



CANCER SUPPORT NOW

Cancer Survivors Offering Support

SUMMER 2017 NEWSLETTER

Contents

Angel Flight.....cover
Board.....2
Mission.....2
Memorials.....2
Support Groups & Services.....3 & 4
“It’s All Taken Care Of” by Gail Rubin.....4
Free Lending Library.....back cover
Reporting Symptoms Quickly.....7

Check out page four for a great article by this year’s **Cancer Support Now** conference keynote speaker, Gail Rubin. It is all about making sure your ducks are in a row for the inevitable no one wants to talk about, but is an integral part of life.

See a list of the free support groups **Cancer Support Now** has available to New Mexican survivors and caregivers. We offer group and one-on-one peer counseling and have a seven-day-a-week helpline.

Angel Flight

by Patti Farley, Outreach Coordinator

Angel Flight is a nationwide network of private pilots who own their own aircraft.

There are several Angel Flight organizations across the country. There is Angel Flight West in California and Angel Flight South Central in Texas just to name a few. New Mexico is uniquely situated between both organizations so our pilots fly for both.

If someone contacts either Angel Flight organization regarding needing transportation from somewhere in New Mexico, an email is sent out to all pilots telling them the specifics of the transportation needed. If the pilot can and wants to accept the mission they reach out to the passenger and arrange a meeting time and place. Most of our flights are originated from outlying areas of New Mexico into Albuquerque.

When you think about the nature of our state, you realize that getting from some of the outlying areas to Albuquerque can be a difficult task. Most of the major medical treatment facilities are in Albuquerque including the Veterans Hospital. And many times, more than one visit and overnight stays are required. If a person is elderly, doesn’t have any family, doesn’t own reliable transportation or is just too sick to travel for hours, it can be devastating. Angel Flight believes that “Getting There is Half the Cure.” Our small airplanes do their best work in a 400-mile radius. We can fly people from Albuquerque to The Mayo Clinic in Scottsdale or to Colorado Springs. Beyond that, for example to MD Anderson, it would require a two-leg flight so coordination would be needed between two pilots to accomplish the mission.



Our flights are free of charge to the passenger. The pilots pay for the fuel and of course their time and upkeep and storage of the airplane. So, what is in it for them?

Continued on page 6

Cancer Support Now Officers

Sandy Ginsburg, President

Jerry Cross, Vice President

Anjanette Cureton, PsyD, Secretary

Kathi Ledford, Treasurer

CSN Board Members

Carmelita Agodon, MD

Sarah Contreras

Cyndi Heller

Al Hiat, PhD

Michael Linver, MD

Mark Rupert

Advisory Board, Volunteers & Staff

Alice Hiat, PhD

Emeritus

Tricia Monaghan, MBA, JD

Legal

Eleanor Schick

Helpline

Patricia Tom

Training

Cancer Support Now

P.O. Box 37338
Albuquerque, NM 87176

www.cancersupportnow.org
info@cancersupportnow.org

For support and information
call our Helpline at
505.255.0405 or
toll free at 1.855.955.3500

**All Cancer Support Now
services are free.**

Disclaimers: Cancer Support Now offers education, information and support but not medical advice. Please contact your physician for all your medical concerns. No copyrighted material belonging to others is knowingly used in this publication without express permission. If any is inadvertently used without permission, please contact our editor. Articles are selected from a variety of sources to give us a wide range of content. Cancer Support Now does not endorse or approve, and assumes no responsibility for, the content, accuracy, or completeness of the information presented.

Cancer Support Now Peer Support Affirmation

I offer my 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 I have to offer as a support person? I have a personal experience of cancer — I understand and I am not afraid to be there to listen.

Our Mission

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

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

In Memoriam

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

**Elizabeth Canfield
Laura Marie Nelson
Wynona Holton
Mollie Poafpybitty**

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

This is the summer edition of our **Cancer Support Now Newsletter**. Please visit our website at **CancerSupportNow.org** for expanded listings, access to past newsletters, events and miscellaneous health-related topics and happenings. Spanish and Chinese page links are available. You can join us and get on our free mailing list via our website.

