author of *A Good Goodbye, Funeral Planning for those who don't plan to Die*



Lunch Keynote: Jose Maresma, Director of Programming at The Mindful Center, and a Wellness consultant at Presbyterian Health Services will talk on *Mind Body Health*

Breakout sessions

New Mexico Medical Cannabis Program: Medical and Legal Perspectives

Patricia Monaghan, JD, and Briana Perez and Rachael Speegle from AM and PM

Verdes Foundation

Improv Medicine Show	Jason Pfeifer and others from Taos support group	AM and PM
Hospice 101	Paula Larez	AM only
Sacredness in Healing	Karen Waconda-Lewis	AM only
Vial of Life, Get your documents in Order	Tanya Lattin	PM only
Lymphedema, What it is and how to deal with it	Deborah Torres, Active Life	PM only

We are working to be able to offer free Chair Massages for attendees to sign up for.

If anyone is coming from out of town for the Conference, we have a group rate at a nice hotel before and after. They can honor a rate equal to the federal government per diem. Here is the information for making reservations. Group name: Cancer Support Now Dates: March 17-19, 2017 Rate: \$91.00 standard room, single/double occupancy Group code: CSN Guarantee: credit card on file Cancellation: 24 hours Hotel information: Hilton Garden Inn Albuquerque Uptown 6510 Americas Parkway NE Albuquerque, NM 87110 Main phone: (505) 944-0300 website: www.albuquerqueuptown.hgi.com

To make reservations: - Call 1-800-HILTONS and give them name of hotel and group code CSN. OR- Go to hotel website, www.albuquerqueuptown.hgi.com, type in reservation dates, then click on More Options, then Add Special Rate Codes, then type in CSN into group code box.

Cancer Survivors Offering Support

HELP ME REMEMBER WHO I AM

I tell you this
 In my final days do not worry so about my body, the pain,
 the suffering
 I beg you
 I implore you
 Help me remember who I am
 Take me deep into the landscape within
 Open the windows of my soul with your eyes that love may
 pour forth
 Stir the pool of my voice that only sacred mantras fill the
 air
 Caress the air that my ears only hear the angels calling me
 near
 Carry my heart with your heart into the vast expanse of
 eternity
 I swear to you that in this way we will never be apart
 I will dance on your lips
 Vibrate the wheels of life within you and
 Draw you constantly into devotion
 And so it will be
 Blood of my blood
 Womb of my womb
 That we will glide the star streams together
 And rest in the palm of God

Poem by Christine Sherwood
 From her published collection

"Help Me Remember Who I Am, Poetry of Healing."

Pub. 2011

Another poem of hers,
 "I was always in such a hurry"
 will be posted on our website.

We recently received a generous donation from Aristech Surfaces.

In support of Breast Cancer Awareness month, they held a "Pink Day" in October. Employees were encouraged to wear pink or purchase a pink ribbon to wear during the day. Proceeds from ribbons along with a company match were collected for Cancer Support Now. We received a check from them for the services, assistance, and support we provide to the community.

We thank them very much.

**Aristech Surfaces LLC 1945 Highway 304
 Belen NM 87002 864-3800**



Cancer Survivors Offering Support

The 2016 Coleman Vision Tennis Championship, held September 18-25, benefited Cancer Support Now, through the NM Youth Tennis Foundation.



They made a contribution of \$500.00 to Cancer Support Now.

Thanks to Sue Jollensten, CVTC Tournament Director.

Thanks to Kimberly Kraft and Wendy Thomas for their assistance in getting this donation.

Their website is at <http://www.colemanvision.com/tennis-tournament>



What is the Rally in the Alley?

Since 2008, Wendy Thomas and her colleagues in the New Mexico tennis community have been hosting the Rally for the Cure fundraiser. In 2014, we decided to create a new name for the same, fun event!

Why did you change the name to Rally in the Alley?

Although we enjoyed our six-year partnership with Susan G. Komen's Rally for the Cure, we felt it was time to move away from the national group and focus on keeping our efforts local. This year, all proceeds will be split 50/50 between Cancer Support Now and the New Mexico Youth Tennis Foundation.

Can you tell us more about Cancer Support Now & the New Mexico Youth Tennis Foundation?

