

Sharings

Summer 2004 Vol. 10, No.2

Cornucopia House

Cancer Support Center
A Place of Caring and Sharing

Survivorship Gets Much-Needed Attention

by Lois Boynton

Survivorship means different things to different people. Some focus only on the “after cancer” period; others on living with and through cancer; others use the term “thriving” because it is focused on the full experience and the potential for the future.

The Lance Armstrong Foundation (LAF) says survivorship is living with, through, and beyond cancer. It’s a definition that includes family members, loved ones, and other caregivers.

Whatever your definition, one thing is certain – there is a growing emphasis on cancer survivorship. *Fortune* and *U.S. News & World Report* recently had cover stories; the National Cancer Institute (NCI) has established the Office of Cancer Survivorship (OCS); in April, LAF and the Centers for Disease Control and Prevention (CDC) unveiled their National Action Plan for Cancer Survivorship. LAF also issues grants to nonprofit organizations that offer survivorship programs.

The federal government has recognized the need to investigate quality of life and care issues through the President’s Cancer Panel and the 2004 Senate

Appropriations Committee’s support of expansion of the OCS.



- 8.4 million Americans are living with a history of cancer
- 5-year survivor rates range from 63% to a high of 84%
- 2 million women are breast cancer survivors
- 1 million men are prostate cancer survivors.

We celebrate that more people are surviving cancer at the same time we recognize the long-term physical and emotional issues that can follow a cancer diagnosis. Recent articles from *WebMD* and *Apples for Health* provide a good picture of

these: long-term physical effects, fertility and sexual problems, depression and a profound fear of recurrence, long-term medical expenses, and difficulty keeping health insurance.

Survivors may feel they shouldn’t complain or worry because they’re lucky to be alive. But the challenges and concerns are real. Acknowledging and accepting are first steps in the right direction.

Online Resources

- Lance Armstrong Foundation (www.laf.org)
- National Action Plan for Cancer Survivorship (www.cdc.gov/cancer/survivorship/index.htm)
- Web MD (www.webmd.org)
- Apples for Health (www.applesforhealth.com/cansurvive1.html)

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Chapel Hill, NC 27514
www.cornucopiahouse.org
chsupport@mindspring.com
Phone: 919-401-9333
Fax: 919-401-9335



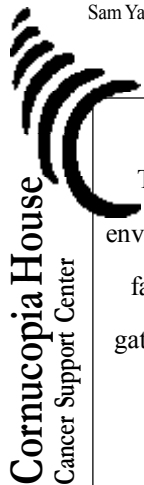
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*Thanks and farewell to
Anyema Graham-Haynes
whose service on the board has ended.*

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Our Mission

To provide a nurturing environment where patients, families, and others can gather to share and receive support, resources, and education to cope with cancer.

From Where I Sit

**Frank Wise
BOARD CHAIR**

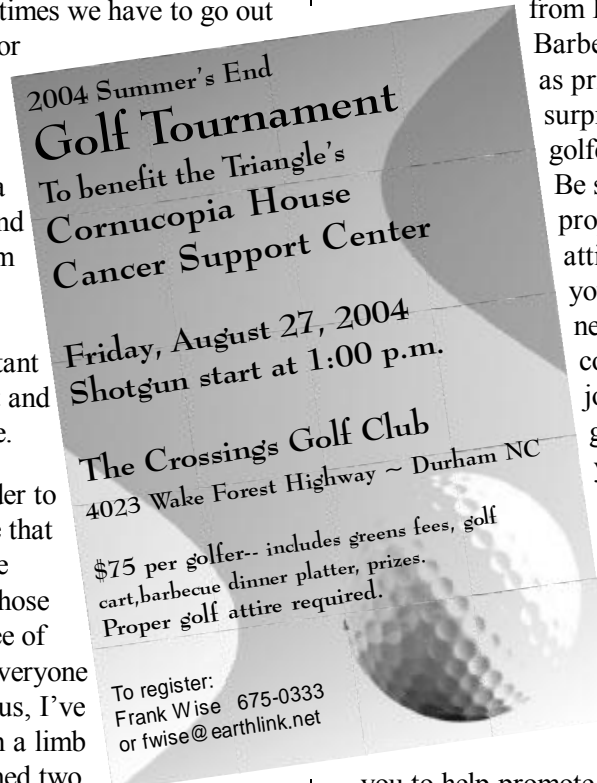
Sometimes we have to go out on a limb for what we believe. I believe in Cornucopia House ... and I know from personal experience how important the support and services are.

