

CANCER CONNECTS

...for the journey

Summer '23
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(315) 634-5004



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"Self care is not self indulgence, it is
self preservation."
-Audre Lorde

COMPLEMENTARY THERAPY

The CancerConnects Complementary Therapy Program is a voucher award program that provides funding to cancer patients for several specific complementary therapy treatments.

Complementary therapy is the concept of overall wellness, and the relationship between mind, body, and spirit. These therapies are used to help cancer patients manage symptoms, reduce side effects, and restore and promote a sense of control and vitality. Additionally these therapies foster positive healthy attitudes that increase overall well-being. They work in tandem with a patient's medical plan and are never intended to replace conventional treatments.

Services offered through this program include massage therapy, Reiki, healing touch, foot reflexology, yoga therapy, and acupuncture. These therapies are typically not covered by health insurance. CancerConnects is proud to offer these services free to patients who otherwise may not have access to them.

INSIDE COMPLEMENTARY THERAPY: REIKI

Reiki (pronounced ray-key) is a Japanese technique for stress reduction and relaxation that promotes healing. The word "Rei" means universal, the word "Ki" means life energy. It is a precise vibrational frequency that brings harmony, balance, and well-being to mind, body, and spirit.



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



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WHAT ARE PATIENTS SAYING ABOUT COMPLEMENTARY THERAPY?

"The massage therapist was so in tune to helping me feel better while making me at ease."

"Being able to explore different ways to help the healing process is so wonderful."

"I really felt like acupuncture helped with my stress."

"The experience helps me to be happy, healthy, and whole."

"These treatments and the practitioners are a shining light."

"It was a very positive experience and I really appreciate the opportunity."

"When the mind is at peace and the body is in a centered space, healing happens and having massages allows me to feel less pain, open to new insights, and stay focused."

"I could feel the light and healing through the Reiki provider's presence."

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UPCOMING EVENTS

SYRACUSE METS GAME

CancerConnects will be featured at The Syracuse Mets "We Care Wednesday" game. A portion of all ticket purchases through this link will be donated to our organization. We look forward to seeing you there!

August 2 @ 12:05pm

Get tickets at:

<https://fevo.me/cancerconnects>



TEED OFF AT CANCER

This annual golf tournament is hosted by **Stupid Dumb Breast Cancer**. All proceeds will directly benefit our Angel Fund program.

August 6 @ The Pompey Club

Email: SDBCgolf@gmail.com to sign up 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. Runners can get pledges from CancerConnects to raise additional money. The top two fundraisers will get prizes!

October 22 @ Stone's Marina

Sign up at:

www.runsignup.com/Race/NY/Bridgeport/ERaceCancerHalfMarathon5K



WOULD YOU LIKE TO HELP?



If you would like to make a donation to
Complementary Therapy 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!

SUMMERTIME AVOCADO SALSA

From Taste of Home

- 1-2/3 cups frozen corn, thawed
- 2 cans (2-1/4 ounces each) sliced ripe olives, drained
- 1 medium sweet red pepper, chopped
- 1 small onion, chopped
- 5 garlic cloves, minced
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 3 tablespoons cider vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 medium ripe avocados, peeled
- Tortilla chips



Directions:

1. Combine corn, olives, red pepper, and onion. In another bowl mix the next 7 ingredients. Pour over corn mixture; toss to coat. Refrigerate, covered, overnight.
2. Just before serving, chop avocados; stir into salsa. Serve with tortilla chips.

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