

The Center for Cancer Support & Education

Explore Some Of Our Support Groups

While the Center for Cancer Support & Education started as a single weekly breast cancer support group at Symmes Hospital, we now offer a range of support groups and wellness activities. These have been added at different points through the years. Some of these are:

Advanced Cancer Support Group

The Advanced Cancer Support group is for any one with cancer which has metastasized or re-grown and meets monthly. At the start of each meeting, the group opens with 'the Friends Listening page' to recall the intention of coming together to support. This is done through observation, listening, promoting awareness, identifying and expressing the challenges being experienced. The group then navigates through the ever-changing journey of transformation and creates a safe space through guided support. The group focuses on quality of life, being realistic and working towards acceptance, taking responsibility for control issues and promoting life.

Support is key to assisting in this process, and the possibilities not only contribute to higher quality of life for those with cancer but also for their caregivers as well. The benefits include increased awareness and increased inner peace. Through these activities and processes group members have been known to experience reductions in anxiety and depression, reduction in pain medication use, and a higher level of functioning for the patients and caregivers. This includes more effective communication and an easier transition to end of life. Then end result is less crisis intervention through resolution and peaceful attainment.

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General Cancer Support Group

The group focuses around the management of fear, anxiety, and coping with the cancer roller coaster; on developing hope and meaning; and providing support for all members. This group meets every two weeks on alternating Thursday evenings and is facilitated by Tara Mann.

After receiving a master's degree in research seven years ago, Tara worked in the research departments of major university teaching hospitals in NYC and Boston studying newer medications to treat a variety of psychiatric conditions. It is through this that she realized her calling was to connect with individuals in a more personalized way and decided to study towards becoming a psychologist.

(Continued page 2.)

Crafts group

Are you creative? Do you wish you could express your thoughts in other ways? Join our creative arts for cancer group where we meet monthly and make something new.

A creative and explorative group that is for anyone who has been touched by cancer or is in any stage of treatment. We meet monthly and have fun playing with different projects. This group is loosely structured and you can attend as your schedule allows. You can feel free to bring your own creative projects to work on or even your UFOs (UnFinished Objects). We hope to bring people together who may not meet in one of our other groups to talk about shared and differing experiences.

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(781) 648-0312
PO Box 91
Arlington, MA 02474

Vol. 15, Winter 2012

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Our new mailing address:

PO Box 91
Arlington, MA 02476
Tel 781 648 0312
centerforcancer@gmail.com

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.

Previous Events

Town Day

Town Day was held on Saturday September 17. It was a wonderful day. We raffled off five items and raised over \$300 to benefit the Center. We could not have had such a successful event without the assistance of our volunteers. I would like to thank them once again.

Readings from the Writers' Group for Cancer Survivors and Caregivers

On Sunday, October 23, 2011, members of Writers' Group for Cancer Survivors and Caregivers and the group's leader, Angelika Festa, were among a group who presented an interactive reading and discussion of some of their works held at the Mobius art space in Cambridge.

Bowlathon

Our 6th Annual Bowlathon was held on Saturday, November 5 at Ryan Family Amusements in Malden. We had a great turnout with many of new participants. The bowlers networked with their friends and family and raised more than \$7400 for the Center. We cannot thank the teams enough for their efforts to raise funds. The evening included complimentary barbecue, pizza, soda and ice cream as well as prizes for highest fundraisers, highest bowling scores and best costume and fun was had by all. Thank you again to our bowler/fundraisers

We Moved!

In October 2011, we made the unprecedented move of leaving our established offices at 180 Mass Ave and relocated to new space. Through the summer of 2011, as often occurs during the summer months to us, and many non profits, finances became very tight for a while. We had an emergency board meeting to look for additional ways to cut our costs.

In reviewing our finances, our single largest expense was our monthly rent. A solution presented itself by one of our board members, William Mergendahl, the president of ProEMS in Cambridge. He offered us office space at no charge. While this was an incredibly generous offer, we are and always will be an Arlington based organization and we did not want to move our support services outside of the town.

Our next step was to start contacting potential spaces to hold our support groups in Arlington. After a good deal of research, we ended up with two options (there are some very generous organizations in town). After some discussion, we ended up accepting the generous offer of Scott Moore and Bill Armstrong of Armstrong Ambulance to use their conference room in their beautifully, newly-built building across from the Police Station. The one advantage of this choice over the other is proximity to public transportation.

As a result we are able to continue to offer all our support groups are held in Arlington at Armstrong Ambulance. Meditation and individual wellness sessions and our small office are at ProEMS. Brainstormers will continue to meet at the Cambridge Savings Bank conference room in Arlington Heights.

