

When Pigs Fly

Survival Talk

Volume 5, Issue 1

Moonlight Cancer Foundation Newsletter

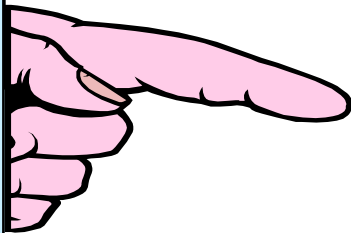
Winter 2005

Moonlight Cancer Foundation
Life Support for Survivors



OUR MISSION:

Moonlight Cancer Foundation is a nonprofit organization one whose mission is to provide monetary assistance and other forms of support to those experiencing financial challenges as their result of living with cancer. We believe in assisting our local families through these demanding times.



How Can I Be Supportive?

(reprinted from the American Cancer Society 11/17/2004)

Remember the person you know with cancer may find it hard to ask for help or may seem vulnerable. Telling a person, "You're so brave," or "You're so strong" can put a lot of pressure on them to be strong when they may not feel up to it. Families can put a kind of subtle pressure on people with cancer by expecting or needing them to be strong all the time. In that case, you might play an important role for a friend who has cancer. They know you well and trust you enough to confide in you, yet you don't have the emotional attachment and expectations of a family member. This kind of relationship can be a great gift for a person facing cancer.

It's human nature to distance yourself from someone when they become ill. Cancer forces us to confront our own fears about illness. This may make us reluctant to interact with the affected person. But isolation can be a problem for people with cancer. Make an extra effort to reach out.

If your friend needs medical equipment or money to help defray the costs related to treatment, you can look into getting something donated or organize a raffle to help raise money. Or you can simply take up a collection to buy something that might not be covered by insurance.

The person with cancer may look to you for advice regarding financial worries, work issues, or other concerns. Be honest. Help if you can, but if you feel uncomfortable, say so. There are many places a person can get help and support, and you might suggest seeking the advice of a professional who is best suited to give that kind of guidance. For more information, please see [How to Find a Financial Professional Sensitive to Cancer Issues at www.cancer.org/docroot/ESN/content/ESN_2_2X_How_to_Find_A_Financial_Professional_Sensitive_to_Cancer_Issues.asp](http://www.cancer.org/docroot/ESN/content/ESN_2_2X_How_to_Find_A_Financial_Professional_Sensitive_to_Cancer_Issues.asp)

DONATION INFORMATION:

To make a donation to "Moonlight Cancer Foundation"
Moonlight Cancer Foundation
 P.O. Box 231454
 Encinitas, CA. 92023
www.moonlightcancerfoundation.org

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Our annual **Harmony Harvest Benefit Concert and Silent Auction** was again a huge success financially, musically, and spiritually! It was held at the Seaside Church Auditorium, in Cardiff this past November 20th. The entertaining evening featured critically acclaimed recording artist **Tim Flannery**, of the **San Diego Padres** fame. Also featured were the talents of several respected local musicians including **Eve Selis**, **Jeff Berkley**, **Calman Hart** (Berkley Hart), **Steve Poltz**, **Randi Driscoll**, **Doug Pettibone**, **Sharon Whyte**, **Dennis Caplinger**, and **Jack Tempchin** (wrote "Peaceful Easy Feeling", "Slow Dancing" & more!). Many wonderful items and gifts were offered at our silent auction including a **Holland America 7 day cruise for two**; a **Taylor guitar**; a **La Jolla Spa MD package**; **\$250 Leo Hamel & Co certificate**; a **California Chariot**; **Las Vegas packages**; travel & amusement packages; dining & theatre packages; lots of gift baskets, sports memorabilia, jewelry & accessories. In addition to the vast array of auction tables was an abundance of complimentary teriyaki chicken skewers, sandwiches, fruit and veggie trays, hors de oeuvres, Pat & Oscar bread sticks, assorted desserts, as well as a no-host bar.