Cancer Support Now (CSN) is an Albuquerque-based non-profit organization that helps patients affected by all types of cancer by offering one-on-one and group peer support. They offer their presence, a presence that listens without judgement, a presence that is comfortable with silence, tears and laughter, a presence that offers encouragement. They exist to ensure no one has to go through cancer alone. We encourage you to visit their website for more information! If you would like to donate directly to CSN, [click here](#) to make a tax-deductible donation through its secure donation site!

The New Mexico Youth Tennis Foundation (NMYTF) is a 501(c)(3) tax-exempt corporation that exists to enhance the lives of New Mexico's youth through tennis and education. NMYTF supports after-school middle school tennis programs throughout the state, in addition to offering junior and adult education scholarships and education grants. We encourage you to visit its website for more information!

The Rally was held September 23, 2016.

<http://rallyinthealley.weebly.com/about.html>

Cancer Survivors Offering Support

The Birth of CSN's Hope and Healing Honors

By Mary Mann

Beautiful September day. Boy Scouts stationed at each entrance of the Indian Pueblo Cultural Center directing our guests to the registration table manned by Keith and Martha Powell. Indian dances start at 11. Silent auction up and running. Engraved glass awards unpacked and ready to be distributed. Tables assigned and luncheon buffet set up and waiting for food. It was the start of a soon to be very successful event. By the end of it all we, the committee, were all smiling ear to ear. Job well done by the committee and by all who volunteered their time and expertise to make this Hope & Healing Honors (H&HH) event a success.

H&HH was the brainchild of Sandy Ginsburg, CSN president. She expressed her idea to the CSN board about 18 months before we started. In March 2016, our committee: Sandy Ginsburg, Patricia Torn, Sarah Contreras, Carmelita Agodon and myself, Mary Mann began our weekly meetings at Sandy's house. As we started our plan of who, what, where and when, we all realized that none of us had any experience in running a silent auction. I do believe God sent us an auction angel in the form of Cyndi Heller. We were so happy to see her join our committee, take charge of the auction and become a valuable part of our H&HH team. The purpose of our event was twofold. First, it would be a recognition of individuals who had been important to a cancer patient's journey. Second, we needed to add funding for our ongoing community services. We started with finding a location, coming up with a name and designing a submission form.

We settled on the Indian Pueblo Cultural Center after meeting with Amy Liotta who gave us a tour, explained how our needs could be met and gave us an estimate. We all agreed the facility was lovely and including the Indian dances was an attractive feature. We decided on a September date and booked.

We developed the submission form that we would use for cancer survivors to identify and explain in a 300-word essay why they felt that their nominee should be recognized. Leonard Baca from Albuquerque Business Printing donated printing for our event. Next was to recruit a committee of notable people to select the nominee essays to be read at the luncheon, one from each category: doctor, nurse, other medical, volunteer and business. We each solicited judges, established time frames and a place for the judges to meet.

We had established at one of our meetings that each nominee deserved to be recognized. We made a personally engraved glass award for each of our nominees, all 50. We developed a plan for sponsors and to sell tables. We agreed all nominees and a guest for each would be our guests. We were being generous. We needed to be. But then, if we were going to pay for all our needs of this event, we needed financial support. For a short time, we were worried. Then sponsorships from the ABQ cancer community started flowing in: X-ray Associates of NM, University of New Mexico Comprehensive Cancer Center, ACONS, GCAP, New Mexico Cancer Center, Southwest Gastroenterology Associates and individuals including Sandy Gold, Mitchell Binder, MD, Melanie Royce MD, Mark Rupert, Al and Alice Hiat, Sandy Ginsburg and Patricia Torn. We not only appreciated the help, but also appreciated the support from these fine institutions and individuals.

Roger Blake, photographer, volunteered his time and expertise to photograph each of the nominees. Shelly Ribando, KOAT News Anchor, agreed to be our emcee. Mauro Walden-Montoya agreed to make opening introductions. The Tower Trio joined our notable list and agreed to provide entertainment. We were sailing high. Back in the silent auction department, Cyndi selected and procured the Square for digital sales, catalogued all incoming auction items and developed a volunteer staff to work the silent auction. Excellent!

Organized! Enrique Mendosa and Paul Moore serenaded those perusing the auction items with guitar music. Lovely. Of course, how could we survive without Boy Scout Troop 134? They were there to help throughout our H&HH. They were an important part of our volunteer brigade. We couldn't do it without them.

