



The Hands of Hope newsletter is presented by PFAC of RIH to share information with cancer patients, caregivers, and families

Greetings

We are PFAC, the Patient Family Advisory Council at Lifespan Cancer Center, Rhode Island Hospital and this is our newsletter.

As a group of volunteers, we began our journey together in April of 2015. We are supported by staff members and LCI leadership. We meet once a month at Lifespan Cancer Institute. Some of us are cancer survivors and some of us are caregivers.

Become a member of the Patient Family Advisory Council at Rhode Island Hospital. Please join us and share your feedback, experiences, and time to support the Lifespan Cancer Institute.

Interested? Call Courtney McGair, LICSW 401-444-2584

The Women's Cancer Support Group is back!



Where: Sessions will be held virtually

When: Every 1st Monday of the month, 3:30-4:30 starting Monday November 6, 2023

Facilitator Alexis Clasca, LCSW

- This group is open to women of all ages and in any part of their cancer journey
- The group provides support and an opportunity to bond with women who understand
- Meetings will include Guest Educators (e.g., LCI nurse, Registered dieticians, etc.) and the topic they plan to discuss and answer questions about, will be announced in advance to that meeting

Please call Alexis Clasca if you are interested in attending: 401-606-6057

Volunteer Opportunities:

Volunteers are needed for LCI's East Greenwich and Lincoln sites to assist in providing comfort items (blankets, snacks, etc.) to patients while they are receiving treatment. Shifts are two to three hours.



If interested, then please contact Adrienne Walsh, volunteer services manager, at 401-444-8635 or awalsh@lifespan.org.

Helpful Resources:

American Cancer Society: www.cancer.org

Leukemia and Lymphoma society: www.lls.org or www.lls.org/espanol

Imerman Angels: imermanangels.org

Cancer care: www.cancercare.org

Triage cancer: triagecancer.org

Cancer support community:
www.supportcommunity.org

Joe Andruzzi Foundation: joeandruzzifoundation.org

Gloria Gemma breast cancer resource foundation:
gloriagemma.org

Pickles-kids supporting kids: picklesgroup.org

Recipe of the season:



Tomato Soup

Ingredients

28 oz. Kitchen Ready Tomatoes

1 medium onion chopped (I use a food processor)

1 stalk celery chopped (I use a food processor)

14 ½ oz. vegetable or chicken broth

½ cup red wine (if you are able) or additional; stock

1 tsp. brown sugar

2 tsps. Olive oil

Pinch of dried Thyme

½ cup Blue cheese

Instructions

-In pan heat oil over medium heat and put in chopped vegetables

-Cover and cook for 10 minutes stirring vegetables occasionally

-Add all ingredients except Blue Cheese

-Bring to a boil

-Lower and simmer 30 minutes

-Makes 6 cups

-Add Blue Cheese

I double this recipe Enjoy! Lola