We are pleased to report that as we are all volunteers, over **85%** of the **\$20,000** raised from this evening, is being used to fund local cancer patients who desperately need our help. We would like to thank everyone for their participation, donations and support. *Without you, it would not have been possible!*

This wonderful evening was sponsored by **I Pay One** of Carlsbad, in memory of Sandra Nicodemus who courageously fought her own battle with cancer the past six years.



With our generous sponsors from ipayOne:

Brisha Cordella, Derek Nicodemus, Chanelle Regoli, Susannah Nord, Tim Flannery, Burke Smith, Brenda Kakehashi

Performing: Sharon Whyte, Jack Tempchin, Steve Poltz, Tim Flannery, Randi Driscoll, Calman Hart



Tim Flannery and Eve Selis

ipayOne
why pay more?



Steve Poltz



Jeff Berkley & Calman Hart "Berkley Hart"



Advice and Inspiration (reprinted from San Diego County Cancer Navigator @ www.cancernavigator.org)

FOR THE PATIENT

1. Change your life's priorities such that your health is number one.
2. Learn about your cancer and its treatment.
3. Get into the best physical shape you can. Eat right, get enough rest, and exercise moderately with your doctors approval.
4. Don't ignore your stress levels. This is a long-term crisis.
5. Keep family informed about your health. This includes your children who are old enough to understand.
6. Let friends and neighbors know about you health so that your family has more community support.
7. Monitor and report your side effects. There are many things that can be done to make you more comfortable.
8. Don't try to tough your way through physical pain. There is no good reason for it and it troubles your loved ones to know you're in pain.
9. Focus on something pleasurable each day and reward yourself for continuing treatment.
10. Don't give up. Even stage IV cancer can be shifted from terminal to chronic status through expert medical management.

FOR THE FAMILY

1. Learn enough about the cancer and its treatment to understand what is happening.
2. Be supportive of the patient. Provide a shoulder for them to cry on if they choose.
3. Maintain the responsibilities in your life, otherwise the patient feels guilty that they have negatively impacted your life.
4. Take on some of the patient's chores without having to be asked and then don't let them talk you out of it.
5. Continue to seek counsel from the patient if that was your habit prior to the cancer. If you don't, the patient feels like nothing in their life is normal.
6. Listen to the fears your loved one has without offering reassurances you cannot deliver. If you share these fears, it's ok to say so and then return the focus to their feelings.
7. Arrange frequent moments of calm, enjoyment and humor. These do not have to be elaborate or costly. Driving to the coast and watching the sunset is physically possible for most patients, a lovely experience and inexpensive.
8. Don't question the patient's choice of treatment once it has been decided. They must commit to the treatment and doubts or the latest news article tend to get in the way.
9. Occasionally tease the patient about something not associated with the cancer or its treatment. This reassures them that they are still ok enough to be teased.
10. Manage your own health and stress levels with care. Injury or illness to a family member complicates the patient's life and increases their sense of being a burden.

Strength for Caring

Caring for a loved one with cancer can be a family's toughest challenge. But there is help available.

Strength for Caring is a program is intended to help the family caregiver to feel better equipped and more confident in their role as a family caregiver... to give them the strength needed to fulfill their potential as a caregiver. **Strength for Caring** provides caregivers with communication tools, interventions and resources they need to address the full spectrum of issues that accompany caring for a loved one with cancer, including:

- Understanding cancer and its treatment
- Meeting the physical and emotional needs of patients with cancer
- Dealing with changing family roles
- Talking with your loved one's physician
- Managing the patient's pain, fatigue and other symptoms
- Improving the caregiver's own mental and physical health
- Locating and utilizing valuable community resources



The **Strength for Caring** program is conducted at convenient times and in a location near you. The program is free of charge. To find out more about **Strength for Caring** and where the program is being conducted in your area, talk with your health care professional or visit the **Strength for Caring** at <http://www.strengthforcaring.com/>

REFLECTIONS & ENLIGHTENMENTS

Food For Thought ~

The Hunza people of Kashmir (India and Pakistan) have a **0.00%** cancer rate.

