

THE *dragonfly way* Strength. Courage. Joy.  
Issue 1

Helping Families  
During Times of  
Uncertainty







## Letter from Your Friends

### *Dear Patients and Families,*

We are always amazed by our Dragonfly families' willingness to share their innermost emotions and experiences to benefit others.

The supportive energy generated from those exchanges helped us capture valuable information on the following pages. We hope that you and others can use this to meet the emotional, financial, physical, and very personal challenges often faced along the path from treatment to healing. This collection is one of many resources available to Dragonfly patients and families and partner hospitals.

We thank each Dragonfly caregiver, parent, patient, sibling, and extended family member who made a heartfelt contribution to this project. We also want to thank our many supporters and donors for their support in making this book possible, including the David R. and Margaret C. Clare Foundation.

The Dragonfly Foundation is unlike most cancer organizations. We don't fund research. We don't spend much time at hospitals. The miracles we chase are the small ones. The miracle of a giggle, or of really connecting and building relationships that matter. The miracle of knowing that, no matter what happens, someone has your back.

That last miracle is not so small.

We encourage you to visit the Landing, to explore [Dragonfly.org](https://Dragonfly.org), and to reach out to (513) 828-9968 for support.

Always remember, your family is never alone.

In Caring and Community,

***Your Friends at Dragonfly***







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Who Is Dragonfly?

The Dragonfly Foundation supports pediatric cancer families and patients by:

- Building a network that connects Dragonfly families to each other and the community
- Providing programs that enhance quality of life
- Enhancing programs in partner Children’s Hospitals

How We Help

We support pediatric cancer patients ranging in age from birth to age 40, along with their families.

Patient & Family Programs

- Gifting
- Multiple Weekly Events
- Life Logistics
- Resource Books
- Adopt-a-Family

Hospital Programs

- Care Bags
- Quality of Life Enhancements
- Urgent Needs
- Technology
- Community Connections
- I Am Still Me®
- Beads of Courage®



Partner Hospitals



The Ronald McDonald  
Children's Hospital  
of Loyola University  
Medical Center

Please ask your social worker for our Dragonfly Foundation application. You and your family will love being Dragonflies!

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# JOURNALING *Exercise*

*Journaling can help keep track of what you have been through and is a great way to process through the many emotions this journey brings.*

*Write a letter to yourself*

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Do you know a friend or family member with a child who has cancer? Check out this guide for some ideas of how to show them support during this time.



# CARE BAGS

**It is almost impossible** to remember everything you need to pack for a trip away from home, even one for which you have had time to plan. When you are unexpectedly staying in the hospital, it is even more challenging to ensure you have what you need. Hospitals participating in Dragonfly's Care Bag Program receive large blue bags of essential items for newly admitted patients and their caregivers.

*“The bag gave me comfort that someone before me walked this road.”*  
—Christina

## Tips for using some of the items found in the care bag:

- \* Write messages, play games, leave notes on the dry-erase whiteboard. Encourage the patient to share thoughts and feelings through words and art.
- \* Use the calendar to plan and track appointments, medications, treatments, guest visits, and milestones.
- \* The binder is great for holding your most important and most recent records and information.
- \* The sheet protectors can be used to hang notes and pictures on IV poles and to keep important documents easily accessible.
- \* The business card holder can help you recall people on your care team.
- \* The laundry bag can help minimize clutter and help prevent items from getting lost.
- \* Writing thank you notes is a great way to show your gratitude for someone's time, thoughtfulness, or generosity.
- \* Use the nightlight to safely navigate the room or bathroom without having to turn on the room light.



# WE ARE FAMILY

Contact Dragonfly to receive our Family bracelet, free to all Dragonfly families.

## Distractions to Use While in Isolation

Extended treatment cycles can sometimes limit patients to their rooms, homes, or hospital facilities, leading to occasional bouts with “cabin fever.”

### Here are a few fun ways to breakthrough

#### Special Ideas Create Special Moments

Imaginations are the best tools for making any day special. Birthdays, holidays, and any event such as a show, a favorite team's game, or just the next episode of a must-see show can all be centerpieces for fun. Prepare themed snacks, create games that can be played during the events, dress up, and make decorations with easy-to-find supplies such as colored cardboard, construction paper, crayons, markers, and stickers.

#### Portable Picnics

Plan in-room picnics with the trimmings. Make decorations like flowers and origami boats to add atmosphere.

