

Program

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Center have collaborated to provide free fine arts classes that last three months at a time throughout the year.

The fact that they are free is important, Marcy said.

“When you go through cancer, it touches every part of your life — including your finances,” she said. “I don’t know that I could have afforded these classes.”

According to YAA executive director Amy Miner, who is also a cancer survivor, there is at least one class offered each weekday and sometimes there are weekend classes, too. Volunteer teachers offer yoga, ballroom dancing, beginning drawing, Photoshop, scrapbooking, introduction to journaling, winemaking and constructing a photo album.

“I’m really humbled, as well as excited, to be in a community that really recognizes the need (for cancer survivor services),” Miner said.

The number of people participating in the courses right now is modest. Eight survivors are taking part, who often bring a caregiver — although not always the same caregiver — to the classes with them.

“Now, the classes are small,” Miner said. “That’s what we want to work on. Our teachers are excited. We just need people to come and partake.”

Miner is currently seeking teachers and participants for the next term, which runs from April through June.

In addition to ballroom dancing, Marcy is also taking drawing, journaling and scrapbooking.

Faye Miller, of rural Freeman, teaches the journaling course. She believes that writing offers people a potential for growth, self-exploration and healing.

Having no first-hand experience with cancer, Miller said she struggled with how much of a focus to put on the disease. Ultimately, she decided to structure her class as a general writing course.

“The participants have the opportunity to delve into their can-

cer experiences further or not,” she stated. “I wanted to give it a wide berth, where they would feel comfortable writing about it if they chose to.”

The class so far has been a dynamic one, Miller said.

“It’s been one of the highlights of the last number of years (for me),” she stated. “Just meeting these women — they are such beautiful women. There is a lot of bravery. This experience challenges and inspires me.

“Journaling really helps you reflect on what is important in your life,” Miller continued. “Sometimes you find things out about yourself that you didn’t know. You find out how resilient you can be, especially if you are put in a situation that you never thought you would have to face.”

Because life is full of things that aren’t expected, especially when someone has overcome cancer, Miner said a decision was made to let all survivors participate in the courses. In the program she participated in while living in Hawaii, patients were limited to two years after their diagnosis because of the sheer numbers involved.

“Some of the side effects that come with cancer — stress and depression, for example — don’t follow a two-year rule,” Miner said. “They can happen for years on down the road, so we want to invite anyone who has been affected by the cancer journey.”

Stuart only takes part in the ballroom dancing class with Marcy, but he says it is just as important to him as it is to her. They are currently the only two participating in the course.

“I’d like more people to participate,” he said. “It helps bring people together again in a positive atmosphere instead of going into what we called ‘the Star Trek room’ where we went for the infusions and everything.”

Satter, a 2004 Yankton High School graduate, has taught ballroom dancing in New Hampshire and will move to Minneapolis later this year to teach the subject full-time.

She has seen the positive effects dancing can have on couples who may be enduring difficult things in their everyday lives.

“It brings so much joy to people and gives them a release from what they’re going through in their personal life,” Satter said. “They forget about the stress of work or family and are present in the moment for something that is fun and uplifting.”

When approached by Miner to teach ballroom dancing to cancer survivors and their loved ones, she knew she wanted to get involved. Satter knows all too well the pain and loss that cancer can bring: This week marked the 18th anniversary of her own father’s

death from melanoma.

“It means a lot to me to help people who have gone through the same thing,” she said.

For the Carsons, ballroom dancing is something that will come in handy soon. Their daughter, Desirae, will get married later this year in Texas. The couple will be able to show off their waltz, swing, rumba and fox-trot thanks to Satter’s instruction.

“Just so I can get around without looking like a fool will be fine,” Stuart said.

It’s fun seeing Marcy get in-

involved in the variety of classes, he stated.

“All these things she wanted to do when she was younger,” he said. “But you start having kids and work full time. Things get in the way.”

It wasn’t just the chance to get out and do things she hadn’t done before that brought Marcy out for the classes.

“I also wanted to meet people,” she said. “I think that’s a good thing for cancer caregivers and survivors. You want to reach out to other people when you go

through this. These classes are such a blessing because they provide that opportunity.”


According to Miner, that opportunity will continue whether the number of participants increases or not.

“I think our goal is just to be here, no matter the number of patients that need us,” she said. “We’re sticking around. That’s our plan.”

If interested in taking a class or teaching one, contact Miner at yaa@iw.net or (605) 665-9754.

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Hy-Vee Kitchen Daily Specials **served 4-8pm**




MONDAY NIGHT
ITALIAN NIGHT
2 PIECES OF PIZZA & 1 BREADSTICK
\$3.00


TUESDAY NIGHT
2-PIECE CHICKEN DINNER
\$4.00




WEDNESDAY NIGHT
HOT TURKEY SANDWICH
\$3.00




THURSDAY NIGHT
CHINESE EXPRESS 2 ENTREE MEAL
\$5.00



FRIDAY NIGHT
BIG BOB'S COD DINNER
\$5.00




SATURDAY NIGHT
6-INCH SUB & CUP OF SOUP
\$5.00



SUNDAY NIGHT
1/2 LB. BURGER WITH FRIES
\$3.00





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