The love of our neighbor in all its fullness simply means being able to say to him, "What are you going through?"
-**Simone Weil**

You cannot do a kindness too soon, for you never know how soon it will be too late.
-**Ralph Waldo Emerson**

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has.
- **Margaret Mead**



Change online shopping for good
*You're going to spend money anyway
~ why not make it count!*

The **iGive** Mall keeps growing-- over 470 stores and counting! An easy way to make your shopping always count and never miss out on a donation to **Moonlight Cancer Foundation!**

Buy for Charity

Start your online shopping at BuyForCharity.com and buy the gifts and things you need everyday at over 350 retailers ~
At no extra cost to you, up to **35%** of every purchase you make automatically goes to the good cause of your choice ~
Easy as 1 2 3
Please select **Moonlight Cancer Foundation** for your cause

UPCOMING EVENTS

Moonlight Cancer Foundation invites all interested volunteers to attend our monthly board meetings the first Wednesday of every month @ 7:00 PM (*we can always use fresh ideas!*) Call **635-7820** for location

Moonlight Cancer Foundation is searching for models for it's "**2006 Cancer Survivors**" calendar Call **635-7820**

UCSD Pain Relief Support Group "Managing Your Pain"

This program is designed to provide patients & families with information needed to effectively manage pain. During the series of classes, doctors, nurses, & other health care professionals discuss pathophysiology of pain, various treatments modalities, and psychosocial support mechanisms. An opportunity to interact with one another, providing support, sharing & experiences with pain management. Runs in 8-week cycles, at Thornton Hospital, SDG&E Room. Call **(619) 543-3640**.

Encinitas Street Faire 4/23 & 4/24

Be sure to stop by the *Moonlight Cancer Foundation* booth!

National Cancer Survivors Day 2005

Plan now to participate nationally and locally in the 18th annual National Cancer Survivors Day on Sunday, June 5.
Visit the website at www.ncsdf.org

Relay For Life

a fun-filled overnight event designed to celebrate survivorship and raise money for research and programs of your American Cancer Society. During the event, teams of people gather at schools, fairgrounds, or parks and take turns walking or running laps. Each team tries to keep at least one team member on the track at all times. Relay For Life represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day, cancer will be eliminated.

4/16 Escondido - Alexis Secka (619) 682-7452

4/23 Santee - Tim France (619) 682-7423

6/25 Chula Vista - Tim France (619) 682-7423

7/23 Point Loma/Ocean Beach - (619) 299-4200

THANK YOU TO OUR RECENT DONORS

Your support means so much to so many!

Life Support Benefactor (\$1000 or more) ~ ipayOne, Inc. - Carlsbad

Supporting Hands Donors (\$500-\$1000) ~ Ruby's Diner - Carlsbad

Helping Hands Donors (\$1 to \$500) ~ Focus On Intervention, Jin Shin Jyutsu - Cathy Bacquet, La Jolla Spa MD, John & Margaret Hokkanen - Century 21 www.GemHome.com, Mike & Sandy Ackerman, Randi Driscoll, Jane Larsen, Janis Lenhart,

Why we do what we do

Evelyn ~ 🌹 THANK YOU SO MUCH!!!!!! If there was a better time to receive your money gift, it was now. Our finances have really taken a turn for the worse, but with your generosity, we still have a roof over our heads! We couldn't have done it without "Moonlight Cancer Foundation". You are a blessing in disguise.

Patricia ~ She was feeling desperate and sad. Her van had broke down the week before so finding rides to her chemo treatments had become an extra chore. After being readmitted to the hospital, someone brought her mail to her and in it was a check from MCF. She called in tears to say "Thank You" and tell us how much it means to her. "God bless you" she said.

Sygrid ~ I would like to say "Thank You". Thank you and thank you again for the wonderful check you sent me. It will make my life so much easier. There aren't enough "Thank yous" to express my gratefulness. Thank you from the bottom of my heart for your generosity. I will forever be grateful.



