



Notes of Hope

— January 2017 —

So that no one faces cancer alone.®

You asked for it—and it's here now!

Introducing more tips and more info about cancer care.

"I met a man who had anonymously donated his kidney. He said he did it for his faith. And I thought, 'If he can do this for his faith, I can do this for my dad.'" ~ Murtaza Jaffer

This is the story of 37-year-old Murtaza Jaffer and his father, Safderali Jaffer, whose bladder cancer had metastasized to his kidneys. It is a story of a family so tightly bonded that they live next to each other, and so intensely loyal that they would do anything for one another. Which is what Murtaza did.



Murtaza and Safderali Jaffer

Safderali and his wife followed their two sons, who had left Tanzania for college in the Lehigh Valley nearly 20 years ago. He kept his accounting business operating, but he wanted the U.S. to become their new home. Murtaza and his brother bought a printing business, EBC Printing in Trexlertown, 15 years ago. It grew, and now thrives.

Suddenly, eight years ago, Safderali was rushed to the hospital with unusual bleeding. Bladder cancer. No one is ever ready for such a diagnosis, and the Jaffers were especially shocked as Safderali was healthy, didn't smoke, ate well, and had no family



www.cancersupportglv.org
610-861-7555.

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Did You See This?

Links to Important Articles You Might Have Missed.

This month:

1 Patient, 7 Tumors and 100 Billion Cells Equal 1 Striking Recovery (from the *New York Times*, 12/7/16)



Getting By

Tips from other survivors and healthcare

history of cancer.

The doctors removed his bladder. But there was more, for cancer had invaded his kidneys. He'd need dialysis for his failing kidneys—nearly eight hours a day, three days a week. Forever. He endured this punishing regime for a year. [Murtaza's story continues here.](#)

Notes from the Program Director

Introducing the BEST exercise and nutrition class.

How long do most of our New Year's exercise and nutrition resolutions last? Six days, six weeks, six months? Hmm...

We've got the solution: the *new New Year, Healthy You*, an eight-week nutrition and exercise class to optimize your health and recovery. Two levels of intensity: gentle and harder.

You'll do the work, of course, but the group you're working out with will keep you focused, happy, and laughing in our safe setting.

Here's one you don't want to miss!

Launching January 19, 5:30-7:45.
[Sign up here](#) or call 610-861-7555.



Regards,
Jen Sinclair, program director

Hello from the Exec Director

May your year be happy, healthy, and safe!

Please join our 2017 events; you'll not only have fun, but you'll help us out immensely. **Last year, your efforts raised \$221,341 to help us provide free programs!**

So, if your 2017 calendar looks empty, add these events. Click on the link to find out exactly what to look forward to!

[Strides for Hope](#): April 23

[Golf Tournament](#): May 15

[Boutique at the Rink](#): May 30-June 3

[Highmark Walk](#): June 3

[Garden of Hope](#): Date posted soon

[Wings of Hope](#): September 9

[Ride for Hope](#): September 30



Yours,
Amanda Buss, executive director

Working Out

Most studies show exercise reduces the incidence of many

professionals to make your journey easier.

Incredibly fatigued?

Eat high-protein foods and drink lots of hydrating fluids.

Also, ask your doctor if vitamin supplements might be helpful.

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

On the Lookout

What's coming up.

Recruiting now for runners for Strides for Hope! Train with us, run with us, and raise money for us!



That's what Kara Cenni did in 2016.

[Her story](#)

Helping Out

Will you lend a hand?



- Snowflake Challenge! Can **you** raise \$1000?

[Here's how.](#)

- Donate your car to us. [Here's how.](#)

- Knitting Group needs worsted yarn and Poly Fill to create items for kids in treatment.

[Here's how to donate.](#)

- Our Wish List is as long as a cold winter's night: gift cards, boxed tissues, 12-oz coffee cups, and more. [Here's the what & how.](#)

- Sponsor of the Day. Can we get 365 sponsors? [Here's how.](#)

- Leverage your purchases: At [AmazonSmile](#), [Good Search](#), and [Phoebe Floral](#), name CSC your charity, so we get a portion of your purchase price.

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, begin designing a plan that you enjoy and will not cause an injury or aggravate an old one.

Stay-in-Bed Stretches: You don't even need to put your feet to the floor to loosen your muscles, boost your energy, and become more alert.



Dishing It Out

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

January recipes from Prevention Magazine.

The link is kale—a superfood that's bursting with nutrition to help detox your body after holiday indulgences.

[Super Green Smoothie](#)

[Shrimp Dumpling Soup with Kale](#)



Hanging Out

What to read, what to do, or what to craft when you burrow in.



We love

-watching *Miss Fisher's Murder Mysteries* on [Netflix](#) (she's a very fashionable private investigator).

-reading *Chicken Soup for the Soul* (100 cancer survivors' stories will inspire you to adopt a positive attitude, discover your faith and cherish every moment (*thanks to Kathy Moyer, volunteer library manager*)).

-crocheting little caps. [Learn how.](#)

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

Thank you, Foundation & Corporate Supporters 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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This list begins at the \$1,000 support level.
