

C A N C E R C O N N E C T S

Fall Holiday Edition
CancerConnects.org
(315) 634-5004



E-RACE FOR CANCER

The 2024 E-Race for Cancer, hosted by Willow Running, was a tremendous success!

Your incredible support- whether through sponsorship, donations, or participation- has made a real difference in the lives of adult cancer patients throughout Central and Northern New York!

We extend our deepest gratitude to each and every one of you for your compassion and continued support!

E-Race 2024 by the Numbers:

196 Participants

14 Sponsors

51 Donors

\$15,500+ raised for the Angel Fund



"Alone, we can do so little; together, we can do so much."

- Helen Keller

MANAGING EXPENSES

Facing a cancer diagnosis can bring both emotional and financial challenges. Managing expenses during this time is crucial for maintaining peace of mind and focusing on your health. Here are some helpful tips for effectively managing your expenses and navigating this difficult period:

- **Review all bills and Explanation of Benefits (EOBs).** Billing errors occur more frequently than you might expect. If you receive a bill without itemization, request a detailed statement. Be sure to check for inaccuracies, such as incorrect service dates or duplicate charges for the same test or procedure.
- **Understand your insurance coverage.** Discuss your insurance coverage for all medical tests, treatments, and procedures with your healthcare team. Make sure to address any concerns you have regarding your ability to cover out-of-pocket expenses related to your care.
- **Negotiate payment plans** for both your medical and non-medical monthly bills. Reach out to your service providers directly to discuss your financial situation and explore options for spreading out your payments.

Additionally, CancerConnects offers direct financial assistance to adult cancer patients to help cover the costs associated with treatment-related travel, medical expenses not covered by insurance, and essential living needs. This allows patients to focus on recovery without the added burden of financial stress. For more information on receiving assistance or to make a donation, please contact our office at 315-634-5004.

Empowering Patients and Caregivers: The Importance of Self-Advocacy

Navigating the healthcare system can often feel overwhelming. One of the most powerful tools at your disposal is self-advocacy. Advocating for yourself and your loved ones is essential in ensuring that your unique needs are met throughout your cancer journey.

Why Self-Advocacy Matters

When facing a cancer diagnosis, effective communication with your healthcare team is crucial. Patients and caregivers who actively engage in discussions about treatment options, side effects, and overall care can significantly influence outcomes. It's important to remember that you are your own best advocate; your insights and experiences provide invaluable context to your team.



Here are a few tips for effective self-advocacy:

- **Educate Yourself:** Familiarize yourself with your diagnosis, treatment options, and potential side effects. The more informed you are, the better equipped you'll be to make decisions.
- **Ask Questions:** Don't hesitate to seek clarification on anything you don't understand. Questions are vital for ensuring you have a complete picture of your treatment plan.
- **Express Your Concerns:** Share any worries about your care or the financial implications. Your healthcare team is there to help you navigate these challenges.
- **Connect with Community:** Build a network of people who can offer emotional and practical support. Whether it's family, friends, or others who share similar experiences.

Connecting with a Mentor

While self-advocacy is crucial, we recognize that it can sometimes feel daunting. That's where our Patient Buddy Mentor Program and Caregiving Mentor Program come in. Connecting with a mentor can provide the confidence and guidance needed to effectively advocate for yourself or your loved one. Mentors, who have navigated a similar journey, offer valuable insights and support. They can help you:

- **Share Experiences:** Hearing how others have approached their advocacy can empower you to speak up for your own needs.
- **Build Confidence:** Having someone who understands your situation can boost your confidence, making it easier to voice your concerns and preferences.

Advocating for yourself is an essential part of navigating the complexities of cancer treatment, and our Mentor Programs are here to support you every step of the way!

**Interested in becoming part of the Mentor Programs, as a Mentor or Mentee?
Scan the code to learn more!**



CANCER CONNECTS

...for the journey



A special thank you to our E-Race Entertainment Sponsors, **Breast Care Partners** and **Fittings For You**, for the great music that kept the motivation up on race day!

Join The Community!

Consider donating to our Angel Fund, which provides financial assistance to Central and Northern New York residents on their cancer journey. The Angel Fund is 100% supported by donations from the community, so it is truly neighbors helping neighbors! The generosity of Angel Fund donors enables us to pay for items that are not covered by health insurance.

\$50 fills a tank of gas for a patient to get to treatment.

\$65 provides a Massage Therapy session to reduce stress.

\$100 provides nutritional support.

\$250 gives a medically necessary garment.

\$400 covers a wig for a patient who lost their hair due to chemotherapy.

No matter the size, all donations empower and provide support to those living with cancer.



If you would like to make a donation to the Angel Fund or other program:

Please make checks payable to:

CancerConnects, Inc.

PO Box 2010

East Syracuse, NY 13057

Or donate online at [CancerConnects.org](https://www.CancerConnects.org)



Make a difference with your holiday shopping!

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Choose: **CancerConnects** (all one word) for your cause

It's simple and free!

Please remember that in addition to events and fundraising support, CancerConnects relies on individual contributions to provide its free services and support to CNY & NNY residents on their cancer journey. Your donation always stays local and helps folks right here in CNY & NNY!

Butternut Squash & Lentil Soup



The antioxidants in butternut squash and ginger can have anti-inflammatory effects.

- 1 medium butternut squash
- 1 cup red lentils
- 2 large carrots
- 1 large onion
- 3 cloves of garlic
- 1 tsp turmeric
- 1-inch piece, grated ginger
- 1 cup coconut milk
- 4 cups low-sodium vegetable broth
- 2 tbsp avocado oil

1. Peel and cube the butternut squash, chop the carrots, onion, and garlic.
2. Heat avocado oil in a large pot over medium heat. Add onions and sauté until soft. Add garlic, turmeric, and ginger and saute for an additional minute.
3. Stir in the butternut squash and carrots, and let them cook for a few minutes.
4. Pour in the red lentils and vegetable broth. Bring to a boil then reduce to a simmer. Cook until the lentils are soft and the squash is tender, about 20-25 minutes.
5. Use a fork or potato masher to mash the softened vegetables and lentils in the pot.
6. Stir in the coconut milk to give the soup a creamy texture. Serve and enjoy!

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