

# Cancer Support Network

# NEWS



Volume I, Issue I

July 2006

*"Our mission is to improve the quality of life for individuals and families affected by cancer..."*

## Who We Are By Co-Founder Karen Greif

*It is overwhelming to hear the words, "You have cancer." The known world is shattered. The unknown is a fearful place. Decision making is difficult at a time when many decisions must be made.*

Volunteers for The Cancer Support Network know how it feels to hear these words. We are all cancer survivors or family members who have cared for a loved one with cancer. In addition to the physical effects of cancer, we are aware of its assault upon the psyche and spirit. By virtue of having walked in the same valley of the shadow, our survivor volunteers offer support relating to these non-physical realms of the cancer experience. We also understand that cancer strikes beyond the individuals diagnosed, disrupting the lives of their loved ones as well. Our family member volunteers offer a listening ear and an understanding heart to those supporting a loved one who is currently battling this disease.

Jane Louis, my husband, Bill

and I co-founded The Cancer Support Network of Austin because of our own experiences with cancer. Jane was both an advocate and caregiver for her father, an Austin physician who died in 2002 after a five-year struggle with metastatic bladder cancer. Bill was my advocate and caregiver when I was diagnosed with breast cancer in March of 2000.

While grateful for the guidance of physicians and the love of my family and friends, the support I received from cancer survivors was uniquely helpful and comforting. They knew the sense of devastation that comes with the initial diagnosis and were familiar with the waves of shock and disbelief that make decision-making difficult at a time when many decisions are required. They knew what to expect from surgery and chemotherapy and were able to share how they managed to live through the loss

of body parts and hair. Most importantly, they were a witness to a future that was possible at a time when my hope in any future was being deeply questioned.

The heart of our ministry of care is matching individuals and family members struggling with cancer with those who have faced similar situations before them. We understand that our own experience places us in a unique position to offer support, encouragement and hope. This ministry is our way of creating good from bad, of refocusing our cancer experience from what was lost to what was found, and of giving to others in honor of those survivors who gave so much to us.



## Guided Imagery Class Begins By Emmett Skiles

Guided imagery is the conscious use of the imagination to create positive images, or healing visualizations, in order to bring about healthful changes in both the body and the mind. Creating mental images is nothing new for most people. Athletes keep a vision of winning firmly in their minds. And others may plan a wedding based on the exact details they see when they picture

the perfect ceremony. Guided imagery takes this natural process a step further. By using special audiotapes or CD's, you can learn to communicate more effectively with your unconscious mind, requesting that your body function in an optimal and healthy way.

Guided imagery is one of the more popular techniques of mind-body medicine now being

integrated into progressive medical facilities around the country. It is offered in some hospitals to help patients prepare for surgery. The benefits have been: creating a calm, relaxed state, which in turn, has measurable effects on the experience of pain, as well as favorable effects on post-surgical wound healing rates. According to one study done by Blue Cross of California, the savings derived

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**Cancer Support Network News is a quarterly publication produced by CanCare Austin, Inc.**

**For more information call (512) 342-0233 email [info@cancareaustin.org](mailto:info@cancareaustin.org) or go to [www.cancareaustin.org](http://www.cancareaustin.org)**

# New Support Group Format Begins

The Cancer Support Network has recently revamped the **support group at St. John's Methodist Church (at 2140 Allandale Rd., Austin, TX 78756)**. We now offer a group for the family mem-

ber Society on establishing the pairing of these two groups. By offering them at the same time, it makes it more convenient for the caregiver since they can come to a group for themselves at the same time and place as where

*Having groups at the same time makes it more convenient for the caregiver since they can come to a group for themselves at the same time and place as where their loved one will have their group session.*

bers/caregivers that meet at the same time as the cancer patient's group. Both groups meet on the second and fourth Thursdays of each month from 5:30pm until 7:00pm, in Room 101 (caregivers) and Room 119 (cancer patients).

their loved one will have their group session."

The caregiver group offers family members a safe place to share concerns and give support to each other as they deal with the myriad of issues involved in serving in a caregiver capacity for a loved one.

"We had noticed there are so few choices when it comes to group support for caregivers. After hearing several requests for such a group from people calling in, and also from caregivers who were attending the patient group, we decided to form one," explains Emmett Skiles, CanCare's Program Director. "We were able to partner with the American Can-

There has been a good response and attendance is steadily increasing since these new groups started on May 22.

