

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

**“WE NEVER KNOW THE
TRUE VALUE OF FRIENDS.
WHILE THEY LIVE WE ARE
TOO SENSITIVE OF THEIR
FAULTS; WHEN WE HAVE
LOST THEM WE ONLY SEE
THEIR VIRTUES.”**

JULIUS CHARLES HARE

Inside Issue

Featured Survivor 2

President's Message 3

Websites of Interest 3

Upcoming Programs 4

Fundraisers 5

Volunteers 6

Mailing List 7

Dates to Remember 8

Reading Terminal Market

Our January program was a tour through Reading Terminal Market in Philadelphia Pa. This program had a good turn-out; we had a total of 13 participants, 5 of which were young adult cancer survivors. We met with Carolyn Wyman at 2pm to begin our tour. The market was crowded and it was difficult to stay together throughout the tour, however overall it was a great time had by all.

Throughout the tour we had the chance to sample some food from the market which consisted of candy, scrapple, Bassets ice cream, and some of us tried snapper soup. A few of us were PRO-Turtles, so we stepped away from the soup. After the tour, everyone went their separate ways, some went to get dinner with new found friends, some had to leave, and others did some shopping.

Within our large group I was happy to see a new friendships being made, and past friendships being renewed. Overall it was a great day, and pictures can be found on our website.

A Special Thanks to our friends Carissa Leary, Denise Haughney, and Laura Schriver for donating the funds to allow this program to be provided free of charge to our survivors.

New Format of the Newsletter

As a change for the New Year, Cancer Survivors Unite has decided to change the look of the newsletter for the New Year. We hope everyone likes and enjoys it. If there are any comments on the new look please feel free to contact us at Newsletter@CancerSurvivorsUnite.org

Featured Survivor – Dyanne Moon

Dyanne is a 30 year old mother, daughter, friend, Dallas Cowboys fan, and cancer survivor. Dyanne was diagnosed with stage IIIB colon cancer at the beginning of July 2007. Since her diagnosis she has had radiation, chemotherapy and two life changing surgeries. The first surgery was to remove about a foot of her colon that was filled with cancer. The second surgery was about six weeks later to re-connect her intestines after they healed from the first surgery.

Since she is currently going through treatment therefore, she doesn't have any long term effects to be concerned with right now. However currently she is experiencing major "chemo-brain", most cancer survivors know what that is like. Chemo-brain is when you have trouble with cognitive skills. A person just can't remember simple stuff during the day, (short term memory) and has trouble with comprehension. Dyanne is also experiencing some hard times with neuropathy, nausea, and significant pain in her stomach, bones and joints.

Dyanne states "Cancer actually brings out some really redeeming qualities in people" She continues to say she has met so many helpful and supportive people through her cancer journey. She credits her family and friends with being her "rock" through all of this. The two main people that help her through, are her kids, Kyle, 6, and Nicholas, 7 months.

She is still in the midst of treatment but hopes that her future holds many cancer free years. We believe that Dyanne is a fighter she has a great outlook on life. We look forward to working with her and being a part of her life for years to come.



Quotes

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

"It gives me a sense of belonging in a new, scary world I otherwise feel alone."

What would your personal message to all survivors be?

"Fight hard and just keep going, in the end it will all be worth it."

What would your message to the general public be?

"Cancer does not discriminate. It knows no boundaries. There is no such thing as immunity when it comes to cancer."



President's Message

Hello Friends of Cancer Survivors Unite.

I hope everyone had a great holiday and a good start to 2008.

I want to start by stating that we have a large mailing list, and we cannot mourn the loss of friends by name. However I want it to be known that since our incorporation we have lost several friends who are on our mailing list. We want the families and friends of these survivors who have passed to know we are sending our deepest sympathy and positive thoughts for the future.

We are looking forward to having our current website re-designed in the next few months, as well as our updated resource list and information will be posted on our website.

I'd like to welcome our new newsletter editor, Catherine Rosenberg who is a volunteer and childhood cancer survivor.

