



JOIN THE
JOURNEY
Cancer Support &
Community
Involvement

Spring 2024

newsletter

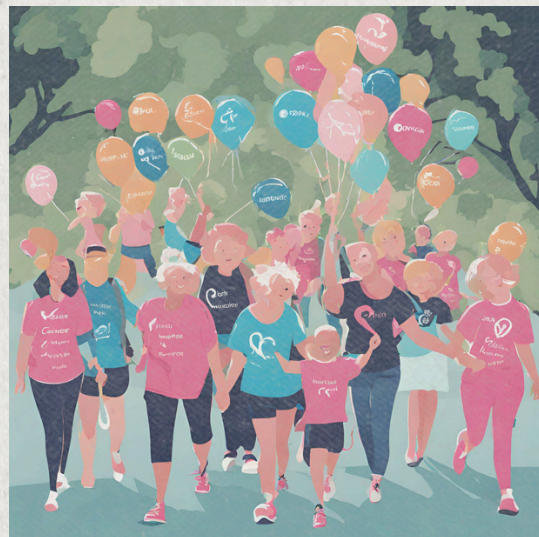
Promote cancer awareness,
Provide compassionate support to individuals on their journey
and Encourage community involvement



Keep up to date:

As

the flowers bloom and the days grow longer, we invite you to immerse yourself in the spirit of spring with our dynamic lineup of events! Whether you're a nature lover, a racing enthusiast, or simply looking to make a positive impact, our diverse calendar has something special for everyone. Uncover the joy of giving back by exploring our volunteering opportunities that contribute to the well-being of our community. Stay connected and informed about all the happenings by visiting our new website at www.jointhejourney.us. Let's welcome spring together and make this season one to remember!



For more information, contact us at:

email: info@jointhejourney.us
or visit us at

website: www.jointhejourney.us
Phone: (507)206-3212

Support

We strive to provide multiple in-person support groups offering connections, understanding, and a quality source of strength for cancer patients and survivors.
cancersupportgroups@jointhejourney.us

Donating

Many women and men need our support. Your donation will help Join the Journey raise awareness and provide funding for our programs, services and events to support cancer survivors.

Volunteering

We welcome volunteers for a variety of roles. Your unique skills and enthusiasm are valuable assets in our collective effort.

Join us at the RAVA Volunteer Fair
@125Live April 30th from 3-6pm

Making Waves

Making Waves of Rochester, Mn is a program of Join the Journey. This team is a floating breast cancer support group that is comprised of breast cancer survivors and their supporters. Through dragon boating, they build strength, well-being and camaraderie that proves that there is life after a cancer diagnosis.



Upcoming Events

Wednesday May 1 - Litter Bit Better

Wednesday May 29th - Making Waves Dragon Boat Spring Launch

Saturday June 15th - Annual Plnk Out @ Deer Creek Speedway

President's Thoughts

A New Year began with many new things happening at Join The Journey. Probably the biggest change is that Join The Journey has expanded the scope of their support. Now in addition to our breast cancer programs we are adding support programs for other cancers as well. Through our many years of offering support to breast cancer patients and survivors, the lack of support for other cancers in the Rochester area has been noticed. When we were approached about providing an in-person support group for all types of cancer at 125Live, we gave the idea careful thought and consideration and decided that this was something that was needed and we accepted. "Circle of Hope meets the first and third Wednesdays of the month while the breast cancer support group "Vision of Hope" meets the first and third Mondays of the month. Our Pink Ribbon Mentors has become "Mentorship" and will be offering mentorship to individuals with other cancers also. We strive to continue to offer the same individualized mentorship that we have always provided by matching mentees and mentors based on individual needs.

Another change is that we have a new office administrator, Tony Schimek. Tony has become a great asset to the organization. One of the best ways you can view some of his work is to check out the updated web site. Tony did a super job updating the site and continues to keep it up to date and informative. Join The Journey is also active on Facebook and Twitter. We invite you to follow us and "Like" and "Share" whenever possible.

As with any non-profit, we are always looking for ways to grow and improve. If you would like to be a part of the Join The Journey family, check out the website for an applications to a become board member, volunteer or donate to our cause.

A lot has changed for me since I was diagnosed with breast cancer in 2006. That same year my sister was diagnosed with colon-rectal cancer. After going through much of our journey together and being cancer free for just under 5 years, her cancer returned and she sadly was taken from us in 2013 at the young age of 57. Since then, I have two other sisters who were diagnosed with breast cancer, my dad has survived prostate and colon cancer and my mom has just recently been diagnosed with pancreatic cancer. These are events in my life that make me want to continue to build and support Join The Journey and its programs. But, the important changes are the positive ones that have also come along with the challenges. I have watched two of my daughters get married and am now called grandma by 6 very special young individuals.

It is with great excitement and anticipation that I look forward to expanding opportunities to be a presence in the community and extend our outreach and support to any cancer patient or survivor that has need of it.

