



Connections

Because people shouldn't have to journey alone

SPRING
2022

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MONTHLY Focus

"Never ruin an apology with an excuse."

– Benjamin Franklin

Are there any parts of your life where you feel forgiveness is needed? If so, take some time to start a humble conversation that includes: "I am sorry".

Run or Walk and Help a Cancer Patient Receive Treatments

Cancer Navigators remains overwhelmed with gratitude for our supportive community that is allowing us the opportunity to celebrate 16 years of providing free resources and services to cancer patients in northwest Georgia and northeast Alabama.

Everyone near and far is invited to celebrate with us this year as we continue Cancer Navigators' mission of ensuring no one journeys through cancer alone.

With current fuel prices, patients need assistance with transportation to treatments now more than ever, and Cancer Navigators is hosting virtual and in-person races this spring to raise funds specifically for the transportation program. Every \$25 purchases a gas card or bus voucher to provide a cancer patient in crisis the opportunity to fight and increase their chances of survival.

Racers can run, walk or bike anywhere they want for either 1 mile or 3.1 mile (5K) virtual races. You can go the distance all at once or in increments.

Virtual Race Options:

- 5K Registration - Receive T-shirt and medal (\$30)
- 5K Registration for 2020/2021 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 Mile Fun Run - Receive medal only (\$15)

In-Person Fun Run/Walk:

1 Mile Fun Run/Walk - Receive medal only (\$15) - Happening on Sunday, June 5 at 2 p.m. at the Barron Stadium Track in Rome prior to Cancer Navigators' Annual Daisy Drop at 3 p.m. *All virtual racers are invited to participate in the in-person 1 Mile Fun Run/Walk at no additional charge.

In addition to helping a local cancer patient, and having motivation to exercise, all racers will be entered into a drawing to win a "Dinner for Two" gift card to Chipotle.

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"Every contribution benefits patients and has tremendous impacts, giving invaluable gifts of relief and hope to patients and their caregivers," said Sarah Husser, Cancer Navigators Fundraising & Community Outreach Coordinator.

Register Now - June 5th

Register online by visiting <https://www.eventbrite.com/e/cancer-navigators-virtual-in-person-races-registration-261221660017>, scanning QR Code or by contacting the Cancer Navigators office.



For questions, to register, and for more information: call (706) 509-5040, visit www.cancernavigatorsga.org or email shusser@cancernavigatorsga.org.



Kay Chumbler shares how big of an impact the Daisy Drop has meant to her over the years.

2022 Daisy Drop Sunday, June 5 ~ 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.

Daisies will be available for pick-up at the Cancer Navigators office the afternoon of Friday, June 3 for you to hold your own special Daisy Drop.

If you can't attend or don't feel comfortable, you can still participate.



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-*

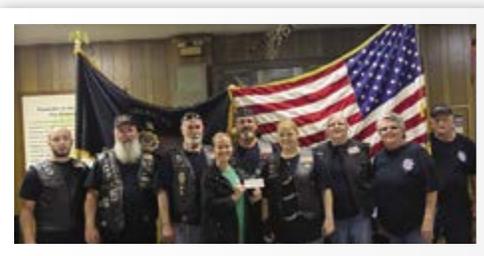
*green, white, yellow-
weightless,
particular*

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

You Make a Difference

There is no act of kindness too small. Donations to Cancer Navigators make a difference in the lives of cancer patients in our region.

Our wreath decorators get more creative by the day and have made Cancer Navigators' wreath fundraiser a year-round event! We are so grateful for all the decorators who use their talents to raise money for local cancer patients.



Thank you, American Legion Riders Post 12 and all sponsors and riders for another amazing year! Your hard work, dedication and compassion for cancer patients in your community certainly shows and is going to help hundreds fight cancer!



Thank you, Mohawk Carpet Foundation and Atrium Health Floyd SPIRIT, for recent grants towards Cancer Navigators Transportation Program that purchased 213 gas cards for cancer patients to get to lifesaving treatments!

Interested in raising money to support local cancer patients? Host a Facebook Fundraiser benefiting Cancer Navigators for your birthday or anniversary. It is easy and appreciated more than you will ever know!

#fifteenforfifteen Continues:

Cancer Navigators may be celebrating 16 years of providing free resources and services to local cancer patients, but we are keeping the #fifteenforfifteen monthly giving program going! With current fuel prices, Cancer Navigators' patients need transportation assistance now more than ever. Your \$15 for 15 months will help 9 patients get to treatments and give them the opportunity to fight cancer.



Rosaland Gooden encourages others to give to Cancer Navigators

[Click Here to Donate](#)



Thank You 2022 Sponsors!



July 15-17 Retreat

Cancer Navigators is hosting an in-person residential overnight retreat July 15-17, 2022, at The Cottages at Berry, co-facilitated by Dr. Matt Mumber and Heather Reed.



The retreat is designed for cancer patients of any type, stage, or status and includes meditation, yoga, group support, time in nature and healthy diet.

There is no charge; however, a \$100 deposit is required to reserve your spot. Following completion of the retreat, the deposit will be returned in full. Application materials are available upon request.

Cancer Navigators received a grant from Presbyterian Women in the Presbyterian Church (U.S.A.), Inc. to support this retreat. For more information and to register: Cancer Navigators ~ (706) 509-5040 *Space is limited ~ register soon*

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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Join Us!

Cancer Navigators' Weekly Cancer Support Group

Fridays from 12 p.m. - 1 p.m.

Now held In-Person in the Harbin Clinic Cancer Center 2nd Floor

Conference Room or Virtually via

Zoom.



[Click Here for Focus Areas & More Info](#)



[Click Here for Zoom Link](#)

The focus area for each week is featured on the Cancer Navigators' Facebook page on Thursday afternoons and Friday mornings.