#### Be a Gamer

Online gaming subscriptions are great ways to connect a patient to fellow players outside their room and facility. Games also exercise the mind.

#### Instant Entertainment

Pick a movie, make some popcorn, and have a fun movie night!

#### Soothing Sounds

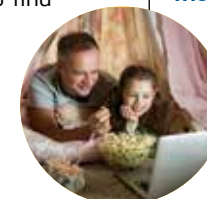
Using a white noise machine, sound machine, or music player can create a more peaceful environment. Each drowns out beeps and noise created by equipment and staff visits.

#### Comforts of Home

Bring blankets/clothes/pillows from home that smell like mom, home, dog, etc. This helps regulate the environment and bring the comforts and normalcy of home within the hospital walls.

#### Express Yourself

Consult Child Life staff and social workers for unique ideas about using art, crafts, writing, and music to help a patient express their feelings.





# STRENGTH. COURAGE. JOY.

KATELYN



**A**t 15 months Katelyn was initially diagnosed with Transient erythroblastopenia of childhood (TEC) – a slow developing anemia that occurs in early childhood and patients recover completely. During this time, Katelyn required blood transfusions every two to three weeks. After six months with no improvement, we moved Katelyn to Houston, where Katelyn was diagnosed with Diamond Blackfan Anemia (DBA), at three years old. With DBA the bone marrow malfunctions and fails to make enough red blood cells.

Because Katelyn required blood transfusions every three weeks or so, she struggled with iron overload in her liver. At four years old, we moved Katelyn to Cincinnati. Not long after arriving in Cincinnati, the best option for Katelyn was an unrelated donor bone marrow transplant. In April 2017, just before Katelyn's fifth birthday,

she started her transplant journey. Despite a few issues, Katelyn's transplant was a great success. One of Katelyn's first fun outings after transplant was to the Landing. The Landing was a great place for Katelyn to get to play and spend some time outside of the house.

Today, Katelyn is happy and healthy. Throughout her journey Katelyn has always enjoyed taking dance lessons and keeping up with all things Disney princess. Katelyn loves school and is happiest when she is hiking in the woods with her friends during their outdoor times. Her dream, which she has always said, is to be a doctor. One of her favorite Dragonfly events was attending a Beauty and the Beast ballet – it combined her love of Disney princesses with the love of dance! Katelyn loves and appreciates the special support provided to her as a Dragonfly.

Anne & Simon



***"You can only get so far with you.  
However, with a community,  
your possibilities are endless."***

*-Antoinette Carroll*



# HAIR LOSS

*Here are ideas for working through hair loss from families who have gone through the experience:*

## Prepare ahead of time:

When hair begins to thin or come out in clumps, choose a day to shave. This gives the patient time to prepare and count down. Hair loss can be sudden or gradual, so choosing a day in advance can allow the patient to feel more in control of the process.



## Fun with Fashion:

Have fun with choosing headbands, scarves, hats, or other headwear. It can help patients feel better if they have a variety from which to choose!

## On a Roll:

Purchase a lint roller to help clean up hair on clothes and bedding to keep the patient comfortable. Hair can often feel itchy when resting on a shirt collar or pillowcase.

## Be Creative:

Some patients enjoy getting to plan what they will do with their hair before it falls out. This could include a crazy haircut or fun hair color. If the patient has long hair, they could also consider donating their hair to organizations that provide wigs. Donating their hair could give their hair loss more purpose.

## Weighing in on Wigs:

Consider a waiting period before investing in a wig. Once a week or two passes, patients often gracefully and quickly grow comfortable with shortened or no hair, leading them to wear hats or scarves, or nothing at all. Trying hats and scarves first allows them to adjust and decide if they want a wig. If the decision is made to purchase a wig, be sure to patiently research options and ask your social worker for additional resources.



## Check out these resources to help with the fun:

Wigs for Kids  
[wigsforkids.org](http://wigsforkids.org)



Headcovers Unlimited  
[headcovers.com](http://headcovers.com)



Love your Melon  
[loveyourmelon.com](http://loveyourmelon.com)



Magic Yarn Project  
[themagicyarnproject.com](http://themagicyarnproject.com)





# EXPLORE *the hospital*

## *Navigating your Way*



### Start with a Lay of the Land

- **Learn the Hospital Layout:** Review the map of the hospital or ask staff for the locations of the nearest activity center, young adult room, cafeteria, laundry facility, gift shop, vending machine area, and lounges/mini kitchens (many have microwaves and refrigerators).
- **Walk and talk:** Ease feelings of isolation by using walkie-talkies or treatment facility phones to talk to the patient during trips to the cafeteria, restroom or while running errands.