Moonlight Cancer Foundation

Life Support for Survivors

Board Members & Volunteers

Brenda Kakehashi ~ Foundation President
Brisha Cordella ~ Executive Vice President
Cathy Bacquet ~ Board Member/CoFounder
Joana Henry ~ Board Member
Robert K. Kakehashi, M.D ~ Board Member
Sandy Ackerman ~ Volunteer
Annette Allerrt ~ Volunteer
Sandy Atkinson ~ Volunteer
Lisa Boering ~ Volunteer
Michelle Gray ~ Volunteer
Tom Munroe ~ Volunteer
Stephen Phillips ~ Volunteer

A Poem

by Paul Cox, former cancer patient

"He lost the battle to
cancer," you say.
Cancer's the winner?
Do you see it that way?

To die is to lose?
Is that how it ends?
So then can you tell me,
Does anyone win?

Death comes to all,
So everyone loses?
Why play the game
If that's how it is?

I fail to see it
That way at all.
Play the game how you want
You make the call.

When it's the end
Only you and God know
If you win or lose
And which way you'll go.

So don't tell me I lost
for that is a lie.
It's how you live
Not how you die.

HELPFUL WEBSITES

Assn. Of Cancer Online Resources www.acor.org
Behind The Cancer Headlines www.mabcie.com
Breast Cancer Resource Center www.pinkribbon.com
Cancer Care www.cancercare.org
Cancer Facts www.cancerfacts.com
Cancer 411 www.cancer411.org
Cancer Free www.cancer-free.com
Cancer Hope Network www.cancerhopenetwork.org
Cancer Link - seidata.com/~marriage/rcancer.html
Cancer Network www.cancernetwork.com
Cancer Page www.cancerpage.com
Cancer Source www.cancersource.com
Cancer Symptoms www.cancersymptoms.org
Cancer Track www.cancertrack.com
Conquer Cancer www.conquercancer.com
Dave Drevecky's Outreach Of Hope www.outreachofhope.org
Hope For Cancer www.hopeforcancer.org
Lance Armstrong Foundation www.laf.org
Living Beyond Breast Cancer www.lbbc.org
Living With Cancer www.jfssd.org
National Comprehensive Cancer Net. www.nccn.org
People Living With Cancer www.plwc.org
OncoLink www.oncolink.com
Oncology Tools www.fda.gov/cder/cancer
Oral Cancer Foundation www.oralcancerfoundation.org
R.A. Bloch Cancer Found www.blochcancer.org
SD County Cancer Navigator www.cancernavigator.org
Steve Dunn's Cancer Guide www.cancerguide.org
Tour Of Hope www.tourofhope.org
WebWhispers www.webwhispers.org
Yul Brynner Head & Neck Cancer Foundation
www.yulbrynnerfoundation.org

What Does it Take to Be a Successful Caregiver?

(reprinted from Cancer Care)

The following tips may help you to be a successful caregiver. To be a successful caregiver, it helps to:

- ♥ **Be a problem solver.** Caregiving involves solving problems. Although you may have solved many problems before in your day-to-day life, you may or may not be familiar with many of the problems that come along with cancer. To be a good problem solver, be aware of the problem, find out what needs to be done, and handle them appropriately. Seek the help of others when solving a problem.
- ♥ **Be a team player:** Once the role of a caregiver is accepted, the caregiver will find his/herself working on team, with the person with cancer in the central role. Other members of the team include other family members, friends, and the medical staff. Each member brings to the team different skills and strengths, working toward a common goal of helping in the care of the person with cancer. To be a successful team, it should be realized that each member plays an integral part.
- ♥ **Communicate!!** Ask questions of the team, the person with cancer, and other family members. Express your concerns, opinions and emotions. Share your thoughts, if not directly with the person with cancer, find others you can talk to about the situation.
- ♥ **Have a positive attitude:** Although it is easy to feel negative and overwhelmed by the tasks at hand, maintaining a positive attitude will help. Remember to use the support you have used in the past to cope with difficult situations: support of friends, spirituality, and professional help.
- ♥ **Take care of yourself:** Learn to read the signs that say you are over stressed. Physical exhaustion, being short-tempered, excessive emotional periods are all signs that you need some kind of a break. Build in daily breaks for yourself when someone else is the responsible one. Remember you will be better able to give care if you understand your limits and take time to renew your physical and emotional energy.

