

## Bulletin Board

CancerCare is grateful for the support provided by socially responsible companies.

### Help for Cancer Caregivers

A new online tool is providing the information and resources caregivers of loved ones with cancer need to care for their own health so they can be there for those who need them most. Called "Help for Cancer Caregivers," the web-based tool walks users through a brief survey and then provides personalized information to help monitor, track and manage the personal health challenges they face as a result of their caregiver role.

Help for Cancer Caregivers was made possible through a \$242,000 grant from the WellPoint Foundation to CancerCare. The information on Help for Cancer Caregivers was constructed through a collaboration between experts at the Caregiver Action Network, Michigan State University, Indiana University and WellPoint, Inc.



### Caribou Coffee

Caribou Coffee offered its special "Amy's Blend" collection of coffee, tea and merchandise from Sept. 29 through Nov. 7, donating 10% of the proceeds to CancerCare. The collection was named in honor of the company's original roastmaster Amy Erickson, who passed away from breast cancer in 1995. The partnership helped raise \$250,000 in support of people affected by breast cancer—the largest amount raised in the 17-year history of the "Amy's Blend" program.



## NEW PUBLICATIONS FROM CANCERCARE

Written by experts, our easy-to-read booklets and fact sheets provide reliable information on all cancer diagnoses and general cancer topics. Our new publications are now available for order:

"Treatment Update: Liver Cancer"

"Progress in the Treatment of Lung Cancer"

"Molecular Profiling: Personalizing Treatment for Breast Cancer"

Visit [www.cancercare.org/publications](http://www.cancercare.org/publications) to view CancerCare's free publications.

## PLAN YOUR GIVING

CancerCare has been able to provide free support services thanks to the thoughtfulness of our many donors. We ask that you give thought to making a planned gift to CancerCare. There are many ways to do this, including making a bequest in your estate plans and/or provisions.

If you would like to learn more about ensuring CancerCare's future impact on people with cancer and their families by considering a legacy gift, please contact Director of Annual Giving, Mary Fuchs at 212-712-8321 or Director of Major Gifts, Cristina Ryan Raggio at 212-712-8337.

You can also learn more online at [www.cancercare.org/support\\_us/planned\\_giving](http://www.cancercare.org/support_us/planned_giving).

We thank you for giving thought to our request.



## CONNECT WITH US

Learn about upcoming programs, events and services.



**FACEBOOK**  
[www.facebook.com/cancercare](http://www.facebook.com/cancercare)



**BLOG**  
[www.copelink.org](http://www.copelink.org)



**YOUTUBE**  
[www.youtube.com/cancercareinc](http://www.youtube.com/cancercareinc)



**TWITTER**  
[@cancercare](https://twitter.com/cancercare)



# community news

A special publication for friends and clients of CancerCare

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## Coping with Uncertainty: Finding Strength in Those Around Us

"When I first came to CancerCare," 37-year-old New Yorker Ekata recalls, "I thought I would have two or three sessions, and that would be it." Ekata continues to meet with her professional oncology social worker for individual counseling.

Ekata was diagnosed with chronic lymphocytic leukemia (CLL) in May 2011. CLL is a cancer of the blood and marrow that typically develops slowly. "I almost felt relieved when I found out," she recalls, "which is probably not a normal reaction. CLL was a better possibility than what I suspected." Still, Ekata's diagnosis affected all facets of her life. After leaving her job as an executive comptroller at a top organization due to long hours that took a toll on her body, Ekata had to contend with daily fatigue and was no longer able to maintain her active lifestyle. She also faced the uncertainty of the impact of her diagnosis on previously held goals, such as starting a family and developing her career.

While many people in Ekata's situation might center most of their anxiety around their own health, Ekata was more concerned about how her diagnosis affected her family. "My family looks to me for cues on how to act, so I was concerned about making them worry about me," Ekata says. "There are certain things I can't open up about [with them]."