### Where to Eat

Social workers and other hospital personnel are great resources for recommending a variety of options such as:

- o Places with free delivery or coupons: Restaurants and grocery stores may offer free delivery to your facility. Online coupon sites also may offer discounts.
- o Hospitals and other non-profit organizations offer meal programs on a weekly basis and during holidays and special occasions.
- o Locations of dining options and family lounges inside your facility.

Discuss with your social worker should you find yourself in financial difficulty regarding meals or parking.

# FOOD TRAINS

- Websites such as [mealtrain.com](http://mealtrain.com) allow family and friends to schedule days to deliver meals to your home.
- Care packages of favorite dishes and a run to the grocery store can be major stress relievers.



WE ARE STRONGER WHEN WE WORK TOGETHER.



# THE *Landing*

*“A home away from home  
for the whole family.”*

# CARING *for the family*

Family members play important roles in the healing process  
and often travel an emotional journey of their own.

## Here are ideas for supporting and interacting with siblings and family members

As the patient becomes the center of the family universe during care cycles, it is important to speak with siblings and family members often to be sure their needs are being met.

### Speak Plainly

Use explanations and language that is best for the sibling's age. It is okay to use the word cancer and it is helpful to be as honest as you can. Timing is important to keep siblings from forming their own ideas about the patient's cancer, such as thinking something they did caused it.

### Child life specialists

Child life specialists are a great resource for help with how to talk to and prepare siblings.

### Accurately answer

Honesty is important to maintain trust. If an answer to a question is not known, express that the question will be answered later. Replace statements such as, “everything will be okay,” with “we and the doctors are doing everything we can to help your sister/brother/mom/dad get better.”

### Quality Time

While the patient is going to require more time and attention, it is important to spend quality time with siblings and other family members so they don't feel alone or isolated during this time.

### Resources

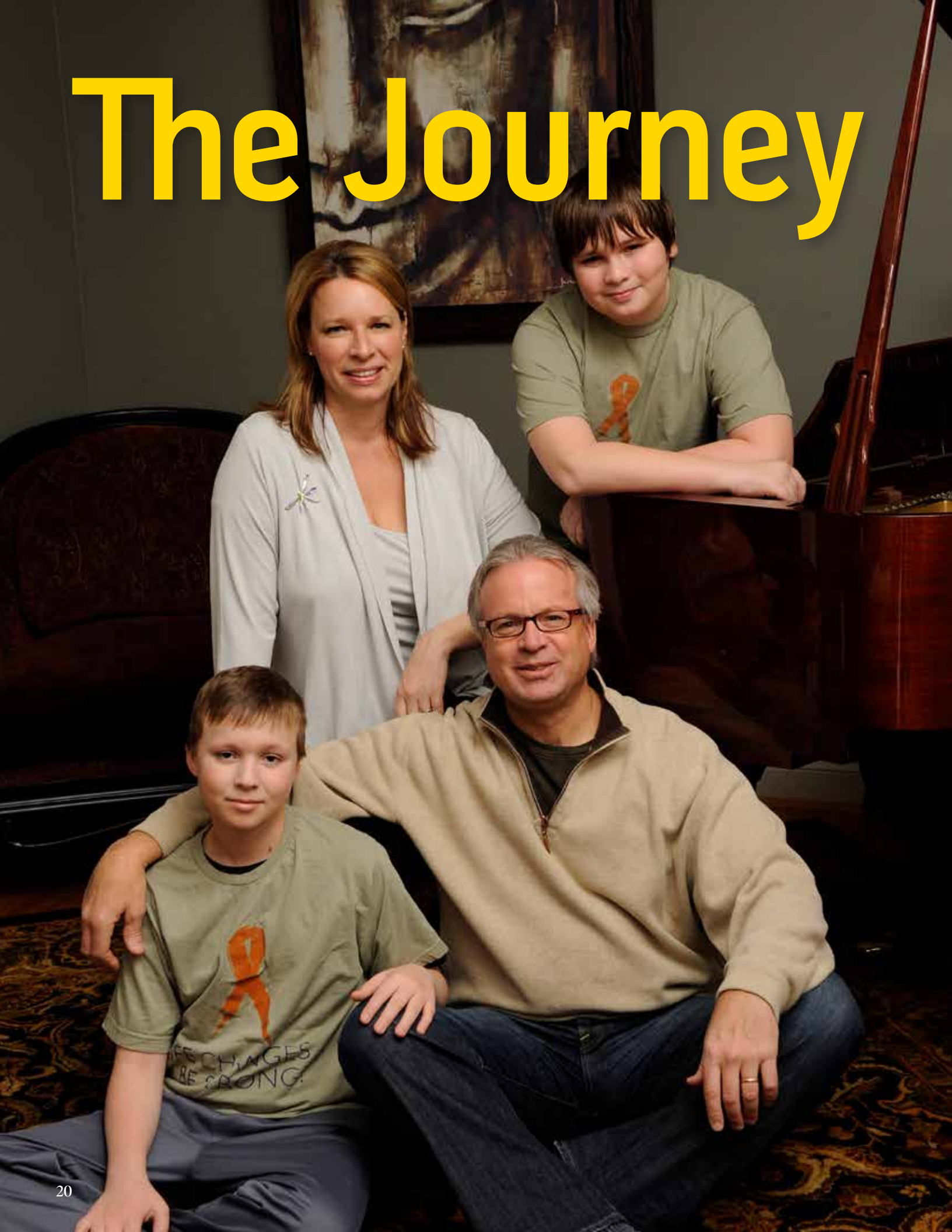
Family members often express anxiety and sadness when showing concern about the patient. Ask your hospital social worker for resources and programs that can benefit the patient's siblings and family members.

