



# CANCER SERVICES

Resources. Support. Education.



CANCER SERVICES

## Patient Services Dashboard

Total Number of Clients:

241

Trips Provided:

1,508

Nutrition:

496

Cases

Prescriptions:

166

Wigs:

71



# Hello, Spring

As temperatures are quickly on the rise, I look forward to the days being warmer and brighter in the next coming months. Each year, when spring comes along, I love seeing the flowers start to bloom, taking more walks outside, and planting my garden. Something about spring brings out the feelings of being renewed and refreshed.

As we get closer to sunnier days, remember to wear sunscreen when going outside. When selecting a sunscreen, look for one with an SPF of at least 30 and is "broad spectrum" protection to protect against both UVA and UVB rays. Regular daily use of SPF sunscreen can reduce your risk of developing squamous cell carcinoma and lower your melanoma risk.



Speaking of warmer days, I am looking forward to our 13th annual charity golf outing on July 20. All funds raised from the golf outing go to helping cancer patients in our community through our services provided here at Cancer Services. We are looking for golfers, sponsors, volunteers, and prize donations. If you are interested in participating, please turn to page 4 of the newsletter for more information.

In 2021, we welcomed over 200 new patients to Cancer Services. We are thankful for all of the hard work and dedication from social workers, nurses, and oncology staff at all local hospitals. Because of these medical professionals, all of these patients received assistance for nutrition, prescriptions, transportation, and medical supplies. We are truly thankful for the outstanding care provided to our patients.

Please refer to the Patient Services Dashboard to the left listing services provided in 2021. Remember that each number represents a life, a story, a beloved friend or family member fighting cancer. These numbers show that we truly can make a difference in our community when we come together. These services would not be possible without the generosity of donors and local foundations. Thank you for choosing to donate locally!

I hope everyone enjoys the warmer days!

With gratitude,  
Cecily Schaefer-Brown, Executive Director



## Annual Golf Outing

For more information on our annual golf outing, turn to Page 4.



## VOLUNTEER SPOTLIGHT:

Tony

When I first heard about Cancer Services, I was very impressed by all of the good they do for our community. As my father and many good friends have passed away from cancer, I wanted to do something in their memory. I learned that Cancer Services provides transportation for cancer patients to their chemotherapy appointments. These patients have no one to take them to their appointments, and it is so important for their health to complete their chemotherapy and radiation treatments. Finding out that Cancer Services needed drivers gave me something I could do to help people. In October, I started driving for Cancer Services, and I really have enjoyed driving cancer patients. I have met so many people. The best part is listening to their stories, being positive for them, and trying to help them through their treatments. It makes me feel good helping people. I hope to be doing this for a long time, for it has been a blessed and humbling experience. So hopefully, there will be others who will join Cancer Services and me in volunteering their time. If not for driving (which is needed) but other services.

If you are interested in becoming a volunteer at Cancer Services, please call 419-626-4548 or visit our website.



## Cancer Services Heroes of Cancer Care Awards

For the first time ever, Cancer Services is asking the community to nominate caregivers and oncology professionals for the **Cancer Services Hero Award**. The Hero Award will honor and celebrate the people who care for cancer patients. Nominate someone who you feel is positive, has helped make a difference in a patient's life, or has gone above and beyond.

Nominate a hero today (<https://forms.gle/Yw9NnquB6ZiQujcy6>) or visit our website to find the link.

Nominations are due by **June 30**. Awards will be presented at the golf outing awards dinner on **Wednesday, July 20 at Eagle Creek Golf Course**.

# IMPORTANCE OF A HEALTHY DIET

People with cancer need to maintain a healthy diet to help their body function at its best. It is important for cancer patients to maintain a healthy weight, get essential nutrients, and be as active as they can. Here are some helpful tips below to help keep a healthy diet and increase nutrition during cancer treatment:

- Eat several small snacks throughout the day rather than three large meals.
- Eat your favorite foods at any time of the day. For instance, eat breakfast foods for dinner if they appeal to you.
- On good days, eat lots of protein and healthy calories.
- Eat colorful fruits and vegetables because they have many natural health-promoting substances.
- Try to eat high-calorie, high-protein foods at each meal and snack.
- Exercise lightly or take a walk before meals to increase your appetite.
- Make batches of some of your favorite entrees before your treatment starts and freeze them.



