



## CONTENTS

- 1 CSN Organizational Information  
Board of Directors  
Announcements
- 2 Transportation Assistance  
To/From Appointments
- 3 Cancer Support Now Free Services
- 4 CSN Free Services cont'd  
Seeking volunteers for bilingual peer support

## 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](http://www.cancersupportnow.org)

[info@cancersupportnow.org](mailto:info@cancersupportnow.org)

[www.facebook.com/cancersupportnow](https://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  
Pamela Engel, Vice President  
Mark Rupert, Treasurer  
Carmelita Agodon  
Dana Drum  
Russell Janis  
Audrey Simplicio  
Colleen Sullivan-Moore  
Debbie Weissman

## ADVISORY COMMITTEE

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

## *If You Missed It!*

If you missed the  
**10th ANNUAL LIVING WITH AND BEYOND  
CANCER ZOOM VIRTUAL CONFERENCE**  
or want to review the information

Go to [cancersupportnow.org](http://cancersupportnow.org)  
to see slides from the following presentations

- Benefits and Risks of Cannabis in Cancer Symptom Management
- People with Cancer Need Dental Care Too
- Legal, Insurance, and Paperwork Assistance Program
- Southwest Harvest for Health
- MAID (Medical Aid in Dying) in New Mexico
- Moving With Your Breath (video)

*Submitted by Jean Stouffer, a cancer survivor and the person who provides Relaxation Support Sessions for Cancer Support Now to anyone who requests...*

***If . . .***

*If you could be a feather,  
and float,  
and drift  
with the wind.*

*Knowing it sometimes  
blew fiercely  
and sometimes gently,*

*And just go with it . . .*

*If you could be a feather,  
and when storms churned,  
you could roll with them,  
not fighting,  
not questioning  
just going,  
just doing . . .*

*Sometimes rolling.*

*Sometimes resting.*

*Sometimes drifting.*

*If you could be a feather,*

*If you could . . .*

*If you could . . .*

***If . . .***

*Jean says (to us):*

*"It's not related to cancer, but it might provide helpful imagery for people dealing with cancer and its treatment."*



## **'Transportation Assistance To/From Appointments Available'**

If you are being treated for cancer and need help with transportation costs to/from treatment appointments, you may be eligible to receive a gas card. Please speak to your cancer navigator or social worker to see if you are eligible. We would like to help you.

Si usted está recibiendo tratamiento por su cáncer y necesita ayuda con los costos de transporte para sus citas, podría ser elegible de recibir una tarjeta de gasolina. Por favor hable con su navegadora de cáncer o trabajadora social para saber si usted califica. Nos gustaría ayudarle.



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

Due to the guidelines in place to prevent spread of the Corona Virus, **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.

**HOW TO BE YOUR OWN BEST ADVOCATE \*\*\***

Patients/Survivors and/or caregivers, all cancers. Learn to identify and eliminate barriers in finding both medical and non-medical resources; information & support during cancer diagnosis and treatment Second Tuesday, "Lunch and Learn," Noon-2:00 pm. *Colleen Sullivan Moore*

**PANCREATIC CANCER SUPPORT GROUP \*\*\***

Patients/survivors of pancreatic cancer all stages, men & women. Second & fourth Thursdays, 3:30 - 5:00 pm. *Jim Pitcher & Lillie Ortiz*

**RIO RANCHO AREA BREAST CANCER SUPPORT GROUP \*\*\***

First and third Tuesday, Noon - 1:30 pm. *Barbara Michael*

**UNM/CSN Friends & Family Writing Together \*\*\***

Journaling Support Group for Grief or Anticipatory Grief. For caregivers of someone with any type of cancer. Every Thursday 4:00 - 5:30 p.m. *Eleanor Schick & Anjie Cureton*

**PUEBLO OF ISLETA CANCER COMMUNITY SUPPORT \*\*\***

Second Tuesday, 10:30 am. - Noon, *Stephanie Barela*

**WOMEN'S NORTH VALLEY GROUP \*\*\***

All cancers, all women, survivors and/or caregivers. Every other Thursday, 6:00 - 8:30 pm. *Geri Stayman*

