



If you are a cancer survivor... the
Cancer Association of Anderson
wants to share some news with you!

March, 2018

The following services are offered free of charge and are available to cancer patients and their families. CAA office hours are Monday-Thursday, 8:30 a.m. to 5 p.m. and 8:30 to noon on Friday. **Call us at 222-3500.**



- **Tuesday, Mar 6, 9:30-10:30 a.m. - Pet Therapy** at the AnMed Health Cancer Center, AnMed Health North Campus. Info: Sarah Gregorich, 512-4961.
- **1 in 8 Breast Cancer Support Group.** This month we will have a lunch meeting to celebrate March birthdays. Join us for fun, support and learn from other survivors. Info: Carolyn Shirley, 369-6077 or Angie Stringer, 222-3500.
- **Monday, Mar 12: Wine Club Pickup/Tasting 6:30—7:30 pm**
Kitchen Emporium 311 N Main St Anderson, SC Proceeds benefit CAA!
- **Tuesday, Mar 13 5:30 p.m.—Head's Up Support Group** for patients with cancers of the head, neck, thyroid, brain and other upper body cancers.
- **Tuesday, Mar 13, All day- Belk Salon & Spa** at Anderson Mall offers free haircut & style for patients in active treatment for cancer. There is a one-time limit per patient . To schedule an appointment, call Meg or Kristin, 964- 8284
- **Wednesday, Mar 14 2:00 p.m. -The Sexy Broads**, a support group for gastrointestinal, urologic or other below-the-waist cancer, please join this fun, caring group of women for conversation, laughter & chocolate!
Info: Linda Thompson, 226-6960.
- **Wednesday, Mar 14, 2:00 p.m. - Grief Group** meets at AnMed. A support group for anyone who has lost a loved one or family member. Info: Sarah Gregorich, 512-4961.
- **Wednesday, Mar 14, 3:00 p.m.- Man to Man Support Group.** This group is for men with cancer & the supportive spouses in their lives. Info: Sarah Gregorich, 512-4961.
- **Friday, Mar 16, 12:00-1:00 p.m. - Art Therapy** at the AnMed Health Cancer Center Conference Room. Info: Sarah Gregorich, 512-4961.
- **Weekly, Wednesdays, 9:30-10:30 a.m.- Surviving the Journey.** Sarah Gregorich welcomes survivors of any type of cancer, as well as families and caregivers, to join her in the AnMed Health Cancer Learning Center (located in the Cancer Center at the AnMed Health North Campus). Info: Sarah Gregorich, 512-4961.
- **Weekly Wednesdays, 10-12 Noon and Thursdays 2-4 p.m. - Cancer Care 101.** New patients get orientation to the treatments they may be receiving such as chemotherapy and radiation therapy in this one-hour class offered by AnMed Health at the Cancer Center. To schedule your class: 512-2255.

Holidays: CAA will be closed for **Good Friday on Friday, March 30!**

Want to be dropped from our mailing list? Please call 222-3500. If you would prefer to receive this newsletter as an email, contact kristie@caanderson.org.



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UPCOMING EVENTS

March 15: CAA celebrates 15th Birthday

May 5-6: Hot Air Affair: Rising Above Cancer (A new Air & Auto Extravaganza—hot air balloons and car show) **Rocky River Plantation*. Watch for more details

June TBA: Heroes of Hope *honoring those who have impacted CAA and our wonderful patients*

September 8: Concert of Hope & Remembrance—details forthcoming

October 26: Howlin' For Hope, *Downtown Anderson*—details forthcoming

Survive & Thrive

“To Live is to suffer, To survive is to find meaning in the suffering. The ability to see something good in adversity is the central trait needed by all of us.”

-Victor Frank

Being diagnosed with cancer and undergoing treatment is STRESSFUL! Cancer is not one event, it is a journey, a journey that does not end when treatment ends. The characteristics of Long-Term Cancer Survivors are very simple though. They are realistic and accept their diagnosis. They have a fighting spirit and refuse to be helpless/hopeless. They have changed their lifestyles for the better. They are assertive and have the ability to get out of stressful and unproductive situations. Several factors are more important in health than anything else- Your attitude, your social networks, your community and your spiritual beliefs. The key also, is not to get stuck in negative emotions. Some wonderful tips for Staying Positive throughout your journey with cancer is take a morning walk of gratitude. Mentor and be mentored. Reach out to someone that has been diagnosed and share your journey of healing. Each night before you go to be, fill in the blanks:

I am thankful for _____
Today I accomplished _____

And as your new day begins, make a conscious decision to smile and laugh more!