The **Cancer Support Now Newsletter** is published quarterly in February, May, August and November. If you have stories, articles and/or pictures of interest or comments newsworthy for survivors and caregivers please email cyndi.csn@gmail.com or call 505.440.0044. Submission deadlines are January 1, April 1, July 1 and October 1.

Visit us on **Facebook** at:

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

You do not need to be a Facebook member to see our postings, just click the above link. Please 'like' our Facebook page!

Cancer Support Now Peer Support Groups and Services

For further information, please call our Helpline at 505.255.0405 or Toll Free at 1.855.955.3500.

Advanced Diagnosis Group

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

Blood Cancer Group

Survivors dealing with blood or lymphatic cancer
2nd Tuesday, 1:00-2:30 PM
Carlisle and Comanche

Breast Cancer Group

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

Community Cancer Navigation (view flyer)

Community cancer navigators work hand in hand to meet non-medical needs of people experiencing cancer in any way, as survivor, caregiver or friend
English speaking: Eleanor Schick 505.255.0405
En Español: Sarah Contreras 505.890.1205

Friends & Family Writing Together (view flyer)

Journaling Support Group for Grief /Anticipatory Grief
Caregivers/loved ones of someone with any cancer
Every Thursday, 4:00-5:30 PM, UNM Cancer Center

North Valley Women's Support Group

All cancers, survivors and caregivers
Every other Thursday night, 6:30-8:30 PM
Montano, West of Fourth Street

One-on-One Cancer Caregiver Session

One time, 90-minute Session
Resources and 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

Call our Helpline - available seven days a week from 9 AM-9 PM.

One-on-One Peer Matching

Call the Helpline to be matched with a peer supporter who has dealt with a similar diagnosis and/or challenges.

One-on-One Smoking Cessation

Scheduled individually
Call Patricia at 505.307.3414

Ovarian Open Arms

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

Prostate Cancer Support Group

Meetings are 1st and 3rd Saturdays of the month
Bear Canyon Senior Center
4645 Pitt Street NE, Albuquerque, NM 87111

Pueblo of Isleta Community Cancer Support

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

Relaxation Support Classes

Open to cancer survivors and/or their loved ones
Call Jean Stouffer, certified hypnotherapist, 505.296.8423
Last Friday of the month, 10:30-Noon
Carlisle Boulevard NE

Sandia Breast Cancer Group

1st and 3rd Tuesday of the month, Noon-1:00 PM
Sandia Base: Sandia Employees Only
Check Sandia Daily News
Contact emhinma@sandia.gov
Sandia Base, Employees and Contractors only

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

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

Survivors Writing Together Journaling Support Group (view flyer)

Survivors, all diagnoses
Every Monday, 2:30-4:00 PM
UNM Cancer Center

Taos Support Groups

Survivors (all cancers) and/or caregivers
Tuesdays, 5:00-6:30 PM
Sipapu Street, Taos

U27 (Under 27 Years Old)

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

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 Boulevard

Cancer Support Now's Community Partners

Prostate Cancer Support Association of NM

Office at 2533 Virginia Street, NE Suite C
Albuquerque, NM 87110 505.254.7784
www.pcsanm.org pchelp@pcsanm.org

Benefits of participating in support groups may include:

- *feeling less lonely, isolated or judged.*
- *gaining a sense of empowerment and control*
- *improving your coping skills and sense of adjustment*
- *talking openly and honestly about your feelings*
- *reducing distress, depression, anxiety or fatigue*
- *connecting with new people who may be experiencing similar things as you*



Volunteer Opportunity - Cancer Support Now is looking for a volunteer to help with the library organization and tending the office. Please contact Jerry at jeraldcross@comcast.net or 505.228.6768.

What Does “It’s All Taken Care Of” Really Mean?

By Gail Rubin, CT

When parents tell their adult children, “It’s all taken care of,” regarding their end-of-life arrangements, what does that mean? If you’ve worked with an estate planning attorney, it means you have a valid will or trust, advance medical directives, and Health Care and Financial Power of Attorney designees.