In order to help ensure that we continue providing those services free of charge to everyone who needs us, I've gone out on a limb and combined two of my passions, Cornucopia House

and golf. I'm sponsoring a golf tournament to benefit Cornucopia House at The Crossings Golf Club in Durham on Friday, August 27. Your registration fee includes green fees, cart rental, and a dinner platter

from Danny's Barbecue, as well as prizes and surprises every golfer will love. Be sure to wear proper golf attire. Invite your friends, neighbors, and co-workers to join you for a good cause. If you would like a few flyers to post, just drop by Cornucopia House, call or email. We need

you to help promote the event. See you there!



Fond Farewell and Thanks!

Two long time group facilitators at Cornucopia House are moving on. **Liz Sherwood**, our caregiver support group facilitator, is completing her Nurse Practitioner degree and soon will move to full time status at NC Memorial Hospital. **Martha Sorensen** is on her way to start the next phase of her life in Sante Fe, New Mexico. Even before Cornucopia House opened its doors, Martha was in discussion with founder Anne Mader about meeting patient needs. Since 1998, Martha has facilitated our advanced cancer support group, and in 1999 worked with others to create the video, "There Is Still Time" about living with metastatic cancer.

Saying good-bye to Liz and Martha isn't easy. We celebrate them as caring individuals who have touched many lives -- and we wish them well.

We are grateful to Val Proffitt who will fill in while we assess our next steps in providing much-needed support services.



Mark your calendars now -- you don't want to miss our 2nd annual *Twilight at the Oasis*. This year's fall FUNdraiser will be on Thursday, September 30, from 6:00-8:30 p.m. in the fellowship hall at Durham's Judea Reform Congregation, 1933 W. Cornwallis Road. Seating is limited to 215. Don't be disappointed -- reserve your tickets now by calling 401-9333. Tickets are \$60 each. There are also sponsorship opportunities.

This exotic evening will showcase magnificent dancers from across North Carolina, as well as guest star Morocco of New York City. Morocco (Carolina Varga Dinicu) is considered the leading performer & authority in her field in the U.S., Canada and abroad. She has performed on Broadway, at the Lincoln Center, for the United Nations, at Columbia University, and the Statue of Liberty, as well as appearing on TV and in film. She is the director and choreographer of *Morocco & the Casbah Dance Experience* (Middle Eastern and North African dance & music), an award-winning non-profit dance company and school in New York City.

We are actively seeking Twilight at the Oasis sponsors at a variety of levels. Contact Becky Carver if you would like to know more about the benefits and rewards of being an individual or corporate sponsor.

I graduated as a massage therapist from the Body Therapy Institute in Silk Hope, NC, in 2002 after receiving a BA in psychology at UNC Chapel Hill in 1998. I



Sarah Pryor
Volunteer Massage Therapist

practice Swedish and Deep Tissue massage, Hot Stones massage, Reflexology, and Reiki.

My first experience with Cornucopia House came while I was in massage school. I was required to do an externship with a specialized population. I wanted to work with cancer patients, survivors, and loved ones because of my personal experience with a loved one having cancer. I wish there had been a Cornucopia House where we lived!

