

August 2009

**Cancer Support Group
(502)451-9600
P.O. Box 5575
Louisville, KY 40255**

*Friends
for Hope*

we need your help

Friends for Hope is currently forming new committee's and updating the others. If you have an interest in joining one of the following committees or would like to help Friends for Hope in any way please call the contact phone # (502) 451-9600, leave your name and a phone number and someone will contact you. Thanks.

Board Development Committee

Public Relations Committee

Financial Committee

Retreat Committee

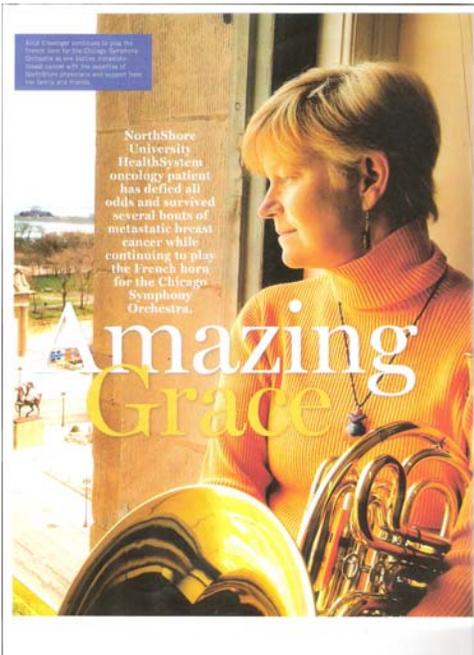
Support Group Committee

Outreach Committee

Fund Raising Committee

Newsletter Committee





Alice Clevenger never set out to be an inspiration. For six years, she has fought an insidious, aggressive form of metastatic breast cancer that has spread throughout her body. Cancer has invaded her lymph nodes, heart, spleen, lungs, brain and back. She has had two brain surgeries and more chemotherapy treatments than she can count. Throughout Clevenger has maintained an almost unbelievable positive attitude, a joyful spirit and a genuine love for life.

A professional musician, Clevenger felt a little pain in her back lifting her French horn, and the horn player sitting next to her at a Chicago Symphony Orchestra rehearsal noticed a bump on her neck. Clevenger admits she had some tiredness. But as a 42-year-old working mother of two boys, a room mother, choir parent and church volunteer who was also training for a half marathon, being tired was usual.

While her doctors weren't immediately sure what kind of cancer Clevenger had, they knew it was very serious. NorthShore University HealthSystem (NorthShore)-affiliated primary care physician, Patrick

Following is an article from a health and lifestyle publication from Northwestern University's Connection magazine, written by Susan J. White. The featured person is the daughter of our members Joyce & Ed Render. After trying to locate it online and being unsuccessful I decided to print it here for you to share. What an inspirational story.

Hope you enjoy it.

Logan, M.D., who has been one of Clevenger's key allies in this battle, broke the daunting news to Clevenger and her husband, Dale Clevenger. The battery of tests and specialists that followed is a blur to her now.

JOYFUL OUTLOOK

After a series of scans, consultations, biopsies and related labs, Clevenger's cancer journey began. With Janardan D. Khandekar, M.D., Director of the Kellogg Cancer Care Center at NorthShore, spearheading her care, Clevenger fully embraced the fight for her life.

"I thought this was really bad, but I never envisioned myself dead," Clevenger said. "I have a lot of joy in my life."

Calling Dr. Khandekar "the smartest man on earth," Clevenger credits NorthShore's entire Kellogg Cancer Care Center team with "enveloping" her in the same kind of unconditional love and care her parents have always shown her. Gratitude does not begin to describe how Clevenger feels about Dr. Khandekar, Dr. Logan and so many caregivers.

"Every single nurse at NorthShore: they are gifts; they are angels," she said. Gratitude is in fact a familiar theme for Clevenger who continually expresses thanks for her friends and family, her church, her fellow musicians, her neighbors and her medical team.

"I feel like the luckiest person on the planet. I never felt like cancer was

God's fault. I look at all the things he's set up to save me," Clevenger said. Deflecting praise for her persistently positive perspective, Clevenger insists it is not what she has done, but what her many friends and family members have done that is special. Among those she considers special are the members of her breast cancer support group, the Silver Lining. "They are "awesome," Clevenger said, citing their motto: "Cancer is like having a cloud following you around, and our job as smart women is to find the silver lining."

"She has a tremendous attitude. It's amazing that she's been able to go through all of these treatments and keep working. Nothing can slow her down," said Dr. Khandekar, Louise W. Coon Chair of Medicine. Encouraging her to return to music as soon as she could, Dr. Khandekar arranged for Clevenger to undergo chemotherapy around the country to accommodate her touring.

"Alice wants to live her life, and the lesson here is never give up. She really is an inspiration for everybody," Dr. Khandekar said.

Continued on page 5—see
Amazing Grace

REMEMBER BOB HOPE? THE USO? THE TROOPS?

Do you remember when Bob Hope took entertainment to the
US troops overseas?

Well, get ready because Friends for Hope is bringing it to you
at the retreat at Camp Kavanaugh this September !

You don't want to miss the fun and entertainment!

