



Arise2Live Magazine

Issue #01 February 2025

Resilience in the Midst of Survivorship

Arise2Live invites you to information, perspective, and encouragement to help you navigate the journey of survivorship.

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Welcome and Thank You!

This is the launch edition for the Arise2Live Magazine. The goal and hope is to help people like you overcome medical adversity by presenting perspective, information, and practical tools to benefit both patients and caregivers in their survivorship journey. This is a big undertaking, one that scares me because everyone has their own unique journey, and many have harder and longer journeys than mine.

A journey starts with a first step.

My undesirable journey of discovering survivorship started in the fall of 2022 with a cancer diagnosis of Soft-Tissue Sarcoma and followed by treatment (radiation, then surgery) in that dark winter. A few weeks after surgery, when I was in pain and struggling to walk with a cane, I had a follow-up appointment with the doctor. It lasted ten minutes, maybe less. He smiled and said things look good and see you in three months for your next scans.

That's it!? After 6 months of high stress and worrying about positive outcomes, I receive a nice "see ya later." I didn't even get the t-shirt. Anti-climatic doesn't even begin to describe how I felt.

When I got home, I realized that living as a survivor is a real thing, a challenging thing. As of today, so far so good. I thank God my followup scans have been clear for over a year now..

This leads to launching this magazine. At the time of my treatments, I was a bit upset of how fast I had to learn. Most of my effort was rediscovering what others had discovered decades ago. Why didn't anyone tell these things? Why make it so hard to arise to live?

So...a big part of what this magazine is about providing insights so you don't have to re-invent the wheel. To be a place that provides information to use as a springboard to overcoming your particular situation.

The plan is to have a monthly magazine and a weekly newsletter with articles on these topics:

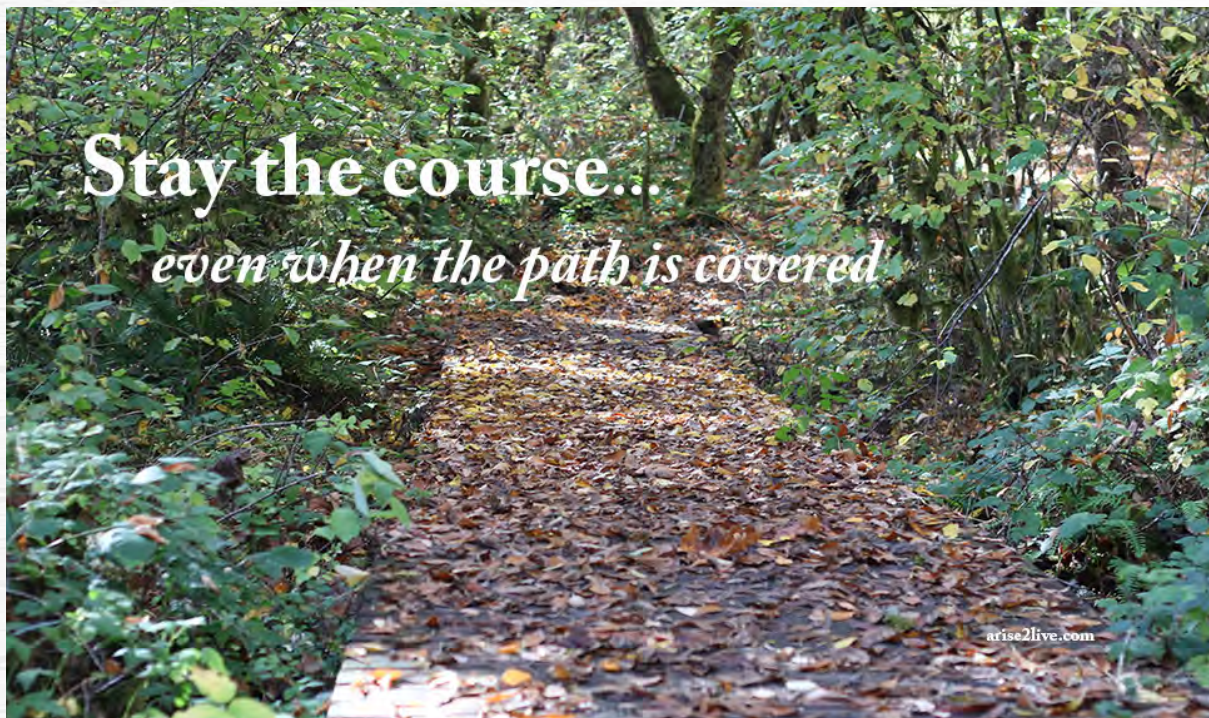
- Perspectives and encouragement on discovering survivorship and living it out.
- Lifestyle nutrition.
- A tech-corner with practical productivity tips and ideas.
- Inspiration and spiritual encouragement.

