

## Quarterly Newsletter

January, February  
March 2011

### Important News:

- The office will be closed March 8 for Mardi Gras holiday
- January is National Cervical Health Awareness Month
- March is National Colorectal Cancer Awareness Month

### On the back:

- Photos from Holiday Celebrations
- Announcements
- Schedule of Events

### Cancer Services of Greater Baton Rouge

550 Lobdell Avenue  
Baton Rouge, LA 70806  
Phone: (225) 927-2273  
Fax: (225) 927-1468

[www.cancerservices.org](http://www.cancerservices.org)

Hours:  
Monday — Friday  
8:30 am to 4:30 pm



**Our Mission:**  
To improve life  
for those living  
with cancer.

## New Year, New Communications

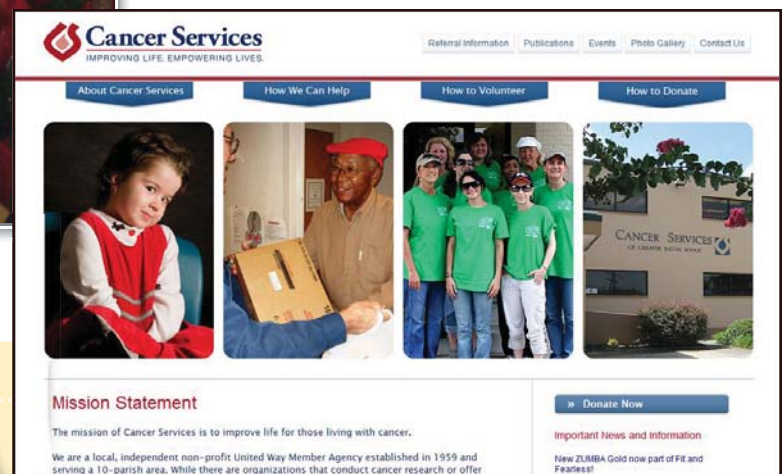
It's hard to believe it's already 2011! We have made it through the first decade of the millennium and as we approach the next one, we are exploring new ways to connect with our clients, donors and volunteers. Just a few short years ago, email was still a brand new concept for many people, websites were used mostly by only large companies, and "tweeting" was just a sound that birds made.

Today, this has all changed. Are you checking email several times a day? Do you have a Facebook page? Do you use Twitter? Have you visited our website? Stay connected with us and help spread the word about Cancer Services!

- Visit our NEW website at [www.cancerservices.org](http://www.cancerservices.org)
- To receive our email messages, send your email address to: [staff@cancerservices.org](mailto:staff@cancerservices.org)
- If you are a donor or volunteer, you might like our E-newsletter geared especially for you! Sign up at [www.cancerservices.org/volunteer\\_newsletter.asp](http://www.cancerservices.org/volunteer_newsletter.asp)
- Become our Friend! We have a general Cancer Services Facebook page and Twitter account, as well as pages specifically for our adult and children's programs.
  - Cancer Services of GBR on [www.facebook.com](http://www.facebook.com)
  - Cancer Services of GBR Adult Programs on [www.facebook.com](http://www.facebook.com)
  - Cancer Services of GBR Children's Programs on [www.facebook.com](http://www.facebook.com)
  - Follow @CSGBR on [www.twitter.com](http://www.twitter.com)
- View our agency video at [www.cancerservices.org/videos.asp](http://www.cancerservices.org/videos.asp)
- If you are interested in joining our online networking support groups, please contact Natalie at 927-2273.



Left: Noah, a candlelighter participant, was the prince of the Baton Rouge Christmas Parade this year! His mother Emily is very active on our Children's Program Facebook page and posted this news and photo to share with Cancer Services' friends. "I enjoy networking with the other families on the Facebook page," said Emily. "It's fun and it's a great way to stay informed about activities." For information on our page, contact Victoria at (225) 927-2273 or [victorial@cancerservices.org](mailto:victorial@cancerservices.org).



