

# The Center for Cancer Support & Education

## Show Your Creative Side

This is a creative and explorative group for anyone who has been touched by cancer or is in any stage of treatment and would like to meet each month and have fun playing with different projects! A new project will be chosen for each session, and is often determined through discussions by the group. This group is extremely loosely structured and participants are also welcome to bring their own creative projects to work on, and hopes to bring people together who may not meet in one of the other groups to talk our shared and differing experiences.

Basic craft supplies are always available: blank cards, stencils, paper, ribbons, markers, paints, stickers, etc. Donations are always welcome, and participants are welcome to bring their own supplies as well.

(Continued on page 5)

## Post Cancer Discussion Group

**For coping with long term side effects and emotional issues**

After a cancer diagnosis, there is treatment, surgery, and never ending doctor appointments. Then finally the day arrives where your treatment ends and you slowly return to your normal life. Your hair returns, your work/life/family balance stabilizes, and you go back to living.

Years later, you realize that while the emotional roller coaster has stabilized there still is the niggling 'what if' in the back of your brain, and maybe insomnia, lymphedema, surgical scars and other long term effects that never really go away. Sometimes it helps just to talk to others who are months and years out of treatment and also still have the little niggling 'what if' in the back of their brain.

(Continued on page 3)

## The Center for Cancer Support & Education Received A Generous Donation - A Legacy From A Former Support Group Participant

George Westcott of Lowell participated in the Center for Cancer Support & Education's support groups and wellness services in the last years of his life. Upon his death in 2010, he left a generous donation to the Center for Cancer Support & Education as his legacy.

An intelligent and athletic man who participated in senior athletic events and cycling tours, George was the founder and director of Kitty Angels, a non-profit which provides therapeutic care for hospital and nursing home patients using trained cats to comfort those in need. His career included time in the Peace Corps, at the Massachusetts Hospital Association, Lahey Clinic, and Biscom. (Continued on page 5)

## Senator Donnelly joins board

State Senator Kenneth J. Donnelly (D-Arlington) recently joined the Board of Directors for CCSE in an effort to help the organization grow and prosper. Senator Donnelly, who represents the 4th Middlesex District which includes Arlington, Billerica, Burlington, and most of Lexington and Woburn, understands how fragile small community organizations are in this tough economy. "I hope to be able to bring my knowledge and expertise to help the board grow these important programs," said Senator Donnelly.

Senator Donnelly also understands the experience of cancer and the vital personal support that can maintain hope and strength for all touched by cancer. He was diagnosed with prostate cancer in 2009, and with the help of his family, friends, and doctors, was able to make a full recovery.

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

## Vol. 14, Fall 2011

### Calendar Preview

Wednesday Sept 7, 6:30-7:30 pm  
- Bowlathon Volunteer Meeting.

Friday, September 16, 8:30am -  
12pm - Woburn Council on Aging  
Fall Festival

Saturday, September 17, 10:00  
am - 3:00 pm - Arlington Town  
Day.

Saturday, November 5, 7:00  
- 10:00pm - Our 6th Annual  
Bowlathon at Ryan Family  
Amusements in Malden.

See page 2 for details on all  
these events.

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

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### Did you miss our online auction?

We still have some items  
available for sale through  
September 10, 2011. Details  
are on page 3. Vacations and  
collectibles and more!

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–

We have exciting plans for the coming months . Won't you join us and help the Center?

### **Bowlathon Volunteer Meeting:**

Wednesday, September 7, 6:30-7:30 pm - Bowlathon Volunteer meeting: We need volunteers to help find teams and fundraisers for the upcoming Bowlathon. If you are interested in helping plan the Bowlathon please join us on September 7. If you would like to help but can't attend the meeting, please let us know.

### **Woburn Council on Aging Fall Festival:**

On Friday, Sept 16, we will have a table at the Woburn Council on Aging Fall Festival. Volunteers are needed to staff the table from 8:30am – 12:30 pm. This annual festival will give us an opportunity to let the residents of Woburn learn about the Center and its Services. We need one or two volunteers who can sit at the table and talk about what the Center offers.

