

## April 2024



## Why Support After Cancer Treatment Matters

When someone is undergoing treatment, it's hard. You know that. I know that. What most people don't know is how incredibly challenging the next phase of care is after someone is done with the "active" part of treatment.

Unfortunately, many patients are not adequately prepared for this transition, and medical teams can sometimes forget to provide guidance for the next chapter.

I have personally witnessed the positive impact of support groups, like those provided at Cancer Support Community North Texas, have on patients during their recovery process.

Those who joined support groups geared toward "life after treatment" or sought out licensed therapists with a cancer

specialty had a noticeable improvement in their demeanor. They were happier and more engaged with others.

Getting plugged in with CSCNT is essential. They have a staff of experts dedicated to providing support, guidance, and resources needed during this transitional phase. I encourage anyone affected by cancer to contact CSCNT for more information and support.

Interested in joining CSCNT's Life After Treatment support group? Reach out to [info@cancersupporttexas.org](mailto:info@cancersupporttexas.org) for more information.

*Lauren Low shares her perspective as a Physician Assistant working at a major cancer center. Read the full story at [CancerSupportTexas.org/CSCNT-news](https://CancerSupportTexas.org/CSCNT-news).*



### April Event Highlights

**Solar Eclipse Viewing Party**  
**Dallas County Clubhouse**  
Monday, April 8, 1:15 pm

**Noogie Night: Pranks & Franks (for families)**  
**Collin County Clubhouse**  
Friday, April 12, 5:30 - 7:00 pm

**Minority Health Month Brunch**  
**Tarrant County Clubhouse**  
Saturday, April 13, 1:30 - 3:00 pm

Please register via our website calendar so we can adequately prepare.

### Mission

CSCNT uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

### Vision

Everyone impacted by cancer receives the support they want and need throughout their experience.



Welcome to Tina Rueles, our new Tarrant County Program Manager



Welcome to Michael Boelter, our new Development Associate



Family and friends gather at the Dallas clubhouse to enjoy chocolate fondue treats and watch a movie.

### A Warm Welcome

Cancer is overwhelming and disrupts lives. Community gives a sense of hopefulness. We are a relentless ally for anyone who is managing the realities of this disruptive disease. Through support groups, individual counseling, healthy lifestyle activities, social events, resources, and children's programs, you'll find the community to help you navigate your cancer experience.

Nothing takes the place of the power, inspiration, companionship, and connection that comes from community. We provide relevant and highly personalized support when and where it is needed most because **Community is Stronger than Cancer.**

### Thanks for Sharing

We appreciate all of the members who submitted their member survey earlier this year.

In addition to helping us improve programming, your feedback helps us raise much-needed funding by showing the impact CSCNT makes in the community.

This spring, we invite you to continue sharing the impact CSCNT is making in your life.

Liking or sharing CSCNT's social media posts is a great way to tell others about the resources available. Find links to our Facebook, Instagram and LinkedIn pages on the homepage of [CancerSupportTexas.org](https://CancerSupportTexas.org).

# About the Calendar

Events on each calendar are color coded as seen below. To view the full calendar of events and to register, please visit our website calendar online or by scanning the QR code on the calendar page using a mobile device.

Support & Networking Group

Healthy Lifestyle Class

Educational Presentation

Social Event

Clubhouse Tours & Volunteer Orientations

Noogieland Event (Children's Programming)

To join a support group, you must be added to the roster by a member of our team. Please reach out to your clubhouse via phone or email [info@cancersupporttexas.org](mailto:info@cancersupporttexas.org) for more information.

# How to Become a Member

Anyone who has been touched by cancer can join Cancer Support Community North Texas. That includes men, women, and children living with any type of cancer, as well as their family and friends. Cancer Support Community brings people together who are experiencing similar situations. Whether you're looking for an understanding ear, a chance to laugh, or an informational resource, this is the place to learn how to live with cancer, whatever the outcome. All programs and services are provided at no cost to participants.

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## Get in Touch

Fill out our contact form online or give us a call for more information. You are welcome to sign up for one of our scheduled clubhouse tours.

Dallas County Clubhouse: 214-345-8230  
Collin County Clubhouse: 972-981-7020  
Tarrant County Clubhouse: 682-212-5400



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## Create Your Plan

After completing the new member paperwork, we will schedule you for an individual planning meeting with a licensed staff member. You'll learn more about our program and discuss how you would like to participate at the clubhouse. Once you have completed this process, you'll have the full benefit of membership and can attend all of our great offerings.

