

# Cancer Answers

Volume 3 Number 3  
November 2009  
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## Tis The Season

Navigating Thanksgiving, Christmas, New Years and all the festivities these holidays bring with them can be a real challenge during cancer. The information in this newsletter bears repeating each holiday season for those who have recently embarked on their personal cancer journey. My hope is that it will make your holidays brighter.

Making simple changes in how you approach the next several weeks is very important. This year IS NOT like all the other years. Be content to accept that - and not be hard on yourself because you do not make all the goodies you usually do OR you don't manage to get the Christmas letter and cards out in time - or at all.

You can make new memories this year! Some of the things you do differently this year may become traditions. Ask your husband, children or friends what one goodie they love the most that you make and then incorporate their help in making it. You will still have the joy of baking and sharing it with those you love without the undo stress and exertion required to make many different recipes. How about sending Christmas e-cards this year? You can take a few moments and design a simple one with a personal message, if you have the software and know the program, or choose a card from one of the free e-card websites. Just type "free e-cards" into your search bar. If even these things are just too much for you to handle right now - sit back and learn to delegate duties more in addition to accepting the offers family and friends make to lessen your load physically and mentally.

With all the holiday parties and festivities, be extremely cautious not to compromise your health further when you are around large crowds. The best option is to stay away from such functions this year. Instead, choose a couple of friends to invite in for a cup of hot chocolate and some board games. (Make certain each guest understands they are no longer invited if they develop a cold or come down with the flu.) If you must attend a function, take these precautions: Instead of shaking hands, smile genuinely and verbally tell the person how nice it is to see them - or meet them. If the function is formal - make a beautiful pair of gloves part of your wardrobe for the evening and then you can shake all the hands you want. Use the same hand everytime you shake so that you can remove just that one glove when handling food or a beverage or when touching your face in any way. If you are in a group of people that you are comfortable with and who are aware of your cancer journey you can wear a mask to protect yourself. Have some fun with it if you like and try painting a pair of lips on it. You will find that when others perceive you are OK with your cancer journey they will be much more comfortable and willing to spend time talking with you about what you are experiencing. Feel free to be the life of the party - all the while being cautious.

Finally, do one fun and simple thing you have never done before this holiday season. That way you will always remember the year you did it, or the first year you did it - if it becomes a tradition.

## Thanksgiving Prayer & Game

### Pause and Give Thanks

Wherever you find yourself today,  
Whether filled with joy or wrapped in  
pain,  
Remember to pause a moment and give  
thanks

For no other event in our history and time,  
Can change our lives like the birth of  
Christ - so Divine.

His love never failing, and His Presence  
always near

The greatest wonder in Heaven on Christ-  
mas did appear.

God's gift full of grace that brings life,  
love, and hope,

Can be unwrapped by us all - changing  
life's scope.

For when we invite His life into our hearts,  
No love is greater than that He imparts.

So wherever you find yourself today,  
Remember to pause and give thanks,  
For He is the Truth and the Way!

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This non-strenuous game is fun for all ages

### Chopstick Pass Along

You will need: a small plate - pairs of  
chopsticks - an unshelled walnut - an  
acorn- a cranberry and a pea

Give each player a set of chopsticks and  
place each food item on the small plate  
next to the first player. Using the chop-  
sticks the first player must pass each  
object, from largest to smallest, to the  
person on their right who receives it with  
chopsticks and passes it along to the next  
player. The object is to to get all four  
objects back to the starting plate without  
dropping any of them. If any one item is  
dropped that item is given back to the first  
player to start over again.

ENJOY the FUN and LAUGHTER!