

FROM JULIA MUNSON:

Hello friends!

We have now been in Park City one week and are settling into our temporary digs. We are grateful for the generosity of St. Luke's members Tim and Robyn Ramsey, who have offered us their condo at The Lodge at Mountain Village while we look for more permanent housing. (Peter and Tim went to high school together.) We also are grateful to their daughter, Elizabeth, who has done a stellar job of welcoming us, and being our contact for all things related to the condo.

## **My Health**

I come to Park City after just completing six intensive months of treatment for ovarian cancer. I was diagnosed on December 12th, 2020 and began treatment on December 31st. For any of you who have gone through cancer treatment, or have a loved one who has gone through it, you know the shock, fear, and pain that accompany such a journey. I had three rounds of chemo followed by major surgery on March 8th (which included a special treatment called HIPEC, which is a chemo wash), followed by two more rounds of chemotherapy. It was at that point that my body said, "No more!" It had had enough.

The outcome of this treatment is mixed. On one hand, it can be considered successful as I was pronounced "cancer free" following my last scan, lab work, and appointment with my oncologist on June 24th. On the other hand, I am left with the typical fallout from the chemotherapy including fatigue and peripheral neuropathy in my legs. This cancer also caused a rare autoimmune disorder called Lambert-Eaton Myasthenia Syndrome (LEMS), which causes muscle weakness in my legs. The combination of the fatigue, neuropathy, and LEMS makes it challenging to walk. I'm very unsteady on my feet and tire easily. I have a walker I use, especially as the day unfolds. My energy is best in the morning and early afternoon.

The treatment for the after-effects of chemotherapy is largely rest and patience as it can take 6-12 months for the chemo to be completely out of my

body. The treatment for LEMS is a medication called Firdapse which I'm now taking; I am still working up to a therapeutic dose.

Given my current limited mobility and energy, I don't know how involved I will be at St Luke's. I will have to discern that as I continue to heal.

## **How You Can Help**

### **Prayer**

We have a substantial number of people faithfully praying for my healing and I'd love any of you to join in who feel so called. I have no doubt this is substantially helping my body. My request is that you envision me strong, healthy, vibrant, and walking with ease. I am confident I will be walking and hiking before we leave Park City.

### **Lodging**

We will be looking for our own housing beginning in September, or, at the latest, by October 1st, in the Park City or Kimball Junction area. We need a long-term lease (9 or 10 months) with the option to extend month-to-month, since Peter's end date is unknown at this point. We would like to find a 2 bedroom / 2 bath apartment that is quiet and has good natural light. What would be dreamy is great views of nature and/or quick access to walking areas that put us in nature. This place can be furnished or unfurnished as we are open to furnishing it ourselves. In Peter's salary negotiations, the church anticipated we would be paying \$2,500/month for rent, so we are hoping to stay within that amount or lower. If you know of places for us to check out, that would be much appreciated.

### **Medical Resources**

I am going to be putting together my local team of healthcare providers and am open to recommendations. I have already reached out to an integrative oncologist at the Huntsman Center who specializes in gynecologic oncology, but have not yet heard back. I am open to hearing your thoughts/recommendations.

I want a physical therapist in the area who I can work with to help me build my strength.

I need a local primary care physician who can oversee medications and has someone in their office who can flush out my port every 6 weeks.

I am open to hearing about an acupuncturist that is great! :) I had a great one in Denver who helped me immensely.

## **Rides**

I've already had a couple of St. Luke's Angels offer to help out with driving me to appointments, so please let us know if you are willing to be added to the list. Peter will be doing some of the transportation, but I'm trying to also not have all of this fall on him.

## **Food**

If anyone enjoys cooking and wishes to provide a meal once/week or once/month or just whenever you feel like it, it was enormously helpful in Colorado to receive some regular meals. I also am not the easiest person to cook for given my dietary restrictions:

I am gluten-free, dairy-free, no eggs, very low sugar and primarily eat organic foods. Protein sources are chicken, wild caught salmon (or other fish), and occasional grass-fed beef. We eat a lot of fresh salads, fruit, and vegetables. Food is a big part of my medicine and makes a big difference in preventing any reoccurrence of cancer. I'm happy to suggest recipes or meals if someone wants to collaborate.

We are here because it is so clear to us that God wants us here. I can't think of a more beautiful setting or a more welcoming community in which to heal. This illness is teaching me so much and one of the outcomes already is a deeper faith in miracles and that "**With God, all things are possible.**" If you want to know more about my journey, you are welcome to follow along and read my posts on Caring Bridge. Just go to [www.caring-bridge.org](http://www.caring-bridge.org) and search using my name. My page is called Love Works.

It's going to be a great year and I thank you for your support. (You can reach me through the contact information listed below.)

Warmly,

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