# April

8196 Walnut Hill Lane, LL10 | Dallas, TX 75231 | Phone: (214) 345-8230  
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



## Dallas County

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Pilates: Chair* 2:00-2:30 pm Mat* 2:30-3:00 pm Living with Loss Support Group 6:00-8:00 pm	2 Yin Yoga* 3:00-4:00 pm Clubhouse Tour 4:30-5:30 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer	3 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	4 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Grupo Amigos Unidos Virtual* 6:00-8:00 pm	5 24 Form Tai Chi with Jim 10:00-11:00 am	6 Clubhouse Closed
8 Solar Eclipse Viewing Party* 1:15-2:00 pm Pilates: Chair* 2:00-2:30 pm Mat* 2:30-3:00 pm	9 Yin Yoga* 3:00-4:00 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer - Life After Treatment	10 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	11 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Tea Time at the Red Door* 11:00-12:00 pm Volunteer Appreciation Happy Hour 5:00-6:30 pm	12 24 Form Tai Chi with Jim 10:00-11:00 am	13 Neuroendocrine Networking Group 11:00-12:30 pm
15 Pilates: Chair* 2:00-2:30 pm Mat* 2:30-3:00 pm Living with Loss Support Group 6:00-8:00 pm	16 Yin Yoga* 3:00-4:00 pm Visita a la Casa Club* 4:30-5:30 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer	17 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	18 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am Art Workshop: Mosaic Wooden Frames 1:00-3:00 pm New Member Social Hour* 4:00-5:00 pm	19 24 Form Tai Chi with Jim 10:00-11:00 am Volunteer Orientation 12:00-1:00 p.m.	20 Grupo Amigos Unidos* 10:00-12:00 pm Noogie Super Saturday* 10:00-12:00 pm
22 Pilates: Chair* 2:00-2:30 pm Mat* 2:30-3:00 pm	23 Yin Yoga* 3:00-4:00 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer - Life After Treatment	24 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	25 Pilates: Chair* 10:00-10:30 am Mat* 10:30-11:00 am	26 24 Form Tai Chi with Jim 10:00-11:00 am Friday Funnies: An Improv Comedy Show 6:00-7:00 pm Sound Bath Meditation* 7:30-8:15 pm	27 Clubhouse Closed
29 Pilates: Chair* 2:00-2:30 pm Mat* 2:30-3:00 pm	30 Yin Yoga* 3:00-4:00 pm Member Dinner* 5:00-6:30 pm Support Groups 6:30-8:00 pm - Living with Cancer - Living with Advanced Cancer Noogie Nights 6:30-8:00 pm	<b>What's Coming Up:</b> Cinco de Mayo Bingo - Friday, May 3, 1:00-2:00 pm. Celebrando la Investigación del Cáncer (Brunch & Learn) - Saturday, May 18, 10:00-12:00 pm. Paint & Sip: Hope - Wednesday, May 29, 1:00-3:00 pm.  <b>Special Thanks:</b> Emily Baudot, Holly Bagwell, Julia Anderson, Jane Cornish Smith, Jim Williams, Stephanie Shea, Holly Sullivan, and Jennifer Miller  <b>Eventos con la marca de ☘ indique su descripción se encuentra en español en el calendario del sitio web.</b>			

# April

10840 Texas Health Trail, Suite 120 | Fort Worth, TX 76244 | Phone: (682) 212-5400  
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



## Tarrant County

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 April Fools Noogie Night 5:30-6:30 pm Living with Advanced Cancer Support Group 2:00- 4:00 pm	2 	3 Gentle Yoga with Mindful Meditation 10:30-11:30 am Life After Treatment Support Group 2:00-4:00 pm	4 	5 Spring Wood Craft Event 2:00-4:00 pm	6 Clubhouse Closed
8 Qigong & Tai Chi with Ron 1:00-2:00 pm Living with Advanced Cancer Support Group 2:00- 4:00 pm	9 Game Time 2:00-4:00 pm	10 Clubhouse Tour 12:00-1:00 pm	11 CCBC Open Support Group 11:00- 12:30 pm Bereavement Social 5:30-6:30 pm	12 	13 Breast Cancer Networking Group 10:00-11:30 am StrongHer Yoga 11:45- 12:45 pm Minority Health Month Brunch 1:30-3:00 pm
15 Living with Advanced Cancer Support Group 2:00- 4:00 pm	16 	17 Gentle Yoga with Mindful Meditation 10:30-11:30 am Life After Treatment Support Group 2:00-4:00 pm	18 	19 Crafting and Camardaerie 10:30-12:30 pm	20 Clubhouse Closed
22 Qigong & Tai Chi with Ron 1:00-2:00 pm Living with Advanced Cancer Support Group 2:00- 4:00 pm	23 	24 	25 Volunteer Orientation 5:00-5:45 pm All Group Dinner 5:45-7:30 pm	26 Clubhouse Tour 4:00-5:00 pm	27 Clubhouse Closed
29 Living with Advanced Cancer Support Group 2:00- 4:00 pm	30 New Member Social Hour 6:00-7:00 pm	<b>What's Coming Up:</b> Don't forget to register your children for Camp Noogie, June 24-28, from 9:00-12:00 pm!  <b>Special Thanks:</b> Ron, Diane, and Stephanie for your dedication to our members!			



