

The Center for Cancer Support & Education

Professional Essay Writing for Caregivers and Family Members

A new class for those who have lost someone, or cared for someone, with cancer.

Are you a motherless daughter? Or the spouse of someone who has suffered with cancer? Or, maybe you have a friend who once had the disease, or a child who was lost to it? We know there's a story you might want and need to tell about your loss, or your fears, or your experiences, but haven't figured out a way to put form to your words. Maybe you even feel you don't deserve a forum because you're not the one who was diagnosed.

But that's not true. Bystanders, and loved ones, suffer too. And while their stories and perspectives are different, they're just as valid, and just as valuable to hear. To give those folks voice, we have developed a personal essay-writing course that will teach its students how to express themselves in a concise, highly readable way. You'll proceed with the idea that your essay could be submitted to a professional publication or journal. (This might also serve as a good starting point to a memoir, if that's something you've toyed with.) You don't have to pitch it for publication, of course. But at the very least, you'll learn how to write professional-quality work, and have, in the end, a piece that you could show to others as a way to explain what you have been through.

My name is Carlene Hempel, and I'm a professor of journalism at Northeastern University in Boston where I teach an advanced elective course called Magazine Writing. One of the assignments for that is "personal essay writing." Students pitch, and write, (and rewrite) an 800-word essay that reflects something they've been through. Many times, they choose to write about the loss of a parent, or a sibling, to cancer – and the impact that has had on their lives. That was the context for my developing this course for the Center for Cancer Support.

We'll hold the course at the Center on Monday nights from 6:30 to 8 for eight weeks starting August 15. We'll see, after the first session, if there is interest to continue with another session. The fee is \$5. Please feel free to contact me in advance if you have questions about the structure of the course, what you will be learning, and what will be expected of you. You don't need previous writing experience, but you will need to feel comfortable with being edited and having to rewrite your work. I can be reached at carlenehempel@hotmail.com. I hope to see you there!

Details:

Meeting Dates: August 15, 29, Sept 12, 19, 26, and October 3

Location: The Center's office

Meeting Times: 6:30 - 8:00 pm

Materials: Bring pens and paper

Preregistration required: call 781 648 0312 or email centerforcancer@gmail.com

(781) 648-0312
180 Massachusetts Ave.
Suite 301
Arlington, MA 02474

Vol. 13, Summer 2011

Volunteers Opportunities

Do you want to help at our upcoming events? We have several opportunities available:

- Ongoing from now through July 31, volunteers needed to help plan and organize our online auction.

- Sat., May 28, 10 AM - 3 PM - Discovery Day in Lexington, volunteers needed to help staff booth.

- Saturday, June 18, 12:30 - 4:30 PM - Arlington Council on Aging Health Fare, volunteers need to help staff booth.

- Saturday, August 6, 11 AM - 6 PM - Burlington Day, volunteers needed to help staff booth

- Saturday, September 17, 10 AM - 3 PM, Town Day in Arlington, volunteers needed to help staff booth.

More details on all events are on the next two pages.

If you are interested in learning more about any of these opportunities to help the Center, please call or email our office. Thank you!

The Center for Cancer Support & Education empowers and supports people touched by cancer, their caregivers and loved ones, by offering resources to enhance life as they move forward. Serving Arlington and the surrounding communities.

Upcoming Events & Volunteer Opportunities

Lexington Discovery Day – Saturday, May 28, 10 AM - 3 PM

We hope to bring the word of CCSE and our services to those touched by cancer in Lexington. This is a first for the Center. We hope it will result in the same outreach and exposure we enjoyed at Town Day in Arlington. This festival includes music and food and is held at Depot Square and in the municipal parking lot behind Michaelson's Shoes and the movie theater. Volunteers are needed to staff the table and distribute literature.

Arlington Council On Aging 2011 Senior Services Fair: Families Caring for Mom and Dad Day - Saturday, June 18, 12:30 AM - 4:30 PM

Held at Arlington's Town Hall, this is an interactive event to provide information for seniors, their families and caregivers. We will have a table and will distribute literature. We will need volunteers to staff the table.

