

THE TENDER TIMES

a Newsletter Production by Tend to You inc.



INSIDE THIS ISSUE:

What is New at Tend to You
Event Calendar
Current Care Package Offerings
Meet Our Partners and the Wellness Committee
Tend Gets Real
Recipe from Allora Pasta: Caramelized Figs
Ellie's Corner: Say No to Bad Deo
How to Support our Mission

LETTER FROM THE EDITOR: NEW YEAR, TWEAKED BUSINESS MODEL

It's a new year, and we're excited to announce two new tweaks of our business model!

Tweak 1: For every 2 care packages sold, we'll donate an additional one to a member of the cancer community. This will be funded by our grant program, headed by Dennise Kowalczyk of CTD Counseling.

Tweak 2: We now have a care package option available for everyone, not just for cancer patients.

We're committed to making a difference and hope you'll join us in supporting this important cause.

we now offer our care packages to everyone, not just those going through cancer. We want to extend our reach, and we know that cancer isn't the only thing that can be tough to deal with. So if you're struggling, please reach out to us. We're here for you.

Self-care is for everyone, not just for those who are struggling. It's a way to show yourself that you're worth taking care of.. Everyone deserves to care for themselves, and everyone deserves to feel cared for.

Taking care of yourself every day is a step towards a healthier and happier life. So don't be afraid to put yourself first sometimes, and make sure to give yourself the care and attention you deserve.

Tend to You is excited to offer this new service to help make self-care more accessible for everyone.

with , Ellie McDonald

WHAT IS NEW AT TEND TO YOU

NEW HOODIES IN THE SHOP:

Feel it All to Heal it All!

Stay warm this winter with a special collaboration between Tend to You and our partner Tatiana Mishimagi! Tatiana runs a small business based in Toronto. Tatiana and Ellie met in Costa Rica during a Facilitator Training retreat.

As soon as Ellie met Tatiana, she knew she had exactly the type of small business Tend should work with. About 6 months later, and we can celebrate our small businesses with a successful collaboration!

This sweatshirt features a kangaroo pocket and hood. Sizes are unisex. Black and Sand available. \$65 + FREE shipping



MEET OUR NEW BOARD MEMBER:

TAYLOR LISSARRAGUE

Taylor currently works over at MGH and hopes to be able to connect Tend to You to the medical system and bring it to even more patients and loved ones impacted by cancer diagnoses. Taylor has always had a passion for mental health and desires to emphasize the importance of that and self-care more for the cancer community, and all people as a whole.

Taylor is originally from New Orleans and moved to Boston in 2021. She graduated from the University of Alabama with a BS in Psychology. She also attended Tulane University and got Master degrees in Social Work and Disaster Resilience Leadership.

In her free time, Taylor loves to volunteer at animal shelters, play her ukulele, run, be out in nature, meet new people and form new connections, and play with her cat Fester!

Want to Join Our Team? Email me at ellie@tendtoyou.org



Taylor
Director of
Deelopment



EVENT CALENDAR

UPCOMING EVENTS

This Month:



WHAT? • CARE PACKAGE INFO SESSION

WHEN? • JANUARY 31ST 4PM

WHERE? • ONLINE @ [INSTAGRAM.COM/TENDTOYOUINC](https://www.instagram.com/tendtoyouinc)

If you read the first page of this newsletter, then you know that Tend to You is getting a makeover!

2023 is bringing lots of new adventures for our Tend Team, including a tweaked business model! We are now donating ONE additional care package for every TWO sold!

We will be discussing our care package options and our new business model and answering any questions you may have!

Next Month:

WHAT? • FUNDRAISER AT WELLY'S HUDSON

WHEN? • FEBRUARY 28TH 3-9PM

WHERE? • 23 MAIN ST, HUDSON, MA

Whose hungry?! #Tendtoyoutuesday for February will be hosted at Welly's Restaurant in Hudson, MA!

There will be raffle prizes, information regarding our mission, and members of the Tend Team answering questions.

Best part? A portion of your dine-in food will be matched and donated by Welly's! Join us for the fun!



GET TO KNOW THE SHOP: CURRENT CARE PACKAGE OFFERINGS:



MEND CARE PACKAGE

Items Included:

- Crystal Infused Essential Oil Roller by KT Creative Goods
- Loose Leaf Tea Vials by Boheme Botanika
- Honey Jar by Bee Well
- Candle by Shaina's Common Scents
- Bath Salts by Roots & Sage
- Face Cleanser Honey Bars by Custom Cuisine
- Seed Packets by Botanical Interests
- Affirmation Card from Jennifer Faye Colombo
- New England Pride Sticker by 2021co
- Hand-written card from our founder, with frame-able New England photography by Pam Meoli.