*If you would like to find out more or sign up to attend one of these support groups, please call us at 342-0233.*

## Coming Soon... Spirituality and Cancer

Much has been researched and written about spiritual belief systems and how those beliefs affect health and hope. Join other participants to explore your personal spirituality and cancer's impact on the search for meaning in your life. To be facilitated by Rev. Karen Greif. Dates and times will be finalized by this Fall. Feel free to let us know if you're interested in attending in the meantime.

## CALENDAR

<b>June 30</b> 12:30 – 2:00 pm	<b>Brown Bag Lunch for Volunteer Class #3 and #4.</b> A.G.E. Building in the Founders Room. RSVP required. 342-0233. Guest speaker: Marion Cimbala of MoveThroughCancer.org
<b>July 6</b> 3:30 - 4:30 p.m.	<b>Qigong Class (series)</b> 12 class series, Thursdays. Austin Cancer Centers, 2600 MLK Blvd. Call 505-5515 to join the Thursday classes. Days off: 7/27, 8/3, 8/10.
<b>July 6</b> 7:00 - 9:00 p.m.	<b>Life After Cancer Group.</b> A.G.E. Building in the Founders Room Registration Required. Call 342-0233
<b>July 8</b> 11:00 am – 12:00 p.m.	<b>Guided Imagery Class.</b> St. David's - North Austin Medical Center. Call 342-0233.
<b>July 11</b> 3:30 pm. - 4:30 pm.	<b>Qigong Class (series)</b> 12 class series, Tuesdays. Austin Cancer Centers, 2600 MLK Blvd. Call 505-5515 to join the Tuesday classes. Days off: 7/4, 8/1, 8/8.
<b>July 13</b> 5:30 -7:00 p.m.	<b>Cancer Support Group for Patients &amp; Caregivers</b> St. John's Methodist Church
<b>July 18</b> 5:30 -7:00 p.m.	<b>Southwest Regional Cancer Dialogue Group</b> Southwest Regional Cancer Center
<b>July 20</b> 7:00 - 9:00 p.m.	<b>Life After Cancer Group.</b> A.G.E. Building in the Founders Room Registration Required. Call 342-0233
<b>July 27</b> 5:30 -7:00 p.m.	<b>Cancer Support Group for Patients &amp; Caregivers</b> St. John's Methodist Church
<b>Aug 1</b> 5:30-7:00 p.m.	<b>Southwest Regional Cancer Dialogue Group</b> Southwest Regional Cancer Center
<b>Aug 3</b> 7:00 - 9:00 p.m.	<b>Life After Cancer Group</b> A.G.E. Building in the Founders Room Registration Required. Call 342-0233.
<b>Aug 10</b> 5:30 -7:00 p.m.	<b>Cancer Support Group for Patients &amp; Caregivers</b> St. John's Methodist Church
<b>Aug 15</b> 5:30-7:00 p.m.	<b>Southwest Regional Cancer Dialogue Group</b> Southwest Regional Cancer Center
<b>Aug 17</b> 7:00-9:00 p.m.	<b>Life After Cancer Group</b> A.G.E. Building in the Founders Room Registration Required. Call 342-0233.
<b>Aug 24</b> 5:30 -7:00 p.m.	<b>Cancer Support Group for Patients &amp; Caregivers</b> St. John's Methodist Church
<b>Aug 25 &amp; 26</b> Fri 7-9pm Sat 9am-5pm	<b>Cancer Support Network Volunteer Training</b> Volunteers attend both days.

# Break-through Fitness Program for Cancer Survivors Helps Them Enjoy Full, Active Lives

MoveThroughCancer was developed in Austin, Texas to help cancer survivors offset the affects of cancer treatment and improve their chances for a healthy future. They often face fatigue, low energy level, weakness, stiff muscles and joints, pain, weight loss or gain, emotional stress, sleep problems and restlessness. With the expert guiding help of MoveThroughCancer each week, they can now walk, jog, stretch and strengthen their bodies.

MoveThroughCancer is an Austin-birtherd, new non-profit corporation that develops and promotes intelligent, well-informed yet simple physical activity programming, helping survivors of all ages and all types of cancers to get up and moving before, during and after treatment.

