



The Center for Cancer Support & Education

Dear Friends of the Center for Cancer Support & Education

The Center for Cancer Support & Education is looking forward to 2011 as a year of growth and renewal after the changes occurring in 2009 and 2010. The word we are using is Expansion. In 2011, we want to expand our support group offerings, expand to reach out to more of those in need and expand our fundraising activities. More details of our plans are listed on page 4.

We recognize the need for our services is prevalent throughout our communities. There are too many cases of cancer occurring. Between 2003-2007, there were 179,324 cases of cancer diagnosed and 66,322 deaths due to cancer in Massachusetts alone.

There are many medical providers who provide care to those touched by cancer. There are many organizations researching a cure for cancer. Additional companies are developing new medicines and treatment protocols. Doctors and Medical facilities offer cancer treatment. When a patient finishes treatment, they still have emotional needs in coping with their lives. At The Center for Cancer Support & Education, we put our arms around those touched by cancer. (**Annual Appeal** - continued on page 4)

The History of the Center for Cancer Support & Education:

An interview with Mary Lewis Sheehan

So others could better understand the work of the Center for cancer Support & Education, we wanted to share a brief history of the organization - how it began and where it is now.

In the early 1990s, Mary Lewis Sheehan, RN, CNS-BC was asked by the Chief Nursing Officer of Symmes Hospital to create a Breast Cancer Support Group. Mary Lewis recalls seeking out a renowned psychologist who specialized in cancer work for consultation on how to proceed. She laughs now when she recalls that she was told that she should not do so, supposedly because she did not know how and could not possibly understand this deep work.

"That was 17 years ago, and I guess I figured it out."

Using her background as a psychiatric nurse clinical specialist, she initiated the Breast Cancer Support Group in November 1993. Initially, the group met at Symmes Hospital in Arlington until the hospital closed. Mary Lewis commented that "we even continued to meet in the building for months after it closed! We had no other home yet."

Symmes Hospital was purchased prior to this by Lahey Clinic, who assumed the funding for the group and whose sponsorship allowed for its continuance. The Breast Cancer Support Group moved to its current home in 2006, as a program of The Center for Cancer Support & Education, 180 Mass. Ave in Arlington. (Continued on page 3)

The Breast Cancer Support Group began meeting every week without fail on Tuesday afternoons for seventeen years. Mary Lewis believes that steadfastness, empathy, and humor are key ingredients of any therapeutic cancer experience. The Center for Cancer Support & Education grew from the energy generated by the Breast Cancer Support Group and one pivotal event—the creation of Arms Around Arlington Day. (**History of the Center** -continued on page 4)

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

Volume 10, Fall 2010

Upcoming Events & Where To Help Us

Jimmy Tingle - More than Entertainment - Raising Spirits, Funds and Awareness - Dec. 20, 21, 22, 23, 31, & Jan. 1 & 2, 2011. See page 6

Reiki Training Days - January and March

Dates coming soon. See page 6

Friends Breakfast - Jan 22, 2011

A free continental breakfast and opportunity to learn how you can help the center. 930-1130 am. See page 6

Reading from the Writers Group - February 5, 2011

A public reading of writings by CCSE Writers' Group. See page 6

Nurse Heal Thyself Conference - February 5, 2011

A day of healing, introspection, and learning for oncology nurses and other nurses and healthcare professionals. See page 3

Shoot for the Cure - Saturday, March 19, 2011

See page 6

Dinner Dance - Sat, April 2, 2011

Join us for another enjoyable evening of dinner and dancing. See page 6.

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 the towns of Arlington, Belmont, Burlington, Cambridge, Concord, Everett, Lexington, Medford, Somerville, Winchester and Woburn.

THE CENTER FOR CANCER SUPPORT & EDUCATION **2010-2011 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 4-5 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 AM-12 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 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 6:00PM -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.

Resources

The Center maintains a growing collection of wellness materials and books for visitors. Our office, which is located on 180 Mass. Avenue, Suite 301, in Arlington, Massachusetts is open for access to these resources on varying hours. Please call ahead at 781-648-0312 to find out when we will be open and if you are looking for something special at our offices.