Our committee agreed that we needed to recognize the generous contribution of Alice and Al Hiat to the cancer community. The award would be given to the Hiats this year, and in the future, it would be an award established in their names. We also decided that Patricia Torn had selflessly given of her time and her endless knowledge to CSN and to the cancer community. We were thrilled to present Patricia Torn with a special honor.

Our lunch was excellent and we celebrated with cake. What began as an idea took form with the guidance of an amazing committee. Long hours. Discussion. Work. Creativity. An idea became a tangible. It became just what was hoped for, a vehicle for cancer patients to recognize those who had helped them, a successful silent auction and a happy, enjoyable event. I am proud to have been a member of this amazing committee.

Cancer Survivors Offering Support

Some facts from the Hope and Healing Honors Event

170 people in attendance for Silent Auction, Native American Dancers, Music and Sing-a-long by the Tower Trio, Auction music by Enrique Mendoza and Paul Moore, Luncheon with Shelly Ribando as Emcee for awards, Mauro Walden-Montoya as announcer

147 Auction items

48 Honorees in Five Categories: Physician, Nurse, Other healthcare provider, Business, and Individual/Volunteer

George Abernathy	Allen Adolphe, MD	Corazon Alberto Agadon, MD
Michael Alexander	Maggie Arnold	Leonard J. Baca
Karen Baldini	Mitchell Binder, MD	Roger Blake
Michele Brandwein	Marciea Brazeal	Nancy Canto, MD
Caroline Casey	John Coffman, CPA	Sarah Contreras
Jerry Cross	Anjie Cureton, PsyD	NMCC Radiation Oncology Dept
Jeff & Evy Diamond	Lily Fiorentino	Dawn Fisher
Arlene C Gabriel, RN	Abigail Gilbert-Salvi, CNP	Christopher Gonzaga, MD
Ramesh Gopal, MD	Christine Gudelj, RN	Clark E Haskins, MD
Al Hiat	Lauren Hidalgo	Michael Johnson, MD
Pam Krug	James A. LaCour	Michael Linver, MD
Janet Longhurst, RN	Katrina Lockett	David L. Mann Jr
Leanne McDuffie	Lance Meyer	Janine Mitchell
Inez Montenegro	Catherine Offutt	Kim Relter, MD
Paul Sanchez-Hindi	Karen Sargent	Eleanor Schick
Raney Weiler	Linda Wolcott	Maurine Wright

And Patricia Torn was given a surprise award for all she has done.

Alice and Al Hiat were given a beautiful bear statue for their thirty-five years of dedication to the cancer survivorship movement, and for their unwavering commitment to Cancer Support Now.



Cancer Survivors Offering Support

Cancer Support Now's PEER-FACILITATED SUPPORT GROUPS

For contact information and details on support group, please call the Helpline Telephone: 505-255-0405, toll free 855-955-3500, or check the Website

New groups which have transitioned over from People Living Through Cancer (PLTC) as of July 1, 2016 are marked with an asterisk.

Advanced Diagnosis Group *

All types of cancer, survivors only
1st and 3rd Tuesday, 1:00-2:30 PM
Carlisle & Comanche

Blood Cancer Group *

For survivors dealing with a blood or lymphatic cancer
2nd and 4th Tuesday, 1:00-2:30 PM
Montano, West of Fourth St.

Breast Cancer Group *

Survivors only
Every Wednesday 6:00-7:30 PM
Carlisle & Comanche

Community Cancer Navigation (view [flyer](#))

Community cancer navigators are here to work hand in hand to meet the non-medical needs of people experiencing cancer in any way, as survivor, caregiver, friend, etc.

English speaking:

Eleanor Schick:
(505)255-0405

En Espanol:

Sarah Contreras:
(505) 890-1205

Coloring & Creativity *

All cancers, survivors and caregivers
Temporarily inactive

Friends and Family Writing Together

Journaling Support Group for Grief or Anticipatory Grief
For caregivers/loved ones of someone with any type of cancer
Every Thursday, 4:00 PM to 5:30 PM
UNM Cancer Center

Pueblo of Isleta Community Cancer Support

All are welcome!
2nd Tuesday of the month, 10:30-Noon
Isleta Health Clinic

LGBT Group * (See [Flyer](#))

CSN now hosts the ONLY LGBT Cancer Survivor/Caregiver group in NM
All diagnoses, cancer survivors
1st Tuesday of month, 6:30-8:30 PM
NM Cancer Center (Jefferson & Lang)

North Valley Women's Support Group

All cancers, survivors and caregivers
Every other Thursday night, 6:30 PM to 8:30 PM
Montano, West of Fourth St.

