



Featured Resource

Struggling to keep track of your medication, food, hydration, side effects?

Looking for medication, food, and hydration reminders?

Wanting a place to write your questions for your doctors, grocery lists, meal plan?



Check out the
LLS Health Manager app!

- Track side effects
- Improve communication
- Identify patterns
- All in one convenient place



"Just one small positive thought in the morning can change your whole day."
– Dalai Lama

What To Do When Insurance Doesn't Cover Everything

Financial toxicity is a common term when discussing cancer treatment. It refers to the out-of-pocket costs for cancer treatment that increases financial strain. Some cancer survivors spend more than 20% of their annual income on medical care. Luckily, CancerConnects has an integrative answer for this devastating problem.

The CancerConnects Angel Fund provides direct one-time financial assistance to adult CNY & NNY non-breast cancer patients in need. The Angel Fund started with a single donation from a local family and has continued to grow thanks to donations from the community!

The generosity of the Angel Fund donors allows us to pay for items such as medical copayments, health insurance premiums, groceries, transportation expenses, nutritional supplements, and general quality of life living expenses. Since 2014, our Angel Fund has provided more than \$346,00 through 2023 in financial support to local cancer patients throughout CNY & NNY counties!

Scan the code to apply for
or contribute to the Angel Fund:




LOOKING FOR COMMUNITY RESOURCES?

The CancerConnects website now offers a page dedicated to sharing community resources. The Community Connections Program page features 6 different community organizations every month, showcasing the great work happening around us!

At the bottom of the page, there are community resources lists including cancer services, food pantries, support groups, and community organizations organized by county. There is also a General Cancer Resources and Services list that includes local and national cancer service organizations, virtual support groups, and support activities available at multiple locations and virtually.



For more information about our programs or to request an application contact us:


 (315) 634-5004


 OfficeCancerConnects@gmail.com





APRIL IS STRESS AWARENESS MONTH

Looking for ways to manage stress and take care of yourself? Check out these different ideas:

 Make time to unwind. Whether it's stretching, meditating, deep breathing, or another activity you enjoy. Follow us on social media to learn about upcoming events.

 Take care of your body by eating healthy. Try incorporating more fruits, vegetables, and whole grains into your meals. Check out the back page for a new recipe to try.

 Move more and sit less. Remember that every little bit physical activity helps. Start small or try breaking it into smaller amounts a day.

 Connect with others. Community-based organizations are a great place to connect with people. Visit our website for ways to get involved with us and other community organizations.

CANCER CONNECTS

...for the journey

UPCOMING EVENTS



TEED OFF AT CANCER

This annual golf tournament is hosted by **Stupid Dumb Breast Cancer**, a local advocacy and support initiative. All proceeds will directly benefit our Angel Fund program.

August 4 @ The Pompey Club
Email: SDBCgolf@gmail.com to sign up to play or for sponsorship



E-RACE FOR CANCER

The annual half marathon, 10K, and 5K, hosted by Willow Running, is an extremely flat course that will take you on a scenic run along the south side of Oneida Lake! Race proceeds will benefit our Angel Fund program. Stay tuned for more information and volunteer opportunities!

October 20 @ Stone's Marina

Sign up at:



WOULD YOU LIKE TO HELP?



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

Please make checks payable to:
CancerConnects, Inc.
CancerConnects, PO Box 2010
East Syracuse, NY 13057

Or donate online at www.cancerconnects.org



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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!

Potato Veggie Quesadillas

From Taste of Home

- 2 medium red potatoes, quartered and sliced
- 1 medium zucchini, quartered and sliced
- 1 medium sweet red pepper, sliced
- 1 small onion, chopped
- 2 tablespoons
- 1 garlic clove, minced
- 2 tablespoons olive oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1 cup shredded part-skim mozzarella cheese
- 1 cup shredded reduced-fat cheddar cheese
- 8 whole wheat tortillas, warmed



Directions:

1. Combine red potatoes, zucchini, red pepper, onion, garlic clove, olive oil, dried oregano, and pepper in a large bowl. Transfer to a baking pan. Bake at 425° until potatoes are tender (about 24-28 minutes).
2. In a small bowl, combine cheeses. Spread 1/3 cup vegetable mixture over half of each tortilla. Sprinkle with 1/4 cup cheese; fold tortillas to close. Cook in greased skillet over low heat until cheese is melted (about 1-2 minutes on each side).

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