Celebrate Burlington Day - Saturday, August 6, 2011, Burlington Common, 11 AM - 6 PM

As part of our expansion and outreach efforts, we plan to join the community of Burlington at their Celebrate Burlington Day held annually in August. This is a day long event which ends with an evening concert and fireworks. We will have a table and will offer a game for all ages. Volunteers needed to staff the table and help with the game.

Town Day in Arlington – September 17, 2011, 10 AM - 3:00 PM

Building on last year's success, we will have a table at Arlington's Town Day with raffle prizes and outreach materials. This annual festival includes music, raffles, and food. Volunteers are needed to staff the table and sell raffle tickets.

Bowlathon in October

It's time to practice your bowling skills! Our annual bowlathon will take place in mid-October. If you haven't been to it, come join us for an evening of fun. It's part fundraiser, part costume party, and part bowling night. Free pizza and sodas for all participants. Raffles and prizes for fundraising efforts and bowling skills. We are seeking volunteers to help run the event.

Robbins Library - October 2011

We will have a display table for the month at the entry to Robbins Library to share information about The Center to residents of the community.

Donors - January - April 2011

We would like to thank the generosity of the following individuals and organizations for their donations made during the first four months of 2011.

Arlington Reiki
Book Rack of Arlington
Boston Beer
Anne Kingsbury Briggs
Heather Bryant-McKenney
Brad Chapman
Jeanne Chouinard
Christine Davis
Beverly DiMascio
Christine Doherty
Goldie Eder
Edible Arrangements of Arlington
Emily Frankovich
Pauline Gardiner
Catherine Gardner
Lydia & Tom Hart
Hi-Rise Bread Company
Aramis Jordan
Kickass Cupcakes

Lakota Bakery
Ellen Leigh
Lyndell's Bakery
Tara Mann
Donna Markussen
Mass Appeal International
Patsy's Pastry Shop
Quebrada Baking Company
Royal Pastry Shop
Timothy Schnure
Joanne Scouler
Connie Stanzu
Deb Sullivan
Kristen Sullivan
Tingle Productions, Inc.
Whole Foods of Woburn
Wilson Farm

Volunteers: March & April 2011

We would like to thank the following volunteers who helped plan and/or participate at the Center's activities:

Sister Theresa Carlow
Joan Driscoll
Regina Fetterolf
Rochelle Furman
Maria Melchionno
Sue Robertson
Mary Lewis Sheehan
Deb Sullivan
Kristen Sullivan
Monica Tague

Please Help Us With Our On-Line Auction July 15-31, 2011

We are working with BiddingForGood (www.biddingforgood.com) to run an online auction as a fundraiser for the Center. BiddingForGood is the leader in online charity auctions and has successfully helped Schools and Non Profits across the United States increase their fundraising revenue. They have run more than 10,000 auctions and raised more than \$100 Million for charity. By partnering with BiddingForGood, we hope to raise significant funds for The Center.

Schedule

- Accepting donations – Now through the beginning of the auction
- Auction runs – July 15 - July 30
- Items will be shipped out by August 15

Items We Already Have

- Are you dreaming of a tropical vacation? Here's your chance. Three (3) 7-night, land only Caribbean vacations to your choice of resorts - The Verandah Resort and Spa, Antigua; St. James's Club & Villas, Antigua; and Palm Island Resort, The Grenadines. Valued between \$2450 - \$5540 depending on the resort choice and the time of year. Donated by Elite Island Resorts
- Print of Marginal Way Calm, an 8"x10" numbered watercolor print donated by ZName Shop, Ogunquit, ME, value \$25.
- Two original watercolor paintings by Boston area artist, value \$200 each.
- 2 tickets for a 2-hour sunset sail aboard an America's Cup Yacht in Newport, RI, value \$200.
- Hot Air Balloon Ride for 2, value \$400
- Littlearth Boston Red Sox Super Cyuclon Ecofashion handbag, value \$103

How it Works

An on-line auction is just like a silent auction or bidding on eBay or other sites. You can visit our auction site now and see what we will have to offer but bidding will not begin until July 15. The auction is located at www.biddingforgood.com/ccse or from the link on our home page www.centerforcancer.org. Watch the bidding proceed. After July 31, we will notify the winners of each item.

