

June 2024



## Amigos Unidos supports Spanish speakers

Accessing healthcare and resources is particularly difficult when information isn't in your native language. That's why the Amigos Unidos support group at Cancer Support Community North Texas is so important to our Spanish-speaking participants.

"There's often a stigma about sharing personal information outside of families in Hispanic communities, but family may not understand what they're going through," shares Patricia Callahan, CSCNT Spanish Services Manager and Cancer Resource Specialist. "Talking with people from the same culture and language makes it feel like family."

Many participants don't have family in the United States, so to have this network of support they can call on is vital

in a way that's different than it is for people from this country.

"A lot of people don't want to tell family members about their cancer diagnosis because they're not in the country and they don't want to worry them," Patricia says. "That contributes to isolation and a lack of emotional support until they get connected at CSCNT."

Research shows having emotional support produces better health outcomes, reduces stress and leads to an improved experience with any medical condition, Patricia adds.

Read the full story: [CancerSupportTexas.org/CSCNT-news](https://CancerSupportTexas.org/CSCNT-news).



## June Event Highlights

**Cancer Survivors Day Celebration**  
Dallas County Clubhouse  
Sunday, June 2, 2:00 - 4:00 pm

**Family Improv Night**  
Collin County Clubhouse  
Friday, June 28, 5:00 - 6:30 pm

**Camp Noogie: Superheroes (ages 4-12)**  
Tarrant County Clubhouse  
Monday-Friday, June 24-28, 9:00 am - 12:00 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.



CSCNT participant Claire Scherer was featured on WFAA television.

### Calendar Update

To reduce costs, this June calendar is the last edition we will provide a printed version. Stay up-to-date on our upcoming events by visiting [CancerSupportTexas.org](http://CancerSupportTexas.org) and clicking on the calendar.



Participants have a good laugh at our first Friday Night Funnies in Dallas.

## 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.**

## Celebrating Survivors

As we celebrate Cancer Survivors Month, we honor the strength and courage of those who have faced cancer, and the strengthening bonds of CSCNT.

We provide vital resources and programs that our members need to thrive. This month, we encourage you to make an honorary gift in celebration of those that make our community strong. Celebrate a loved one that has faced/is facing cancer, a friend or family members that provide loving support, a member at CSCNT without whom this journey would not be possible, a volunteer or a staff member. Your donation makes a difference, and together, we offer hope and support for our members. To make a gift, visit [CancerSupportTexas.org/donate](http://CancerSupportTexas.org/donate)

# 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.

1

## 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



2

## 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.

# June

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
<p><b>HELL-Summer</b></p> <p><b>What's Coming Up:</b> Mark your calendars! Summer BBQ, Saturday, July 20, 11:30-1:30 pm. <b>Resilience Below the Belt:</b> Managing Bedroom and Bathroom Struggles After Cancer, Wednesday, July 31.</p> <p><b>Special Thanks:</b> Texas Oncology, Texas Health Presbyterian Dallas, Central Market, SusieCakes, Mary Alexander, Isabella Ferrari, Sebastian Canales, Jennifer Miller, and Jim Williams.</p> <p>Eventos con la marca de* indique su descripción se encuentra en español en el calendario del sitio web.</p>					
3 Living with Loss Support Group 6:00-8:00 pm	4 Volunteer Orientation 5:00-5:45 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer	5 Strategies for Eating and Living Well During Breast Cancer Treatment and Beyond 12:00-1:00 pm Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm Clubhouse Tour 4:00-5:00 pm	6 Sunburst icon	7 24 Form Tai Chi with Jim 10:00-11:00 am	8 Clubhouse Closed
10 Sunburst icon	11 Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer - Life After Treatment	12 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm Visita a la Casa Club* 4:00-5:00 pm	13 Teatime at the Red Door* 11:00-12:00 pm	14 24 Form Tai Chi with Jim 10:00-11:00 am	15 Noogie Super Saturday* 10:00-12:00 pm Conferencia de la Alimentación Saludable con Comida Compartida* 10:00-12:00 pm
17 Living with Loss Support Group 6:00-8:00 pm	18 Technology Help 1:00-3:00 pm Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer	19 Clubhouse Closed	20 Sunburst icon	21 24 Form Tai Chi with Jim 10:00-11:00 am	22 Clubhouse Closed
24 Sunburst icon	25 Support Groups 6:00-8:00 pm - Living with Cancer - Living with Advanced Cancer - Life After Treatment	26 Yoga, Breath, & Sound with Jenn* 3:00-4:00 pm	27 Sunburst icon	28 24 Form Tai Chi with Jim 10:00-11:00 am Bingo Night! 6:00-7:00 pm Sound Bath Meditation* 7:30-8:15 pm	29 Clubhouse Closed

