

Healing Journeys

2011 SPRING
NEWSLETTER

support healing activate hope promote thriving



support healing, activate hope, promote thriving

upcoming events

Telling Your Healing Story

A workshop with Annan Paterson

May 7, 2011 • 9 a.m. to 3:30 p.m.
Inn Marin – Novato, CA

June 11, 2011 • 9 a.m. to 3:30 p.m.
Spiritual Life Center,
Sacramento, CA

Cancer as a Turning Point, From Surviving to Thriving™

One-day FREE program
(Pre-registration suggested)

September 17, 2011

Lincoln Theater

Yountville, CA (Napa Valley)

The Cancer-Fighting Kitchen

Saturday, Oct. 22 2011

9 a.m. to 3:30 p.m.

El Camino Hospital

Conference Center

Mountain View, CA

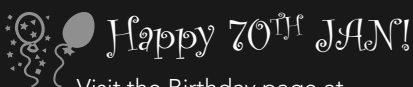
Friday, Nov. 4, 2011

9 a.m. to 3:30 p.m.

The Flower Farm

Loomis, CA (near Sacramento)

Date to be Announced
Seattle, WA



Visit the Birthday page at
www.healingjourneys.org
often between April 12th and June
21st. You'll see party videos, hear
special messages for Jan, and find
ideas for holding your own celebration.



Jan Adrian

Director's Reflections

Jan Adrian, MSW

We have a lot to celebrate this year. It is our seventeenth year of offering *Cancer as a Turning Point™* conferences, offering hope and inspiration to thousands of people. The request I made in last year's newsletter for connecting "with the passionate person to whom I can pass the Healing Journeys leadership baton" has been answered. And the seven programs we offered in 2010 were successful.

Healing Journeys offered three conferences and four workshops in 2010. Our *Cancer as a Turning Point* free conference was held in Charlottesville, VA; Knoxville, TN; and San Mateo, CA. They were awesome events and over 1,000 people got to experience the "magic."

We offered two workshops with Debra Jarvis, called *Finding Meaning Through Can-*

cer, in Portland and Seattle. To give you a flavor of the workshop, here's one comment from an attendee:

*By being so energetically and expertly facilitated in directly exploring **immortality**, what I'm leaving with is **vitality**. A joy, curiosity, and eagerness for "What's Next, Oh Boy, Oh Boy!" Just like when I was a little kid. Thank you for giving me back child's eyes!*

Because our two *The Cancer-Fighting Kitchen* workshops had waiting lists, we are offering it again this year, in Seattle, Mountain View, and Sacramento. Knowing there isn't one specific diet that is good for everyone, this workshop helped me know how to determine what nutrients **my** body needs to be healthier.

With seven programs, 2010 was a busy year. My time was focused on the details of each program, not leaving time to plan for the future. During most of 2010, I didn't know if Healing Journeys would exist in 2011. I knew

see DIRECTOR on page 3

Reflections on the Director

By Beth DeLashmutt-Poore, Executive Director In Training

I am training to become Executive Director later this year. With each day I am more in awe of Healing Journeys and its Founder, Jan Adrian. For 17 years Jan has devoted herself to our mission to 'support healing, activate hope, and promote thriving'. This is a strong organization with a solid foundation. What's been accomplished is remarkable!

I recently came across a June 1993 letter to Dr. Jean Shinoda
see REFLECTIONS on page 2



Beth DeLashmutt-Poore,
Executive Director
In Training (EDIT)

VISION STATEMENT

Our vision is that EVERYONE touched by cancer or any life-altering condition be empowered to move from surviving to thriving.

Healing Journeys Board Openings

The Healing Journeys Board of Directors has some openings! We are looking for individuals who are passionate about the work of Healing Journeys and have some time and talents to contribute. The requirements are that you have attended a *Cancer as a Turning Point™* conference and want to contribute to expanding its reach. We especially need experience and skills in social media technology and fundraising, but mostly we need passion and a desire to serve.

Healing Journeys is a non-profit organization that provides educational resources and programs that focus on healing the whole person. For 17 years we have been organizing and supporting extraordinary conferences and workshops that educate, empower, and inspire attendees. If you have the needed skills but are not interested in board membership, we welcome you in becoming a Healing Journeys' volunteer.

Contact Jan at (800) 423-9882 or jan@healingjourneys.org.

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REFLECTIONS continued from page 1

Bolen, in which Jan wrote: "I heard you speak at the 'New Vision of Health Care' in Anaheim in May and have been affected profoundly. I had breast cancer the summer of '89 and a local recurrence October of '90. I was still missing some pieces for my own healing and got much of what I needed at that conference last month. I now feel the courage to live out one of my dreams. I am putting together a conference for women who have experienced breast cancer. Will you speak?"