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/ 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

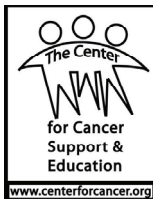
The Writers' Group for Cancer Survivors and Caregivers

Days: Saturdays (roughly every second Saturday) January: 22, February 19; March 5, 19; April 2, 16, 30; and May 7;

Time: 10 - noon

Facilitator: Angelika Festa, M.A., Artist, Writer, Teacher

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.



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.

NURSE HEAL THYSELF – A MULTIMODAL APPROACH TO PERSONAL AND PROFESSIONAL CHANGE

Overview

Scheduled for February 5, 2011, this conference is designed for oncology and other nurses and health care professionals to help them deal with the emotional stresses they encounter daily on their jobs. The first half of the day is an interactive session with an improv theater group where attendees have the opportunity to speak about their own issues and see them acted out and to support one-another. The second half the day includes sessions on different wellness modalities such as acupuncture and Reiki and are led by qualified and skilled professionals who graciously donate their time.

Why Attend

Attendees will to maintain wholeness and place themselves at the center of compassion. In addition, learn about alternative modalities to help cope, both for yourself and to share with your patients.

Agenda (Subject to change)

8:00-9:00 am	Registration, Networking, and Complimentary Continental Breakfast
9:00-9:15 am	Welcoming remarks
9:15-10:15 am	Keynote Speaker (t/b/a) who will address the needs for nurses and healthcare professionals
10:15-10:30am	Break
10:30am -12:30pm	True Story Theater Improv group
12:30-2:00pm	Lunch on your own (list of local restaurants will be provided)
2:00-3:00pm	Breakout session I - Choose one of four: (Details to follow) <ul style="list-style-type: none">• Reiki• Massage• Acupuncture• Therapeutic Arts
3:00-3:15pm	Break
3:15-4:15pm	Breakout session II- Choose one of four (as above)
4:15-4:30	Closing Sessions

Who Should Attend

Oncology and other nurses, other healthcare professionals

Comments from Previous Participants

Participants at the 2009 conference left overwhelmingly positive comments: "Wonderful"; "Very healing"; "The True Life improvisation was excellent"; "I felt very cared for today. Thank you."; "True Story Theater was an exceptional presentation of the art of listening, compassion, and turning into one's intuitive self. What an uplifting experience. Thank you."; "The variety of alternative therapies was wonderful and the theater group was unbelievable!"; "What a wonderful gathering of exceptional people – participants and presenters."; "The best conference ever"; "Fabulous presenter and very creative way to incorporate and energize audience with True Story Theater. They are over the top wonderful."; "Focused on wholeness, caring for one's self"; "The nurturing"; "Do this regularly, please!"; "More, more, more!"

CEU Information

5 CEUs from MARN will be available to attendees. Forms and certificates will be issued after the conference. Every attendee must complete a comprehensive evaluation of addressing all the content, speakers and relevance for their personal and professional lives.

How to Register

Registration fee is \$100. Send a check with your name, address, phone number, email, and write 'Nurse Conference' in the memo field. In addition, please indicate in which two modalities you are interested in learning. Acknowledgements will not be sent but certificates indicating CEUS and receipt will be mailed after the conference. Preregistration is required.

Location

Hilton Garden Inn, 5 Wheeler Road, Burlington, MA. ample free parking, just off I-95/Route 128.

(Directions: From the South I-95 to exit 32B (Middlesex Turnpike). Turn left off the exit onto Middlesex Turnpike. Turn left onto Wheeler Road Hotel is located 1/8 of a mile on the left. From the North I-95 to exit 32B (Middlesex Turnpike). Turn left off the exit onto Middlesex Turnpike. Turn left onto Wheeler Road Hotel is located 1/8 of a mile on the left.)

(Annual Appeal - Continued from page 1)

A support group where members can speak freely to others who are coping with similar issues can't be replaced by a conversation with another person who doesn't quite understand. A group who is struggling with the same issues can support each other. Wellness activities including Reiki and acupuncture that are designed to relieve stress and pain are also beneficial during and after cancer treatment.