*Kathleen St. Clair,  
Patient Services Coordinator*

A cancer patient may need to change their diet to help build up their strength and withstand the effects of cancer and its treatment. **Nickie Kaetzel, MS, RDN, LD**, a Registered Dietitian from the Cleveland Clinic Cancer Center, shared with me that “maintaining a good nutrition status during cancer is important for maintaining your weight and strength as well as to help you have a better tolerance to your treatment.” It is always best for a cancer patient to talk with their dietitian during treatments to get recommendations if they are experiencing changes in eating habits.

Nutritional supplements are another way to help fill in the gaps when a cancer patient needs extra calories, protein, or fluids. Cancer patients undergoing treatment often need more protein than usual to help fight infection and heal tissues. At Cancer Services, we offer chocolate, vanilla, strawberry Boost Plus, Ensure Plus, and Pedialyte supplements free of charge.

Our services are personalized to each cancer patient based on their needs and recommendations from their doctors. If a cancer patient is in need of any nutrition or would like to try a new flavor, call us at 419-626-4548.

American Cancer Society <https://www.cancer.org/> is an excellent resource for reading more information on nutrition during cancer treatments.

## Dreamy Boost<sup>®</sup> Shake



### **Ingredients:**

4 fluid oz. (1/2 bottle) – BOOST<sup>®</sup> Vanilla Drink  
½ cup orange sherbet

**Directions:** Place all ingredients in a blender and mix until smooth.

*Recipe and Picture from Boost.com*



**CANCER SERVICES**

**13<sup>th</sup> Annual**

**Charity Golf Outing**

Proceeds will help provide essential services for local cancer patients & their families.

**ALL FUNDS STAY LOCAL!**

**TOURNAMENT SPONSOR - \$3,500**

- Company name/logo included as a presenting sponsor on website, social media, tournament ads and pavilion banner
- Optional promotion table
- Registration for 2 golf teams (8 golfers)
- Two Hole Signs at the first and last holes (4 total)

**GOLD SPONSOR - \$2,500**

- Company name/logo on website, social media, tournament ads and pavilion banner
- Registration for 1 golf team (4 golfers)
- One Hole Sign at the first and last holes (2 total)

**SILVER SPONSOR - \$1,500**

- Company name/logo on website, social media, and pavilion banner
- Registration for 1 golf team (4 golfers)
- One Hole Sign at the first or last hole

**Want to help, but can't play? Choose from one of our sponsorships below.**

**DINNER SPONSOR - \$1,500**

- Logo/Business name on dinner signage, pavilion banner, optional promotion table, and recognition on social media, website, tournament ads.

**LUNCH SPONSOR - \$1,000**

- Logo/Business name on lunch signage, pavilion banner, optional promotion table, and recognition on social media, website, tournament ads.

**BEVERAGE CART SPONSOR - \$500**

- Name/logo on beverage cart, pavilion banner, and recognition on social media.

**HOLE SIGN SPONSOR - \$125**

- Business name/logo or tribute name on hole signs and in program

**JULY 20, 2022**

**EAGLE CREEK GOLF COURSE**

*2406 New State Road  
Norwalk, OH 44857*

Registration: 10:30 a.m.  
Shotgun start: 12:00 p.m.

**\$150 per person**

**\$600/ team of four**

Includes: golf cart, 18 holes of golf, lunch, drinks, dinner, 8 mulligans (2 per person), strings, contests, and great prizes

Call or email

419-626-4548

Cecilybrownncs@gmail.com

To save your spot today!

505 E. Perkins Avenue

Sandusky, OH 44870

[www.cancerresources.org](http://www.cancerresources.org)

Our Mission:

Cancer Services strives to assist cancer patients and their families emotionally and financially, and to educate the community on prevention and awareness of cancer-related issues.