That first conference was hugely successful. Dr. Bolen did speak, has become a regular presenter and a member of our Advisory Board.

The most amazing aspect about the conference is it's *free*. This became important to Jan when those first couple of fee-based conferences brought 'only' a few hundred people. She set about finding resources through writing grants, asking for gifts, and gaining sponsors in order to offer the conference for free. The results were astonishing – attendance jumped more than 500%. Because of Jan's dream to be of service to people facing cancer, the Healing Journeys conference has been experienced by more than 20,000 people.

Our community has grown. We currently have a mail list of more than 13,000 people. A postal newsletter is mailed once

a year to ensure we connect with every person important to Healing Journeys and that includes YOU. This year we have a significant event we want the entire Healing Journeys family to know about.

Jan is celebrating her 70th birthday. In her honor we want to generate sustainability for Healing Journeys, which is Jan's wish. A virtual birthday celebration event is being held that will last 70 days – and there will be 70 ways **you** can participate!

Our goals are many – to gather as many people as possible into the Healing Journeys community, to raise awareness of our mission, to generate greater participation in our conferences, to joyously honor Jan and her dream, and to raise \$70,000 so we can continue to offer our free conferences in new locations and to more people than ever!

You are cordially invited to participate – it's easy and fun! The party starts on April 12 and will last through June 21. Join the festivities!

I'll be highlighting Jan and her 70th year celebration in our monthly eNewsletter, *Turning Points*. To be added to our email list, please call us at (800) 423-9882. We all want to keep offering free conferences so we need to generate the resources to meet that goal. Let's support and celebrate the good work of Healing Journeys!



Make a gift to *Healing Journeys* in Jan's honor. It's your contribution that will keep her dream alive! You can donate online at www.healingjourneys.org or send in your donation envelope. *Thank you!*



support healing, activate hope, promote thriving

Mission Statement

Our mission is to support healing, activate hope, and promote thriving.

Vision Statement

Our vision is that EVERYONE touched by cancer or any life-altering condition be empowered to move from surviving to thriving.

Our Commitment to Diversity

Healing Journeys is committed to diversity and pledges to include, welcome, and support all individuals of any race, ethnicity, national origin, gender, age, socioeconomic background, religion, sexual orientation, and disability.

Board of Directors

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 Shariann Tom, VICE PRESIDENT
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DIRECTOR continued from page 1

that donations were down, sponsorships were minimal, and I didn't have the energy to continue it without BIG help.

Then we received a generous donation specifically for the purpose of hiring that help. Beth DeLashmutt-Poore started in November as our Executive-Director-in-Training (EDIT). Her focus this year is on learning the "business" and creating financial stability for Healing Journeys. The plan is to free me up to work on Program planning. It takes a year to prepare for our two-day conference and we are now planning for 2012, exploring options in Chicago, Washington DC, Spartanburg, SC, and Southern and Northern California.

Hiring Beth doesn't guarantee our future, but it certainly increases our chances. We still need to raise the money to cover our operating expenses along with our program expenses. Your help is needed and we're looking for creative and fun ways for you to contribute.

Let's keep *Cancer as a Turning Point*™ free and available to more people who need it. Please use the enclosed envelope to send in your contribution. I wish you a wonderful 2011 and hope to see you at one of our events this year.

COMMENTS FROM CONFERENCE ATTENDEES

Thank you so much for providing an opportunity for cancer survivors to come together in a safe and positive setting to learn how to improve our lives and health. Events like these are few and far-between, yet they are crucial. You provide one of few sources of help for many.

I am a long term 'survivor' living with metastatic cancer; this weekend has re-vitalized me, renewed hope, given a boost to continue with my own process and to help others on the path.

This is such a superb resource. The conference program is an extraordinary blend of food for the soul, heart and brain. The books, tapes and CDs help us on our journeys. May you find abundant resources for continuing your work.



To celebrate Jan Adrian's 70th birthday this year, you are all invited to a spectacular Virtual Birthday Party! Here's our chance to give back to Jan who has been creating *Cancer as a Turning Point*™ conferences for 17 years. For her 70th birthday, our goal is to raise \$70,000 in 70 days and celebrate in the process. There will be 70 ways to say Happy Birthday to Jan and support her vision and her dream of Healing Journeys at the same time.

For her 70th birthday, our goal is to raise \$70,000 in 70 days and celebrate in the process. There will be 70 ways to say Happy Birthday to Jan and support her vision and her dream of Healing Journeys at the same time.