I look forward to hearing from you.... Tanya

Websites of Interest

www.thecolonclub.com – raising awareness of colorectal cancer is out-of-the-box-ways!

www.workingagainstcancer.org – Helps young adult survivors move beyond their cancer diagnosis

www.limbwell.com – Gives information about lymphedema to cancer patients

http://www.cancercare.org/get_help/special_progs/young_adults.php - information for young adult cancer survivors



**“NEVER TELL
PEOPLE HOW TO
DO THINGS. TELL
THEM WHAT TO
DO AND THEY
WILL SURPRISE
YOU WITH THEIR
INGENUITY.”**

GEORGE PATTON

Upcoming Programs



March 15th 12:30–2:30 pm

Please come join us at Polonia Bank Flyers Skate Zone in Northeast Philadelphia. Come challenge yourself on the ice, or just relax in a private party room from 12:30 – 2:30pm. If you do not like to skate please come and join us in the stress-free setting to rekindle old friendships and make some new ones. This Program is free of charge to all young adult cancer survivors who RSVP by March 8th 2008. Family and Friends are welcome to join us. Admission to skate is \$6.00 and the skate rental is \$3.00



April 13th 2008 from 1:00-4:00 pm

Come out and have some fun bowling at Bristol Pike lanes with fellow friends.

Bowling will be provided free of charge for all young adult cancer survivors who attend. Family and Friends will be asked to pay \$10.00 to cover the cost of bowling and snacks. These lanes are handicapped and wheelchair accessible.

RSVP to Tanya@CancerSurvivorsUnite.org or at 267-738-8760 by April 4th 2008. Those who RSVP early will receive a phone call or email reminder on April 4th.



May 17th 2008 12:30 pm

Join us for a Day Trip at Valley Forge National Park in Valley Forge Pa. We will be taking a tour thru the Valley Forge National Park. Meet us at the Welcome Center at 12:30pm. In case of inclement weather we will move our gathering to the King of Prussia Mall. Please keep a watch on the website for any further details and changes. For directions to the park check out their website at <http://www.nps.gov/vafo/>

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

Philadelphia Phantoms April 6th 2008 at 5:05pm



Come see the Philadelphia Phantoms vs. Bridgeport Sound Tigers at the Wachovia Spectrum in Philadelphia, Pa. Tickets **MUST** be purchased through Cancer Survivors Unite in order to participate in the fundraiser. Specific prices and seating has not be determined yet, If you are interested in participating in this fundraiser please monitor our website or contact us by e-mail or phone. You must 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 are in the process of starting up a bowling league, to be held on Sunday's at Bristol Pike Lanes in Bristol Pa.

If you are interested in joining us or have any questions, please contact Tanya@CancerSurvivorsUnite.org or by phone at 267-738-8760.

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!!

- ***Christine Triola** distributing flyers for the Philadelphia Wings game
- ***Carol Zekovitch** for completing the mailing of each newsletter/general office duties
- ***Liz Smith** working with volunteers and managing our Myspace page online.
- ***Kara Simmers** for her dedication to keep our website as updated as possible.
- ***Catherine Rosenberg** for being our newsletter editor
- ***Suzanne Smalley** for helping update our resource list
- ***Dyanne Moon** for assisting with updating our hospital contacts

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

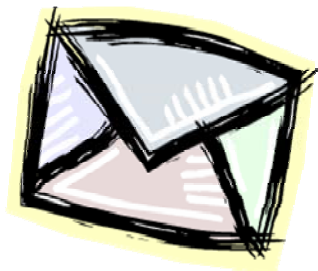
Barbara Smedley
 Suzanne Smalley

A Very Special Thank You!!!

A very special thank you goes out to **Schiano's Pizza in Warminster Pa**, who helped us with a location for our volunteer training session this past November. This donation was greatly appreciated by all who attended the volunteer training this past fall.

Schiano's Pizza can be found on Street Road in the Davisville Shopping Center in Warminster Pa. They can be reached at 215-2355-0120.

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

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

Cancer Care Supporting Young Adults

http://www.cancercare.org/get_help/special_progs/young_adults.php

Cancer is different for people between the ages of 20 and 40. Whether you want support from your peers, or are wondering how this will affect the rest of your life, *CancerCare* can help. For more information visit this website or contact Julie Larson at (toll free) (800) 813-HOPE, ext. 6173 or at her email: jl Larson@cancercare.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

February 22, 2008 – 8:00 pm Philadelphia Wings
Lacrosse Game at the Wachovia center

March 15, 2008 – 12:30 – 2:30 pm Flyers Skate Zone
North East Philly for Ice-skating

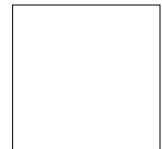
April 6, 2008 – 5:05 pm Philadelphia Phantoms Minor
League Hockey at the Spectrum

April 13th 2008 –1:00 – 4:00 pm Bowling at Bristol Pike
Lanes in Bristol Pa.

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



CANCER SURVIVORS UNITE
PO BOX 164
CROYDON, PA 19021



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