

Cancer Survivors Unite, (267) 738-8760



The Mission of Cancer Survivors Unite is to provide supportive programs and informational resources to young adults, between 18 and 40 years old, affected by a cancer diagnosis

**“YOU CAN'T HIT A HOME
RUN UNLESS YOU STEP UP
TO THE PLATE. YOU CAN'T
CATCH FISH UNLESS YOU
PUT YOUR LINE IN THE
WATER. YOU CAN'T REACH
YOUR GOALS IF YOU DON'T
TRY. “**
KATHY SELIGMAN

Philadelphia Wings

Our February fundraiser was a Philadelphia Wings Lacrosse game against the Minnesota Swarm at the Wachovia Center located in Philadelphia. Although the roads were not the best for most of the day, a few hours before our event, the main roads were just wet, the temperature started to rise and the snow proceeded to melt.

Although the weather outside was cold, wet and slushy, inside the Wachovia Center was completely different as the Philadelphia Wings were heating things up against the Minnesota Swarm. The Philadelphia Wings toasted the Minnesota Swarm 17-8.

We were happy to see new faces creating new friendships, past friendships being renews and a group of friends all together for a fun Cancer Survivors Unite Event.

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Horse Power for Life is a non-profit 501(c)(3) organization, whose mission is to improve the physical and emotional quality of life for individuals affected by cancer by providing FREE educational and recreational horsemanship programs for patients of all ages and their families. Horse Power for Life's program facility is located in Chester County at Banbury Cross Ltd, in Glenmoore, PA. This location allows them to target cancer patients from the Chester, Montgomery, Delaware, and Philadelphia counties. www.HorsePowerforLife.org

Featured Survivor – Jennifer Bedigian

Jennifer is a 30 year old who was diagnosed with stage 4 large B-cell Non-Hodgkin's Lymphoma on August 23, 2002 at Taylor Hospital in Ridley Park, PA. She received treatment R-CHOP at the University of Michigan.

Jennifer's family lives in Michigan, so this is where she chose to receive her treatment. This way she could be close to those who cared the most about her. During her treatment her family and friends were all very supportive. "You really find out who your real friends are during something like that."

Like several other young adult cancer survivors Jennifer shows no long term side effects from treatment. However she would like to blame her lack of concentration and memory on the chemotherapy treatments.

When Jen was told in 2003 that she was in remission, she was ecstatic. Jen often equates it to having the training wheels taken off your bike when you haven't quite gotten your balance yet. Jen celebrates February 3rd, and considers this her re-birthday.

At U of M, Jen attended a Young Adults with Cancer Support Group. That was extremely helpful to her. "Your family and friends don't want to hear the bad stuff, so you're forced to put on a brave face. Support groups let you be crazy and neurotic. They validate your feelings, good and bad. They don't lie and say chemo is not that bad. They tell it like it is because they have been or are going through it."

Jen wasn't able to work during treatment and spent the winter, with no transportation, at her parents' house in Michigan. Jen was excited to go back to work, to gain some sort of normalcy. Jen remembers telling her co-workers that she could perform her job just fine but that she couldn't go near the ovens because her new hair (wig) would melt.

Cancer survivorship is something Jen wears proudly. Jen is a flight attendant who gets to meet so many people. Jen has often shared her story, knowing it has helped other people is what keeps her going.

Quotes

What's the best thing about being around other young adult cancer survivors?

"Camaraderie is the best thing. Knowing you're not the only member of the cancer club."

What would your personal message to all survivors be?

"Everyone says don't sweat the small stuff, but even the small stuff is apart of life and deserves to be acknowledged."

What would your message to the general public be?

"Be knowledgeable and accurately informed. Cancer is not contagious. When you're going thru treatment, you can't be Suzy Sunshine all-day, everyday."



**"FRIENDSHIP IS THE
ONLY CEMENT THAT WILL
EVER HOLD THE WORLD
TOGETHER"
WOODROW WILSON**



President's Message

Hello Friends of Cancer Survivors Unite.

I hope everyone is doing well, and has had a chance to get outside and enjoy the wonderful spring air.

I want to start off by saying that over the past couple months, two of our long term board members have resigned. Tricia Huber served as our secretary since May of 2006 and Jon Tam served as our fundraising coordinator since August of 2005. They are wonderful people, and without them I'm not sure where Cancer Survivors Unite would be. They were here from the start, and I can not thank them enough for all that they have done for me and Cancer Survivors Unite.

