



# Notes of Hope

— September 2017 —

So that no one faces cancer alone.®

## Wings of Hope: A Butterfly Release

Saturday, September 9, 10:30-noon

Glorious butterflies, music, kids' stuff, and time for bittersweet memories

Butterfly Garden, Cedar Crest College, Allentown



National Blood Cancer Awareness Month  
Read the Sheriff's Story.

## The Sheriff's Story

"I am an average, normal person with three kids and a job. I want everyone to know you can do this if you believe in yourself." ~ Sheriff Todd Martin



Sheriff Martin with Jared, Kelli, and Karli

Donate



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

Thirteen years...time enough to watch his daughter Kelli turn from a child to a college student; his son Jared to graduate from college; and his daughter Karli to marry and have two children. Thirteen years of fortitude, hope, some depression, faith, determination, thanks, and overwhelming love. Thirteen years to go from a healthy young man to a middle-aged man with [multiple myeloma](#).

Sheriff Todd Martin was 45 when great fatigue and chest and rib pain gripped him. Still, he kept up his job as Monroe County sheriff and his community activities as coach, firefighter, and scout leader. His doctor passed the symptoms off as part of aging. But they persisted, and one night, six months later, as he lay in bed with his wife, he heard clicking: every time he took a breath, he heard his ribs move.

[The Sheriff's Story continues here.](#)

## Really, Really Relevant

[Negotiating cancer: tips from one who's done it](#) (Washington Post, 5/28/17)

[Promising new therapeutic approach for multiple myeloma](#) (Science Daily 6/17)

## Did You See This?

Links to important news about cancer.



[Too many cancer drug trials, too few patients](#) (The New York Times, 8/12/17)

[In melanoma, personalized treatment vaccines show promise](#) (National Cancer Institute, 8/4/17)

[For kids with cancer, focusing on quality of life](#) (The New York Times, 7/27/17)

## Notes from the Program Director

Let's get personal...Many people feel too embarrassed to bring up sensitive medical concerns with their doctor. Talking about certain body parts, ailments, and issues around sexual function can feel taboo. But even though these concerns are underreported, people generally want to and need to talk about them. We offer a safe space to do just that. Join us for two important upcoming programs:

- [Improving Your Pelvic Health](#) with Karen Snowden, PT, DPT, WCS-Tue., Sept. 19, 11 am
- [Sexuality/Intimacy](#) discussion with Carole Moretz, Ph.D-Wed., Sept. 20, 1 pm

You can find additional resources at [www.sexhealthmatters.org](http://www.sexhealthmatters.org) and [www.livestrong.org/we-can-help/finishing-treatment/female-sexual-health-after-cancer](http://www.livestrong.org/we-can-help/finishing-treatment/female-sexual-health-after-cancer)

To locate a sexual health counselor or therapist with expertise in treating cancer survivors, contact either the [American Association of Sexuality Educators, Counselors, and Therapists \(202-449-1099\)](#) or visit [the Society for Sex Therapy and Research \(847-647-8832\)](#).



Regards,  
*Jen Sinclair, program director*

## Hello from the Exec Director

A gigantic, maroon motorcycle zoomed by my car with such vigor and intensity, I couldn't help but glance at the woman riding it. Her black hair whipped around her helmet, and the air seemed to streak across her face. I was immediately transported back to when I had no hair, and the wind tickled my head. It wasn't a luxurious time, like the one she seemed to be having, but the memory caused me to reflect. I have overcome so much in the last 11 years; I have had cancer 10 times. (But great things have happened too!)

I watched the woman dig her boot tips into the road to brace herself, and chuckled at two metaphoric similarities between cancer and biking: balance and big heavy things. Just as that woman worked to maintain balance, I worked to balance a lot, too: family, job, disease, and household. And just as that woman learned to control a huge, weighty motorcycle, I, too, learned to control the huge weight of cancer.

I'm not sure why Ride for Hope started, but I see that it's a good fit metaphorically. And because bikers tend to support a lot of causes, I'm very grateful many of them have chosen us. I look forward to greeting them all.

