



Cancer Resource Center
of
Western Maine

MISSION

We embrace anyone affected by cancer in a community that offers hope and caring through support, education and concepts in healthy living.



Do you know someone whose life is affected by Cancer? We are here to help!

We offer a variety of programs and comfort items free to anyone impacted by cancer.

199 Main St., Norway 207-890-0329

News from the Cancer Resource Center of Western Maine

March 2018



Join us for the Power of Prevention!

Thursday, March 15th

10:00 to 11:00 am

Cancer Resource Center of Western Maine, 199 Main St., Norway

Statistics estimate that nearly 50% of cancers are preventable!

Join Maureen Higgins, LCSW, Cancer Health Outreach Educator with the Dempsey Center, to learn about lifestyle changes that can reduce one's risk of cancer. This interactive presentation will focus on behaviors over which one has control and look at simple ways to incorporate healthy choices into every day life, increase overall wellness, and prevent chronic disease. Bring

a friend and learn at least two ways to prevent cancer and ways to screen for cancer. Pre-registration is not required.



Tuesday, March 20th

12:00 to 1:30

Cancer Resource Center of Western Maine, 199 Main St., Norway

We are looking for adults who live in Oxford, Androscoggin or Franklin County, who have been affected by cancer, and who have never used services from a cancer support center like the Cancer Resource Center or Dempsey Center to participate in a **90-minute group conversation**. You will receive a **\$30 Hannaford gift card** for participating in the conversation and we will provide snacks. Joining this study is **voluntary** and you may back out at any time. We only want to hear what you have to say! This session will be facilitated by researchers from the University of Southern Maine.

If you are interested and think you may fit these criteria, please call Mary at 207-780-5836 to register or learn more. **[Download flyer](#)**

Spring Programs and Activities

The Cancer Resource Center is located at 199 Main St. in the Stephens Memorial Hospital Specialty Clinic building. All programs are FREE to anyone impacted by Cancer. Drop in hours are Thursday and Friday from 9:00 to 3:00 pm. Program schedule is subject to change. Please check [Facebook page](#) or our [website](#) for updates. All programs take place at the Center unless otherwise noted.



Support Groups - *Pre registration is encouraged.*

- [Women's Cancer Support Group](#) at Center on the 1st Tuesday from 12 - 1:30 pm. Call 207-744-6173.
- [Men's Rally Group](#) at Center 3rd Thursday from 4:00 to 6:00 pm. Call 207-890-0329.

Wellness Activities - *Pre registration is encouraged 207-890-0329 or arrive 15 min. early.*

- [Yoga Warriors at Posabilities](#), 15 Tannery St., Norway every Wednesday 3:00 to 4:00 pm.

- [Banding Together to Restore](#) at Richard Bader Physical Therapy, 176 Main St., Norway. Every Thursday from 10:00 to 11:00 am.
- [Yoga for Wellness](#) at the Center every Friday from 8:00 to 9:00 am.
- [Self Reiki](#) at Center, 2nd Friday at 2:30 pm.
- [Self Reflexology](#) at Center, 4th Friday at 9:30 am.

Creative Expressions Activities - *Free with all materials provided, check the calendar for more information.*

- [Coloring for Adults, Knitting, Crocheting, Cards, Games](#) during drop in hours.
- [Stampin' Up](#) at Center 1st Wednesday at 1:30 pm.
- [Beginning steps to painting with Watercolors](#) at Center 3rd Thursday 1:00 to 3:00 pm.
- [Beading Project](#) at Lively Accents, 310 Main St., Norway 4th Tuesday 2:00 pm.

[**Download Calendar of Events**](#)





Flowers for Hope Fundraiser

Daffodils are a universal symbol of Hope and Life!

Tulips are Perfect Love!

This fundraiser will not only provide cheer and hope to the recipients of the flowers but it will also support the Cancer Resource Center of Western Maine.

Order forms can be picked up at the Center on any Thursday or Friday from 9:00 am to 3:00 pm, call 207-890-0329 or check the [website](#). Order deadline is March 20th. Flower pick up is Thursday, March 29th or Friday, March 30th at the Center.

Want to make a difference? Join our volunteers!



Are you looking for a way to give back or to spend time doing something positive in the community? If so, we would love to talk with you!

Volunteers are needed at the Center to assist with any of the following services: staffing drop in hours, assisting with mailings and phone calls, posting flyers in the community, writing thank you notes, wig fitting, leading activities like journaling or card making, marketing activities, computer work and serving on the Board of Directors.

Want to hear more about how you can make a big difference to those affected by cancer? Contact Sherri Otterson at 207-890-0329 or crcofwm@gmail.com. Volunteer applications are available on our website www.crcfwm.org or at the Center any Thursday or Friday between 9:00 am and 3:00 pm.

SAVE THE DATE

2nd Annual Turkey Trot 4 Hope Thanksgiving Day 2018



Join the fun for the 2nd annual Turkey Trot 4 Hope (4 mile run or walk)! Last year's event was a huge success with over 220 participants running and walking through the streets of Norway. Supporting this event is a significant way to demonstrate your commitment to the Cancer Resource Center of Western Maine. New this year we are adding a voluntary fundraising component so get your team together! Registration opens on June 1st. Please like the [Event Facebook Page](#) for updates!

Cancer Resource Center of Western Maine

A quiet place to rest, talk with a volunteer, get helpful resources and more.

Because No One Should Face Cancer Alone



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Our mailing address is:

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