

# The Center for Cancer Support & Education

## A Decade of Growth Ahead for CCSE

We are very excited and optimistic for the coming year. From late 2009 until the end of 2010, we have experienced a significant period of positive change. Now we have a solid base to expand the Center in 2011 and on into the future.

We are focusing our expansion in three areas: support groups, fundraising, and volunteers. Each of these areas is where you can help us in our expansion. Do you know others who might benefit from our support groups and wellness activities? Can you help us in our fundraising efforts? Does your employer offer matching gifts or would you want to hold a yard sale and donate a portion of the proceeds to the Center? Volunteers are a key component of any non-profit. We are always looking for others to join us and bring their energy and ideas to our upcoming events.

Our calendar is full for the first half of the year with events scheduled for nearly every month. On January 22, we are having a Friends breakfast which is a great place to learn more about the Center and how you can help. On Saturday, February 5, we have two events - our conference for oncology and other nurses and health care professionals, "Nurse Heal Thyself" (see pages 4-5) and "Reading and Discussion with Participants in the CCSE Writers' Group" (see page 6 for more details.) Additional events are listed on page 6.

We hope to see you at these and other events.

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## 2010: A Year in Review

During 2010, the Center received donations from:

- Over 200 individuals
- 74 businesses
- 4 grants

These donations allowed us to achieve these milestones and levels of service:

- We currently provide five support groups: Breast Cancer, General Cancer, BRAINSTORMERS (for those with Brain Cancer or Stroke), Caregivers, and Advanced Cancer.
- Our wellness modalities now include: acupuncture, Reiki, polarity balancing, light massage, acupressure, RYSE, meditation, and writing.
- Over 100 people reached out to us during 2010 for services.
- Our cancer patients, family members and caregivers came from nearly two dozen communities throughout the state.
- We improved our effort to stay in touch with our communities through an updated newsletter program.
- We increased our outreach efforts into surrounding areas through participation in community events

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

## Volume 11, Winter 2011

### How to Donate

We are a 501(c)3 charitable organization (EIN#04-3615454). All donations are tax deductible. We are often listed under Arms Around Arlington Center for Cancer Support & Education (our official name).

Please note on your donation if it is in honor of an individual, for a specific program or purpose, or for the Wendy Fund. Donations which are not designated will be put in our general fund and used where the need is greatest.

- By check: mail your donation to Center for Cancer Support & Education, 180 Mass Ave, Suite 301, Arlington, MA 02474
- By credit card: click on the link on our home page - [www.centerforcancer.org](http://www.centerforcancer.org).
- When surfing or shopping online: through our partnership with [goodshop.com](http://goodshop.com) and [goodsearch.com](http://goodsearch.com) a donation is made for each purchase made or with each search made.

Those who donate will be will be sent a receipt for tax purposes unless the donation is made anonymously..

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** **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.

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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

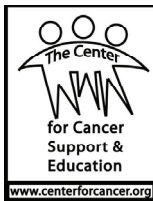
#### **The Writers' Group for Cancer Survivors and Caregivers**

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.**

*Gather Your Friends and Family to  
Denounce the Winter, Welcome Spring, and  
Join Us for Our Annual*



# *Reach For The Stars Spring Dinner Dance*

*Saturday, April 2, 2011 - 7:00pm -12:00am*

*Food, dancing, music, and fun!*

*Raffles • Silent Auction • Catered Dinner • Cash Bar  
Dancing with DJ "Gregg Gates" from Entertainment Concepts*

*Tickets \$50 pp*

*Purchase tickets online ([www.centerforcancer.org](http://www.centerforcancer.org)) by credit card or send a check to  
Center for Cancer Support & Education, 180 Mass Ave, Suite 301, Arlington, MA 02474, 781 648 0312*

*Held at the Woburn Sons of Italy, 168 Lexington Street, Woburn, MA. 781 933 9782*

*Proceeds will go to The Center for Cancer Support & Education, a 501(c) 3 organization*

# Nurse Heal Thyself – A Multimodal Approach to Personal and Professional Change

Keynote Speaker: Anne-Marie Barron, PhD, PMHCNS-BC:  
“Maintaining Wholeness: Placing Ourselves at the Center of Compassion”

## Overview

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 True Story Theater who will capture attendee's stories in drama song and movement. The second half of the day includes a choice of two of four breakout sessions on complementary treatment modalities that are led by qualified and skilled professionals who graciously donate their time.

