



# Notes of Hope

— December 2018 —

*Empowering you through support, education, and hope.*

This holiday...

what are you giving *yourself*?

**Donate**



[www.cancersupportglv.org](http://www.cancersupportglv.org)

610-861-7555

## Craig's Journey: Lessons Learned on a Hard Road

"The lessons I learned may not be for everyone, but they worked for me." ~ Craig Weber



Craig Weber

The thread running throughout Craig Weber's life is that of guide, of advisor, of teacher. He is also a man who survived stage 4 colon cancer in 2013. Yet, when he thinks back to those hard days of diagnosis, surgery, and chemo, he doesn't dwell on the hardship; he dwells on lessons learned.

It's very clear that Craig had once—before retirement—been a special education teacher at Freedom High School in Bethlehem. Now, as he says, "I'm here--to give back."

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

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## Save These Dates

### Outings & Parties

[Really Terrible Orchestra](#)-Truth is, they aren't really terrible-Tue., Dec. 20, 6 pm

### Education & Helpful Programs

[Registration and program descriptions are here.](#)

[How to Care for Your Winter and Aging Skin](#)-Wed., Dec. 5, 11 am

[Frankly Speaking About: Clinical Trials](#)-Tues., Dec. 11, 5 pm

[Tax Series: W4 Planning](#)-Mon., Dec. 17, 10:30 am



### Webinars

[Ask the Expert-Facebook Live: Lymphedema](#)-Tues., Dec. 11, 7 pm

[Self-Confidence in the Workplace: Balancing Work & Cancer Webinar](#)-Wed., Dec. 12, 1 pm

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## Calling All Volunteers



**Gift Wrap Table at the Outlets at Sands Bethlehem**-Sat. and Sun., Dec. 8 and 9, 2–7 pm; Sat. and Sun., Dec. 15 and 16, 2–7 pm; Wed., Dec. 19, 10 am–9 pm; Thurs., Dec. 20, 10 am–9 pm; Fri., Dec. 21, 10 am–9 pm; Sat., Dec. 22, 10 am–9 pm; Mon., Dec. 24, 10 am–5 pm

**SPECIAL DONATION REQUEST**-we need wrapping paper, tape, and bows for our wrapping event at the Outlet at Sands Bethlehem.



**Library Assistant**-Help us maintain and replenish our library shelves.

**Available to help?** Email [npetiet@cancersupportglv.org](mailto:npetiet@cancersupportglv.org)

## Stay Active



[Progressive Workouts](#)-Mon., Dec. 3, 10, and 17, 9:30 am

[Qigong for Vitality](#)-Thur., Dec. 6, 13, and 20, 9:30 am

[Restorative Yoga](#)-Tue., Dec. 18, 6:30 pm

**Try this at home:**

[Arm raises](#)

*Thanks to Memorial Sloan Kettering Cancer Center*



## Healthy Cooking

### Cook with Us

[Healthy Options for Cozy Snacks](#)-Tue., Dec. 11, 3 pm (Cedar Crest College Allen Center for Nutrition, 11 College Dr., Allentown, PA)

### Make These December Recipes at Home:

Soup and pasta—fitting and delicious for a cold night.

#### [White Winter Minestrone Soup](#)

#### [Pumpkin & Sage Pasta](#)

*Thanks to Cook for Your Life*



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## Put Yourself at the Top of the Gift List

Acknowledging cancer during the holidays? *Really?* You bet.

*Don't forget to give yourself a gift this season.* As energizing as holidays can be, they often deplete us of our own energy, so it's especially important to pay attention to ourselves. One way to replenish your mind, body, and spirit is through mindful self-compassion practice--giving yourself the gift of kindness so you can recognize what is and isn't in your control, and learning to support and comfort yourself. [Join us on December 18](#) to learn how to put this into daily practice.

*And don't forget your family...* On [December 12](#), take the gang to meet experts in therapeutic horseback riding, occupational therapy, physical therapy, nutrition, counseling, yoga, Reiki, and other cancer support-related fields during our healthcare fair.

While you're there, give your kids a fabulous holiday gift: decorating their own personalized ornaments, made on 3D printers, thanks to the generosity of Jeremy Fallis from [DESIGNLYNX, LLC](#).

Holidays are for giving—to everyone we love!



Regards,  
*Jen Sinclair, program director*

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## More Gifts to Give Yourself (Sound Selfish?)

Not at all—we're just making sure we stay positive during the holidays.

*Set realistic expectations.* As special as holidays are, they won't erase all of your problems.

*It's okay not to feel festive all the time.* Just let others know.

*Take time for yourself.* Plan activities *you* enjoy, and spend time with those you really want to be with.

*Get plenty of sleep, eat healthy meals, and stay active.*

Caregivers, if loved ones have the blues, try to involve them in holiday activities. But don't be forceful--and be a good listener. Letting people talk about their sadness may be all they need.



Yours,  
Amanda Buss, executive director

## Cancer Updates



[Organic food may help reduce cancer risk](#) (Los Angeles Times, 10/22/18)

[Obesity tied to colon cancer risk in younger women](#) (Washington University School of Medicine in St. Louis, 10/11/18)

[For Cervical Cancer Patients, Less Invasive Surgery Is Worse for Survival](#) (NPR, 10/31/18)

### 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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This list includes all donors from October 1 - 29, 2018.

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