

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

**I learned a long time ago
that minor surgery is
when they do the
operation on someone
else, not you.**

~Bill Walton

Welcome to Cancer Survivors Unite !!!

We have acquired two amazing volunteers that will be a great addition to Cancer Survivors Unite. We are very pleased to introduce them to you.....

Tim, from Indiana, is a devoted husband and father whose wish is to pursue a career in grant writing. He has chosen to work with us and help our organization grow as he gains experience writing grants. We welcome his drive and ambition into our growing family.

Mary is a business marketing major at Delaware Valley College, in Doylestown. She is interested in helping to make a positive impact on peoples' lives. She searched for non-profits to volunteer for, and she felt Cancer Survivors Unite would be a great match for her. We are excited to have her help with marketing, public relations and fundraising.

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Hosts for Hospitals

Host for Hospitals is an organization that provides in home hospitality for patients and families. We provide a place for GUESTS to stay, while receiving medical care from a Philadelphia area hospital. GUESTS can be of all races, faiths and nationalities. To see if you qualify, guests need to complete an application and a referral form.

Hosts for Hospitals also need HOSTS. The host is asked to provide a clean comfortable place to sleep, a bathroom and a feeling of home. One bedroom with a single bed can make a huge difference.

If you have extra room, please consider helping out this great organization. Just think of the impact you will have on patients and their support person, when they are in Philadelphia for medical care.

To make a difference in someone's life, contact us to join our database.

Message from President

Hello everyone,

I want to thank everyone who has helped us move forward with Cancer Survivors Unite. We are growing by the day, and I couldn't have done any of this without all of you... Every one of you reading this is helping us grow and reach more young adult cancer survivors. Thank you so much, for all of your encouragement over the past 4 years.

We had a very successful Yankee Candle fundraiser this fall. We brought in over \$400.00, with the help of 8 volunteers to help sell candles. These volunteers are mentioned on page 6 of this newsletter. They did an awesome job; we greatly appreciate their hard work.

I wanted to share with you something that I am very excited about. We have planned our First Annual Volunteer/Donor Celebration for February of 2009. This event is huge for us, because it finally gives us the chance to say and show how thankful we are to everyone who helped us get to where we are today. It will also give everyone a chance to see where their donations go or why their volunteer hours are appreciated so much. The afternoon will consist of a luncheon, music, awards and an overall good time. Invites will go out to all donors and volunteers the first part of January.

Have a Great Holiday Season,
See you again next year.....

Tanya

Websites of Interest

Caring Bridge

Free, personalized websites that support and connect loved ones during critical illness, treatment and recovery. www.CaringBridge.org

Rethink Breast Cancer

Rethink Breast Cancer is a charity helping young people who are concerned about and affected by breast cancer through innovative breast cancer education, research and support programs.

1-866-RETHINK. www.rethinkbreastcancer.com

SurvivorAlert.org

As a young adult cancer survivor, you've been through a lot! As a result, you are wiser and stronger today. To make your future as healthy as possible, know about your long-term risks and get skills to take action. www.survivoralert.org



**If you can't sleep,
then get up and do
something instead of
lying there worrying.
It's the worry that
gets you, not the lack
of sleep.**

~Dale Carnegie



Featured Survivor – Melanie Hansen

Melanie was diagnosed with leukemia when she was only a year and a half old. She underwent chemotherapy, radiation and a bone marrow transplant. After 27 years in remission, she was diagnosed this past summer with breast cancer. She had a double mastectomy, and all of her lymph nodes removed on her right side. Since this is such a new diagnosis and with her past cancer history, Melanie is still in the process of deciding what treatment she will choose for this diagnosis.

As far as her childhood cancer goes, she suffered several long term side effects that she has had to deal with. The main one is cognitive, which was caused by the chemotherapy she received as well as total body radiation. This means she had trouble sustaining attention, memory, planning or organizing as well as visual motor integration. She also has under developed teeth, misaligned jaw, cataracts and a short stature, which are minor compared to the cognitive effects.

During her leukemia treatments and growing up, her parents did their best to advocate for her. Support for parents and teachers weren't readily available in the early 1980's, as it is today. Melanie wanted to add as a side note that the most difficult part of her growing up a cancer survivor was being herself. She felt if she stayed "real" in school, she was teased and made fun of. So through school she was afraid of showing who she really was that she would be judged. So instead she acted in a way to keep teasing limited, but it wasn't who she really was. She now realizes that it's important to be who you are and to be true to yourself.

