

## New year brings changes at Cornucopia

It's a new year, and that means we're all taking on new opportunities and new challenges. At Cornucopia, it's no different.

After almost nine years at Cornucopia's helm, President and CEO Mary Lawrence is moving on. Her impressive tenure includes many milestones (*see sidebar*) that have fueled our ability to respond to varied needs of friends and neighbors living with cancer.

The Board of Directors is supportive of Mary's decision but are sad to see her go. We're so grateful for her dedication and selfless service to Cornucopia participants, staff, service providers, friends and donors.

The board, our marvelous Director of Community Relations Olivia Stancil, and treasured volunteers will sustain all of Cornucopia's programs and services, many of which have expanded recently. And, Mary has graciously offered to volunteer a couple of hours a week and will keep her Cornucopia email active through February to ease the transition.

I will serve as contact while the board searches for a new leader, and I welcome your ideas and questions regarding this process.

Part of Mary's legacy is her visionary approach to grow services that cancer patients, survivors and their families and caregivers need – home-delivered meals, counseling, meditation, in-

home complementary therapies, acupuncture, vital resources and more.

Bottom line, we will continue to be a community of hope, energy and empowerment that offers help to patients, survivors and caregivers at every point in their difficult journey.

There is one thing I hope won't change – your unwavering financial support that will help Cornucopia sustain these essential services.

As Mary has often said in letters and presentations – Our ability to ease the burdens and side effects of a cancer diagnosis for families in our communities is possible *because of your generous support.*

You are a vital member of the Cornucopia family. You make it possible for us to provide participants these life-enhancing programs – every day and *at no charge to them.*

Please help us help others who face difficult challenges and new opportunities in the New Year.

Thank you for being a Cornucopia ambassador and supporter. Together, we can continue to fulfill the vision of our founders and outgoing leader.



Lois Boynton  
Chair, Board of Directors  
lboynton@email.unc.edu



### Mary's many milestones

Under Mary Lawrence's leadership, Cornucopia grew exponentially to serve participants in more than half of North Carolina's counties – and beyond – through more than **56,500 individual contacts**. That impressive number doesn't include the *tens of thousands* of individuals who tuned into ***That Cancer Show***<sup>TM</sup> since 2012.

She honored Cornucopia's legacy by hosting the first-ever Founders Day to recognize our pioneers and celebrate their legacy.

She built significant relationships with area cancer organizations and hospitals that enabled Cornucopia to advance our peer-to-peer program and offer in-hospital expressive arts.

She envisioned and created ***That Cancer Show***<sup>TM</sup>, a talk radio program airing on WPTF 680 AM and WSJS 600 AM. She has hosted pioneering program that features expert guests and participants who share their views on non-clinical cancer care.

It's no wonder that she was honored by *Triangle Business Journal* as a Health Care Hero for her exemplary executive leadership of a nonprofit organization.

Thank you, Mary, not only for these advancements, but for your compassion and care for anyone affected by cancer.



## Did you know?

◆ **Magnolia Meals at Home™** has expanded. We now provide home-

delivered meals to patients with breast cancer, thyroid cancer, kidney cancer and soft tissue sarcoma. It's all possible through our partnership with Eisai and Meals on Wheels of Wake County.

◆ Our **website** has a new look! Thanks to our friends at **TriMark Digital** for donating their design abilities. Visit today at [www.cancersupport4u.org](http://www.cancersupport4u.org)

◆ You can listen to ***That Cancer Show™*** podcasts on Cornucopia's website.

◆ We're grateful to **Caring House**, 2625 Pickett Road in Durham, for hosting three of our support groups: Lung Cancer Support Group, Living with Metastatic/Advanced Cancer, and SPONHC.

◆ Our thanks to **Lincoln Community Health Center**, 1301 Fayetteville St. in Durham, for hosting the Minority Prostate Health and Education Group for so many years.

◆ We continue to offer all our programs and services **at no charge** to anyone affected by any type of cancer — patients, survivors, family members and caregivers.

◆ You can easily **make your donation** to Cornucopia online today. Look for this button PayPal on our homepage.



◆ Corporations, foundations and individuals are invited to **underwrite** any of our programs and services.

Contact Cornucopia Cancer Support Center  
 PO Box 51188, Durham, NC 27717-1188  
 919/401-9333  
 email: [info@cancersupport4u.org](mailto:info@cancersupport4u.org)  
[www.cancersupport4u.org](http://www.cancersupport4u.org)

## Programs and Services

### Support Groups

- ◆ **Lung Cancer Support Group:** 3rd Thursdays 10:30 am-noon, Caring House, Durham
- ◆ **Living with Metastatic/Advanced Cancer**, 1st and 3rd Wednesdays 3-4:30 pm, Caring House
- ◆ **Support for People with Oral, Head and Neck Cancer**, 3rd Tuesdays 6-7pm, Caring House
- ◆ **Minority Prostate Health and Education Group**, 2nd Tuesdays 6:30-8:30pm, Lincoln Community Health Center, Durham

### Individual Support

- ◆ **One-on-one counseling** for you and your family with licensed counselors. First three sessions are provided to Cornucopia participants at no cost.
- ◆ **Spiritual and pastoral care** is available from Oncology Chaplain Patricia Cadle. You may reach her at 919-445-5400.
- ◆ **Individualized sessions** with a certified holistic health coach who will help you define your health and wellness goals and develop strategies to achieve them.
- ◆ **Meditation and guided imagery** provided by appointment.

### Meeting you where you are

- ◆ **Art Cart** at Rex Cancer Center resumes in 2017, 1st and 3rd Wednesdays 9:30-11:30am
- ◆ **Magnolia Meals at Home™** meal delivery program.

### Complementary Therapies

- ◆ **Oncology massage & Reiki** provided by licensed oncology massage therapists and reiki practitioners. We offer in-home sessions for cancer patients in treatment or at end-of-life stages.
- ◆ **Acupuncture:** We continue our partnership with Triangle Acupuncture Clinic and Chapel Hill Acupuncture to provide this service to those in treatment.

### Information



- ◆ **That Cancer Show™:** More than 3 years of podcasts accessible online.
- ◆ **Educational forums and workshops:** Check our website for updates and opportunities.
- ◆ **Online resources:** Our website has information about cancer and non-clinical care for the body, mind and spirit.
- ◆ **Library:** Stop by Cornucopia to check out books on a wide variety of topics, including spiritual support, cooking, using guided imagery, caring for the caregiver, and more.

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## save the date

Mark your calendar for the  
**The Chocolate 5k**  
 to benefit Cornucopia

April 15, 2017