### The Landing

If you are in Cincinnati, please visit The Landing for respite and relaxation.



# The Journey



# to Dragonfly

**M**att has always been active, especially as a child, and never, ever complained about anything in terms of health. Until September of 2009, he started saying he was experiencing breathing problems. As any parent would do, I took him to the pediatrician who could not find anything wrong with him, saying that it could be allergies or asthma. From that point, we went to an allergy specialist, who also could not find anything wrong with him. As a parent, it is confusing to know how far to take things. We decided to wait it out.

Then February 2010 hit, and he was diagnosed with pneumonia. At that point, he really couldn't take in a full breath, and he kept saying, "what if I have cancer?" I immediately erased that vision from his head, because that seemed to be so unreal.

After two rounds of antibiotics for pneumonia, with no sign of getting better, our pediatrician ordered an X-ray. Within hours she contacted Jim and me and set up for Matt to go downtown to Cincinnati Children's hospital for a scan. I don't think our family will ever forget that day or the quiet moments of waiting. Certainly, it had to be scar tissue from the pneumonia. They asked us not to leave and told us that a doctor would be coming down to talk with us. We immediately began to worry but had to hold it together even more so, for Matt, our healthy, young son.

Dr. Absalon was the doctor and asked to sit with us privately. I don't remember much from the conversation, other than "Matt has cancer, and he has a mass the size of a baseball outside of his lung." The mass was pushing on his lung, causing his breathing difficulties. That moment, that day, that time, changed our lives forever. Our family, with our older son, Sam, age 12 at home, and Matt, our jobs, our life, within a moment, would never be the same. They put Matt in a wheelchair, and we followed him up to the fifth floor, where we saw babies, children, young adults, all battling cancer. Everything you should never see. We were taken to a single, white, sterile room, where our journey began.

The next few months were a blur for our family. Through faith, family, friends, and excellent medical care from the hospital, Matt was able to overcome his battle with Hodgkin's Lymphoma. While we were at the hospital, we met many families that were going through similar journeys. So many types of cancer, so many ages of children. Many were local, and many came to Cincinnati Children's from far away. We felt a connection

with the families; we all were dealing with the uncertainty of whether our child would get better. Our family felt a need to do something, a need to help families going through a cancer diagnosis. We were not sure exactly what that need would be, but through working with the hospital, we defined that need. The need was to help families in many ways that would create a positive psychosocial impact on their well-being.

This need led to the creation of Dragonfly.

Many people ask, "Why Dragonfly?" Dragonflies symbolize transformation. At our organization, we truly believe that what these patients, families, and caregivers go through is transformational, and we are here to help. Everyone is different; every need is different. We work directly with partner hospitals to help meet the needs of families and patients.

