



# Notes of Hope

— October 2018 —

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

Regenerate.

It's Liver Cancer and Breast Cancer Awareness Month

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[www.cancersupportglv.org](http://www.cancersupportglv.org)  
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## The Moment I Knew Gratitude

by Kristin Meekhof

"We can't change the past losses, but we can change the way in which we relate to our losses, and for this I am infinitely grateful."

~ Kristin Meekhof



Kristin Meekhof

It's October 2007, and it is pitch black outside. The birds are not even awake, and I'm rumbling through my purse, going to turn on the car, to make sure the seat warmer on the passenger side is on because my husband's frail and skinny body gets cold easily. I'm going through a mental checklist: snacks, bottle of water, cash. I go back into the kitchen.

My husband Roy is up and ready. I see the clothes are loose fitting, kind of hanging on him, but he still looks healthy in so many ways. I grab his favorite jacket, and we walk downstairs to the car. He mumbles, "Grateful I can still walk short distances like this." I ignore it. I'm more focused on driving to Ann Arbor.

[Kristin's Gratitude continues here.](#)

## Save These Dates

### Outings & Parties

[Bethlehem Steele FC \(BOOT Breast Cancer\)](#)-Sun., Oct. 14, 3 pm

[WLEV's Little Pink Dress Party](#)-Thur., Oct. 25, 6 pm

### Education & Helpful Programs

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

[Carpe Diem](#)-Wed., Oct. 17, 11 am

[Frankly Speaking About: Bone Health](#)-Fri., Oct. 26, 11:30 am

### Webinars

[Feed Your Health: Cooking with Ann Ogden](#)-Thur., Oct. 4, 6 pm

[Living with Metastatic Breast Cancer](#)-Thur., Oct. 18, 1:30 pm

## Calling All Volunteers

**Front Desk Coverage**—Greet participants and answer the phone on the following days and times: Mon. and Tues., 3-8 pm; 1st Wed. of month, 3-8 pm; Wed., Thur., and Fri., 3-5 pm

**Calendar Sort and Delivery**—Sort and then distribute our calendar to local cancer centers, doctor's offices, and community centers on a bi-monthly basis

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

## Stay Active

[Yamuna Body Rolling](#)-Wed., Oct. 3, 17, and 31, 10:45 am

[Gentle Flow Yoga](#)-Fri., Oct. 12, 10 am

[Paddle Board Yoga](#)-Sun., Oct. 14, 1:30 pm

### Try this at home:

[Heel raises](#)

*Thanks to Memorial Sloan Kettering Cancer Center*



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## Healthy Cooking

### Cook with Us

[Thur., Oct. 18, 5:30 pm](#) (Phillipsburg H.S., Stateliner Blvd., Phillipsburg, NJ)

[Tues., Oct. 23, 5:30 pm](#) (Northampton Comm. College, 511 E. 3rd St., Bethlehem, PA)

### Cook this at Home

#### [Zucchini Ricotta Pizza](#)

Nobody on treatment should have to give up pizza. This Zucchini Ricotta Pizza is delicious and perfect for a vegetarian weeknight meal. With this recipe we make sure everyone gets to eat some, even those on a bland diet. Turn the oven on, tuck in and enjoy!

*Thanks to Cook for Your Life*



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## A right way to face cancer?

Elegant or rugged? Poised or out of control? Dignified or messy? What is reality? Life isn't always neat and clean; and it's definitely not perfect, especially when faced with a health crisis. There's no "right" way to face cancer survivorship and caregiving. People often waiver in their reactions and responses.

Do you want to hear some *real* perspectives you can relate to? How about an everyday mom who is trying to honor who she was, while making sense of this disorganized new normal that she hardly recognizes after cancer surgery? Ironically, her name is Grace, a namesake that means elegance, poise, finesse. In a documentary about her experience, Grace shares a frank, honest, and funny account of the seldom-discussed side of survivorship—the complicated aftermath of treatment.

Join us during our monthly [Breast Cancer Support Group](#) or during the [Breast Friends Breakfast](#) to watch *Grace*.



Regards,  
*Jen Sinclair, program director*

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## Think before you Pink

Breast Cancer Awareness Month had always seemed like a positive idea to me: a no-brainer. Buying things with pink ribbons was an easy way to show my solidarity with cancer patients fighting the disease and to remember those who lost their battles. That changed dramatically in

2006 when, at 28, I was diagnosed with breast cancer myself. As a survivor, I have conflicted emotions about Pink-tober and its ubiquitous looped ribbons and "awareness" campaigns. Why?

I appreciate people's genuine desire to support breast cancer fighters and survivors. But often, pink ribbons are slapped on unhealthy food or body-care products loaded with chemicals. It's a trend called "pinkwashing." Breast cancer is not glamorous or sexy. It is emotionally and physically devastating. And even with all the awareness out there, many people do not realize that about 30 percent of women initially diagnosed with a lower stage (0-III) breast cancer will eventually progress to full-blown Stage IV metastatic cancer. Like me, at the age of 32, in 2010.

If you are tempted to buy candy or nail polish because you want to help, instead, please consider donating to research for women and men living with stage IV breast cancer via [www.metavivor.org](http://www.metavivor.org). If you want to help locally, support the Cancer Support Community's programs that offer support for all cancer patients, survivors, and their families, or take a healthy dinner to a cancer patient or offer him or her a ride to a next treatment!

Thank you for your mindfulness, for caring, and for taking time to "think before you pink."



Yours,  
*Amanda Buss, executive director*

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## Cancer Updates



[For elderly women with breast cancer, surgery may not be the best option](#) (The New York Times, 9/14/18)

[Breast cancer screening does not reduce mortality](#) (Science Daily, 9/12/18)

[New approach to breast reconstruction may reduce pain and weakness](#) (The New York Times, 9/17/18)

[HPV-related cancer rates are rising](#) (The Washington Post, 8/23/18)

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## 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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