As the end of 2010 approaches, we would like to ask that you consider the Center for a donation to help meet our needs. There are several ways you can donate to the Center:

Become a Friend: The Friends of the Center provide:

- Volunteer services at the center or for events
- Needed funding to pay for the overhead of the Center
- Subsidize support groups, purchase resources for our lending library
- Allow us to keep activities relevant to the needs of the community
- Expand community connections, representation, and referral network.

By renewing their pledges annually, our Friends are the backbone of the Center.

Donate to 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 age 48 from breast cancer in January, 2010. She was a member of the Breast Cancer Support Group. This fund will be utilized to provide wellness and cancer support services to CCSE individuals and families touched by cancer.

Donate to the General Fund: You can also make a general donation which we will apply where the need is greatest.

To donate:

By mail: The Center for Cancer Support & Education, 180 Mass Ave, Suite 301, Arlington, MA 02474

By credit card: Donate online at www.centerforcancer.org and click on the Donate Now link.

Help fundraise online: Go to the 'Donate Now' link on our website (www.centerforcancer.org) and either:

- Donate directly to the center, or
- Click the Get Started button and set up your own page to raise donations for the Center. Then you can send the link directly to your friends to ask for their assistance.

Through Partnerships: Go to www.goodshop.com and select your store, then select your charity (Arms Around Arlington Center for Cancer Support) and a designated percent of your purchase will go to the Center.

We thank you in advance for the consideration of our request and hope you can continue to support the Center.

(History of the Center - continued from page 1)

In 2000, the Youth Risk Behavior survey was conducted by the Board of Youth Services and members of Arlington's Teen Health Council. This survey indicated that significant numbers of teens were highly stressed because of serious illness in their immediate families. As a result, in 2001, Arms Around Arlington I, a day of connection and support for those touched by cancer was born and became a well known event each spring for 6 years. These day-long events held initially at the Arlington Town Hall included speakers, sample support groups, free massage, Chinese herbal and Reiki treatments and booths of information from local hospitals and health care providers. At the end of the day, a needs assessment was conducted in the form of an "Arlington Town Cancer Meeting." In the first year, the needs assessment led to the formation of a Caregiver Support Group and of Arms Around Arlington, The Center for Cancer Support & Education with Mary Lewis as its co-director. In 2006, the name was adjusted to encompass service to surrounding communities and

the name became simply The Center for Cancer Support & Education.

Over time, different support groups and wellness modalities developed at the expressed wishes of those with cancer – patients, family members, and caregivers.

The efforts to found a cancer support center were supported by committed and caring people: Cindy Bouvier and Carlene Newell of the Arlington Public Schools and John Jope, Director of the Council on Aging who stated "I'm going to help you" and provided a home complete with friends for a few years starting out. Evelyn Smith DeMille and Vicky Palmer Erbs of the The Elizabeth and George L. Sanborn Foundation for the Treatment and Cure of Cancer became a lifeline for the developing organization, supplying not only funding but hope, faith and mentoring.

The formation of The Center for Cancer Support & Education happened in the Arlington community and grew steadily out of the expressed needs of Arlington families touched by cancer in attendance at Arms Around Arlington Day.

The Support Program has grown heartily and now includes groups for breast cancer, general cancer, advanced cancer, brain cancer, and family members/caregivers. The Wellness Program was created in 2006 by Margaret Ryan, an artist, survivor, and Yoga teacher. It includes Polarity Balancing Therapy, Light Massage, Acupressure, Reiki, RYSE Private Therapy Sessions, acupuncture, meditation and a writing group. Wellness scholarships are available paid for by the Wendy Fund which was created in the memory of Wendy Morcos, a wife and mother who died of breast cancer in 2010 at age 48.

Mary Lewis happily aided Joan Driscoll, RN as she assumed the role of President of the Board of Directors in 2009. She continues to lead the Breast Cancer Support Group and takes an active role in the Board. Joan is uniquely positioned to lead the Center on to its next successes, due to her years of leadership positions in health care.

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
Benjamin M. Garton - Director
Debra DeMella - Director
Goldie Eder - Director
Denise O'Connor - Director
Angelika Festa - Director
Bill Mergendahl - 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 - Writer's Group, Facilitator
Kate Ruma MAOM, Lic.Ac., BC Acupuncturist/Herbalist

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Arlington, MA 02474
www.centerforcancer.org
centerforcancer@gmail.com
(781) 648-0312

Library

Our library 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!

