

CANCER SUPPORT NOW Newsletter



Spring 2017

Issue 7.2

Organizational info	2
Conference Pictures	3
CSN Support Groups	4-5
Clear Crisis in Cancer Prevention Awareness	6
Camp Kesem for Kids taking applications	7
Library Info	8

This is the **spring 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

CSN's 6th annual conference, ***Living With and Beyond Cancer***, on March 18th, was a great success.

We had 125 attendees, plus a dozen presenters, and a couple dozen volunteers.

Thanks to all who helped out, their names are in the program. The program will be posted on the website.

Presenter slides are posted on the website.

If you would like to help in the planning of next year's conference, and offer suggestions for speakers, please contact any of the Board members, or on our Facebook page

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

On page 3, we have a selection of conference pictures. More pictures will be online.

Gail Rubin was sponsored by Morris Hall, PLLC, premier estate planning law firm

www.morristrust.com

James P. Plitz, MBA Attorney/Partner represented them at the conference

9400 Holly NE Bldg 3, Suite B Albuquerque, NM 87122

888-222-1328 505-889-0100

jplitz@morristrust.com

Cancer Survivors Offering Support

Cancer Support Now Officers

<i>President - Sandy Ginsburg</i>	<i>Vice President - Jerry Cross</i>
<i>Secretary - Anjanette Cureton</i>	<i>Treasurer - Kathi Ledford</i>

CSN Board Members

<i>Carmelita Agodon</i>	<i>Gavriela de Boer</i>
<i>Sarah Contreras</i>	<i>Cyndi Heller</i>
<i>Al Hiat</i>	<i>Mike Linver</i>
<i>Mary Mann</i>	<i>Mark Rupert</i>

Advisory, Volunteers, and Staff

Patricia Torn, Training & Workshops
Eleanor Schick, Helpline/Navigator
Sarah Contreras, Navigator, also in Spanish
Runtang Wang, Webmaster
Jerry Cross, Newsletter Editor
Thelma Giomi, Outreach
Patricia Monaghan, Legal
Alice Hiat, Emeritus

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.

Chris Denoon

Lily Fiorentino

Paul Folsie

Joseph Trinidad Garcia

Deborah Hart

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

Some Conference Pictures



More will be posted on the website later

Cancer Survivors Offering Support

Cancer Support Now's PEER-FACILITATED SUPPORT GROUPS

For contact information and details on support groups, 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
1st and 3rd Tuesday, 1:00-2:30 PM
Carlisle & Comanche

Blood Cancer Group *

2nd and 4th Tuesday of the month 1:00 to 2:30
At the Unitarian Church on Carlisle and Comanche

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) -738-8171 **NEW**

Coloring & Creativity *

All cancers, survivors and caregivers
Temporarily inactive

Friends and Family Writing Together ([Flyer](#))

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 and 3rd Tuesday, 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

Once monthly – check Sandia Daily News
12:00 –1:00pm
Contact: emhinma@sandia.gov
Sandia Base: Sandia Employees/Contractors 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 Group *

Survivors and Caregivers (all cancers)
Tuesdays, 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 (lpardon21@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 Mondays thru Thursdays 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.

Southwest Lymphedema Support Group

More info in the online listing, no regular schedule set yet
Julia 252-0024 Jackie 265-2339

“Clear Crisis in Cancer Prevention Awareness,” Says AICR

Reprinted from Medscape, February 9, 2017

Many Americans remain unaware of key risk factors for cancer, despite the fact that these risk factors can be reduced by making lifestyle changes, says the **American**



Institute for Cancer Research (AICR).

Reporting results from its latest survey of awareness among the general public, the group notes that fewer than half of the respondents were aware of well-established lifestyle-related risk factors for cancer, including inactivity, consumption of alcohol, diets high in red meat, diets low in vegetables and fruits, and consumption of processed meats. In contrast, the vast majority (87%) of respondents believed that genetic disposition had a significant effect on whether or not the average person will develop cancer.

In reality, an estimated 90% to 95% of cancers develop in individuals who lack these genes, the AICR notes.

"There is a clear crisis in cancer prevention awareness," said Alice Bender, RDN, AICR head of nutrition programs, in a statement. "It's troubling that people don't recognize alcohol and processed meats increase cancer risk."

"This suggests the established factors that do affect cancer risk are getting muddled with headlines where the research is unclear or inconclusive," she added.

The latest AICR survey involved 1004 respondents, who were asked: "Which of the following do you believe has a significant effect on whether or not the average person develops cancer?" They were then given a list of 29 risk factors that were randomly ordered. The AICR highlighted the lack of recognition of obesity as a risk factor for cancer. Only 1 in 2 respondents (50%) were aware of this risk, despite the fact that, aside from not smoking,

having a healthy body weight is the single greatest factor in lowering cancer risk, the group emphasizes.