# #GivingTuesday

A big thanks to everyone who donated for #GivingTuesday this year. We raised almost \$10,000 to purchase zip tees for local cancer patients. This would not have been possible without the support from the Russell Classic, who agreed to match up to \$5,000 of the donations received. If you know anyone in need of a zip tee to help provide comfort, dignity, and access to their port during cancer treatments, please call us at 419-626-4548. Thanks to our donors and the Russell Classic, all zip tees are provided at no cost!



## Thank you, and Congrats, Portage Resale Center

We are incredibly grateful for the generous grant we received to help with patient services in Ottawa County from the Portage Resale Center. In 10 years, they have provided \$1 million in donations and grants to charitable efforts and agencies. If you have not been yet, you should check out their shop at 301 West 2nd Street, Port Clinton. They are open Monday, Wednesday, Friday, and Saturday from 9:30 a.m. -3:00 p.m. They have a variety of great items at a reasonable price!



## A Fond Farewell to Retiring Board Members

As 2021 came to a close, we were sad to say goodbye to our retiring board members. Thank you for your dedication and many years of support to Cancer Services!

**Anne McGookey:** Anne began her service to Cancer Services in 1996 after her 12-year-old son was diagnosed with leukemia. She felt a connection with this organization and the patients we serve since she knew firsthand the devastating effects of cancer. Since then, Anne has given Cancer Services 100% acting as a President, Vice President, and volunteering at events. As a board member, her greatest source of pride was watching the agency grow from 60 patients only serving in Erie County to now assisting over 400 patients in three counties. We are truly thankful for Anne's 26 years of service to Cancer Services.



*Anne McGookey*

**Doug Studer:** Doug has been an active board member for 18 years, serving in various roles on the board. Wherever Doug was needed, he was there. When he was not helping out at Cancer Services, he was planning his very successful Girls Night Out Event, which raised almost \$500,000 in 13 years for cancer-related initiatives in our community. When asked about his many years of service at Cancer Services, he said, "My life became much fuller knowing that my involvement with Cancer Services may have made a difference in the quality of life of those we assist."



*Doug and Gretchen Studer*

Thank you, Anne and Doug, for your many years of service, guidance, and support!

Gifts received from October 1, 2021 - February 28, 2022

**“It’s not how much we give, but how much love we put into giving.”**

– Mother Theresa

*Every effort has been made to ensure the accuracy of this contribution list. If we have made an error, please let us know.*

## Donations

Carlos Alafita	T. and M. Gearheart	Christina Raftery
Alafita Family Trust	Karen Green	Lynn Renwich
Linda Armstrong	Lupe Gribben	Rosemary Romick
Athletic Club of Sandusky, Inc.	Madison Hermes	Ray and Kristi Schaefer
Harold Barton	Cori Isais	Steve Schippel
Bonnie Ball	Eddie Johnson, Jr.	David Scott
Lori Baum	James and Jean Johnson	Steven Smith
Mary Ann Betton	Mr. and Mrs. Daniel R. Keller	Sokoloski Family
Brian and Kylene Bollenbacher	Paul and Melissa Koch	Bill and Alice Springer
Dolly Byrd	Rita Koelsch	Nancy Stallkamp
Kathleen Cetnarski	Brian and Christine Kowalski	Michael and Marcia Stierhoff
Shelly and Chip Chesbro	The Lake Shore Corvettes Inc.	Linda Stauffer
Civista Bank	Thomas and Ann Lang	Thomas and Melissa Strasser
Paula and Donna Dalferro	Nicholas and Patricia Levine	Dan Sweigert
Susan DelGarbino	Gary Lickfelt	Keith and Lauren Sweigert
Linda Doughty	Anne and Jim McGookey	Annabell Tanner
Laura Ehman	Michael and Wendy Miller	Thomas and Carol Tesny
Emlinger and Associates, Co.	Judith Moses	UAW Women’s Committee
Maureen Engeler	Dr. Brian Murphy	Ventra Sandusky, LLC
Erie County Community Foundation	Diane Ortman	Volley for the Cure
Erie County Junior Fair Board	Katherine Parker	David and Patricia Voltz
Firelands Federal Credit Union	Pelz Lettering	Todd and Jill Wagner
First Federal Savings of Lorain	Pepperidge Farm	Larry and Angela Wanzo
First Presbyterian Church	Christopher G. Perrin Scholarship	Mike and Mary Beth Wilkinson
Michelle Fitzthum	Polynt Composites	Diane Wolfe
James and Ann Fitzwater	Portage Resale Center	Johnna Young
Fraternal Order of Eagles Norwalk	Michael and Janet Printy	
Fraternal Order of Orioles Sandusky	Trudy Pusateri	

