

## HOW OUR CONGREGATION CAN HELP PEOPLE WITH CANCER

People who are living with cancer, along with their families, often need support from their faith communities. It's important to communicate with cancer patients and their families so that your congregation understands what kind of help is most needed and desired.

Here are some ideas for your congregation:

- Offer transportation to treatment appointments. Many people with cancer must undergo repeated chemotherapy and radiation treatments and may need transportation to and from the hospital.
- Provide child care. If the cancer patient has children, babysitting or driving the kids to school and activities can be a huge help.
- Help with household chores. Many people who are undergoing cancer treatment struggle with exhaustion. Helping with household chores (or providing the funds to hire a cleaning service) can help keep the cancer patient's home in good order and frees up time for rest.
- Be supportive. The emotional impact of living with cancer or caring for someone with the disease can be immense. Spending time with patients and their families, offering prayer and being available for emotional support is incredibly important.

In addition to providing direct support to patients, congregations can also join the fight against cancer:

- Educate members about cancer. Share information about types of cancer, symptoms, prevention and diagnosis. Representatives of cancer awareness groups are often available to offer in-person presentations at houses of worship.
- Participate in local fundraising and awareness programs. Many organizations promote events, such as walks, runs and benefit dinners. Your faith community can help support these events through financial contributions as well as volunteer efforts.

Wishing you joy and good health,  
Mary Bohlen RN  
SJParishNurse@comcast.net

*Blood pressure readings have resumed. See us in the Infant & Toddler Room in the rear of church on the 1<sup>st</sup> and 3<sup>rd</sup> full weekends of every month September – May. The service is free of charge and currently is limited to those Masses that have a volunteer to perform readings. If you are trained in taking blood pressures and would like to offer your services, please contact Mary Bohlen using the e-mail address listed above we'd love to have you on the team!*