Another alarming result, the group notes, was that only 39% of respondents were aware of the connection between alcohol and cancer. Of particular concern is that awareness of alcohol's role as a cancer risk factor has declined during the past 16 years, since AICR began conducting this survey, it adds. The AICR has conducted this survey every other year since 2001. They have also published several reports on the effect of diet, nutrition, and/or physical activity on risk for several cancer types.

For example, 2 years ago, the group issued a report that provided evidence for a link between the risk for liver cancer and obesity and alcohol consumption. The report also indicated that drinking coffee helped curb that risk.

In 2013, the group reported that physical activity, or the lack thereof, played a prominent role in the risk for endometrial cancer. Their report estimated that 59% of the cases of endometrial cancer (about 29,500 annually) could be prevented if women engaged in physical activity for at least 30 minutes per day and maintained a healthy body weight.

And in 2011, an AICR report confirmed the link between consumption of red and processed meat and a higher risk for colorectal cancer, suggesting that about 45% of colorectal cancer cases could be prevented if people consumed more fiber-rich plant foods and ate less meat.

The AICR also looked at trends in awareness during the 16 years since they started the survey, and the result was mixed.

- Awareness about diets low in plant-based food declined after 2009 and is now similar to awareness levels in 2001.
- Awareness that alcohol is linked to cancer had been trending upward for the past two surveys but has now declined to a rate lower than in 2001 (39% vs 42%).
- Awareness that physical activity plays a role in cancer risk has dropped to 39%, after peaking at almost 50% in 2009.
- Recognition of the cancer risk from a diet high in red meat has fluctuated over the years but has remained almost unchanged since 2013 and is slightly lower than it was in 2009 (35% vs 39%).
- Only 1 in 10 respondents were aware that coffee can lower the risk for two cancer types.

Continued on page 7

Cancer Survivors Offering Support

FREE Camp Kesem, for children, and grandkids, of Cancer Survivors to be held at Camp Shaver in the Jemez Mountains, August 6 to 11, 2017, now taking applications

Camp Kesem, a national organization dedicated to making a difference in local communities by offering free summer camps for children ages 6-18 that have been affected by a parent/caregivers cancer. My name is Luke Sanchez and I am one of the current acting Outreach coordinators of Camp Kesem New Mexico State University Chapter. We are one of 86 active Camp Kesem chapters throughout the United States, all staffed and run by trained student volunteers such as myself.

We would love to ensure the children in our local communities are offered an opportunity to find support and have fun. This summer Camp Kesem NMSU is proud to announce that we will be hosting our 2nd annual camp on August 6th-11th at Camp Shaver in the Jemez Mountains area. Once again, this camp is offered completely **free of charge** for NM families. I've attached a copy of our brochure that includes more information about our organization and its impact on children affected by cancer throughout the United States.

If you are interested in joining or sending your child to our camp for this summer please respond to this flyer, and we could arrange a phone call or in person meeting. If you have any questions at all please don't hesitate to contact either myself or Jordan Salas, my Outreach partner, for more information.

Luke Sanchez

Outreach Director, Camp Kesem NMSU
Chapter

505.908.0648

nmsu.outreach@campkesem.org

Brochure can be found at
<https://files.acrobat.com/a/preview/baa82972-5124-4f27-863f-153ec8c9b3f9>



Camp Kesem supports children through and beyond a parent's cancer with innovative, fun-filled programs that foster a lasting community. Driven by passionate college student leaders, Camp Kesem operates over 85 **free** summer camps in 38 states

Apply to be a camper at Camp Kesem NMSU!
Camp will be held August 6th-11th at YMCA Camp Shaver in Jemez Springs, NM! Click the link below:

<https://campscui.active.com/orgs/CampKesem#/selectSessions/1717902>

Email: nmsu@campkesem.org
CKN website: www.campkesem.org
[Camp Kesem NMSU Facebook Page](#)

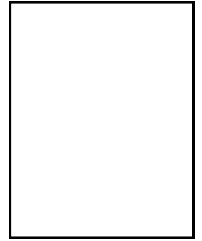


AICR REPORT, continued

About a quarter of respondents (28%) said that sugar will cause cancer to develop, and 44% felt that high-fat diets were linked to cancer. Both topics received recent attention in the media, but evidence is inconclusive.

To access the full 19 page 2017 AICR Cancer Risk Awareness Survey Report, go to [AICR Cancer Awareness Report 2017 jan17 2017.pdf](#)

Spring 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>

**It was 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 AM to 2 PM on
Mondays through Thursdays, and by appointment. We hope to get some volunteers
to get the library staffed the other 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.**