After my externship was over, I really missed being with all of the wonderful people at Cornucopia House, so I came back as a volunteer. I am glad I can support the work there by sharing the gift of massage.

~~~~~  
Sarah gives massages at Cornucopia House to anyone touched by cancer on the second Monday of every month from 10 a.m.-1:45 p.m. Call 401-9333 for an appointment.

## “The focus of their work is on LIVING”

That's what the letter of support to the **Sunshine Lady Foundation** said, and we deeply appreciate the efforts of UNC President Emeritus **Bill Friday** and his Special Assistant **Viki Shields** which has resulted in a \$10,000 Challenge Grant for Cornucopia House. Between May 27 and October 1, every donation we receive that is greater than \$250 will be matched dollar for dollar by this foundation, whose sole donor is Doris Buffet.

Let's make the math work for us! Your donation of \$250 or more to Cornucopia House before October 1 means your gift will be doubled.

A solid financial foundation is essential for Cornucopia House to continue its mission of providing services free of charge to those who, like Viki, need a place of healing and transformation during a cancer experience.

*Here's a heartfelt excerpt from the letter of support written by Viki Shields*

“ The focus of their work is on LIVING. I speak from personal experience — the services they provide are healing and transformational. No matter the disease outcome, patients and their families go on to live lives changed for the better, as I have done ... I can say that nothing ever felt so good as the massage I received at Cornucopia House after the surgery and first round of chemo — I felt I could go on with the rest of it, which was necessary for the good outcome. ”



# Gifts Received February 28, 2004 - May 26, 2004

(If we have missed anyone or there are corrections, please contact Joan Granath at 401-9333)

### In Honor of

Karen & Ron Binder's many "families" by Karen & Ron Binder

Lois Boynton by Elizabeth Swaringen & John White

Ellen Brooks and Tim O'Neill, on the occasion of their wedding, by Lois Boynton

Rhoda Deblinger's grandson's bar mitzvah, by Carol Kirschenbaum & Dennis Lazof

John Hartley & Lynne Jaffe by Susan Gladin & Peter Kramer

Nancy Mehr by Ian and Donna Mehr

Elizabeth Swaringen's birthday by John Swaringen

Elizabeth Swaringen & John White by Lois Boynton

M.D. & Miriam Swaringen's 51<sup>st</sup> Wedding Anniversary by Elizabeth Swaringen & John White

"Women of the Third Floor" by Elizabeth Swaringen & John White

### In Memory of

Bassey Akinyele by Katherine Hyatt; Jane Upsal

Karen Binder by Sara & Helmy Baligh

Louise Douglas by David & Emily Milliot

Elaine Jones by Thomas and Erna Jones

Gail King by Elizabeth King

Anne Lininger by Lois Boynton

John C. Michael by John Robert Michael

Stephen Milliot by David & Emily Milliot

Tony Mulvihill by Georgia Carver

Patricia Murphy by Dorothy Ancona

David Nolte by Lois Boynton

Kenneth Schneider by: Ashley Barbaccia; Brenda Booth ;

Brittney Dunn; Sherri Hill; Angela Johns; Judith Payne; Kara Penne; Lisa Rose; Krista Rowe

Helen Slesman by Don & Leslie Simonet

Emily Stocum by David & Emily Milliot

Jerry Sullivan by Alma Farris & Kathryn Farris

### Circle of Patrons

**(\$1,000 - \$4,999)**

Nancy & Dennis Dougherty

Barry Evans & Marla Wright-Evans

Home Health Foundation of Chapel Hill Endowment Fund of Triangle Community Foundation

Mills Family Fund at the East Bay Community Foundation

John White & Elizabeth Swaringen

### Circle of Benefactors

**(\$500 - \$990)**

Sara & Helmy Baligh

Trey Gilbert

### Circle of Sponsors

**(\$250 - \$499)**

Anonymous: (1)

Dan Hudgins & Ann McKown

Top of the Hill Restaurant & Brewery

Lois Boynton

Orrin Robbins & NCAA Tournament Friends

### Circle of Donors

**(\$100 - \$249)**

Dorothy Ancona

Susan Gladin & Peter Kramer

Ian & Donna Mehr

David & Emily Milliot

William McCulloch

Don & Barbara Moore

Laurie O'Connor

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### Circle of Friends

**(\$1 - \$99)**

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Katherine Hyatt

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Thomas and Erna Jones

Ralph Jones

Elizabeth King

Carol Kirschenbaum & Dennis Lazof

Mary Bea Kolbe

Wytold & Carol Lebing

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Prue Meehan

Marijo Mencini

John Robert Michael

Stacey Nielsen

Peter & Marilyn Ornstein

Kara Penne

Jeremy & Virginia Purbrick



Donald & Karen Reinfurt

Glenn Reis

Therese Rhodes

Ruth Ricci

Lisa Rose

Gail Rosen

Lawrence & Arlene Rosenfeld

David Rutter

Karen Sapp

Ryan Schnepf

Willy Sezna

Don & Leslie Simonet

Matthew Stapleton

Robert Sutton

John Swaringen

Jane Upsal

Alex Vander Velden

JoAnne Van Tuyl

Ellen Wilbur

Mary Wilson

Al Wojcik

Annie Wright

Jeanne Yohn

Owen Zingraff

### Gifts in Kind

Anonymous (1)

Artful Word

Fran Alderman

Sara Baligh

Balloons & Tunes

Lois Boynton

Sheila Gebig

Doug Hassenmeyer

Fiona Holland

Earl Kelling

Retha J. Lee

Logo BottleWater

In honor of Steve & Diana & John Paul Minta by Maxine Mills Graphic Design, Inc.

Wilma Palmer

Erika Petersen

Viki Shields

Elizabeth Swaringen

Touch America Inc.

Lauren Walker

## Summer Wish List

Postage stamps

Mailing envelopes: 9 x 12 and 10 x 13

Office supply gift certificates

Grocery store gift certificates

