

So that no one faces cancer alone.®

[Key Events](#)

[Healthy Cooking](#)

[Hanging Out](#)

[Helping Out](#)

Screen, baby, screen:
Cervical Cancer Awareness Month

Kristin's Journey: One Woman, Two Cancers

"I have never met anyone who survived cancer without a good attitude. It may not keep you alive, but a bad attitude definitely won't." ~ Kristin Parks



Photo Credit: Elaine Zelker Photography

Kristin and Warren Parks had majestic holiday plans in mind to celebrate the successful end of her breast cancer treatment. They scrolled through Trip Advisor for hotels in Punta Cana, Dominican Republic, starting with the most expensive, for they had something to celebrate.

Great ending to a year-long journey that began in fall 2010, when Kristin, just 43, discovered a lump under her arm. Surprised, not that worried—she was young, had no family history, and routinely self-examined—she headed to her doctor, who immediately sent her for tests.

[Kristin's Journey continues here.](#)

Really, Really Relevant



[How to Become Happy](#) (*The New York Times*, 12/13/17)

[When cancer strikes twice](#) (*The New York Times*, 12/25/2017)

On the Front Burner: Our Wig Room

Donate



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Did You See This?

Links to important news about cancer.

[IUDs may reduce cervical cancer risk](#) (CBS, 11/8/17)



[Birth control pills raise risk of breast cancer](#) (NPR, 12/6/17)

[Skin cancer rises, along with questionable treatments](#) (*The New York Times*, 11/20/17)

Getting By

Other survivors and healthcare professionals can make your journey easier.

Need info about cervical cancer? Read these:

[-100 Questions & Answers About Cervical Cancer](#) by Don S. Dizon, Michael L. Krychman, Paul DiSilvestro

[-Sorority of Hope: Women Connected By Possibility](#) by Colleen Marlett (funny, sad, inspiring book about a sisterhood of women with small and large cell cervical cancer)

Need gumption? Read this:

[New salon gives fresh look to women diagnosed with cancer](#) (WFMZ, 12/20/17)



[-J Dare Me: How I Rebooted and Recharged My Life by Doing Something New Every Day](#)
by Lu Ann Cahn (how a two-time cancer survivor redid her life)

Thanks to a participant for this tip.

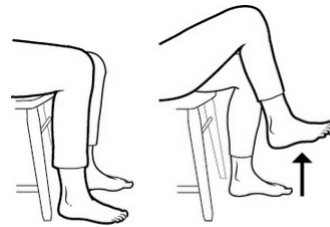
Have a tip? [Let us know.](#)

Working Out: Exercise

[Physical activity can help reduce the impact of cancer treatments](#) on bones, muscles, energy level, and mood, and may increase survival and decrease the risk of a cancer recurrence.

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

[Leg-strengthening and flexibility](#)



Hold On, Let Go

"...we'll take a cup o' kindness yet, for auld lang syne."

New year. New goals, new hope? This is a time to think about what to hold on to and what to move past or let go. Remember, be gentle, honest and fair with yourself. Acknowledge the good with the bad, and then determine your continued path toward the goals you wish to set. We all could benefit from more kindness and positive energy to seek our inner truth. It's the premise behind many of our support groups and healthy lifestyle classes.

Some upcoming programs to help you develop a new repertoire or maintain your sense of balance are:

- [Living Life to the Fullest](#) (monthly)
- [Mindful Compassionate Yoga](#) (weekly)
- [Reiki and Energetic Imbalances](#) (weekly)
- [People Living With Cancer](#) (weekly support group)
- [Friends/Family](#)--because helpers need help, too (weekly support group)



Regards,
Jen Sinclair, program director

Boots On Again

Happy New Year!

Just before the holidays, I woke up with terrible neck pain. I thought that I'd slept wrong. As the week went on and the pain worsened, I knew something wasn't right

An MRI showed new lesions to my C6, C7 and T2 vertebrae. I had been hoping it was a pinched nerve, and I was just over-reacting. As the doctor told me the news, she began to tear up and asked if I needed anything. My first reply was not appropriate to write in this newsletter. And then I said I needed to call my husband.

I had been hoping that the new year would bring me the start of good news and good health. However, that is not the case for 2018.

This latest "bump in the road" will not take away my happiness. I wake up every day with a choice: a choice to put on my cowgirl boots and kick some butt or allow this diagnosis to control my life.

These boots have led me to meet some *amazing* people who continue to walk with me. These boots have strengthened the bond between two sisters, a mother and daughter, a husband and wife, and countless friends.

As you start your new year, I hope that whatever you are faced with, you put on your boots and join me in kicking whatever you need to and making this the best year yet! YEE HAAAW!!



Yours,
Amanda Buss, executive director

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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