**Pulled out of a tailspin**

A thoughtful letter along with a generous donation in memory of Kathy arrived at Cancer Services of Northeast Indiana during the holidays. The letter was so touching, it needs to be shared:

“It’s important that I write this note to all of you. Filling out a survey won’t do,” wrote Mike Davis. “I was in a dark and terrifying place and was losing ground. I was in a tailspin, not knowing if I chose the right cancer treatment, not understanding how it derailed my identity, not knowing if the treatment course for a complicating (but non-cancer) condition was increasing the odds that my cancer would return, not knowing who could provide medical advice, getting darker and more confused by the day. My 59 years on the planet and four decades of electronics engineering were no mental match or preparation for what havoc cancer was causing.”

Mike was diagnosed with prostate cancer two years ago. His treatment was very difficult. Then another health issue developed that could increase the chances of cancer returning. He and his wife, Beth, had tough decisions to make.

“A coworker of mine, Kathy, a cancer patient herself, spoke to me about Cancer Services, told me they might be able to help point me in the right direction. She said there were therapists at Cancer Services specially equipped to help me through the process.”

Mike was having trouble functioning at work. He left work in a panic. Jumped in his truck and drove to Cancer Services in hope someone could help. He credits two of Cancer Services’ client advocates, Liz Fenimore and Connie Carman, who listened carefully and helped him sort through the decisions. Understanding that he would face major challenges dealing with his “new normal” they suggested he talk with Becky Kreps, MSW, LCSW, OSW-C. She is a mental health therapist with experience helping people with cancer.

“Becky made me realize that it’s one thing to cut cancer out of the body, but cancer also affects the mind in a major way, sometimes long after the cancer is gone – and doctors can’t excise that.”

Mike Davis and Becky Kreps

“Becky walked with me, guided me, redirected me, and challenged me. She shined such a bright light in a place I was sure no light could reach. She laughed with me and cried with me. Even talked with me beyond our scheduled time when I just wasn’t composed enough to leave the office with my dignity. She gave me dignity. She prayed with me and talked with my wife, who also carries the burden.

“We talked about the fullness of life, and work, and grandkids, and good times to come, and my priorities. She lifted me up and lifted me forward. Then she set me free, as bittersweet as it was, because her job was most well done. She took her hand off the wheel knowing I was ready to drive again. But let me know the door is always open.

“My life is different now. I’m still dealing with lingering issues, probably always will. I’m still at high risk of Stage 4 (but so far, so good). It’s not always easy. But it’s so much better. Cancer is an embarrassingly heavy burden. I’ve learned it’s not a solo act. So thank you to the whole staff, and God Bless, you make such a marvelous difference.”

---

**Your gift is needed now more than ever**

In an effort to protect our clients, staff and the greater community from the spread of COVID-19, Cancer Services canceled all group meetings. This difficult decision includes all education sessions, weekly exercise classes and support groups.

We are working to provide a greater number of services online. For example, short videos of Tai Chi exercises, mindfulness meditations, tips from our nutritionist that we can share with clients. These activities and interactions will help uplift cancer patients who may feel even more lonely and isolated since they can’t attend their support group.

This critical effort will require resources that are not in our budget. Your support is even more crucial during this crisis.
A celebration of humor and healing at Comedy Night

Thanks to a community of generous supporters, Comedy Night delivered its largest night of laughs to date on February 22.

The event featured a headline comedian Josh Sneed. Another highlight was the Jokester of the Year competition starring three event sponsors: WMEE DJ Dan Scheie of Federated Media, Human Resource Manager Kris Gilman of Fire Police City County Federal Credit Union and Jim Shovlin, the Public Address Announcer and Business Development Director of Fort Wayne Mad Ants.

Jim Shovlin took home the coveted Jokester of the Year trophy. The Jokesters raised an impressive combined total of $3,334 for local people touched by cancer.

Thank you to our Comedy Night Sponsors

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MELTing pain away

The body has a beautiful ability to heal itself when given the right tools. The MELT Method introduces easy-to-learn techniques to reduce aches and pains, improve flexibility and posture and undo the negative effects of daily habitual movements.

The class meets weekly. Trained MELT practitioner Laura Hillyard, B.A., A.A.S., CBP, leads participants through a sequence of movements using small hand and foot balls and soft body rollers.

Hillyard thinks the hands-off approach is less invasive than heavy compression therapies and helps participants understand their body and how it reacts.

“People can’t go to a massage therapist every day,” Hillyard said. “This empowers them to do something for themselves.”

Created by New York Times bestselling author and exercise physiologist Sue Hitzmann, MELT focuses on two areas: balancing the nervous system, which uses pain to signal something is wrong in the body, and repairing supportive connective tissue, which is the source of pain in the body.

Hillyard says that participants see immediate changes in the first class, and over time, MELT can improve overall wellness.