“Exercise plays a critical role in the quality of life for cancer survivors,” says Marion Burch Cimbala, MoveThroughCancer founder. “When used correctly, physical activity can actually stimulate the immune system, speed recovery and help the body heal. Exercise also counteracts many of the negative effects of cancer treatment, plays an important role in preventing other diseases and may even prevent the recurrence of some cancers.”

“I would never have considered running a race, but the positive

spirits and new friendships I’ve made with the coaches and participants of MoveThroughCancer inspired me,” says Rod Johnson, Hodgkin’s lymphoma survivor since 1986. “As cancer patients, we not only want a cure, but we also want to lead full and

enough to help the body heal and working out too hard. The key is to adapt an exercise program to stimulate an individual’s immune system without stressing it.

Participants who join MoveThroughCancer for \$25 receive 10 weeks of walking/jogging training and coaching, a pair of RunTex running/walking shoes with



active lives. With the help of MoveThroughCancer, we are living that goal.”

For a person dealing with cancer, says Cimbala, there is a fine line between working out hard

personalized fit, a MoveThroughCancer t-shirt, and entry into a local race or event at the end of training. Each workout program is tailored individually to each participant’s level of fitness. Participants also find support and encouragement from other survivors.

“Since walking with the MoveThroughCancer group,

my muscle strength has improved, my energy level is higher and my leg pain is gone,” says Kate Koons, breast cancer survivor. “The program is great. I am surrounded by others who know what I’ve been through and understand my challenges, because they’ve been there too.”

“Our training program is the first of its kind and it really works,” says Cimbala. “For individuals who are still undergoing treatment, moderate physical activity can reduce fatigue and boost the immune system. Some of our participants who just finished cancer treatments can barely walk a few blocks at the beginning of the 10-week session, but by the end, they are walking two or three miles. Their energy increases, their pain diminishes and they feel stronger and healthier.”

More information is available online at <http://www.movethroughcancer.org> or by calling (512) 476-6814.



*MoveThroughCancer is a non-profit corporation working with cancer survivors and their families to improve survivorship through increased physical activity and wellness education before, during and after cancer treatment.*

# CanCare Participates in National Cancer Survivor Day “Celebration of Life”

On June 4, 2006, CanCare participated in Austin’s third annual Celebration of Life Event in observance of National Cancer Survivor Day. The event was sponsored by Austin Cancer Centers and was held at Quarries Park in North Austin, just off N.Mopac near Braker Lane. We had an information booth in the Wellness Fair area, along with sixteen other local Austin organizations who also serve those affected by cancer. Over 1,300 people were admitted into the brand new building for the free event. Some of the activities were: a two-story indoor climbing wall, face painting and Moon Bounce for the kids, various speakers, and even radio-controlled boat races at the outdoor lake.

“This was a great way for CanCare to spread the word about

what we do and to collaborate with other cancer organizations in a meaningful way” said Emmett Skiles, Program Director for CanCare. “We manned the booth for three hours and spoke to close to a hundred people who left us their names and contact information. And eighteen of them were interested in signing up for our next volunteer training class”. We would like to thank the CanCare volunteers who tirelessly worked the booth that day: Francine Fowler, Carolyn Wilson, Laura Davidson-Albachten, and Cindy Kleem.

CanCare was also invited to help plan and present the Remembrance and Hope Ceremony, which was held in the last hour of

the event. The crowd gathered in the main hall, where Roger



*Nine-year-old brain cancer survivor Elora Candelas*

Temme, of Interfaith Care Alliance, introduced three survivors who read passages from three religious traditions – Christian, Jewish, and Islamic. Then we heard from several survivors who shared reflections of their experience in his or her own special way. This included a nine-year old brain cancer survivor named Elora Candelas,

who moved the audience with her advice on turning to God when battling cancer. Her mother told us about Elora’s advocacy project, which ensures that donated baseball caps are always available for other children who are being treated for cancer at Brackenridge Children’s Hospital. She also won The American Cancer Society’s “Courage Award” in November 2005.

We look forward to being on the planning committee and participating in next year’s Celebration of Life event!

*continued from p. 1, “Imagery”*

from a \$17.00 guided imagery CD amounted to \$2,000 per patient.

