Making happier holidays for families dealing with cancer

The holidays are not always merry and bright for families facing cancer. Spending quality time with those you love is more important than ever, but the cancer always threatens to overshadow the joyous holiday lights.

Parents caring for a child with cancer must worry about how they are going to afford to get their child to treatment in Indianapolis. Piling presents under a festive tree has a lower priority. Moms with breast cancer may not have the energy to cook their traditional holiday meal. And some families may be facing an empty chair at their holiday gathering.

This year, nearly 5,000 families will receive the help they need because of your support. Families dealing with cancer can feel like they are financially drowning from the medical bills. When they receive the financial assistance they need, it’s because of you. Unfortunately, there are many more families in our community who need your help.

The holidays are a busy time for everyone. Here are some easy ways you can make sure no one has to face cancer alone while also checking items off your long holiday task list:

1. Holiday house cleaning
   Cancer Services’ clients need durable medical equipment, such as walkers, shower chairs, or wheelchairs to safely manage daily living activities during treatment. Do you have any of these items taking up needed space in your closet or garage? Drop off your equipment at Cancer Services at 6316 Mutual Drive.

2. Holiday shopping
   Add a few items for people with cancer to your shopping cart while doing your holiday shopping. Cancer Services needs postage stamps, batteries (AA and D), laundry soap, dryer sheets, baby wipes, and lip balms. Just remember to buy unscented and dye-free items since people being treated for cancer are often sensitive to chemicals in common hygiene and cleaning products.

Use your Kroger Card
Kroger rewards Cancer Services with a quarterly donation when supporters select Cancer Services of Northeast Indiana as their charity of choice.

Here’s how to get started:
1. Go to https://www.kroger.com/communityrewards
2. Sign in or create an account.
3. When searching in the charity list, type Cancer Services of Northeast Indiana or use the code CW868.

Amazon will donate .05% of eligible purchases to Cancer Services of Allen County (our legal name).

All you need to do is use this link: http://smile.amazon.com/ch/35-0965609, and make your purchases like you normally would.

Living with cancer and still giving thanks

Your gift makes compassionate and personalized care possible. People in your community who are facing cancer are so grateful! Hear their gratitude in their own words:

“Thank you so much! It helps knowing there is someone we can call for help during this stressful time!”

“It’s so nice to have someone listen.”

“After 6 cancers, you have become like family to me. I always know where to call for help or advice or to borrow equipment.”

“I will be listing you as the recipient of gifts at my departure. Thank you all so very much.”

Holiday Closures
Cancer Services will be closed on the following dates:

Christmas
December 23 & 26, 2022

Martin Luther King Day
January 16, 2023

Happy Holidays!
**JANUARY**

**Strength and Stretch with Linda Thieme**  
**Tuesdays, January 3, 10, 17, 24 and 31, 2023**  
2:30-3:30 p.m.  
The Impact Center, 3420 E Paulding Rd, Fort Wayne, IN 46816  
To register, contact Keyonia Cox at (260) 484-9560 or kcox@cancer-services.org.

Learn from Linda how to improve your balance, flexibility, endurance, and strength. Linda will also focus on breathing, memory techniques, and group interactive activities.

**Chair Yoga with Diane Rogers**  
**Thursdays, January 5, 12, 19, and 26, 2023**  
2:30-3:30 p.m.  
The Impact Center, 3420 E Paulding Rd, Fort Wayne, IN 46816  
To register, contact Keyonia Cox at (260) 484-9560 or kcox@cancer-services.org.

**Fighting Depression**  
**Wednesday, January 18, 2023**  
5:30-6:30 p.m.  
Facilitated by Peggy Hayes with HealthVisions  
The Impact Center, 3420 E Paulding Rd, Fort Wayne, IN 46816  
To register, contact Keyonia Cox at (260) 484-9560 or kcox@cancer-services.org.

**Watercolor Painting with Jordan Kurzen**  
**Monday, January 23, 2023**  
5:30-7:00 p.m.  
The Impact Center, 3420 E Paulding Rd, Fort Wayne, IN 46816  
To register, contact Keyonia Cox at (260) 484-9560 or kcox@cancer-services.org.

Join us to explore your creativity while learning how to paint with watercolors.