Caring Advice for Caregivers

(reprinted from Cancer Care)

How Can You Help Yourself?

Managing the care of a person who is ill is a full time job. It is probably a good bet that you also have other roles to fill, such as parent, employee, or spouse. Additionally, it is very important that you take care of yourself. You can help manage your own stress by:

Finding additional help to care for the person with cancer. This can mean home care through an agency, friends/family to help with chores, shopping, someone to sit with your loved one while you work, or have planned time away to refresh yourself. Don't be afraid to ask your friends, church, and local agencies for help. Giving them specific tasks will help them feel less helpless. You will find that working as a part of a team will make the burdens easier on yourself.

- Attending a support group for caregivers, getting counseling for yourself, finding your sense of spirituality or sharing how you are feeling with friends and other family members. Reach out and find a friend who is there just to support you. Together, create a plan to manage your stress. Talk to other caregivers. They will understand how you feel, and share how they are coping with the same situation. Check out the available help from Cancer Care.
- Planning time away, where you do something pleasurable for yourself, even if it is just a walk around the block. Schedule it into the pain management plan, as a dose of medication for yourself.
- Using the health care team for support. See or speak with the doctor often, bring a list of questions and expect for them to be answered. Ask who else on the health care team is available for you, an oncology nurse, pharmacist, social worker, physical and occupational therapist, hospital clergy, or psychologist.
- Taking advantage of the [Family and Medical Leave Act](#) if you are employed. This act requires employers with 50 or more employees to provide up to 12 weeks of **unpaid**, job protected leave for family members who need time off in order to care for a seriously ill family member. Employers are required to continue benefits during the leave period and may allow an intermittent or reduced work schedule. The act also permits employers to provide leave provisions that are more generous than the act requires. Your human resources division should be able to provide you with more information (see below).
- Asking if your insurance company can assign you a case manager. Many insurance companies will assign someone to help manage insurance concerns for someone with a serious illness. This person can be a resource for what benefits are covered, whether arrangements can be made for out of plan benefits for medically necessary care, what home care may be available, or trouble shooting when insurance problems arise. The quality and helpfulness of case managers will vary across insurance.
- Checking with community agencies. Some have volunteers who can help with a number of things such as transportation and advocacy with entitlement and benefit programs. Your hospital or community social worker is a great source for local referrals to such programs.
- Obtaining legal counsel to help with financial concerns and financial planning.
- Understanding your rights. Caregivers have a [Bill of Rights](#) too!

Online Caregiver Resources *(reprinted from CancerCare.org)*

Caregiver Network <http://www.caregiver.ca>

Caregiver Network Inc.(CNI), is a resource center created to help caregiver. Yearly membership fee.

Caregiving Online <http://www.caregiving.com/>

Valuable information for caregivers is available in the "Online Support" section of this page. The "Links for Caregivers" section will lead you to additional Caregiving information sources.

Caregiving Webplace of AARP <http://www.aarp.org/life>

A practical guide to the financing, housing and other issues involved in caregiving. This site has a special section for those caring for adult children.

The Center for Family Caregivers <http://www.familycaregivers.org/>

Provides educational, training and support materials for family caregivers and professionals, some fees may be involved for services.

Family Caregiver Alliance <http://www.caregiver.org/caregiver/jsp/home.jsp>

This organization helps families and caregivers of adults with brain disorders and diseases. The publication section has an excellent series of caregiver fact sheets, the statistics and research section carries several research articles of general interest to caregivers, and the site links to other useful resources. Includes newsletter in Spanish.

National Association for Home Care <http://www.nahc.org/>

This industry organization provides information about home care and hospice facilities, industry trends and legislative news. The organization also publishes a newsletter.