One-on-One Cancer Caregiver Session

One time, 90-minute Session: Resources & Support for Cancer Caregivers
Scheduled individually to accommodate the needs of the caregiver
Call Patricia at 505-307-3414

One on One Peer Cancer Support

Survivors or caregivers
Call our Helpline at 505-255-0405 or Toll Free at 855-955-3500
Seven days a week, 9:00 AM to 9:00 PM

One-on-one Peer matching

Available through Helpline at 505-255-0405 or Toll Free at 855-955-3500
Matching with a phone buddy who has dealt with a similar diagnosis and/or challenges.

Ovarian Open Arms

Third Saturday of the month, 10:30 AM
Covenant Presbyterian Church
NE Heights

Relaxation Support Classes

Open to cancer survivors and/or their loved ones
Call Jean Stouffer, certified hypnotherapist, 296-8423
10:30-12:00 noon last Friday of the month
Carlisle Blvd NE

Cancer Survivors Offering Support

Cancer Support Now groups, continued

Sandia Breast Cancer Group

1st and 3rd Tuesday of the month,
12:00 Noon to 1:00 PM
Sandia Base: Sandia Employees Only

Santa Fe Women's Support Group, "Surviving Sisters" *

A group for all diagnoses
2nd and 4th Tuesday, 4:00-5:30 PM
Santa Fe

Survivors Writing Together (view [flyer](#))

Journaling Support Group
All diagnoses
Every Monday, 2:30-4:00 PM
UNM Cancer Center

Taos Support Groups *

Survivors (all cancers) Tuesdays, 5:00-6:30 PM
Caregivers (all cancers) Mondays, 5:00-6:30 PM
Sipapu St, Taos

UNM/CSN Education and Support Group

A group for patients, survivors of all types
of cancer, and their loved ones.
1st and 3rd Monday, 5:30-7:00 PM
Central United Methodist Church
University Blvd

Valencia County Groups

These are newly affiliated groups with CSN. Lisa Parson's groups provide Christian based cancer support.

Women's Group (survivors) "Ashes to Beauty"

Second Saturday of the month, 10:00AM-1:00PM
Milton Loop, Los Lunas

Open Group (men & women, survivors & caregivers) Every other Wednesday, 10:00AM-Noon (coffee available) Bosque Farms Facilitator: Lisa Parson (lpanson21@gmail.com) Call the CSN Helpline for more information: (505) 255-0405; toll free: (855) 955-3500

U27 (Under 27 years old)*

Survivors, all diagnoses, male and female
3rd Wednesday 5:30-7:00 PM
Location TBA

Prostate Cancer Support Association of New Mexico

It is an affiliated support group with CSN. Support group meetings are held 1st and 3rd Saturdays of the month, 12:30-2:45 PM; meetings at Bear Canyon Senior Center. Office is at 2533 Virginia St, NE Suite C Albuquerque, NM 87110
Call: (505) 254-7784
Web: www.pcsanm.org
Email: pchelp@pcsanm.org

**This is the Current Location for the
Cancer Support Now Library-open Mon
and Thurs 10-2, and by appointment**

The Gynecological Cancer Awareness Project

Our newest affiliated support group, G-CAP, has a mission to empower women who are fighting gynecological and breast cancer by providing education and support -- helping them to live a healthy and inspired life.

Amy Gundelach RN, BSN, OCN

Founder/ Program and Development Director

The Gynecological Cancer Awareness Project

7007 Wyoming St NE Suite D3
Albuquerque, NM 87109

office 505-610-9300 cell 505-585-8821

amy@thegcap.org

www.theGCAP.org

G-CAP sponsors the Can Do Project, have their own Library, and Offer Massage Services at their office.