## You Will Learn

- Knowledge about complementary therapies
- Multiple pathways to bring back your spirit, compassion, and drive for self and others.
- Deepen and revitalize your experience of being a nurse.
- Experience your stories of nursing captured in drama, song, and movement by True Story Theater
- Explore complementary treatment modalities in two choices of four breakout sessions.

## Why Attend

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

## Who Should Attend

Oncology and other nurses, other healthcare professionals or anyone who would like help in coping with the emotional stresses resulting from caring for cancer patients.

## 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!”

## Contact Hour Information

5 Contact Hours 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 and your name, affiliation, mailing address and preferred breakout sessions to The Center for Cancer Support & Education, 180 Mass Ave, Suite 301, Arlington, MA 02474. Or register on our website at [www.centerforcancer.org](http://www.centerforcancer.org) and select the conference on the right hand side and use a credit card on Paypal. Acknowledgements will not be sent but certificates indicating Contact Hours and a receipt will be mailed after the conference. Preregistration is required. Any questions, please call us at (781) 648-0312 or email [centerforcancer@gmail.com](mailto:centerforcancer@gmail.com)

## Location

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

*Directions to the Hilton Garden Inn: 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 (Dunkin Donuts on corner) is located 1/8 of a mile on the left.*

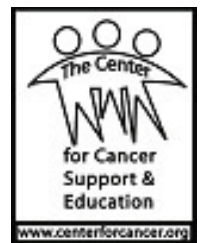
# Agenda

February 5, 2011 - 8:00 am - 4:30 pm

Time	Topic
8:00 - 9:00 am	<b>Registration, Networking, and Complimentary Continental Breakfast</b>
9:00 - 9:15 am	<b>Welcoming Remarks by Conference Directors</b> - Joan Driscoll, RN MS, & Denise O'Connor, RN, MS, ONC
9:15 - 10:15 am	<b>Keynote Speaker: Anne-Marie Barron, PhD, PMHCNS-BC</b> <i>"Maintaining Wholeness: Placing Ourselves at the Center of Compassion"</i> <ul style="list-style-type: none"><li>• Associate Professor, Associate Chair for Undergraduate Nursing &amp; Faculty Senate President at Simmons College</li><li>• Clinical Nurse Specialist and Faculty Nurse Scientist, Massachusetts General Hospital</li><li>• Research: <b><u>The Transformative Power of Compassion</u></b></li></ul>
10:15 - 10:30 am	<b>Break</b>
10:30am - 12:30 pm	<b>True Story Theater Improv Interactive Session on Social Healing</b> <p>Experience a magical form of theatre that brings true stories to life in a moment. You will be able to share your stories, see them captured in drama, song, and movement. The healing power of a shared moment of the struggle and courage portrayed or learn to laugh when witnessing familiar foibles.</p> <p><i>True Story Theater (<a href="http://www.truestorytheater.org">www.truestorytheater.org</a>) is a nonprofit ensemble based in the Boston area which uses theater for community development and social healing. Their work is primarily based on a form of improvisation called Playback Theatre, now seen in over 50 countries around the world.</i></p>
12:30 - 2:00 pm	<b>Lunch</b> (on your own - list of local restaurants will be provided)
2:00 - 3:00 pm	<b>Breakout session I - Choose one of four:</b> <ul style="list-style-type: none"><li>• <b>Reiki</b> - with Mary Lewis Sheehan, RN, CNS, BC, Monica Tague RN, BSN and Donna Cole, RN, all Reiki Masters - Learn about this form of energy healing which induces relaxation, reduces pain, and promotes healing.</li><li>• <b>Overview of Massage especially as used for Stress Reduction and Self Healing</b> - Barbara Harris has over 20 years experience as a massage therapist and 2 years additional training in the special massage needs of those with cancer.</li><li>• <b>Acupuncture</b> - with Kate Ruma, MAOM, Lic.Ac., BC Acupuncturist/Herbalist to this ancient Chinese healing art, which has evidence based effect on illness states.</li><li>• <b>Therapeutic Expressive Arts</b> - with Mary Muir, M Ed. With over 25 years of counseling and mind-body wellness experience, Mary has conducted Womens' Wellness groups, workshops, retreats and programs for families and professional caregivers.</li></ul>
3:00 - 3:15 pm	<b>Break</b>
3:15 - 4:15 pm	<b>Breakout session II - Choose one of four (as above)</b>
4:15 - 4:30 pm	<b>Closing Sessions</b>

