

THE TENDER TIMES

a Newsletter Production by Tend to You inc.



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LETTER FROM THE EDITOR: TEND TURNS TWO!

EEEEK! Happy Birthday, Tend! June 2022 marks TWO YEARS of official 501(c)(3) status!

"Where do you see yourself in one year? Two years? Five years?"

While this question is truly powerful for individuals in their formative 20s, it is nearly impossible to ask a cancer patient without coming off extremely insensitive.

So what happens when a cancer patient is 24? Do you still expect a cancer patient to envision their lives in 1 year? 5 years? No. You only expect the cancer patient to focus on the present. Their "hierarchy of needs" position doesn't allow for dream embodiment. It only allows for a difficult, tumultuous fight for life.

All this considered, I still was told something once that I will never forget. One of the most powerful statements anyone ever said to me during my treatment was "I can't wait to see where you'll be in 5 years".

It snapped me out of my cancer reality and into a perspective that I did have life after cancer; I would have life after cancer; this too shall pass. I now was snapped into the future, where I no longer had to fight. It was shocking to realize there was a future where I lived through cancer. There was more than just the present fight.

**I am so grateful for that lesson she taught me.
 There is more than just this cancer. And now...Tend is two!**

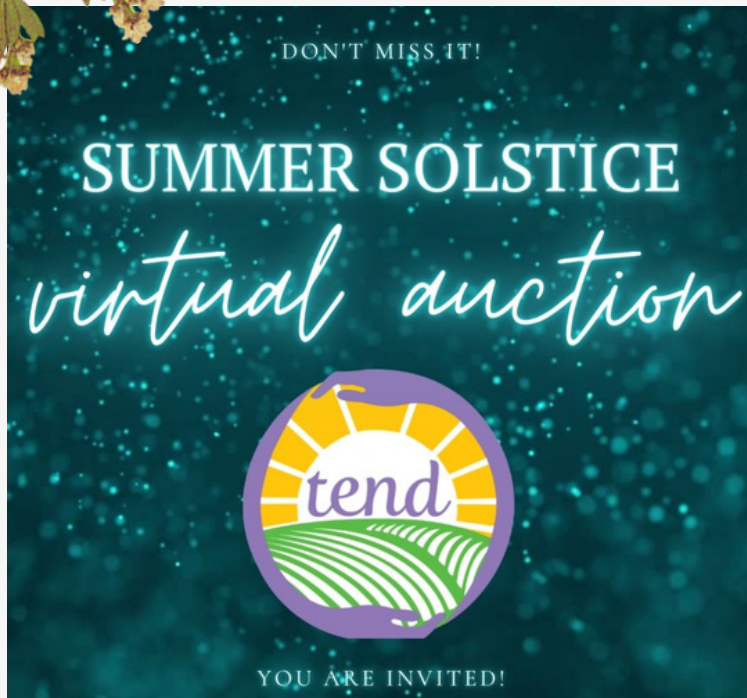
Thank you, everyone! I couldn't do it without you!

**That's why I'm celebrating our birthday with a special promo code just for you!
 Use code "tendturnstwo" for 22.22% off your entire online order! Good through 7/31!**

with , Ellie McDonald

THIS MONTH:

2ND ANNUAL SUMMER SOLSTICE VIRTUAL AUCTION!



WHEN? • JUNE 20TH-25TH, OPEN 24 HOURS A DAY!

WHERE? • ONLINE @ BETTERWORLD.ORG

Starting on the first day of summer, Tend To You will be hosting its second summer virtual auction!

The main attractions of this auction will be baskets and items provided by our donors and local supporters in our community. These items will showcase local businesses...everything from breweries to hotels to beauty salons! Attendees will be able to bid on items and the highest bidder for each item will be declared at the end of the virtual event.



The virtual auction link will be available on our social media pages at the time of the event!



Tend to You Tuesday: New Moon Ceremony and Yin Yoga with Brittany Seydel
June 28th 8PM EST on Zoom

Join us and Brittany Seydel for this month's installment of **#tendtoyoutuesday!**

Let's take an embodied astrological journey through the New Moon in Cancer! While the Sun and Moon transition through in this water sign, it brings a motherly, intuitive, and loving energy. Cancer is symbolized by the Crab and rules the chest and heart. In this yin class, we will soften our shells and lean into stillness so we can create space to receive all that we desire.

Donate at least \$5 to receive the zoom link!

WHAT IS NEW AT TEND TO YOU

COMING SOON IN THE SHOP:

- Tend to You Swag
 - Baseball hats
 - Pens & Santizers
- Care Package Options
 - Gender-Neutral ("Mend")
 - Deep in Treatment
 - Inner Queen



MEET OUR NEW BOARD MEMBERS:

MICHAEL STAMOS & PAUL FITZPATRICK



Give Michael and Paul a warm welcome and check out their handsome faces below!



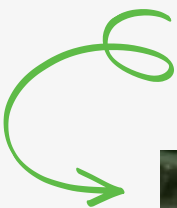
Michael and Paul were both officially added to the Tend board in April, 2022!

Michael is a financial and legal professional, with experience working as a paralegal and as an analyst of major mergers and acquisitions. Michael also works out of an art studio in Tribeca and studies painting part time at the Art Students League of New York.

Paul has over a decade in the sales and customer service industry. Upon meeting Ellie and discovering Tend To You, Paul instantly wanted to become involved as we all have a connection with this struggle and journey.