I look forward to having you on this journey. Enjoy this first issue!

-- Scott R. Weaver

Stay the Course

...even when the path is covered.



The Starting Line of Survivorship

by Scott R. Weaver

Nobody wants to be in a place where they have to confront a dire situation or face death. To be in a place where the focus is not on winning or even losing, but only on surviving. A place where action must be taken or else. The “else” is often the unthinkable. This is the place where we have no choice but to become a survivor.

The word ‘survivor’ is an ancient word. It comes from the Latin word ‘supervivere’, a compound word of the Latin ‘super’ meaning ‘beyond’ and the word ‘vivere’ meaning ‘to live’ or ‘be alive’ (which today is still the Italian word!). So, **survivor can mean “Beyond Life”**.

Going “Beyond Life” is part of being human. For thousands of years, people have faced treacherous things and somehow managed to live beyond their situation. It is a short step to say we also have it in ourselves to do the same.

There is a thought that survivorship is somewhat related to stewardship. The Old English literal meaning of stewardship is “house guard” or “house ward”. Stewardship is a picture word of someone taking care of things to benefit others and themselves.

So, combining these two thoughts of survivorship and stewardship leads to:

Our definition of survivorship: the way or manner a person lives beyond their life, their situation, and their surrounding people.

Perhaps we can say survivorship asks us to take care of the personal side of life and help others the best we can. Please note that nobody says this is a straightforward or easy thing to do.

From experience, there exists at least two types of survivorship after a medical emergency. At Arise2Live, we call them Discovering and Living.

Discovering Survivorship comes after an unwelcome and surprise medical event. Emotions are running high, people are scrambling, and new life-guides called doctors and nurses appear to point the way on a fog-covered treacherous path. In the doubts and fears, a spark forms and grows. Each passing day of surviving builds confidence and acceptance of the situation. Life is still in reactive mode, but maybe, just maybe, we’ll get out of this disaster. We have discovered survivorship.

Living Survivorship happens after the earthquake of first treatments have passed. Things no longer have an unpleasant urgency about them, but a form of emptiness has replaced the urgency. Doctors and nurses become silent as they have moved on to their next patients in dire need. Your extended supporters have returned to their life. Your caregivers seek relief. Or if you are a caregiver, in the stillness of a quiet morning, unwelcomed questions come to mind. The daily living out survivorship comes to the forefront.

Whether you are discovering survivorship or living it out, here at Arise2Live we consider survivorship as the manner a patient or caregiver positively manages their life, their situation, and surrounding people.

As of today, which phase of survivorship are you in? What is one small step you can take to show ownership over your situation?

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The Four Biggest Things I Do for My Health

by Nae Spakousky Wellness Writer

Our everyday choices are either for or against our health. That is great news! We all are survivors in one way or another and we can take actions that limit, reduce, or perhaps delay diseases. One way to improve our true health is managing our eating, exercising, and sleeping (the three pillars of health). Over the next few newsletters, we will dive into how we are in charge of ourselves, how we can change our lifestyle, and how we can change our health.

There is a link between a person's weight and lifestyle diseases such as diabetes, heart disease, arthritis, and cancer. In fact, about 80% of modern diseases are considered lifestyle diseases, and that is good news! We can do something about it. These health issues are connected to what many of us struggle with—maintaining a proper weight.

When I first started out on my health journey, I focused on clean eating and daily exercise. It became a lifestyle and hobby, which meant I spent time on it everyday doing stuff like reading, studying, and participating. That first year, I started in the middle of November and went through the holidays and still lost weight! No extremes, just eating three clean meals a day, avoiding snacks, and exercising about twenty minutes a day. I even enjoyed Christmas and New Year's special foods that are only at that time of year.

In the first three months, I watched the scale drop over thirty pounds. I had more energy and the bloating, stomach pain, joint pain, and brain fog went away. I grew a way better mental outlook.

The lesson I learned: When you live healthy, your body gets healthy, the weight melts away and your body heals itself.