These elements, while important, still fall short of taking care of everything. Consider these important often-overlooked aspects:

Funeral Plans and Costs

Have you put your funeral wishes and life details on file with a funeral home? While you can pre-plan and not pre-pay, pre-funding your funeral in an irrevocable funeral trust or insurance vehicle can protect those funeral funds in case you need to access Medicaid. However, funeral home funds do not cover everything.

Burial plots or cremation niches in a cemetery are separate costs in addition to funeral home products and services. The cost for plots/niches and related products and services can add thousands of dollars to the family’s expenses.

If you’re a veteran, your service benefits include interment in a national cemetery: the burial plot or cremation niche, opening and closing the grave, a burial vault/liner, and a memorial marker. These benefits are also extended to your spouse. You can access these benefits with your DD-214 discharge papers. Even with these VA benefits, the family shoulders the funeral or cremation costs.

Other funeral costs may include newspaper obituaries, flowers, vehicle escorts for processions, and out-of-pocket costs for a reception. Access to additional funds, in a payable-on-death bank account or final expense insurance policy, will help insure “It’s all taken care of.”

If you don’t care to plan ahead and investigate funeral home costs ahead of need, consider using

Continued from page 4

an outside expert. Everest, a nationwide funeral planning and concierge service, will shop local funeral homes for the services desired, negotiate prices, and help make funeral arrangements. Everest's services are tied to a whole life insurance policy that provides the funding for these expenses, and the death benefit can be paid in as little as 48 hours.

Death Certificates

Certified death certificates are needed to claim Social Security and life insurance death benefits; to access pensions, bank accounts, and investments (IRAs, stocks, bonds, 401-K, Treasury bills, etc.), and to sell property such as real estate holdings, automobiles and boats. The more complicated the estate, the more original copies of the death certificate are needed.

When ordered while making funeral arrangements, death certificates are relatively inexpensive. Reordering after you've run out of certified copies may take a long time and often costs more, so make sure to order a sufficient number while making funeral arrangements, whether pre-need or at-need.

A Master File of Documents

To be truly organized and "taken care of," a Master File of documents is vital. You can set up a folder in a file cabinet, a designated drawer or box of information or a binder with multiple sections.

In addition to estate planning documents, this Master File includes information about bank accounts, brokerage accounts, investment accounts, life insurance policies, beneficiary



automobiles and boats, stock and bond certificates and monthly bills. For business owners, heirs will need the Corporate, LLC, or Partnership paperwork, contracts, loans, leases and business insurance information.

Digital Assets

Managing digital assets means addressing social media and other online accounts such as subscriptions, banking, bill paying, etc. Besides an estate executor, you may need a digital executor who's familiar using computers and online accounts. Heirs need to be able to access password-protected computers or other electronic devices.

A Master File of user names and passwords is vital. It can be kept Old School fashion on a paper spreadsheet in one's Master File or in a secure online password vault with one master password.

Providing for Pets

Do you have a pet? If so, have you made arrangements for the continued care of the animal after you're gone? A good estate planning attorney will inquire about pets and create a pet trust as part of the estate planning process. This involves identifying a caregiver and providing funding for the animal's care.

Make sure you address all of these elements so that everything is truly "All taken care of" when the time comes.

Gail Rubin, Certified Thanatologist, is a pioneering death educator, a Certified Funeral Celebrant, a licensed insurance agent and your Personal Trainer for Funeral Planning. Call her at 505.265.7215 to learn more about Everest Funeral Planning & Concierge Services. She's the author of *A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die*, *Kicking the Bucket List: 100 Downsizing and Organizing Things to Do Before You Die*, and *Hail and Farewell: Cremation Ceremonies, Templates and Tips*. Download a free planning form and 50 point Executor's Checklist from her website at <http://www.AGoodGoodbye.com>.



