



Laura's Letter

Have you ever found it exhausting to try and keep family and friends up-to-date with your treatment schedules and medical updates?



The ECHO Cancer Foundation wants you to know that we offer you free access to **CarePages.com**. This wonderful and safe website enables you or a family member to create a private website to share your health updates, photos and supportive messages. CarePages.com also has resources to help people cope with the emotional challenges of a health event, including inspiring stories, tools to meet others in similar situations, and practical tips and advice on "what to do" and "what to say" during difficult and stressful situations.



Creating a CarePage is easy.

To get started:

Visit

www.carepages.com/echocancerfoundation

Click on "Create a Page"

Register and follow a few simple steps to complete your CarePage.

If you would like assistance with setting up your personal CarePage, please call the Foundation Office.

The ECHO Cancer Foundation is continually looking for new and innovative ways to help cancer patients and their families. If you need help locating resources, assistance with transportation to and from your doctor's appointments or would like to speak to a **One to One** Cancer Mentor, we are here to help you.

Sincerely,
Laura Stevenson-Flom, LMT
Executive Director, The ECHO Cancer
Foundation

laurasf@echocancerfoundation.com
860-886-8362 ext. 289

ECHO Cancer Foundation Announces a New ONE TO ONE Cancer Mentor Program

Because of the amazing success of the **One to One** Breast Cancer Mentoring Program, The ECHO Cancer Foundation is pleased to announce the launch of the **One to One** Mentor Program for other cancers. This is a free program and available to patients regardless of where they are receiving their treatment.

One to One Mentors, all cancer survivors themselves, have received extensive training on how to assist new patients. Mentors can help patients navigate the healthcare system, find appropriate resources and manage cancer related issues that often arise throughout the course of treatment.

When a person is diagnosed with cancer, they and their family often have questions and concerns that only someone who has traveled the same road may be able to answer. Mentors do not engage in medical conversations nor do they offer medical advice. They can though, offer a patient personal insight, helpful hints and hope.

Any patient can request a **One to One** Mentor. They will be matched as closely as possible, either by illness, age or gender. We have an assortment of different diagnoses, ages and both men and women mentors. The mentor and patient may converse by phone, meet at the ECHO Infusion Clinic or get together at a neutral site for coffee. Details will depend on the patient's needs and the mentor's schedule. Every new patient will be given a **One to One** New Patient Gift Package. Items in that package may include specific books about the cancer, a journal, an appointment keeper, handmade knit hat & lap quilt, mastectomy and prosthetic product information, head coverings and Lymphedema brochure, when appropriate, and other approved Cancer Support Information.

We have these and many other pieces of support information available in the Foundation Office. If you are a new patient who does not have a

One to One Mentor and would like to request one or would like additional information, please contact the Foundation office at 886-8362, ext. 289.



Our Mission

The ECHO Cancer Foundation is a unique, non-profit organization dedicated to providing hope, education and supportive care to those whose lives have been touched by cancer.

Our programs and services are available to cancer patients, their families and caregivers, regardless of where they receive treatment.



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Someone in your community needs your help!

Do you have a half-hour a day once a week free and want to help someone lead a healthier life? If the answer is yes – please consider joining the UCFS Volunteers from the Heart Medical Transportation Team. You and other team members will provide assistance to those needing transportation to their chemotherapy appointments.

Both volunteers and clients must be 55 years of age or older; reside in New London County and be registered with the program. A small travel reimbursement is given to Volunteers from the Heart for each contact with a client.

UCFS If you can help, please call
Volunteers from the Heart
Lori Rygielski at United
Seniors Serving Seniors
Community & Family
Services, 860-822-4227. (ucfs.org)



Wigs, Wigs, Wigs and more Wigs!

Are you looking for a wig? We currently have a wonderful selection of gently used, lovingly refurbished and refreshed “cranial prosthesis”, or as we know them... wigs! These wigs are available to you at NO COST. Please call the Foundation Office for a fitting appointment.

Or, do you have a wig that you no longer have any use for? If you do and it is in good condition, please consider donating it to the Foundation. We will make sure that it finds a great home on someone’s head!

The ECHO Cancer Foundation Volunteer Opportunities

Whether you have a few hours a month or a few hours a week to volunteer, you can make a difference!

The ECHO Cancer Foundation is always looking for volunteers to assist patients, family members and caregivers in the waiting room, chemotherapy suite and in the ECHO Resource Center.

For additional information or to volunteer contact Laura in the Foundation Office.

How many times have you heard family, friends, neighbors and co-workers say, “If there’s anything that you need, just let me know.”

Here’s some great advice. 5 tips to ask for what you need:

Oftentimes, the people who could use the most help are those who tend to think they can do it all. But everyone needs a helping hand now and then—and who among us isn’t grateful to feel needed? So the next time you start to get stuck—instead of getting more overwhelmed, practice asking for help with these simple tips. The more you go for it, the easier it will get.

- 1 ASK SOMEONE YOU TRUST.** It’s usually more comfortable reaching out to a close friend or family member that you know you can count on. Think of the people in your life who make you feel safe. Perhaps they are responsible, kind, caring, conscientious or all of the above. These are the people to get you through.
- 2 DON’T WORRY ABOUT APPEARING VULNERABLE.** Needing help is not a sign of weakness or failure. True strength comes from using all the resources that are available to you. Most times, you’ll find that people actually want to help. If you’re a little nervous, start your request by saying, "I'm not really comfortable asking for help, but I was wondering if you might be able to do something for me."
- 3 BE SPECIFIC.** The person you are asking will be more likely to respond favorably if they know exactly what is required of them. Instead of just telling your boss you need more time on a project, for example, ask if you can extend the deadline three days to really get it right. If you’re asking a spouse for more help around the house, give them specific chores that need tending to.
- 4 BREAK IT DOWN.** If the help you need seems overwhelming and requires multiple hands (such as caring for an aging family member), try to break the help down into smaller, more manageable tasks. Give each person a little to do, and together you will feel more empowered in accomplishing your goal.
- 5 GIVE BACK.** Remember, you can always return the favor. This can even help build your relationship and strengthen your connection with that person.

– “Tips” are an excerpt from December 2008 CarePages.com

For more information about any ECHO Foundation events or programs, please contact Laura Stevenson-Flom at 860-886-8362 ext. 289