

# THE TENDER TIMES

*a Newsletter Production by Tend to You inc.*

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## LETTER FROM THE EDITOR: WHY CHOOSE TEND?

One thing I have learned? The cancer community and small businesses have a lot in common. Both care limitlessly about their products, ingredients, techniques, and integrity.

You cannot just go to your local store and pick out the first shampoo you see. Those businesses really truly don't have your best interest as one of their top priorities.

Small businesses generally pour their hearts and souls into their products. The heart beats, strains, tugs, and squeezes. It wants the very best for it's body. So when someone pours their heart into their products, it shows! The body knows what it needs, and often times, it's not the mass-produced products sold almost everywhere you go.

I also want people to understand that they don't have to go through a big diagnosis in order to make a big lifestyle change.

My challenge to you? Take 10 minutes to be with your toiletries and cosmetics. What kind of ingredients are on the label? Do you like what you see, or you should you do some more research? Especially look at the products you use everyday as part of your routine. Deodorant, toothpaste, and lotion are three examples of products that can have a lot of unnecessary ingredients and preservatives. Those can be damaging to your body, and we can't have that.

**You should choose Tend because Tend choses small businesses, and these small businesses choose you.**

*With , Ellie McDonald*



INTRODUCING...

# NEW CARE PACKAGES AVAILABLE NOW!



## CAREGIVER 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!\*

## SELF-CARE 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
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FEATURED FROM OUR TEAM...

## MEET OUR PARTNERS: CUSTOM CUISINE

Custom Cuisine LLC is a multi-faceted food sourcing company, located in Philadelphia PA. It services the community by providing locally grown food, herbal supplies and farming/cooking education. Custom Cuisine also features the SUSTAINABLES farm-to-skincare line, with one physical location in the historic Reading Terminal Market.

Utilizing urban farming techniques and hydroponics allows Chef Christina McCoy to provide the highest quality food and ingredients grown right in the community.

Understanding where things come from-- especially what we put inside and on our bodies is not only crucial in sustaining yourself, its the key to healing preventable ailments. "When we protect and place value on ourselves and in spaces that feed the community, it demonstrate love and accountability for everything around us."-Chef C. McCoy



\*Our newest care package offerings include Face Cleanser Honey Bars by Custom Cuisine AND activities from Jeffrey Konich!



## MEET OUR WELLNESS COMMITTEE: JEFFERY KONICH

Jeffrey Konich is the newest member of our wellness committee! YAY! Jeffrey has been teaching yoga for 15 years. Utilizing transparent concepts found in many styles of yoga as well as 25 ongoing years in Martial Arts, Jeffrey has come to understand motion as a language which is universal to both systems. Along with his continuing studies in the Martial Arts and earning his 500-hour RYT, Jeffrey has studied Complementary Health Care, Integrative Therapy, Philosophy, and Holistic Education. His passion is the study of Motion, Mind, Energy, and Consciousness. With Jeffrey, yoga and Martial Arts are one.

Currently, Jeffrey teaches at his studio in Hudson, Ma. He offers in-person, online, group and 1-on-1 classes. He is also the founder of New England Fitness & Wellness™, a consulting organization offering services in Holistic Health & Wellness Practices.

Learn More about The Martial Arts Side of Jeffrey's Program or inquire about scheduling a private consultation at [www.myblackbeltleadership.com](http://www.myblackbeltleadership.com).

YUMMMMMMM...

# GARLIC POACHED MUSHROOMS WITH BASIL MARINADE

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## WHAT YOU'LL NEED:

- 1 lb of mushrooms of choice, washed and trimmed (save those stems for vegetable broth)
  - 1 quart (32 oz) of water
  - 2 cloves of smashed garlic, peels removed
  - 1 bay leaf
  - Juice and peel of 1 lemon
  - 1 teaspoon of salt
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- 3 tbsp of mirin
  - 3 tbsp of olive oil
  - 1/4 cup basil leaves, washed
  - 1/2 teaspoon of garlic



## WHAT YOU'LL DO:

Add first half of the ingredients to a large pot. Make sure the water is covering the mushrooms - although some of them might want to pop up and float, that's ok! Bring the pot to a boil, cover and then turn down to medium - low. Poach the mushrooms on this temperature for about 1 hour or until tender, including the stems. Once tender, strain out the mushrooms being sure to remove all of the aromatics. While your mushrooms are poaching, let's make our marinade.