Cancer Survivors Offering Support

**Pictures from the Hope and Healing Honors Event on September 24
From Roger Blake, Jerry Cross, and Facebook posters
All of the Honorees' Portraits will be posted on the Website**



**The Hope and Healing Honors Event
Planning Committee
was Sandy Ginsburg,
Patricia Torn, Sarah
Contreras, Carmelita
Agodon, Cyndi Heller,
and Mary Mann**



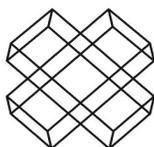
Many thanks to our Gold Sponsors for the Hope and Healing Honors on September 24

In Loving Memory of My Mother

GRETA LEVITAN GOLD

September 18, 1919 - July 10, 1985

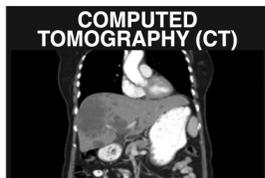
Sandy Gold



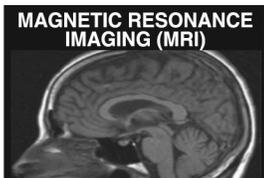
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COMPUTED TOMOGRAPHY (CT)



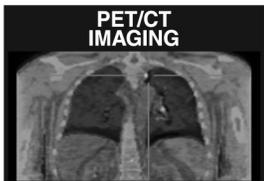
MAGNETIC RESONANCE IMAGING (MRI)



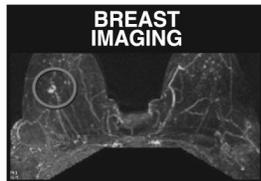
INTERVENTIONAL RADIOLOGY



GENERAL RADIOLOGY (X-RAY)



PET/CT IMAGING



BREAST IMAGING



ULTRASOUND & VASCULAR ULTRASOUND



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- Keith G. Winterkorn, M.D.
- Kathryn Miller, M.D.
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- Jamie G. Giesbrandt, M.D.
- Shelby J. Bennett, M.D.

Cancer Survivors Offering Support

Meet the Editor: Jerry Cross's Story By Mary Mann

When I think of Jerry Cross, I think of a gentle giant, a big teddy bear. Blue eyes and white beard. He is an intense man who has graced our community with caring, hard work. He seems to be a practical, no nonsense, get the job done kind of person. I have known him for several years. I respect him. He works hard for his community.

Jerry was born Gustav Alexander Lindenberg in a foundling hospital in Wiesbaden, Germany. His mom was German, his dad Austrian. When he was one, his mother died, and he went to an orphanage. He was adopted by an American Air Force Captain and his wife. His adopted family included a older brother and grew to include two younger adopted German girls.

He moved to the United States when he was five years old. He spent his childhood in Illinois, just across the river from St. Louis.

His college years were spent at Millikin University in Illinois. His intent was medicine. He found along the way that he loved working with children, and worked at a school for handicapped adults. Later he received his teaching certificate at Illinois State University and resumed his career working with handicapped children.

An incident that shaped him happened in a store. A child was having a seizure and since Jerry had experience working with children he volunteered his assistance. His help was appreciated. He found the experience to be satisfying and went on for his master's degree specializing in work with handicapped children. Jerry has always enjoyed his work and continued his work in teaching special education for 35 years, 29 in Albuquerque.

He married in 1975. Jan is also a special ed teacher. They met at a conference, married 10 months later, and he had to take a graduate level class from her a month after they got married. She is a lovely person and a pleasure to know. Their daughter, Andrea, was born in 1978. She is also a special ed teacher, married to a teacher, whose parents were teachers also. I wonder if his two granddaughters will also become teachers.

Jerry and Jan moved to Albuquerque in 1980 and continued their work in the school system. Life was good. Time passed. Retired in 2009, travel, volunteer jobs, and other pursuits in life kept them busy.

Jerry was 61 when cancer struck. His PSA was elevated and a biopsy revealed stage 3 very aggressive prostate cancer. He began his journey through treatment; had surgery, and since it had already spread out of the prostate, had to do two months of radiation. Being the constant learner he is, he wanted to know all he could about prostate cancer. He learned about the [Prostate Cancer Support Association of New Mexico](#). He quickly became involved. PCSANM has an office and a library at 2533 Virginia St NE. Now, he is on their board. He creates their newsletter, keeps their web site and their Facebook pages up to date and helps with the various projects. Why, Jerry? Why do you do all the things you do? He says he likes to keep busy. He likes finding answers. He likes to do research.

