

Empowering you through support, education, and hope.

[Key Events](#)

[Healthy Cooking](#)

[Hanging Out](#)

[Helping Out](#)

Not just for leprechauns:

Kelly green is for

Gallbladder and Bile Duct Cancer Awareness Month

Gretchen's Journey: All Alone

"There was no one to tell me that what I was feeling was normal, or to calm me down, or give me hints about child care or side effects." ~ Gretchen Campbell, discussing cancer support 40 years ago.



Gretchen Campbell

What was it like—40 years ago—to be told that you, a stay-at-home mother of two very small children, had cancer? When your parents were several states away, when your husband had a very busy job, when you didn't know anyone with cancer, when there were no support groups, when the doctors in your hospital were competent but matter-of-fact, and you were utterly terrified? And isolated?

Ask Gretchen Campbell.

Gretchen and her young family were living in Baltimore when she found a lump in her breast. She didn't think that the little thing was dangerous, but, at the same time, she thought she should have it removed. One Friday, she headed to the local hospital, and, although the doctors agreed that it was just a cyst and even toyed with doing nothing, Gretchen insisted. And the moment they removed it, they knew: it was malignant. Gretchen had cancer.

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

Really, Really Relevant



[How adults can build resilience](#) (*The New York Times*, 7/25/17)

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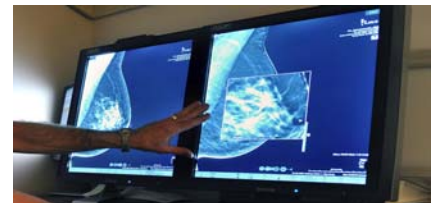


www.cancersupportglv.org
610-861-7555

Did You See This?

Links to important news about cancer.

[First treatment approved for breast cancer with BRCA genetic mutation](#) (*The Washington Post*, 1/12/18)



[New machine may reduce surgery for some breast cancer patients](#) (*Baltimore Sun*, 1/10/18)

[Stomach and intestine bacteria may fuel growth of colorectal cancer](#) (NCI, 12/29/17)

[New cancer treatments have perplexing side effects](#) (*The Washington Post*, 1/2/18)

Getting By

Other survivors and healthcare professionals can make your journey easier.

Scared to walk on snow and ice? [Read this.](#)

Chemo changing your taste buds? Try this:
-Sucking zinc lozenges

[The 32-foot diving board: What is courage?](#) (*The New York Times*)

Happy Valentine's Day, Self.

As Valentine's Day approaches, many of us notice the loving messages that are shared with others. But how often do we share them with ourselves?

Self-compassion occurs by giving ourselves warmth and understanding when situations do not go well. The more we recognize that all people suffer and feel inadequate from time to time, the less we feel alone. We can observe our emotions and behavior, mindful of what is happening without judgment and a harsh attitude.

To practice self-compassion is to tell ourselves, "I love you." Need help putting this concept to work? Check out [Dr. Kristin Neff's website](#), and join us for our program, [Mindful Compassionate Yoga](#), Wednesday mornings.



Regards,
Jen Sinclair, program director

Getting Out (of town)

Give a kid whose parent has cancer [a week of free summer camp at Camp Kesem, Central, PA](#)

Hair thinning? Consider this:
-A wig fitting in the private salon at our offices (women's wigs only)

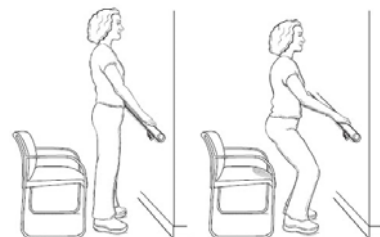
Have a tip? [Let us know.](#)

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.

[Mini squats](#)



This month, I'll be 40. My Cancer will be 15.

In a few days, I will celebrate my birthday—with both joy and reflection. In a few days, I will have had cancer for a third of my life.

I have more strength and courage than I thought I would ever have. And I have more joy, being with my family and friends, than I thought I would ever have. Sometimes people tell me that if they had a life-threatening disease and needed awful therapy, they would crawl into a corner, bathe in self-pity and waste away.

That's not what I do, and it's not what many other cancer patients do, either. Why? It's because *we know no other life*. We manage our lives like our neighbors manage theirs--facing daily obstacles like flat tires, broken furnaces, and cavities. But we just have one more thing to manage: cancer. It's a part of us, and yet, cancer is not who we are.

I'm celebrating my birthday, and while doing so, I am also saluting all cancer patients who exhibit unending courage, power and focus. They sacrifice themselves to keep their families and the rest of us moving forward, despite the complexities of what they endure.

Thank you to all my cancer warriors for being here with me! I wouldn't want to be in this journey without you.



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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