If you would like to do a solo, duo, trio, quartet or take part in any of the
entertainment please contact Sheelah Anderson at

(502) 636-3396 or (502) 930-1475

Email address: sheelahann@bellsouth.net

Friends For Hope

Facilitators Schedule -2009

Ed Causey -893-1913

Maurice LeFevre—671-0403

Barbara Steele - 562-4158 (ext. 4479)

Tony Heitzman—456-6200

Aug. 6

Oct. 1

Sept. 3

Nov. 5

AT THE OCT. 1ST MEETING,

JACLYN ENGELSHER, RN-BC, Dom, CAc will

be at the Oct. 1st support group meeting .

She will be there to discuss acupressure and/or acupuncture.

To learn more about her go to

www.jingacupuncture.com and click on ABOUT JING

REMINDER

If there is a death, please notify Cindy Wilhem, at (502) 426-1053 or 744-7708 for the telephone tree to make calls.

Friends for Hope extends a heartfelt thanks to the following who made a monetary donation to the group since April 2009

Regina Gallagher & Allstate

Giving Campaign

(matching funds)

In Memory of Joe Crosser

Martha Simpson

In Memory of Linda Zay

Carl French & Marilyn Markwell

Gilbert & Ann Marchal

Ann Albertson

John & Brenda Cox

Dan & Joanie Ludwig

Donald & Cheryl Bibb

Robert Seifert

Debbie Hamilton

Valerie & Chrisman O'Banion

Rosemary Ohlgschlager

The Michael Quinlan Brain Tumor Foundation

Amy Crosser

Sue Kunaschk

Shirley & Daniel Zay

Thomas V. Zay & Family

Julissa Diaz

Millie Herman & Joyce Beauchamp

Daniel Zay

Reatha Johnson



THANK YOU

The following business was inadvertently left out of the retreat donor list in the last newsletter. Please support them and thank them for their contribution to our retreat raffle.

Dandelion Gifts

(Amazing Grace cont:)

“People like Alice teach us all how to fight the good fight. She’s tenacious, she’s hopeful, she has the support of family and friends, and she’s a person of faith,” Dr. Logan said.

Clevenger’s original goal was to see her two sons graduate from high school. Now with her younger son heading off to college, she is setting some new goals. “I want grand babies,” she said. Dr. Logan and Dr. Khandekar share Clevenger’s optimism and believe her prognosis is good.



SPOTLIGHT

Flowers make great gifts and are good for the soul

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**Cindy and Jim have been a big supporter of
Friends for Hope since 2003 providing flowers, gifts
for the raffle and support to our group!**

PLEASE SUPPORT THEM

**At the
J. Graham Brown Cancer Center
EVERY FRIDAY—
NO RESERVATIONS
REQUIRED
10A.M. TO 11 A.M.
MEDITATION THERAPY**



* Friends for Hope extends it's deepest sympathy to the family of: *
* * * * *
* Anita Solomon * 7-23-2009 *
* * * * *



**A Journey of Hope
The Michael Quinlan Brain Tumor Foundation
2009 Fundraising Walk**

Please join **The Michael Quinlan Brain Tumor Foundation Charity Golf Scramble** on **Monday, September 28, 2009** (11:30am registration/lunch, 12:30pm shotgun start). We will have a great day of golf at the beautiful **Wildwood Country Club in Louisville**. The event will include a scramble, box lunch, drinks and dinner/awards reception following the golf (\$100/person or \$380 for a team of 4). Even if you are not golfing, you are welcome at the dinner (6pm, \$10 per person). Proceeds benefit the Foundation. You can register online and get more information by visiting www.mqbtf.org, or calling 502-896-1701.

MISSION STATEMENT

Friends for Hope is a non-profit organization

Created for the purpose of supporting adult cancer survivors, family members and caregivers through
friendship, love and laughter.

Our mission is to provide support through bi-monthly meetings on the first and third Wednesday of every month from 7:00 — 8:30 p.m.
3532 Ephraim McDowell Drive, Lou., Ky.

Trained professionals facilitate these meetings where you can meet new friends, share experiences, and express feelings.

Friends for Hope also offers two weekend retreats, one in the Spring and one in the Fall.

The relaxing, informative and fun-filled retreats are a time for those affected by cancer to enjoy fellowship
and support in a beautiful natural surrounding.

Our hopes is to make living with cancer the most positive experience possible.

For more information about *Friends for Hope*

Call (502) 451-9600

Visit our Website: www.friendsforhopecancersupport.org

**KEEP THIS DATE
OPEN**

The date for the next
Friends for Hope
retreat is
Sept. 11-13, 2009

It's Patriotic!



**DO
YOUR
FEELINGS
RUN
TRUE
FOR
THE
RED, WHITE AND
BLUE?**

**Friends for Hope
Board Members
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Jeff Bohn, Caregiver
1st Vice President
Virginia Head-Survivor
Interim Secretary
Bev Cunningham , Survivor
Treasurer
Nora Scott, RN OCN, Survivor
Members At-Large
Sheelah Anderson, Survivor
Carol Hudson, Survivor
Dennis Grimes, Survivor
Maurice LeFevre, MDiv, Chaplain
Mardi Crosser, Caregiver
Nancy Moudy, Survivor
Angie Ceridan**