Activities Included:

- Wellness and Nutrition Talk by Nutrition Rewired
- Discovery Session by Nutrition Rewired
- Pasta 101 Class by Allora Pasta Co.
- Mint Gnocchetti Workshop by Allora Pasta Co.
- Meditation Breathing Basics with Jeffrey Konich
- more activities TBA!*

DEEP IN TREATMENT CARE PACKAGE

Items Included:

- Notepad Planner by 2021co
- Loose Leaf Tea Vials by Boheme Botanika
- Honey Jar by Bee Well
- Candle by Shaina's Common Scents
- Bath Salts by Roots & Sage
- Face Cleanser Honey Bars by Custom Cuisine
- Seed Packets by Botanical Interests
- Affirmation Card from Jennifer Faye Colombo
- New England Pride Sticker by 2021co
- Hand-written card from our founder, with frame-able New England photography by Pam Meoli.

Activities Included:

- Wellness and Nutrition Talk by Nutrition Rewired
- Discovery Session by Nutrition Rewired
- Pasta 101 Class by Allora Pasta Co.
- Mint Gnocchetti Workshop by Allora Pasta Co.
- Meditation Breathing Basics with Jeffrey Konich
- more activities TBA!*



MEET OUR PARTNERS: PM COMFORT WRAPS

Parker Mountain Comfort Wraps was established in 2015 by Jessica and Aaron Leff, to aid Jessica's mom during a time of illness. Now seven years later, PM Comfort Wraps is still focusing on their original mission: to bring you "sustainable, ethical and high quality products that align with who they are, and the values they have established". To view PM Comfort Wraps' products and to learn more, visit their website and socials: www.pmcomfortwraps.com



MEET OUR WELLNESS COMMITTEE: MELANIE OF EMPOWER YOGA PROJECT

Melanie from Empower Yoga Project is a free-spirited and compassionate woman who has come to value movement above everything else. Her mission is to offer an inclusive yoga experience that liberates students from physical/emotional pain and suffering, fosters friendship, and empowers others to live with joy and intention. She is certified in the Trauma Conscious Yoga Method and has experience in providing yoga as a therapeutic tool for students affected by mental illness.

Melanie has been teaching yoga since 2018, and she recently graduated from Clark University with a Bachelor of Arts degree in Psychology & Business Management. She looks forward to opening her heart to welcome you to the yoga mat.

TEND GETS REAL

DEDICATE A DONATION IN MEMORY OR IN HONOR OF SOMEONE

Tend now has a way of giving back that is personal and meaningful.

Recently someone close to the Tend family passed away from cancer. It was unexpected and painful. The family wrote a beautiful obituary that included Tend to You as a way of honoring her life in lieu of flowers.

We know that nothing can replace a loved one, but we hope that this small gesture helped to ease the pain of loss that this family experienced.

In memory or in honor of a loved one lost, you can now donate to Tend to You through our shop. This option is available in the shop. We will notify the family that you contributed and extend our deepest sympathies on your behalf.

This is a great way to give back. In addition, this keeps the memory of your loved ones alive or honors someone who has made a difference in your life.

30 DAY CHALLENGE: NO ALCOHOL + YOGA EVERY DAY IN FEBRUARY

There are two challenges I am doing in February that I would like to invite you to join in on! One is a thirty yoga challenge where I will practice yoga every day. The other is a commitment to staying sober for the month of February.

I'm really excited about the yoga challenge! I'm not saying that I'm going to be a yoga master after this challenge, but I'm hoping that by the end of it I can at least hold my favorite poses for longer periods of time.

One of my favorite YouTube yoga teachers-Yoga with Adriene-has a free 30 day yoga challenge on her YouTube channel. This is the yoga sequence that I will be using!

I know what you're thinking, and no, yoga isn't just for hippies and vegans. In fact, there are plenty of benefits to doing yoga every day, even if it's just for a month. Here are just a few of them:

1. You'll become more flexible. I'm not just talking about your body becoming more flexible – although that will happen. I'm talking about your mind becoming more flexible, too. Yoga requires you to focus and be in the moment, which can be difficult at first. But the more you practice, the better you'll get at it.
2. You'll learn to breathe better. Most of us don't breathe as deeply as we should. Yoga helps to fix that by teaching you how to breathe properly. This can help reduce stress and improve your overall health.
3. You'll become stronger. Yoga may not look like a workout, but it is. You'll be surprised at how much strength you can build up by doing yoga every day.
4. You'll improve your balance. Yoga isn't just about contorting your body into pretzel-like shapes. It's also about finding your center and cultivating balance in your life.