There has been considerable research done on using imagery with cancer patients. Not only can it help you reach a calm state more quickly and consistently, it often helps with some of the side effects of chemotherapy. In fact, the pharmaceutical company, GlaxoSmith-Kline, now makes these recording available on CD for free upon request. They are designed to be used during and/or after receiving chemotherapy treatments.

During the upcoming class, you will receive one of these CD’s to take home with you. Also you will learn more about how the imagery process works and hear about the research that’s available. A brief

guided imagery session will also be demonstrated with time for sharing your experience with it.

The next class will be held on Saturday, July 8th, from 11:00am until 12:00pm. It will be held in a meeting room at the North Austin Medical Center (St. David’s).

*For more information or to register for this free class, please contact Emmett Skiles at (512) 342-0233, or e-mail him at: [emmett@cancaresupport.org](mailto:emmett@cancaresupport.org).*

## *Comments or Suggestions?*



Send us your thoughts on our first edition of Cancer Support Network News. Did you find the articles helpful and interesting? Are there other features you would like to see included?

Send your feedback to Program Director Emmett Skiles ([emmett@cancaresupport.org](mailto:emmett@cancaresupport.org)).

# Finding Renewed Wholeness with Massage

For many years, massage schools believed and taught that a diagnosis of cancer in a client was an absolute contraindication to massage – primarily out of a fear of causing the cancer to metastasize. Just as allopathic therapies in western medicine have grown and discovered that once long held beliefs were not accurate, so has massage therapy.

The long held belief that cancer cells could be spread by massage “increasing” circulation has been disproven. In fact, massage “eases” circulation rather than “increasing” it. For example, if a person’s heart rate (HR) and blood pressure (BP) were to be checked pre- and post- massage, it would most often be lower after the massage than before it due to the decreased pain level, relaxation, and blood vessels dilating. “Increasing” circulation requires an increase in HR and BP – both of which can be brought about by a client getting angry, upset, excited, or experiencing pain or fear (NOT massage).

The more medical professionals understand about how cancer spreads, the clearer it has become that previous fears about

massaging people with cancer are unfounded. It is now known that accumulated genetic mutations are the primary reason for normal cells to be changed into

tumor cells. These changes are responsible for the uncontrolled cell growth and the cell’s ability to invade and spread to other sites. Research has shown that pressure alone is not sufficient to cause a tumor to become invasive. Dr. Bernie Siegel has stated: “Massage therapy is not contraindicated in a cancer patient; massaging a tumor IS, but there is a great deal more to a person than their tumor.” There is no evidence that touch or gentle, light massage causes metastasis; there is proof that light massage greatly benefits many cancer patients—both physically and emotionally.

During the time a person lives with cancer, many will experience pain that the best medications only partially relieve, nausea associated with the medications, a shattered self-image, a sore back from laying on a stretcher or in a bed too long, and/or depression. Combining

relaxation techniques, such as Swedish massage, with standard pain medications can be beneficial in decreasing a patient’s pain experience. Various relaxation methods including guided imagery and light massage to shoulders, neck, back, and feet of patients prior to, during and after chemo helps reduce nausea. Massage can also provide patients who feel their body has somehow betrayed them, a renewed sense of wholeness. For patients feeling depressed and isolated, healthy touch provides reconnection.

Not all massage modalities are appropriate for people living with cancer. The forms listed to the left are very appropriate when performed by a massage therapist trained to work with clients living with cancer.

People whose cancer has recently been declared in remission should be slowly eased

back to a more “normal” pressure over a number of massage sessions. Cancer treatments place a heavy toxin load on the body. Massage helps eliminate it. People with cancer need to be touched – in a non-medical way. Bodyworkers can lead the way in embracing them and helping them experience a sense of wholeness again.