This outstanding generosity by these two businesses has helped immensely in reducing our overhead. While we have lost the convenience of being in one location, we have gained financial stability as well. There is no way we can express our appreciation of the huge generosity of these two businesses. While our telephone and email remain the same, our new mailing address is PO Box 91, Arlington, MA 02476.

General Cancer Support Group - Continued from Page 1.

Having always been interested in the interface between psychological processes and physical well-being, Tara chose to focus her counseling psychology pursuits on health care settings. Through her clinical internship at The Wellness Community of Greater Boston, Tara trained to facilitate support groups and provide individual counseling. Wanting to remain connected to the work of cancer support, she came to The Center for Cancer Support and Education to continue this journey in 2006.

"I am brought to this work by a strong desire to provide comfort, care and understanding to those facing very difficult health-related circumstances. Our shared mortality levels the playing field and really makes room to connect in a very intimate way around issues of life, death, wellness and illness."

It is in this spirit that the general cancer support group fosters cohesiveness around management of fear and anxiety, developing hope and meaning, and offering no-judgmental support for all members. Men and women of all ages and with all types of cancers are welcome to join at any time. Without expectation, it is always the individual's decision to share in the conversation, or just listen quietly. We will be happy to have you with us.

Upcoming Events:

Friends Breakfast – January 21

Join us Saturday morning, January 21, 2012 from 930-1130 am. This is an opportunity to bring your ideas, thoughts, suggestions, and anything else you want to say about the Center. You will get to tell us what you think. At this breakfast, you will also get a chance to learn about some new groups and meet their leaders.

Woburn Senior Center – January 25

On Wednesday, January 25, we will present at the Woburn Senior Center to reach out to the community on our support groups and wellness services. This is part of their weekly Wednesday presentations.

Emerson Hospital Health & Wellness Day – May date t/b/a

While we don't have many details yet, we will have a table at Emerson Hospitals Health and Wellness Day. This is held annually in May and we will need a few volunteers to help staff it and distribute literature.

Still Reaching for the Stars Spring Dinner Dance – May 12, 2011

Save the date and sign up your baby sitter so you can enjoy a night of fun! Join us to welcome spring at our annual dinner dance on Saturday, May 12. The dance will be held at the Woburn Sons of Italy and tickets will be \$35/pp. There will be:

- A DJ for dancing on a big dance floor
- A door prize, raffles, and silent auction to benefit the Center including tickets to the Jordan's Furniture Imax, a donation from the Boston Red Sox, and much more.
- A spread of appetizers for noshing upon arrival
- A delicious buffet dinner
- Desserts will include ice cream donated by Rainforest Café, Burlington, as well as other delicious goodies
- Cash bar, ample free parking, handicapped accessible

Keep checking for more details. Tickets will go on sale in February and will be sold by sending a check to our office and online through PayPal. The dance committee will also be selling tickets.

More volunteers are needed to help plan the dance. We meet monthly for one hour. Our biggest need is help in selling tickets. If you would like to help, please call or email.

Online Auction 2012

Based on the success of last year's auction, we will have another online auction this summer. Donations and volunteers are needed to help raise funds for the Center.

Advanced Cancer Support Group - Continued from page 1.

The group is facilitated by Deb DeMella, RN, RPP, RYS. Deb is an RN, a brain tumor survivor, a practitioner in the healing modalities and has 5 years experience working with hospice. She brings this integration of experiences to augment the quality of support offered in the Advanced Cancer Support Group. She has used complementary approaches to her work with clients since 1992. She is also an RPP (registered polarity practitioner), a RYSE Practitioner (realizing your sublime energy), a Reiki Master, and member of the American Polarity Therapy Association.

Donors - August - December 2011

A thank you to all our donors for their generosity.