At the urging of her brother, Ekata contacted CancerCare. Though she was initially skeptical, Ekata found speaking with her social worker, Caroline, helped her better manage the feelings she found difficult to express. "She has been amazing," Ekata says. "She made me feel comfortable right away."

"When I come to CancerCare," Ekata says, "that is my safe place to talk about anything. My social worker has been an amazing validation for me." Through working with Caroline, Ekata has learned to focus on herself rather than feel occupied with what people around her are feeling. "It's hard to figure out your emotions sometimes,

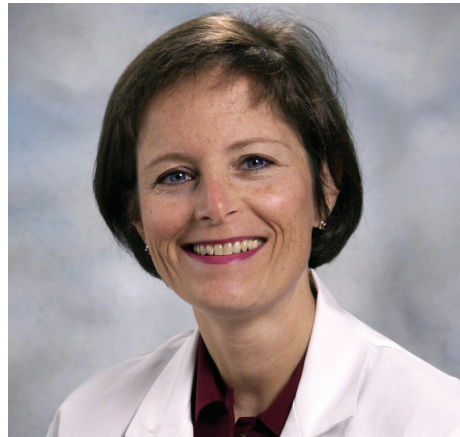


Ekata, CancerCare Client

but she makes me realize that it's okay to feel the way I feel." Along with the counseling Ekata receives, she also participates in CancerCare's free reiki workshops at Caroline's suggestion. "I love CancerCare's classes," she says. "I've met some really nice people through them."

Ekata found working with her social worker so helpful she convinced friends and family to go to CancerCare as well. "I tell people that [CancerCare's services] are flexible and top quality." Above all else, Ekata is grateful that CancerCare has helped her maintain her sense of normalcy. She says, "CancerCare gives me the support I need to go out and be the person I want to be. I'm able to be the person I always was."

## Volunteer Spotlight



**Jan S. Lewin, Ph.D.**

CancerCare is grateful to the medical professionals who volunteer their time and expertise as presenters in our Connect Education Workshops™ series. In this edition, we'd like you to meet Jan S. Lewin, Ph.D.

Dr. Lewin received her Ph.D. from Michigan State University in 1994. She is a Professor in the Department of Head and Neck Surgery and Section Chief of Speech Pathology and Audiology at The University of Texas MD Anderson Cancer Center.

She is a national and international authority on the restoration of speech and swallowing function in patients with head and neck cancer. Under her direction, she developed the premier program for functional rehabilitation and restoration of oncology patients worldwide. She routinely lectures at local, national and international conferences, symposia, and meetings

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in specialty fields including speech pathology, head and neck surgery, radiotherapy, medical oncology, and plastic surgery and reconstruction. Dr. Lewin has participated as the principal investigator, chairman or collaborator on more than 40 research grants, protocols and contracts. She has written or co-authored more than 50 manuscripts published in scientific journals as well as 16 invited book chapters.

In October 2012, Dr. Lewin was

honored at CancerCare's annual “Tribute to Our Friends” awards ceremony, where she received the “Interdisciplinary Award” for her participation in several of CancerCare's Connect Education Workshops™.

“It has been my pleasure to participate in all of the CancerCare workshops over the years as the information and support these workshops provide

to patients, families, and caregivers, as well as healthcare providers, is immeasurable. Often times, we forget that access to accurate information is unavailable to many people who fight the battle of cancer,” she says.

Dr. Lewin will answer listeners' questions during CancerCare's May 15 Connect Education Workshop, “Progress in the Treatment of Oral and Head and Neck Cancer.” Visit [www.cancercare.org/connect\\_workshops](http://www.cancercare.org/connect_workshops) to register.

## Become an Advocate

Make a difference in the lives of people facing cancer by organizing your own fundraising event for CancerCare. For more information about getting involved with Team CancerCare, visit [www.teamcancercare.org](http://www.teamcancercare.org).