# April

6300 W. Parker Rd., MOB 2, Suite 129A | Plano, TX 75093 | Phone: (972) 981-7020  
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



## Collin County

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <div>Living with Advanced Cancer Support Group 1 1:00-3:00 pm</div>	2 <div>24 Form Tai Chi 10:00-11:00 am</div> <div>Living with Advanced Cancer Support Group 2 1:00-3:00 pm</div>	3 	4 	5 <div>Game Time! 2:00-4:00 pm</div>	6 <div>Clubhouse Closed</div>
8 <div>Living with Advanced Cancer Support Group 1 1:00-3:00 pm</div>	9 <div>24 Form Tai Chi 10:00-11:00 am</div> <div>Living with Advanced Cancer Support Group 2 1:00-3:00 pm</div>	10 	11 <div>Trivia Thursday 3:30-4:30 pm</div>	12 <div>Noogie Night: Pranks &amp; Franks 5:30-7:00 pm</div>	13 <div>Clubhouse Closed</div>
15 <div>Living with Advanced Cancer Support Group 1 1:00-3:00 pm</div>	16 <div>24 Form Tai Chi 10:00-11:00 am</div> <div>Living with Advanced Cancer Support Group 2 1:00-3:00 pm</div>	17 <div>Breast Cancer Networking Group 1:00-2:30 pm</div> <div>Painting Along with Bob 2:30-3:30 pm</div>	18 <div>Sound Bath Meditation 12:00-1:15 pm</div> <div>Volunteer Orientation 2:00-3:00 pm</div> <div>Clubhouse Tour 3:00-4:00 pm</div>	19 <div>Game Time! 2:00-4:00 pm</div>	20 <div>Clubhouse Closed</div>
22 <div>Living with Advanced Cancer Support Group 1 1:00-3:00 pm</div>	23 <div>24 Form Tai Chi 10:00-11:00 am</div> <div>Living with Advanced Cancer Support Group 2 1:00-3:00 pm</div>	24 <div>A Novel Idea Book Club 10:00-11:30 am</div> <div>New Member Social Hour 4:00-5:00 pm</div>	25 <div>Creating Peace of Mind 12:00-1:00 pm</div> <div>Crafternoon 1:30-3:30 pm</div> <div>Bereavement Art Hour 3:30-4:30 pm</div>	26 	27 <div>Clubhouse Closed</div>
29 <div>Living with Advanced Cancer Support Group 1 1:00-3:00 pm</div>	30 <div>24 Form Tai Chi 10:00-11:00 am</div> <div>Living with Advanced Cancer Support Group 2 1:00-3:00 pm</div>	<div>What's Coming Up: Star Wars Day: May 4, 11:00 am - 1:00 pm</div> <div>Special Thanks: Lynne Patterson, Jim Williams, Ronda Miles, and Melissa Berg-Baker</div>			

# April

All events below will be hosted virtually on Zoom  
Hours: Monday - Friday, 9:00-5:00 pm with select evenings and Saturdays



