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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.

The CSN Newsletter is a quarterly publication of Cancer Support Now, Inc.  
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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  
Anne-Marie Cooper  
Alice Hiat  
Russell Janis  
Colleen Sullivan-Moore  
Debbie Weissman

## CONTRIBUTORS & COLLABORATORS

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*Cancer Thriving and Surviving*  
Marcia Reifman, *Newsletter Editor*  
Jess Shirley, *Webmaster*  
Valerie Clement, *Contract Administrator*  
Catherine Offutt, *Evaluator*

## 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
- Assisting with taking calls, finding resources, and offering peer support on the Helpline
- Train to become a support group facilitator

***Thank You!***

**Poem by Sylvia Avalos**

*member of the Advanced Cancer Journaling Group*

I have spent too many years berating this body.

It's time to revel in its  
ability to persevere and be  
gentler to it, be kinder to it,  
show it love.

If only  
If only I was thinner  
If only I was smaller  
If only I was smarter

If only  
If only I had more time  
If only I had more money  
If only I had more friends

If only  
If only there was less pain  
If only there was less stress  
If only there was less fear

What then?  
What am I waiting for?

The perfect time?  
The perfect size?  
The perfect what?  
To finally deserve love  
There is no such thing

There is only now  
Right now, I am alive  
Right now, I am coping  
Right now, I can try  
Right now, there is time

Right now, the bills are paid  
Right now, there are those who care  
Right now, there are meds  
Right now, there is the soft life  
Right now, well, there's always fear

But there's also courage,  
*live longer.*



**Quote from a Helpline caller**

*"Sid left us 15 min ago. Peacefully, surrounded by family and love. You helped us MORE than anyone else. I appreciate all you have done for us, helping us to understand what was happening and how to navigate all this."*





“How the Crane Cards came to CSN”

by *Thelma Giomi PhD.*

Out of Debra Giomi’s heart and hands, the first Origami crane cards were created. *The Debra Giomi Memorial Crane Card Project* began after Debra was diagnosed with a particularly aggressive form of breast cancer. Throughout her treatment, friends folded and sent Debra origami cranes, the symbol of hope and peace, particularly relevant to cancer survivors. After Debra completed her treatment, she wanted to reach out to others going through this challenging experience. She created a card with an original hand-folded origami crane on the front and the message of peace and hope. When Cancer Support Now was formed, Thelma offered Debra’s beautiful Crane Cards to the organization as a continuation of Debra’s

legacy, reaching out to others during challenging times. Since then, the cards and the very symbol of the Origami folded crane have become the hallmark of Cancer Support Now and an intricate part of Cancer Support Now’s outreach.

*The Debra Giomi Memorial Origami Crane Card Project* continues to offer hope, peace, and caring support to those diagnosed with cancer, their family, and friends This enduring legacy of Debra’s origami crane cards and their message continues to inspire us with her generous compassionate, and enduring spirit.

You can contact the project through *Cancer Support Now* or at [www.ThelmaGiomi.com](http://www.ThelmaGiomi.com).



paper cranes

The tradition of folding paper cranes began in Japan as a way of wishing loved ones with health issues good luck and longevity. Paper cranes are now a worldwide symbol of peace, hope and healing.

**We are the Cancer Support Now community.  
We come from everywhere.**

We come in all colors, sizes, shapes and ages. On the surface, we may seem to have nothing in common. Dig a little, and you'll find that we share a special bond that transcends our wide diversity. Each of us has been affected by cancer. We are survivors and caregivers. Some of us have been cast in both roles. Each of us has a story to tell, and together, our stories form a rich tapestry of caring and support that has been woven together through our connections to Cancer Support Now and to one another.



**14th Annual Living With and  
Beyond Cancer Conference**

**SAVE  
THE  
DATE**

**Saturday, April 5, 2025  
Watch your email for details  
and registration.**





*Thank you!*

- 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](http://amplifymyhealth.org/info)



@amplifysurvivorhealth  
 @amplify.survivor.health

**Lynn Anne "Yael" McKeever**

Lynn "Yael" McKeever slipped away from us on October 4, 2024. Born to Lewis and Dixie McKeever in Dubuque, Iowa on April 22, 1947. Lynn had a happy childhood and a good Catholic education in Iowa. She worked as a newspaper journalist in high school, throughout college and thereafter, returning to Iowa to attend law school. Upon graduation, she moved to New Mexico where she was admitted to the bar in 1984. She had a long solo legal practice as an estate planning and small business attorney. She fell in love with her lifelong partner, Rabbi Deborah J. Brin, in 1992 and they set up housekeeping. In 2001, after years of study and living a Jewish life, Lynn was ceremonially received by the Jewish people and adopted the Hebrew name "Yael". Yael loved to welcome guests from near and far, cooking for and entertaining others was a passion. Yael and Deborah were legally married shortly after New Mexico allowed it. Yael is survived by Deborah and Deborah's extended family, her chosen son Noah, daughter-in-law Misty and beloved grandson Sam. She will be buried in the Jewish cemetery Adath Yeshurun in Minneapolis, MN. Yael took pride in her writing and in the last years of her life enjoyed posting a weekly essay on her Caring Bridge site. Before she died she said that she wanted her friends and her relatives to know that she loved them dearly. Donations in her memory may be made to the Caring Bridge or the World Central Kitchen. Further information is available at [www.salazarfunerals.com](http://www.salazarfunerals.com)



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*

**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*

**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, Janet Gilchrist*

**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*

**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 Christy Elliott at Taos Cancer Support Office: 575-751-8927. [TaosCancerSupport.org](http://TaosCancerSupport.org)

**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





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

## COMMUNITY PARTNERS

*Note: If you wish to participate in a group or access a service listed below, please call the number provided to see whether they have suspended meetings during this time, or are using a web-based platform to hold meetings, or are making other special provisions to prevent disease transmission.*

### PROSTATE CANCER SUPPORT ASSOCIATION OF NEW MEXICO (PCSANM)

First & third Saturday, 505-254-7784 or Toll Free: 800-278-7678

### GCAP CIRCLES OF HOPE: THE GYNECOLOGICAL AWARENESS PROJECT \*\*\*

Support group for survivors of any gynecological cancer. Second Saturday, 10:00 - 11 :30 am. Phone: 505-585-8821; Email: <amy@thegap.org>. For upcoming schedule go to: <<https://www.thegcap.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. 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 EMPOWERED) \*\*\*

Support for those with genetic mutations:

<https://www.facingourrisk.org>

Peer Support in New Mexico: Lou Wilburn: 505-507-3347

### RENEGADES: BLOOD CANCER SUPPORT GROUP

All blood cancers, men and women, all stages. In collaboration with the Leukemia & Lymphoma Society. Second Saturday, 9:30-11:00 am. Call Jamie McDonald: 505-291-2006. This is a hybrid group: in person, by telephone or computer.

### 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 weeks, two hour sessions, scheduled throughout the year. Sponsored by Cancer Foundation for New Mexico. Registration required. For days and times and to register, call or text: Joanne Fay Brown, 510-381-1205 or <[joanne@joannebrown.com](mailto: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

### OSTOMY SUPPORT GROUP

Monthly support group for new and long-time ostomates- Men and women, all ostomy types, family and caregivers welcome. Call: Nurse Barbara D'Amore, 505-797-4388 or Email: <[damorebd@aol.com](mailto:damorebd@aol.com)>