People think that we created Dragonfly, but in a way, Dragonfly created us.

We now have a new journey.

Christine & Jim







## Beads of Courage

The Beads of Courage program provides patients with a tangible and visible way to document their treatment journey. “Every time a bead is given, courage is honored, suffering is alleviated, resilience is strengthened, and the experience of human caring is confirmed.”

[beadsofcourage.org](http://beadsofcourage.org)



# Life at HOME

A homecoming is one of the most anticipated moments of the patient's journey and it is important to be sure there is a plan in place to ensure they can truly enjoy the comforts of home.

### Here are important tips you can follow in your home:

- Be certain there is plentiful supply of hand sanitizer throughout your home. Encourage frequent use to help protect the patient from exposure to germs.
- Be sure everyone's hands are thoroughly washed before dining.
- Medical masks provide the patient with protection when welcoming visitors and visiting others' homes or public places.

### Creating a Medical Supply Station

Use a cart with plastic drawers and rollers as a portable medical supply station.

Here are a few helpful items to store in your station:

- A pillbox to organize and help track medications.
- Various sizes of resealable plastic bags to help organize supplies.
- A small timer to help track the proper time for cleaning lines of in-home equipment.
- Sanitizing wipes and hand sanitizer.
- Save a drawer for a notebook log to track temperatures at different times of the day, times dosages were given and to note reminders about medicines.
- A flashlight for moving safely about the home at night and for checking in-home medical equipment.



# Mind, Body, Soul

*Helping the patient and caregivers stay physically fit and mentally strong*

Sound mental and physical fitness are important assets for accompanying a child through a personal and transformational experience.

Here are helpful ideas for staying sound:

- Even on the best of days, foreseen and unforeseen challenges will arise. **Maintain** an open mind to help ease the element of surprise.
- Energy and humor easily transfer. Direct energy towards helping patients cope. **Positivity** will translate and enhance the patient's resolve. Similarly, keeping a sense of humor and finding something positive to do every day will be beneficial to the healing process.
- **Encourage** patients to join in dances, exercises, walks and other activities that are both fun and mobile. All activities are more fun when you bring a friend!
- **Bend and stretch.** Long days can lead to extended stationary periods.
- **Utilize** built-in facility entertainment options. Activity rooms are great spots to take in a change of scenery, exercise, dance or play active video games with patients.

## mind-ful-ness



### noun

1. the quality or state of being conscious or aware of something.  
“their mindfulness of the wider cinematic tradition”
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.



# MAPLE

# KIDS

**W**hen a child is diagnosed with cancer, it presents a host of unique challenges. Typically, the type of cancers that develop in children are different than those that develop in adults, in that they are often the result of a DNA mutation rather than environmental or life-style risk factors. Children also tend to respond better to anti-cancer treatments, including chemotherapy and radiation. However, long-term side effects are common in children, often requiring follow-up care and lifestyle intervention for the rest of their lives.

Research indicates that proper nutrition and regular physical activity will help a pediatric cancer survivor continue to grow and develop properly. Therefore, we have developed a fun and interactive program for pediatric cancer survivors to help them manage the long term and late effects of treatment through exercise and healthy eating education.

*Activities will include vegetable gardening, interactive cooking demonstrations, tips on eating healthy on a budget, fitness demonstrations, yoga classes, and more. Overall, the primary focus would be on helping families return to a normal life that emphasizes overall wellness and physical activity.*

Maple tree  
CANCER ALLIANCE

Maple Kids: [mapletreecanceralliance.org/maple-kids/](http://mapletreecanceralliance.org/maple-kids/)



# Support Groups

## Getting the Most out of your Support Group

Support from those closest to you is vital to the day-to-day healing process.

Entries on blogs, Facebook, Instagram, Twitter and other outlets about your child's progress, your challenges and miracles, no matter how small, connect you with people who care and can be excellent stress relievers.

Blog and social communities also provide avenues for your network to relay messages of encouragement that continuously serve as reminders of all who are concerned for the well-being of your family.

### Join a Community and Create Your Own Groups

- **Connect with Parents:** Some social media sites have groups designated to parents of childhood cancer patients. This can be a great way to connect with parents who know what you are going through. Pay attention to the tone of the group, if it is too negative, it may be best to find a different one. Also, be mindful of the information shared, as some users may share inaccurate information. If used correctly, social media groups can be a great resource to you.
- **In-Person Groups:** Connecting with others online is a great way to find support. However, if time allows, some parents prefer to connect in person. Your hospital social worker or other members of your care team may know of groups and resources in your area.