### **Arlington's Town Day**

Once again the Center will have a table at Town Day on Saturday, September 17, 10:00 am – 3:00 pm. Volunteers are needed to staff the table in two hour shifts. All materials will be provided. Duties will include selling raffle tickets and talking to people about what the Center offers. We will also need people to assist in setting up the canopy and table between 930-10 am and then breaking down the materials between 3-330 pm. Part of our Town Day activities are raffles to raise funds for the Center. Donations for these prizes are gratefully accepted.

### **Arlington's Farmer's Market**

Look for our materials at the Arlington Farmer's Market on a Wednesday in September and in October. We are trying to get our information out to more residents of Arlington.

### **Bowlathon**

Saturday, November 5, from 7-10 pm we will have our sixth Annual Bowlathon at Ryan's Family Amusements in Malden. This is an annual opportunity for you to help raise funds for the Center. It is a fun evening of bowling, costumes, raffles, and a dinner of barbecue, pizza, soda and ice cream.

We are seeking bowlers to form teams to help us raise funds. Grab some friends and family members to create a team of 4-6 bowlers. Then create an online fundraising page (we will supply the site), and send a link to it to people you know. Next find a crazy costume (if you want – but we award prizes for best costumes). Then show up on November 5 for an evening that is a cross between a bowling night, a costume party, and a fundraiser. Bowling skills are not required. Prizes are awarded for best costumes, highest fundraisers, and best and worst bowling scores. If you wish to raise funds for the Center but can't join us, you can create your own fund raising page and send a link out to people you know. A Bowlathon packet can be downloaded from our website at [www.centerforcancer.org](http://www.centerforcancer.org) – look for the link on the right side.

### **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. The September meeting of the Crafts Group on Tuesday 9/13, will help make materials for display. All are welcome.

### **Donors - May - July 2011**

We would like to thank the generosity of the following individuals and organizations for their donations made May - July 2011.

13 Forest Gallery	Joan Driscoll	Deb Hogan	Revels
Arlington Friends of Drama	Elite Island Resorts	Audrey Jacobsen	Katie Robey
Arlington Reiki Associates	Elizabeth Grady Salon,	CJ Korisky	Caroline Ronten
Berman's Wines and Spirits	Burlington	Susan Lovelace	Faith Sanderson Rawding
Catherine Bohn	Debbie Fecher	Tara Mann	Mary Lewis Sheehan
Marcella Bohn	Dennis Folker	Donna Markussen	Shoot for the Cure
Anne Kingsbury Briggs	Emily Frankovich	Carolyn Melbye	The Symmes Medical Use
JUDITH Brown	Jodi Freedman	Melrose Family Dentistry	Nonprofit Corporation
Buca di Beppo of Lexington	Dr Michael Garber DMD	Michael's Hair Salon	The Toy Shop of Concord
Busa Liquors	Laurie Gatchell	Ellen Michelman	Tryst Restaurant
Edward Carroll	Genentech, Inc.	KAREN MUMM	Emily Twaddel
Vicki Chambers, Heron Pond	Joanne Gerber	The Nautical Lifestyle	Susanna Walker
Knits	J Gersh	Oracle Corporation	Deirdre White
CSB Charitable Foundation, Inc.	Get In Shape for Women,	The Orange Hangar	Claire Willis
Carla DeSantis	Arlington, MA	Alma Pelletier	Karen Zander
Christine Doherty	Amanda Green	Lawrence Perkins	Wendy Zarella, Zmaine Shop
Kenneth Donnelly	Suma Greenwald	Georgia Peterson	

## Auction Items for Sale until September 10, 2011

If you missed our auction here is your chance for the last few remaining items. Detailed descriptions are on our website with pictures at [http://www.centerforcancer.org/news/newsstory.cfm?story\\_id=136](http://www.centerforcancer.org/news/newsstory.cfm?story_id=136) or see link on home page. These items are all donated so 100% of what you pay will benefit the Center. If you are interested in purchasing an item, please call our office at 781 648 0312. After September 10, we will sell these on eBay..