Do you ride? If so, please join us. Do you know people who do? Please tell them about the [Ride for Hope on Saturday, Sept. 30 at Bicentennial Park in Bethlehem](#). We'll have lunch, good music and raffles, and kick the starter—metaphorically speaking.



Yours,  
*Amanda Buss, executive director*

## Hey, volunteers...

Got some time for us?

Host our [information tables](#) at

- Bike Fest-Sept. 16, 1-7 pm (Nazareth-Bath Regional Chamber of Commerce)
- Bling Your Bra Charity Auction and Health & Wellness Expo-Oct. 25, 6 pm-9 pm (Bethlehem)

[FDA grants full approval to blinatumomab for acute lymphoblastic leukemia \(ALL\)](#) (National Cancer Institute, 7/25/17)

## On the Lookout

What's coming up.



Counting the days 'til [Wings of Hope](#)-Sept. 9, 10:30-noon (Butterfly Garden, Cedar Crest College, Cedar Crest Blvd., Allentown) with its mystical butterfly release, kids' games and toys, music, and sun (we hope).

Get out that blown bike-[and take off at the Ride for Hope](#)-Sept. 30, 9:30 registration, 11:00 ride (Bicentennial Park, Bethlehem)

**Conferences that might pique your interest**

[Rejuvenate: A Holistic Approach to Ovarian Cancer Conference](#)-Sept. 15 (Blue Bell, PA)

[Susan G. Komen 2nd Annual Metastatic Breast Cancer Symposium](#)-Sept. 16 (Philadelphia)

[PA Breast Cancer Coalition 2017 Conference: Shaping the Future of Breast Cancer Care and Survivorship](#)-Oct. 6 (Harrisburg)

Penn Medicine's [Focus on Precision Medicine – 23rd Life After Breast Cancer Conference Program](#)-Oct. 13 (Philadelphia)

[Young Survival Coalition](#)—National conference for young women and co-survivors affected by breast cancer-Feb. 23-25, 2018 (Orlando)

## Helping Out

Will you lend a hand?



[Who do you remember fondly, who do you honor respectfully? Buy a butterfly](#) to pay tribute to someone you love and help the Cancer Support Community maintain its free support and education programs.

## 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](#)

- Eight Oaks Barn Raising Fundraiser-Oct. 26 (New Tripoli)
- Truck or Treat Festival-Oct. 28, noon-4 pm (Nazareth)

### Help make magic at our very own events

- [Wings of Hope: A Butterfly Release](#)-Sept. 9, 10:30-noon (Allentown)
- [Ride for Hope](#)-Sept. 30, 9:30 am-4 pm (Bethlehem)

Email [Deb Post](#) or call 610-7555, ext. 39

## Getting By

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

Upset stomach from chemo? Try  
- *ginger a few days before and after treatment*

If dinner's a chore during treatment, try this cookbook:  
- [What to Eat During Cancer Treatment: 100 Great-Tasting, Family-Friendly Recipes to Help You Cope](#) by Jeanne Besser, et. al. Organized by side effect, recipes combat some treatment side effects. *Thanks to a cancer survivor for this tip.*

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

## Dishing It Out

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

**August recipes from Prevention Magazine**  
More protein, fewer carbs...a new take on Italian food.

[Rustic Breakfast Pizza](#)

[Spaghetti Squash and Meatballs](#)



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.

[Chair yoga for osteoporosis caused by cancer treatment](#) (*The New York Times*, 8/10/17)

[Here are some examples of chair yoga](#)



## Hanging Out

**What to watch, read, and craft.**

We love

-*watching* [Last Tango in Halifax](#) (poignant charmer: two 70+ year-olds, their families, and lots of secrets)

-*reading* [Option B](#) by Sheryl Sanberg (whose husband unexpectedly died while on family vacation)

-*creating* [bacon candles](#) (if you can fry and pour, you make these)

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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