



## February Event: 25<sup>th</sup> Anniversary Story Series

Caregivers are an integral piece of the recovery journey of those with cancer. From coordinating and transporting to doctors' appointments, making sure there's always a hot meal ready, or simply being present to listen, caregivers are always putting others first. Like the old adage says, "you can't draw water from an empty well", it's crucial for caregivers to take care of themselves as well. Self-care strategies for caregivers include getting good rest, eating well, getting enough exercise, keeping a schedule and staying in touch with one's emotions. These things may seem simple, but real-world distractions coupled with the responsibilities of caregiving, prioritizing self-care is a challenge.

February 16, 2018 was Caregivers Day at the Cancer Support Community of Greater Philadelphia. Dr. Monique Gary, DO, Breast Cancer Surgeon with Grand View Health spoke on Caring for the Caregiver at our Grand View Outpatient Center Satellite Office.

Allan, a member of our Grandview location, has been supporting his wife through her multiple myeloma diagnosis for the last 2 years. He attended Caregivers Day and shared that the information shared was very interesting and helpful. Allan's wife is also taking advantage of the support offered by the Grandview office and attends a support group for those who are currently fighting cancer.

The Cancer Support Community of Greater Philadelphia offers diverse programming for each member affected by a loved one's cancer diagnosis.