- **Organize a Group:** Create a group on Facebook or other social media platform, send group updates, and post pictures. If you want to keep many people updated on your child's progress, a group like this makes it much easier and quicker to update many people at once.
- **Join our Facebook Community:** Be a part of our community by visiting and joining [Facebook.com/TheDragonflyFoundation](https://www.facebook.com/TheDragonflyFoundation). It's a great place to start!



## GETTING THE MOST OUT OF YOUR SUPPORT GROUP

### Here are ways to get started:

#### Free Services

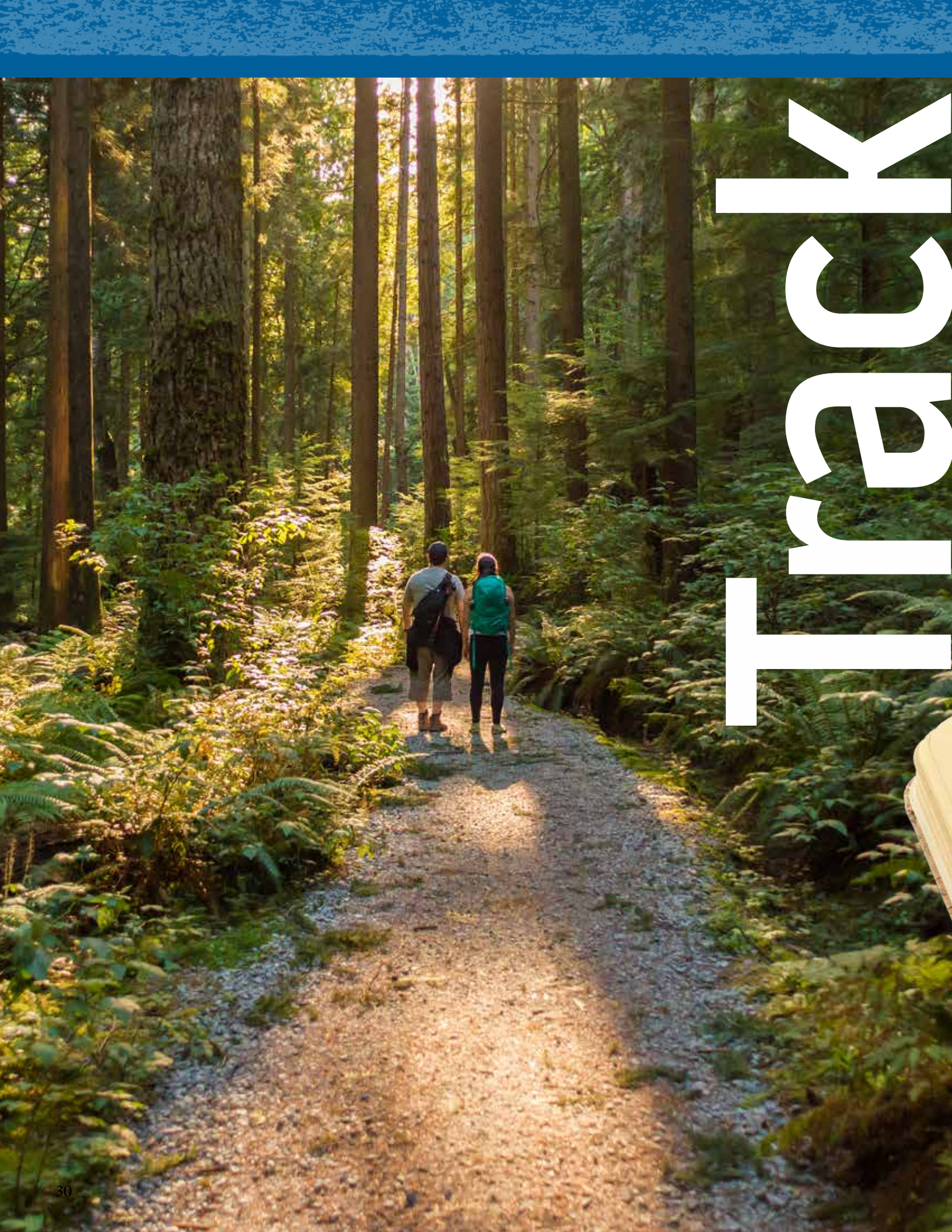
- Prominent sites, such as **Caring Bridge**, enable you to create your blog free of charge!
- Upload video messages on YouTube and on your social media groups to send personal messages to family and friends, especially to those who may be unable to regularly visit.
- Videos also are an excellent gateway that allow a support team to see the patient while avoiding inconveniences to caregivers as well as the risk of transferring an illness.
- **Begin a Blog** - Blogs, also known as online journals, are also great ways to express, share, and record thoughts and events.