National Family Caregivers Association (NFCA) <http://www.nfcacares.org/>

NFCA is a non-profit membership organization providing information and education, support and validation, public awareness and advocacy to help family caregivers attain a better quality of life.

Today's Caregiver Online <http://www.caregiver.com/>

Today's Caregiver Online offers a Caregiver Directory, chat room, bulletin board, and a subscription form to the magazine.

Study: Customized Vaccines Help Delay Cancer Death

WASHINGTON JUL 15, 2004 (Reuters) -

An anti-cancer vaccine made with a patient's own brain tumor has helped several sufferers live much longer than expected, U.S. researchers reported. They found three specific targets called antigens in brain tumor cells, and customized a vaccine that, apparently, stalled the growth of the deadly brain cancers. While the 14 patients were not cured, they lived an average of about two and a half years compared to seven and a half months for similar patients who did not get the vaccine, the researchers said. Writing in the journal *Cancer Research*, Dr. Keith Black and colleagues at Cedars-Sinai medical center in Los Angeles and a team at the National Cancer Institute said they found the antigens in the most common and aggressive type of malignant brain tumor, glioblastoma multiforme. "This is the first time that a specific response to brain tumor antigens has been demonstrated as the result of an immunotherapy strategy," said Dr. John Yu, who helped lead the study. Their trial was designed only to show the vaccines were safe, but they apparently helped the patients survive longer.

Immune cells called T lymphocytes can attack cancer cells but usually do not because the cancer cells also carry the signature of normal, healthy cells. Researchers working on a cancer vaccine are looking for antigens that are made only by cancer cells, so the body can be trained to recognize and attack them. They took cells from the patient's own brain tumors and grew them in the lab alongside immune cells that had been primed to recognize each of the three antigens. The resulting "trained" immune cells were then injected back into the patients.

In another study, a team at Harvard Medical School used a slightly different approach to shrink tumors in two breast cancer patients. Writing in the journal *Clinical Cancer Research*, Dr. Donald Kufe and colleagues at Harvard's Dana-Farber Cancer Institute said they fused tumor cells from the patients with T-cells. "This approach increased the number of antigens that immune system cells can recognize," said Dr. David Avigan, who helped lead the study. They tested 10 people with breast cancer and 13 with kidney cancer, vaccinating them with the fused cells, each customized to the patient. One-third of the patients had some kind of positive response, the Harvard team reported.

In a third study a team at the Mayo Clinic in Rochester, Minnesota manipulated a human antibody and used it to vaccinate mice, curing some of them of melanoma, a deadly form of skin cancer. Writing in *Cancer Research*, Larry Pease and colleagues said they had trained T-cells to seek and destroy malignant melanoma by using a molecular manipulation technique called "cross-linking." They vaccinated the mice and then injected them with human melanoma tumors. They said 48 percent of the 29 mice that got the antibodies had no tumors. All the mice that received dummy antibodies developed large numbers of tumors in their lungs.



FINANCIAL AID APPLICATION

Applicant Name: Birthdate:
Address: E-Mail:
City/State/Zip: Phone: S.S.#: (for IRS purposes)

Occupation: Work Phone:
Employer: Address:
Health Insurance: Yes No
Insurance Carrier (1) Policy #
Insurance Carrier (2) Policy #
Single Married Divorced Widowed Number of dependents living with you:
Dependants Name(s): Age(s):

Reason for requesting aid, (attach additional sheets if necessary):

How will grant funds be used?:

Current Diagnosis: Date Diagnosed:
Physicians Name: Phone:
Address: City/State/Zip:

Income:
Source(s) of income: 1) 2)
Annual/Monthly Gross: Annual/Monthly Net:

Monthly Expenses:
Housing: Utilities: Auto(s): Medications/Treatments:
Credit Cards: Child Care: Food: Misc:

References: (not living with you)
Relative: Name/Address/Phone
Friend: Name/Address/Phone
Additional: Name/Address/Phone

APPLICANT ACKNOWLEDGMENT

In consideration of my receipt of a grant by Moonlight Cancer Foundation, Inc., the undersigned applicant (and guardian, if applicable), understands and agrees that:

- ~ The Foundation may disclose and release to the public and government entities the name and likeness of the applicant, the amount of funds received, the use of such funds and any similar relevant information.
~ The Foundation may use applicant's picture and biographical information in its promotional and/or marketing materials.
~ He/She/They shall indemnify and hold harmless the Foundation from any liability with respect to information provided to the Foundation in support of the application and the receipt of funds for which the grant may be used, and
~ All information provided to the Foundation in support of the applicant shall be considered true and accurate.