As a young adult and having another diagnosis, she feels everyone is being very supportive. However it's hard on her because she doesn't know many people who have had cancer, more less had it twice. She credits her family and the community but most importantly her inner strength to keep her going. Since she is half Finnish, She states her aunt phrased her strength as (a tem known to the Finnish people) "Sisu", meaning to possess a special strength like that of the Finnish people who have learned to battle their environment and the elements over the course of history.

In spite of these medical diagnoses, in 2001 Melanie earned an Associates degree in Liberal Studies, and is most proud of her Bachelors degree in Child Development she received in 2007. She is now in the process of applying for her Masters degree in Child Life. She believes that she has not gone through everything in her life to just lead a normal life or give up on her dreams. She looks forward to a fulfilling future and is making goals in regards to how to pursue the next stage in her life.

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

"they share the same outlook on life as I do and we end up understanding what each other is going through".

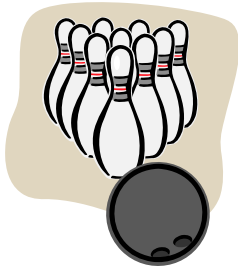
What would your personal message to all survivors be?

My message to other survivors would not be to stay strong because I personally am so sick and tired of hearing it but instead don't be afraid to live life and pursue your dreams.

What would your message to the general public be?

"Don't be so afraid of cancer and death. I believe our society focuses too much on grief and death. Life is too short to be so grief stricken when someone dies."

Upcoming Programs



November 16th 2008: 12:00 – 2:00pm Bowling at Bristol Pike Lanes in Bristol Pa.
Program is free for all survivors. Family and friends are welcome to attend however we ask that you donate \$13.00 to cover costs.

Come join us for 2 hours of bowling, snacks and meeting new friends. We guarantee you'll have a great time.



January 10th 2009 – Craft afternoon/Bad Gift Exchange from 11:00- 1:30pm at Gilda's Club Delaware Valley 200 Kirk Rd Warminster Pa.

We will have a couple craft projects for you to choose from. Please wrap and bring that bad holiday gift you received. We will exchange "bad gifts" and see if anyone is happy with their "new" bad gift. I hear one persons trash is another treasure, let's see if that's true.



This program is free of charge however we ask that you RSVP by January 7th 2009.
Snacks will be served



February 28th 2009 – Ice Skating at Flyers Skate Zone North East from 12:30-2:30.

Ice Skating is free of charge to all survivors who RSVP by 2/27/2009. Any non-survivors are welcome to join us as well; however they must pay for themselves at the door. Cost is about \$10.00 per person for skating and skate rental.

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.

Fundraisers



When the **Philadelphia Flyers** take on the New Jersey Devils at the Wachovia Center on **December 4th 2008 at 7:00pm.**

Tickets are only \$40.00 a piece, retail value is \$46.00. Not only are you saving about \$10.00 per ticket once you factor in online fees, but with the help of the Philadelphia Flyers, Cancer Survivors Unite is raising \$15.00 from each ticket sold. Tickets are going fast, so please contact us about purchasing your tickets.

Cancer Survivors Unite recently partnered with Everwun.com to help raise awareness and funds. Go to Everywun.com and create a badge, make sure you select Cancer Survivors Unite as your cause. Create a badge that will look just like the one here, and place it on your Myspace, Facebook, blog or website.



Every time someone clicks on our badge we raise \$.20. (only one click per person/per day) It's that easy. We are listed as a health organization.

We are asking you to create a badge, post it on your social networking site, and click once a day. That's it, not make a donation or donate hours out of your day. Just create a badge and ask your friends to do the same. The more support we have, the more money we will raise and the more we can offer great programs to young adult cancer survivors.

If you have any questions please contact us.
Thanks in advance for your support with this fundraising project.

You probably know **AVON** for their cosmetics, fragrance and skincare, but they also carry lines of jewelry, apparel, accessories and gifts 'n gadgets. Their products are for the whole family.

Here's how it works:

- Go to the **Avon** fundraising website: <http://beautyfundraising.com>
- Select "Register a Fundraiser Customer" link and enter 870015 in the fundraiser code field.
- When checking out, select "DIRECT DELIVERY" and enter FSANY for free shipping.