Plans for 2011

In 2011, we have great hopes for the Center. Our plans focus on three areas: Support Groups, Fundraising and Volunteers

• **Support Groups:** Expand our support group offerings – by focusing on new unmet need. We have some preliminary discussions taking place to help us identify groups in need. The new groups will be run as pilot programs to ensure the need is there. We hope to begin some of these new groups in January 2011.

We expect to work more closely with the local medical centers to see if we can make more of those touched by cancer aware of our offerings. Hospitals offer different other types of support groups but we believe what we provide is unique. Support groups come in many shapes and sizes. Some provide a structured curriculum for the newly diagnosed. Some offer a speaker at each meeting. Some meet weekly, biweekly or monthly.

• **Fundraising:** Expand our fundraising activities to reach a larger audience. We have several events planned already that we have done in the past:

- Friend's Breakfast, January 22, 2011 - the ideal event to attend to learn more on how you can help the center. Free.

- Nurse, Heal Thyself Conference, February 5, 2011 - a day of healing, introspection and learning for oncology nurses, other nurses and health care providers. Volunteers are needed to help organize the conference. Fee.

- Annual Spring Dinner Dance, April 2, 2011 - an evening of fun to dine and dance and help the Center. Volunteers are needed to help organize the dance. Fee.

- Friends Breakfast, May 2011 (date t/b/a) - another day to learn more on how you can help the center. Free.

- Arlington Town Day, September 2011 (date t/b/a) - Arlington's annual street festival, open to the public. Volunteers needed to staff the booth. Free.

- 6th Annual Bowlathon, October 2011 (date t/b/a) - What else but a costume party/bowling night/fundraiser? Volunteers needed to organize the event or to join a team and help fundraise.

We hope to expand this list, and add additional events and are open to suggestions Ideas so far include:

- Town Day or similar events in the surrounding towns – Lexington and Burlington in particular.

- Another large fundraising event. We are discussing our options, maybe a rubber duckie race, an awareness walk, an auction, a wine tasting, or even a virtual event

- More online partnerships where a portion of proceeds are donated directly to the Center such as the Jimmy Tingle Fundraising Events or goodshop.com. We are currently working with two local restaurants to set up events for the spring of 2011.

• **Volunteers:** We also would like to expand our volunteer list so we can bring new energy and ideas to our events. Volunteers are the life blood of any non-profit organization. They allow us to host events that contribute to the visibility of an organization in the community and help raise funds to allow services to be offered.

Volunteers do anything from making phone calls, helping at events, and attending planning meetings. If you would like to be put on the list of volunteers, please let us know

We thank you for your support in previous years.

We hope you can help us make 2011 a successful year for The Center for Cancer Support & Education.



Upcoming Events:

Jimmy Tingle

Joint fundraiser Dec 2, 21, 23, 31, Jan 1&2. Purchase your tickets online at tickets.jimmytingle.com and a \$10 donation will be made for each ticket purchased to the Center.

Friends Breakfast

Please come and join us for a continental breakfast on Saturday January 22 from 930-1130am. This is our opportunity to say thank you to our friends, volunteers, and supporters. You will also learn about: Upcoming plans, Volunteer opportunities, Some recent successes, and much, much more! To RSVP, please call 781 648 0312 or email centerforcancer@gmail.com.

Held in the rear conference room of the Cambridge Savings Bank at 1300 Mass Ave, Arlington Hts. Parking on street or in parking lot. Enter through rear door.

Reading and Discussion with Participants in the CCSE Writers' Group - February 5, 2011

On Saturday February 5, 2011 at 1:00 pm, we will celebrate the writers and mark the recently published double issue of WRITING IT DOWN 3 & 4: WORDS FROM THE WRITERS' GROUP FOR CANCER SURVIVORS AND CAREGIVERS with a public reading. This is open to the public. Location: Robbins Library, Community Room (lower level), Arlington, MA 02474. "This project was funded in part by the Arlington Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency."



Reiki Training Days

In January and March 2011, we will have Level I and II and Level III Reiki training days. All the teachers are Reiki Masters. Monica Tague, RN, BSN, will lead the sessions with Mary Lewis Sheehan CNS-BC & Deb DeMella, RN assisting. Reiki is a form of energy healing that channels this energy through the practitioner to the recipient. Additional training allows Reiki trainers to move up levels and train more levels.