Applicants Signature: Dated:

FOR OFFICE USE ONLY

Date application received:
Method of Information Verification:
Administrator's Recommendations and Comments:
Final Determination:
Administrator's Signature: Dated:

“The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others.”

At Moonlight Cancer Foundation, volunteers play an important role.

Volunteers are encouraged to participate in any area there is always something for everyone!

Fund-Raising Events: Volunteers help organize fund-raising events and assist at those events organized on behalf of the foundation.

Grant Writing: A volunteer grant writer is needed to assist in researching grant opportunities and writing grant proposals.

Speaker's Bureau: Trained volunteers speak to organizations, corporations, support groups, etc.

Marketing/Publicity: Volunteers create press materials, seek pro-bono advertising, design direct mail pieces and help with the annual report.

If interested in volunteering, please contact:

Brisha Cordella

Volunteer Coordinator

(760) 635-7820

e-mail: Brisha@moonlightcancerfoundation.org

COMMUNITY SUPPORT

We wish to thank the many community donors to our 2004 Harmony Harvest Benefit Concert & Auction ~

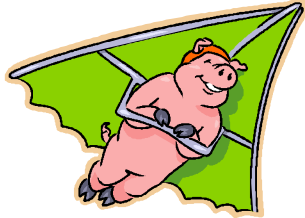
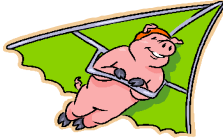
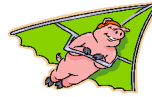
Above and Beyond Travel	Harrah's Rincon Casino & Resort	Riviera Hotel & Casino
Academy of Magical Arts	Harvest Ranch Market	Rosarito Beach Hotel - Rosarito, Mx
Academy of Motion Picture Arts	Hearst Castle	Round Table Pizza
Acapulco Restaurant	Heidi's & Swensen's - Encinitas	Rubio's
AMF Eagle Lanes	Hilton Garden Inn	Ruby's Diner - Carlsbad
Anthony's Seafood Group	Holland America Cruise Line	Savory Restaurant
Aquarium of the Pacific	Hollywood Wax Museum	San Diego Gulls Hockey
Armstrong Garden Centers	House of Blues/Coors Amphitheatre	San Diego Aerospace Museum
Autry National Center	Incredible Edible Delites	San Diego Automotive Museum
Bella D'ora Spa San Diego	I Pay One	San Diego Chargers
Birch Aquarium	Island Brothers Teriyaki	San Diego Coaster Company
Richard M. Black, DMD - Carlsbad	Islands Fine Burgers	San Diego Hall of Champions
Boomers!	K1 Speed - Carlsbad	San Diego Harbor Excursion
By The Slice	LA Fitness	San Diego Historical Society
California Music Studios	La Jolla Spa MD	San Diego Ice Arena
Callaway Vineyard & Winery	Ladeki Restaurant Group	San Diego Model Railroad Museum
Casino Pauma	Lamb's Players Theatre	San Diego Museum of Art
Center Theatre Group	Las Olas	San Diego Natural History Museum
Children's Discovery Museum	Legoland	San Diego Padres
Circus Circus, Las Vegas	Leo Hamel & Co. Fine Jewelry	San Diego Repertory Theatre
Clarity Soap & Candles	Lucia Bella Fine Handbags and Accessories	San Diego Sockers
Coast Brake & Wheel	Maritime Museum	Seaforth Boat Rentals
Coast Hwy Traders	Marky Sparky Toys	See's Candies
Cohn Restaurants	Mulberry Neckwear	James W. Seyfried, DDS - Encinitas
Colorado Belle Hotel/Casino	Museum of Contemporary Art	Shatto & Sons - Encinitas
Cookies in Bloom - Encinitas	Museum of Making Music	Sky Sailing at Warner Springs
Coronado Playhouse	My Gym Children's Fitness Center, Encinitas	Sledgehammer Theatre
Joe Craighead Photography	National Baseball Hall of Fame	Solid Rock Gym
Creative Classics	Old Town Trolley Tours	St. Tropez Bakery & Bistro
Croutons	Olyos Pizza	Stanley Steamer
D&S Narrow Gauge Railroad	Original Pancake House	Stone Brewing Co
Del Mar Thoroughbred Club	Paint and Clay	Souplantation
El Camino Bike Shop	Pat & Oscar's	Synergy Systems Fitness Studio
Encinitas Firefighters Association	Pechanga Resort & Casino	Taylor Guitars
Encinitas Inn & Suites	Pepsi Cola	The Chopra Center @ La Costa
Farrell's Ice Cream Parlor	Photography by Oscar - Encinitas	The Comedy Store
Fidel's Little Mexico	Pick Up Stix	The Cottage - La Jolla
Firenze Trattoria	Pioneer Hotel & Gambling Hall	The Fish Market
Fish House Vera Cruz	Pizza Nova	The Theatre in Old Town
Glen Ivy Hot Springs	Queen Eileen's - Encinitas	UltraZone Laser Tag
Grand Canyon Railway & Resort	Ramada Express, Laughlin	Universal Studios
H & M Landing	Redhawk Golf Club	Vertical Hold Sport Climbing
Harrah's Las Vegas	Reuben H Fleet Science Center	West Coast Designs, Lisa Kelber, Enc.
Harrah's Laughlin	Rio All-Suite Hotel & Casino	Windstar Cruises