Item	Value	Minimum Selling Price
<b>Verandah Resort, Antigua Vacation</b> – land only, additional costs required for food stipend (see full terms and conditions on our website)	\$2100-\$4200 (Varies depending on travel dates)	\$1200
<b>Palm Island Vacation, The Grenadines</b> – land only, additional costs required for food stipend (see full terms and conditions on our website)	\$2770-\$5540 (Value varies depending on travel dates.)	\$1300
<b>Swan Lake Boehm Figurine</b> – A limited edition piece with authentic certificate, beautiful, delicate, detailed Boehm Swan Lake figurine with original box and certificate. Perfect condition, no chips or cracks. 4.5" tall.	\$150	\$75
<b>Giselle Boehm Figurine</b> (needs repair) – A limited edition piece with authentic certificate, this lovely figurine has been in storage for years. Unfortunately, the top and bottom halves are separated and need to be reglued – the legs are separated from the body of the piece under the skirt. Has no other damage. This piece is 9 1/2" h and the base is 6 1/4" by 3 3/8".	\$50	\$35
<b>Leopard Cookie Jar</b> - Whimsical two piece orange and black, two piece cookie jar. From David's Cookies. Approximately 7 1/2" l x 4 1/2 w x 7" t.	\$15	\$10
<b>Haystack Print by W Steidel</b> - Original numbered print by William Steidel of Oregon. Gilt frame, approximately 12 3/4" x 15 3/4".	\$30	\$20
<b>San Francisco Music Box Company – 'Graduate'</b> - A beautiful figurine in ivory with gold trim, plays Pomp and Circumstance. Approximately 9 1/2" tall. Perfect condition, no cracks or chips.	\$25	\$15
<b>Lenox Figurine – Spring Time Promenade</b> - A beautiful delicate, 2 piece, figurine of a young lady out for a springtime stroll with her parasol, 9" tall. Perfect condition, no cracks or chips.	\$100	\$50
<b>Stained Glass Snowman Lamp</b> - From the Cracker Barrel Plaid Tidings collection this decorative lamp is in its original box and packaging - never used. Approximately 7" high	\$20	\$12
<b>Betty Boop Collectible Doll</b> - Posed in the famous Marilyn Monroe position. From the 1995 collection from Danbury Mint. In like new condition, with original box that has some water damage only. Doll stands 14", base is 6" x 6".	\$150	\$75
<b>Heights Barber Shop Gift Certificate</b> - a traditional barber shop, a great place for a hair cut. Conveniently located at 1317 Mass Ave, Arlington Heights	\$15	\$10
<b>Star Nails Gift Certificate</b> - Enjoy a manicure at Star Nails of Arlington Heights, a complete nail service salon	\$12	\$8
<b>Tayrona Gift Certificate</b> - Tayrona is a unique store a friendly and unique store established in 2002, right in the heart of Harvard Square. They offer a wide and beautiful selection of jewelry from trendy to the more elegant and stylish as well as some designer collections.	\$15	\$10

### Post Cancer Discussion Group (Continued from page 1)

This self led group meets monthly on the third Tuesday from 6:00-7:30pm. Upcoming meetings will be on September 20, October 18, November 15 and December 20. If you would like to join us, please call 781 648 0312 or email [centerforcancer@gmail.com](mailto:centerforcancer@gmail.com).

### How To Donate:

Donations are always gratefully accepted. You may donate:  
 By mail: Center for Cancer Support & Education, 180 Mass Ave, Suite 301, Arlington, MA 02474  
 Online: through our website at [www.centerforcancer.org](http://www.centerforcancer.org)

## **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. Meets weekly on Tuesdays.

#### **Advanced Cancer Support Group**

Fourth Monday from 4:00-5:00 PM

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. Meets Sept 26, Oct 24, Nov. 28, Dec 26, 2011, and Jan 17, 2012.

#### **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. Meets Aug 13, Sept 10, Oct. 8, Nov. 12, Dec 10, 2011, and Jan 14, 2012

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

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. Meets: Sept 8 & 22, Oct. 5 & 19, Nov. 3 & 17, Dec. 1, 15, & 29, 2011, and Jan. 5 & 19, 2012

#### **Caregivers/Family Members Support Group and Program**

Thursdays 6:00 -7:15 PM - Twice monthly - call for dates.