I'm also giving up alcohol for the month of February! It's going to be tough, but I'm determined to stick to it. I'm doing this for my mind and body, and I know I can do it!

It's that time of year again where we all reflect on our lives and set goals for the future. For me, one of my goals is to cut down on my alcohol consumption. I'm not saying I'm going to give up alcohol forever, but for the month of February, I'm going to take a break. I'm doing this for a few reasons: 1) to save money, 2) to be healthier, and 3) to reset my relationship with alcohol. I'm curious to see how this experiment goes and I hope that by the end of the month, I'll have a better understanding of my relationship with alcohol. Cheers to a sober February!

Care to join me? It'll be fun - I promise. If you're looking for a challenge, why not join me? It'll be tough, but I'm sure we can do it together!

FEATURED RECIPE...

CARAMELIZED FIGS

WHAT YOU'LL NEED:

- 2 T Honey
- 6 plump figs, cleaned and halved lengthwise
- 1.5 T unsalted butter
- 4 sprigs thyme, cleaned

WHAT YOU'LL DO:

Add figs to a bowl and drizzle the honey all over the figs so they're evenly coated. Heat a cast iron or other heavy style of pan - one you would normally sear something on to medium heat. Add the butter and melt. Add the thyme and the figs, flesh side down. Leave to caramelize for 3-5 minutes to caramelize. Turn it over onto it's skin and cook for 1 minute, until softened. Take the figs off the heat and cool. Throw them in a salad with prosciutto and feta or toss them on oatmeal for a nice breakfast.



Recipe courtesy of our wellness committee member:
Cameo Fucci of Allora Pasta co.



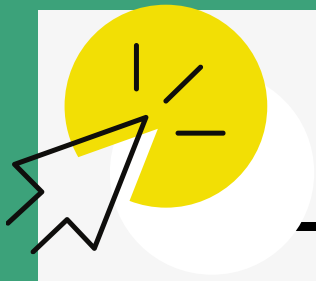
www.allorapasta.com



facebook.com/allorapasta



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



DIGITAL RESOURCES

FROM ELLIE'S CORNER



NEW TO THE BLOG: SAY NO TO BAD DEO

Did you know that aluminum in deodorant can be bad for you?

When it comes to deodorant, we all want something that's going to work well and keep us smelling fresh all day long. But what we don't want is to put something on our skin that's going to cause us harm in the long run. That's why it's important to be informed about the ingredients in our deodorants, and aluminum is one that has gotten some bad press for good reasons.

There's no denying that aluminum has some benefits when it comes to deodorant. It's an effective antiperspirant, which means it can help keep you from sweating. But aluminum has also been linked to health concerns like breast cancer and Alzheimer's disease. So, what's a person to do?

Direct from cancer.gov: "What are the side effects of aluminum in deodorant? Because estrogen can promote the growth of breast cancer cells, some scientists have suggested that the aluminum-based compounds in antiperspirants may contribute to the development of breast cancer. In addition, it has been suggested that aluminum may have direct activity in breast tissue".

Fortunately, there are some safe and effective aluminum-free deodorants on the market. These deodorants may not be quite as effective at preventing sweat, but they'll keep you smelling fresh all day long without any of the health risks.

So, next time you reach for your favorite aluminum-based deodorant, think twice about the possible risks. It might be time to switch to a natural, aluminum-free alternative!

Your body will thank you!

Information sourced from cancer.gov

Pssst...one of our care packages contain an all-natural, aluminum-free deodorant! Check out Mona Moon Naturals to see her full product line!



LEARN MORE AT WWW.TENDTOYOU.ORG

THANK YOU SO MUCH FOR YOUR CONTINUED SUPPORT!

.....

Want to help our cause?

Donations: Cash donations can be made by PayPal, Venmo, credit card, or check. Virtual auction donations (products or experiences) are accepted as well! Visit our website to learn more. Every dollar helps us so, so much.

Please...**Spread the Word!**

We're Hiring: Tend to You is hiring interns, board members, and event hosts. Working with a nonprofit is one of the best ways to obtain experience in your field. If you are interested in joining us, we would love to connect! We compensate our event hosts, too!

Thank you so much for your continued support of Tend. We love you!!

www.tendtoyou.org

www.instagram.com/tendtoyouinc

www.facebook.com/tendtoyou

501(c)(3) Nonprofit | Est. 2020