*This article was submitted by Sally Hunt, LVN, RMT. She has a background in Critical Care nursing and was a massage therapist for over ten years. She received her certification in 2001 to teach cancer massage from the Sherer Institute of Natural Healing in Santa Fe, NM, and was an instructor for the Lauterstein-Conway Massage School in Austin for five years.*

## Forms of Massage Appropriate to People Living with Cancer

Light Swedish Massage  
Therapeutic Touch  
Trager  
Manual Lymphatic Drainage  
Reiki  
Cranial Sacral  
Reflexology  
Aston Patterning  
Zero Balancing

## Life After Cancer Group Continues to Grow

**If you’re a cancer survivor who is no longer in treatment and would like to learn and share with a group of other survivors about how to maintain your hard-won health and well being, then we have the group for you.**

**We have guest speakers, watch documentary videos, discuss books, and share our experiences with local practitioners who can help you with diet/nutrition, exercise programs, yoga, and even energy bodywork such as acupuncture, massage or shiatsu, etc. Members of the group support each other to explore whichever traditional or complementary therapies they may be drawn to.**

**If you feel that you could benefit from this kind of self-empowering group, please call Emmett at (512) 342-0233 for more details.**

**Our Life After Cancer Group meets at the AGE building on the 1st and 3rd Thursday of each month, from 7:00pm until 9:00pm.**

# Sixth Volunteer Class trained in May 2006

The Cancer Support Network expanded its number of trained volunteers to 85 survivors and caregiver/family members after the class held on May 5th and 6th. With this class we added survivors and family members who suffered with diagnoses such as leukemia, lymphoma, breast, colon, prostate, glioblastoma multiforme, brain, and pancreatic cancer. We were pleased to see the diversity of experiences, age, race, and religious backgrounds that were represented in this group.

A highlight of the training class was Daniel Alter's presentation of "A Jewish Theology of Care." And we were especially honored to have Board member, Gene Sherman join the ranks of our trained volunteers.

In training, our volunteers refine their listening skills and are given opportunities to share their stories with each other in various role playing exercises. Training includes presentations from healthcare professionals on topics related to cancer treatment, support and survivorship. Upon graduation, volunteers are matched with cancer patients and family members who have asked for help coping with the fear and anxiety that come with a cancer diagnosis.

We would like to thank University Presbyterian Church for the use of their facilities for the training class.

*Survivors and caregiver/family members of all types of cancer are encouraged to call The Cancer Support Network at (512) 342-0233*



*New Volunteers Smile After the Two-Day Training: (Back Row, L to R) Cindy Klemm, Linda Barnett, Daniel Alter, Earline Skiles, Mattie Akers, Janis Russell, Sandra Martin, Gene Sherman (Front Row, L to R) Amy Pospichal, Sasha Still, and Varsha Grogan.*

*to learn more about becoming a volunteer. Our remaining training classes for 2006 will take place on August 25th – 26th; and October 13th-14th.*



*“When my son was diagnosed with brain cancer in 1995, I was thrown into a new world I didn't want to visit. I moved to be near him, and for almost five years, I shared care-giving responsibilities with his young wife. I learned about cancer, but I learned more about myself. Sometimes those were really tough lessons.*

*When I heard about CanCare and their opportunities for volunteers, I immediately called and signed up for their training. Soon I was paired with a woman outside of Austin whose brain cancer journey has just begun. She has a wonderful circle of family and friends looking after her---it has been such a privilege to be invited into that circle and lend an ear and support to her and to her caregivers.”*

*—Carolyn Wilson, Volunteer*

## New Community Room Opening Soon!

We recently acquired more space in the AGE Building to help accommodate the growth of our programs. In addition to a new resource library, the room will be used as a place to hold classes, support group meetings, book discussion groups, movie nights, and other casual get-togethers. In anticipation of this recent expansion, the following is a wish list of donated items for setting up the new room:

### Wish List for Community Room:

- ✓ Computer
- ✓ Laser Printer
- ✓ TV with VHS/DVD player
- ✓ Small stereo w/speakers
- ✓ Soft Chairs
- ✓ Bookshelves
- ✓ Books, tapes, or CD's with inspirational themes

### Other General Donations Needed:

- ✓ Frequent traveler points from airlines or hotels
- ✓ Printing services for postcards, brochures, flyers, business cards, etc.
- ✓ Volunteer staffing of Community Room during some weekday hours

We are actively seeking to partner with local businesses and church congregations.

## The Cancer Support Network Response Form

If you would like to request our services, receive information, volunteer your time and talents, or make a donation, please complete the form below and return it by mail in the envelope provided in this newsletter.

✂

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I would like to be matched with a Cancer Support Network volunteer.

