

2014 First Annual BCSG Car Show



June 7, 2014 was the First Annual BCSG Car Show that was held at Unions Field, Edgewood, Maryland. With the support of Sponsors such as Sears Auto Center at White Marsh, Napa Auto of Harford County, Advanced Auto, and Timonium Auto Parts, INC, BCSG was able to raise \$2,045. There were 43 entries and awards were presented for Best in Class for Imports, Classics, Bikes, 4X4, and Muscle cars. Spectators voted on the 2014 BCSG Best in Show. With the help of many volunteers and our proud sponsors, this event will be scheduled annually.

Muscle



Best in Show



4X4



Classic



Import



Bike



24th Annual Fund-raiser



**Saturday, November 8,
2014**

7:00 pm. until Midnight
Columbus Gardens
4301 Klosterman Ave
Baltimore, MD 21236

Mark your calendar and celebrate Halloween Bash Costume Party. Join us for an evening of fun, dining and dancing.

**BULL & SHRIMP ROAST
OPEN BAR
SILENT AUCTION**

Music by:

JAIL HOUSE ROCKERS DJ's

All proceeds benefit the Baltimore Cancer Support Group, Inc.

Tickets are \$50 per person.

**For more information, or
to reserve tickets, please
call 410-671-6828.**

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MARK YOUR CALENDAR!

November 8th – Twenty Fourth Annual Charitable Fundraiser
7:00pm– Midnight
Columbus Gardens 4301 Klosterman Ave, Baltimore, MD
21236

December 15th - Holiday Group Celebration - 7:00 pm.
Westminster United Methodist Church,
162 East Main Street, Westminster, Maryland 21157

December 18th - Holiday Feast - 7:00 pm.
St. Peter's, 7910 Belair Road, Baltimore, Maryland 21236

Groups will not meet on Nov.27 (Thanksgiving holiday), and Dec. 22, 25 and 29, 2014 or Jan. 1, 2015 (Christmas and New Year's holidays.)

Who comes to the Baltimore Cancer Support Group?

If cancer has touched your life as a patient, caregiver, family member friend or bereaved person, we welcome you. BCSG offers a safe, confidential setting in which to share your fears, concerns and problems, as well as your triumphs. Under the leadership of trained professionals, weekly support groups give members an opportunity to exchange feelings, information and encouragement.

In addition to weekly meetings, BCSG maintains a resource library and provides speakers on topics of interest to our members. This non-profit, non-sectarian community service organization is supported by fundraisers and donations. Credit card donations can be accepted via the Baltimore Cancer Support Group website, www.baltimorecancersupportgroup.org.

GENERAL CANCER RESOURCES

- **American Cancer Society**, 800-ACS-2345;
www.cancer.org
- **National Cancer Institute (NCI)**, 800- 4- CANCER;
<http://cancernet.nci.nih.gov>
- **CancerGuide**, www.cancerguide.org
- **CancerNet**, <http://cancernet.nci.nih.gov>
- **CanSearch: Online Guide to Cancer Resources**,
www.cansearch.org/canserch/canserch.htm
- **Free house cleanings:** www.cleaningforareason.org
877-337-3348

BCSG MEETINGS

- **Patient Groups** – Focus is on dealing with the physical and emotional challenges facing patients coping with cancer.

Westminster United Methodist Church
Monday evenings, 7:00-8:30

St. Peter's Church
Thursday evenings, 7:00- 8:30

- **Caregiver Groups** – The stresses experienced by caregivers in meeting patient's needs, as well as their own, are addressed.

Westminster United Methodist Church
Monday evenings, 7:00-8:30

St. Peter's Lutheran Church
Thursday evenings, 7:00 – 8:30

- **Bereavement Groups** – Supports those working through the grieving process.