Reiki is easy to learn, and the Center for Cancer Support and Education is making it easier by offering Reiki classes of all levels: I, II, and III. Reiki is transmitted from a Reiki master to a student through a series of classes, called Reiki attunements. These classes teach people how to induce relaxation, reduce pain, and promote healing in themselves, their patients, or their loved ones. The attunement allows the student to access universal life energy, shared by both the giver and the receiver of the treatment. Full details with rates and schedules will be available shortly.


Shoot for the Cure

Come help a group of charities and enjoy a fun afternoon and evening of women's hockey. On Saturday March 19, 2011, we will have table at Shoot for the Cure 2011, from 1-9pm at the Veteran's Memorial Rink, 422 Summer Street, Arlington. Ten women's hockey teams will each play one regulation game with volunteer referees. Over 150 players are expected to participate. In addition to the games, they have raffle prizes, a silent auction chuck a puck, t shirt toss, and memorialabilia for sale. In addition, local singers will sing the National Anthem.


At their event in 2010, they raised over \$15,000 and donated the funds to several organizations. These included The Center for Cancer Support & Education; teams of Arlington walkers in the Avon 2 Day Walk; the Shoot For the Cure Scholarship fund where they award 3 Arlington High graduates affected by cancer; the Josh Bell fund (an Arlington High School graduate at UVM who lost both his parents to cancer); and a team of Jimmy Fund Walkers.

Annual Dinner Dance

Mark your calendars! Our annual dinner dance will be held on Saturday April 2, 2011 at the Sons of Italy in Woburn MA. This will be a fun evening with a catered buffet three course dinner, cash bar, dancing, raffles, ample free parking, and more. We expect to begin selling tickets in January. More details on this coming soon.



More Than Entertainment—Raising Spirits, Funds and Awareness



Jimmy Tingle

Live at the Regent Theatre, Arlington
December 20, 21, 22, 23,
Plus two shows New Years Eve, January 1 & 2

Tickets \$27 in advance except New Years Eve \$30
Ticket price increases \$3 day of show
All Shows @ 8:00 PM
Except New Years Eve 7:00 & 9:30 PM Sunday
January 2nd, 5:00 PM
tickets.jimmytingle.com

"more than comic wit, so cheerfully intelligent he makes his audience optimistic in the face of reality. It takes a serious and well intentioned man to make one laugh to such good effect."
- *New York Times*

See his website at
www.jimmytingle.com
for more reviews, sample
video and other information.

Buy Tickets at
tickets.jimmytingle.com

Regent Theatre, 7 Medford Street, Arlington MA
Free parking across street from theater

**Select Ticket Sales to Benefit
Center for Cancer Support and Education**

\$10 of every ticket sold exclusively through www.jimmytingle.com will go to benefit the Center for Cancer Support and Education. Customer donation of \$5.00 will be matched by Tingle Productions donation of \$5.00 embedded into ticket price of \$27.00.

Tickets sold at General Admission Prices or through the Regent Theater box office or sold on behalf of other Non-Profits are not eligible for the the Center for Cancer Support and Education donation.

Please make sure to select the Center for Cancer Support and Education option when purchasing ticket so the \$10.00 donation will be made to the Center for Cancer Support and Education only.

Recent Events:

Reiki Level III Training Day – Sunday September 19

We enjoyed a larger turnout than expected at our Reiki Level III Training Day on Sunday September 19. We had more participants than at previous Reiki events. Due to its surprising success we will repeat the training days in 2011.

Town Day – Saturday September 25

At our booth at Arlington's Town Day- the town of Arlington's annual street fair, held on Mass Ave - we raffled off several prizes donated by local businesses and earned more than \$300 for the Center. We also informed many Arlington residents about our support groups and wellness modalities which was our primary goal.