Continued from page 1

Pilots love to fly. They will fly for any reason. But like one of the pilots told me, it gets old flying to Santa Fe for a hamburger. Angel Flight gives flying a purpose and a very important purpose. Many times, we are someone's last, best hope for getting the treatment needed for a cure. There are no qualifications other than being able to sit upright in a seat and a letter saying flying will not harm them. Then they register with Angel Flight by calling the 800 number. If the facility they are going to for treatment is registered with Angel Flight the coordination begins. If it is a new facility that is not registered then Angel Flight will contact that facility to get them registered.

Due to FAA rules Angel Flight pilots are not allowed to accept money or gifts from their passengers. Donations to the organization are of course welcome, and the money goes to support the home offices where staff coordinates the missions and makes sure all the paperwork is in order.

Financial status, legal status, etc. are not asked. We also fly humanitarian missions for people in abusive relationships that need a safe flight to an anonymous location.

Our pilots fly for the love of flying and out of the goodness of their hearts; they love flying with purpose. Some pilots fly once or twice a year for Angel Flight and some fly every week. Many are working during the day and fly on weekends and some work as flight instructors and fly daily. We will fly adults, children under 18 accompanied by an adult and as many family members as the airplane can accommodate. Most planes are four seaters. We also fly service dogs.

When an airplane arrives in Albuquerque it is met by one of our wonderful Lion's Club member "ground angels." They drive the passenger to their treatment location or to the hotel or place they are staying. If they are getting treatment and going back home then many times the Lions will stay with them and drive them back to the airport.

Angel Flight is a wonderful organization full of caring people who are ready, willing and able to help. We never have enough flights to keep them all busy. Some flights do get cancelled but 99% of the time it is due to the weather. If a passenger can be a little flexible we will accomplish the flight.

Angel Flight South Central
Angel Flight West

972.458.0700
888.4AN.ANGEL

www.angelflightsc.org
www.angelflightwest.org

Brews and Props is a fund-raising event benefitting the New Mexico Wing of Angel Flight. This is the second year for the event due to the fabulous success of the first year. Last year we had 33 New Mexico artists custom paint four foot decorative propellers and then we auctioned them off. We raised \$14,000 for Angel Flight that evening. This year we will have 50 painted propellers.



The event is Saturday, November 4th at Boese Brothers Brewing on the corner of 6th and Gold. The Boese brothers will be closed to the public from 4 PM to 7 PM that day. Like our Facebook page for more details and keep an eye on the event page of www.angelflightwest.org, More info also on **Cancer Support Now** webpage.

Cancer Support Now's very successful **2016 Hope and Healing Honors** event that recognized many people who have stepped up to help those with a cancer experience will be held every other year. The event featured a terrific repast at the Indian Pueblo Cultural Center paired with a fabulous silent auction. Start thinking of those you wish to nominate and honor; we'll see you Fall 2018. Look in upcoming newsletters for more information.

A Cancer Support Now Status Update

Cancer Support Now was founded in August 2009 and became a tax-exempt organization in November 2011. We have grown to include 24 groups and other services and classes stretching from Taos to Isleta. Several hundred survivors, caregivers and loved ones utilize our services. We rely on donations and grants from individuals, other groups and State of New Mexico Department of Health funding. We offer a Website presence, a Facebook page and a quarterly newsletter. Look for our new logo and be sure to check our website - it's open 24/7 and will soon be updated making it easier for you to learn more about us and find services. Cancer Support Now has a Helpline available from 9 AM to 9 PM daily. We have two Community Navigators available to help on a one-to-one basis, one of whom is a Spanish speaker. We have a free library open four days a week (see back page for more details). All of our services and events are free. Almost everything is done by a non-paid Board of Directors, trained group peer-facilitators and other volunteers.



We can use your help - please use our services and programs more! Newsletters, cards and flyers are placed all over town, but you might go to a doctor or clinic we don't know about. Share our Website and/or Newsletter physically or electronically with family, friends, neighbors and medical facilities and practitioners. Talk about us to your church and social or fraternal group. Invite someone you know to go to a group meeting with you and take some time to visit our library. Be sure to attend our annual Spring Conference. One out of three Americans will have cancer. Contact the editor or any board member to volunteer your services so we may grow and continue to meet the support needs in our community.