Michael Stamos

Financial and Legal
Coordinator



Paul Fitzpatrick
Secretary



GET TO KNOW THE SHOP:
CURRENT CARE PACKAGE OFFERINGS:



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!*

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
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FEATURED FROM OUR TEAM...

MEET OUR PARTNERS: THE ELCHEMIST

The Elchemist is a Greater Boston-area bath and body business offering a lineup of handcrafted soaps, body scrubs, body butters and more. Inspired by beauty rituals of Asia, each product is lovingly formulated by the founder, Elsa Fong, who spent years honing her craft making soaps and personal care products for family, friends, and personal use.

The Elchemist's products feature luxurious, nourishing ingredients like rice bran oil and kukui nut oil. From artisanal bar soaps, body scrubs, oils and lotion bars to luxurious bubble bath truffles, softly scented milk and salt soaks, every small batch from The Elchemist is lovingly-handmade and formulated to pamper, restore and elevate your self-care routine.

You can find The Elchemist at www.theelchemist.com/ and www.instagram.com/elchemistbeauty



MEET OUR WELLNESS COMMITTEE: CAMEO FUCCI

Cameo Fucci is one of Tend's wellness committee members, event hosts, and donation partners. She owns Allora Pasta Co., which builds connections and community through virtual pasta making workshops and wine tastings. Owner and Head Pasta Maker, Cameo has a passion for food and family and is a strong supporter of Tend to You's Mission.

Have you been loving our recipes in all of our past newsletters? Yup, that's all Cameo! Flip the page to try her Caprese Recipe!

Some of her previous recipes that we have featured in The Tender Times are: garlic poached mushrooms, spinach and herb pesto, and vegan stuffed butternut squash.

You can learn more about Cameo and her company by going to allorapasta.com



FEATURED RECIPE...

EASY PEASY CAPRESE!

WHAT YOU'LL NEED:

- 1 whole baguette, sliced in half then again length-wise but not all the way through!
- 1 whole tomato, sliced 1/4 in thick
- 1 ball of fresh mozzarella, sliced 1/4 in thick
- Olive oil
- 1 tbsp room temp butter
- 10 basil leaves
- Salt and pepper



WHAT YOU'LL DO:

Working with one half baguette at a time, take a half tbsp of butter and lather it on one side of the inside of the baguette. Add a sprinkle of salt and pepper onto it. On top of the butter, layer some sliced mozzarella then layer on some sliced tomatoes. Sprinkle a little more salt and pepper along with a drizzle of olive oil. Add your basil leaves and fold the baguette over onto itself. Do this same process with both halves of the baguette depending on how hungry you are!

Cut the baguette in shareable pieces or eat it whole!

Pro tip: for easy transport, slide the sandwich back into the baguette bag it came in then into your favorite adventure bag.

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



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@allorapasta



WE HAVE DIGITAL RESOURCES, TOO

FROM ELLIE'S CORNER



NEW TO THE BLOG: LETTER TO MY PAST SELF

Dear Ellie from before cancer,

I love you. You love you. Even if you do not always show it or feel it.

You have to live with yourself. You have to live in your body. You are the embodiment of all you have worked towards, though you still have so much to learn.

So much growing to do. The growth will never stop, actually. Don't get stuck in ways that do not suit you.

You are transient, moving, like water. Do not ever stop, just like water never stops. Keep flowing. Moving. Growing, evolving, changing.

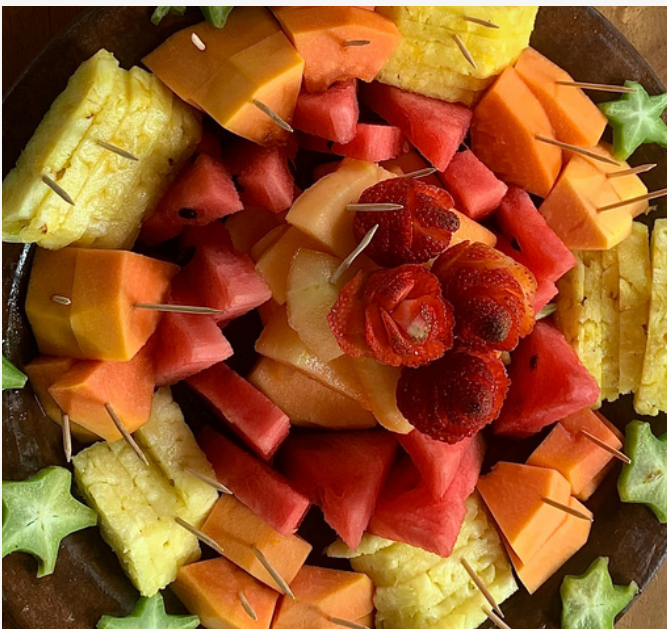
This fear of the future is real, because the future definitely gets dark sometimes. But don't let this darkness keep you still, and don't stop looking for light.

You will crumble. But you can handle it.

Love,
Ellie after cancer



NEW TO THE WEBSITE: RESOURCE PAGE, WITH FREE SUGGESTIONS AND HELPFUL TIPS FOR THE CANCER COMMUNITY



There is a new page on the website: resources for cancer patients! This page contains resources such as useful studies, books, massage therapists, etc. Find it here: tendtoyou.org/resources

Remember, there are always podcasts & activity pages available for free download at all times!

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.

Virtual Auction: This is the best way to help our cause right now.

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

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