Facilitator: Edie Barrett, APRN, BC, PhD

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. No Fee. Meets Sept 20, Oct. 18, Nov. 15, Dec. 20, 2011, and Jan. 17, 2012

### **Wellness Activities - 2011 Schedule**

#### **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. Please call for dates

#### **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/RYSE 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**

Selected Saturdays, 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. Meets: Sept. 24, Oct. 15 & 29, Nov. 12, and Dec 3, 2011

#### **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. Meets Sept 13, Oct. 11, Nov 8, Dec 13, and Jan 10. (See article page 1)

(Continued next page)

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.

## Executive Board

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

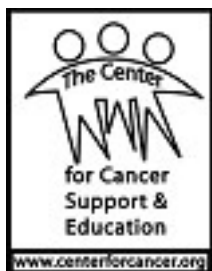
## Advisors

Maria Melchionno, RN, OCN-CHA

## The Cancer Center Staff

Kiela Lyons - Office Manager  
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

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## Wellness Activities (Continued from page 4)

### NEW GROUP - Professional Essay Writing for Caregivers and Family Members

Look for a new session starting in January 2012

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? We know there's a story you might want and need to tell about your loss, fears, or experiences, but haven't figured out a way to put form to your words. Bystanders and loved ones suffer too. 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 how to express yourself in a concise, highly readable way. Taught by a professor of journalism at Northeastern. Previous writing experience not needed, but you will need to feel comfortable with being edited and rewriting your work. Bring pens and paper. Fee: \$5.00 to support the Wellness Program.

### George's Legacy (Continued from Page 1)

George came to the Center in April 2009 shortly after he was diagnosed with lung cancer. He wished to get support for living and to prepare for dying of cancer. He participated in the Advanced Cancer Support Group to receive group support. He also received individual Polarity Therapy Sessions to help cope with the stress of his situation. With support from Deb DeMella, the support group facilitator he made out his 5 Wishes, an advanced directive, stating what he wanted at the end of life. He slowly deteriorated as he tried one chemotherapy regimen after another.

He greatly appreciated the support he received from the Center and other areas. This support enabled him to die on July 21, 2010 at age 65 in the way he wanted, at home, among hospice staff, a few friends, and his beloved cat, Peeps, at his side, assured that his wishes were carried out.

The Center was informed in early August 2011, that they were to receive a generous donation that is the equivalent of several months of overhead for the Center. This sum will enable the Center to continue its work with support groups and wellness activities which will enable them to help others in the same way it helped George at the end of his life. *"It was an honor to be a part of this sacred journey. Blessings and Thank You George."* – Deb DeMella, Advanced Cancer Support Group Facilitator

### Show your Creative Side (Continued from Page 1)

For special projects, additional items will be purchased or participants will be asked to bring the supplies in advance. Card making has been popular in the past, and future projects may include: collaging, shadow boxes, floral design, beading, fleece blankets, magnets, and we are always open to suggestions and requests.

All are welcome, and no previous experience in arts or crafts is necessary. It is all about being creative, and having a nice quiet time to "play" once a month with other people with similar interests. Regina Fetterolf, the instructor, is originally from PA and once facilitated a similar program called "Art in the Afternoon" for Gilda's Club Delaware Valley. Not trained in the arts, she started the class after losing her mother to breast cancer in 2003. She remembered that when her mom was sick, they would often do different craft projects together and found the projects to be very soothing and distracting. She hopes that everyone who attends will be able to find some peace and solidarity during this monthly time together.

September's meeting will focus on making materials for the upcoming display during the month of October at the Robbins Library in Arlington. Upcoming meeting dates are Sept. 13, Oct. 11, Nov. 8 and Dec. 13. If you would like to join us for some creative fun, please call 781 648 0312 or email centerforcancer@gmail.com

## Library

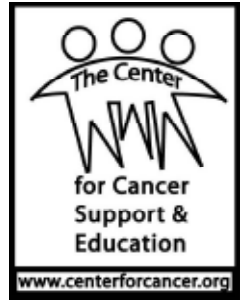
Our library of resources about cancer and its treatment is open for lending! We are accepting donations as well. Stop on by our office (call first to be sure we are open) to borrow a book or two. Donations are also being accepted!

*An opportunity to have fun and help the Center!*

*Join us for our  
6th Annual Bowlathon  
on Saturday November 5*

*Bowlers/Fund-raisers are needed!*

*See page 2 for details.*



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

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