

# The Tender Times

*A newsletter production by Tend to You inc.*

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OCTOBER 2020 ISSUE 1

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## Letter from the Editor

Wow.

Life...it's crazy, isn't it? Once you think you've got it under control: HA! Psycch. Something happens that humbles you and reminds you of your mortality. Life, you sure are a powerful woman, and I'm grateful to be getting to know you.

A breast cancer diagnosis at the age of 24 was absolutely shocking. Everything I had known and everything I was preparing for became obsolete. I knew I had lost control of so much and nothing made sense. I began to focus on what I could control and I made that my power.

My health and how I treated my body became the most important aspects of my life. Where I chose to spend my money also mattered like never before. I began to think of food, and how it can be prepared, as medicine. I turned to holistic approaches in tandem with treatment, and I did what I knew I could do to care for my body naturally.

I began to think about other patients around me and how we all could benefit from some sort of wellness package. Now that I'm on the other end of treatment, I am turning this idea into reality. I want to highlight local businesses and farming initiatives while also encouraging cancer patients to tend to themselves.

Tend to You inc assembles and delivers care packages for cancer patients in active treatment. These packages contain fresh produce and products made from natural ingredients. We are confident that we can make a difference, not only for cancer patients, but for our local community as well.

This newsletter would be incomplete without thanking everyone who has donated, reached out, or showed love. If life has taught me anything, it's that we need each other to fully maximize our time on earth.

*-Ellie McDonald*

UPCOMING  
EVENT:

10/27  
6PM

Virtual Yoga  
Class

w/ Britney  
@tendtoyouinc



# Family Farm for Seven Generations

Indian Head Farm in Berlin, Massachusetts has proved to be an important and beautiful contribution to Worcester County. While new shopping complexes and apartment buildings are sprouting up like never before, Indian Head has held its integrity and continued to sprout fruits, vegetables, and dairy products for families and locals to enjoy.

The farmhouse at Indian Head was constructed back in 1782 and has housed a jaw-dropping seven generations of the Wheeler-Hastings family so far. The farm began by producing hops. Through the 19th, 20th, and 21st centuries, Indian Head Farm has shifted its crop production to best suit the needs of its customers. Today, you can find various vegetables such as asparagus and corn as well as pick-your-own berries and flowers.

In this day and age, with disease at the forefront of everyone's mind, "lettuce" remember the importance of healthful eating. Fresh produce provides support to the body in any stage of wellness. A cancer diagnosis can amplify that need to take care of one's body. Support your body during any stage of illness and give it what it's yearning for.



## Tobin: The Man Behind the Cam

Luke Tobin is a native of Northborough, Massachusetts and currently resides in Western Massachusetts. Luke received a degree in English/Communications with a concentration in Film Studies and a minor in Creative Writing from MCLA in North Adams. He currently is a full-time video editor for Xtina Studios, where he is working on a documentary series about conservation efforts in Ethiopia and other parts of Africa.

Luke produced Tend's release video from start to finish. His passion for film and attention to detail come across vividly.

We couldn't be more grateful to have worked with him!



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# Meet Our Partners

## Roots & Sage

Roots & Sage is a sister duo who came together to share their passion for products that contain simple, nontoxic ingredients.

Sisters Vicki and Lindsey Tonelli believe that by using all-natural, organic, high-quality ingredients, you can feed your skin the food it needs to ease your mind, body and spirit. All products are natural, vegan, non-GMO and are combined with therapeutic-grade essential oils. Each ingredient is free of dyes, fragrance, parabens, sulphates and preservatives. Each creation is made in small batches with the sisters' energy and focus being on health, healing, love and well-being.

You can find Roots & Sage on both Facebook and Instagram by searching for @roots\_sage.

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**Be on the lookout for our first care package offering, which will feature Roots & Sage's signature organic bath salts.**



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# Meet Our Wellness Committee

**Britney Cita-Willingham: Yoga, Pilates, Barre Instructor**

Britney began her fitness career at the age of 14, and has been teaching fitness classes to both children and adults for over a decade. Britney received her Mat Pilates certification through Equinox and her Yoga Teaching certification from Down Under School of Yoga. She is currently the general manager of Pure Barre in Sudbury and offers a range of workout classes in her virtual studio on her website, [www.movewithbritney.com](http://www.movewithbritney.com).

She was recently recognized by Boston Magazine in its article "Nine Black Fitness Professionals in Boston to Follow on Instagram."

Britney's enthusiasm and positivity radiate in her practice. She is an integral part of our Tend community and a valued member of our wellness committee.

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**Join us October 27th at 6PM on our Instagram page for an all-levels yoga flow benefiting Tend to You! @tendtoyouinc**



# Featured Recipe: Vegan Stuffed Butternut Squash

Recipe by:  
Erin Kenney, MS, RD, LDN, HCP  
Wellness Committee Member  
[www.nutritionrewired.com](http://www.nutritionrewired.com)  
[@nutritionrewired](https://www.instagram.com/nutritionrewired)

## Ingredients

1 butternut squash  
1 tbsp olive oil

### For the stuffing:

1 tbsp olive oil  
2 carrots, peeled  
and chopped  
1 cup celery, chopped  
1 yellow onion, chopped  
1 clove garlic, minced  
1/4 teaspoon dried thyme  
1/4 tsp black pepper  
1 tsp fresh sage/ chopped  
1/4 tsp sea salt  
1/3 cup dried cranberries  
1/3 cup chopped walnuts  
1 tbsp honey  
2 cups cooked lentils or rice

*Preheat your oven to 400F.*

To make the butternut squash:

Cut the butternut squash in half, lengthwise. Scoop out the seeds and discard. Rub olive oil on the inside of the squash as well as the skin so that all surfaces are covered. Bake for 60-75 minutes, or until the squash is cooked and you can slide a fork into the skin fairly easily. Scoop out the flesh in the center of both squash halves, leaving about 1.5 inch border all around. Set aside the scooped out squash flesh and chop it up.

To make the stuffing:

Heat the olive oil over medium heat in a large pan. When hot, sauté the onions, carrots, celery, and garlic, until the veggies soften and begin to brown. Add the cooked lentils or rice, chopped squash, honey, cranberries, walnuts, and spices and cook for another 2-3 minutes.

To stuff the squash:

Pack in as much of the stuffing into both sides of the squash as you can. Pick up one squash half and flip it on top of the other.

Using kitchen twine or string, tie up the squash in about 3-4 places to hold it together. You can cover with foil and store in the fridge for up to 3 days if you'd like. When ready to serve, bake for 20-35 minutes until it's warm all the way through.





# Ellie's Corner

A collection of what helped me through my personal treatment experience.  
Everyone's experience is different--please consult your doctor and only practice what makes sense to you.

## Chemo Tip:

Garden and buy all the houseplants. Not only are they pretty to look at & provide us with oxygen, but maintaining plants & gardens can also make for a fun and fulfilling pastime...

Want to keep digging? Full blog post available on our website!

## Mask Tip:

A few drops of lavender essential oil on the inside of your mask can help you refrain from throwing chairs and swearing during your appointments!

## Activity Pages Available for Download!



Have you checked out all that we have to offer on our website under Ellie's Corner? You can find recommendations from my personal experience, as well as activity pages and Spotify playlists.

[www.tendtoyou.org/free-downloads](http://www.tendtoyou.org/free-downloads)

# Tend to You



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