Long distance gift certificates

Clear plastic file folder storage boxes

Disposable cameras

Film developing gift certificates

Paper cups

Paper towels

Bathroom tissue

Eye pillows

Unscented pillar candles



If you wish to donate other items, please call first to discuss with us.



## Wine Sales To Benefit Cornucopia House

### *Two Brothers Winery label honors mother who had cancer*

When Alex Bartholomaus, a Virginia wine importer, and his brother Erik, a world-renowned tattoo artist, lost their mother to cancer, they combined their respective talents to create an uplifting tribute to her. The brothers donate 50 cents from the sale of every bottle of their Two Brothers Big Tattoo Red (a red Chilean wine) to a 501(c)(3) non-profit organization with a mission focusing on cancer. This year, they are adding Big Tattoo White (a chardonnay). The Fleur-de-Lis on the wine labels was a favorite symbol of their mother, Liliana Bartholomaus.

Cornucopia House will be their beneficiary in the State of North Carolina beginning July 1 and continuing until December 31, 2004. We are grateful to **Whole Foods** for recommending us for this charitable donation.



The Streets at Southpoint will donate to Cornucopia House all coins tossed in their fountains during August. Last year, that amounted to \$817. Be sure to tell everyone you know who might stroll by the fountains as they shop, dine out, or go to a movie.

## Spring Events Benefit Cornucopia House

Thanks to Lucky the Leprechaun (aka board member **Larry Green**), **WCHL 1360** radio, and **Top of the Hill Restaurant and Brewery** and their patrons who bought green beer and specialty fountain drinks on **St. Patrick's Day**, we received \$579.

Cornucopia House sponsors and participants in the 2004 **Great Human Race** were responsible for our receiving \$1,412.22 from the March event. Many thanks to board members **Marla Wright-Evans** and **Virginia Purbrick** for coordinating our participation.

The **Durham-Orange Quilters' Guild** contributed \$900 from their silent auction of "Postcards from North Carolina" during their May symposium. Special thanks goes to auction coordinators **Hope Brown** and **Mary Ed Williams**.

The **Women's Golf Association at Governors Club** contributed \$3,335 to Cornucopia House following their RALLY FOR THE CURE. They also contributed to the Komen Foundation and to support the research of Dr. Victoria Seewaldt.



## *Filling a Special Niche*

Many participants tell us they especially appreciate that Cornucopia House offers services in a non-medical setting. We're a welcome respite from hospitals, clinics, and doctor's office. The **Home Health Foundation of Chapel Hill Endowment Fund of the Triangle Community Foundation** recently made its third gift to Cornucopia House because, says their board chair **Joel Sheer**, "We want to fund organizations whose mission supports one of our original goals when Home Health of Chapel Hill provided direct services — to help those in need outside of traditional hospital settings. Cornucopia House is a natural."

## *It's Time To Get Started!*

Next February seems far away as we perspire our way into the summer, but we need to hear from you now if you might be willing to assume *A Chocolate Affaire* leadership position beginning in the late summer or early fall. Starting early means none of us is burdened with responsibilities during the busy end-of-year holiday season. If you'd like to know more about the various leadership positions available, contact Becky Carver or Event Chair Michelle Barbee (619-3431 or [mbarbee991@aol.com](mailto:mbarbee991@aol.com)).

*A Chocolate Affaire* is our annual winter fund-raiser, and it is crucial to our ability to carry out the Cornucopia House mission. The February 2004 event cleared more than \$43,000. That's about 24% of our modest \$180,000 annual operating budget.



# Looking Ahead



## Financial Concerns and Cancer

*Co-sponsored with The Leukemia & Lymphoma Society*

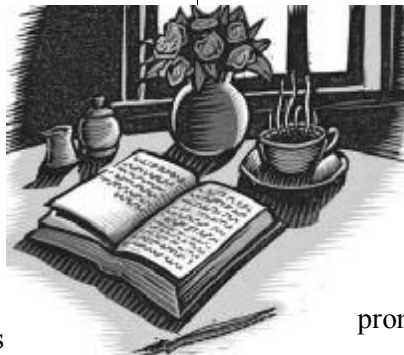
Tuesday, August 3, 2004  
7:00-9:00 p.m.

Financial concerns can add greatly to the stress of living with cancer. Patients without adequate health insurance worry about paying for their care; and even when you have insurance, all of the costs may not be covered. Dealing with the paperwork can be overwhelming. Solutions to the challenges of coping with the financial impact of cancer care are not simple. Join Cornucopia House, The Leukemia & Lymphoma Society, and area health insurance professionals to learn more about how to cope and resources to help reduce the financial strain.

## The Healing Power of the Written Word

Tuesday, September 7  
7:00-9:00 p.m.  
Facilitator: Carol Henderson  
Program Director, NC Writers' Network

Research shows that writing about the deeply important things in life improves immune system function and makes us feel better. In this forum we will explore a variety of writing techniques designed to promote self-awareness, stress



reduction, and healing. Be sure to bring a journal or notebook and a comfortable pen.

Facilitator Carol Henderson is a free-lance journalist whose work has appeared in many publications, including *Woman's Day* and the *Utne Reader*. She is an award-winning columnist with *The Chapel Hill News* and author of the memoir "Losing Malcolm: A Mother's Journey Through Grief" (2001). She teaches journal writing workshops around the country.

