



November is Lung and
Pancreatic Cancer
Awareness &
Caregiver's Month!

To learn more, visit:

www.lungcancer.org

[http://
www3.ccc.uab.edu/
crossroads/october/](http://www3.ccc.uab.edu/crossroads/october/)

[http://
www.cancersupportco
mmunity.org/
MainMenu/Family-
Friends/Caregiving.aspx](http://www.cancersupportcommunity.org/MainMenu/Family-Friends/Caregiving.aspx)

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Coping with Cancer

Ways to manage the effects of a cancer diagnosis

November, 2014

Calling All Caregivers!

There are millions of people who have been affected by cancer, and each one has needed a caregiver at some point. Being a caregiver is both a privilege and responsibility. While it is rewarding, to be able to do something to help a friend or loved one cope with a cancer diagnosis, it can also be draining and exhausting.

If you're a caregiver, you are there to help your

loved one face all aspects of their illness—physical, mental, emotional, and social, financial, etc. You are a huge source of support, hope, and strength.

A caregiver's physical, emotional, and mental health is vital to the well-being of the person who has cancer. To be a good caregiver, you must be good to yourself.

Caregivers may experience periods of stress, anxiety, depression, and frustration. If you are feeling a bit overwhelmed, consider asking for assistance with your caregiving responsibilities.

Also, learn to recognize the signs of stress, and talk with your doctor or a counselor if you are having trouble coping with your emotions.

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Self-Care Quick Tips for Caregivers

- ◆ Find support for you!
- ◆ Recognize the signs of stress.
- ◆ Get help.
- ◆ Make time for yourself and other relationships.
- ◆ Learn about the Family and Medical Leave Act (FMLA)
- ◆ Be kind and patient with yourself.
- ◆ Take care of your body.
- ◆ Know when to seek professional help.



To learn more on how you can take better care of yourself, visit:
<http://www.cancer.net/coping-and-emotions/caregiver-support/how-caregivers-can-take-care-themselves>

Calling All Caregivers!, continued

It is also important to recognize the warning signs of “caregiver fatigue”, burn-out” or depression. These include:

- ◆ Loss of appetite or overeating
- ◆ Problems sleeping (inability to sleep or oversleeping)
- ◆ Lack of energy
- ◆ Loss of interest in activities once enjoyed
- ◆ Difficulty concentrating, remembering, and making decisions
- ◆ Irritability and restlessness
- ◆ Excessive crying
- ◆ Headaches or constant, unexplained pains; physical symptoms that don't improve with treatment
- ◆ Excessive use of alcohol
- ◆ Anxiety

If you experience any of these signs or symptoms, please talk to your doctor as soon as possible.

The following suggestions can help keep you from feeling overwhelmed or burned out.

- ◆ Avoiding excessive use of alcohol.
- ◆ Plan enjoyable activities with family and friends.
- ◆ Join a support group for caregivers.
- ◆ Participate in activities that bring you happiness and comfort.
- ◆ Exercise — even as little as 10 to 15 minutes at a time can make you feel better.
- ◆ Practice relaxation techniques, such as meditation and yoga.



A few things that caregiver's should understand about the patient:

- ◆ The importance of communication
- ◆ Understanding the health care system
- ◆ Making health decisions
- ◆ Long-distance caregiving
- ◆ The treatment timeline
- ◆ Organizing medical treatment and paperwork
- ◆ Taking care of yourself
- ◆ Asking for help
- ◆ Handling job, insurance, and money concerns
- ◆ Legal issues
- ◆ Being open to learning more about caregiving and coping

What Patients Can do for Their Caregivers

- **Communicate appropriately**—Have honest conversations with your caregiver. They can't help you if they don't know exactly how you feel. Let them vent and talk to you about how they feel as well.
- **Be aware of caregiver burnout**— It is important to give your caregivers breaks in their caregiving. Be aware of their mood and feelings. Don't forget that their health can also suffer from the stress of coping with a cancer diagnosis.
- **Know about support resources** — this is good advice for both you *and* your caregiver!

Fearless Caregiving Conference: Free!

Thursday, October 30, 2014
 8:30am - 2:30pm
 Rosewood Hall at Homewood City Hall
 2850 19th Street South
 Homewood, AL 35209

Agenda

8:30 am - 9:30 am

Registration in Exhibit Area

9:30 am - 11:30 am

Expert Question and Answer Panel

A panel of caregiving experts will answer audience questions and offer advice of their own on topics such as respite options, financial and legal issues, getting a parent to stop driving, Alzheimer's care, grandparent caregiving and depression stress management, and adult day services.

Noon - 1:00 pm

Lunch/Guest Speakers/Awards

1 :00 pm - 2:30 pm

Fearless Caregiver Training

Attendees will learn how to become a respected member of their loved ones care team, utilizing tools such as journaling, respite and the Reverse Gift List and learning to create a personal family care team.

To Register: http://caregiver.com/fearlessconference/central_alabama_14/survey/index.htm



Caregiver Support Resources & Information

WhatNext (Cancer Support Network)

www.whatnext.com

Cancer.Net YouTube Videos

https://www.youtube.com/user/cancerdotnet?sub_confirmation=1

Connect With Other Caregivers

<https://circleofsharing.cancer.org/>

I Can Cope Online

<http://www.cancer.org/treatment/supportprogramsservices/onlinecommunities/participateinacancereducationclass/icancopeonline/index>



**UAB
COMPREHENSIVE
CANCER CENTER**

Wallace Tumor
Institute

Phone: 205.934-5772

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tgw318@uab.edu

We're on the Web!



**We would like your
suggestions**

Please let us know the
topics you would like us to
include in our newsletter
and programs you would
like for us to offer.

Email your suggestions
to:

tgw318@uab.edu

Programs in November to Support You

Think Well: Healthy Living to Improve Cognitive Function

Learn more about chemo-brain: what is it, and what can you do?

WHEN: Saturday, November 15, 10 am - Noon
WHERE: More Than Conquerors Faith Church- Bethesda Life Center
1721 Steve Green Drive SW,
Birmingham, AL 3521
To register: <https://www.eventbrite.com/e/think-well-at-more-than-conquerors-tickets-13093624383>

Shake Your Soul Yoga Dance!

Do something wonderful for your body and spirit! No experience necessary and all levels of physical fitness welcomed!

WHEN: Mondays, 5:30—6:30 pm
WHERE: Homewood Community Center
1632 Oxmoor Road
Homewood, Alabama 35209
To register: lhanna@barefootsoulswellness.com
(612) 867-2232
Cost: \$10 per class



Artful Journeys: *finding peace through creative art*

Take a break with us for guided art therapy sessions designed to help you connect with inner peace and contentment. Join us and discover the inner artist in you!

Free! No art experience or supplies needed.

When: Thursday Evenings (Sept 25 – Nov 13) 6:00 – 8:00pm

Where: Dawson Baptist Church
1114 Oxmoor Road, Birmingham

To Register: tgw318@uab.edu



To learn about all of our support programs, see our Monthly Calendar at:
<http://www3.ccc.uab.edu/wp-content/uploads/2009/10/calendar-nov2014.pdf>