## In Memory Of

### Lorene Andres

Bill and Terri Ehrnsberger

### Norma Abston

Rodney and Tracie Dahlke

Twila Odell

Janie Rambo

Barbara Yost

### Tammy Bobst

William and Barbara Forthoffer

### Randal Bodi

Delores Jean Ries

### Robert Bowers

Kimberly Bowers

### Barbara Herb

Mr. and Mrs. Anthony Ciccantelli

Mr. and Mrs. Creighton Early

Mr. and Mrs. Keith Wohlever

Richard Kerber and Linda Wohlever

### Marilyn Jackson

Tammy Esposito

John and Kathy Scheel

### Anthony Kowalski

Cecily and Alexander Brown

Shelly and Chip Chesbro

Paul and Melissa Koch

David McDowell

Rosemary Romick

Geno Scheck

David and Linda Speer

Janet, Bill, and Jenny Sokoloski

Bill and Laura VonBenken

### Lauralee Krabill

Allen and Loretta Peugeot

### Rose LaRose

Kathy Bango

### Tom Lilje

Paul and Barbara Lilje

### Robert Rahrig

Jennifer Jushchuk

### Tom Romick

Russell Classic Cancer Fund

### Gregory Sherman

Patricia Gaertner

John Haplea

Mark and Mary Kozlok

James and Suzanne Mizener

Alice Roehrs

Thomas and Kathryn Vance

### Patricia Steiber

Jeanne Schaffer

### Anette Tanna

Laura Oeder and Barbara Barone

### John Wilken

Lupe Gribben

### Daniel Yontz

Gregory and Barbara Sheets

Phil and Rita Williams

## In Honor Of

### Art and Jean Greenless

Brian and Julia Deering

Keith and Ashley Deering

### John Neigel

Bradley Davis

Shannon Morgan

### Nellie Warner

Dennis and Janice Alexander

## Tribute Tree

Honoring those who are committed to partnering with the mission of Cancer Services, our Tribute Tree is located in the main lobby of our office. Its beauty greets every guest with the names of our donors, memories of loved ones and tributes to survivors. When you make a gift of \$250 or more, a plaque with your name or the name of someone you wish to honor or remember will be placed on the tree.

### GIVING LEVELS:

\$250+ Bronze Leaf

\$500+ Silver Leaf

\$1,000 + Gold Leaf

\$5,000 + Rock Plaque at Base of Tree

Give today through our secure website: <https://www.cancerresources.org/donate/donate-online/> or by mail: Cancer Services, 505 E. Perkins Ave. Sandusky, OH 44870



E-Mail: [CancerServicesPatients@gmail.com](mailto:CancerServicesPatients@gmail.com)  
[www.CancerResources.org](http://www.CancerResources.org)

Year-round Corporate Sponsor



Partner Agencies



## Our “Wish List” Donation Requests

We appreciate donations of any new items from the list below. Every donation, regardless of size or quantity, makes such a positive impact on our patients we serve.

- Boost
- Ensure
- Pedialyte
- Disinfectant Spray
- Disinfectant Wipes
- Bottled Water
- Printer Paper
- Paper Towels
- Twin Size Bed Sheets

*Thank you.*



Donations can be made to Cancer Services at 505 East Perkins Avenue in Sandusky, Monday through Friday 9 a.m. - 3 p.m.