## Latest Advances in Cancer Therapeutics

Tuesday, October 5  
7:00-9:00 p.m.  
Facilitator: Dr. Neil Spector  
Director, Exploratory Medical Sciences-Oncology  
Clinical Pharmacology/Discovery Medicine  
GlaxoSmithKline  
Adjunct Faculty UNC-Hematology-Oncology

Dr. Neil Spector's group has been instrumental in changing the way GSK is developing novel cancer-targeted drugs. He is also well known for his extensive body of work and knowledge, his people skills, and his humanistic approach

to medicine and health care delivery, and poetry.

"Basically, we are trying to develop tools to enter the so-called promised land of cancer

therapy -- the right drug for the right individual," says Dr. Spector. He will discuss the exciting latest advances in cancer therapeutics.

## Reiki for People with Cancer and Those Who Love Them

Two Wednesdays:  
September 15 and 22  
1:30-3:30 pm  
*\*\*attendance at both classes required*  
Facilitators: Valerie Jones, RN & Kate Hansen, RN  
Master Reiki Practitioners

Learn to use Reiki to help manage your stress and the side effects associated with cancer treatment. In addition, anyone actively involved in helping someone with cancer will benefit by learning to use Reiki to increase their loved one's comfort as well as reduce their own stress from caring for someone with a life challenging illness.

This is a condensed version of a traditional Usui Reiki I class and will not lead to certification. No prior experience or "natural healing gift" is necessary to learn Reiki. Anyone with the intention to help themselves or another can learn Reiki, including children.

Our facilitators are RNs interested in complementary medicine and holistic healing. Both found Reiki to be pivotal in dealing with their own health issues.



## Scheduled Programs & Services of Cornucopia House

For directions to Cornucopia House or for more information,  
Call us at 401-9333 or visit our website at [www.cornucopiahouse.org](http://www.cornucopiahouse.org)

| WHAT                                                                                                                                                                                                                                                                      | WHEN                                                                                                                                   | WHO                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <b>Support Groups</b>                                                                                                                                                                                                                                                     |                                                                                                                                        |                                                                                |
| Spouses, Partners, Family & Friends<br>(co-sponsored by UNC Cancer Center)                                                                                                                                                                                                | 2nd Mondays, 7:00-8:30 p.m.<br>Call 401-9333 or Val Proffitt 419-0050                                                                  | Open to family members and caregivers                                          |
| Minority Prostate Health & Education                                                                                                                                                                                                                                      | 2nd Tuesdays, 6:30-8:30 p.m. Lincoln<br>Community Health Center. Toni Davis 956-4025                                                   | Men with prostate health and prostate cancer<br>issues.                        |
| Getting Your Bearings                                                                                                                                                                                                                                                     | 2nd & 4th Wednesdays, 7:00-8:30 p.m.<br>Call 401-9333 for details                                                                      | Cancer patients and cancer survivors at any<br>stage of treatment and recovery |
| Groups through Rex Cancer Center                                                                                                                                                                                                                                          | Call 784-1641 for specifics.<br>(sessions at Rex Cancer Center)                                                                        | Cancer patients/survivors, family members                                      |
| Groups through Duke Cancer Patient<br>Support Program                                                                                                                                                                                                                     | Call 684-4497 for specifics.<br>(sessions at Duke Cancer Center)                                                                       | Cancer patients/survivors, family members                                      |