**Tai Chi – Demonstration**  
**Wednesday, January 25th, 2023**  
2:30-3:30 p.m.  
Facilitated by Celeste Motherwell  
The Impact Center, 3420 E Paulding Rd, Fort Wayne, IN 46816  
To register, contact Keyonia Cox at (260) 484-9560 or kcox@cancer-services.org.

Celeste will demonstrate Tai Chi, a gentle form of exercise.

**FEBRUARY**

**Lunch and Learn: How to Keep Your Feet Healthy**  
**Tuesday, February 28, 2023**  
11:30 a.m-1:00 p.m.  
Facilitated by Dr. Ashley Bojrab, DPM, with Parkview Health  
The Healing Arts Center, 6316 Mutual Dr., Fort Wayne, IN 46825  
To register, contact Ann Hathaway at ahathaway@cancer-services.org or (260) 484-9560.

Dr. Bojrab will discuss the basics of foot care especially as it pertains to those diagnosed with diabetes and neuropathy. Bring your lunch. Dessert will be provided.

**MARCH**

**Current Trends and Clinical Trials for Gastrointestinal Cancers**  
**Thursday, March 30, 2023**  
9:30-11:00 a.m.  
Facilitated by Dr. Neil Sharma, MD, Gastroenterologist and President of the Parkview Cancer Institute  
The Healing Arts Center, 6316 Mutual Dr., Fort Wayne, IN 46825  
To register, contact Ann Hathaway at ahathaway@cancer-services.org or (260) 484-9560.

Light refreshments will be served.

**ONGOING SUPPORT GROUPS**

**Real Talk on Cancer Support Group**  
**Meets every third Wednesday, 6:00-7:30 p.m.**  
Facilitated by Chariee Reason, MSW  
The Impact Center, 3420 E Paulding Rd, Fort Wayne, IN 46816 or virtually through Zoom

**Music for Self-Care**  
**Meets every second and fourth Friday, 10:30-11:30 a.m.**  
Facilitated by Ashlee Hawkins, MT-BC  
The Healing Arts Center, 6316 Mutual Dr., Fort Wayne, IN 46825 or virtually through Zoom

**Powerful Together: Breast Cancer Group**  
**Meets every second Wednesday, 10:30-11:30 a.m.**  
Facilitated by Rebecca Rader, MSW  
The Healing Arts Center, 6316 Mutual Dr., Fort Wayne, IN 46825 or virtually through Zoom

**Conquering Breast Cancer**  
**Meets every third Tuesday, 6:30-8:30 p.m.**  
Facilitated by Rebecca Rader, MSW  
The Healing Arts Center, 6316 Mutual Dr., Fort Wayne, IN 46825 or virtually through Zoom

**Prostate Cancer Support Group**  
**Meets every first Thursday, 6:30-8:00 p.m.**  
Facilitated by Bill Seidel  
The Healing Arts Center, 6316 Mutual Dr., Fort Wayne, IN 46825 or virtually through Zoom
The elves (a.k.a. students) of North Side High School held their annual Christmas Party for Kids Surviving Cancer on December 4, 2022. Santa and Mrs. Clause helped the students bring holiday cheer to 14 families served by Cancer Services of Northeast Indiana. North Side Legends have made helping children with cancer a holiday tradition for more than 41 years.
GENERAL CONTRIBUTIONS
Thanks to all who gave to Cancer Services between September 21 - December 5, 2022

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MEMORIALS & HONORARIUMS
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4
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—send 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.

Without donors like you and the other amazing people and organizations on this list, this organization would not exist.

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Mrs. Linda Zaremba
If we have misspelled your name or inadvertently left it off our list, please call 484-8560 so we can make a correction.
Celebrating volunteers

Cancer Services volunteers are always hard at work sewing bed pads, offering rides to cancer treatment, designing memorial cards, and so much more. So far this year, this amazing group of individuals have given 4,049 hours of their time to ensure that local families touched by cancer get the help they need.

Cancer Services celebrated the impact these volunteers make at the annual Volunteer Breakfast.

Every day people in our community learn they have cancer, and more volunteers are needed to help alleviate the burden of cancer. If you would like to learn more about the ways you can help, please call Cancer Services Volunteer Coordinator, Haley Walters, at 260-484-9560.