

Empowering you through support, education, and hope.

Alert on all fronts...it's

Testicular, Esophageal, Head and Neck Cancer Awareness Month

Pablo's Journey: After-Effects

"Certain things happen in your life that are completely out of your control. The outcome depends on how you handle them." ~ Pablo Garcia



Pablo Garcia and his mother

"Honestly, it happened so quickly—from the time my doctor told me until the time I ended treatment—that it hardly registered," says 40-year-old Pablo Garcia matter-of-factly. "I went to the doctor when I realized that I probably hadn't pulled a muscle because the pain was so intense. He examined me, and said he'd see me Tuesday to remove it. 'Remove what?' I asked. 'Your testicle.' There's no history of cancer in my family." He was speechless, and so was his mother, for Pablo had seminoma testicular cancer. He was 24.

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

Program Director: De-clutter Your Brain

Spring can be the perfect time to thoroughly clean and de-clutter your house and your mind and body. Stress and worry can take up a lot of space; think how much of your energy they consume, preventing you from moving forward.

Many of our exercise programs can help you *spring clean* your mind and body, helping you regain a sense of control over your body, as well as improve your physical and mental health.

Exercise for a cancer survivor can reduce depression and anxiety, lower the risk of heart disease and osteoporosis, and improve overall mental and physical quality of life. Try our [Kempo](#) (karate), [FitRhythms](#) (music & drumming and dance & movement), and [Wellness Workout](#) (modifiable circuit training) classes to put this into practice.

To achieve a sense of peacefulness and relaxation for your mind, try out [Mindful Compassionate Yoga](#), [T'ai Chi](#), and [Reiki](#).

Regards,
Jen Sinclair, program director

Donate



www.cancersupportglv.org
610-861-7555

The Lookout: Cancer-related Events

Education & Helpful Programs

[What's A Previvor?](#)-Wed., April 4, 5:30-6:30 pm (Cancer Support Community) FREE

[Visions of Hope](#)-Wed., April 18, 6-7:30 pm (Cancer Support Community) FREE

[Nutritional Strategies for Oral/Head/Neck Cancer Survivors](#)-Fri., April 20, 11:00 am (Cancer Support Community) FREE

["Grief is a Journey."](#)-Wed., April 25, 7:30 pm (Central Moravian Church, Bethlehem) Lecture by Dr. Kenneth J. Doka, Professor of Gerontology at the Graduate School of The College of New Rochelle and Senior Consultant to the Hospice Foundation of America.

Save These Dates/Not to be Missed

Outings & Parties

[You Will be Found: Songs and Lessons of Cancer Survivorship, performed by Rick Boulay](#)-Sat., April 14, 2 pm (First Presbyterian Church of Allentown)

[Annual Charles B. Patt, Jr. Golf Tournament](#)-Mon., May 14 (Woodstone Country Club, Danielsville)



Did You See These Cancer Updates?

Links to Useful Info

[Late effects of cancer treatment](#) (Mayo Clinic, 9/12/2017)

[The power of touch in relieving pain](#) (*The Week*, 3/19/18)

[FDA approves consumer test for certain BRCA mutations](#) (American Cancer Society, 3/7/18)

[Two prostate cancer drugs delay spread of disease by 2 years](#) (*The New York Times*, 2/8/18)



Exec Director: To Google or Not to Google

Since we are so web-based these days, how often do we reach for Google?

When I was first diagnosed, the first thing I did was call my mom. Nowadays, the first thing I do is reach for my good friend, Google. Sometimes she has led me in the right direction, sometimes, not so much. I'm not anything close to a medical professional, but I do want to share some tips if you do choose to Google your symptoms.

Never self-diagnose. Spending time furiously searching symptoms on your iPhone, then declaring you've got X, Y, or Z can be downright dangerous. First off, it can keep you from getting the help you actually need. (Yes, "eye herpes" is a thing. But reading more about it doesn't cure whatever is actually happening to your eye.)

Restrain yourself from acting on Google's advice. It's one thing to try a fad diet because you've read good things about it online but it's a very different thing to go out, read information about a health condition, and then try to apply it to yourself.

Always consider the source. A lot of times, people read a personal story and they say, "Hey, that sounds like me. That's my problem too!" They get worked up, and may even act on something that isn't actually relevant to them. So make sure the source is a reputable one. A trustworthy source is [National Cancer Institute](#).

Look for credentials. Just because people have popular blogs does not mean they know what they're talking about, whether they're dishing about fitness, a particular treatment, or something nutrition-related. Pretty pictures of food do not equal expertise. And don't just fall for a good SEO—the first Google results aren't necessarily the most accurate.

Take your symptoms to a doctor. Treatment doesn't come from reading an article (or worrying about an article). It comes from an M.D. So call your doctor, and if you are not happy with your conversation, get another opinion!

Yours,
Amanda Buss, executive director

[Garden of Hope](#)—Wed., May 23, 5:30-8 pm (Vault 634, Allentown). A festive cocktail party to honor Dr. Tricia Kelly, survivor Sarah Trimmer, and Stephen Flowers of Suddenly Samantha.

[Dragon Boat Festival](#)—Sat., June 16, 8:30 am (Evergreen Lake, Bath). Sign up a paddling team, clamber into an elaborately decorated boat as you would have found in ancient China—and combine your strength into one fluid movement. **BRAND NEW**



Calling All Volunteers

April is National Volunteer Month. So thank you for volunteering with us!



Upcoming Opportunities

[Boutique at the Rink Volunteer Meeting:](#)

Wed., April 4, 2:30 or 6:30 (First Presbyterian Church of Bethlehem)

[Health Fairs](#)

Fri., April 20, 11-2

Thurs., April 26, 10-1

Fri., April 27, 9-noon

Available to help? Email

abuss@cancersupportglv.org

Mindfulness Matters

Things to do to help take your mind off your illness

Join us for –

[Art Series](#)—Sat., April 7, 10 am (In partnership with Forks Area Art Society - 700 Zucksville Road, Easton)

[Paddle Board Yoga](#)—Sun., April 15, 1:30 pm (Allentown YMCA)





Dishing It Out: Healthy Cooking

April recipes from *Prevention Magazine*

When asparagus tips begin to poke out of the ground...

[Spring Wild Rice Bowl with Asparagus](#)

[Barbecue Chicken Pizzas](#)



Cook with Us

[Simple and Nutritious Meals](#)-Thurs., April 12, 5:30-7:30 pm (Phillipsburg High School, Phillipsburg, NJ)

[Vegan Selections](#)-Thurs., April 19, 5:30-8 pm (NCC Fowler Southside Center, Bethlehem)

For more mindfulness programs, visit www.cancersupportglv.org

Stay Active

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.

Try the [Wellness Workout](#)-Mondays, 9:30 am. Functional and core interval training with a NASM Certified-personal trainer.

Here's one you can try at home

[Gluteal sets](#)



On the Front Burner

In the News

"Now I'm amongst women who are in the same boat and understand how I'm feeling," says Rebecca.

[Life Lessons: Support groups](#) (WFMZ, 3/26/2018)



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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