

# The Tender Times

*A newsletter production of Tend to You inc.*

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## Letter from the Editor

I just returned from a two-week trip to Costa Rica. The first week was a retreat with two of my idols, Manda & Meleah Manning of Sister's that Stray. The second week, I ventured around Central America on my first solo trip. This trip was important to me because cancer after treatment still SUCKS! And I needed this time to process all that I've been through and set intentions for an abundant future,

On this trip, I realized that cancer DID kill me.

It killed the old version of me.

I absorbed so much learning and knowledge this past few weeks as I dove into Costa Rica for a spiritual retreat aimed at discovering our purpose, power, and pleasure.

I've learned that we go through many series of death and rebirth. Of childlike playfulness that evolves into experience, then cycles back to a higher level of playfulness.

The past few years I have struggled against the concept of death and have asserted in my mind: "I have not died. I have not died."

But I have also felt lost. Unseen. Undirected. A complete loss of self and identity.

I now realize that this loss of identity is part of my recovery. Because this loss of identity symbolizes a new cycle of rebirth.

I do not know my identity because it is new. And that is more than okay. Instead of being frustrated by my loss of direction. I will be playfully curious when finding my new self.

I will no longer be hurt by my loss of purpose and identity. And instead will invite all experiences to flow through me like the Caribbean as I learn to dance with the rhythm that is continually changing.

-Ellie McDonald

### MARK YOUR CALENDARS:

Soundbath &  
Reiki Session  
June 30th

Care Package  
Shop Opens  
July 1st

# Care Packages Launch July 1st!

We are excited to announce the official launch of the Tend to You care packages as part of Tend's mission to bring community and support to local cancer patients.

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 with one of our inaugural care packages. We've carefully crafted these packages to take some of the pressure off of the cancer patient. Self-care takes time and energy, and we at Tend know that the cancer patient will have a lot on their mind already. Tend has your back every step of the way.

These care packages are filled with locally sourced goods, activities, and pre-recorded videos hand-selected by our Tend team. We even considered those low energy days where almost nothing seems possible, and made sure there was something fun & easy for you to keep your spirits high.

The inaugural care package will cost \$50 and include shipping. Patrons have the option of submitting a patient form that will bring the cost down to \$20 including shipping! Wow!

Shopping local and supporting a loved one or yourself during a difficult time? Now that's #tendingtoyou.



## Items Included:

- \* Tea Vials by Boheme Botanika
- \* Honey Jar & Straw by Bee Well
- \* Candle by Shaina's Common Scents
- \* Bath Salts by Roots & Sage
- \* Facial Cleansing Bars by Custom Cuisine
- \* Seed Packets by Botanical Interests

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## Activities Included:

- \* Wellness and Nutrition Talk by Nutrition Rewired
- \* Discovery Session by Nutrition Rewired
- \* Two Pasta Classes by Allora Pasta Co.



## Summer Solstice Success

The Tend team wants to thank all the donors and bidders who helped make our first Summer Solstice Virtual Auction a success! Should we make this auction an annual event? Let us know what you think by sending an email to [ellie@tendtoyou.org](mailto:ellie@tendtoyou.org)!

### 2021 Summer Solstice Virtual Auction Statistics:

- \$4,490** worth of donations!
- 30** different donors, the majority representing small and/or local businesses!
- 105** different bids supporting our cause!
- \$2,064** raised!

Thank you all so much!



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# Meet Our Partners

## Amber Kennedy of Boheme Botanika

Amber Kennedy is a practicing herbalist and native of Central Massachusetts. She currently resides in Underhill, Vermont. She has studied both Western Herbal Medicine and Traditional Chinese Herbal Medicine (TCM) at Clearpath School of Herbal Medicine in Western Mass. and at Vermont Center for Integrative Herbalism.

Her passion is helping others to connect with and heal through the natural world. She is the owner of Boheme Botanika Herbals, where she creates and sells herbal products, botanical skincare and therapeutic teas. Amber teaches online and in-person workshops, classes and Weed Walks including an annual Wild Folk Apprenticeship program. She also offers twice yearly Full Moon Herbal subscription boxes, a monthly herbal zine, and personal wellness consultations. [www.bohemebotanika.com](http://www.bohemebotanika.com)



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**Our first care package offering includes  
loose leaf tea from Boheme Botanika!**

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# Meet Our Wellness Committee

## Erin Kenney, MS, RD, LD, HCP

Erin Kenney is a Registered Dietitian, Holistic Cannabis Practitioner, and Founder and President of Nutrition Rewired, a Boston-based company providing nutrition counseling, meal planning, and coaching to help individuals achieve optimal physical, mental health and wellbeing. She specializes in gut health, sports nutrition, and mental health, with personalized approaches to achieve and sustain optimal health.

She is the author of "Rewire Your Gut", a specialized cookbook and informational guide with recipes and meal planning designed to reset and heal the gut.

In addition to coaching individuals, Erin presents workshops and seminars throughout the country and has been featured on podcasts and radio shows focused on gut health, CBD, and overall wellness.

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**Follow Erin on Instagram for amazing health tips!**

**@nutritionrewired**

**To work with Erin 1:1 :**

**<https://www.nutritionrewired.com/book>**

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# Featured Recipe: Spinach & Herb Pesto

Recipe by:  
Cameo Fucci of  
Allora Pasta co.

[www.allorapasta.com](http://www.allorapasta.com)  
[facebook.com/allorapasta](https://facebook.com/allorapasta)  
[@allorapasta](https://instagram.com/allorapasta)

## Ingredients

2 cloves garlic, micro-planed or  
minced  
4 oz. spinach  
Half bunch cilantro, washed and  
destemmed  
Half bunch parsley, washed and  
destemmed  
Half bunch basil, washed and  
destemmed  
1/2 cup olive oil  
1 teaspoon red chili flakes (optional)  
1/4 cup unsalted roasted sunflower  
seeds or nuts of choice  
1/2 cup grated parmesan  
Salt + pepper

Add spinach, cilantro, basil,  
parsley and half of the oil to a  
food processor. Pulse until  
chopped and combined.

Add garlic, sunflower seeds,  
chili, and parmesan. Stream in  
the rest of the oil.

Continue chopping in the  
processor until the consistency  
of the pesto is paste-like. Taste  
for salt!





# 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.*

## Abundance

I just returned from a two-week trip to Costa Rica with a journal full of thoughts. Here are a few of those from throughout that experience.

I think that having abundance in life is not the same as having more. I think that abundance actually means having less.

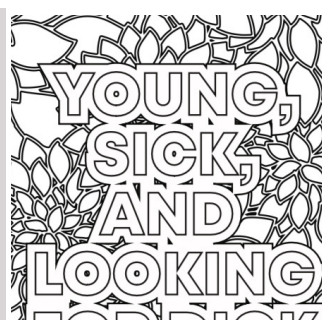
I will not feel guilty for taking the time I need to take care of myself, to put myself first, to rest, and to simply find the beauty in this life, as that beauty is more than abundant.



## BLOG

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

## 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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