I would like to receive  Informational Brochures (# desired \_\_\_\_\_)

Information on the Number of Survivor Volunteers by Cancer Diagnosis

Information on Current Support Groups

Information on Upcoming Classes and Events

I would be interested in volunteering:  As a mentor for someone with cancer or a family member

In some other way for our organization.

Please Specify: \_\_\_\_\_

I would like to contribute \$\_\_\_\_\_ to the mission and ministry of The Cancer Support Network:

My gift is in  Memory  Honor of: \_\_\_\_\_

Please notify: Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Additional Ways to give:

I have enclosed my company's matching gift form.

I would like information on how to include CanCare in my will or estate planning.

*Please make check payable to: **CanCare Austin***  
PO Box 29871, Austin, TX 78731

CanCare is a 501 (c) (3) non-profit organization. All gifts are tax deductible and are gratefully accepted.

*"When I was first diagnosed with cancer* I wasn't sure I really needed a CanCare volunteer. After all, I had a wonderfully supportive husband and a large network of friends and family. But during my year of treatments, talking to my CanCare volunteer (Jane Bittner) was often exactly what I needed. Jane had an uncanny knack for calling on those days when I was feeling the worst...feeling like I was never going to feel better. And there on the other end of the phone line was living proof that it does! I remember one time in particular when I was experiencing a symptom for which none of the doctors had prepared me and which none of the books had mentioned. I remember thinking "something must be really wrong". Then I spoke with Jane. "Oh, yeah", she assured me, "I had that too. It'll go away."

What a blessing it was to have someone who really knew what I was going through – not just physically but emotionally as well. With friends and family I often felt like I needed to be brave for them. With Jane, I could be scared or angry or indifferent...sometimes all at once!

I can't imagine experiencing cancer without the support of CanCare and volunteers like Jane. I will be forever grateful for the love and care I received."

—*Connie McFarland, Care Receiver*





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## Meet Our Newest Board Member

**Laura Albachten** brings a wealth of experience to our Board of Directors. After graduating from the University of St. Thomas in 1988, she worked for several years for Literacy Volunteers-Texas, helping small communities start their own literacy groups. "I got to travel the state and meet so many generous people passionate about helping those less fortunate," Laura recalls. "That position began a trend of working for volunteer-based groups. I've worked as a volunteer coordinator for Meals on Wheels, responsible for the delivery of 1700 hot meals every weekday. That was the toughest job I've had, but also the most rewarding. I have also served as a volunteer coordinator at both Brackenridge and St. David's Hospital and Far Northwest Caregivers."

rage so I can finally park my car in it."

In October of 2004, Laura was diagnosed with chondroblastic osteosarcoma, a cancer so rare that treatment was not available in Austin. She and Rudy moved to Houston for several months while Laura was a patient at MD Anderson. She is especially grateful for "her support network of family and friends. I have been brought to happy tears many times by their love and compassion. Having them definitely made the whole experience easier on me and my husband, who was my rock throughout the whole thing."



Six months after returning to Austin, a friend "passed along a Cancer Support Network brochure. I definitely wanted to help in any way I could. I attended the volunteer training in February '06 and found the training to be extremely professional and extensive. I was invited, and honored, to join the Board of Directors, and proudly serve as the Volunteer Relations Committee Chair. Building a sense of community is very important to us, as well as providing our care receivers and volunteers with a quality program. We recently have developed a volunteer survey to encourage and educate volunteers about the many other volunteer opportunities that exist with CanCare Austin. I hope to continue my volunteer work with the Cancer Support Network and watch it grow in the many years to come."

**BOARD OF DIRECTORS**

**Rev. Karen Greif**  
*Co-founder, Board Chair*

**Bill Greif, M.A.**  
*Co-founder, Board Vice-Chair*

**Jane Dryden Louis, M.A.R.**  
*Co-founder*

**Cindy Manning, R.N.**

**Gene Alice Sherman**

**Patti Simmons**

**Laura Davidson-Albachten**

**Emmett Skiles, M.A.**

In 1999, Laura married Rudy Albachten, an electrical engineer. They love to travel, often by plane with Rudy as pilot. "The oddest thing about us," Laura admits, "is that we're building a plane in our garage. I hope to eventually get my pilot's license myself someday, and maybe get the plane built and out of the ga-