

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*

**All our dreams can come true, if we have the courage to pursue them.**

**~Walt Disney~**

## Volunteer/Donor Celebration

February 21<sup>st</sup> 2009 we held our first Annual Volunteer/Donor Celebration to honor and thank all of our volunteer and donors since we started back in 2004. We had about 15 volunteers/donors attend with their guests. Four of them received awards for their hard work and dedication. We will be mailing out another 11 awards to those who could not attend.



The afternoon consisted of great food, door prizes and plenty of dancing. Check out page 5 of this newsletter for a list of those who helped make this day possible. Our website also has a list of those who made this day possible, as well as a list of the award recipients and memorable pictures from this excellent event.



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## Website

We are very happy to announce our updated website. Thanks to Rose Sullivan for all of her hard work with getting this website completed. We have included a message board to keep in touch with survivors, and the ability to work together online to get through tough times. We also have feedback forms, to get your ideas on what programs would be helpful to young adult cancer survivors.

If you have any comments or suggestions please let us know. This organization is about young adult cancer survivors, and we strive to provide what they are in need of most.

[WWW.CancerSurvivorsUnite.org](http://WWW.CancerSurvivorsUnite.org)

## Featured Survivor – Alysia Sargent

Alysia Sargent is an inspiring woman who has had her share of pain both physically and mentally over the past 10 years. She was diagnosed with CML which is Chronic Myelogenous Leukemia on her 30<sup>th</sup> birthday. She has undergone high dose chemotherapy, oral chemo, radiation, interferon, two drug trials, Gleevec and an Allogenic Bone Marrow Transplant. Despite everything so far, she recently found out that for the third time she would hear, you have cancer. Yep, her cancer is back for round three. As with all treatments there are side effects, so on top of the idea of having cancer three times she battles with these daily minor setbacks. Alysia has had severe Chronic Graft Versus Host Disease, which is a side effect of a bone marrow transplant where the immune system actually attacks the body. She has also encountered, Scleroderma, where over 80% of the skin on her body turned thick and snake like. She hasn't cried in over three years, due to severe dry eye, and for those three years she has endured severe neurological pain disease.

Don't let this fool you; Alysia states "Cancer Sucks but it has given me many gifts. It helped me learn how short and precious life is and how I have to live it everyday with joy and gratitude no matter what." Alysia believes in looking at the positive side to every situation. She learned everything she could about her disease, and did what she could to help herself heal. She found that meditation, yoga, eating healthy, and massage were some of the things that helped her regain that sense of control over her life.

She states "At times it seemed so unfair and I did ask the "why me" question. But I couldn't live that depressing story, so I created a new one. I chose to see my diagnosis as a challenge and a gift, something to learn from and that would enhance my life." With this being said she is pursuing her Bachelors Degree in Nutrition, with this she hopes to help cancer patients better cope with their cancer and treatment through natural products and healthy eating.

### QUOTES

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

"Only someone who has been thru a similar storm can understand the person you've become in the aftermath."

**What would your personal message to all survivors be?**

"Believe in YOUR POWER! Only you can dictate the life you lead not the disease or the doctors or anyone else."

**What would your message to the general public be?**

"Life is short, so live everyday with laughter, joy, love and gratitude!"



**We are happy to announce that Alysia will be facilitating our program in May.**

**Please see page 4 of this newsletter for more details.**



## President's Message

Hello Friends of Cancer Survivors Unite.

We do not have any events planned for March and April of 2009. We have been growing at an incredible rate, and need these two months to re-organize the organization itself. Recently we acquired a volunteer from Chicago Illinois to re-design our website. On March 1<sup>st</sup> 2009 our new website was available for you to view online. Rose Sullivan re-designed and updated our site. On behalf of Cancer Survivors Unite, I'd like to say "Thank You Rose, for your hard work and dedication."

Aside from the website we have several new volunteers, and opportunities to expand through out the Lower Bucks County region this spring/summer. Keep an eye on our website; we will keep this updated with upcoming events that you are welcome to attend.

I hope everyone is well, and I look forward to seeing you at an upcoming event, or on our message board.

*Tanya*

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## Websites of Interest

**C is for Cupid:** C is for cupid is a new online dating service for people whose lives have been affected by cancer. So if you're ready for romance, a special relationship, or just want to meet new friends who can "relate", register with us and have a look around. [www.CisForCupid.com](http://www.CisForCupid.com)

**Support Our Poops:** Approximately one in 17 persons in the country will develop colorectal cancer at some point in their lives. We hope that this *poopaganda*<sup>TM</sup> will help remind people of the importance of their bowel movement. [www.SupportOurPoop.com](http://www.SupportOurPoop.com)

**Waiting Room** is the only magazine for young adults dealing with cancer. We are an information clearinghouse for 15-39 year olds. We are a community coalescing, demanding the help we need to navigate the most difficult challenge of our lives. [www.TheWaitingroomMagazine.com](http://www.TheWaitingroomMagazine.com)

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## Contact us:

Cancer Survivors Unite  
P.O. Box 164 Croydon, Pa 19021

[Info@CancerSurvivorsUnite.org](mailto:Info@CancerSurvivorsUnite.org)

267-738-8760

[www.CancerSurvivorsUnite.org](http://www.CancerSurvivorsUnite.org)

**A word to the wise  
ain't necessary - it's  
the stupid ones  
that need the  
advice.**

~**Bill Cosby**~



**Life's like a movie,  
write your own  
ending.  
Keep believing,  
keep pretending.**

~**Jim Henson**~

# Upcoming Events

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We do not have any events planned for March and April of 2009. We have been growing at an incredible rate, and need these two months to re-organize the organization itself. Thank you for understanding and we look forward to seeing you at one of our summer events..

