



Notes of Hope

— May 2017 —

So that no one faces cancer alone.®

**Protect that big ol' organ:
Melanoma and Skin Cancer Awareness Month**

The Empty Seat in the Room: A Note from the Program Director

Cristin's passing



A few weeks back, one of our young-adult members, Cristin Terwilliger, was interviewed for the featured *Notes of Hope* story. The piece focused on the decision she made to handle her treatment after being diagnosed with [Ewing sarcoma](#). Sadly, before it was published, the 27-year-old died.

As the news of this loss travelled through our center, the staff, instructors, and I shared our sadness. But as we process this grief, we are also faced with the challenge of carrying on for the rest of the group. How do we honor the one who is gone, and sensitively respond to those who need us at the same time? How do we acknowledge the empty seat in the room?

Professionally, we temporarily may put our own feelings aside in order to be present for other survivors and caregivers in their grief. But we have personal reactions as well. We don't claim to feel the loss exactly the way in which our members do. They have to incorporate each loss and reflect on their own mortality. They continue to reach for hope as they recognize how unpredictable and fragile life can be. As instructors, we witness this process and weave the high points together with the low.

But we are not untouched by the impact of death. We share a respect for life, and acknowledge a special appreciation for time. Each person's uniqueness is remembered and imprinted on us. Sometimes we have the opportunity to acknowledge these remembrances during a gathering with our members. At those times, although we may be looked upon to lead the class, we, too, benefit from participating in the group process. This makes our community different from other places that may not allow such mutual experiences to flourish. There is a togetherness at our center--where members, volunteers, and staff are able to express and *feel* what happens here. And we can do that together to help one another grow, learn, and heal.

Donate



www.cancersupportglv.org
610-861-7555.

Did You See This?

Links to important news about cancer.

[New Guidelines for Prostate Cancer Screening](#) (CBS News, 4/11/17)

On the Lookout

What's coming up.



[Crazy about good food--especially when celebrity chefs make it?](#) Come to Chefs for the Cure-May 7 (Marianna's, Phillipsburg, NJ) SOON!

**Skin Cancer Awareness Month.
Ironically, sunny days are serious days.**



Regards,
Jen Sinclair, program director

Really, Really Relevant

[Making greater progress against cancer](#)—not just a hope but a reality (National Cancer Institute, 4/21/17)



Hello from the Exec Director

Put the past behind you (in a good way), and deliver gently used items to the Boutique at the Rink.

I bent down and plucked a weed from my garden. Then, I pushed away some mulch so a green leaf could see its new world. And, finally, I scooped up a handful of last year's dried oak leaves and tossed them in the compost heap.

Just as we tidy up our gardens each spring, we tend to do some indoor tidying, too. This is the month we look at things we haven't worn or used in a while, including those that were once meaningful to us, but no longer fit our frame of mind. But these things could **benefit someone else perfectly.**

Here's a terrific way you can "spring clean": Bring your gently used clothes and household goods to the Boutique at the Rink--a sale that benefits three great cancer-related community organizations, allows people to buy excellent items at wonderful prices, and helps clear out overflowing shelves.

Check out the [Boutique's website](#) for information about accepted donations and ways to volunteer or call us at 610-861-7555, ext. 29.



Yours,
Amanda Buss, executive director

Hey, volunteers...

Got some time for us?

Host our information tables at



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

[Keep your skin safe](#) during these outdoor months

Families, come to our [Sun Safety workshop](#)-May 4, 6 pm (CSC offices)

Melanoma survivors, join the lunch-and-learn webinar, ["Frankly Speaking About: Immunotherapy Advances in Melanoma"](#)-May 18, 11 am

Melanoma Conferences

[Melanoma Research Foundation Patient Symposium](#)-May 12 (Philadelphia)

[Melanoma Community Forum at Lehigh Valley Health Network](#)-May 18 (Allentown)

Brain Tumor Advocacy Training

[National Brain Tumor Society's "Head to the Hill" advocacy training](#)-May 8 & 9 (Washington DC)

Helping Out

Will you lend a hand at Boutique at the Rink?



Fight cancer with style: Boutique at the Rink

-The best darn tootin' way to clean out your shelves: donate May 1-19

-Slip on a pink shirt and volunteer (tons of ways: cashier, bagger, stocker, greeter, etc. etc. etc.) May 1-June 3

-Shop! Every day differs from the day before: May 30-June 3

Hanging Out

What to watch, read, cook with, or sip.

We love

-watching [Better Call Saul](#) (not-scary pre-quel of [Breaking Bad](#))

-reading [Free Days with George: Learning Life's Little Lessons from One Very Big Dog](#)

-cooking with [Instant Pot](#) (what a pressure

-6th Annual Nazareth Bike Fest-Sat., May 13
Downtown Nazareth shifts: 1-3 pm, 3-5 pm, 5-7 pm

-Crayola Health & Safety Fair
Tues., June 13: South Bethlehem shifts: noon-5 pm
Wed., June 14: Forks/Easton shifts: 7-9 am, 11 am-1 pm, 1-3 pm 3-5 pm

Contact [Deb Post](#) or 610-861-7555 ext. 39

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.

Before the coffee: [seven gentle in-bed yoga poses.](#)

Dishing It Out

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

May recipes from *Prevention Magazine*.
Make spring sing.

[Turkey Meatloaf with Walnuts and Sage](#)

[Chocolate-Cranberry Quesadilla](#)



cooker!)

-drinking Starbucks' secret: the [Medicine Ball](#) (combo of teas, lemonade, peppermint, honey, and water--said to soothe sore throats, general icks)

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

Getting By

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

Dry Mouth (*aka Xerostomia*)?

-Chew sugar-free gum or suck on sugar-free hard candies

-Limit caffeine

-Avoid mouthwashes with alcohol

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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