Westminster United Methodist Church
Monday evenings, 7:00-8:30

St. Peter's Lutheran Church
Thursday evenings, 7:00 – 8:30



BCSG MEETING LOCATIONS

St. Peter's Lutheran Church
7910 Belair Rd.
Baltimore, MD 21236

Westminster United Methodist Church,
162 East Main Street
Westminster, Maryland 21157



FOR INFORMATION CALL:
410-668-1762

WEB PAGE

**WWW.BALTIMORECANCER
SUPPORTGROUP.ORG**

2014 Westminster Relay for Life

This year's Relay for Life was held on May 16-17th at the AG Center in Westminster. The event raised over \$103,000 for the American Cancer Society's fight against cancer. The Carroll County group had a 10 member team which raised \$5,147.14. This amount put the team in the "Gold" level. Three of our team members raised over \$1000 to become Grand Club members. Those members were Carolyn Smith, Robin Chenoweth and Barbara Thorn.



Living with Cancer

I have had the privilege of facilitating our Monday and Thursday night groups for more than a decade now. Both of our groups offer support, validation, and friendship. Our motto is "We are LIVING with Cancer."

It is very difficult to understand the journey one goes through with a cancer diagnosis. It is just as difficult to understand what the caregiver (which in our group is someone who cares about a person with cancer) is experiencing. That is where the validation comes in. To know that you are not alone in your thoughts can help to ease the isolation most feel. When you hear someone put into words what you are feeling, that is what is meant by validation.

The cancer survivor does not have to explain their feelings to one another. They have a special understanding. For them to explain how they feel to anyone else would be equivalent to describing a color to a blind person. You know what it is, but there are no words to describe it.

For the caregiver, the helplessness and fears can be overwhelming. To be able to share that without "upsetting" a loved one is not only helpful, but takes away the isolation that one feels.

Most families try to protect each other by keeping their fears hidden. Studies have shown that support groups benefit both the patient and the family.

We not only share our thoughts, we also share laughter, milestones, pot luck dinners and friendships. Feel free to join us at either group. Just show up, no requirements are needed.

By: Karen Haughey RN, OCN, Board Chair



Give a Heart Hug and save a life.

The Heart Hug movement was started when I was read my body scan report by my oncologist. I was given 21-days to live if I did not start chemo treatments immediately. Miracles started to happen at that point. The Tate center was booked completely. They checked around and found that Harbor Tate Center could see me that next Tuesday with a chemo nurse named Karen. She anxiously agreed to take my case. I met Karen, Lauren and chemo was started.

After my first chemo treatment, Karen looked at me, (that special way that she does) and said, "You look like you would like a ""Special Hug"". I said yes. She explained the heart hug and gave me one. I was hooked. Miracles started right away. Most of the "Special Miracles" would take too long to explain here as they are too numerous at this point. I spiritually call Karen, Lauren and Val at the Tate Center my *Angels*.

I gave a keynote talk to the Relay for Life Rally at Anne Arundel Community College with over 1000+ people in attendance. I gave them all the heart hug. I felt God's presence when I gave that talk. I gave the talk again the next week for Relay for Life at Ft. Meade Middle School. Another 1000+ people were there. I presented the "Heart Hug" to everyone. The response was another Miracle. 2000+ people received the Heart Hug those nights and each person was instructed to give it to two more people that week. I personally started giving "Heart Hugs" to everyone that I meet.

I was asked to represent the American Cancer Society and throw-out the first pitch at the Bowie-Baysox baseball game in Bowie, Maryland. 6000+ people were in attendance. I asked to speak to the stadium crowd and I gave the "Heart-Hug" training to everyone from the pitching mound at the game. I also threw a PERFECT STRIKE to start the game. Another Miracle from the miracle that Karen gave me that first day at chemo.

My belief is that when two hearts come together in this special "Heart Hugs" way a Miracle happens and lives are changed and SAVED.

Frank Gasiorowski

"Mr. Heart Hugs"

Email: Frank@cancerFreedom.org

Baltimore Cancer Support Group, Inc

Conference Center
St. Peter's Lutheran Church
7910 Belair Rd.
Baltimore, Maryland 21236
410-668-1762

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I would like to say many thanks to all our board members, patients, caregivers, and facilitators. Without them the Baltimore Cancer Support Group could not exist. As the Director, I get the great pleasure in being a part of such a wonderful group. There are so many giving people who have touched my life through the years. It is good to be able to give back to our community and help those who are in need of support.

Geraldene Booker, Executive Director, Baltimore Cancer Support Group, Inc.