### Social Luncheon at Gilda's Club Delaware Valley.

May 16<sup>th</sup> 2009 from 11am-2pm

Alysia Sargent will be showing us how to prepare some easy and healthy lunches.

So bring an open mind and an empty stomach.

Please RSVP on our website, by e-mail or phone by May 8<sup>th</sup> 2009.

Gilda's Club Delaware Valley  
200 Kirk Rd  
Warminster, PA



Join us on May 27<sup>th</sup> 2009, 7:05pm when

### The World Series Champ Philadelphia Phillies take on the Florida Marlins at Citizens Bank Park in Philadelphia Pa.



Tickets must be purchased by April 24th 2009, and will cost \$18.00 each, Survivors Unite will make a profit of \$8.00 on each ticket sold.

Seats will be located in the 400 level, behind home plate.

Check out our website or contact us for more details.



### Yard Sale in Croydon Pa. July 18<sup>th</sup> 2009 from 9am-3pm (Rain date July 19<sup>th</sup>)

We are looking for your unwanted items, to sell at our yard sale. We have some items to sell, however you can never have too much. If you are interested in helping us out with items to sell at our yard sale please contact us. We are willing to arrange for pickup or drop off. All proceeds will go toward Cancer Survivors Unite!!!



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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.



As we continue to move forward with Cancer Survivors Unite, we would love to have your feedback. 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.

Visit our website and complete a feedback form under the events section, write us a letter or call Tanya at 267-738-8760.

## Special Thanks

The following volunteers have been a huge help and deserve to be recognized for their hard work and dedication.

### **VOLUNTEERS:**

- Carol Zekovitch for her help with data entry and mailing the newsletter
- Rose Sullivan for re-designing our website
- Dianna for running our Myspace and facebook pages.
- Ryan Baus for all of his help with research, databases and office organization.
- Jen Ethington & Mary Conklin for helping complete various databases.

### **DONORS:**

The following individuals have given donations since September 1<sup>st</sup> 2008, 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	John Schank	Tanya Zekovitch
Doug Hunsinger	Edmund Taras	Christine Triola
Andrew Mancini	Barbara Smedley	Barbara Huber
Tricia Huber	Pat Lingman	Jon Marsch
Veronica Foley ( In loving memory of Zach Davidson)		Ed Moran

## A Very Special Thank You!!!

*To those who helped make the **Philadelphia Flyers** fundraiser a success!!!!*

Doug Hunsinger	John Schank	John Peterson	George Lewis
Jim O'Brein	Neil Adkins	Richard Newman	Alison Manzinger
Christine Triola	Paul Miller	Francine Leibowitz	

*To those who helped make the **Volunteer/Donor Celebration** on 2/21/09 a huge success.*

Charles Gillenwater	Ashley Miller	Ryan Baus	Jim Sargent
John Peterson	Whitney Peterson	John Schank	Alysia Sargent
Andrew Mancini	Carol Zekovitch	Maggie O'Neill's	M&M Music DJs
Katelynn Holzer	Croydon Fire House	Carol and Paul Cullen	

*The following business and individuals are to thank for donating door prizes, for our Volunteer/Donor Celebration on 2/21/09. All of our attendees left with a token of our gratitude.*

Spaghetti Warehouse	93.3 WMMR	Adventure Aquarium
Grand Slam USA	Andrew Mancini	Salad Works
Bucks County River Country	95.7 BEN FM	Philadelphia Zoo
Heather Edwards band	Texas Roadhouse	Flyers Skate Zone
Brunswick Zone	Blockbuster	AMF Bowling
Philadelphia Kixx	94.1 WYSP	Bristol Riverside Theater

# Dates to Remember



**May 16<sup>th</sup> 2009 from 11am-2pm**

Social Luncheon at Gilda's Club Delaware Valley

**May 27<sup>th</sup> 2009 – 7:05pm**

Join us for baseball when the Philadelphia Phillies  
take on the Florida Marlins.

At Citizens Bank Park Philadelphia Pa

**Items needed for yard sale (7/18/09)**

to benefit Cancer Survivors Unite.

We would like to have all items to be sold at yard  
sale by July 4<sup>th</sup> weekend.

Don't forget to check out our NEW website.....

**[www.CancerSurvivorsUnite.org](http://www.CancerSurvivorsUnite.org)**

**CANCER SURVIVORS UNITE**

PO BOX 164  
CROYDON, PA 19021



**We're on the Web!**

*See us at:*

[www.CancerSurvivorsUnite.org](http://www.CancerSurvivorsUnite.org)