

### Why we need a CSCENC Clubhouse

by Jeannine Poythress, caregiver

Cancer. It is the word you hear that sends this sick feeling to the pit of your stomach. I will never forget that day. It takes you back a few steps. You wonder how you will cope.

On March 1st, 2010, I heard those words. "Your husband, David, has cancer." I said, are you sure? The answer was yes. On that day we began to maneuver this disease called cancer. I felt afraid and unsure. Will I be able to take in all the information and somehow make sense of it all? Who would I have to talk with? Who would be there for me when I had questions? How would I be able to advocate for my husband the resources he needed?

During David's treatment and survivorship, we relied on the resources and programs available to us through the Leo Jenkins Cancer Center and the American Cancer Society McConnell-Rabb Hope Lodge. When I heard there was an opportunity to support the Cancer Support Community of Eastern North Carolina, I was grateful.

Finally, a one stop shop to provide support, answer a multitude of questions, and provide beneficial programs on nutrition, exercise, financial assistance, and continuity of care.

My husband and I would benefit from activities to help keep the mind strong and focused. We believe other cancer survivors and family members will get support from a place to ask questions with caring individuals who would understand. Support groups allow us to be able to share feelings in a safe place. It is a blessing to be among people with a common ground.

Cancer support programs do just that; bring people together battling cancer to a common ground. A friend once told me, "Sometimes life throws us a curve ball." It's nice to know there are programs available that offer support and resources when the unexpected happens. Thankfully, my husband is a four year cancer survivor.

However; even now I can use and value a place where cancer patients and their families can receive the care and support they so richly deserve and need. A caring environment goes a long way in the healing process for cancer patients and caregivers.



**Jeannine & David Poythress**

*Cancer Survivors*

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



## Help CSCENC at no cost to you

If you purchase goods from Amazon.com, you can donate a portion of what you pay to CSCENC. It is easy to do and you enter the information only once. Best of all, it doesn't cost you a penny!

Just sign on to Amazon through the link [smile.amazon.com](https://smile.amazon.com). The first time you use this link, Amazon will ask you to designate a charity. Type in **Cancer Support Community Eastern NC** as the charity you want to support. Once designated, Amazon will remember your wishes and donate to CSCENC each and every time you shop through the [smile.amazon.com](https://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, use the [smile.amazon.com](https://smile.amazon.com) link and help us help cancer patients.

Remember, you can make a donation anytime through Paypal on our website [cancersupportenc.org](https://cancersupportenc.org). Just click on the "Donate" button. It's quick and easy and will help us open our doors sooner. The website also provides links to helpful information and resources for dealing with cancer.



### Schedule of Activities

#### Support Groups:

**Breathe Easier** – Support Group for those with Lung Cancer meets the first Tuesday of each month at 12 noon 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.

**Caring Conversations** – Caring Conversations is a 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 from 5:00 to 6:30 at the McConnell-Raab Hope Lodge in Greenville. For information, call Judy Koutlas, RN at 252-847-9738.

**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.

## Activities Cont.

**Quarterly Speaker Series** - An informational luncheon for health care professionals, staff, and for members of the community. The next series will be held on July 25th, 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.

**Frankly Speaking Workshops** are scheduled and will be held at

***Carolina Breast Imaging***

***990 Johns Hopkins Drive, Greenville, NC.***

***Special thanks to Dr. Schroeder and his staff for providing space!***

***Frankly Speaking about Breast Reconstruction will be presented on Tuesday, September 9, at 6:30 pm and ending at 8:30pm. The presenter will be Plastic Surgeon, Lynn Garrison, MD***  
***Registration and refreshments begin at 6pm.*** No matter what your individual circumstances may be, the decision about whether or not to have breast reconstruction after cancer is tremendously difficult and it requires a great deal of thought. Often, women diagnosed with breast cancer are asked to make a variety of decisions about cancer treatments including surgery for lumpectomy, mastectomy, or preventive mastectomy. Then at the same time, asked whether or not they want to undergo breast reconstruction to restore one or both breasts, and expected to choose which type of reconstruction to have. This is a lot to consider. This workshop will cover: the impact of cancer, making your decision, choosing not to undergo breast reconstruction, choosing breast reconstruction, planning for reconstruction & recovery, personal considerations, your new normal and identify resources.

