



# Notes of Hope

—February 2017—

So that no one faces cancer alone.®

## A lusty month of self-care and love.

National Cancer Prevention Month. Valentine's Day.

That means:

be active, eat right, maintain healthy weight,  
and love yourself--no matter what.

## Debra's Story

*"I learned some things from this experience. I don't fear things before they happen. If I had anxiously thought about this death, I would have denied myself the joy of our last year together." ~ Debra Storm*



Debra Storm thinks about her relationship with cancer. She knew it was a difficult disease, but she also knew—from her sister's and her mother's experiences—that it could be gotten through. A mountain to be climbed, a river to be forged. Rough, but doable.

Deb, development director at the Lehigh Valley Charter High School for the Arts for the past 10 years, didn't only watch the disease from the sidelines. She has participated. Twenty years ago, she donated stem cells to one of her four sisters who was diagnosed with leukemia. And now her sister lives a vital, happy life. Then, 10 years later, her mother was diagnosed with breast cancer. It was hard, of course, but after a single mastectomy, she, too, was well.

"That was my experience with cancer," nods Deb. "You face it, and you get through it. It's tough, but you get over it. Finally, it fades into the background and becomes a talking point."

And then Frank, her husband of just a year, was diagnosed with cancer. They'd been together six years and had finally decided to marry. It was a gorgeous, blissful marriage. He was, in fact, the man she'd always wanted. [Debra's story continues here.](#)

## Really, Really Relevant

[Childhood Cancer with a Temporary Miracle](#)

Donate



[www.cancersupportglv.org](http://www.cancersupportglv.org)  
610-861-7555.

## Did You See This?

Links to important news about cancer.

This month:

[The Science of Cancer Prevention](#) (National Cancer Institute 1/12/16).

[How to Find Clinical Trials](#) (New York Times 12/23/16).



## Getting By

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



## Notes from the Program Director

**Valentine's Day shouldn't just be one day, nor should it only be geared to others.** Many of us can compliment a good friend or say, "I love you" to someone we hold dear, but we find it harder to turn those loving messages inward.

**How do you show unconditional love for yourself?** Upcoming programs will help you develop skills to make you feel both important and in control.

- Listen to your body so positive changes can happen in [Turn Stress into Bliss](#)
- Quiet your inner critic and like yourself again at the [Gift of Kindness](#) workshop
- Plan interesting *and* healthy meals in the [Nutrition Planning](#) series
- Learn more about genetic testing at the [Lunch-and-Learn](#)



Think about yourself, too, so you can have a happy, healthy, loving 2017.

Regards,  
*Jen Sinclair, program director*

## Hello from the Exec Director

**I have some *love* (and two pieces of news) to share!**

We're launching free monthly breakfast meetings with [Breast Friends of PA](#) starting Tues., Feb. 21, and thereafter on the third Tuesday of every month from 8:30-9:30 am at our offices. At the Breakfast Club, you'll meet women who, like you, have been affected by breast cancer. [RSVP.](#)

We're also working with our other new partner, the [Phillipsburg Cancer Survivor Network](#), so that we can carry out Mike Nardella's vision of providing emotional support in a friendly environment for cancer patients and their caregivers in the Phillipsburg community:

- **Wed., March 8, 5:30-7 pm**  
Sleep Management
- **Thur., March 16, 6-7:30 pm**  
People Living with Cancer Support Group Discussion: Toxic Relationships and Why You Don't Need Them in your Life
- **Thurs., March 30, 6-7:30 pm**  
Meditation through Simple Yoga



Valentine's Day can create angst on many fronts. Now is the time to love yourself, and what you may have become, more than ever.

Here are some [sexuality exercises](#), courtesy of Carole Moretz, RN, Pys.D., to help.

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

## On the Lookout

**What's coming up.**

If you take Cancer Prevention Month seriously, join the [2017 Strides for Hope](#) training team--a first-class running/walking winter fitness program. *Everyone*--no matter your pace--is welcome. [Email](#) or call 610-861-7555 ext. 39 for training schedules, cold-weather clothing tips, and a pep talk.

We'll show you how to train; walk or run; raise money for us; and have fun!