“The nice thing about MELT is there is no pain. When there is pain, you stop,” Hillyard said. “People think, ‘No Pain, No Gain.’ That’s not the case with MELT.”

June

2020 Forest Therapy Walk

Facilitated by Christy Thomson, Certified Forest Therapy Guide.
Reduce stress, boost your immune system and improve your mood with the forest therapy walk.

9:30 a.m.-12:00 p.m.
Thursday, June 11, 2020
Metea County Park
New: A spiritual walk with Christy Thomson

Join our community!

All programs are free, open to the public and held at Cancer Services’ Healing Arts Center, unless otherwise stated. Please call (260) 484-9560 or email ahathaway@cancer-services.org to confirm activity schedule.

Comedy Night Crowd

Photos by Jeremy Garner of JBG Photography

Comedy Night Jokesters, left to right Jim Shovlin, Dan Scheie and Kris Gilman

Laura Hillyard teaching MELT Method

MELT Method

1:30 – 2:30 p.m. Wednesdays
Instructed by Laura Hillyard, B.A., A.A.S., CBP; Trained practitioner in the Melt Method®
Call 260-484-9560 to confirm schedule.

Side by side. Every step of the way.
Cancer Services is entirely supported by charitable contributions. Some support comes from local foundations, but it is the individual donors who make the most impact - sending regular checks, buying tickets to fundraising events, and walking to raise money with friends. These gifts come with “no strings attached,” which means we are able to fund innovative new programming and balance resources so that people can get what they need when they need it.

When you read this list of amazing donors and wonder if your gift matters, please know that the organization wouldn’t exist without it.

Thank you.
MEMORIALS & HONORARIUMS

Thanks to all who gave to Cancer Services between November 1, 2019 - February 28, 2020.
Big changes are happening in our neighborhood. Brotherhood Mutual Insurance is expanding and changing its walking path, which is familiar to friends who participated in the Lapper fundraiser. The changes are a great opportunity to offer a new experience and help people with cancer. Ribbon Walk is a meaningful way to honor people with cancer or remember loved ones we have lost. Participating will raise money to help people in our community. Nearly 5,000 people will seek help through Cancer Services in 2020. This is Cancer Services most important fundraiser. Because of donors like you, people with cancer will have the support they need.

Cancer awareness ribbons are a visual symbol of support for people with cancer. Ribbon Walkers will have an opportunity to dedicate a special ribbon to honor a loved one. Each ribbon will become part of a spectacular display of community support for our friends and neighbors who have cancer.

IN MEMORY OF continued

Denita Smith
Morgan Thomas
Mark & Beth Dlug, Jake & Jen Sowles, Kim Mott, Patricia Carran, Caitlin Crow, Cody Mott

Mrs. Nanette and
Mr. Robert Isenbarger
Mrs. Joan Luther
Mrs. Carol Puls & Martha

Mary Jane Smith
Ms. Sharon and Mr. Frank Bryan
Mary Jane Smith
Mrs. Alice Richards

Karen Sue Snyder
American Legion Auxiliary #420
Mr. Dave and Mrs. Kim Bailey
Ms. Susan Murphy
Mr. Steven and Mrs. Martha Strock
Mr. James and Mrs. Julia Till

Linda Springer
Mr. Aaron Springer

Bonnie Stebing
Mr. Alger E. and Mrs. Charlotte Miller

Allison Pepple Stier
Mr. Jim and
Mrs. Martha Pepple

Michael E. Stoffel
Mrs. Deborah Stoffel

Don Stookey
Mr. Jay and Mrs. Dawn Wilhelm

Kathy Swihart
Mr. James Crouse
and Mrs. Jane Porter Gresham
Mr. Michael W. and Mrs. Beth Davis
Mr. Tom and Mrs. Reatha Loogman
Ms. Gail Schroeder
Mr. Tom Warner

John Tarbell
Mr. Jay and Mrs. Dawn Wilhelm

Edith Thomas
Mark & Beth Dlug, Jake & Jen Sowles, Kim Mott, Patricia Carran, Caitlin Crow, Cody Mott

Jerry Walk
Mrs. Colleen Longardner

Jerry K. Walker
Mrs. Betty Walker

Tim White
Ms. Joan Parsons

Timothy S. White
Mr. Matt White and
Mrs. Cathy White-Snyder

Evelyn Williams
Mr. Steven and
Mrs. Leslie Douglass

John Wilson
Mrs. Julianne and Mr. Nate Geimer

Bob Winkeijohn
Mrs. Diane Winkeljohn

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Mrs. Susan Marqueling
Mr. Josef Marth
Mr. Reinold and Mrs. Betty Mueller
Mr. Murk and Mrs. Jackie Reith
Mrs. Wendy and
Mr. Dave Schafleacker
Mr. Christopher and
Mrs. Sarah Wolf
Mr. Stephen and Mrs. Melissa Wolf

If we have misspelled your name or inadvertently left it off our list, please call 484-9560 so we can make a correction.