

20 Things People with Cancer Want You to Know:

(taken from Help Me Live by Lori Hope)

1. It's okay to say or do the "wrong" thing.
2. I need to know you're here for me (and if you aren't, why not.)
3. I like to hear success stories, not horror stories.
4. I am terrified.
5. I need you to listen to me and let me cry.
6. Asking my permission can spare me pain.
7. I need to forget - and laugh.
8. I need to feel hope.
9. Telling me to think positively can make me feel worse.
10. I want you to trust my judgment and my treatment decisions.
11. I want compassion, not pity; comfort, not advice.
12. I am more than my cancer; treat me kindly, not differently.
13. I want you to help without my asking you to.
14. I like to be held in your thoughts or prayers.
15. My moods change day to day; please forgive me if I snap at you.
16. Hearing platitudes or what's good about cancer can trivialize my feelings.
17. I don't know why I got cancer, and I don't want to hear your theory.
18. I need you to understand if I don't return your call or want to see you.
19. I want my caregiver to take good care of herself or himself.
20. I don't know if I'm cured, and bringing up my health can bring me down.

Local Resources You May Recommend

Cancer Action:

www.canceractionkc.org
Phone 913-642-8885

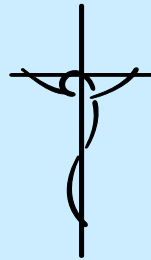
Turning Point:

www.turningpointkc.org
Phone 913-383-8700

May others, those with cancer and their families know Christ through your caring. If we can help in any way in supporting your friend or family member in this time of difficulty, please call Christ Lutheran Care Ministry.

Sue Brettmann or Colleen Dankenbring
913-345-9700

"Together in Christ, Caring for God's People"



Reaching Out to Those with Cancer



Your willingness to walk along side someone you care about as they face cancer is a blessing to them and a service to Christ.

2 Corinthians 1:7 tells us:

*And our hope for you is firm,
because we know that just
as you share in our sufferings,
so also you share in our comfort.*

Comfort, comfort my people says your God.

Isaiah 40:1

It is difficult when faced with someone we care for who has received a diagnosis of cancer. Often we find ourselves wanting to do something but not knowing what to do. The information provided here is given to empower you to reach out to those with cancer with God's love.

Where to start and suggestions on how to reach out and comfort:

Begin with prayer:

Dear Lord,
I praise You as the true Provider of comfort and healing and I come to You as (name) has been diagnosed with cancer. Comfort me as I struggle with feelings of shock, fear and helplessness. Empower me with knowledge and insight and guide me to areas where I can help. Amen.

Ideas to help: Think about the needs of the one diagnosed and their family. Then think about the gifts that you have to support these needs.

Tasks –

- Offer to be a point person to give updates to friends or co-workers, or to coordinate meals, carpools etc.
- Offer to be on a list for meals, carpools, errands, babysitting, laundry, pet care, lawn care etc.
- Organize a resource book of names and phone numbers of people to call for various needs.
- Call on your way to grocery store to offer to pick up something for them.
- Offer to drive them places they need to go or take them on an outing.
- Pick up a movie (especially a comedy) and offer to watch it with them.
- Put together a gift basket of reading material, bedside supplies etc.
- Give fun clothes or accessories that are treatment-friendly.
- Give listening materials like music or books on tape.
- Give the caregiver a break for a few hours.

Listen -

- Let them know you are available for listening and then listen.
- Let them know it is ok to cry and be willing to cry with them.
- Let them know it is ok to laugh and laugh with them.
- Remember that silence is ok too. Your presence speaks volumes.
- Listen for the physical, mental and spiritual needs they have.

Communicate -

- Send a card weekly or on each treatment day with a personal note.
- Make a phone call or visit, limiting the time so as not to wear them out. Leave a "thinking of you" message if no one is home.
- Start a prayer group of friends to meet regularly to pray for them, maybe on treatment day and let them know you are doing this.
- Communicate with your presence, offering to sit with loved ones during surgery, lengthy procedures, or doctor visits.