| One-to-one Grief Counseling and<br>Counseling for Urgent Needs                                                                                                                                                                                                            | Contact: Val Proffitt 419-0050                                                                                                         | Cancer patients/survivors, family members                                      |
| <b>Tools for Living</b>                                                                                                                                                                                                                                                   |                                                                                                                                        |                                                                                |
| Reiki                                                                                                                                                                                                                                                                     | Call for appointment: 401-9333                                                                                                         | Cancer patients, families, friends                                             |
| Spiritual Wisdom and Cancer                                                                                                                                                                                                                                               | Call for details: Lynne Jaffe, 967-2365                                                                                                | Cancer patients, families, friends                                             |
| Compassionate Touch/Massage Therapy                                                                                                                                                                                                                                       | By appointment only. Call 401-9333                                                                                                     | Cancer patients, families, friends                                             |
| Restorative Yoga                                                                                                                                                                                                                                                          | Wednesdays, 11:00 a.m.-12:30 p.m.<br>Thursdays, 6:00-7:30 p.m.                                                                         | Cancer patients, families, friends                                             |
| Chi Gung                                                                                                                                                                                                                                                                  | By appointment only. Call 942-8516.                                                                                                    | Cancer patients, families, friends                                             |
| Polarity Therapy                                                                                                                                                                                                                                                          | By appointment only. Call 401-9333                                                                                                     | Cancer patients, families, friends                                             |
| Estate Planning Consultations with<br>Attorney Lisa Vira                                                                                                                                                                                                                  | Appointments available in July, August, &<br>September at Cornucopia House. Call 401-9333.                                             | Cancer patients, families, friends                                             |
| <b>Educational Forums &amp; Expressive Arts -- Call 401-9333 to reserve your space</b>                                                                                                                                                                                    |                                                                                                                                        |                                                                                |
| Belly Dancing                                                                                                                                                                                                                                                             | Resumes in the fall.                                                                                                                   | Open to the public                                                             |
