

Cancer Support Group

Cancer - a very scary word! Anyone who has been diagnosed with cancer or who has had a loved one diagnosed with cancer will always remember the day the diagnosis was delivered. The mind goes blank, and then all the fear and dread of the unknown comes crashing down at once. Life after that moment becomes much different, and often difficult. Dealing with cancer is not easy, but no one has to go through it alone if they choose not to. There are people at Sea Trail who have gone through it and are willing to help those who have received a cancer diagnosis and their caregivers navigate the difficult road ahead.

The **Sea Trail Cancer Support Group** is a group of Sea Trail residents and employees who have either been diagnosed with cancer or are care-givers for someone who has. The group meets every 2-3 months, usually on a Wednesday evening. The purpose of the group is to use the experience of the members to help those who are newly-diagnosed or currently undergoing treatment understand what they may experience during their struggle with cancer. Membership includes residents who have experienced many different types of cancer and who are willing to give of their time to share their experiences with others in order to help them prepare for and get through this very trying time. The group also includes professionals experienced in cancer care, who can help explain the information provided by physicians, help patients prepare for medical appointments by suggesting questions the patient should be asking of their physicians during the limited time they see them, and guide patients in searching out further information on the treatments available for their disease.

If you're not comfortable in participating in a group setting, the Cancer Support Group also has a database with the names of residents willing to meet privately to share their experiences with anyone who would like to either get more information or just have someone to talk to one-on-one who can relate to what they're going through.

If you are a current patient or care-giver who would like to interact with others who have been in your shoes and can help you cope and understand what's ahead, or if you're a former patient who is willing to share their experiences to help your fellow residents, please plan on joining us at our next meeting. For more information, please contact Cherle or John Rothermel at 579-5263 or cherlerothermel1@gmail.com or rothermel@atmc.net.