



*Together, Inspired and
Devoted to Encouraging
Connecticut's Women
with Cancer*

January 2024

OUR MISSION

The TIDE Cancer Foundation seeks to uplift and support Connecticut's women coping with cancer through care packages that provide them with courage and comfort during their treatment and recovery.



"Thank you so very much for the lovely care package! I am floored by your kindness and generosity. The bracelet, water bottle and comfy blanket are beautiful, and the gift card is amazing and completely unexpected! You made my day"

--2024 care package recipient



CURRENTS OF GRATITUDE AND HOPE

What an uplifting year we have had as our community of supporters continues to grow! Whether you shared the restorative peace, calm and fresh air of our fall yoga event, celebrated and reconnected with each other at our spring and winter socials, or made snow angels and s'mores at our Polar Plunge, our bonds of friendship in support of Connecticut's women with cancer create a rising tide of solidarity. We are so grateful!

You have run care package item drives for us, helped us to assemble care packages, shared your survivorship stories with us, and leaned on us for support. You have received care packages and then paid the positivity forward by requesting a care package for a loved one. Our connections are rooted in compassion, friendship and hope.

At our Winter Social, guest speaker Geno Auriemma, reflecting on teamwork in athletics and life, offered inspiration that speaks to the heart of the cancer journey; he identified "trust and faith -- believing in something you can't see"-- as being essential to success. TIDE aims to encourage women to keep this faith, know that they are supported by their community, and believe they have the strength within to meet each day with courage.

Thank you, Coach!



How to Request a Care Package:

Go to

www.tidecancerfoundation.org

Click on “Care Packages”

We will hand deliver or ship to your loved one with a personalized message!

If you care to make a donation, click on our “Donate” button. Your donations go directly toward our care packages!

“Never believe that a few caring people can’t change the world. For, indeed, that’s all who ever have.” –Margaret Mead

“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” –Jimmy Dean

“To friends and family who don’t know what to do with friends and family who have been diagnosed with cancer, . . . please, stick around! . . . Come to us and just be there.” –Laurie Kincaid, It’s OK To Laugh

Contact Us!

tidecancer@gmail.com

www.tidecancerfoundation.org

Follow us on Instagram

[@tidecancerfoundation](https://www.instagram.com/tidecancerfoundation)

THOSE WE SERVE

We have provided care packages to women with cancer residing in **33** towns in the state to date, covering all eight Connecticut counties!

In addition to filling individual requests, we also deliver sets of care packages to hospitals. Over the past three years, we have delivered several rounds of care packages to each of the following institutions:

- The Helen & Harry Gray Cancer Center at Hartford Hospital
- Saint Francis Comprehensive Women’s Health Center in Hartford
- UConn Health Neag Comprehensive Cancer Center in Farmington
- Smilow Cancer Hospital at Yale New Haven
- Bristol Hospital Cancer Care Center
- The Hartford HealthCare Cancer Institute at the Hospital of Central Connecticut

“The patients love the gift bags. The moment the nurse enters the room with it, the patient is smiling or crying, clearly touched by this show of caring. Thank you for helping us brighten these patients’ days.”

--Staff at Hartford HealthCare Cancer Institute, The Hospital of Central Connecticut



WHO WE ARE

TIDE Cancer Foundation is a 501 (c) (3) nonprofit charity organization. Our Board is comprised of cancer survivors, caretakers, advocates, community servers, and a medical professional. Thank you for your continued support in 2024!

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Thank you for your support! Rise with TIDE!