5th Annual Bowlathon – Saturday October 23

Our annual bowlathon was success again. Once again held at Ryan's Family Amusements in Malden. Our bowlers raised over \$6000 and with additional funds from raffles. It was a fun evening of bowling and costumes. Who knew that it was possible to bowl with a 3' tall wizard hat on their head? We feasted on donated pizza, pulled pork and chicken, and ice cream which were enjoyed by all. We also raffled off prizes and gave awards for best costumes, highest fund raisers, and best bowling scores. We hope you can join us next year!

A New Partnership - www.goodshop.com and www.goodsearch.com

We have recently established a partnership with both Goodshop and Goodsearch. This is an easy way to donate to the Center through your every day online shopping and searches. When shopping, start at www.goodshop.com and select your store - many major stores can be found here. Then select your charity 'Arms Around Arlington Center for Cancer Support & Education and begin shopping. This will take you straight to the store's website however a portion of your purchases will be donated directly to the center - usually 1-3%. If you start at goodsearch.com, again a portion of your purchases will benefit the center. One, two three - start shopping for good!

In-Kind Donors for June to November 2010

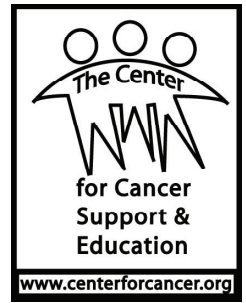
We would like to thank the following in-kind donors to the Center for Cancer Support during the Fall of 2010:

Andy's Diner, Cambridge	Flora, Arlington	Red Bones, Somerville
Arlington House of Pizza, Arlington	Frank's Steak House, Cambridge	Rosebud Diner, Somerville
Arlington Restaurant, Arlington	Gil Graham's Drumming Preparatory School, Arlington	Sabatino's Italian Kitchen, Arlington
Artbeat, Arlington	Hair Connection, Cambridge	Sedona Sun Day Spa, Arlington
The Big Picture, Arlington	Heights Barber Shop, Arlington	The Spirit Bar, Cambridge
Blue Ribbon Barbeque, Arlington	Irish Imports, Ltd, Cambridge	Star Nails, Complete Nail Service, Arlington
The Bookrack, Arlington	Jimmy's Steer House, Arlington	Starbucks, Arlington
Boston Beer, Boston	Johnnie's Foodmaster, Arlington	Susanna, Cambridge
Brighams, Arlington	JP Licks, Somerville	Tags Hardware, Inc., Cambridge
Cambridge 1. , Cambridge	La Posada, Arlington	Tavern on the Square, , Cambridge
Capitol Theatre (F.E.I. Theatres)	Lady Siam, Arlington	Tayrona, Cambridge
The Cheesecake Factory Restaurant, Inc. of Burlington, MA	Lakota Bakery, Arlington	Trader Joe's, Arlington
The Chilly Cow, Arlington	McIntyre and Moore Booksellers, Cambridge	Tryst Restaurant, Arlington
Continental Hair Salon, Arlington	Martsa on Elm, Somerville	Utso Tibeta Boutique, Arlington
Dave's Fresh Pasta, Specialty Market and Wine & Cheese Shop, Somerville	The Meathouse, Arlington	Whole Foods of Fresh Pond, Cambridge
Derby Farm, Flowers & Garden, Arlington	Mike's Restaurant, Somerville	Wok'N Restaurant, Cambridge
Dunkin Donuts of Arlington	Mr. Bartley's Burger Cottage, , Cambridge	Za, Pizza & Salad, Arlington
Diva Indian Bistro/One World Cuisine, Somerville	Nicola Pizza House, Arlington	Zing Pizza, Cambridge
Divinity's Splendour-Glow, Arlington	Not Your Average Joe's, Arlington	Zoe's, Cambridge
The Elephant Walk Restaurant Group, Inc., Cambridge	Out of the Blue Restaurant, Somerville	
	Panera, Arlington	
	Quad Cycles, Arlington	

Thank you to:

Our volunteers, donors, and participants at all events.

With a special thank you to Rochelle Furman and Betsy Rulon for their efforts in reaching out to donors over the past months.



Can you help us help those touched by cancer?

Please donate now.

Take advantage of savings on your 2010 taxes.

Serving cancer patients and their families in:
Arlington, Belmont, Burlington, Cambridge, Concord, Everett, Lexington, Medford, Somerville, Winchester, Woburn

The Center for Cancer Support & Education
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Arlington, MA 02474