Above: The new Cancer Services website features easy-to-use navigation and information about support, direct assistance, volunteering, donating and much more. Access it at [www.cancerservices.org](http://www.cancerservices.org) and let us know what you think about the new site. Also, while you're on our website, don't forget to sign up for the free CS-Express E-newsletter!

## Holiday Happenings

This season, our program department hosted holiday parties for clients in our children and adult programs. We also hosted a Hats Off celebration to honor our volunteers. Special thanks to everyone who made these events possible!



## Important Announcements:

- We are in need of hats and turbans for our wig boutique. To donate items, contact us at 927-2273 or bring items to our office at 550 Lobdell Ave., M-F, 8:30am-4:30pm.
- Coming soon in 2011 we will begin offering Nestle nutritional products instead of Abbott. Please contact our service department at 927-2273 with any questions.
- The 2010 Cancer Services Annual Report will be published as an insert in the *Baton Rouge Business Report* in January. Be sure to check it out!

## What Our Community is Saying

We recently conducted a formal survey to our clients, volunteers and donors. The results will help us evaluate our programs and plan for our future. Read below and then visit [cancerservices.org/news.asp](http://cancerservices.org/news.asp) to see what some of the community is saying about Cancer Services.

Of 323 clients responding, 94.7% of them Agree or Strongly Agree that the programs and services available through Cancer Services adequately meet the needs of cancer survivors.

*"Without Cancer Services I would not have afforded my meds. I thank everyone!"*

*"I enjoy volunteering here because the staff is very well trained and work very well with each other."*

100% of volunteers who responded to the survey say they Agree or Strongly Agree that the hours they spend volunteering for Cancer Services are worthwhile and that their contributions are appreciated.

When asked if they believe their dollars help us achieve our mission and if they will continue to give to Cancer Services, 95% of the donors who responded Agree or Strongly Agree.

*"I can see every day how important each dollar is at Cancer Services and I see that the organization makes great efforts to be great stewards of that money."*

For more information on the survey, visit [cancerservices.org](http://cancerservices.org).

## Support Groups

- **Brain Cancer Support Group**  
2nd Mon. each month, 12 noon
- **Breast Cancer Support Group**  
*New red and location!*  
at Cancer Services  
3rd Wed. each month, 11:30am
- **Caregiver Support Group**  
2nd Friday each month, 12 noon
- **Colorectal/Bladder/Liver Cancer**  
3rd Mon. each month, 12 noon
- **Community Grief Support Group**  
Every Tues., 11:30am-12:30pm
- **Lung Cancer Support Group**  
3rd Fri. each month, 12 noon
- **Lymphoma/Leukemia and Myelodysplasia Support Group**  
Last Fri. each month, 12 noon
- **Multiple Myeloma Support Group**  
2nd Wed. each month, 12 noon
- **Oral, Head and Neck Cancer Group**  
3rd Wed. each month, 4pm
- **Make Today Count Speakers Meeting**  
4th Thurs. each month, 12 noon
- **Make Today Count by Parish:**  
**Ascension:**  
First United Methodist, Gonzales  
4th Wed. each month, 12 noon  
**Livingston:**  
Denham Springs Council on Aging  
2nd Mon. each month, 3pm  
**West Feliciana:**  
First United Methodist, St. Francisville  
1st Wed. each month, 6pm  
**St. James:**  
*New time!*  
Lutcher Library, Lutcher  
1st Thurs. each month, 12:15pm

## Additional Programs

- **Fit and Fearless Exercise Program**  
at BREC Independence Park  
Every Monday, 5:15pm  
Every Tuesday, 9:30am  
Every Thurs, 5:15pm
- **New ZUMBA class offered!**  
at BREC Independence Park  
every Thursday, 9:30am
- **Community Cancer Support Group**  
at St. Luke's Episcopal Church  
Every Wednesday, 6:30pm
- **Holistic Healing Support Group**  
at Cancer Services  
1st Friday each month, 12 noon
- **YogaThrive for Cancer Survivors**  
at The Red Shoes  
Every Monday, 10:30am
- **Reiki**  
By appointment at Cancer Services

*Unless noted otherwise, all meetings are held at Cancer Services.  
Please call us at (225) 927-2273 for more information.*