



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

January 2023

OUR MISSION

The TIDE Cancer Foundation is a 501 (c)(3) nonprofit charity that 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.

Would you like to request a care package for a friend, family member, neighbor or coworker?

Would you like to donate one or more items for our care packages?

Do you know of any grants or matching donation programs that may support our foundation?

Contact Us!

tidecancer@gmail.com

www.tidecancerfoundation.org

Follow us on Instagram

@tidecancerfoundation

WAVES OF GRATITUDE IN THE NEW YEAR

Your continued support of our endeavors to brighten the days of women who are undergoing cancer treatment in our Connecticut communities is inspiring.

Whether you have attended our fundraisers, donated items for our care packages, requested care packages, connected us with supportive businesses or offered your creative talents and ideas, our team effort is what sustains and enhances our mission.

Our currents of hope have brought care packages to women all across the state in over twenty-five towns within Hartford, Middlesex, New Haven, New London and Fairfield counties.

"Thank you so much for the very thoughtful care package. It was lots of fun to unwrap all of your gifts. Everything you chose is truly appreciated and will be very helpful."

--2022 care package recipient

We are privileged through our partnerships with Connecticut hospitals to have made multiple visits with care packages to The Helen & Harry Gray Cancer Center at Hartford Hospital, Karl J. Krapek, Sr. Comprehensive Women's Health Center at Saint Francis Hospital, Bristol Hospital Cancer Care Center, and Smilow Cancer Hospital in New Haven.

"We are truly grateful to the TIDE Cancer Foundation for their donation of gift bags to women receiving cancer treatment at Saint Francis Hospital and the Smilow Cancer Hospital. These gifts bring smiles, strength, and hope to women and their families as they courageously battle cancer. The kindness of strangers reminds them that they are not alone. . . together, we are making a difference."

–Whitney Hubbs Dionne, Senior Philanthropy Officer, Saint Francis Foundation, Hartford, CT

Special Delivery!

Our care packages vary by season and can be tailored to the recipient based on information provided by the requester.

Recipients will receive a thoughtfully curated, shipped or hand-delivered care package with a personal message from the requester.

What might be inside? Recipients' favorite items include unscented lotions to soothe skin; jewelry to remind women of their beauty; cozy socks or blankets to offer comfort; prepared foods market gift cards to lighten the day; journals of hope, totes and cosmetics bags to stay organized; and assorted teas and candies to offer calm.

Self-Care Tips for Caregivers



"Your loved one's well-being depends in part on you, so it's important that you also take care of yourself."

Seek and accept help from family and friends.

Share your feelings with others.

Stay organized to track appointments and contacts, insurance forms and medication lists.

Work with and ask questions of your health care team, including doctors, nurses, nutritionists and social workers.

Stay close to your loved one by cherishing time to enjoy activities together.

--Dana Farber Cancer Institute

<https://www.dana-farber.org/for-patients-and-families/caring-for-a-loved-one/caring-for-yourself/>

Making a Difference

"Wow! Thank you so much for the generous donation of so many self-care bags to give our cancer patients. They are beautiful and thoughtful. I was able to give one to a patient today who just recently started a new treatment regimen and it really made her day. So many times it's the small acts of kindness like this that make such a huge difference in our patients' lives.

--Kathryn Woodhouse, LCSW, Bristol Hospital Cancer Care Center

Are you an Amazon customer? Did you know that you can support TIDE with every purchase you make on Amazon Smile at no extra cost?

It's easy! Log into amazon smile at smile.amazon.com, select TIDE Cancer Foundation as your charity of choice, and .5% of every purchase you make will go directly to TIDE. Thank you!

Unique Charity Link: <https://smile.amazon.com/ch/86-2990702>

"Individually, we are one drop.

Together, we are an ocean."

-- Japanese proverb

Thank you for your role in supporting our mission! We are grateful to our sponsors, donors, volunteers and partners in health care as we continue our endeavors in 2023!



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