Jean Abramson	Mary Dinan	Zainab Jabur	Carolyn Palmer
Susan Adler	Michelle Dinan	Elizabeth Kaloustian	Mary Paul
Ryan Agnew	Terry Dinan	Margaret Keating	Yumiko Pelletier
Andy's Diner, Cambridge	Diva Indian Bistro, Somerville	Kathleen Kelly	Deborah Perino
Anonymous	Christine Doherty	Bette Kisner	Barbara Perry
Arlington Restaurant & Diner, Arlington	Mary Doherty	CJ Korisky	Carol Petersen
Armstrong Ambulance, Arlington	Kenneth Donnelly	Simeon Korisky	Douglas Porter
Janet Axelrod	Joan M. Driscoll	Pat Krajczynski	Karen Potter
Olga Baloueff	Robert Driscoll	Robert Kuller	Susan Pranger
Judith Beer	Arlene Dunlap	La Posada Restaurante, Arlington	ProEMS, Cambridge
Jessica Bell	Virginia Dunleavy	Rosita Lake	William Quantrille
Kenneth Bell	Tessa Dunning	Lakota Bakery, Arlington,	Redbones, Somerville
Kimberly Bletzer	William Earle	Virginia Lane	Cynthia Reed
Sumner Blount	Collette Ellison	Janet Leblond	Patricia Robert
Joan Bonhoff	Expedia Inc.	Richard and Kathleen Leitermann	Megan Roberts
Andrew and Elvira Borsari	Richard P. Fields Jr. Frank's Steak House, Cambridge	Mark Levine	Neha Robinson
Boston Beer, Boston	Emily Frankovich	Carolyn Lewis	Marlene Rockmore
Aline Bowden	Mary Fusoni	Joan Locke	Carol Roehr
Elaine Bowes	Barbara Gabriel,	Loukoumaki Bakery, Arlington	Tricia Ronten
Lucinda Briggs	Mark Garach	Edward Lovelace	Rosebud, Somerville
Brigham's, Arlington	Nicholas and Bonita Gardinier	Donna Markussen	Don Ross
Nancy Brown	Catherine Gardner	Martsa on Elm, Somerville	Beth Rowlands
Virginia Buckman	Benjamin Garton	Massachusetts Loyal Orange Ladies	Autumn Roy
Donetta Burgess	Jeanne Gavrin	Massage Envy, Arlington Hts,	Carol Sabia
John Burns	Jonathan Gersh	Nancy Anne McArdie	Patrick Sabia
Cambridge 1, Cambridge	Gail Goodearl	Barbara McGonagle	Sheryl Sacchetine
Cambridge Savings Bank, Arlington Heights	Joel Gordon	Ronald McKenna	Karen Sankey
Shelley Campbell	Kevin Greeley	The Meat House, Arlington	Kiki Sanko
Capitol & Somerville Theatres, Arlington & Somerville	Karen Greenwood	Alberto Medina	Lynn Schweinshaut
Katherine Carlone	Theresa Gustus	Carolyn Melbye	Dorothy Sheehan
Sister Theresa Carlow	Mary Gwaltney	Dr. Messinger	Emily Sheehan
Gwen Chasan	Sharon Haight-Carter	Ellen Michelman	Carol Slade
Aimee Chavalier	Hair Connection, Cambridge	Mike's Pizza, Somerville	Louise Snyder
The Cheesecake Factory, Burlington	Keri Hanley	Barbara Mills	The Spirit Bar, Cambridge
Jeanne Chouinard	Linda Hanson	Judy Mintz	Patricia Steuert
Chelsea Cole	Ruth Harding	Mr. Bartley's Burger Cottage, Cambridge	Tim Strayer
Cornelius Coleman	Mary Hart	Ann Mulak	Sasheela Subharao
Francesca Coltrera and Andrew Cornell	Mark Heiss	Carolyn Murphy	Tags Hardware & Housewares, Cambridge
Copy-Pro, Inc.	Henry Bear's Park, Arlington	Ann Murray	Monica M. Tague
Maria Cordero	Nancy Stafford Hesco	Nancy Natale	Paul Tapey
Susan Craven	Mr. & Mrs. Stephen Hopkins	New England Sports Sales, Inc.	C. Douglas Taylor
Linda Cribbis	Edward Hudner	Myra Newton	Suzanne Dromey Tiberii
Cruz Electric, Inc.	Robert Hughes	Not Your Average Joe's, Arlington	Maureen Tobin
Bridget Curran	Industrial Motions Engineering, Inc.	Nancy Noteman	Tory Row, Cambridge
Jane Davis	John Ingalls	Andrew O'Connor	Trader Joe's, Arlington
John Dean	Robin Ingalls	Anne-Marie O'Neil	Rachel Vogel
Derby Farm, Flowers and Gardens, Arlington	Irish Imports	Susan Orne	Susanna Walker
Savatore DiCecca	J.P. Licks, Davis Square, Somerville	Out of the Blue, Somerville	Joan White
			Mrs. Whitmore
			Whole Foods, Fresh Pond
			Wok'N Roll Restaurant, Cambridge
			Jamie Wood
			Henry Yeh
			Anderson Young
			Judith Ziemke

Volunteers - August - December 2011

We wish to thank all our generous volunteers who helped make our events a success from August through December 2011. We could not have done it with out you. Our deepest thanks to:

Jean Abramson	Terry Gustus	James Polomenko
Edie Barrett	Keri Hanley	Paul Rigoli
Anne Briggs	Stephanie Helou	Susan Robinson
Lornie Bullerwell	Christina Holt	Walter Ronten
Robert Bullerwell	Nico Holt	Don Ross
Netta Burgess	Ashley Hughes	Betsy Rulon
Vicki Chambers	Brandie Hughes	Wendy Sack
Molly Cohen	Dawne Hughes	Mary Lewis Sheehan
Sharon Connell	Beth Heiss	Tara Spitzen
Jen Dinan	Trevor James	Pat Stevest
Caelyn Doherty	Pauline Kaba	Monica Tague
Christine Doherty	Marion King	Susanna Walker
Joan Driscoll	CJ Koriskey	Richard Yannantuono
Bill Ferante	Susan Lovelace	
Rochelle Furman	Carolyn Melbye	

In Memory of Sue Morse, former board member

Sue Morse of Arlington, MA was a former member of the Board of Directors of the Center for Cancer Support & Education. She passed away on December 27, 2011 after a lengthy illness.

Sue was a member of the founding Advisory Board of the Center for Cancer Support & Education, the General Cancer Support Group, & the Writing Workshop. She gave the keynote address for Arms Around Arlington, 2004 - "The Importance of Hope, Humor, and Attitude" and founded the Susan Morse Cancer Education Library, located at CCSE.

At the request of her family donations may be made in Sue's memory to the Center or to Star Island (www.starisland.org). If you wish to donate in Sue's memory, please make a note with your donation. You may mail a check or donate online through our website - look for a link on the right side of our home page, www.centerforcancer.org.

Crafts Group - Continued from page 1

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. For special projects, additional items will be purchased or participants will be asked to bring the supplies in advance.

Card making has been a popular project in the past, and future projects may include: collaging, shadow boxes, floral design, beading, fleece blankets, magnets, and of course 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 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. The group meets monthly on the second Wednesday, 6:30 - 8:00 pm.

THE CENTER FOR CANCER SUPPORT & EDUCATION

2012 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. All groups meet at Armstrong ambulance unless noted.

Support Groups

Breast Cancer Support Group

Tuesdays 4:30 - 5:45 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. Meets at Pro EMS. No Fee. Meets Jan. 23, Feb. 27, Mar 26, and April 23, 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. Next meeting April 14.

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. Meets Jan. 26, Feb. 9 & 23, Mar 8 & 22, April 5 & 19. No Fee.

Caregivers/Family Members Support Group and Program

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

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 post cancer 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. No Fee. Meets Jan. 17, Feb. 21, Mar 20, and April 12, 2012.

Wellness Activities

Monthly Meditation Workshop

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 ProEMS, Smith Place, Cambridge on Jan. 23 and Feb. 27. Fee: Sliding Scale \$10-20 per class. Please call for additional 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 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 Jan. 28, Feb. 11 & 25, Mar 10 & 24, April 14 & 28, and May 12.

(Continued on page 7.)

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
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Kate Ruma MAOM, Lic. Ac., BC - Acupuncturist/Herbalist
Regina Fetterolf - Volunteer - Creative Arts for Cancer
Carlene Hempel - Volunteer - Essay Writing for Caregivers and Family Members

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Wellness Activities - Continued from Page 6.

Creative Arts for Cancer

Wednesdays 6:30-8:00 PM, second Wednesday 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 Wednesday of every month. Topics will be announced at the previous meeting. Meets Jan. 11, Feb. 8, Mar 7, and April 11.

Professional Essay Writing for Caregivers and Family Members

Look for a new session summer 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.

Why do our support groups require preregistration? We do this to make sure new members fit in with the existing members, new members can be introduced to how the group will work to make sure will be appropriate for their needs.

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.

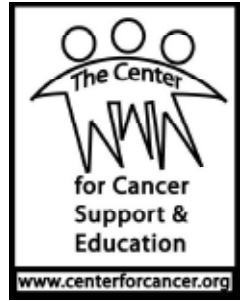
We are often listed under Arms Around Arlington Center for Cancer Support & Education (our official name). Checks can be made out to The Center for Cancer Support & Education. Please include a brief note on your check if it is in honor of an individual, for a specific program or purpose, or for the Wendy 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, PO Box 91, Arlington, MA 02476
- Online:
 - Click the donate link on our websites front page where you can safely use PayPal for a secure transaction
 - Get your friends and family to help you raise money. You can create a web page through Firstgiving (www.firstgiving.com/12409) and then send a link around.
 - 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.

All donations are acknowledged in our print materials and online but can remain anonymous if requested. A receipt for tax purposes will be sent after receipt of any donation.

An opportunity to have fun and help the Center!



*Mark your calendars for our
Still Reaching for the Stars Dinner Dance
Saturday May 12, 2012*

See page 3 for more details.

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

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