| Financial Concerns & Cancer                                                                                                                                                                                                                                               | Tuesday, August 3, 7:00-9:00 p.m.                                                                                                      | Open to the public                                                             |
| The Healing Power of the Written Word                                                                                                                                                                                                                                     | Tuesday, September 7, 7:00-9:00 p.m.                                                                                                   | Open to the public                                                             |
| Reiki for People with Cancer<br>and Those Who Love them                                                                                                                                                                                                                   | Two Tuesdays, September 15 and 22<br>(attendance at both required) 7:00-9:00 p.m.                                                      | Open to the public                                                             |
| Latest Advances in Cancer Therapeutics                                                                                                                                                                                                                                    | Tuesday, October 5, 7:00-9:00 p.m.                                                                                                     | Open to the public                                                             |
| <b>Resource Center Open Mondays, noon-3 p.m. &amp; Tuesdays, Wednesdays, Thursdays, 10 a.m.-3 p.m.</b><br><b>Remember ... if you don't have access to a computer to do cancer-related web searches,</b><br><b>you can schedule time when our resource center is open.</b> |                                                                                                                                        |                                                                                |
|  <b>Cornucopia House:</b><br>401-9333                                                                                                                                                  | Duke Cancer Resource Center: 681-5288 Rex Cancer Center: 784-7200<br>Duke Cancer Support Program: 684-4497 UNC Cancer Center: 966-3097 |                                                                                |



**From  
Cloister Court**

**Becky Carver**  
EXECUTIVE DIRECTOR

I was immersed in paperwork and answering emails, not unusual for me on a Friday afternoon. It's usually quiet then, since the Cornucopia House office on Cloister Court is officially closed on Fridays. On this particular day, program coordinator Mindy Gellin was in the office too. I heard the door chime, indicating someone had come in, and after a few seconds heard Mindy issue a greeting.

When a conversation ensued, my curiosity got the better of me. Thank goodness! I stepped into the living room to find Mary Ann Platin. I learned that she and Mindy had been in our yoga class together, long before Mindy joined the Cornucopia House staff. During the next 20 minutes, I listened as Mary Ann talked about how much Cornucopia House has meant to her and how grateful she is that we're still here,

even though she doesn't actively participate any longer.

I asked Mary Ann to write some of what she was saying in the journal we keep in the living room. It's there for anyone who wants to add a note at any time. She did, after some initial reluctance. When I called her later to ask if we could include her entry in our newsletter, she graciously agreed. I encourage you to take a moment the next time you're at Cornucopia House to do the same. You don't

have to sign your name, though we hope you will feel free to do so.

When you make time to write a journal entry, you are providing encouragement to other cancer survivors and their families and friends. You also provide encouragement to our staff and volunteers by reminding us why we are here and that our efforts matter. And if you simply want to read what others have written, I guarantee that your heart will be lifted as mine was on that afternoon when Mary Ann dropped by unexpectedly.

*"I would like everyone who reads this to know that there is life and joy after cancer. You will grow in ways you never knew possible. You will understand yourself better, be more compassionate and caring towards your friends, family and strangers. You will ask yourself why you are here - on this earth - and your days will be more meaningful. Help is available - Cornucopia House will provide much to nourish your spirit. It has been 10 years for me (approximately). I am here at C.H. today, visiting friends. I feel connected."*

Mary Ann Platin



**Cornucopia House**  
Cancer Support Center  
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Chapel Hill NC 27514

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