



# Notes of Hope

—October 2017—

So that no one faces cancer alone.®

Perk Up...it's

Breast Cancer Awareness Month

## Sarah's Story

*"Cancer makes you appreciate everything. You realize how precious a cup of coffee is."*  
~ Sarah Trimmer



Sarah Trimmer

When she stood in front of a large crowd last year to give her speech at [TEDxLehighRiver](#), maybe Sarah Trimmer thought that would be the end of it. People would congratulate her for her poise, her frankness, her affecting story, and her resilience. And, finally, after a spate of troubles, of being, as she says, "on the wrong side of statistics," she'd be done.

She could put the deaths of both parents, her bouts with breast cancer, surgeries, chemo, and radiation behind her. She'd live the next 30 years blissfully.

"I knew that cancer would be my fate one day, but I was hoping it wouldn't be until I was in my 60s," the 36-year-old says with a slight smile.

[Sarah's Story continues here.](#)

## Really, Really Relevant

[How much do you want to know about your cancer?](#) (*The New York Times*, 6/1/16)

[Decision-making habits influence breast cancer treatments women consider](#) (Wiley Online Library, 8/15/17)

## Notes from the Program Director

The beginning of fall is the perfect time to start healthy routines that you'll stick with through the upcoming holiday season.

We're launching a few programs with this goal in mind. Reach your exercise

Donate



[www.cancersupportglv.org](http://www.cancersupportglv.org)  
610-861-7555

## Did You See This?

Links to important news about cancer.



[Will a tumor spread? That may depend as much on your body as on your cancer](#) (*The New Yorker*, 9/11/17)

[New study offers support for prostate cancer screening](#) (*The New York Times*, 9/4/17)

[F.D.A. approves first gene-altering leukemia treatment, costing \\$475,000](#) (*The New York Times*, 8/30/17)

## On the Lookout

What's coming up.

[Breast Friends of PA's H.O.P.E. workshop](#)- Oct. 4, 5:30-8 pm (CSC offices, 944 Marcon Blvd., Allentown)

Helping Others Provide Empathy, a workshop to educate women cancer survivors and their partners about the

goals with a new [weekly circuit training](#) series or a [post-operative workout designed specifically for breast cancer survivors](#). Prefer to get out on a brisk day and walk? Join us for one of our [walking club outings](#). Nutritious meals go hand-in-hand with physical activity when it comes to overall wellness. Learn to create delicious menus with our upcoming [Healthy Cooking](#) series in your area.

Here's to a healthy holiday season!



Regards,  
Jen Sinclair, program director

## Hello from the Exec Director

**When I was first diagnosed with cancer, I initially worried that I would die.** After receiving a good prognosis, my next concern was whether I'd lose my hair. And then my *next* concern, as I began my first treatment, turned to vomiting. Would it ever end, and could I get through it?

In bed, throwing up, unable to eat anything, my whole body aching, I called my mom in the middle of the night, and told her I wasn't sure that I could go to my next treatment; I couldn't bear this. She steadied me, and I was back at treatment the following week.

I've had cancer 10 times since then. After each occurrence, what really concerned me was the overwhelming nausea and vomiting that I knew chemotherapy would produce. It was all I thought about, until I overheard my daughter talking to her friend about how scared she was that I would die.

Suddenly, I realized that I wasn't the only "cancer patient" in this house. My daughter and my husband were, as well.

Have things changed! A recent article, [Nausea, Vomiting No Longer a Top Chemotherapy Concern Among Patients](#), in *Cure Magazine* discussed the results of a 2017 study in Spain, identifying socio-psychological factors as the top concerns among cancer patients. Not hair loss. Not vomiting.

**Boy, is the Cancer Support Community ahead of the curve!** We've known the importance of psycho-social support for 35 years! And we're awfully good at providing it with unparalleled assistance, caring, and guidance. Hope to see you at one of our programs soon!



Yours,  
Amanda Buss, executive director

## Hey, volunteers...

Got some time for us?

Host our information tables at

[Bling Your Bra Charity Auction and Health & Wellness Expo](#)-Oct. 25, 6-9 (Best Western Lehigh Valley, 300 Gateway Drive, Bethlehem)

[Eight Oaks Barn Raising Fundraiser](#)-Oct. 26, noon-5 (7189 Route 309, New Tripoli)

[Truck or Treat Festival](#)-Oct. 28, noon-4 (Nazareth Bath Regional Chamber of Commerce, Nazareth Boro Park)

impact a diagnosis has on relationships.

[Hope and Healing: Lessons from the Oncology Front Lines](#) from Pancreatic Cancer Action Network-Oct. 13 (webinar)

Consider this Conference

[Living Beyond Breast Cancer Conference](#)-Oct. 6-8 (Memphis)

## Getting By

**Tips from other survivors and healthcare professionals to make your journey easier.**

*Irritating hiccups?*

-Pour a packet of sugar under your tongue, and wait for it to dissolve.

*If you know [children coping with cancer](#), [give them My Cancer Days](#) by Courtney Filigenzi.*

- This illustrated book helps kids understand and describe their feelings from diagnosis to treatment through a story about a little girl with cancer. *Thanks to a CSC participant for this tip.*

Have a tip? [Let us know.](#)

## Helping Out

Will you lend a hand?

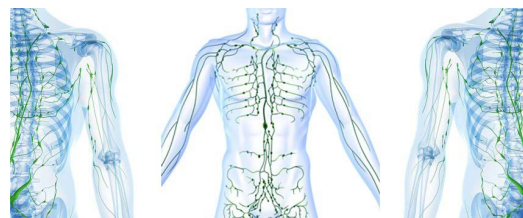
We could use office supplies...things like paper, pens, pencils, clips, and staples.

## Working Out

**Most studies show exercise reduces the incidence of many cancers, and, after diagnosis, may improve survivorship and quality of life.** For more: [National Cancer Institute](#)

Before you start exercising, make sure your healthcare provider gives you medical clearance. Once you have received clearance, design a plan that you enjoy and won't cause an injury or aggravate an old one.

Keep the [lymphatic system working](#) through the Lebed Method, demonstrated in this Dana-Farber Cancer Institute video.



## Hanging Out

What to watch, hear, and craft.

Email [info@cancersupportglv.org](mailto:info@cancersupportglv.org) or call 610-861-7555

## Dishing It Out

Eating right before, during, and after cancer treatment can help you feel better and stay stronger. For more: [National Cancer Institute](http://www.nationalcancerinstitute.org)

### October recipes from *Prevention Magazine*

More protein, fewer carbs...a new take on Italian food.

[Avocado Breakfast](#)

[Couscous-and-Zucchini Casserole](#)



We love

-*watching* Poldark, season 3 on [PBS](#) live or streaming (smoldering hero in 18th-century Cornwall); catch up on seasons 1 and 2 on [Amazon Prime](#)

-*listening to* Malcolm Gladwell's podcast, [Revisionist History](#) (amazing history bits no one knows)

-*crafting* [pallet plaques](#) to display photos and artwork



Have a tip? [Let us know.](#)

## Foundation & Corporate Supporters—thank you for helping us complete our mission:

to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. We help people affected by cancer actively engage in their health care, connect with others, reduce stress and isolation, and restore hope for a better quality of life.

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