



CancerCARE
Right Care. Right Place. Right Time.

The Survivor's Journey

CancerCARE's Survivorship Newsletter
JULY 2025

This newsletter is here to help you live well after cancer.

Our theme this quarter is Thriving After Cancer:

Hello, my name is Megan, and I'm the Survivorship Nurse Leader with Cancer CARE for Life. I'm here to support you as a resource, educator, and advocate through every step of your survivorship journey.

This edition of our newsletter is all about helping you live well after cancer. Our theme this quarter is "Thriving After Cancer: Embracing Your Well-Being." Inside, you'll find tips for healthy living, emotional health, and connections to resources that can truly make a difference. Remember, I'm here for you. Please reach out anytime with questions or if you need support.

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Every day is a new page in your survivor story.

YOUR EMOTIONAL JOURNEY

Life after cancer treatment can feel different for everyone. Taking care of your emotions is important.

- Take time to do things that make you happy.
- Don't be hard on yourself for how you feel.
- Focus on what's important and what matters most to you.
- Talking about your fears can help you feel stronger and more in control.

It's normal to worry about cancer coming back, but with time and support, your confidence in moving forward can grow stronger.

You can take steps to feel more in control by:

Keep a routine Sticking to a daily schedule can bring structure and a sense of normalcy.

Set small goals Achievable goals, even simple ones, can boost motivation and self-esteem.

Practice self-care Regular exercise, healthy eating, and good sleep habits help you feel stronger both physically and emotionally.

Track your progress Keeping a journal or using an app to monitor your physical and emotional health can help you recognize improvements over time.

Ask for help Reaching out to loved ones, care teams, or counselors when needed.

Nutrition

Chicken, leek and brown rice stir-fry

INGREDIENTS

- 1 TBSP olive oil
- 1 lb. chicken breast thinly sliced
- 1 lb. chorizo chopped
- 1 leek
- 1 red pepper deseeded and chopped
- 1 cup of kale chopped
- 1 TBSP low sodium soy sauce
- 1 TBSP red wine vinegar
- 2 pouches whole grain rice

Makes 4 servings

DIRECTIONS

1. Heat the oil in a frying pan over a high heat and fry the chicken for 3 minutes. Stir in the chorizo and cook for 2 minutes more until the chicken is light golden and the chorizo has released its fat. Scoop the chicken and chorizo into a bowl using a slotted spoon, leaving as much oil in the pan as you can. Set aside.

2. Tip the leek and red pepper into the pan and cook for 2 minutes, stirring frequently until slightly softened. Add the kale and fry for 1 min more until the leaves have just started to wilt at the edges.

3. Drizzle in the soy sauce and vinegar and scatter in the rice, breaking up any large chunks with a wooden spoon. Stir the chicken and chorizo back into the pan and toss everything together to combine. Cook for 3 minutes until the rice is heated through, then serve.

AICR Impact - The American Institute for Cancer Research helps the public understand the relationship between lifestyle, nutrition and cancer risk. We work to prevent cancer through innovative research, community programs and impactful public health initiatives.

You Deserve a Break

After going through cancer treatment, it's normal to feel tired and low on energy.

Try not to do too much too fast. Instead, think about what helps you feel better, set clear limits for yourself, and make time for activities that help your body and mind rest and heal.

You've been through a lot, and you deserve to take care of yourself.

Take Care of Your Emotional Health

Look out for these signs

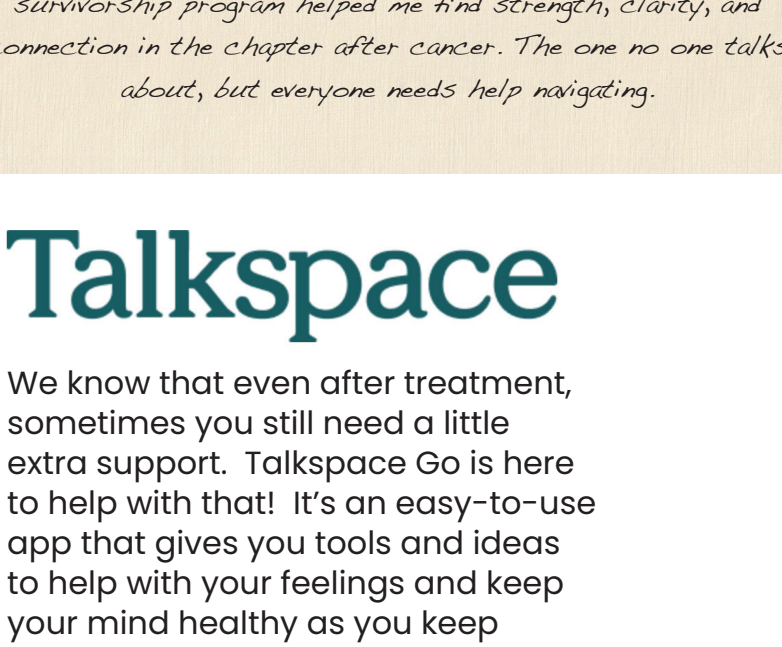
- Losing interest in activities or spending time with friends
- Changes in eating, weight, or sleep
- Feeling very tired, sad, or easily upset
- Trouble focusing or making choices
- Thinking about hurting yourself

Connect & Thrive



After going through cancer treatment, it's normal to feel like others don't really understand what you've been through. That's why talking to other cancer survivors can be really helpful. Whether you meet them in person or online, support groups give you a safe space to share your story, get support, and feel strong together. You can find these groups through trusted places like the American Cancer Society, or by asking your care team for help. www.cancer.org

Life After Cancer: Kristina's Story



No one tells you how life after cancer can feel just as uncertain as the diagnosis. After treatment, I expected to bounce back but instead, I faced a new body, new fears, and questions no one prepared me for. What got me through wasn't just doctors or tests, but being heard, understood, and supported by people who truly get it. The survivorship program helped me find strength, clarity, and connection in the chapter after cancer. The one no one talks about, but everyone needs help navigating.

Talkspace

Ready to get started?

1. Download Talkspace (Go from the Apple App store or Google Play or click on the QR code here.)



2. Sign up and create an account

3. Enter the organization code: **MYCARE**

Look Ahead with Hope and Confidence

Life after cancer can feel like starting a new chapter.

You've already shown strength by making it through treatment. Now it's time to focus on what makes you feel happy, healthy, and hopeful.

Take small steps each day, reach out when you need support, and remember –

you are not alone.

Our door is always open

CancerCARE for Life
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www.Cancercareprogram.com



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