



***HAPPY NEW YEAR FROM SARCOMA COALITION !***

**SARCOMA COALITION GENERAL MEETING**

**The link to the upcoming meeting on**

**JANUARY 18, 2024 to be held at 4 pm ET (3 pm CT, 2 pm MT, 1 pm PT)**

To join the Zoom Meeting:

<https://us02web.zoom.us/j/88140336895?pwd=cVpnaGp2RW9TQWRnRjRQa0hNbmNRZz09>

Please mark your calendars with the 2024 Sarcoma Coalition General Meeting dates

Every 3 months on the Third Thursday of each month, 4 pm ET:

April 18, 2024

July 18, 2024

October 17, 2024

January 16, 2025

**Open Roundtable Discussion – open format**

***Starting out in 2024: "It's all about the Patient's."***

*As we come together in a new year, we reflect on Coalition's "strength in numbers," to focus on the pressing needs of patients and families across the sarcoma landscape. We look forward to a*

*new year of bringing fresh, new ideas and perspectives to the Sarcoma Coalition Roundtable – and explore new ways to impact sarcoma care and treatment.*

*We have been working on “Clinical Trials 101” – the third Listen and Learn Series presentation/discussion, that once again cuts across all sarcoma subtype landscapes. Clinicians from across the country, coming together in a panel discussion to address the concerns of patients considering participation in a trial, those that have been through a trial – an opportunity for well-rounded perspectives to be shared.*

*The Listen and Learn Series is for Patient Advocacy Organizations within the Sarcoma Coalition, as well as extended to the sarcoma patient communities – that each organization serves. Patient Advocacy organizations directly invite their patient communities and are invited to share the zoom link.*

*More thoughts on this are welcomed during the January 18<sup>th</sup> Sarcoma Coalition General Meeting.*

The following content provided by:



For sarcoma survivors and caregivers, the arrival of a new year can be a meaningful time for reflection, gratitude, and setting intentions for the future. Here are some thoughts and suggestions as we transition into the new year:

**Celebrate Achievements:** Take a moment to acknowledge and celebrate the milestones and achievements, whether they are big or small. Reflect on the strength, resilience, and courage that have been demonstrated throughout the journey.

**Express Gratitude:** Consider expressing gratitude for the support received from caregivers, family, friends, and healthcare professionals. Gratitude can be a powerful positive force and can foster a sense of well-being.

**Set Realistic Goals:** Set achievable and realistic goals for the upcoming year. These goals can be related to physical health, emotional well-being, personal growth, or any other aspect of life. Break them down into smaller, manageable steps.

**Focus on Self-Care:** Both survivors and caregivers may want to prioritize self-care. This includes paying attention to physical health, emotional well-being, and mental health. Make time for activities that bring joy and relaxation.

**Connect with Support Networks:** Reach out to support networks, whether they are online communities, local support groups, or friends and family. Sharing experiences and feelings can provide comfort and a sense of connection.

**Reflect on the Journey:** Take some time to reflect on the cancer journey – the challenges faced, the lessons learned, and the personal growth experienced. This reflection can be a source of strength and inspiration for the future.

**Plan for the Future:** Consider making plans for the future, taking into account both short-term and long-term goals. This can include planning for get-aways, pursuing hobbies, or making lifestyle changes.

**Embrace Hope:** The start of a new year can symbolize hope and new beginnings. Embrace the hope for a brighter future and focus on the positive aspects of life.

**For caregivers:**

**Self-Reflection:** Reflect on your role as a caregiver and acknowledge the challenges you've faced. Recognize the strength and dedication you've shown.

**Seek Support for Yourself:** Caregivers often put the needs of others before their own. Make sure to seek support for yourself, whether it's through counseling, support groups, or talking to friends and family.

**Set Boundaries:** Establish healthy boundaries to avoid burnout. It's okay to ask for help and to take breaks when needed.

**Celebrate Your Contributions:** Acknowledge the significant role you play in the life of the cancer survivor/thriver. Celebrate the positive impact you've had on their journey.

**Plan for Respite:** Consider planning for moments of respite and self-care. Taking care of yourself allows you to be a more effective and supportive caregiver.

Remember that the transition into a new year can bring a mix of emotions, and it's okay to feel a range of sentiments. Taking time for reflection and setting realistic goals can contribute to a sense of empowerment and optimism for the future.

## Featured Article

Walking in nature is medicine. Read more about this Stanford-led study [here](#).

*We appreciate and look forward to your valuable input and enthusiasm for our first meeting of the new year – coming back together to catch up, plan for the year, and move forward with a proactive focus for the future!*

*Sarcoma Coalition Steering Committee*