We will accept items donated to The Center for the auction as well as items on consignment from BiddingForGood. The more items we receive as donations the greater our proceeds will be.

Visit our auction website at www.biddingforgood.com/ccse or find the link on the home page of our website

How you can help

- Donate items
- Share the auction site with your friends and family
- Shop the auction July 15-31

How to Bid

- Visit the auction website
- Sign in or create an account
- Payment must be made by credit card, if you wish to pay by check, please contact our office.

How to Donate Items

If you wish to donate an item to the center, please call (781) 648 0312 or email (centerforcancer@gmail.com) to arrange a convenient time to deliver the items. We will be able to pick up some local items.

All items must be ones that can be shipped easily as the auction is open to anyone worldwide. If you know the item's value that will help us set a minimum. All items must be clean and in good condition. Suggestions include:

- Restaurant gift certificates or retail gift cards
- Designer Luxury Accessories - handbags, purses, scarves, sunglasses, men's ties, etc
- Sports Tickets for college, minor or major League games
- Travel such as hotel stays, airline tickets and resort packages
- Unique Experiences or Adventures – hot air balloon rides, helicopter rides, etc
- Art, Jewelry, Collectibles - watches, pictures, prints, ceramics, glass, metal ware, necklaces, pins, earrings
- Entertainment and Theater tickets - concert tickets, comedy shows, amusement parks, etc
- Electronics - iPods, iPhones, Blackberrys, laptops, game consoles, GPS devices, etc
- Spa and Beauty items - massage gift certificates, spa day gift cards, cosmetic packages, etc

www.biddingforgood.com/ccse

THE CENTER FOR CANCER SUPPORT & EDUCATION
2011 SCHEDULE

All groups require pre-registration before attending. Please call (781) 648 0312 or email (centerforcancer@gmail.com) the office and the appropriate clinician or facilitator will be in touch with you.

SUPPORT GROUPS

Breast Cancer Support Group

Tuesdays 4:15 - 5:30 PM

Facilitator: Mary Lewis Sheehan, RN CNS-BC

Gain the vital support and connection for coping with the stress of breast cancer treatment. Contact us to join. No Fee: This group is sponsored by Lahey Clinic and held at the CCSE Office.

Advanced Cancer Support Group

First Monday from 4:00-5:00 PM

Twice Monthly -- Call for specific dates.

Facilitator: Deb DeMella, RN, RPP, RYS, Reiki Master

Become more comfortable with peace and acceptance and learn to create and attain a list of five wishes to fulfill your desires in your life. This group is designed for those with recurrent or metastatic cancer. No Fee.

BRAINSTORMERS

Second Saturday of each month 10:00 AM -12:00 PM

Facilitator: Deb DeMella, RN, RPP, RYS, BT Survivor

For all brain cancer patients, survivors and caregivers. Meets at Cambridge Savings Bank, Conference Room, in Arlington Heights, 1300 Mass Ave., Arlington. No Fee.

The following two support groups are free thanks to the funding of The Elizabeth and George L. Sanborn Foundation for the Treatment and Cure of Cancer, Inc.

General Cancer Support Group

Thursdays 5:45-7:00 PM

Twice Monthly -- Call for specific dates

Facilitator: Tara Mann, PhD

Men and women of all ages and with all types of cancers are welcome to join at any time. The group has developed cohesiveness around management of fear and anxiety, developing hope and meaning, and loving support for all members. No Fee.

Caregivers/Family Members Support Group and Program

Thursdays 6:00 -7:15 PM

Twice monthly -- Call for specific dates

Facilitator: Edie Barrett, APRN, BC, PhDc

Call the Center at 781-648-0312 to receive support and services as a family member and/or cancer caregiver. No Fee.

