

A monthly newsletter for gynecologic cancer survivors. This member's only newsletter will feature articles, stories, inspiration, events, recipes, & more written for survivors by survivors. Proudly published each month by GYNCA.

DID YOU KNOW.....

Gardening helps cancer patients beat depression & sow the seeds of recovery! Just remember to stay out of direct sun, cover up, and wear your sunscreen!!!



Newly diagnosed with cancer, filled with the shock, the difficulty of acceptance yet knowing that they are beginning their cancer journey. Perhaps you would be drawn to a quiet bench in a garden to sit for a while and draw strength from the peace and reassurance to be found in flowers, trees, and wildlife. Before you head outdoors to plant perfect rows of squash, pick plump tomatoes, or prune purple eggplant, know that backyard gardening is almost as good for your health as it is for your taste buds.

All that digging, lifting, and bending provides a workout for the respiratory and cardiovascular systems and can improve strength, endurance, and flexibility. Besides promoting exercise, studies have shown that simply spending time in a garden alleviates stress, lowers blood pressure, encourages healthier eating, and improves sleep. For cancer survivors, especially those who are older, look for lifestyle changes that are healthier but are also holistic and have meaning.

Then there is the cancer-fighting component. One way to reduce our risk of cancer and other diseases is to eat five servings of vegetables and fruits daily. Growing your own garden can be motivation to eat a more plant-based diet. Three seasons of home vegetable gardening may increase physical activity, fruits and vegetables in the diet, and enhance feelings of self-worth.

Horticulture Therapy provides patients, caregivers, employees, and volunteers with healing benefits. Gardening provides the opportunity to connect with nature and offers numerous physical and emotional benefits. People are not only getting their physical functioning back, it has an impact on quality of life. Great for your family too!

Why not get your exercise while being rewarded with tasty and nutritious produce?



THE HOO-HA HUDDLE

GYNCA has a **PRIVATE** Facebook group called "The Hoo-Ha Huddle".

It is a chance to connect to other women going through the same journey as you are.
Who knows this cancer better than a woman that has been through it herself!

This group is for GYNCA members only. Each member has been verified as a gynecologic cancer survivor. The members in this group range from newly diagnosed, women that are having a recurrence, women in remission for many years, etc.



To join this private group, please visit this link (Type the full address in your web browser).

<https://www.facebook.com/groups/350547391975897/>

Please know that anything that you comment on, interact with, or post yourself will only be seen by other GYNCA verified members.
This is a safe environment to connect with others without the fear that someone may see your posts that should not.



GYN Cancers Alliance provides education, resources, & support to local women & caregivers affected by gynecologic cancers.

Please join us & be a model in our Annual Spring Luncheon & Fashion Show!

Please join Gynca to celebrate 17 fabulous years serving women in Southwest Missouri that have been diagnosed with Gynecologic Cancers. Every year Gynca hosts an Annual Spring Luncheon & Fashion Show. Sign up to be a model and wear some of the latest styles from area boutiques! Show that Cancer can't keep you down!

MONDAY, APRIL 2ND
MODELS ARRIVE 8-9AM
SHOW STARTS 11AM!



Every Model is a survivor!

Feel empowered & strut down the runway while modeling local fashion boutiques for GYNCA. You will receive a morning full of pampering. Hair, Makeup, Breakfast, Mimosas, & Lunch! Dr. Bonebrake, Dr. Carlson, & Dr. Hernandez will take a spin in the spotlight in honor of all of our survivors. Best part is, you can invite 1 loved one to watch you model and they enjoy the full benefits of all of our guests at no charge!

Call Amber @ 417.869.2220 or email: amber@gynca.org to sign up to be a model. Each model will receive 1 ticket for a guest to celebrate with their fellow teal sisters!



WEDNESDAY
FEBRUARY 28TH
4PM-8PM

Moe's Southwest Grill offers fresh burritos, quesadillas, tacos, & salads made to order! Come grab a bite with GYNCA from 4-8pm. Up to 55% of the sales will come back to GYNCA.

Located in the Spfd Battlefield Mall East Side Entrance next to Five Guys & Huhot!

You MUST present the enclosed flyer or show the digital flyer in the GYNCA Facebook event to your cashier for your purchase to count!

FEBRUARY MEMBER EVENT

15TH – GARDENING – 6pm-8pm AT THE GYNCA OFFICE

GYN Cancers Alliance Office @ 3023 S Fort Ave Suite D Springfield, MO 65807

MEETINGS AT THE GYNCA OFFICE!

Join GYNCA as we plant fresh herbs, fruit, & veggies! Bring anyone you would like. Garden therapy is a time-proven practice. The therapeutic benefits of garden environments have been documented since ancient times. In physical rehabilitation, garden therapy can help strengthen muscles and improve coordination, balance, and endurance. This is a great way to intertwine your love of gardening into an exercise. Everyone attending will receive a gardening pack to take home to start your own garden.

RSVP is required for supplies to Amber at (417)869-2220 or email amber@gynca.org