



CANCER SERVICES

Resources. Support. Education.



CANCER SERVICES

Patient Services Dashboard

January - September 2023

Total Number of Clients:

308

Trips Provided:

114

Trips Reimbursed:

1,710

Nutrition:

731

Cases provided

Prescriptions:

121

covered

Medical Equipment or Supplies:

289

Visits

Wigs:

73

provided

Zip Tees:

102

provided

Financial Assistance:

16

clients

Dear Friends of Cancer Services,

As we approach the end of another remarkable year at Cancer Services, our hearts are filled with gratitude for the incredible support and generosity of our community. The Patient Services Dashboard to the left isn't just a set of numbers; it's a testament to the collective impact we can have on the lives, stories, neighbors, and families faced with a cancer diagnosis.

Within the pages of our fall newsletter, we invite you to delve into the heartfelt notes from the clients we serve, learn about insights on stress management, enjoy photos from all of our events, meet the inspiring individuals awarded our 2023 scholarships, and discover how you can leave an enduring legacy through a thoughtful gift.

This year our numbers continue to grow, reflecting the increasing demand for extra support in today's challenging world. We have seen a 40% increase in patients needing our services over the past two years. More cancer patients are reaching out, needing nutrition, mileage reimbursement, and financial assistance.

As we approach 2024, please consider making a year-end gift to Cancer Services. Your contribution will directly impact local patients in need. Life remains difficult for many in our community, and your generosity can be the beacon of hope that makes these challenges more manageable.

Your gift, no matter the size, carries the power to make a lasting difference. Every ounce of support counts, and together, we can continue to ensure that no one in our community faces the hardships of cancer alone.

With heartfelt gratitude,
Cecily Schaefer-Brown
Executive Director



*We Are
better
together*

**We need
volunteers.**

Call us today at
419-626-4548
to learn how you
can help.

NOTES FROM OUR CLIENTS

I'M DONE!

- "I'm done!!! I completed my radiation treatment after 51 days. Traveling to radiation became my Monday through Friday routine. Praise God; it's done! I am submitting my last two mileage reimbursement forms for you to approve. The financial assistance I received was unexpected but very much appreciated. This 14-month journey has strapped us financially to say the least, but a little help with transportation expenses certainly softened the blow a bit. I wanted to say, though, that while the reimbursement check was a blessing, the note of encouragement that came with it was like a golden nugget! Someone wrote on a little orange piece of note paper, "I was stronger than I know" You have no idea what that meant to me (maybe you do). I needed that more than ever. So... I just wanted to say, "Thank you!" keep blessing others on similar journeys."

- **Erie County Client**

- "There are not enough words to express our heartfelt thanks for the services you provided during a very difficult time for our family. From the promptness of getting the supply, we need to care for our mom. To the sympathy of the staff when she passed. We thank you, and may God continue to bless

the ministry you are providing."

- **Family of an Erie County Client**

Very helpful people.

I stopped in today for a few supplies.

All I saw were smiling eyes.

One sweet lady said can I help you sir?

I said yes, but my mind was a blur.

The sweet lady knew all my needs,

They are all very helpful indeed.

As she assisted me to the door,

She said, please come back for more.

- **Poem by an Ottawa County Client**

- "Thank you so much for the financial assistance. I am putting it towards my medical bills. Your services are a great help to someone like me. I hope to donate back someday to help others."

- **Huron County Client**

- "Thank you all for making our journey a little easier and a little less expensive. We are so thankful for the organization and the wonderful individuals that have helped."

- **Huron County Client**

Services

Cancer Services provides emotional and financial assistance to all cancer patients residing in Erie, Huron, and Ottawa counties.

Our services include:

- Nutrition: Boost, Ensure, Pedialyte
- Mileage Reimbursement for cancer-related appointments
- Transportation via taxi or volunteers for cancer-related appointments
- Wigs, Ziptees, and Mastectomy items
- Prescription Assistance
- Financial Assistance
- Medical Supplies & Equipment



Share your story.

