

Support groups are not all doom and gloom

SOT

Kristi Fetter, cancer support group member at OSF HealthCare in Alton, Illinois

“They helped me a lot with their knowledge. They’re caring. With all the other women there who have been through the same thing that I’ve been through, that helps too because you’re on the same walk.” (:15)

SOT

Heather Chambers, patient navigator at OSF HealthCare in Alton, Illinois

“It’s just an amazing group. Karen and I look forward to it just as much as the women do.” (:06)

SOT

Heather Chambers, patient navigator at OSF HealthCare in Alton, Illinois

“Maybe they can’t share certain feelings with their family because they don’t want to upset them. They might not want to tell them things that they can share with other people outside their network.” (:07)

SOT

Heather Chambers, patient navigator at OSF HealthCare in Alton, Illinois

“We’ve made cards and sent them over to [service members]. We’ve sang over in the nursing home at Christmas time to elderly people. So we try to do things for other people to take away our problems.” (:18)

SOT

Kristi Fetter, cancer support group member at OSF HealthCare in Alton, Illinois

“Being alone is being alone. You feel like you’ve got nobody to talk to. You get depressed. So when you come out [to a support group], you’re hanging out with other friends. It lifts your spirits.” (:15)