Quickly Reporting Cancer Complications May Boost Survival

by Marilynn Marchione/Associated Press

Published Albuquerque Journal June 5, 2017

This article has been edited to fit in the newsletter.

If you're being treated for cancer, speak up about any side effects. A study that had patients use home computers to report symptoms like nausea and fatigue surprisingly improved survival — by almost half a year, longer than many new cancer drugs do. The online tool was intended as a quick and easy way for people to regularly report complications rather than trying to call their doctors or waiting until the next appointment. Researchers had hoped to improve quality of life but got a bonus in longer survival.

"I was floored by the results," said the study leader, Dr. Ethan Basch. "We are proactively catching things early" with online reporting. Patients were able to stick with treatment longer because their side effects were quickly addressed, he said. People shouldn't assume that symptoms are an unavoidable part of cancer care, said Dr. Richard Schilsky, Chief Medical Officer of the American Society of Clinical Oncology. "You want to be able to reach your provider as early and easily as possible, because a sign like shortness of breath may mean treatment isn't working and needs to be changed," he said.

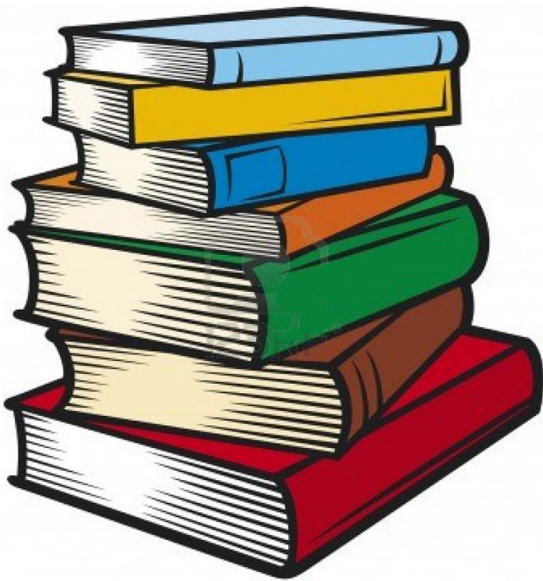
The study tested whether the online tool could catch problems sooner. It involved 766 people being treated for various types of advanced cancers at Sloan Kettering. Some were given usual care and the rest, the online symptom tool. Patients were as old as 91 and 22 percent had less than a high school education, but using a computer proved easy. "The older patients really grabbed onto it very quickly," Basch said. Doctors saw these reports at office visits, and nurses got email alerts when patients reported severe or worsening problems. "Almost 80 percent of the time, the nurses responded immediately," calling in medicines for nausea, pain or other problems, Basch said.

Six months later, health-related quality of life had improved for more of those in the online group and they made fewer trips to an emergency room. They also were able to stay on chemotherapy longer — on average eight months versus six. Median survival in the online group was 31 months versus 26 months for the others.



CANCER SUPPORT NOW
PO Box 37338
Albuquerque, NM 87176
info@cancersupportnow.org
www.cancersupportnow.org

Have you visited the free Cancer Support Now Library?



Close to 1,000 titles to help you learn and understand more about what you, a friend or loved one may be facing. All books are available for checkout at no cost. The library is housed in the office of:

The Prostate Cancer Support Association of New Mexico
2533 Virginia Street NE, Suite C
Albuquerque, NM 87110

Go to <https://www.librarything.com/catalog/CancerSupportNow> to view the catalog of titles.

The library is presently open during PCSANM office hours of 10 AM-2 PM Mondays through Thursdays or by appointment. You can reach the office at 505.254.7784.

To return checked out books at your convenience please slip them through the mail slot if the office is closed. Most smaller books will fit; kindly return larger books during regular hours or by appointment.

Visit <http://goo.gl/maps/EUg9s> for a map to the PCSANM office.