### EIF Revlon Run/Walk for Women

Since 2006, CancerCare has been a beneficiary of the EIF Revlon Run/Walk for Women. Join CancerCare's team of runners, walkers and volunteers in the fight against women's cancers on **Saturday, May 4** in New York City. With your help, the CancerCare team hopes to raise \$10,000 to continue to provide free services to women coping with cancer. To learn more, contact Deborah Sussman, CancerCare team captain at 212-712-8076 or email [dsussman@cancercare.org](mailto:dsussman@cancercare.org).

### Greenwich Walk/Run for Hope

WALK/RUN FOR HOPE is CancerCare's largest fundraising event. Join us **Sunday, May 5** at Greenwich Point in Greenwich, CT as we walk or run to celebrate survivors, support those who are facing cancer and remember those we have lost. Register today at [www.cancercare.org/walkgreenwich](http://www.cancercare.org/walkgreenwich).

## PEOPLE BEHIND OUR MISSION



**Anna L. Eckhardt,**  
LMSW, OSW-C  
Oncology  
Social Worker

“My original plan for becoming a social worker was to allow me to extend my child development and therapeutic play skills beyond my child life specialist role at Mount Sinai Medical Center. However, upon graduating from New York University, I realized that I enjoyed working one-on-one with adults. My familiarity with the medical environment and the clinical aspects of hospital social work made CancerCare® a great fit for me.

“Along with working with clients face to face and over the telephone,

I moderate an online support group for post treatment survivors. I feel honored to be working with the exceptional clinical team of coordinators that make up CancerCare's Online Support Groups Program.

“Populations I have found myself feeling most passionate about helping include people who have been newly diagnosed with cancer, new survivors who have finished with their treatment and young adult caregivers. The challenge of balancing their new life with their previous routines in a way that feels meaningful and with minimal compromises is an important conversation I feel privileged to be part of with our clients.”

## CALENDAR OF EVENTS

**WEDNESDAY, APRIL 24**  
SWEET CHARITY:  
CHOCOLATE FOR A CAUSE  
Ayza Wine & Chocolate Bar  
New York, NY

**SATURDAY, MAY 4**  
EIF REVLON  
RUN/WALK FOR WOMEN 2013  
New York, NY

**SUNDAY, MAY 5**  
2013 TD FIVE BORO  
BIKE TOUR  
New York, NY

**SUNDAY, MAY 5**  
WALK/RUN FOR HOPE  
Greenwich Point  
Greenwich, CT

**WEDNESDAY, MAY 15**  
FESTIVAL OF HOPE GALA  
The Park Savoy  
Florham Park, NJ

**SUNDAY, MAY 19**  
BAY TO BREAKERS  
San Francisco, CA

**FRIDAY, JUNE 7 –**  
**SUNDAY, JUNE 9**  
HEALING HEARTS CAMP  
Malibu Dude Ranch  
Milford, PA

**WEDNESDAY, JUNE 12**  
ANNUAL SPRING GALA  
The Plaza Hotel  
New York, NY

**THURSDAY, JUNE 20**  
CANCERCARE CLASSIC  
GOLF TOURNAMENT  
The Creek Club  
Locust Valley, NY

## UPCOMING CONNECT EDUCATION WORKSHOPS™

Connect Education Workshops can be listened to live over the telephone and on the internet. The workshops can also be replayed as podcasts on the web or via telephone.

- APRIL 17** Management of Metastatic Colorectal Cancer
- APRIL 24** Sharing Responsibility for Your Care
- MAY 15** Progress in the Treatment of Oral and Head and Neck Cancer
- MAY 17** Advances in the Treatment of Lung Cancer
- MAY 22** I Can't Remember to Take My Pills on Time: Help! A Practical Guide to Follow
- JUNE 19** When Your Loved One Has CML: How Caregivers Can Help Improve Adherence

To register for a workshop, visit [www.cancercare.org/connect\\_workshops](http://www.cancercare.org/connect_workshops) or email [connect@cancercare.org](mailto:connect@cancercare.org).