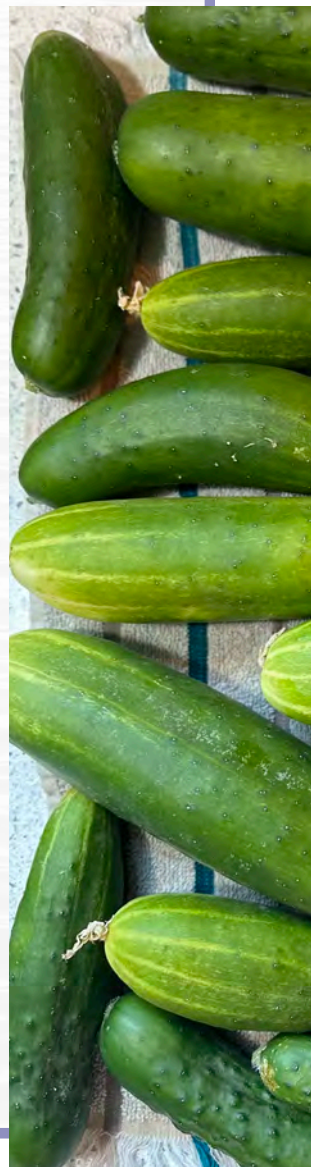
Since then, I've learned more and added in more lifestyle changes, but my focus stayed the same: being healthy means living healthy. I will continue to evolve as I learn more about health and about myself.

Let's get started on my four biggest things I do for my health.

~~ *Eating* ~~

Overall, I try to eat a Keto/Paleo lifestyle the best I can.

- I try to follow the 80/20 rule: eat healthy 80% of the time, 20% of the time allowing splurges.
- I try to do "One Times" - only eat unhealthy one time in a row, because two or more times in a row can become a bad habit.
- I pay attention to how foods make me feel. When I eat too much sugar or dairy, I wake up the next morning inflamed with achy joints and feeling bloated. Eating sugar or gluten causes my heart rate to speed up, a sign of intolerance.



~~ Exercise ~~

I found my exercise sweet spots, that is, what is the best time of day for me, my favorite forms of exercise, and how I feel afterwards. This way I look forward to working out. All these are at home and helped by free or inexpensive on-line programs.

- My favorite exercise to take a morning walk, then a strength-training/cardio workout, followed up with a cooldown of Pilates.
- I follow the “One Times” rule here too. It’s okay to miss a day, but don’t let it become two days in a row or you get out of the habit.

~~ Sleep ~~

Being honest, I don’t sleep well. I am sure everyone has one area they struggle with and sleep is mine. I celebrate if I get over five hours a night. Still, I know how important this is to my health and work hard to improve this lifestyle area.

Here are some things that help me sleep better.

- Temperate matters: I dress cool to not overheat at night.
- I try to manage bedroom conditions - not too hot, not too much light, no music or noises to keep me awake. Plus, I don’t take my phone (or any electronics) into the bedroom with me.
- I take magnesium and severely limit caffeine (it helps that I don’t drink coffee).
- I exercise in the morning.

~~ de-Stress ~~

My morning walks de-stress me like nothing else. I don’t take my phone, so there’s no distracting music, no podcasts, no text messages or calls I feel I have to take. It’s just me thinking and praying, listening to the birds, and enjoying the fresh air and (hopefully) the sunshine.

- Pilates also is a big de-stressor as I focus on body movement and breathing.
- I work on limiting the craziness in life. I set boundaries to avoid too much stress.
- I take regular breaks from work and routines of life. For both my mental and physical health, I need to set aside time to step away from the craziness and just enjoy others and nature.

Well, here are the things I do the four areas of health: Eating, Exercising, Sleeping, and de-Stressing. Every day, I try to do them the best I can, yet give myself time, flexibility, and grace. You can do that too.

That is what I ask of you. Don’t look at all four areas all at once in your lifestyle that might need changing. That is too overwhelming and will cause you to freeze up before you even get started.

For today, I want you to pick ONE THING that you can work on improving your health. Pick the one thing you can commit to and stick with it and make it a lifestyle. Starting small allows you to gain the confidence that you can change your bad habits and create new, healthy ones.

Ideas include stop drinking energy drinks or stop eating sugar cereal for breakfast. Begin exercising with a ten-minute walk before work. Go to bed one hour earlier tonight. Do one activity that de-stresses you.

Start with one small health change. Start out easy on yourself.

What step will you take today?