**CARING  
BRIDGE®**







# Your Journey

## Create a Traditional Journal

- A traditional written journal is an excellent tool for recording handwritten entries that can serve as powerful memories of your journey.
- Traditional journals also invite creativity! Collaborate with your child to design a cover and create illustrations reflective of thoughts and feelings.
- Journals also offer a chance to record private thoughts to share at your discretion or review during moments of reflection about ups, downs, challenges and celebrations.





# Story of HOPE

“I have loved the stars too fondly to  
be fearful of the night.”

– *Galileo*

In June of 2017 Henry was like most 9-year-old boys his age. He was enjoying summer break -- playing in soccer tournaments, practicing swimming in the morning, competing in swim meets in the evening, and attending basketball camp during the day. To say he was busy, energetic, and lively would be an understatement. But Henry's busy life all changed on June 16, 2017. His mom, Denise, felt a lump on Henry's neck and immediately took him to the doctor's office. Within hours he was admitted to the ER. After several tests, and just three days later, Henry was diagnosed with T-cell Lymphoblastic Lymphoma. For the next 30 days, Henry remained in the hospital to receive his intense, life-saving first round of chemotherapy.

After getting out of the hospital, Henry continued to receive intensive treatments at the Cincinnati Children's outpatient facility. Henry had several more incidences where he was hospitalized due to illness from being immunocompromised. Henry could not attend school or be out in public for fear of getting sick. This was very hard for Henry and his siblings Benjamin 12 and little sister Anna 5. They tried to make the best of a difficult situation. Henry never complained and tried to keep a positive attitude throughout his cancer journey. He struggled some with his hair loss and his swollen face but still smiled. Henry is such an outgoing boy,

he told his mom that he looked forward to going to the outpatient clinic so he could talk with the nurses and doctors.

Fortunately, the Dragonfly Foundation provided another way for Henry to get out and enjoy events. Henry barely left the house during his treatments except for going to the clinic and some Dragonfly events. Dragonfly provided an outlet for him. There was a level of excitement that he could go to these events and feel a little normal again. The events that were in suites provided a safe haven for Henry and his family. He could be at the event and be separated from the public and germs. Henry and his siblings got to see the Harlem Globe Trotters. They absolutely loved it! Another favorite for Henry was watching the Cincinnati Reds game at the Pilot House. He would have never gone to this game during his intensive chemotherapy without Dragonfly arranging this for our family.

Henry finished his chemotherapy treatments in October of 2019. Henry is thankful that Dragonfly is available for him and other children who are undergoing cancer treatments.

Denise & Tom

HENRY



# Helpful Resources

## AMERICAN CANCER SOCIETY A TO Z GLOSSARY OF TERMS:

[www.cancer.org/cancer/glossary.html#alpha-a](http://www.cancer.org/cancer/glossary.html#alpha-a)

## EDUCATIONAL AND FUN GAMES FOR KIDS:

[www.funbrain.com](http://www.funbrain.com) | [lol.disney.com/games](http://lol.disney.com/games) | [pbskids.org/games](http://pbskids.org/games)

### SITES ABOUT CANCER FOR KIDS

**Medline Plus Children's Page** - Learn about everything from how the body works to what happens when you go to the hospital. There are quizzes, games, and lots of cool websites for you to explore.