I had an opportunity to go on a field trip with PCSANM. I enjoyed the male ambience. I could see that this was a successful support organization for men. Of course, Jerry was there helping his fellow members.

His life brought him to our organization, Cancer Support Now. His active contributions earned him a position on the CSN Board. We have worked together on the committee for our spring conference for several years. We usually met at his comfortable home in NE Albuquerque. He is now vice-president. He singlehandedly creates and publishes our quarterly newsletter. He is a star.

I asked him how he saw his role in CSN. His answers were thoughtful. He would like to see our support groups maintained. He would like to see our conference attendees reach 200. He would like to see increased participation in CSN. I'm sure we will get there.

Jerry has lots of fun. He and Jan recently spent time in Ireland. He travels regularly. He has the distinction of being the longest surviving member of [The Albuquerque Rocket Society](#), an organization dedicated to the pursuit of Model and High Power Rocketry.

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



Cancer Survivors Offering Support

GATHERING FOR CRANE FOLDING AND COMFORT By Thelma Giomi, Ph.D.

Out of my sister, Debra's, hands and heart the Origami Crane Cards were created. She designed them to offer a tangible gift of Peace and Hope to all cancer survivors from newly diagnosed to long-term or terminal and to their family and friends, as well as to introduce the peer-led support groups and service of Cancer Support Now to recipients of the cards. Debra was a sculptor and award-winning jewelry artist, besides creating the audiology rehabilitation program for hearing challenged children at APS. Out of my sister, Debra's, hands and heart the Origami Crane Cards were created. Debra herself survived breast cancer for five years.

This year the Hope and Healing Awards and some health fairs, as well as our ongoing outreach required about 700 cards in a very condensed time frame. While it seemed overwhelming it was in fact a wonderful experience where many different individuals and groups contributed to folding the cranes and inserting them into the cards.

The thank yous are many beginning with Ms. Jodi Romero and her 6th grade classes at John Adams Middle school. They folded over a hundred cranes and put them into cards. This project was well received by both the students and their families. A very big thank you to Ms. Romero and her classes. So many others helped. Laura Katz Fincher, Carmelita Aragon both folded 100's. Others folding were Linda Carsten, Theresa Barton, Sue Bachechi, and Sylvia Giomi.

I hosted a crane folding party where we taught those who did not know how to fold and saw people's faces light up with delight as their Origami cranes came together. Attending that party/folding were: Joan-Marie Moss, Colleen McNamara, Sarah Geiger, Anjie Cureton, Sandy Ginsburg, Eleanor Schick, Mary Anne Heaphy, Ann Rose, Kuan Tik-kun, Sandy Goldenberg, and Kathrine Essex.

To each of you who gave your time and your talent and infused the cranes and cards with your message of hope and peace, I send my personal gratitude and that of Cancer Support Now.

Each person's gift means more than they imagine to someone who receives it.



Pictures of
some of the
worker
bees
making
cranes



knitted knockers
soft, comfortable, knit prosthetics
for breast cancer survivors



Dear Abby recently had a column about Knitted Knockers Support Foundation. Knitted Knockers are special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. Knitted Knockers are soft, comfortable, beautiful and when placed in a regular bra they take the shape and **feel** of a real breast. Our special volunteer knitters provide these **FREE** to those requesting them. Knitted Knockers can be adjusted to fill the gap for breasts that are uneven and easily adapted for those going through reconstruction by simply removing some of the stuffing. More info can be found at

<http://www.knittedknockers.org/>
1780 Iowa St. Bellingham, WA 98229

Contact info: Knitted Knockers
barbara@nullknittedknockers.org

Cancer Survivors Offering Support

The Good News About Cancer

14.5 million

▶ 2014

The number of people in the U.S. who beat cancer in 2014.

19 million

▶ 2024

The number of survivors expected by 2024.

How Are We Winning the Fight?

Childhood Cancer Treatments Are Working

83%

▶ 2005-2011

83% of kids with cancer beat the disease for at least 5 years between 2005 and 2011.

58%

▶ 1980

Three decades earlier, that number was 58%.



America is Kicking the Habit

16.8%

▶ 2016



21%

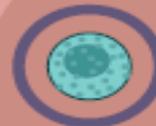
▶

There are fewer smokers than ever before: 16.8 % of U.S. adults smoke now vs. 21% in 2005.

