

THE TENDER TIMES

a Newsletter Production by Tend to You inc.

INSIDE THIS ISSUE:

Happy Summer Solstice!

Upcoming Events

View Some Virtual Auction Items

Recipe from Allora Pasta: Crunchy Summer Salad

Ellie's Corner: Self Care Tips for Summer

How to Support our Mission

LETTER FROM THE EDITOR: HAPPY SUMMER SOLSTICE!

The summer solstice is an astronomical phenomenon that occurs once a year when the tilt of the Earth's axis is most inclined towards the sun. It marks the longest day and shortest night of the year in the Northern Hemisphere, and the beginning of summer. The summer solstice has been celebrated by various cultures for centuries as a time of renewal, growth, and abundance. It's a time to celebrate the light and warmth of the sun, and to connect with nature and the cycles of the seasons.

In many modern cultures, the summer solstice is still celebrated as a time of renewal, growth, and abundance. It's a time to connect with nature, to spend time outdoors, and to enjoy the warmth of the sun. Whether you're celebrating with friends and family or simply taking a moment to appreciate the beauty of the season, the summer solstice is a time to feel grateful for the gifts of nature and to embrace the joy of life.

Celebrate the gift of life by supporting our virtual auction! The auction is live from June 19th-July 1st and is hands-down Tend's largest annual fundraiser. The auction link can be found here:

<https://givebutter.com/c/tend-2023auction/auction>

with , Ellie McDonald



EVENT CALENDAR

UPCOMING EVENTS

WHAT? - SUMMER SOLSTICE 3RD ANNUAL VIRTUAL AUCTION!!!

WHEN? • JUNE 19TH-JULY 1ST

WHERE? • ONLINE @ WWW.GIVEBUTTER.COM/C/TEND-2023AUCTION/AUCTION



Tend is celebrating the summer solstice with our 3rd annual 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 restaurants! Attendees will be able to bid on items and the highest bidder for each item will be declared the winner at the end of the event!

VIRTUAL AUCTION

AUCTION ITEM PREVIEW!

Boston Museum of
Science

Win 5 passes to
come see ME!

Date Night:
Hudson, MA

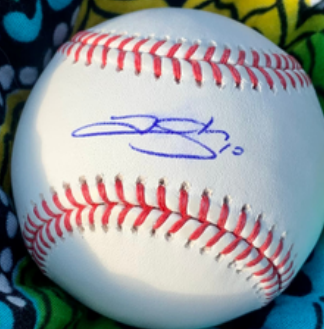


The
RAIL TRAIL

LUCKY STRIKE



REDSOX.COM/GIFTCARD



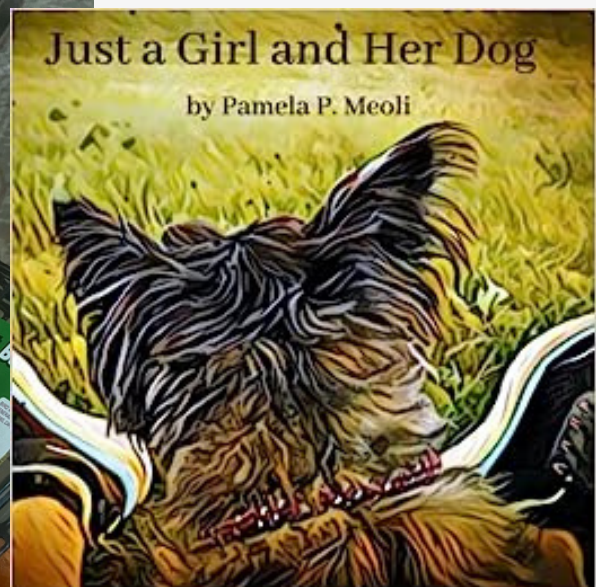
VIRTUAL AUCTION

AUCTION ITEM PREVIEW!



VIRTUAL AUCTION

AUCTION ITEM PREVIEW!



VIRTUAL AUCTION

AUCTION ITEM PREVIEW!

**North End, Boston
Stay #1**

**HOTEL
INDIGO®**

AN IHG HOTEL

Two Night Stay!

flour
bakery + cafe

**North End, Boston
Stay #2**

**HOTEL
INDIGO®**

AN IHG HOTEL

Two Night Stay!

**TAVERN
SQUARE**
Restaurant • Bar • Patio

FEATURED RECIPE...

CRUNCHY SUMMER SALAD

WHAT YOU'LL NEED:

- 🌿 4 handfuls of your favorite leafy greens
- 🌿 8 leaves of basil, torn
- 🌿 8 leaves of mint, torn
- 🌿 1/2 cup Greek yogurt
- 🌿 2 tbsp tahini
- 🌿 Juice from 1 lemon
- 🌿 1/2 tbsp honey
- 🌿 1 tbsp sesame seeds
- 🌿 Salt, pepper & olive oil
- 🌿 3 tbsp roasted sunflower seeds
- 🌿 3 tbsp dried cranberries

WHAT YOU'LL DO:

Add yogurt, tahini, honey, lemon juice and 1/2 tbsp sesame seeds to a small mixing bowl and mix until combined. Taste and add more lemon juice or salt accordingly.

Add dry, clean, & crisp salad greens to a large bowl. Add in torn herbs. Sprinkle with a pinch of salt & pepper. Drizzle with about 1/2 tbsp of olive oil. Add in your Apple, sunflower seeds, & cranberries. Drizzle on your dressing and the rest of the sesame seeds.

Mix to combine and enjoy every crunchy bite!



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



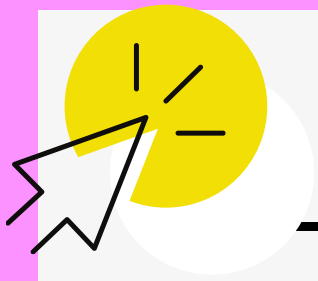
www.allorapasta.com



facebook.com/allorapasta



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



DIGITAL RESOURCES

FROM ELLIE'S CORNER



SELF CARE TEND TO YOU TIPS FOR SPRING AND SUMMER

- make it easy (anything can be considered self care)
- a walk
- a drive
- finding new music
- protecting your skin with sunscreen
- baths
- pilates and yoga for pleasure

How do you tend to you?

Remember to take care of yourself today and every day. Self-care is not selfish, it's necessary. Take a moment to breathe, relax, and do something that makes you happy.

Self-care is not just about bubble baths and face masks. It's about taking time to nurture your mind, body, and soul. So, take a deep breath, put on your favorite music, and do something that brings you joy. Whether it's reading a book, taking a walk, or simply enjoying a cup of tea, remember that you deserve to prioritize yourself. Let's break the stigma and embrace self-care today and every day.



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

