

The Center for Cancer Support & Education

NEW GROUPS FORMING

We promised 2011 will be a year of expansion and we have already started. This spring we are launching two new groups that are very different from the ones we already offer and are in response to unmet needs we see in the community.

One is a discussion group for those who are post treatment – no matter how long ago it was. The second group is for anyone who is a living with a cancer diagnosis – a patient, family member, or caregiver - who is seeking a creative outlet through arts and crafts.

And look for more new groups and outreach in the coming months

Post Cancer Discussion Group

By CJ Korisky

"It doesn't look benign," said the surgeon. These were the words that put my life into a spin. A whirlwind of doctors, information, decisions, surgery, chemotherapy, radiation. And then it was over. Sure there were a few extra doctors' appointments per year, but back to life as I knew it. Or so it was expected—by me and all the doctors.

But five years after that pronouncement, it isn't life as I knew it.

There's the insomnia, lymphedema, pain in the muscles and joints, slow healing, cognitive problems, coordination, limited range of motion, fatigue, anxiety, depression and a host of other issues that people post cancer face. And difficulty finding answers, resources, validation for these troubles.

(Continued on Page 5)

Creative Arts for Cancer Group

We have launched another new group designed for anyone who has been touched by cancer. That means current and former patients, family members or friends of patients, and caregivers. Our hope is that you will find peace and solidarity with others who have had similar experiences as you.

This group will be led by Regina Fetterolf, who ran a similar program called "Arts in the Afternoons" at the Gilda's Club in the Delaware Valley of Pennsylvania. After returning recently to the Boston area, she approached the Center and offered to design a similar program for us. She is very talented and knowledgeable about crafts and arts.

The next meeting, April 12th, 6:30-8:00pm will involve card making. Participants will be able to decorate and personalize note cards and envelopes. Future meetings will include: topiary, flower design, basic beaded jewelry making, making collages, wreath making, ceramic painting, magnet making, origami, scrap booking, making fleece blankets and more. We are open to suggestions and requests.

The Center will provide basic art supplies. Participants are asked to bring materials to each class to help personalize their creations. In the case of note cards and envelopes, we ask that people bring blank ones. At future classes, participants might bring the picture frame they want to use to make a shadow box or flowers to put on their wreath. This will help us keep costs down and allow even more creativity as everyone can add their own special touches.

At each meeting, the next month's project will be announced, as well as which supplies participants will need to bring. Pre-registration is required, call 781-648-0312.

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

Volume 12, Spring 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 that are not designated will be put in our general fund and used where the need is greatest.

- By check: mail your donation to the 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.

- When surfing or shopping online: through our partnership with goodshop.com and goodsearch.com, a donation is made for each purchase made or with each search made. Start your searches at goodsearch.com and your shopping at goodshop.com to help the center

Those who donate 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 Arlington and the surrounding communities.

Upcoming Events

Annual Spring Dinner Dance - Saturday, April 2, 2011

Tickets are now on sale online at www.centerforcancer.org or through our office. See facing page for details.

Fundraiser with California Pizza Kitchen - Thursday, April 28, 2011

On Thursday, April 28, bring a copy of this page to the California Pizza Kitchen in the Cambridgeside Galleria and 20% of your bill will be donated to the Center. You can also download a full size flyer on our website at <http://www.centerforcancer.org/events/events.cfm>. Email the flyer to your friends, co-workers, and help us have a delicious fundraiser. This is a great way to enjoy a meal out and help the Center at the same time.

Reiki Level III Training Day - Saturday, April 30

On Saturday April 30, from 9:00am – 5:30 pm, we will host a Level III Reiki Training Day for anyone who is already a Reiki Level II practitioner. Reiki Teachers Monica Tague, RN, BSN and Mary Lewis Sheehan CNS-BC offer this training. They attune Level II practitioners in a gentle process that takes one day of study and a subsequent supervised teaching experience that enables practitioners to perform more advanced work and to teach Reiki. This level enables practitioners to help relieve stress and pain and promote relaxation. Level I & II, also available at CCSE, will be available in the coming months.

Reiki (pronounced ray-key) is a Japanese term meaning spiritually guided life energy or universal life energy, a force that animates us all and is found all around us. Reiki is a form of energy healing that channels this energy through the practitioner to the recipient.

Tuition t/b/a. Preregistration is required. For additional information or to register, call our office at 781 648 0312. Check our website for additional details.

Spring Friends Breakfast - May 21, 9:30am – 11:30am

Please join us for our Spring 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 what we do or how they can help. A complimentary continental breakfast is provided. Enter the bank's community room through the rear door off the parking lot. FREE.

Lexington Discovery Day – Memorial Day Weekend 2011

We hope to bring the word of CCSE and our services to those touched by cancer in Lexington. This is a first for the Center. We hope it will result in the same outreach and exposure we enjoyed at Town Day in Arlington.

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 events and partnerships in the coming months.

JOIN US *for an* EVENT WHERE
GIVING WON'T JUST FEEL GOOD,
IT'LL TASTE GOOD.

Center for Cancer Support and Education

We're having a fundraiser at California Pizza Kitchen. Just bring in this flyer on the date listed below, present it to your server when ordering, and 20% of your check will be donated to our organization.

Thursday, April 28th
CPK Cambridgeside Galleria
100 Cambridgeside Place
617.225.2772



Eligible groups include nonprofit schools and 501(c)(3) charitable organizations. Donation amount excludes proceeds from tax, gratuity, gift card and retail purchases. Valid for dine-in, take-out and curbside service. Not valid on delivery. Manager, please attach this flyer to the guest check. Event proceeds void if flyers are distributed in or near the restaurant.



