



Empowering you through support, education, and hope.

### Be smart...it's

## Brain Tumor Awareness Month and Skin Cancer and Bladder Cancer Month

## Ellen's Journey: One Bite at a Time

"In my life, there is cancer and everything else. It is one chapter in my story. We all have a story. And it is important that we share it because I believe a story is the shortest distance between two people. For me, I'm a work-inprogress on how to turn an inspirational story into an inspirational life." ~ Ellen O. Kalinosky



Ellen O. Kalinosky with her husband and daughter

"I've lived with cancer for 35 years," says Ellen O. Kalinosky, a smile creasing her cheeks, "but I'm so much more than that."

When does one turn the page? Start a new chapter? And more importantly, how? "Now it's time for a new chapter. I'm working on the 'how.""

Ever since she was 25—when she received the results from the routine pre-marital blood test—Ellen has seen cancer up close. She wasn't just ill, said her doctors, she was dying. Although initial blood and bone marrow tests were inconclusive in helping doctors diagnose the illness, they were sure about one thing: she probably had six months to live. They suggested that she and Joe postpone their upcoming marriage. Urged by her sister, a nurse, Ellen then headed for a different set of doctors in a different hospital. It didn't occur to her and Joe not to marry.

Ellen's Journey continues here.

### The Lookout: Cancer-related Events Education & Helpful Programs

Frankly Speaking About: Melanoma-Tues., May 1, 11 am; Wed., May 30, 6 pm

When Counting Sheep Fails-Wed., May 16, 1 pm

True North, The Sean Swarner Story- Thur., May 24, 6:30 pm

Registration and programs descriptions are here.

#### Webinars

Managing the Side Effects of Immunotherapy-Wed., May 2, 1:30 pm

What are Biosimilars? Understanding Their Role in Cancer Treatments: Current and Future Perspectives-Thur., May 24, 1:30 pm



Program Director: Re-energize—like spring We all know what April showers promise to bring...more colors and vibrancy, along with the hope that everything will flourish again.



www.cancersupportglv.org 610-861-7555

# Save These Dates

### **Outings & Parties**

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



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 (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



<u>Wings of Hope</u>-Sat., Sept. 8, 10-noon (Cedar Crest College Allentown). Honor and remember loved ones with live butterflies you release; kids activites, snacks, raffles. FAMILY FRIENDLY, FREE

#### Calling All Volunteers Thank you for volunteering with us. Upcoming Opportunities



Boutique at the Rink Volunteers needed for set-up, sale days, Are *you* looking to re-energize? We have solutions for you. Join us for <u>FitRhythms</u>, Thursday, May 3 at 6:30 pm for a festive drumming and dancing workout (...and burn more calories than cycling or running!). Or give <u>Zumba</u> a try for a special Cinco de Mayo celebration a day early on Friday, May 4 from 11:30-12:30 pm. Never tried it? That's ok, because Zumba is a low-impact dance class for beginners.

Remember, just as every flower doesn't poke up in May, you don't need to accomplish every goal at first either. However, eventually, *all* the flowers pop out.



Regards, Jen Sinclair, program director

# Exec Director: Scanxiety

I've been off treatment since January—and that's as welcome as the warm weather! Recently I went for my three-month scan. I always get a bit nervous beforehand and very nervous while waiting for the doctor to call with the results. I have what's known as "scanxiety." Did you know there was such a thing and such a word?

While it's not an official medical term, it is a valid word: it refers to cancer patients' fear and worry before and after—while waiting for the big reveal—imaging.

Scanxiety negatively affects patients' quality of life, may undermine follow-up care plans, and can even lead to unnecessary treatment, according to interviews with physicians and a review of the sparse medical literature on the subject.

So what can you do to help yourself or someone experiencing it? Check out these Tips for Coping with Scanxiety from *Cure* Magazine.



