



Notes of Hope

— November 2018 —

Empowering you through support, education, and hope.

Digest this:

It's pancreatic cancer awareness month



www.cancersupportglv.org
610-861-7555

Jodi & Chad's Journey: Not for Sissies

"One of the things I learned is that you need an advocate because being a patient is overwhelming."
~ Chad Butters



Jodi and Chad Butters

Jodi and Chad Butters' trip to Mexico in 2012 with a group of friends changed their lives. It wasn't the scenery, the food and drink, or the language; it was the aftermath, when they got home. Just when they should have been sorting through their photos and posting them online, Jodi got a bug that wreaked havoc on her gut. Several of their traveling companions got the same bug, but one by one they got better. Jodi did not.

Worried, the Lehigh Valley resident took herself to the doctor. But it wasn't a bug. It was cancer. At age 49, Jodi Butters was diagnosed with [rectal cancer](#). Soon, she met her colorectal surgeon, her

radiologist, and her medical oncologist—and began a 30-day treatment with both radiation and chemotherapy.

[Jodi & Chad's Journey continues here.](#)

Save These Dates

Outings & Parties

[Bottoms Up: \\$20 for yoga, a drink, rock climbing, etc.](#)-Sun., Nov. 18, 12-4 pm

Education & Helpful Programs

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

[The Nitty-Gritty of Cancer](#)-Thur., Nov. 1, 8, and 15, 1 pm

[Frankly Speaking About: Clinical Trials](#)-Tues., Nov. 13, 12:30 pm



Webinars

[Managing Long-Term Stress](#)-Wed., Nov. 7, 6 pm

[Medical Cannabis: the facts about cannabis as a treatment for cancer and cancer-related symptoms](#)-Wed., Nov. 21, 12 pm

Calling All Volunteers

Moravian College Annual Health Fair-Wed., Nov. 7, 9:30 am-3 pm



Lehigh Valley Health Network Lung Forum-Thur., Nov. 15, 5-7:30 pm

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



Library Assistant-Volunteers needed to maintain and replenish our resource library shelves.

Available to help? Email abuss@cancersupportglv.org

Stay Active



[Yoga Therapy in Cancer and Chronic Illness](#)-Thur., Nov. 1, 8, 15, and 29, 9:30 am

[Yamuna Body Rolling](#)-Wed., Nov. 14, and 31, 10:45 am

[Paddle Board Yoga](#)-Sun., Nov. 18, 1:30 pm

Try this at home:

[Mini squats](#)

Thanks to Memorial Sloan Kettering Cancer Center



Healthy Cooking

Cook with Us

[Healthy Comfort Food](#)-Thur., Nov. 15, 5:30 pm (Phillipsburg H.S., Stateliner Blvd., Phillipsburg, NJ)

[Leftovers from Your fridge](#)-Wed., Nov. 28, 5:30 pm (Northampton Comm. College, 511 E. 3rd St., Bethlehem, PA)

Cook this at Home

[Chicken & Turkey Meatballs](#)

Take on a delicious old standby. The spices give the meatballs a Mediterranean edge. You can freeze the meatballs for another meal on another day when you just don't feel like cooking.

Thanks to Cook for Your Life



Caregivers, You Have a Cancer Color, Too.

Caregivers occasionally, we forget you. We forget to appreciate your compassion and service, your energy, competence, idealism, dedication, self-sufficiency, and accomplishments. Tireless work without acknowledgement risks your burning out.

In your critical role, you must preserve your emotional and physical health. Here are some tips:

- Know your limits.* Our feelings warn us when we've exceeded our limits. Take a break when you need one.
- Form appropriate expectations.* Give yourself permission to do what you can.
- Give yourself affirmations.* Learn how to reply on yourself for approval, especially if you aren't getting compliments.
- Nurture yourself.* Practice stress reduction techniques, acknowledge your emotions, and use coping strategies to regain a sense of control.

Need help? You don't have to do this alone. Join our Friend/Family weekly support group for [caregivers](#), [Mindful Self-Compassion](#), [Carpe Diem](#) and [Reiki and Meditation](#) for more tools. You can also join us every Monday in November from 5-6:30 pm for some self-care tips and pampering during [Caregiver Café](#).



Regards,
Jen Sinclair, program director

P.S. The color for Cancer Caregiver Awareness is plum.

Taking Care of Business—You—this Holiday Season

Sometimes, people with cancer and their loved ones feel out of step with the rest of the world—especially during the holidays. In fact, the holiday season can prompt unsettling questions:

How do I take care of the holiday rush and myself at the same time? How can I celebrate when I have so many other things on my mind? What will my life be like next year?

Here are some methods to help you enjoy the season:

- Share your concerns* with your loved ones to help you feel more connected.
- Get together* with friends, family, or co-workers.
- Create a holiday tradition* to maximize your energy (a couple years ago, when I was in treatment, my family exchanged only homemade gifts, so I didn't have to expend my limited energy shopping).
- Be an innovative shopper* or gift giver (and if you're shopping Amazon, use smile.amazon.com and select us as your charity of choice!).
- Celebrate strengths* you and your loved ones have developed (did you learn to play Bridge, learn to knit, can you write poetry or sing?).



Yours,
Amanda Buss, executive director

Cancer Updates



[How to minimize pancreatic cancer risk](#) (The New York Times, 7/23/18)

[For new cancer treatments, less is more](#) (The Washington Post, 9/9/18)

[The risk of alternative cancer treatments](#) (The New York Times, 10/1/18)

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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