Add basil and garlic to a food processor and pulse until chopped. Add in the mirin and half of the olive oil. Turn the food processor on low and slowly stream in the rest of the oil. Mix until evenly combined. Once combined, spoon the marinade into a medium sized bowl. Once your mushrooms are cooked through and strained, add them to the bowl of marinade and coat evenly. Taste for seasoning and add any salt if needed.

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



[www.allorapasta.com](http://www.allorapasta.com)



[facebook.com/allorapasta](https://facebook.com/allorapasta)



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LOOKING TOWARDS THE FUTURE...

# UPCOMING #TENDTOYOUTUESDAY EVENT



## FEBRUARY 22ND, 6PM EST: VIRTUAL YOGA WITH ELEONORA CORDOVANI

This gentle yoga class will be focused on self care and love! We'll do slow movements, breathing exercises, relaxation and meditation to be in deep connection with our bodies. All levels of experience are welcome. Eleonora will provide different options to meet you where you are.

Eleonora is a Yoga Alliance certified yoga teacher with more than 500 hours of training, and her yoga therapy studies are underway. All her classes are trauma informed and accessible to everybody. Originally from Italy, Eleonora has a background in the Arts and Theater.

A link to the event will be available on our social media pages at the time of the event!



@eleonoracordovani



Facebook.com/Eleonora.Francesca.Cordovani.Yoga.Theater

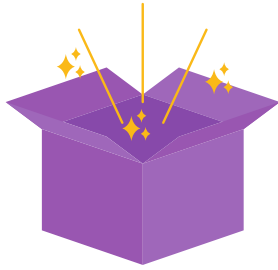


Be on the lookout for updates about our annual virtual auction, which will take place at the end of June, with an in person event at the end of the auction.

If you have any items or experiences you would like to donate for the auction, please reach out!



# 2021 Achievements



## Brand New Care Packages

We curated these products with you in mind, with a goal of expanding our reach making sure everyone has a chance to #tendtoyou.

## Hosted 12 #TendToYouTuesday Events

From yoga and breathing exercises, live music, professional chiropractors, fresh pasta cooking and more, we worked hard to curate a community focused on wellness and putting yourself first. We cant wait for more awesome events!



## Raised over \$6,000

From generous donations, to care package sales, our first year has been a success! To donate to our cause and help us continue to support small businesses and people effected by cancer, please visit our website!

## Hit 1k Instagram Followers!

Through consistency, dedication and persistence, we continue to grow our brand daily. We just hit the 1k mark on Instagram and celebrated with our first give-away!



## Released Tend Beanies

We had our first successful merch launch at the end of 2021! These beanies are sooo cozy!!

**SPECIAL FOR YOU: Use code "beanie20off" for 20% off your beanie!**

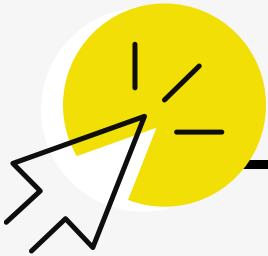
## Grew Our Board

We added additional board members this year to help with Sales and Marketing and we are contiuing to grow our team. If you or anyone you know is interested in teaming up with us, don't hesitate to reach out!



FROM OUR WEBSITE...

## ELLIE'S CORNER!



### NEW TO THE WEBSITE: RESOURCE PAGE

There is a new page on the website: resources for cancer patients! This page will contain resources such as useful studies, books, massage therapists, etc.

Find it here:

**[tendtoyou.org/resources](https://tendtoyou.org/resources)**

**Don't worry, there are still podcasts & activity pages available for free download at all times!**



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## 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.

*PS: There are more donation options available in our Care Package Shop! You are now able to send a care package to a stranger.*

**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](https://www.tendtoyou.org)**

**[www.instagram.com/tendtoyouinc](https://www.instagram.com/tendtoyouinc)**

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