NEW GROUP - Post Cancer Discussion Group

Tuesdays 6:00 – 7:30PM

Third Tuesday of Each Month

This is a new self-led discussion group for those people who are postcancer treatment who may be living with side/after effects of cancer or its treatment. It will be a venue to discuss/research/learn/take action on the emotional and physical aspects that often accompany cancer survivorship and treatment. The group will meet on the third Tuesday of each month from 6:00 - 7:30 PM at the CCSE office. (NOTE: Day change.) If you are interested in attending, please call the office to preregister - 781-648-0312. No Fee.

Most CCSE Services are free of charge, so the Center relies on your donations to continue this important work. Please consider making a donation. The Center is a 501(c)3 charitable organization - your contributions are tax deductible.

WELLNESS

Monthly Meditation Workshop

Wednesday 9:30-10:30AM

Facilitator: Deb DeMella, RN, RPP, RYS, Reiki Master

"Find peace and calm in the moment" through exploring alternate pathways to cancer support. Sessions of guided meditation to remind your body of its ability to function. This group provides a non-verbal support system between you and your spiritual self." Meets at CCSE. Fee: Sliding Scale \$10-20 per class.

Private Wellness Sessions

Wellness Programs can provide relief and support related to cancer, its care giving, and grief. A customized private wellness session is designed specifically to meet the needs of the client and incorporate any of our available therapies. Sessions are appropriate for anyone dealing with the pressures of chronic medical conditions, care giving or for people simply seeking higher levels of wellness and greater quality of life. Contact CCSE to schedule a private session.

Polarity Balancing Therapy/ Light Massage/ Acupressure/ Reiki/RYS Private Therapy Sessions

Facilitator: Deb DeMella, RN, RPP, RYS, Reiki Master

Polarity therapy is a synthesis of ancient Eastern and integrative medicine health philosophies, centered on the concept of a human energy field. It utilizes touch, verbal interaction, exercise, nutrition and other methods. Fee: \$70/hr for cancer patients, caregivers and health care professionals. \$85/hr for general public. Six-session discount available.

Acupuncture

Facilitator: Kate Ruma, MAOM, Lic AC – Board Certified

Acupuncturist /Herbalist

Acupuncture has helped many in relieving nausea due to chemotherapy and radiation treatments, boosts immunity and increases energy levels. Fee: \$70 per session.

The Writers' Group for Cancer Survivors and Caregivers

Saturdays: Sept. 24, Oct. 15 & 29, Nov. 12, and Dec 3

Time: 10:00 AM - noon

Facilitator: Angelika Festa, M.A., Artist, Writer, Teacher & editor of the literary publication WRITING IT DOWN Participants explore writing as an expression of their thoughts, feelings, and experiences of living with cancer. Emphasis is on the writing process rather than a final product. Fee: \$5 per session to support the Wellness Program.

NEW GROUP - Creative Arts for Cancer

Tuesdays 6:30-8:00 PM

Second Tuesday of each month

Facilitator: Regina Fetterolf

A creative group for anyone who has been touched by cancer or is in any stage of treatment and would like to meet each month and be creative! Basic art supplies will be available but donations are welcome. A new project will be chosen for each session. Future meetings will be on the second Tuesday of every month. Topics will be announced at the previous meeting.

Executive Board

Joan Driscoll, RN MS - President
Liam Murphy - Treasurer
Mary Lewis Sheehan, RN, CNS-BC - Director
Rochelle Furman - Director
Susan DeSanto-Madeya, RN, PhD - Director
Goldie Eder, LICSW - Director
Denise O'Connor, RN OCN - Director
Angelika Festa, MA - Director
Bill Mergendahl - Director

Advisors

Maria Melchionno, RN, OCN-CHA

The Cancer Center Staff

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Caroline Ronten - Development Director
Mary Lewis Sheehan, RN, CNS, BC - Breast Cancer Group, Facilitator
Edie Barrett, APRN, BC, PhD - Caregiver Program, Facilitator
Tara Mann, MS, PhD - General Cancer Group, Facilitator
Deb DeMella, RN, RYS, RPP, Reiki Master - Advanced Cancer Group, Facilitator
Angelika Festa, MA - Writers' Group, Facilitator
Kate Ruma MAOM, Lic.Ac., BC - Acupuncturist/Herbalist
Regina Fetterolf - Volunteer - Creative Arts for Cancer

The Center For Cancer Support & Education
180 Mass Ave, Suite 301
Arlington, MA 02474
www.centerforcancer.org
centerforcancer@gmail.com
(781) 648-0312

Library

Our library of resources about cancer and its treatment is open for lending! We are accepting donations as well. Stop on by our office (call first to be sure we are open) to borrow a book or two. Donations are also being accepted!