With Warm Regards
Cyndie Kahn
Join The Journey President



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JOIN THE JOURNEY

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Our Quarterly Favorite Recipe:



MAKING WAVES SPRING LAUNCH PARTY

JOIN US WEDNESDAY MAY 29TH: FOR OUR LAUNCH PARTY!

BRING YOUR FRIENDS AND FAMILY TO ENJOY AN EVENING TOGETHER AT SILVER LAKE PARK BEHIND THE OLD **FIRE STATION**. LEARN ABOUT OUR DRAGON BOAT, TAKE A RIDE & SIP ON SOME SWEET **ROOT BEER FLOATS** PROVIDED BY JOIN THE JOURNEY!!



Have a **happy** day.

Live your life with **faith, hope, confidence, attitude** and **love**.

Remember, friends are the rare **jewels** of life, difficult to find and impossible to replace.

LAUNCH PARTY EVENT DETAILS:

EVENT START TIME: 5:00PM

LAUNCH TIME: 6:00PM

PLEASE WEAR APPROPRIATE FOOTWEAR



NO FLIP FLOPS IN THE BOAT

A SIGNED WAIVER IS **REQUIRED** FOR ALL WANTING TO EXPERIENCE THE DRAGON BOAT



"On April 6th, we were incredibly privileged to lend our support as volunteers at the Fools Five Road Race in Lewiston, MN, dedicated to advancing cancer research. Since 1979, Fools Five Road Race, a 501(c) (3) nonprofit organization has brought people to Lewiston to raise funds for cancer research. This year's event successfully raised over \$92,000 for cancer research efforts, in addition to contributing \$39,000 to their local cancer support group."

Registration has started for our Annual Cancer Awareness Walk SATURDAY AUGUST 10th!

[Click here to register!](#)



- EVENT FUNDRAISER ALERT -

Join us **SATURDAY JUNE 29th** for **Family Yoga & Baby Goats**



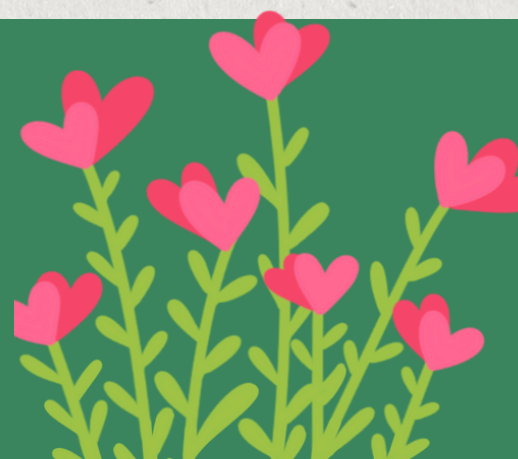
2pm & 4pm
Open to all ages
Presented by



Simple Soaps for Simple Folks
Rochester Reiki Retreat



HELLO SPRING



Article of Inspiration and Humor

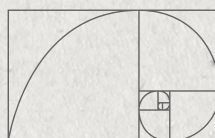
Have you noticed the Fibonacci Sequence in your world lately? If you, unlike me, are normal, I am guessing that you haven't and are clueless about what it is. I grew up in an alternate universe with parents who had master's degrees. My father's degrees were in chemistry, and my mother's were in research biology, specifically entomology, which is science speak for bugs. As a child, our family wouldn't just take a walk in the woods. We would go in search of examples of the Fibonacci Sequence in nature. Doesn't that make you feel for my kindergarten teacher who asked, "Susie, what did your family do this weekend?"

Okay, back to Fibonacci... very briefly, he was an Italian mathematician who wondered if there was a mathematical formula to explain how many rabbits one would have in a year if two rabbits were given free rein, as were the next generation and all future generations for a year. Besides ending up with an abundance of inbred rabbits, he came up with the golden ratio, otherwise known as the Fibonacci Sequence. In mathematical terms, it explains the spiral that starts out tiny and quickly expands.

So, my friend, slow down and look around you. And while you are looking, take the time to actually see what is there. You will find the Fibonacci Sequence in flowers with the petals being tiny in the center and quickly becoming larger as the spiral of petals goes out from the center. Look at the top of a pine tree and how the branches multiply and become larger closer to the ground. Look at a tree and its branches that start out as one at the trunk and quickly multiply and spread. Check out a pine cone with the tiny leaves (more accurately called sporophylls) where it attaches to the tree and see how they quickly expand in size. At night, look up at the stars. If you can see a galaxy, you can see another example.

And failing to have time to go for a Fibonacci discovery hike, look at someone's ear. It's a spiral starting out small and compact at the center and quickly enlarging. Listen to classical music and hear an auditory example as the symphony starts out quietly and works toward a powerful crescendo of sound. There are examples in art and architecture as well.

Ever wish that your life was more predictable and orderly? Look at it as an example of the Golden Ratio. You will find it if you slow down long enough to look.



by Sue Whitcomb