Whether you are a cancer patient, survivor, caregiver, volunteer, or have been impacted by cancer in some way, your story is important. Sharing your story will bring comfort, hope, and inspiration to others who are coping with cancer. Please contact Cecily at CecilyBrownCS@gmail.com to share your story.

Patient Connection

Stress Relief and Mindfulness for Cancer Patients and Caregivers

In the midst of the challenges that cancer presents, finding moments of peace and calm is essential for both patients and their dedicated caregivers. This month, let's explore the power of stress relief and mindfulness — tools that not only nurture the soul but contribute to overall well-being. Here are some helpful tips on ways to manage stress:

1. Mindful Breathing. Take a few minutes each day to focus on your breath. Inhale deeply, allowing the breath to fill your lungs, and exhale slowly. This simple practice can bring immediate calmness to your mind and body.

2. Nature Connection. Even if it's just for a few minutes, step outside and connect with nature. Whether it's a walk in a nearby park or a moment in your backyard, the soothing elements of nature can have a profound impact on your well-being.

3. Guided Meditation. Explore guided meditation sessions tailored for cancer patients and caregivers. Apps and online platforms offer a variety of guided practices, helping you find moments of tranquility amid life's challenges. Let us know if you need help finding a video.

4. Expressive Writing. Take a journal and jot down your thoughts and feelings. The act of expressing oneself through writing can provide a sense of release.

5. Art and Creativity. Engage in creative activities that bring joy. Whether it's painting, drawing, or crafting, the process of creation can be a therapeutic outlet.

6. Gentle Exercise. Incorporate gentle exercises such as yoga or tai chi into your routine. These activities not only promote physical well-being but also offer a mindful approach to movement.

7. Open Communication. For caregivers, maintaining open communication with the patient is crucial. Share your feelings and concerns, fostering a supportive environment

for both.

8. Seeking Professional Support. Sometimes, external support is necessary. Consider counseling or support groups, providing a safe space to navigate the emotional challenges together.

Remember that you are not alone. Try some of these mindfulness and stress relief techniques, and let us know how it goes. If you have any questions or need support, please call us at 419-626-4548.

The Cancer Services Team



Cecily Brown
Executive
Director



Kathleen St. Clair
Patient Services
Coordinator



Kathy Bango
Administrative
Assistant



Boost Protein Pudding Recipe

Ingredients

- 2 (8-ounce) Ensure or Boost (any flavor)
- 1 - 3.25 oz package of instant pudding mix (any flavor)

Directions

Mix the protein drink and pudding together. Place in refrigerator to chill and set. Let us know what fun flavors you combined.

Recipe provided by [Boost.com/recipes](https://www.boost.com/recipes)

Cancer Services 14TH ANNUAL CHARITY GOLF OUTING

Thank you to everyone who helped make Cancer Services Charity Golf outing a huge success. Together, we were able to raise over \$20,000 for local cancer patients. We could not have done this without everyone's generosity and support.

We look forward to next year's golf outing!



Hermes-Parker Concrete Team



Firelands Health Team



True Alpha Wealth Management Team



The Russell Classic Team



Firelands Federal Credit Union Team



Wolff Bros Supply Team



Golf Outing Volunteers

Thank you to all of our major sponsors!

Tournament:

The Friends and Family of the Russell Classic

Silver Sponsors:

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The Chevy Network and Foster Chevrolet
Hermes-Parker Concrete
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Hole-in-one sponsor:

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CANCER SERVICES THIRD-PARTY FUNDRAISERS

Thanks to the generosity of all the third-party fundraisers. Together, they have raised over \$35,000 for Cancer Services. If you are interested in hosting a fundraiser for Cancer Services, visit our website or call us at 419-626-4548.

- **Gar-Nay's Winery: Wine for the Cause**
- **Ken Ganley Buick GMC: Car Raffle**
- **Perkins High School: Volley for the Cure**
- **Stefano Dental: Oral Cancer Screenings**



Volley for the Cure



Lata Stefano & Cecily



Wine for the Cause Volunteers

2023 JANET POST MEMORIAL SCHOLARSHIP RECIPIENTS

Cancer Services is proud to announce the recipients of the 2023 Cancer Services Janet Post Memorial Scholarship. This scholarship program aims to provide financial support to deserving high school students from Erie, Huron, and Ottawa counties who aspire to pursue a healthcare-related degree.