***Frankly Speaking about Lung Cancer will be presented on Monday, September 22, beginning at 6:30 pm and ending at 8:30pm. The presenter will be Paul Walker, MD, FAOC***  
***Registration and refreshments begin at 6pm*** A diagnosis of lung cancer is stressful, with the three biggest stressors being loss of control, loss of hope, and unwanted aloneness. Learning that you or someone you love has lung cancer can be frightening. You may ask yourself: "Now what?" It is important to know you can become an active participant in your recovery. By becoming more informed, learning skills to help you regain control and maintain hope, we believe that you and your loved ones will be empowered to get the best medical care possible and to enjoy more of life's precious moments. This workshop will cover: keeping and gaining control, understanding your lung cancer, making treatment decisions, understanding treatment, managing side effects, quality of life, practical concerns, and identify helpful resources.

***Frankly Speaking about the Cost of Cancer Care will be presented in two segments: Part A on Wednesday, October 22 and Part B on Wednesday, October 29th. Sessions begin at 1:45pm and end at 4:00pm. The presenter will be Social Worker, Ginny Jackson, and others from the Leo Jenkins Cancer Center.***

***Registration and refreshments begin at 1:15.*** Hearing that you or someone you love has cancer can be overwhelming. Questions abound: Will I (or my loved one) survive? How will my family be affected? Will my insurance cover my care? Will I be able to work through treatment or will I need to take time off from work? Will my family be burdened with huge expenses? Having a plan to deal with these questions is vital. It's hard to talk about money. However, having open conversations about money and the cost of cancer care can help you become better informed about your options for help. You may be able to reduce the financial impact of treating a cancer diagnosis. This workshop will cover: how to gather cost information, health insurance, the Affordable Health Care Act, employment, disability and finance, prescription medications, Medicare/Medicaid, and identify helpful resources.

**The Cancer Support Community Eastern NC welcomes new  
Board of Directors members:**

**Patrice Alexander**, Education Chair, has a BFA, Drama/Design, Carnegie-Mellon University, a MPA, Public Administration with a concentration in Community Health, East Carolina University and a PhD, Psychology/Human Resource Development, NC State University. Additionally she has training in mediation resolution, team-building, re-motivation group therapy, and critical incident stress debriefing/management. Her past experience includes Human Resources Director for Greenville Utilities Commission; Plant Human Resources Manager, Sara Lee Bakery; Regional Human Resources Manager, International Paper in Wooster, Ohio; and, Employee Relations Manager, Champion International/International Paper, Roanoke Rapids, NC.

**Judy Koutlas**, Member at Large, earned her Bachelors of Science in Nursing (BSN) from the College of Nursing at the University of Cincinnati. She later received her MS at Rush University in Chicago. She is an Oncology Certified Nurse through the Oncology Nursing Society (ONS) with over 20 years of experience encompassing a variety of inpatient and outpatient medical oncology settings. Currently, she is the Coordinator of the Cancer Care Navigation program at Vidant Medical Center. Judy developed Caring Conversations cancer support group, facilitated Cancer Transitions survivorship programs, and organized annual Pancreatic cancer awareness events.

**Brenda Stewart**, Accounting Chair, has a BA, Mathematics, Duke University; a MA, Anthropology, Wake Forest University; an ABD in Anthropology, UNC Chapel Hill; and, a BA, Accounting. She has 12 years programming main frame computers and 16 years experience in accounting with Moore Business Solutions, Inc.

**Tina Williams**, Marketing Chair, has a BS, Business Administration, East Carolina University, a MA, Business Administration, and a Certificate in Health Care Management, East Carolina University. Her experience includes 10 years a member of the ECU School of Business in these positions: Currently and for 4 years the Director of Graduate Programs; Previously she was the Assistant Director of Graduate Programs; Teaching Instructor Department of Marketing and Supply Chain Management and other positions with Pitt Community College Department, The Kidney Center, P.A. (Greenville) as Practice Administrator and the Fresenius Medical Care - North America, Dialysis Service Division.

*Imagine a Place*

To go when your life is touched  
by cancer.

Where mothers and fathers, sis-  
ters 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 any-  
one 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.*

**Betty Greer**

*President*

**Holly Parrott Hill**

*Editor*

**Cancer Support**

**Community**

**of Eastern NC**

PO Box 2844

Greenville, NC 27836



**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.**

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

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\_\_\_\_\_

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**

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