



Thriving Through A Cancer Diagnosis

BY: JENNIFER HARRIS, THRIVE TO SURVIVE

It is no surprise that cancer survivors worry. This worry could interfere with every aspect of life. The fear of recurrence potentially could be one of the hardest things to live with. A term commonly used among cancer survivors is “scanxiety”, and that worry is not irrational. After all, the diagnosis likely took you by surprise the first time; why wouldn’t it make a surprise appearance again? Thrive To Survive (TTS) understands that although it is normal to worry, it doesn’t mean you have to be overburdened by it. There are many ways you and Thrive can work together to manage this distress.

Connecting with a community of cancer survivors offers safe spaces where you can hear from others and not feel alone in your concerns. We recognize that many find comfort from other means, like practicing effortful distraction hobbies, meditation, or exercise to assuage fears. TTS offers a variety of opportunities to help.

A general support group meets the first Saturday of each month and a specialized group for those with gynecological and breast cancers meets on the second Saturday of each month at the Geneva Free Library. Each meeting is free and open to all survivors and their caregivers and is held from 10-12. There is time to connect and share as well as a plethora of guest speakers, educational opportunities and fun, distraction activities. See the website www.thrivetosurvive.org for the most updated topics and dates (*meetings occasionally take place at alternative locations*).

Physical activity is a central component to staying well during and after treatment. TTS’s partnership with the Geneva YMCA allows members to participate in a Cancer Recovery 12-week fitness plan tailored to meet individual needs to assist in the adoption and maintenance of a physically active lifestyle.

Gentle massage can release endorphins, also known as the “feel good” chemicals, that may help to reduce pain associated with illness and treatment. TTS has partnered with several massage and acupuncture therapists and we are able to offer members a certificate for a complimentary session to ease symptoms of cancer and the side effects of treatment. TTS would love to have you join us at a meeting to learn more about these and other programs.



Another fun way that many cancer survivors and their caregivers have found to be helpful to their physical wellbeing, as well as mood boosting, is to participate in the annual Middle Finger 5K. May 2, 2020 will be the date for the next record-breaking event!

While worries of cancer recurrence and staying healthy are scary, Thrive To Survive is here to provide you with information, help, and support.

All aspects of TTS are organized and managed by 6 beautiful women volunteers. 100% of what we do and funds we raise go directly to support survivors and their families in Ontario, Seneca, Yates and Schuyler counties. If you know a friend or family member who could benefit from TTS, please reach out to us with their information so we can send them a welcome Pick-Me-Up note and gift. If you would like to know more about our organization, get involved, participate in an upcoming event or volunteer, please check out our website www.thrivetosurvive.org and/or email Jen at jen@thrivetosurvive.org