*Gather Your Friends and Family to
Denounce the Winter, Welcome Spring, and*

Join Us for Our Annual

*Purchase Tickets
Online or By Check*

*Tickets On
Sale Now*

Reach For The Stars Spring Dinner Dance

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

Food, dancing, music, and fun!

Raffles Items Include Baskets of Goodies Donated by Local Businesses

Silent Auction Items: Selected sports memorabilia • Scenic painting by established local artist (\$300 value) • Basket of Beer - a certificate for one case of beer from Boston Beer Works each month for a year (\$400 value)



Catered Dinner • Cash Bar • Dancing

Tickets \$35 pp

*Purchase tickets online (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

THE CENTER FOR CANCER SUPPORT & EDUCATION
2011 SCHEDULE

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

SUPPORT GROUPS

Breast Cancer Support Group

Tuesdays 4:15 - 5:30 PM

Facilitator: Mary Lewis Sheehan, RN CNS-BC

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

Advanced Cancer Support Group

First Monday from 4:00-5:00 PM

Twice Monthly -- Call for specific dates.

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

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

BRAINSTORMERS

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

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

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

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

General Cancer Support Group

Thursdays 5:45-7:00 PM

Twice Monthly -- Call for specific dates

Facilitator: Tara Mann, PhD

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

Caregivers/Family Members Support Group and Program

Thursdays 6:00 -7:15 PM

Twice monthly -- Call for specific dates

Facilitator: Edie Barrett, APRN, BC, PhDc

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

NEW GROUP - Post Cancer Discussion Group

Wednesdays 6:00 – 7:30PM

Third Wednesday 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 Wednesday of each month from 6:00 - 7:30 PM at the CCSE office. If you are interested in attending, please call the office to preregister - 781-648-0312. No Fee.

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

WELLNESS

Monthly Meditation Workshop

Wednesday 9:30-10:30AM

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

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

Private Wellness Sessions

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

Polarity Balancing Therapy/ Light Massage/ Acupressure/Reiki/ 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: 10:00 AM - 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.

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. Next meeting is on April 12, 630-8pm and will cover card making. Participants are requested to bring 3-4 blank cards and envelopes to work with. Future meetings will be on the second Tuesday of every month. Topics will be announced at the previous meeting.

Executive Board

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

Advisors

Maria Melchionno, RN, OCN-CHA

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Caroline Ronten - Development Director
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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

The Center For Cancer Support & Education

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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!

Post Cancer Discussion Group (Cont. From Page 1)

My personal journey included visits to a variety of doctors and tests which showed nothing significant. I was declared fine. But I didn't feel fine. I had a host of annoying symptoms that weren't there before the cancer phase of my life. And I wanted to be back to my pre-cancer condition.

In my travels I realized that doctors are largely unprepared to deal with people like me. The oncologist is trained to treat the disease, not the problems arising from the treatment. My primary care physician was equally clueless and offered no solutions. Sure she'd refer me to a specialist for the individual problems, but no one would treat *me*—the whole person who had been through this physical and emotional trauma.

I started thinking, that with more and more people living longer and longer after a cancer diagnosis I couldn't be the only one with these problems and frustrations. So during a meeting at the Center for Cancer Support and Education I raised my frustration. It was suggested that we try a new group. With the Center now celebrating its 10th anniversary, we thought there would be many alumni in similar circumstances.

If you're one of these people (and it's estimated that there are 11-14 million people alive post cancer treatment) this group may be for you. This self-led discussion will be a venue to talk/research/learn/take action on the many physical and emotional concerns that accompany or result from cancer treatment and survivorship. My personal goal is to share ideas/resources and perhaps come up with some helpful tools for us to get back more of our pre-cancer selves.

The group will meet on the third Wednesday of each month at the CCSE office. It is open to people who are no longer in treatment and even people who no longer think of themselves as cancer patients. If you are interested in attending, please call the office to pre-register - 781 648 0312.



Volunteers - January - February 2011

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

Anne-Marie Barron	CJ Korisky
Anne Briggs	Brette Luck
Sister Theresa Carlow	Maria Melchionno
Donna Cole	Mary Muir
Joan Driscoll	Mary Agnes Mallowney
Angelika Festa	Betsy Rulon
Regina Fetterolf	Kate Ruma
Rochelle Furman	Mary Lewis Sheehan
Judie Gardner	Deb Sullivan
Kay Gardner	Kristen Sullivan
Barbara Harris	Monica Tague
Carlene Hempel	

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.

*Join us for an evening of fun at our Annual Spring Dinner Dance
April 2, 2011 at the Woburn Sons of Italy,
Tickets \$35 pp, on sale now on our website or through our office. See details on page 3.*

*California Pizza Kitchen
April 28, 2011 - Cambridgeside Galleria*

*A delicious opportunity to help us -
bring in the flyer on page 2 and 20% of your check will be donated to the Center.*

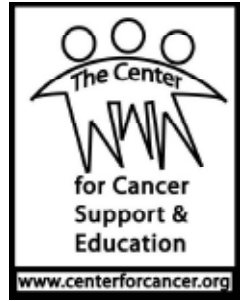
*Reiki Level 999 Training Day
April 30, 2011*

For anyone who is a Reiki Level 99 Practitioner

*Friends Breakfast
May 21, Cambridge Saving Bank, Arlington Hts.
Join us for a complimentary breakfast and learn about upcoming events
and ways to participate at the Center.*

See page 2-3 for details on upcoming events.

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



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