- Visit the Birthday page at www.healingjourneys.org often between April 12 and June 21st. You'll see other ideas for celebrating Jan and there will be videos of events people have held in her honor.
- Become a fan of the *Cancer as a Turning Point* fan page on Facebook. Invite your friends to become fans. We'll watch the gathering grow.
- Send a wish to Jan or record a special message. Go to board@healingjourneys.org and make an appointment to record your audio wish by telephone.
- Make a gift to Healing Journeys in Jan's honor. Our goal is to raise \$70,000 which will secure the future and ensure all programs planned for this year will reach the widest audience possible.

It doesn't take much to make a difference. If everyone reading this newsletter sends in the donation envelope with \$35 we will reach our goal!

If 1000 people send in \$70 = \$70,000 ♥ If 200 people send in \$350 = \$70,000
If 100 people send in \$700 = \$70,000 ♥ If 70 people send in \$1000 = \$70,000

*It's going to be a spectacular 70 days for a very special person turning 70.
We hope to see everyone at the party! Yahoo!*

Cancer as a Turning Point Workshop

Note: Although the Cancer as a Turning Point organization shares some common goals with Healing Journeys, the two organizations and their services are not connected. We include this announcement as a courtesy to them.

Larry LeShan, PhD; Ruth Bolletino, PhD; and Mary Bobis, LCSW, will present a 5-day *Cancer as a Turning Point* residential workshop April 10-15 in Mahwah, New Jersey. This workshop is based on the psychotherapy approach Larry developed, which is described in his book, *Cancer as a Turning Point*.

For people who prefer individual therapy and do not live near New York City, Ruth, in collaboration with Larry, also offers a 6-day intensive individual "marathon" psychotherapy, as well as telephone sessions. For information about their services, see www.cancerasaturningpoint.org or contact Ruth at (212) 496-9136 or rbolletino@aol.com.

Pages 4 and 5, which contain names of donors who made donations to Healing Journeys during 2010, have been removed from the online version of the newsletter.

20 Anticancer Rules

By David Servan-Schreiber, MD, PhD



David Servan-Schreiber, MD is a psychiatrist and neuroscientist, clinical professor of psychiatry at the University of Pittsburgh School of Medicine, cofounder of Doctors Without Borders, and a 15-year brain cancer survivor. He is the author of *The Instinct to Heal* and *Anticancer: A New Way of Life*.

NON FOOD RULES

- ▶ 30 minutes of exercise five days a week
- ▶ Allow yourself 20 minutes of direct sunlight occasionally without sunscreen for vitamin D
- ▶ Avoid contaminants
- ▶ Keep a network of friends for support
- ▶ Learn breathing techniques
- ▶ Do one thing for yourself everyday
- ▶ Give back to your community

FOOD RULES

- ▶ Eat 80% vegetables, 20% animal protein
- ▶ Mix your vegetables, don't always eat the same kinds
- ▶ Go organic when you can
- ▶ Add turmeric when cooking
- ▶ Go low on potatoes – they raise blood sugar and have the most pesticides
- ▶ Eat fish two to three times a week
- ▶ Use only Omega-3 eggs
- ▶ Use only olive oil and canola oil when cooking
- ▶ Cook with thyme, basil, oregano, rosemary, marjoram and mint when you can
- ▶ Keep carbs low – whole grains, preferably organic
- ▶ Cut down sugar – eat fruit
- ▶ Three cups of green tea a day
- ▶ Allow yourself an occasional treat



For a more complete version of these rules, please go to www.healingjourneys.org/category/articles/

The Power of Yum

By Rebecca Katz



A cancer diagnosis is shocking, disorienting, and capable of scrambling anybody's mental GPS – not to mention their culinary compass. To find a stabilizing force, a grounding activity, such as cooking and eating well, can provide more than nourishment; it can offer a huge psychological boost.

This psychological boost is just as cru-

cial when treatment is finished. When chemo or radiation is no longer actively “fighting” the cancer, we can get caught up in the fear of recurrence. It is so empowering to know that we can do something that can truly make a difference in the body's ability to stave off a recurrence.

Jeanne Wallace, PhD, a researcher and expert in cancer nutrition, articulates this idea of sustenance beautifully. Jeanne's voluminous, meticulously researched, personalized action plans for her clients in treatment include numerous food recommendations to combat their cancer. She says, “When you get a cancer diagnosis, suddenly you become a very powerless person. So when I'm handing someone their plan, saying, ‘You could

See YUM on page 7

Washing For My Hero

By William Thompson

Sylvia and I were at a good point in our lives in November, 2004. Having just returned from my father's funeral, we were proud of moving to El Paso, Texas and starting our own business so we could provide 24-hour care during his 2 years of illness.