We also acquired three new board members. Rick Baus is serving as Vice President, Webmaster and Technical Advisor. I want to thank Rick for helping us complete our annual appeal and this newsletter. Your help means a lot.

Amy Towell and Doug Hunsinger are also new to the board. Biographies and pictures will be added to the website soon, so you can get to know us a bit better.

I would like to personally thank everyone who participated in the Philadelphia Wings and Phantoms games this spring. It was great to see so many new faces. Thanks for helping make both events were a huge success.

I hope you have a safe and healthy summer. We look forward to seeing you at an upcoming program or fundraiser.



**“THE ONLY WAY
TO FIND THE
LIMITS OF THE
POSSIBLE IS BY
GOING BEYOND
THEM TO THE
IMPOSSIBLE.”**

ARTHUR C. CLARKE

Websites of Interest

www.HorsePowerforLife.org

Dedicated to providing free lessons and other horse related activities for cancer patients of all ages and their families. (Chester Springs, Pennsylvania)

www.Lymphoma.org/YoungAdults

New webcasts/podcasts and educational resources specifically for young adults affected by lymphoma between the ages of 15 and 39.

www.SurvivorshipGuidelines.org

Long-Term Follow-Up Guidelines for Survivors of Childhood, Adolescent, and Young Adult Cancers

Upcoming Programs

June 21st 2008 11:00–4:00 pm



Please come join us at The Franklin Institute in Philadelphia. \$14.25 Admission which includes Admission into the museum and one show at the Fels Planetarium.

Survivors who RVSP by June 15 will receive free admission to the museum.

We will break for lunch, and lunch will be the participants' responsibility. Cancer Survivors Unite will not be providing lunch to any participants free of charge.

July 19th 2008 from 11:00-3:00 pm

*Tyler State Park – Frisbee Golf
Upper Plantation*



Come out and have some Frisbee fun at Tyler State Park in the Upper Plantation Area.

Lunch will be provided, free of charge to all survivors. Family and friends are asked to donate \$5.00 to cover food costs.

We only have a small number of Frisbee's to use, so please bring your own Frisbee's if possible and watch our fun soar with friends.

August 9th 2008 10:00-4:00pm

Rafting at Bucks County River Country



We will meet in the parking lot at 10:00, check-in will be at 10:30. No later than 11:00 we will begin our rafting adventure.

Survivors who RSVP by 8/1/2008 will receive free admission. Family and friends will be asked to donate about \$25.00.

For more information about these programs and for directions please see our website.

As always you are attending all events, which include programs, fundraisers and all other events through Cancer Survivors Unite at your own risk. We accept no responsibility for any personal or other damage, liability, injury or loss that occurs at any of our events.

Please feel free to contact us if you have any questions or comments about upcoming or past programs, as well as any suggestions for future programs.

Contact us at Programs@CancerSurvivorsUnite.org,
write us a letter or call Tanya at 267-738-8760.

Upcoming Fundraisers



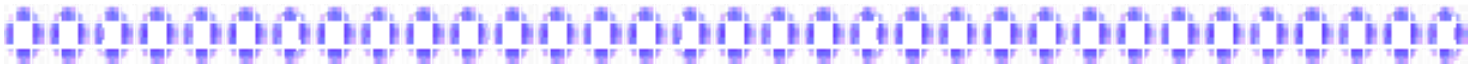
Car Wash July 12th 2008

Cancer Survivors Unite needs some help and is calling for our volunteers and our board to come to the rescue! Come Join us for a Wet, Wild & Fun Time!!

Cancer Survivors Unite has planned for a Car Wash on July 12th 2008 at Croydon Fire House, in Croydon Pa from 10:30am to 3pm. So come bring your dirty cars, trucks, vans, and SUV's by for a spin.... at the car wash.

To Volunteer or Join Us in on our Fun

Contact Tanya@CancerSurvivorsUnite.org or call 267-738-8760.



CafePress.com



Purchase your very own Cancer Survivors Unite merchandise at www.CafePress.com/YoungCancerPeep, and help us raise money at the same time!

\$5 of each item purchased comes back to Cancer Survivors Unite to help provide free or low cost monthly programs to young adult cancer survivors in the Philadelphia area



Bowling League

We were working on a bowling league for the Summer, however we did not have enough people that were able to commit to the league. So it has been postponed and we will try again in the Fall. If you are interested, please let us know.