Registration fee \$100. Register online at [www.centerforcancer.org](http://www.centerforcancer.org) or by mail.

Preregistration is preferred but not required.



## Menotomy Beer & Wine - 5% Club

The Center is now in Menotomy Beer & Wine's (Broadway, East Arlington) 5% club. When you shop there, ask for your purchases to be attributed to The Center For Cancer Support & Education's account. Then every quarter, they will send a check to the Center for 5% of all purchases attributed to it.

## Upcoming Events

### Winter Friends Breakfast - January 22, 9:30am – 11:30am

Please join us for Winter Friends Breakfast to be held in the conference room at the Cambridge Savings Bank, 1300 Mass Ave, Arlington Hts. This is our opportunity to thank our Friends and volunteers for their efforts in the past and provide information on upcoming events. It is open to anyone who would like to find out more about our happenings, how they can help us, and more about what the Center can offer. A complimentary continental breakfast is provided. Enter the bank's community room through rear door on parking lot.

### 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."



**Nurse Heal Thyself Conference – A Multimodal Approach to Personal and Professional Change - February 5, 2011** - see pages 4 and 5 for details.

### Shoot for the Cure - March 19, 2011

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 1:00 - 9:00pm at the Veteran's Memorial Rink, 422 Summer Street, Arlington. Admission \$20/family. Ten women's hockey teams will each play one regulation game each, for a total of five games played, 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 memorabilia for sale. Local singers will sing the National Anthem. At their event in 2010, they raised over \$15,000 and donated the funds to several organizations including CCSE.

### Reiki Training Days - Dates t/b/a

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.

**Annual Spring Dinner Dance - Saturday, April 2, 2011** - Tickets are now on sale online at [www.centerforcancer.org](http://www.centerforcancer.org) or through our office. See page 3 for details.

### Spring Friends Breakfast - May 2011 - date t/b/a

This will be a repeat of January's event and provide updated information on the results of the activities in the first half of the year as well as more information on events for the second half.

### Lexington Discovery Day – Memorial Day Weekend 2011

We hope to bring the word of CCSE and our services to those touched by cancer to more residents of Lexington. This is a first for the Center and hope it will offer the same outreach as was benefitted at Town Day in Arlington.

### Celebrate Burlington Day - August 2011

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.

### Arlington's Town Day - September 2011

Building on last year's success, we will have a table at Arlington's Town Day with raffle prizes and outreach materials.

### Robbins Library - October 2011

We will have a display table for the month at the entry to Robbins Library

Also, look for additional partnership events with both California Pizza Kitchen in Cambridgeside Galleria and Flatbread Pizza in Bedford, MA. We would like to schedule both of these fundraisers for the spring months.

## 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, RN RHYS - Director  
Goldie Eder LICSW - Director  
Denise O'Connor RN OCN - Director  
Angelika Festa Ph.D.- 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 - Writers' Group, Facilitator  
Kate Ruma MAOM, Lic.Ac., BC  
Acupuncturist/Herbalist

## Center For Cancer Support & Education

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[centerforcancer@gmail.com](mailto: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!