Tech Corner

By Scott R. Weaver

Use Your Smart Phone to Remember Things

Early on the path of discovering survivorship, I discovered the need to remember a zillion things every week. The need did not go away. When facing a stressful medical adversity, you're bombarded with so much information that it becomes impossible to retain it all in your memory. There's an unbelievable amount of forms, contacts, appointments, medication times, insurance and medical information to keep track of. Even in the best of times, my memory capacity would have been severely tested, but in my adversity, my brain turned to mush whenever the doctors talked to me. My caregiver (my wife) was trying to take everything in, praying that she can understand it well enough to explain it later. We had a rough start before capturing notes.

Fortunately, there is a century's old technique to help us remember things: *write things down*. Yes, the old fashion note-taking method is still in vogue. The difference today is that we have both note-taking apps *and* paper planner tools available to us. I have found "Tagging" (or labeling) helps rapidly sort notes to find things.

For this article, I will give you a starting-line to take notes on a smart-phone using the default (and free!) apps on an iPhone and Android smart phone. Yes, there are many good paid and open-source note-taking apps out there that have more features, but for this article, let's start with the basics.

Note it, Tag it, Find it Later

Here is a list of things common to most note taking apps:

- You can find excellent tutorials on Youtube. Just search for your app and watch.
- There is a quick method to create a new note: usually press a button icon like '+' or a 'pencil' and start typing.
- Many have voice-to-text options, tap a microphone button and talk (i.e. voice-to-text option).
- Use the 'Search' function to find things in notes.
- Use 'tagging' to sort or prioritize a group of notes. The method to tag depends on the app.
- In the quest to make things easy, each app has a particular order of steps to do things. Follow the steps exactly. Often the screen text options (i.e. "back" or "done") double up as hidden buttons.

Getting Started with Common Smart Phones

Apple iOS (i.e. iPhone, iPad, etc.)



The default app is called “Notes” with an icon of an index card with a yellow header.

When you open Notes, a screen of last note or recent notes appears. To create a note, press the box with a pencil in. The new note opens up and just start typing or talking to create your notes. Inside your note, use the “hash-tag” # followed by a word. For example, type #Dr_Smith then add a space, followed by the ‘return’ button. The tag will turn yellow when the app recognizes it. Reminder, you can’t use spaces in a tag name. Caveat: tagging is iOS 15 or newer.

That was easy, however, finding your notes again also important.

Apple devices use iCloud (think filing cabinet) to store your folders (think manila folders) and notes (index cards). Notes go into folders and folders go into the filing cabinet. In the app, default folders are called “All iCloud” (i.e. everything in the filing cabinet) and “Notes”. Going to them, you can see all the notes you have written, date ordered.

There is a special short-cut folder called ‘Tags’. Opening that folder will list all the tags you have created. Selecting the tag you want will bring up a screen showing all that notes with the tag. For example, selecting tag “Dr_Smith” will bring up all notes tagged for Dr. Smith.

Android OS



Google Keep is on most newer Android devices by default and it is a solid option for capturing on-the-go notes and creating to-do lists.

To write a note, tap the Create button and type in the title and your note. Tap “Back” link when you’re done.

In Google Keep, tagging is called “Label”. On the note list screen, tap the note you want to “label”. Then in the bottom right, tap Action, then tap Labels. Enter a label name in “Enter label name” (i.e. Dr_Smith) and tap Create . Tap “Back” link when you’re done.

To find notes, use the search function or select a “tag” in the label list.

Spiritual Perspectives

By Scott R. Weaver

A Morning Ritual

A Psalm. It is good to give thanks to the LORD, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night. Psalms 92:1-2 ^{ESV}

Here at Aise2Live, our theme is, well, arise to live. Whether you are an early or a late riser, there is a time and place where we wake up to greet the day. Something about a new day brings a bit of optimism even in the darkest of times. We humans have been getting up in the morning for thousands of years and we all have some sort of morning routine or ritual. So, let's be intentional about it.

What do I mean by Morning Ritual? A ritual, in our context, is just a routine that celebrates something. Please don't overthink it. A routine that has a set time, a place, and purpose for you. Celebrating brings deeper meaning.

Generally speaking, a morning ritual comprises three elements: establishing normalcy, remembering the good, and finding inner balance. These three things provide fuel for motivation and a positive attitude.

