

Mary Frances White

Lung Cancer Survivor

In the fall of 2011, I had completed my yearly physical, blood work, and mammogram and thought everything was fine. The only thing missing was my flu shot. When I returned a month later, my family physician asked the familiar question- "Is there anything else going on?" Jokingly I replied "Well I am losing weight but I guess that's not a bad thing, right?" Her response took my breath. After looking back at my records she found I had lost about 12 lbs. in six months. She said "As a doctor my first thought with unintentional weight loss is possible cancer. Let's do a chest/abdominal CT just to be safe."

Despite having never smoked, I found myself facing the realization I had stage IIIA lung cancer. As I was going through surgery, chemotherapy, and radiation I kept asking myself - how did this happen? And what comes next?

One of my first questions to my oncologist was for information on support groups. I wanted to find someone like me. Someone who could say "I know what you are talking about" and really mean it. My concerns ran the gambit - from how do deal with lack of appetite, nausea, pain, dizziness, weakness, lack of energy, skin irritation, depression, insomnia, neuropathy, thinning hair, clothes not fitting, etc.

With my husband working out of town, no children, and both of our families 4 to 5 hours away- I just thought my organizational skills and pre-planning would take care of everything. I thought I could manage. Everyone kept remarking how well I was dealing with my diagnosis. I openly talked about lung cancer being the number one cause of cancer deaths; over 430 lives lost in the US each day .

But the day I was sitting alone on my couch and suddenly started laughing uncontrollably and then just as suddenly began to cry I realized I was not okay. I needed help. And not just help with cooking, cleaning, laundry, groceries- all which my wonderful husband, friends, and neighbors provided. But I needed emotional help. I wanted someone who could relate; someone who was as comfortable joking about cancer as crying about it; someone who didn't look at me with sympathy but as a comrade in the same fight.

Eventually I found a few fellow lung cancer survivors and we still meet for lunch once a month. But the idea of a permanent place to meet anytime with fellow survivors is very appealing. Whether for informal socialization or for organized advocacy, a common meeting place would draw us together and unite us in our common cause.



Mary Frances White

Lung Cancer Survivor



***"No one
should go
through cancer
alone."***

Upcoming Events

Frankly Speaking Series coming in September and October.

CSCENC will hold a series of *Frankly Speaking About Cancer* workshops. These workshops, as are services provided by CSCENC, are free of charge. More information will be provided closer to the presentation date. The topics to be covered are:

Coping with the Cost of Care: A workshop for those living with cancer and their loved ones. Practical advice will be provided on how to deal with the complex challenges in managing the cost of cancer care and will include information about the Affordable Health Care Act.

Lung Cancer: This workshop will discuss the latest treatments for lung cancer. Discussion will include information on the side-effects and how to manage them. Tools will be presented to assist with the social and emotional challenges of the disease.

Breast Reconstruction: Information on breast reconstruction will be presented and will include some reconstruction and non-reconstruction options available. Additionally, information will be provided about how to make the best decisions for yourself, identify medical factors that influence decisions, how to prepare for surgery and what you can expect after surgery.



Survivors' Day

An annual celebration for survivors, family members and caregivers.

The event will be held on Thursday June 19th from 4:00 to 8:00pm at 5 Points Plaza in Uptown Greenville

This event, sponsored by the Leo W. Jenkins Cancer Center (LWJCC), has taken place over a number of years. But this year Survivor's Day is getting a whole new look! The event, long held at LWJCC, is moving downtown where, not only will there be more space, but holding the event downtown will also remind people that Survivors Day is for *all survivors, no matter where they received their treatment*. "Survivor's Day was always meant to be a community celebration" said ECU Department of Oncology's Cancer Survivorship Program Coordinator, Holly Parrott Hill.

The event will be umbrella market style complete with live music, a dunking booth, the 'Strollin Colon', a pet adoption showcase with therapy animals featuring the 2013 Hero Dog award winner, and an informational fair.

The dinner that accompanies the Survivor's Day celebration will be held at the Greenville Museum of art from 6:30 to 8:00pm and will, as always, be no charge for survivors and one guest.

If you know of an organization that would like to sponsor or exhibit or would like further information about the event, please contact **Holly Parrott Hill** at **252-744-3891** or **parrotthillh@ecu.edu**.

The CSCENC Web site is up and running: www.cancersupportenc.com

The CSCENC website is up and running, thanks to web master, RE Kelly. You can visit the website and learn about the Cancer Support Community of Eastern NC and about our parent organization CSC. Donations may be made on line using PayPal. Other information includes how to contact CSCENC, links that will assist you in locating information about cancer and cancer services. Please visit and give your feedback.

Amazon Smile Program Benefits CSCENC!

Did you know that there is a simple way to donate a portion of your purchases at Amazon.com to CSCENC whenever you shop? It doesn't cost you a penny! Amazon.com is the world's largest on-line retailer and now you can donate to the Cancer Support Community Eastern NC whenever you shop.