# June

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
<p><b>Summer is here</b></p> <p><b>Special Thanks:</b> Thank you to Stephanie Mamatov and Tonya Wells for supporting our members. And special thank you to Amy Weaver at Lucky Street Cakes for providing a custom cake for our Survivorship Month Celebration.</p>					1 Clubhouse Closed
3 Living with Advanced Cancer Support Group 2:00- 4:00 pm	4 Energize Your Life! Presentation 1:30-2:30 pm	5 Gentle Yoga with Mindful Meditation 10:30-11:30 am Life After Treatment Support Group 2:00-4:00 pm	6 Clubhouse Tour 1:30-2:00 pm Diamond Dots 2:00-4:00 pm	7 Survivorship Month Celebration! 5:45-7:15 pm	8 Breast Cancer Networking Group 10:00-11:30 am StrongHer Yoga 11:45- 12:45 pm Hotdog it's (almost) Father's Day 1:30-3:00 pm
10 Qigong & Tai Chi with Ron 1:00-2:00 pm Living with Advanced Cancer Support Group 2:00- 4:00 pm	11 Cool Drinks on Hot Days Social Hour 2:00-4:00 pm	12 Navigating Your Member Portal 1:00-2:00 pm Game Time! 2:00-4:00 pm	13 CCBD Open Support Group 11:00- 12:30 pm	14 Sunburst icon	15 Clubhouse Closed
17 Living with Advanced Cancer Support Group 2:00- 4:00 pm	18 Game Time! 10:30-12:30 pm Volunteer Orientation 12:00-1:00 pm	19 Clubhouse Closed	20 Painting with Angel & Tina 5:45-7:45 pm	21 Crafting and Camaraderie 10:30-12:30 pm Sound Bath Meditation 6:00-7:00 pm	22 Clubhouse Closed
24 Camp Noogie Superheroes Week 9:00 am - 12:00 pm Living with Advanced Cancer Support Group 2:00- 4:00 pm	25 Camp Noogie Superheroes Week 9:00 am - 12:00 pm	26 Camp Noogie Superheroes Week 9:00 am - 12:00 pm	27 Camp Noogie Superheroes Week 9:00 am - 12:00 pm	28 Camp Noogie Superheroes Week 9:00 am - 12:00 pm	29 Clubhouse Closed



# June

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
<p><b>What's Coming Up:</b> Teatime July 25; Camp Noogie July 22-26</p> <p><b>Special Thanks:</b> Rajani Sinha, Lynne Patterson, Jim Williams, Ronda Miles, and Melissa Berg-Baker</p>					1 Cancer Survivor Event 9:00-12:00 pm
3 Living with Advanced Cancer Support Group 1:00-3:00 pm	4 24 Form Tai Chi 10:00-11:00 am Volunteer Orientation 11:00-12:00 pm Clubhouse Tour 12:00-1:00 pm	5	6	7 Game Time! 2:00-4:00 pm	8 Neuroendocrine Networking Group 11:00-12:30 pm
10 Living with Advanced Cancer Support Group 1:00-3:00 pm Movie Monday: The Greatest Showman 3:00-5:00 pm	11 24 Form Tai Chi 10:00-11:00 am Trivia Tuesday 11:00-12:00 pm Tech Help Hour 12:00-1:00 pm	12	13	14	15 Clubhouse Closed
17 Living with Advanced Cancer Support Group 1:00-3:00 pm	18 24 Form Tai Chi 10:00-11:00 am Bingo Time! 2:30-4:00 pm	19 Clubhouse Closed	20 Sound Bath Meditation 12:00-1:15 pm	21	22 Clubhouse Closed
24 Living with Advanced Cancer Support Group 1:00-3:00 pm	25 24 Form Tai Chi 10:00-11:00 am Bereavement Art Hour 11:00-12:00 pm	26	28 Creating Peace of Mind 12:00-1:00 pm A Novel Idea Book Club 1:00-2:30 Crafternoon 2:30-4:30 pm	28 Family Improv Night 5:00-6:30 pm	29 Clubhouse Closed

# June

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
<p><b>What's Coming Up:</b> Hyperbaric Presentation July 17, Resilience Below the Belt: Managing Bedroom and Bathroom Struggles After Cancer, Wednesday, July 31.</p> <p><b>Special Thanks:</b> Emily Atlas, Ben Garcia, and The Writer's Garret</p> <p>Eventos con la marca de* indique su descripción se encuentra en español en el calendario del sitio web.</p>					1 Clubhouse Closed
3 Living with Advanced Cancer Support Group 1 2:00-4:00 pm Living with Loss Support Group 6:00-8:00 pm	4 Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm	5 Living with Cancer Support Group 6:00-8:00 pm	6 Qigong with Emilly 1:00-2:00 pm Colorectal Cancer Networking Group 1:00-2:30 pm Grupo Amigos Unidos Virtual* 6:00-8:00 pm	7	8 Clubhouse Closed
10 Living with Advanced Cancer Support Group 1 2:00-4:00 pm Family & Friends Support Group 1 6:00-8:00 pm	11 Write to Heal 2:00-4:00 pm Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm Family & Friends Support Group 2 6:00-8:00 pm	12 Young Adult Support Group 12:00-1:00 pm Living with Cancer Support Group 6:00-8:00 pm	13 Creating Peace of Mind 12:00-1:00 pm Mindfulness Drop-In Group 10:15-11:15 am Qigong with Emilly 1:00-2:00 pm	14	15 Breast Cancer Networking Group 10:00-11:30 am
17 Living with Advanced Cancer Support Group 1 2:00-4:00 pm Living with Loss Support Group 6:00-8:00 pm Blood Cancers Networking Group 6:00-8:00 pm	18 Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm	19 Clubhouse Closed	20 Qigong with Emilly 1:00-2:00 pm Clinical Trials Support Group 1:00-2:30 pm	21	22 Clubhouse Closed
24 Family & Friends Support Group 1 6:00-8:00 pm	25 Write to Heal 2:00-4:00 pm Living with Advanced Cancer Support Group 2 2:00-4:00 pm Gentle Yoga for the Soul 6:00-7:00 pm Family & Friends Support Group 2 6:00-8:00 pm	26 A Novel Idea Book Club 2:00-3:30 pm Living with Cancer Support Group 6:00-8:00 pm	27 Mindfulness Drop-In Group 10:15-11:15 am Qigong with Emilly 1:00-2:00 pm	28 Community is Stronger than Cancer Day - Follow along on CSCNT's social media	29 Clubhouse Closed

# June 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.

		3		7	2	4		9
	9				1	7	5	2
	7		5					6
	3		2	8	4	6		
2		1	3				4	
	6	9	1		7			
9		6	4	1				
1				6		9	2	
3		7				1		5

