

We would like to welcome Jean Marks our newest Facilitator for Westminster



My name is Jean Marks, and several months ago, I joined Karen in facilitating the Westminster branch of the Baltimore Cancer Support Group. As an oncology nurse for over 25 years, working both in-patient and currently the out-patient setting, I have cared for cancer patients and their families.

Having facilitated these weekly meetings for the past several months has been an incredible journey. I have never been a part of such a warm and compassionate group of people. Sometimes I'm not sure if I'm not the one benefiting more from these meetings. The members of the group no matter what status they have joined in survivor, caretaker, or bereavement are so wonderful and supportive of each other. It is amazing to be a part of such a dynamic extended family. I know every week when I leave I am just as lifted up as I hope other members of the group feel when they leave.

By Jean Marks, RN, OCN

23rd Annual Fund-raiser



**Saturday, November 2,
2013**

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 2nd – Twenty Third Annual Charitable Fundraiser
7:00pm– Midnight
Columbus Gardens 4301 Klosterman Ave, Baltimore, MD
21236

December 16 - Holiday Group Celebration - 7:00 pm.
Westminster United Methodist Church,
162 East Main Street, Westminster, Maryland 21157

December 19 - Holiday Feast - 7:00 pm.
St. Peter's, 7910 Belair Road, Baltimore, Maryland 21236

Groups will not meet on Nov.28 (Thanksgiving holiday), and Dec. 23, 26 and 30, 2013 or Jan. 2, 2014 (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**

2013 Westminster Relay for Life

The Carroll County group participated in the 2013 Relay for Life in Westminster on May 17th & 18th. The Westminster Relay raised over \$138,077.00. Hart's Hope consisted of 8 team members and raised a total of \$7,908.16. This placed them in 4th place of all teams represented. We also had 4 Grand Club team members who raised over \$1,000.00 each. They were Barbara Thorn, Margaret Zalis, Melissa Johnson and Carolyn Smith. Our group was well represented both at the Relay and the Survivor dinner that was held on May 15th at Union Bridge Fire Hall.



Believe

Believe in the power of believing.

Say "I believe," and believe it.

Believe in something, anything that gives you the courage and strength to continue on when it would be so easy to give up. Believe me when I say that you're beautiful. Believe me when I tell you "You deserve to be happy." Believe that you have choices and that you can choose wisely. Above all, believe in yourself.

By: Anonymous

Group With A Heart

My name is Barbara Campeggi and I am one of the facilitators for the Thursday evening Cancer Support Group. Our group is like a family and anyone who walks through our doors then becomes part of that family. Our family is a very diverse group and everyone is on a different cancer journey. Each member respects the others journey and are truly willing to help when they can. Some of our family members have been there for many years. Their experiences are shared to our new members and are always greatly appreciated. This is the strong bond we all share. We always have coffee, water, and snacks. Sometimes I will bring something special for everyone to enjoy.

During the year we have potluck dinners. Certain people have to bring the same thing each time. It's mandatory. There is always way too much food but somehow we survive. The desserts are just heavenly and everyone's favorite. We get a chance to enjoy each other socially and then have a short meeting.

Our group also has many resources that anyone can use. There are books, tapes and handouts. We also have special books from the American Cancer Society. A few new ones are care-giving, "If your Parent has Cancer" and "If a Sibling has Cancer". These are very up to date. More will be coming soon.

If you know of anyone who would benefit from being part of our family, please let us know. We will embrace them and they will become part of our family.

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

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.