Sylvia wrote poetry, and I was training to become a professional football scout, and playing guitar in a band in Dallas. We believed we'd made it through the most difficult part of our lives together and we were starting the best part.

That belief was extinguished on Sylvia's birthday, February 2, 2005. A colonoscopy revealed a large mass. The doctor was sure it was malignant, and demanded chemotherapy and radiation immediately. Sylvia chose to wait until after surgery and diagnosis to devise a plan.

I was horrified at her decision, until learning that the chemo drug they recommended had no survivors past 18 months. After surgery, the biopsy revealed metastasis into her lymph nodes, classifying her late stage 3, to early stage 4. My head spinning, I had nowhere to turn, no one to ask – I couldn't protect her from this Monster.

Sylvia wanted to write a book and didn't want to be altered, so decided not to have chemo. I supported her, staying strong on the outside, while panicking inside. She started immunotherapy, with diet, exercise, and meditation. One day, she showed me an invitation to *Cancer as a Turning Point, From Surviving to Thriving™* in Greenville, SC, and asked if we could go.

We made the trip a vacation, visiting people she'd probably never see again. When we got to the conference, we felt welcomed and among friends. My definitions of strength and courage changed during the presentations. We learned that “fighting” cancer can drain all your energy. I stopped trying to fight, and put that energy into making the “journey” as comfortable and pleasant as possible.

Sylvia was relieved I'd found a way to approach this, and concentrated on writing. In July, 2006, as she finished her book, *In The Garden Of Illness: I Sit by the Well of Hope*, 5 tumors were found in her liver. Still refusing chemo, she was given

See MY HERO on page 8

Wired to Worry

by Marty Rossman, MD



We are all afraid. Every one of us must learn how to live with fear.

-Hokusai

Patricia, a 65-year-old wise woman, was diagnosed with metastatic ovarian cancer. Like most newly diagnosed people with cancer, she was shocked, worried, and overwhelmed by both her fear and the amount of information, often conflicting, that she was receiving from doctors, friends and relatives.

Everybody worries sometimes, and many of us worry all the time. Worry helps us survive. It helps us avoid danger, or plan how to best respond to it. Humans alone are blessed (and cursed) with the ability to imagine and predict the future,

which has made us both the most successful animal on earth and also the most troubled. The price we pay for being able to think about the future is to know that we are mortal, and to know that we are vulnerable. Homo Sapiens, the “one who knows,” could just as accurately be called the “one who worries.”

Worry lets us turn a problem over and over in our minds, seeking the perspective that will let us resolve the situation. Solving problems is the positive, healthy function of worry but worry can easily turn into a bad habit of endless rumination on frightening, threatening, or simply annoying matters that ultimately cannot be solved. This kind of unskillful worrying can become a self-defeating form of self-suggestion that creates or amplifies anxiety and stress where none really needs to be.

Instead, you can learn to use your imagination for the better, to solve problems in advance, to set goals and make plans, to find and strengthen qualities that you need, or to accept problems in life that are beyond your ability to solve.

Fortunately, Patricia had some experience with mental imagery as a way to receive insight and guidance from her unconscious mind. She relaxed and asked her unconscious mind for something that could help guide her through what she

imagined would be a terrible ordeal. An image of her standing at the top of a very steep ski slope came quickly to mind.

An accomplished and lifelong skier, she immediately understood that she was about to push off on a run that would demand all her skill and determination. She also instantly saw that while the effort would challenge her to the extreme, it was possible for her to make it all the way down if she gave it her full attention. She also got the sense that if she did make it all the way down, she would be living life on a much deeper and more conscious level than she ever had before.

This single image stayed with her throughout the many twists and turns of her cancer journey, reminding her to stay focused on where she wanted to go and not let herself become overwhelmed by her fears. Patricia not only “made it” herself, now thriving after 20 years, but she has since become an inspirational and effective guide to many others who are themselves struggling with life-threatening illness.

Dr. Rossman has authored numerous books and CDs, including Guided Imagery for Self-Healing and Fighting Cancer from Within. The Worry Solution (Crown Archetype Books, Dec 2010) is Dr. Rossman's latest ground-breaking contribution to the field of preventative medicine.

www.worrysolution.com

YUM continued from page 6

make some changes with your diet and it would give you some sense of empowerment; many of my clients are so willing to do that. They embrace the sense of not being powerless, that even though they might not have total control over the cancer, they do have some influence.”