How to Donate

We are a 501(c)3 charitable organization (EIN#04-3615454). All donations are tax deductible. Most CCSE Services are free of charge so the Center relies on your donations to continue this important work. Please consider making a donation.

We are often listed under Arms Around Arlington Center for Cancer Support & Education (our official name). Checks can be made out to The Center for Cancer Support & Education.

Please include a brief note on your check if it is in honor of an individual, for a specific program or purpose, or for the Wendy Fund. Or if donating online, please send an email to centerforcancer@gmail.com referencing your donation and how you wish it to be used. Donations which are not designated will be put in our general fund and used where the need is greatest.

You can donate:

- By mail: Center for Cancer Support & Education, 180 Mass Ave, Suite 301, Arlington, MA 02474
- Online:
 - Create a webpage to request donations or donate to a friend's page through Firstgiving (www.firstgiving.com/12409)
 - Shop online starting at Goodshop.com - a shopping website that will allow a percentage of your purchases through linked national and regional retailers to be donated directly to the Center.
 - Search online using Goodsearch.com - a search engine where every time you search, a donation is made to the Center.
- While you shop at Menotomy Beer & Wine, located at 80 Broadway, Arlington, MA. At the register request that your purchase be applied to the Center and 5% of your purchase will be sent to us.

The Wendy Fund

The Wendy Morcos Memorial Fund at The Center for Cancer Support & Education was established by her husband and mother at the time of her death at 48 from breast cancer in January, 2010. This fund will be utilized to provide wellness and cancer support services to CCSE individuals & families touched by cancer. Those in financial need may apply for scholarships for Wellness services at CCSE by discussion with CCSE staff.

Wendy demonstrated great strength and courage during her four-year battle with cancer. She experienced the hope and comfort of the Breast Cancer Support Group and utilized Polarity, Reiki & Acupuncture treatments to foster balance and healing. In addition, her loved ones participated in CCSE caregiver and family support activities

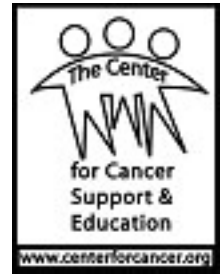
The Wendy Fund will be a legacy to ensure the wellness and support services that sustained her during her cancer experience will be available to others in the cancer journey.

Donations in Honor of or In Memoriam of someone

If you wish to make a donation in honor of or in memoriam of someone: please indicate their name and whether living or not with your donation. If you donate online, please send an email to our office at centerforcancer@gmail.com to let us know how it should appear in our records.

How are Donations Used?

We are often asked how we use the funds we receive. We have developed a wish list to give you an idea of our costs. If you wish to make a donation for a specific use, please let us know. Our wish list is available on our website at <http://www.centerforcancer.org/Donate/donate.cfm>.



Where to find us:

Discovery Day in Lexington

Saturday, May 28, 10 AM - 3 PM, Lexington Center

Arlington Council on Aging 2011 Senior Services Fair

Saturday, June 18, 1230 - 430 PM, Arlington Town Hall

Burlington Day

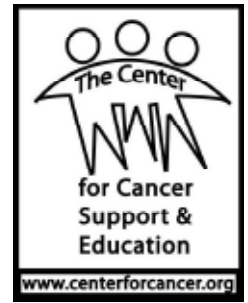
Saturday August 6, 11 AM - 6 PM, Burlington Common

Town Day in Arlington

Saturday, September 17, 10 AM - 3 PM

Bowlathon, October 2011

More details coming soon



See page 2-3 for details on upcoming events.

Serving cancer patients and their families in Arlington and the surrounding communities.

The Center for Cancer Support & Education
180 Massachusetts Ave., Suite 301
Arlington, MA 02474