Moonlight Cancer Foundation

Life Support for Survivors

PO Box 231454, Encinitas, CA. 92023



*An ounce of prevention is
worth a pound of cure.*

~ Henry de Bracton

In This Issue...

Caring Advise for Caregivers ~ Harmony Harvest 2004 Update ~ Ways to Help

RESOURCES

The Medicine Program	(573) 996-7300	
Hope For Others Foundation	(760) 741-3434	
Cancer Care	(800) 813-HOPE	www.cancercare.org
Cancer Community—Living with Cancer	(858) 674-6441	
National Cancer Institute	(800) 4-CANCER	www.ncih.nih.gov
American Cancer Society	(800) ACS-2345	www.cancer.org
The Wellness Community	(858) 467-1065	www.wellness-community.org
Y-Me Hotline	(619) 569-9309	www.y-me.org
Y-Me Local/Women's Task Force	(760) 839-1491	
National Breast Cancer Coalition	(800) 622-2838	www.natlbcc.org
Leukemia Society	(619) 277-1800	www.leukemia.org
National Coalition for Cancer Survivorship	(301) 650-8868	www.cansearch.org
National Chemo Care Hotline	(800) 55-CHEMO	
CARE-A-VAN, Carlsbad	(800) 326-2450	
Care Plus International, Csbid	(760) 434-0900	
Hair Mates, Encinitas	(760) 942-2994	
Hair Extensions, Del Mar	(858) 481-9631	
The Brighter Side	(858) 481-7565	
Hospice of the North Coast	(760) 431-4100	www.hospiceweb.com
Hospice By the Sea	(858) 794-0195	www.hospicebytheseafl.org
United Way	(760) 943-0997	http://unitedway.org
Breast Cancer Treatment Fund	(800) 487-0492	www.breastcancerfund.org
Scripps Breast Cancer Support	(760) 633-7551	
Susan G. Komen Breast Cancer Found.	(800) I'M AWARE	
Medicaid (medi-cal)	(800) 430-4263	
Health & Human Services	(916) 654-3454	