Science is Stepping In



New treatments
Can stop cancer before it
starts.



Targeted therapy drugs will kill
only cancer cells, not healthy ones.

WebMD Infographic SOURCES:
American Cancer Society: "Cancer Facts and
Figures 2016." National Cancer Institute: "Cancer
Statistics."
Time: "U.S. Smoking Rate Hits Historic Low."
CDC: "Current Cigarette Smoking Among Adults in the United States."

Please don't forget Cancer Support Now in your end of the year giving, or IRA Distribution. We depend greatly on donations to help us in our mission. We are a 501(C) 3 tax-exempt non-profit organization.

Cancer Survivors Offering Support

News You Can Use Section



Do you shop at Amazon? Did you know just by shopping there you can help Cancer Support Now? Cancer Support Now is one of the many charities you can designate on the site.

Learn more about it by going to:

<https://smile.amazon.com/>

AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile

(www.smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers.

You can read all about AmazonSmile here:

<https://org.amazon.com/agreement?p=progDetails>

Help wanted; We are looking for a few good people to join us on the Board of Directors, or as a general volunteer helper.

Help needed in managing our programs and groups, planning conference and activities, public relations, managing our FaceBook page, collecting items for website or newsletter, distributing our materials at doctor offices and clinics, manning a table at health events, and so much more.

Please let us know by contacting the Editor or the Helpline.

Where is PLTC? I have heard many folks and organizations ask “Where is PLTC”. People Living Through Cancer (PLTC) closed its doors in May 2016 after 33 years of service to the cancer community of New Mexico. Cancer Support Now assumed responsibility for many of PLTC’s support group and services, and added to what we already had. Because Cancer Support Now shared many of PLTC’s goals, it was a logical, although labor-intensive, transition. We also have their Library up and functioning at the Prostate Cancer Support Association of New Mexico office. I hope this answers your questions and you will call or email Cancer Support Now with any concerns or questions regarding a past business or personal relationship with PLTC.

ACS Housing Assistance

The American Cancer Society has 2 programs to assist cancer patients and their families in finding housing while they undergo treatment far from home.

Please share this info with anyone you know who needs assistance. The American Cancer Society has places where cancer patients and their caregivers can find help and hope when home is far away - an American Cancer Society Hope Lodge.

Each Hope Lodge offers cancer patients 18 and older and their caregivers a free place to stay when their best hope for effective treatment may be in another city.

Currently, there are 31 Hope Lodge locations throughout the United States. Accommodations and eligibility requirements may vary by location.

Please call the American Cancer Society at 1-800-227-2345 for more information

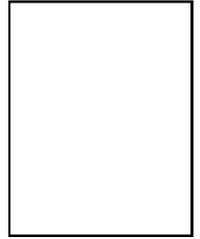
Hotel Lodging Program--Must book thru the ACS phone number below

The American Cancer Society, in a cooperative effort with hotels across the country, provides overnight accommodations to cancer patients who must travel for outpatient treatment and need assistance with lodging. The program is open to cancer patients of all ages, including pediatric patients accompanied by a parent, and patients traveling with children.

All accommodations are provided based on eligibility requirements and are subject to availability and to restrictions imposed by the participating hotels.

Requests for lodging are met on a first-come, first-served basis. For more information or to request hotel lodging, please contact the American Cancer Society at 1-800-227-2345.

**February 2017 Newsletter
Cancer Support Now, Inc
PO Box 37338
Albuquerque, New Mexico
87176**



PLTC Library transferred to Cancer Support Now

The online catalogue of almost 1,000 books can be seen here:

<https://www.librarything.com/catalog/CancerSupportNow>

In April 2016, it was temporarily moved to the office of the Prostate Cancer Support Association of New Mexico, 2533 Virginia St NE, Suite C, 87110.

Map is at <http://goo.gl/maps/EUg9S>

For now, the CSN library is open during PCSANM office hours of 10 to 2 on Mondays and Thursdays, and by appointment. We hope to get some volunteers to get the library staffed the other week days. If you have books checked out from the library, please return them to this new location. There is a mail slot, so most smaller books could be returned when the office is closed.

We really could use some help with the Library organization and manning the office.

Please contact the Editor if you can help, contact info is on page 1.