**OVARIAN OPEN ARMS \*\*\***

All gynecological cancers. Third Saturday, 10:30 am. *Margaret Goga, Debbie Reynolds & Pamela Engel*

**TAOS CANCER SUPPORT GROUP**

Survivors and/or caregivers, all diagnoses, men and women. Every Tuesday, 4:00 - 5:30 pm. *Christine Sherwood & Susan Haugen*

**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, and Elizabeth Harris*

**U27 (UNDER 27 YEARS OLD)**

Peer Support, *Kimberley Craft*

**UNM/CSN SURVIVORS WRITING TOGETHER \*\*\***

Journaling Support Group for survivors, men & women, all diagnoses. Every Monday, 2:30 - 4:00 pm. *Anjie Cureton & Eleanor Schick*

**UNM/CSN ADVANCED CANCER SURVIVORS WRITING TOGETHER \*\*\***

Journaling Support Group for survivors of metastatic cancer, men & women, all diagnoses. Every Tuesday, 3:30 - 5:00 pm. *Anjie Cureton & Eleanor Schick*

**UNM/CSN CANCER SUPPORT GROUP \*\*\***

Survivors and/or caregivers, all diagnoses, men & women. First & third Mondays, 4:30 - 5:30 pm. *Adele Frances & Anjie Cureton*

**CREATE TO HEAL SUPPORT GROUP \*\*\***

Using Art, Music, Writing, Mediation to Explore the Journey of Cancer. Survivors and/or Caregivers, all diagnoses, men & women. Second & fourth Saturdays, 10:00 - 11:30 am. *Patricia Varga*

**VIRTUAL CANCER SURVIVOR AND THRIVER SUPPORT GROUP FOR WOMEN \*\*\***

Second & fourth Saturdays, 1 :30 - 3:00 pm. Women only, survivors only, all diagnoses, stages 1-3. *Barbara Michael*

**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. Contact Kat Adams at kat@thegap.org or call 505 610 9300. 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: 505 796 3513

### CLIMB FOR TEENS AND KIDS

Learn how to talk with your child or teen about your cancer diagnosis. Kids and teens tour the center and talk directly with doctors about cancer. First grade through Senior in High School. Meets once a week for six weeks, 6:00-7:30 pm. For more information, call Jess Quiring: 505 796 3513

### COMMUNITY GIFT CLOSET FOR CANCER PATIENTS

Free wigs, scarves, head coverings, bras & breast prostheses. Wednesdays, 1:30 - 3:30 pm. All cancer patients.

### EMBRACE MONTHLY BOOK CLUB

2nd Tuesday of the month, 5:30 - 7:00 p.m. Call 505 727 3041 for information and registration. View Website (Click on Healing Circles)

### CANCER SERVICES OF NEW MEXICO

Family Cancer Retreat, Spring & Fall, call Janet Cook: 505 288 0331.

### 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. Lovelace Women's Hospital. 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 Thursday, 7: 00 - 8:30 pm. Presbyterian Kaseman Hospital. Call 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, 1:30- 3:30 pm OR eight consecutive Thursdays, 10:0 am - 12 Noon, scheduled throughout the year. Sponsored by Cancer Foundation for New Mexico. Registration required. Call or text: Joanne Fay Brown, 510 181 1205 or joanne@joannebrown.com



Interested in helping other people with cancer? We're looking for bilingual Spanish speakers to offer telephone peer support for people facing cancer. We will train you. This is not for medical information or for counseling; you would be a friendly ear who understands the journey).

Please contact 505 255 0405 if you'd like to help. Thank you.

¿Interesado en ayudar a otras personas con cáncer? Buscamos hispanohablantes bilingües que han pasado por experiencia de cáncer para ofrecer apoyo telefónico a personas que ahora buscan ayuda para lidiar con él. Te entrenaremos. Esto no es para dar información médica ni para dar consejos. Usted sólo será un oído amistoso que comprenderá su jornada.

Si le gustaría ayudar por favor comuníquese al 505 255 0405. Gracias