Yours, Amanda Buss, executive director

## Cancer Updates Links to important news

Lung cancer patients live longer with Immune therapy (The New York *Times*, 4/16/18)

Healing process, after breast cancer surgery, may trigger cancer spread (USA Today, 4/11/18)

Basic acts of kindness help patients dealing with cancer (The Washington Post, 4/8/18)

New organ in body may be conduit for cancer (The New York Times, 3/31/18)

# Dishing It Out: Healthy Cooking

Eating right before, during, and after cancer treatment can help you feel better and stay stronger.

#### Cook with Us

Thurs., May 10, 5:30 pm (Northampton Community College, Fowler Southside Center)

Wed., May 23, 5:30 pm (Phillipsburg High School)

May recipes from *Prevention* Magazine Two recipes that begin to usher in spring.

Salmon Fish Tacos with Hawaiian Cabbage Slaw

Home-style Lemon Pudding Cake



and clean-up April 30 - June 4. Stop by the Bethlehem Municipal Ice Rink, 345 Illick's Mill Rd., Bethlehem for details.

<u>Health Fairs</u> – Sat., May 5, 11 am – 2 pm, Fri., May 18, 9 am – 12 pm, Wed., May 23, 10 am-2 pm

Available to help? Email <u>abuss@cancersupportglv.org</u>

## Mindfulness Matters

Things to do to help take your mind off your illness.

Join us for -

Yoga Nidra-Mon., 6:30 pm

Reiki-May 1 & 13, 5:30 pm

Reiki- May 9 & 29, 10:45 am

Mindful Compassion-Wed., 9:30-10:30 am

Tai'Chi-Thurs., 10:45 am

Plus Color your way through grief

How to live creatively when you think you're not



## Staying 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.

Karate for Adults-Thur., 9:30 am

Karate for Kids-Wed., 4:15 pm

Zumba-Fri., May 4, 11:30 am

Try this at home:

### Modified straight leg raises



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 i connect with others, reduce stress and isolation, and restore hope for a better quality of life.

#### Foundations & Corporate Sponsors



PRODUCTS 🚣 🛱 🛱 🛱







Trident



Blue Star Screen Printing Boutique At The Rink BSI Corporate Benefits, LLC Burkholders HVAC Cancer Support Community Headquarters Emmaus High School Girls Soccer Team Fragrance Manufacturing, Inc. Girling Foundation Henry C. Trexler Trust Hogan Social Club of Allentown Illinois Tool Works, Inc. Jaindl Farms LLC Julius & Katheryn Hommer Foundation J's Run Lehigh Valley Community Foundation Leona Gruber Charitable Trust Phantoms Charities Phoebe Ministries Saucon Valley Country Club Women Golfers Stauffer Insurance Group Sylvia Perkin Perpetual Charitable Trust The Bill Sugra Memorial Fund The Century Fund The Charles Hoch Foundation The Fleming Foundation The Fleming Foundation The Vollrath Foundation Trumbower Hospital Foundation, Inc.

#### Individual Supporters During the Month of April

This list includes all donors from April 1 - 30, 2018.

Ronald Altieri Jennifer Ashley Amy Barr Scott Bartkus Dorothy Beck William Beebe Joanne Bodder Wendy Body Richard and Jane Brooks Amanda Buss and Mark Sivak Theresa Calantoni Crystal Carnes Marilyn Claire Maureen Cort Dennis Costello Jeffrey Draluck Susan Elton Cathy Filler Aaron Fisher Joseph Fitzpatrick Paul Francis Patrick Kelly Joseph and Jennifer Gibbs Erin Gill Alyssa Glaser Dennis Greenzweig Rob Gross William Hacker Joshua Haddad Ronald and Brenda Held Susan Hubley

Linda Karp David and Pam Kennedy Greg Leo Jack Lisicky Jr. John Locher Shamar Lomax Gale Maleskey Sally Mukon George Nisiotis Stavros Patselas Scott Patt and Lisa DeJohn Christina Price David Rickel Herman and Claire Rij Barbara Roman James Sabol Madison Scott Michael and Krisann Seislove Timothy Silfies Charles Simon Charles Smith Sandra Smith Frank Tallent Joseph Thomas Raymond Titus Wendy Tracy Jan Truver Dianne Wall-Gillikin Debra Watts Chris Zacker