IGIVE.com

Help us raise money, simply by doing your online purchases through IGIVE.com.

www.IGive.com/CancerSurvivorsUnite



Special Thanks

The following volunteers have been a tremendous help over the past few months, and deserve a special Thank You!!

***Jon Tam** Joined the board in August 2005 has been our fundraising coordinator on the board of Directors since August 2005

***Tricia Huber** has been our Secretary on the board of directors since May of 2006.

Jon and Tricia have done an outstanding job in helping Cancer Survivors Unite grow to where we are today. We will miss you

***Liz Smith** – Helped us manage volunteers, and our MySpace page online.

***Rick Baus** – has been a huge help as vice president

***Kara Simmers** – For her dedication in keeping our website updated.

***Jonathan Marsch** for helping us compile media contacts.

***Carol Zekovitch** for her help with data entry and mailing of the newsletter

***Melanie Hansen** for her help with resource list, fun website ideas, as well as other areas that we needed research done for programs and the website.

The following individuals have given donations since September 1st 2007, which is the start of our fiscal year. Without their donations, we couldn't provide programs free of charge to survivors, or mail out our newsletter to over 150 individuals each quarter.

George Lewis

Barbara Huber

Diana Nagy

Carol Zekovitch

Kelly Wasdyke

Richard Baus

Barbara Smedley

Suzanne Smalley

Carol Pfeffer

Very Special Thanks !!!

To those who attended the Philadelphia Wings and Philadelphia Phantoms Game. The following people purchased tickets, this special thank you also goes out to their family and friends who attended these games.

Philadelphia Wings:

Tanya Zekovitch

Jennifer Bedigian

Margie Yaris

George Lewis

Carol Pfeffer

Martha Bruhner

AJ Tilson

Rob Ladd

Chrissy Triola

Carol Zekovitch

Andrew Mancini

Philadelphia Phantoms:

Tanya Zekovitch

Richard Marquard

Liz Smith

Richard Baus

The Knox Family

George Lewis

The Miller Family

Carol Zekovitch

Jon Tam

Join Our Mailing List

If you would like to be kept up to date on Cancer Survivor Unite's progress, events, etc., please sign up for the mailing list. You can complete an online form to join the mailing list on our website at www.CancerSurvivorsUnite.org or you can also mail the following information to us:

Full Name
 Complete Mailing Address
 Phone Number
 Email address
 Cancer Survivor/Family Member or Friend of a Survivor/
 Health Care Professional/Other

Contacting Cancer Survivors Unite

Website: www.CancerSurvivorsUnite.org
 General Email: Info@CancerSurvivorsUnite.org
 Mailing Address: PO Box 164, Croydon, Pa 19021
 Phone: (267)-738-8760

Founder and President- Tanya Zekovitch:
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 Programs: Programs@CancerSurvivorsUnite.org
 Newsletter Editor: Newsletter@CancerSurvivorsUnite.org
 Webmaster: Webmaster@CancerSurvivorsUnite.org

Letters to the Editor

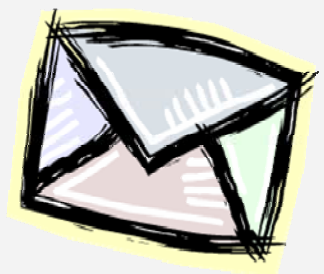
Voice your opinion about anything, good or bad, that falls into the category of "cancer". The Newsletter Editor will review all submissions and decide which will be printed in the upcoming newsletter. Please keep to 200 words or less.

Send submissions to Newsletter@CancerSurvivorsUnite.org



**“NEVER DOUBT THAT
 A SMALL GROUP OF
 COMMITTED PEOPLE
 CAN CHANGE THE
 WORLD. INDEED IT IS
 THE ONLY THING THAT
 EVER HAS.”**

MARGARET MEAD



Dates to Remember



May 17th 2008 – 12:30 pm Valley Forge National Park
Tour at Valley Forge National Park

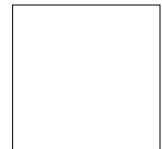
June 21st 2008 – 11:00 – 4:00 pm Franklin Institute in
Philadelphia

July 12th 2008 – Car Wash Location and Time to be
Determined

July 19th 2008 – 11:00 – 3:00 pm Frisbee Golf at Tyler
State Park, Upper Plantation

August 9th 2008 – 10:00 – 4:00pm – Rafting at Bucks
County River Country

CANCER SURVIVORS UNITE
PO BOX 164
CROYDON, PA 19021



We're on the Web!
See us at:
www.CancerSurvivorsUnite.org