## Virtual

Scan the QR code to learn more about our events and to register



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <div>Living with Advanced Cancer Support Group 1 2:00-4:00 pm</div> <div>Living with Loss Support Group 6:00-8:00 pm</div>	2 <div>Managing Cancer Related Fatigue Workshop #1 12:00-1:00 pm</div> <div>Living with Advanced Cancer Support Group 2 2:00-4:00 pm</div> <div>Gentle Yoga for the Soul 6:00-7:00 pm</div>	3 <div>Living with Cancer Support Group 6:00-8:00 pm</div>	4 <div>Colorectal Cancer Networking Group 1:00-2:30 pm</div> <div>Qigong with Emily 1:00-2:00 pm</div> <div>Grupo Amigos Unidos Virtual* 6:00-8:00 pm</div>	5 	6 <div>Clubhouse Closed</div>
8 <div>Living with Advanced Cancer Support Group 1 2:00-4:00 pm</div> <div>Family &amp; Friends Support Group 1 6:00-8:00 pm</div> <div>Bereavement Workshop 6:00-7:30 pm</div>	9 <div>Managing Cancer Related Fatigue Workshop #2 12:00-1:00 pm</div> <div>Write to Heal 2:00-4:00 pm</div> <div>Living with Advanced Cancer Support Group 2 2:00-4:00 pm</div> <div>Gentle Yoga for the Soul 6:00-7:00 pm</div> <div>Family &amp; Friends Support Group 2 6:00- 8:00 pm</div>	10 <div>Young Adult Support Group 12:00-1:00 pm</div> <div>Living with Cancer Support Group 6:00-8:00 pm</div>	11 <div>Mindfulness Drop-In Group 10:15-11:15 am</div> <div>Creating Peace of Mind 12:00-1:00 pm</div> <div>Qigong with Emily 1:00-2:00 pm</div>	12 	13 <div>Clubhouse Closed</div>
15 <div>Gardening Club 12:00-1:00 pm</div> <div>Living with Advanced Cancer Support Group 1 2:00-4:00 pm</div> <div>Living with Loss Support Group 6:00-8:00 pm</div> <div>Blood Cancers Networking Group 6:00- 8:00 pm</div>	16 <div>Managing Cancer Related Fatigue Workshop #3 12:00-1:00 pm</div> <div>Living with Advanced Cancer Support Group 2 2:00-4:00 pm</div> <div>Gentle Yoga for the Soul 6:00-7:00 pm</div>	17 <div>Living with Cancer Support Group 6:00-8:00 pm</div>	18 <div>Clinical Trials Support Group 1:00-2:30 pm</div> <div>Qigong with Emily 1:00-2:00 pm</div>	19 	20 <div>Breast Cancer Networking Group 10:00-11:30 am</div>
22 <div>Hospice Care: Truths and Myths 12:00-1:00 pm</div> <div>Living with Advanced Cancer Support Group 1 2:00-4:00 pm</div> <div>Family &amp; Friends Support Group 1 6:00-8:00 pm</div> <div>Bereavement Workshop 6:00-7:30 pm</div>	23 <div>Write to Heal 2:00-4:00 pm</div> <div>Living with Advanced Cancer Support Group 2 2:00-4:00 pm</div> <div>Gentle Yoga for the Soul 6:00-7:00 pm</div> <div>Family &amp; Friends Support Group 2 6:00- 8:00 pm</div>	24 <div>Living with Cancer Support Group 6:00-8:00 pm</div>	25 <div>Mindfulness Drop-In Group 10:15-11:15 am</div> <div>Qigong with Emily 1:00-2:00 pm</div>	26 	27 <div>Clubhouse Closed</div>
29 <div>Living with Advanced Cancer Support Group 1 2:00-4:00 pm</div>	30 	<div>What's Coming Up: Grief Presentation: Yellow Rose Hospice - Wednesday, May 1, 12:00 - 1:00 pm.</div> <div>Special Thanks: Rajani Sinha, Emily Atlas, Ben Garcia, Michaela Hatfield and The Writer's Garret</div> <div>Eventos con la marca de ☘ indique su descripción se encuentra en español en el calendario del sitio web.</div>			

## April 2024 Calendar & Newsletter

### Member Information

#### Location and Colors

Be sure to note the color coding on the calendar indicating the type of event. Members are welcome to attend programming at any of our in-person locations or virtually. You must be added to our support group and networking group rosters by a member of our team.

#### Please Be Considerate

If you are ill, we ask that you be considerate of fellow members whose immune systems may be compromised and visit the clubhouse when you are feeling better. Thank you!

#### No Cologne, Perfume, or Tobacco

Due to members' strong reactions to smells during treatment, please do not wear cologne or perfume when at CSCNT. CSCNT is also a tobacco free environment.

#### RSVP For ALL Events

Please remember to RSVP for all events by registering through the website calendar, calling the clubhouse, or emailing [info@cancersupporttexas.org](mailto:info@cancersupporttexas.org) in advance. Activities without sufficient enrollment will be canceled.

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