We are pleased to present the following outstanding students.

Nathan Buderer, a graduate of Oak Harbor High School, has been accepted into the University of Toledo to pursue a Doctorate of Pharmacy. Nathan's passion for health care and commitment to making a difference in the lives of others have set him on a path toward excellence in pharmaceutical studies.

Jennifer Patrick, a graduate of Margaretta High School, will be attending Ashland University to pursue a degree in Psychology. Jennifer aspires to make a profound impact by assisting individuals in overcoming adversity and maintaining a positive outlook on life.

The Cancer Services organization extends heartfelt congratulations to Nathan Buderer and Jennifer Patrick for their remarkable achievements. Their dedication, academic excellence, and commitment to health care make them outstanding representatives of the Janet Post Memorial Scholarship.

Follow our social media for updates on the 2024 scholarship application.



Nathan Buderer



Jennifer Patrick

“Sometimes it takes only one act of kindness and caring to change a person’s life.”

– Jackie Chan

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

Donations

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Cecily Brown
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Foundations

Erie County Community Foundation
Sidney Frohman Foundation
Mylander Foundation
Norwalk Area United Fund
Ottawa County Community Foundation
Sam & Rose Stein Foundation
Schlink Foundation
Scott Pugh Foundation
United Way of Erie County
Wightman Wieber Charitable Foundation

Leave Your Legacy

At Cancer Services, our mission is to provide emotional and financial support for local cancer patients, ensuring that no one faces the journey of a diagnosis alone. The heartbeat of our organization lies in the generosity of donors, individuals such as yourself, whose commitment shapes the future we aspire to create.

How to Make a Bequest

Making a bequest is a straightforward and impactful way to contribute. Collaborate with a financial advisor or estate planner to include language in your will or trust, designating a gift to family, friends, or Cancer Services as an integral part of your estate plan.

The Benefits of a Charitable Bequest

- **Lasting Legacy:** A charitable bequest allows you to create a lasting legacy for yourself or a loved one, leaving an indelible mark on the fight against cancer.
- **Tax Advantages:** Enjoy the benefits of tax deductions associated with charitable giving, maximizing the impact of your generosity.
- **Flexibility:** Your charitable bequest is flexible and can be easily updated to align with your evolving giving portfolio and changing circumstances.

The Impact of Your Legacy

Your decision to include Cancer Services in your planned giving is an investment in the future that cancer patients in our community families will have access to the support and services they need. Together, we can create a community where no one faces this journey alone.

Visit our website at cancerresources.org/donate/leave-your-legacy/ to learn more about the types of bequests you can leave to Cancer Services or call us at 419-626-4548.

Cancer Services Tribute Tree



E-Mail: CancerServicesPatients@gmail.com
www.CancerResources.org

Year-round Corporate Sponsor



Partner Agencies



The Impact of Your Year-End Donation

- **\$50:** Covers one month of nutritional supplements or supports a patient's travel expenses for 250 miles.
- **\$100:** Extend a touch of comfort by providing a wig to someone navigating the challenges of cancer.
- **\$250:** Ensure access to treatment by covering the cost of a taxi ride or support a local patient for a month with crucial prescription assistance.
- **\$500:** Covers all the medical equipment and supplies a patient needs during their cancer journey.
- **\$2,500:** Covers all of the supportive & financial services a cancer patient needs during their treatment.

Your generosity, at any level, fuels our mission to stand by those facing the challenges of cancer. Thank you for being the difference in someone's journey.



Our "Wish List" Donation Requests

We appreciate donations of any items from the list below. Every donation makes such a positive impact on our patients we serve.

Adult Wet Washcloths
Blankets
Boost/Ensure
Bottled Water
Chapstick
Disinfectant Spray
Medical-grade gloves
Mints
Pedialyte
Twin XL Bed Sheets
Unscented Lotion

Thank you.

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