Just sign on to Amazon through the link smile.amazon.com. The first time you use this link, Amazon will ask you to designate a charity. The Cancer Support Community Eastern NC is one of the charities you can choose. Once designated, Amazon.com will remember your wishes and donate to CSCENC each and every time you shop through the smile.amazon.com link! Amazon will even remind you that you are part of the smile program should you forget to sign in through the smile link.

Please sign up and help the Cancer Support Community Eastern NC!

Imagine a Place

To go when your life is touched by cancer.

Where mothers and fathers, sisters and brothers, partners, grandparents, children, families, co-workers, and friends gather to share wisdom and find comfort and strength.

Away from a hospital, in a warm and welcoming clubhouse with a red door open to anyone touched by cancer.

Where everyone understands your thoughts, feelings, and emotions.

*To learn how to *live* with cancer. Where membership is free.*

Cancer Support Community of Eastern NC will be that place.

New CSCENC Board of Directors members

We are delighted to welcome Michelle Baker and Holly Parrott Hill to the Board of Directors.

Michelle Baker joined us in January, 2014 and brings a strong financial background to the Board. A graduate of Strayer University, Ashburn, VA, with a degree in Accounting, she has experience as an Account Analyst, Accountant, Account Manager, Relationship Manager, in Department Relations and Business Development.

cont.

New Board Members Cont.

Holly Parrott Hill joined us in March, 2014 and brings to the Board her experience in community outreach, program development, and training. She has a MA degree in Health Communication from East Carolina University and a BA in Arts in Communication Studies from UNC-Wilmington. She is the Cancer Survivorship Program Coordinator for Brody School of Medicine at ECU Department of Oncology.

Schedule of Activities

Support Groups:

Breathe Easier – Support Group for those with Lung Cancer meets the first Tuesday of each month at 12noon at the McConnell-Raab Hope Lodge in Greenville. For information, call **Holly Parrott Hill at 252-744-3891.**

Brother to Brother – Support Group for men with prostate cancer meets the last Friday of each month at 9am at the Seahorse Restaurant in Greenville. For information, call **William Turner at 252-809-7185.**

Caring4Cancer – Support Group for the caregivers and the love ones of those living with cancer meets the fourth Thursday of each month at 6pm at the McConnell-Raab Hope Lodge in Greenville. For information, call **Holly Parrott Hill at 252-744-3891.**

Caring Conversations – Support Group for anyone who has been touched by any form of cancer including patients, survivors, family members, spouses, caregivers, and friends. Meets the second Tuesday of every month at the McConnell-Raab Hope Lodge in Greenville. For information, call **Judy Koutlas, RN at 252-847-9738.**

CARES – A Support Group for families dealing with childhood cancer. For information, call **Paula Bowen at 252-744-3891.**

Lemonade Stand- The Lemonade Stand is a support program serves women of ENC diagnosed with all types of cancer. Unlike a traditional support group, the Lemonade Stand operates more like a service league where the participants are involved at every level and helping each other. For more information, please call **Holly Parrott Hill at (252) 744-3891.**

Educational programs and classes

Appetite for Life – Healthy cooking classes for cancer survivors meets the first and third Tuesday of each month from 9:30-11:00am at the McConnell-Raab Hope Lodge in Greenville. For information, call **Holly Parrott Hill at 252-744-3891.**

Yoga Bliss- A gentle and personalized yoga class, Yoga Bliss is held the 1st & 3rd Wednesday of the month from 12:00 to 1:00pm and the 2nd and 4th Wednesday of the month from 5:30 to 6:30pm, 990 Johns Hopkins Dr. Greenville, NC 27834 (Carolina Breast Imaging Specialists Building) . For more information, please call **Holly Parrott Hill at 252-744-3891.**

Quarterly Speaker Series -0 An informational luncheon for health care professionals, staff, and for members of the community. The next series will be held on April 30, 2014 and will focus on colorectal cancer. For information, call **Holly Parrott Hill at 252-744-3891.**

Yoga for Cancer Survivors - Gentle Yoga classes held in partnership with the Purple Blossom Yoga Studio. Registration is required. For information, call **Holly Parrott Hill at 252-744-3891.**



**Please mail contributions to:
Cancer Support Community Eastern NC
P. O. Box 2844
Greenville NC 27836**

**We are a 501 (C) (3) organization and thus your gift is tax deductible.
All donations will be acknowledged and a tax letter sent.**

Thank you for your support and help.

Please include the following information:

Your Name: _____ Amount of contribution: _____

Address: _____

Email address: _____

Is your contribution being made to honor or remember someone? Yes No *Please circle one*
If yes, who should we notify?

Name(s): _____

Address: _____

Would you prefer to received your receipt by email or US Postal service?

Email US postal *Please circle one*

*Your contribution will help open the doors to the CSC Clubhouse that will provide a place where people
will receive services, information and support and where people will not have to face cancer alone.
Thank you so much!*

So that no one faces cancer alone.®

Cancer Support Community of Eastern NC, Inc.

csceasternnc@gmail.com

www.cancersupportcommunity.org

Tax Exempt 501(c)(3) Tax ID #45-2049729