

CELEBRATING
15
YEARS



Connections

Because people shouldn't have to journey alone

Spring
2021

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MONTHLY Focus

"We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, of which there is no duplicate. The world is all gates, all opportunities."

– Ralph Waldo Emerson

What would you like to create today?

Celebrating 15 Years

This year marks Cancer Navigators' 15th year of providing free resources and services to cancer patients in our region, and our dedicated community deserves recognition for achievement of this major milestone!

Cancer Navigators invites everyone near and far to celebrate this landmark year and help ensure no one journeys through cancer alone. We have several opportunities for you to get involved with our efforts this year.

Every contribution benefits patients and allows Cancer Navigators to assist them with the following services to overcome top barriers to cancer care: social support, counseling, nutrition, transportation, medical supplies and stress management.

"The impact a \$15 donation to Cancer Navigators has on a cancer patient is remarkable," said Sarah Husser, Cancer Navigators Fundraising & Community Outreach Coordinator. *"In addition to tangible items, Cancer Navigators' supporters give invaluable gifts of relief, hope, enhanced quality of life and the opportunity for those*

in crisis to fight and survive."

Cancer Navigators has remained open throughout the COVID-19 pandemic, adjusting programs to best serve patients and meeting patients however they are most comfortable - all thanks to supporters!

- ➔ **Register now for the 2nd Annual Virtual Race** - 5K and 1.5 Mile Options
- ➔ **Participate in the 11th Annual Daisy Drop** on Sunday, June 6 between 3 p.m. - 4 p.m. at the Pedestrian Bridge in Downtown Rome
- ➔ **Join the #fifteenforfifteen Monthly Giving Program** - Sign-up to donate \$15 for \$15 months online at cancernavigatorsga.org or call (706) 509.5040.
- ➔ **Sponsor Cancer Navigators' 15th Year** - Levels range from \$250 to \$1,500

2021 Daisy Drop

Sunday, June 6 ~ National Cancer Survivors Day

The public is invited to come to the Chief John Ross Memorial Bridge, that crosses the Oostanaula River at the Town Green, between 3 p.m. - 4 p.m. to drop daisies in honor or in memory of loved ones affected by cancer. The event is free.

If you can't attend or don't feel comfortable, you can still participate. Daisies will be available for pick-up at the Cancer Navigators office the afternoon of Friday, June 4 for you to hold your own special Daisy Drop.

Share the names of loved ones you will be dropping daisies for by emailing shusser@cancernavigatorsga.org.



Cancer Walk poem by Dr. Matthew Mumber

*I let a daisy drop
Into the brown river,
watch as it floats
toward the banks of the levy,
the broken dam,
to sea,
a single, stemmed daisy-*

*green, white, yellow-
weightless,
particular*

*from seed to first bloom,
like you here-
boundless.*



CANCER NAVIGATORS

VIRTUAL RACE 2021

Support cancer patients in our community by participating in Cancer Navigators' 2nd Annual Virtual Race! You can choose your exercise, location, distance and time and can complete at once or in increments. Race options include:

- 5K Registration - Receive t-shirt and medal (\$30)
- 5K Registration for 2020 Racers - Receive t-shirt, medal, and \$5 discount (\$25)
- 5K Team Registration - Receive t-shirt, medal, and \$5 discount if registering as a group of 5 or more (\$25)
- 1.5 Mile Fun Run - Receive medal only (\$20)

Enjoy the benefits of exercise and fresh air, and know you are making a difference in the life of a cancer patient. Every \$25 raised purchases a gas card or bus voucher to assist cancer patients with transportation to life-saving treatment.

For more information and to register:

[Click Here to Register](#)



"Every time I run during the week I do at least a 5k. But now, as I run I think about the people I have had the privilege to help in an ever-so-small way. This medal that I am currently wearing and that will be a part of the decor in my 'home office' will serve as a daily reminder to pray for cancer patients."

Mark Hannah, 2020 Race Participant

Your Generosity Makes a Difference

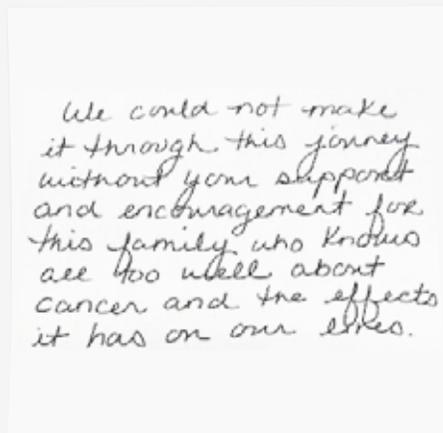
Donations to Cancer Navigators have a tremendous impact on the lives of cancer patients in our area. Your generosity provides hope, and ensures no one journeys through cancer alone.

Here are how some of our partners are making a difference:

- Hope Atlanta, Action Ministries and PepsiCo are generously stocking the Cancer Navigators' shelves with liquid nutrition and fulfilling one of our patients' greatest needs. Liquid nutrition is distributed to cancer patients to provide nutrients so they are able to continue treatments and focus on getting well.
 - The tireless efforts of the American Legion Riders Post 12 and support from Briggs Equipment and all of the sponsors and over 100 riders made the Cruising For Cancer benefit a record-breaking year - doubling the fundraising goal! ALR's hard work, dedication and love for their community is evident and is going to help hundreds of cancer patients from Polk County.
 - Eboni Major provides wig reviews on her YouTube channel - <https://www.youtube.com/user/MizzPrettyLady086> - and was looking for a way to give back. She donated numerous beautiful wigs to Cancer Navigators and is bringing joy and confidence to cancer patients.
 - Our creative friend, Prissy Caldwell, proves wreaths aren't just for Christmas! She continues to surprise and delight us with unique spring wreaths to sell to raise money to help cancer patients in our community overcome top barriers to care.
- Are you interested in helping cancer patients in our area? Transportation, liquid nutrition and counseling are currently patients' greatest needs; here is how donations can provide relief to patients and their caregivers:
- **\$25** - Provides 1 cancer patient assistance with transportation to life-saving treatment.

- **\$100** - Provides liquid nutrition for 10 cancer patients struggling to eat.
- **\$250** - Assists 5 cancer patients in coping with the emotions and changes that cancer brings by providing a complimentary one-hour session with our counselor.

For more information, contact Sarah Husser at **706.509.5040** or shusser@cancernavigators.org. You can make a secure donation online by visiting <https://cancernavigators.org/make-se-cure-online-donation/>.



15th Year Sponsors



Heritage First Bank

The UPS Store

Join them in supporting cancer patients [click here](#) for sponsorship info.

Retreats Return

Cancer Navigators has resumed hosting quarterly retreats. Retreats are free and provide cancer patients, survivors, caregivers and healthcare providers an opportunity to relax and recharge your mind, body and spirit. Facilitators are radiation oncologist Dr. Matt Mumber and yoga therapist Heather Reed. Stay tuned for upcoming dates and details.



Weekly Cancer Support Group

Held Fridays at noon, is now offered in-person and virtually. To attend in-person, come to the Harbin Clinic Cancer Center 2nd Floor Conference Room (across from the elevator). To attend virtually, join via Zoom from your computer or by phone at noon. We hope you will join us!

[Click here for Zoom instructions.](#)

Cancer Navigators Staff

Sarah Husser - Fundraising & Community Outreach Coordinator

Kim Higgins, LCSW, FT, ACHP-SW - Service Navigator

Denise Powers, LCSW - Counselor & Service Navigator

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