



Notes of Hope

— July 2017 —

So that no one faces cancer alone.®

Rare. But beware:
 July is **Sarcoma** Awareness Month
 Let's doff our hats to Independence Day.

Deb's Story

"I have never had peace before in my life. I finally found my center....I am a much happier person now because I found *me*." ~ Deborah Alexander



Deb's life was a festival of volunteering and working. When she wasn't working as a medical technician, she was volunteering for her church's ministries or for a veterans' group. She pushed herself to work harder and longer. "I was looking for something. I thought I'd found it."

She didn't take even a moment for herself, despite four past hip surgeries on one hip, diabetes, and concerning symptoms in her breast. Caught up in the whirlwind of helping others, she didn't focus on her own health for two years, until the pain was too difficult to ignore. That's when she discovered she had stage 2 breast cancer.

[Deb's story continues here.](#)

Really, Really Relevant

[Going Flat after Breast Cancer](#) (*The New York Times*, 11/1/16)

[Three Steps to Lower Breast Cancer Risk: Walk, Limit Alcohol, Avoid Weight Gain](#) (American Institute for Cancer Research, 5/31/17)

Donate



www.cancersupportglv.org
 610-861-7555

Did You See This?

Links to important news about cancer.

[New Cancer Drug Effective Against Multiple Tumors](#) (*The New York Times*, 6/9/17)

[Metastatic Breast Cancer Survivors Are Living Longer, but Incidence is Increasing](#) (*The New York Times*, 6/5/17)

Getting By

Tips from other survivors and healthcare professionals to make your journey easier.

[The Beginning's Guide to Humor and Healing](#) by Dr. Bernie Siegel

Toothpaste irritating you? Try

-Baking soda

-Herbal tooth powders

Have a tip? [Let us know.](#)

On the Lookout



Notes from the Program Director

I don't usually advocate selfishness, but we could all could use a little me time. With summer officially in full swing, take advantage of longer days by building in special moments for yourself. It only needs to take a few minutes. Whether you enjoy quiet meditation and peaceful walks, or music with windows rolled down and lively interaction, treat yourself to a healthy activity that means something to you.

Need ideas? We can help:

- [Join us for the movie](#), *Happy*, a 2011 documentary that moves from the slums of Louisiana to Kolkata, India to explore what really makes people happy, our most valued emotion. July 20 at 12 pm
- Make a splash at our [children and teen retreat](#) at Dutch Springs on July 21 at 9 am
- [Walk with us](#) at Trexler Park on July 24 at 10 am

Have fun!



Regards,
Jen Sinclair, program director

p.s. Watch this clip from the [documentary True North](#), following the remarkable Sean Swarner as he aims to be the first cancer survivor to complete the Grand Slam and also reach the North Pole to post a flag with 2,000 cancer survivors' names. (One of our weekly group members has his name on it!) "You can go to the ends of the earth to give people hope," says Swarner.

Hello from the Exec Director

Now that summer is here, the routine at our house has changed, and I find myself mulling over ideas that I often don't have time to think about.

I recently read an obituary about a doctor who passed away from uterine cancer. Dr. Amy J. Reed's story is sad, but it's also invigorating, because it's the story of a woman who not only fought hard against the cancer that was spread by a power morcellator, but then fought hard against the establishment's hospital and doctors (all Harvard), and gathered the names and histories of women whose cancer had spread after morcellation. Her efforts led to the FDA virtually banning this procedure.

[Click here](#) to read the piece.

WOW! Right?

The story made me think about the power we can hold when we put our minds to something. I thought back through my life, and now more recently, my cancer journey. Ever since my initial cancer diagnosis 11 years ago, I

What's coming up.



The clue is the pink firetruck. [Pink Heals National Tour](#)...Drink, eat, buy-July 14, 3-8 pm (Taps Tavern, 3731 Rt. 378, Bethlehem)

Butterflies, kids' stuff, and other things make this unbelievably special. [Wings of Hope](#)-Sept. 9 (Butterfly Garden, Cedar Crest College, Allentown, 10:30-12)



Professionals, Consider this Conference:

[Best of ASCO](#)-July 14-15 (Boston)

Helping Out

Will you lend a hand?

We worked up a summer sweat, and could really use some lemons, cukes, limes, or oranges and bags of ice so we can make infused water for participants. Thanks!

Working Out

Most studies show exercise reduces the incidence of many cancers, and, after diagnosis, may improve survivorship and quality of life. For more: [National Cancer Institute](#)

Before you start exercising, make sure your healthcare provider gives you medical clearance. Once you have received clearance, design a plan that you enjoy and won't cause an injury or aggravate an old one.

Avoid Spills (We're Not Talking about Milk) : [Eight Ways to Improve Your Balance](#)

learned that I had to become my best advocate. There were times when I felt as if I were calling the doctor's office 10 times a day or requesting too many tests to make sure that pain in my left side wasn't another tumor.

We, as cancer patients, put so much trust in our doctors, the FDA, and the latest and greatest "cure" for cancer that we need to stop and evaluate what we're being told. And we need to fight for what we think is right for us—and, in this case, for others.



Yours,
Amanda Buss, executive director

Dishing It Out

Eating right before, during, and after cancer treatment can help you feel better and stay stronger. For more: [National Cancer Institute](#)

July recipes from *Prevention Magazine*
Not too late to jump on the kale train.

[Skillet Tilapia with Black Beans and Kale](#)

[Ginger-Peachy Cobbler](#)



Hanging Out

What to watch, read, and craft

We love

-watching [Anne with an E](#) (charming new version of *Anne of Green Gables*)

-reading [Into the Water](#) by Paula Hawkins (wrote the gripping *The Girl on the Train*)

-Re-vamping [terra-cotta pots](#)



Have a tip? [Let us know.](#)

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to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. We help people affected by cancer actively engage in their health care, connect with others, reduce stress and isolation, and restore hope for a better quality of life.

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