The wonderful aspect of this work is that so many common foods – everything from broccoli to blueberries – have multiple cancer-fighting properties. Everyday herbs and spices, ranging from ginger to cinnamon to turmeric, can help quell side effects ranging from nausea to fatigue.

I believe in “the power of yum,” a phrase I’ve used throughout my career as a “culinary translator,” if you will. I work with oncologists, nutritionists, and cancer-wellness professionals to help their patients stay well-fed during treatment by translating nutritional recommendations into delicious, nourishing meals. To me, this was always the power of yum in action: showing people

that great nutrition and great taste could join together joyously on the same plate.

Working with cancer patients for the past decade, I’ve seen heartening results. People who had truly disconnected from food could be brought back to the table and nourished, so long as the food was appealing to all the senses; was presented in a manner that fit their often shifting tastes and appetite (think small, nutrient dense portions that are easily stored and reheated); and could easily be shopped for, prepped, and cooked by either the patients or their caregivers.

Rebecca Katz, MS and Jeanne Wallace, PhD are the instructors for The Cancer-Fighting Kitchen workshop (see Upcoming Events, page 1). Rebecca is the author of The Cancer Fighting Kitchen: Nourishing Big Flavor Recipes for Cancer Treatment and Beyond and One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends. She is the Senior Chef at Commonweal Cancer Help Program in Bolinas, California. www.rebeccakatz.com.

New Workshop! Telling Your Healing Story

We are delighted to offer a new workshop in May and June on the power of telling your healing story. Annan Paterson, former board member and performer of *Deep Canyon*, is working with us to bring her 30 years experience as an actress, public speaking trainer and storyteller to help us all find the inspiration and skills to tell our own stories. Because we are limiting participants to 25 at each workshop, and we are trying to be “green,” brochures will not be mailed.

For more information call 800-423-9882 or register at www.healingjourneys.org.



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Happy 70TH JAN!

Stay current on Healing Journeys happenings! Receive *Turning Points*, our monthly eNewsletter. Call us at 800-423-9882 or visit our website www.healingjourneys.org to provide your email address.



MY HERO continued from page 6
6 months. By November, her book was published and being promoted. I was SO proud of her!

By her birthday, 2008, having survived twice the time she was expected to live if she had chemo, she was on the final stage of her journey. She was weak, leaving bed only to go to the bathroom, with me lifting her in my arms. When

I'd say something funny only the corners of her mouth turned slightly up, but her eyes still shined, and I loved her 1,000 times more than ever. She was my hero.

At 7:15 AM, March 21, I abruptly awoke. No longer hearing her labored breathing, I softly called, "Honey?" No response. Calling her name, and gently shaking her shoulder, it dawned on me – she's gone. My tears fell on her face and nightgown. Putting my forehead against hers, I told her over and over that I loved her. My world stopped.

I can't remember anything else that happened in 2008. I felt amputated, without legs, without arms. I only left the house



Sylvia & William Thompson

for necessities to stay alive; I didn't want to be alive; I just wanted to be wherever she was, with her.

On her birthday in February, 2010, I resolved to get moving and told her I was going to celebrate, not mourn. Washing a load of clothes that morning, I remembered Sylvia teasing me that watching her husband wash clothes was the sexiest thing in the world. I started laughing, and had feelings I hadn't felt in almost two years. I washed five loads of clothes that day!

I have faith I'll complete my "journey." I have a tremendous role model in Sylvia Thompson, my wife, my all-time hero. I still use what I learned at the Healing Journeys conference, in Greenville, 2005, applying those lessons to non-cancer situations as well.

Finally, I'll say to anyone, you CAN overcome anything by keeping faith in yourself or those who have faith in YOU! Their support is there, whether they're here or in the next realm; you'll always feel their love. I won't let my hero down! I'm going to wash a load of clothes now!

William Thompson was the caregiver for his wife, Sylvia, who died of colon cancer in 2008. He was an all-star football player at Texas A&M University in the mid-70s. He played in the NFL, with New Orleans in 1977, and with Cleveland in 1978. He played guitar in the band, Dallas Air Posse, located in Arlington, TX. Their last CD was recorded in 2007.

For the complete version of this story, see www.healingjourneys.org/resources/healing-stories/washing-for-my-hero/

ENLIGHTENMENT

by Sylvia S. Thompson

I prayed to the Heavens
for a great teacher
dignifying, enlightening and steady.
With desperate pleas,
in silent conveyance,
that I, the student, was ready.

And so the Heavens,
obliged to my need,
sent a great teacher
to answer.

When I asked him his name,
he smiled at me warmly,
bowed down to me
and said,

CANCER.