## Donors June - December 2010

We would like to thank the following donors to the Center June - December 2010:

Warren Adamsbaum	Pauline Gardiner	Alan Mulak
Susan Adler	Jeanne Gavrin	Norman Nichols
Jocelyn Aframe	Jon Gersh	Patrick Nichols
John Bain	Madelein Gersh	Craig Nisgor
Denise Benoit	Kelly Gustus	Denise O'Connor
Julie Bosworth	Terry Gustus	Donal Osullivan
Charlie Bowen	Frederic Hahn	Sara Paddock
Elaine Bowes	Rebecca Hall	Deborah & Eric Perry
Paul Boyd	Lucinda Hammerslough	Sue Pranger
Ann Kingsbury Briggs	Gary Hampton	Maxine Richman
Nancy Brown	Amy Hand	Erik Riggs
Alison Buchalter	Tara Harkins	Jessica Riggs
Ginny Bucknam	Tom & Lydia Hart	Sarah Robuccio
Paula Burkes	Carlene Helmpel	Angela Acosta
Pamela Burkes-Smith	Monah Hill	Jose Rosales
Emily Caner	Dr. Cristina Holt	Shoot For The Cure Fund
Elissa Cannata	Charles Interrante	Jarina Shrestha
Leah Carneiro	Gordon Ison	Carol Slade
Robert Chandler	Matthew Ison	Louise Snyder
Jeanne Chouinard	Margaret Klee	Wendy Stack
Kimberly Cole	CJ Korisky	Catherine Stallard
Christopher Collins	Simeon Korisky	Jed Stamas
Eileen & Matt Collins	Charles Kotsiopoulos	Leslie Steele
Francesca Coltrera	Cheryl Lachant	C. Douglas Taylor
Shelly & Joe Cristaldi	David Lahr	Meredith Thayer
Anna Currin	Virginia Lane	Ritika Trehan
Paul Daigneault	Michael Lass	Thomas F. Tully
Sonali Dalal	Alexandra Loh	Evie Ullman
Alison Darnel	Richard Luecke	James Ventola
Matt Debergalis	Tara Mann	Selene Victor
Edwin R. Delano, Jr.	David & Janet Marconi	Jennifer Vincent
Alexander Dems	Lora Marks	Susanna Walker
Beverly DiMascio	Sandra Markussen	Mark Wholley
Jin Ding	Phil McArthur	Jamie Wood
Goldie Eder	Sarah McCracken	Karen Zander
Allen Elgart	Linda McIntosh	Lori Zartarian
Karen Finigan	Beverly McNaught	Zack Zeigler
Sharon & Jack Frankovich	Christopher Messing	
Celeste Frey	Richard Millar	
Anne Funderburk	Anna Miller	
Katie Gallagher	Jennifer Miller	

## Volunteers - June - December 2010

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

Denise Benoit	Terry Gustus	Divya Prabhu
Nancy Brown	Monah Hill	Jessica Riggs
Jeanne Chouinard	CJ Korisky	Susan Robinson
Joan Driscoll	Frank Lowry	Walter Ronten
Melvin Eng	Lora Marks	John (Mel) Rose
Angelika Festa	Marianne Marks	Betsy Rulon
Kathy Fletcher	Maria Melchionno	Howard Sard
Rochelle Furman	Craig Nisgor	Mary Lewis Sheehan
Judy Gardner	Denise O'Connor	Susanna Walker
Kay Gardner	Deb Perry	Matt Winitzer
Ben Garton	Eric Perry	Zalika Winitzer
Jon Gersh	Kara Perry	

Want to learn more about how you can help the center and our upcoming events? Stop by our *Friends' Breakfast* on Saturday, January 22, 9:30-11:30am. Details on page 6.



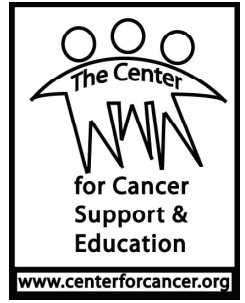
Come and hear what participants in the CCSE Writers' Group are writing. Join us for this *"Annual Reading and Discussion"* event on February 5th at the Robbins Library in Arlington. For more details, see page 6 or call the office.



Are you a nurse and need more Contact Hours? Join us on Saturday, February 5 for: *Nurse Heal Thyself Conference - A Multimodal Approach to Personal and Professional Change* - See details on pages 4-5.



Join us for an evening of fun at our *Annual Spring Dinner Dance* - April 2, 2011 at the Woburn Sons of Italy, Tickets \$50 pp, on sale now on our website or through our office. See details on page 3.



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

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