Your Avon products will be shipped directly to your door and 15% of the Total cost of merchandise will be donated to the Cancer Survivors Unite. You can purchase your favorite AVON products, have them shipped directly to you, and at no cost to you, your making a donation to Cancer Survivors Unite.

Special Thanks to our Volunteers

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

- John Schank – Website and Computer Assistance
- Carol Zekovitch – Filing, Mailings and data entry
- Kara Simmers – Website Assistance
- Ashley Miller – Data Entry
- Melanie Hansen – Public Relations Assistance
- Doug Hunsinger – Fundraising, Programs and Web Research
- Margie Yaris – Fundraising
- Tiffany Newton – Data Entry

\$\$\$\$ Special Thanks for our Donors.... \$\$\$\$

The following individuals have given donations since September 1st 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 | Jon Marsch | Doug Hunsinger |
| John Schank | Tanya Zekovitch | Amy Towell |
| Edmund Taras | Pat Lingman | |

To see a list of all donors since May of 2005, please check our website.

Very Special Thanks!!!

The following volunteers helped make the Yankee Candle fundraiser a success. With their help we raised over \$400.00, to keep Cancer Survivors Unite moving forward.

- | | | | |
|-----------------|----------------|---------------------|--------------|
| Tricia Huber | Doug Hunsinger | Carol Zekovitch | Cindy Baker |
| Jonathan Marsch | George Lewis | Catherine Rosenberg | Margie Yaris |

Need to contact us????



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: Tanya@CancerSurvivorsUnite.org
 Programs: Programs@CancerSurvivorsUnite.org
 Newsletter Editor: Newsletter@CancerSurvivorsUnite.org
 Webmaster: Webmaster@CancerSurvivorsUnite.org

Exciting Online News!!!!

Our website was first launched in December 2004. We knew our website needed to be revitalized and updated, so we began searching for a volunteer to help us out. Our search paid off and in the past few months we acquired a great volunteer who has taken on the task of completely updating and redesigning our website. If you think of any resources that are not listed please send them our way so they can be added.

Along with this new website we have added a **message board** for you to get support and advice from others who know what you're going through.

This site is made for you, the survivor, family and friends. We strive to make it easy to navigate, informative and fun. For this reason we look forward to hearing your thoughts, comments and suggestions on our new and improved site.

Please let us know what you think of our new website.
E-mail us at Webmaster@CancerSurvivorsUnite.org

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ONLINE SHOPPING!!!

You can help us raise money just by shopping or searching online....

For a while now we have been involved with IGive.com. All you need to do it go to IGive.com, complete a short registration form and list Cancer Survivors Unite as your cause. You have over 680 stores to choose from, including Amazon, Staples, Gap, HSN and QVC. We receive up to 26% of each purchase you make. Consider doing your holiday shopping online through iGive.com, you will purchase your gift, and provide us with a gift as well.

IGive.com has now added another easy way to help your favorite Charities...

iSearchiGive.com is a way for you to do the same internet searches you would do on AOL, MSN or Google except we make \$.02 per search. Might not sound like a lot, but think of how many searches you do in a week. All you have to do to get involved, is be registered with igive.com then go to iSearchiGive.com and download the search bar, that will be places at the top of your browser. (Registration is only available through iGive.com at this time, and you must register so the money raised comes to Cancer Survivors Unite.)

There is no psychiatrist in the world like a puppy licking your face.

~Ben Williams



Do vegetarians eat animal crackers?

~Author Unknown



Dates to Remember

November 16th 2008 Bowling at Bristol Pike Lanes.
Join us from 12-2pm, for some bowling fun.

December 4th 2008 – Philadelphia Flyers at the Wachovia Center in Philadelphia Pa. Game starts at 7:05pm. Tickets are \$40.00, contact us for more details.

January 10th 2000 – Craft Afternoon/Bad Gift Exchange from 11:00- 1:30pm at Gilda's Club Delaware Valley.
200 Kirk Rd. in Warminster.

February 2009 – First Annual Volunteer/Donor Recognition Celebration. Invites to be mailed the first part of January 2009.

February 28th 2009 – Ice Skating at Flyers Skate Zone North East from 12:30-2:30.



CANCER SURVIVORS UNITE

PO BOX 164
CROYDON, PA 19021



We're on the Web!

See us at:

www.CancerSurvivorsUnite.org