"That's pretty vague," you say. "Don't you have any specifics?" Sorry, I do not. Every person is unique to their personality, likes and dislikes, beliefs, background, and situation. Short articles cannot ever cover all the variations. So, I ask you to think and apply these concepts to your particular situation.

However, I can present an example as a starting idea.

My Example

Many people think I have some super spiritual morning ritual. I don't. My personality is more task oriented and analytic with a hands-on pragmatic approach. I struggle to follow devotions or sit in complete prayer for very long. These things get me motivated to take action long before finishing them.

That doesn't mean I don't have a morning ritual. I do.

One ritual is fixing up and eating a bowl of homemade instant oatmeal with a protein/collagen mix.

"Seriously?" you say.

Yes, just a simple breakfast thing.

The ritual first started for health reasons during my discovering survivorship days. I switched to a homemade oatmeal mix with no added sugar and included spices like nutmeg and a bit too much cinnamon, plus cancer fighting walnuts and blueberries. I added raisins because my rebellious side insisted on some sweets in a very low-sugar diet.

Over time, this routine instilled in me a sense of normalcy, even when traveling or during treatments. More than once I thought, “I can get through today if I have my bowl of oatmeal.” Yes, it sounds corny and not very logical, but this ritual provided a centering and positive thoughts for many rough days. For far too many days it was the only normal thing I did.

No matter my attitude or mood I wake up with, my morning ritual reminds me of the good in my life, past or present. Thankfulness quickly follows. Sometimes even prayers.

On days I wake up feeling overwhelmed, the bowl of oatmeal reminds me that no matter how out-of-control things are, I am proactive doing something to keep cancer at bay.

On days I wake up with an angry or bad attitude about my situation, I see the walnuts and remember picking up walnut shells as a boy in my grandma’s orchard on her farm. I become thankful for the time with my grandma and leads to being thankful for today as much as yesterday. These show a bigger picture of life and, while often I remain a bit ticked-off over things, the reminder is not to lose my head with people, especially the next generation.

On days I wake up happy, I remember my caregiver (my wife) who often makes the oatmeal mix and I think about “us”, the good times in our marriage and how she keeps saying “God is good.” The day is brighter, remembering that I’m not alone on this journey.

In my own unique way, my morning ritual of eating a bowl of oatmeal centers me. It takes my thoughts off poor little me to the bigger picture of what’s going on. Thankful I have another day.

Be intentional with your morning ritual

Perhaps the path to arise to live starts in the morning with time for yourself. A morning ritual is a way of creating some normalcy, staying positive, and soul centering, even when you are being tossed on the waves of circumstances. Earlier in this article, we defined a morning ritual as a routine with purpose *and* celebration.

The challenge for you is to create an intentional morning routine and rhythm. How long this is not near as important having one.

Here are a few questions and ideas that may help you develop an intentional morning ritual:

What relaxes you and sets you up with a good perspective for the day? What activities help you see the forest through the trees and relax your soul?

Is it drinking coffee while responding with text and email to friends and family? A walk in the neighborhood? Exercising to positive music? Talking with your caregiver?

Does meditation and contemplative prayer allow you to become spiritually connected and calm? Reciting affirmations? Writing in a journal? Reading a devotional? Perhaps studying God’s Word can inject positivity and encouragement in a day of negativity.

Or maybe it’s just fixing up a bowl of oatmeal.

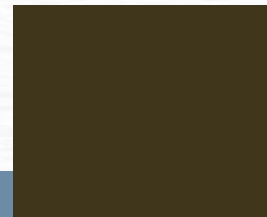
Whatever you chose, the important thing is to be intentional about your morning routine. Start today!

Contributors



Nae Spakousky is a wellness writer with a passion for holistic health and nutrition. She has always leaned toward a natural approach to illness and health, but it was her own health issues and weight loss journey that opened her eyes to true nutrition and a holistic approach to health and wellness. Nae is currently a student at The Institute for Integrative Nutrition and plan to launch start her own wellness coaching. Nae lives in the Pacific Northwest with her husband and two kids.

See more at web page at <https://arise2live.com/nae-lynn/>



Scott R. Weaver is the founder of Arise2Live.

Arise2Live was originally started in 2018 as a business podcast hosted by Scott R. Weaver. After 172 episodes, he had to stop because of his treatment for soft-tissue sarcoma.

Since then, Arise2Live has taken on new meaning.

He and his wife are currently living Franklin, Tennessee (near Nashville) and is still working out his survivorship role from his sarcoma diagnosis and treatment.





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