**Consider these conferences:**

[Thriving Together: 2017 Conference on Metastatic Breast Cancer](#)-April 28-30 (Philadelphia)

[Cancer Con 2017](#)-April 27-30 (Denver)  
Funded by Stupid Cancer in 2008, Cancer Con unites patients, survivors, caregivers, advocates and leading health experts to drive global change

[Latest in CRC: Findings from the 2017 ASCO GI Cancers Webinar](#)-Feb. 22, 7-8 pm (Webinar)

For oncology professionals: [14th APOS Annual Conference](#)-Feb. 15-18 (Orlando)

## Helping Out

**Will you lend a hand?**

Programs are at St. Luke's - Coventry Family Practice  
755 Memorial Parkway, Suite 300, Phillipsburg, NJ

Call [610-861-7555](tel:610-861-7555) to register

Be well, and be mindful that this is Cancer Prevention Month.



Yours,  
*Amanda Buss, executive director*

## 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.

**Are We Really *That* Shallow?** Turns out most of us are not deep belly (or diaphragmatic) breathers. If we *were*, we'd efficiently fill our lungs to capacity, reduce stress on our heart, oxygenate our blood, and purge stale air from our lungs. Here's how to [breathe right](#), courtesy of David Nemeroff-Soke-Dai, director and chief instructor at Aikido Masters Self-Defense Academy, and Kempo for Adults instructor



## Dishing It Out

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

**February recipes from *Prevention* Magazine.**

These foods are on the Cancer Prevention Month docket.

[Banana-Pecan Breakfast Bars](#)

[Italian Vegetable Stir-Fry over Polenta](#)



Every year on February 4, the world's population unites in the fight against cancer by raising awareness and education about the disease, and pressing governments and individuals to take action. Join us in this movement by making a **\$25 donation on February 4** to help us provide the programs needed so that no one faces cancer alone.

[Donate](#)

## Hanging Out

**What to read, what to do, or what to craft when you're thinking about Valentine's Day.**

We love

-watching ***The Crown*** on [Netflix](#) (sumptuous, elegant story of Queen Elizabeth becoming Queen Elizabeth).

-reading [Gone with the Wind](#), [Rebecca](#), and [Outlander](#) (epic romances)

-making soothing, yummy [peppermint sugar scrubs](#).

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

## Foundation & Corporate Supporters—thank you for helping us complete our mission:

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.

### Foundations & Corporate Sponsors



Andesa Strategies  
Buckno Lisicky & Co.  
Burkholders HVAC  
DeSales University Athletics  
Fragrance Manufacturing, Inc.  
Harry C. Trexler Trust  
Hogan Social Club of Allentown  
Janssen Biotech, Inc.  
John A and Margaret Post Foundation  
J's Run  
Keystone Savings Foundation  
Landmark Communities

Muhlenberg College Panhellenic Council  
Rea Charitable Trust  
Saucon Valley Country Club Ladies 'Rally for the Valley'  
Sylvia Perkin Perpetual Charitable Trust  
The Bill Sugra Memorial Fund  
The Century Fund  
The Charles Hoch Foundation  
The Fleming Foundation  
Trumbower Hospital Foundation, Inc.  
Walter & Alma Bastian Fund of the Lehigh Valley Community Foundation  
Weintraub Family Foundation

### Society of Hope (\$1,000+)

Mr. John Berseth and Ms. Carol Dorey  
Mr. and Mrs. John and Shirley Biggar  
Ms. Marilyn Claire  
Mr. and Mrs. Eugene and Janice Connell  
Mrs. Shelby Eichenlaub  
Mr. Ryan Flynn and Mrs. Rebecca Rij-Flynn  
Mr. and Mrs. Bernard and Grace Fried  
Ms. Sara George  
Mr. and Mrs. Todd and Cathy Holmes  
Mr. and Mrs. David and Pam Kennedy  
Mr. and Mrs. Don and Patricia Lockard  
Mr. and Mrs. Clarence and Suzanne Mason  
Mr. and Mrs. Daniel and Lucindalea McCarthy  
Mr. and Mrs. Tom and Nipa Neuhaus  
Mr. and Mrs. Don and Diana Patt

Mr. and Mrs. Douglas and Georgine Patt  
Mrs. Joan Lardner Paul  
Ms. Karen Pell  
Dr. and Mrs. Kumar and Aruna Pendurthi  
Mr. and Mrs. Herman and Claire Rij  
Mr. and Mrs. Jay and Jan Ruhle  
Mr. and Mrs. Michael and Krisann Seislove  
Mr. and Mrs. W. Cordes and Kim Snyder  
Mr. Craig Spitzer and Mrs. Susan Lee  
Mr. and Mrs. W. Jay and Paulette Stiver  
Mr. James Tanenbaum and Ms. Elizabeth Scofield  
Mr. Charles Tucker  
Mr. Charles Tuskes  
Mr. David Yandrasitz

This list begins at the \$1,000 support level.

---