[medlineplus.gov/childrenspage.html](http://medlineplus.gov/childrenspage.html)

**KidsHealth for Kids** -

[kidshealth.org/en/kids/health-problems/](http://kidshealth.org/en/kids/health-problems/)

**Cancer in my Family** - My Anything but Ordinary Journey - Explore your feelings, worries, and questions about cancer.

[www.cancerinmyfamily.ca/#/landing-page](http://www.cancerinmyfamily.ca/#/landing-page)

**Simply Sayin App** - Medical Jargon for families

### OTHER HELPFUL RESOURCES:

**Monkey in my chair** - to help keep kids connected to school: [www.monkeyinmychair.org](http://www.monkeyinmychair.org)

**Sunshine Kids:** [www.sunshinekids.org](http://www.sunshinekids.org)

**Sheets From Home** - sends fun bedsheets to hospitals to brighten patients rooms! [www.sheetsfromhome.org](http://www.sheetsfromhome.org)

**Flashes of Hope** - provides free family photography to create lasting memories: [www.flashesofhope.org](http://www.flashesofhope.org)

**Special Spaces** - designs rooms for patients at home! - [www.specialspaces.org](http://www.specialspaces.org)

### CHILDLIFE RECOMMENDED RESOURCES:

#### Cellie Cancer Coping Kit

The Coping Kits include a stuffed animal named Cellie, coping cards, and a book for caregivers. Children and caregivers will find over 100 tips for coping with numerous challenges related to Sickle Cell or Cancer. These challenges range from medical procedures to bed-wetting. Cancer Kits are available in English and Spanish. Sickle Cell kits are available in English.

[www.celliecopingkit.org](http://www.celliecopingkit.org)

#### Gabe's Chemo Duck

Gabe's Chemo Duck is a teaching tool and support stuffed animal for patients undergoing chemotherapy and cancer treatment. This source provides families with ways to talk to their child, a parent to parent guide, and resource information for families. Affiliate hospitals are listed but Chemo Ducks and Huggable Hope Ducks are available for purchase on their website.

[www.chemoduck.org](http://www.chemoduck.org)

# Homefront Help

*Time away from home translates to time away from day-to-day activities that keep households running smoothly.*



## HERE ARE EASY WAYS TO PITCH IN TO HELP DRAGONFLY FAMILIES:

### OUTSIDE

Mow a lawn, collect leaves, shovel snow or pick up mail and packages. Offer to care for pets, when possible.



### INSIDE

Turn on lights or set timers during evening hours, clean a room or two, cover a few loads of laundry, or cook a meal to leave as a welcome surprise in the refrigerator or freezer.





# THINGS TO DO

## Greater Cincinnati and Northern Kentucky Region:

**Cincy USA: Cincinnati Convention and Visitors Bureau:**  
cincyusa.com

**Cincinnati USA Official Travel and Tourism Guide:**  
cincinnatiusa.com

**Cincinnati USA Regional Chamber of Commerce:**  
cincinnatiachamber.com

**Greater Cincinnati Northern Kentucky International Airport:**  
cvgairport.com/

**Downtown Cincinnati Inc.:**  
downtowncincinnati.com

**Northern Kentucky Convention and Visitors Bureau:**  
meetnky.com

## DAYTON:

**Dayton Area Chamber of Commerce**  
daytonchamber.org

**Dayton Art Institute**  
daytonartinstitute.org

**Dayton History**  
daytonhistory.org

**Dayton/Montgomery County Convention & Visitors Bureau**  
daytoncvb.com

**Dayton Performing Arts Alliance**  
daytonperformingarts.org

**Downtown Dayton Partnership**  
downtowndayton.org

## Greater Chicago Region:

**Choose Chicago:**  
choosechicago.com

**Chicago Magazine:**  
chicagomag.com/Visitors-Guide

**Chicagoland Chamber of Commerce:**  
chicagolandchamber.org

**Chicago Department of Aviation:**  
flychicago.com

**Enjoy Illinois:**  
enjoyillinois.com







# SOME WAYS TO SHOW YOU CARE

Those closest to a patient travel a spectrum of emotions during the journey from diagnosis through treatment and throughout long-term recovery. Extended family, neighbors, and friends can provide needed encouragement and support.

- Gift cards for coffee, a favorite restaurant or movie theater help ease emotional and financial challenges.
- A gift as simple as \$25 can provide an important tank of gas used for trips to and from hospitals, doctor visits, or for caring for the family at home.

- Give facility in-room meal cards to help a family member dine with the patient.
- Provide the family with microwavable meals, fresh fruits and vegetables, and sweet treats, such as ice cream and yogurt.
- Send the family an iTunes, Google Play or Amazon gift card to help with a book, movie, music and/or game purchase.
- Hire cleaning services to clean a patient's home for the family while they are in the hospital.



Strength. Courage. Joy.



# FIND COMFORT

A night-time photograph of the Cincinnati skyline. The city lights are reflected in the Ohio River. A large bridge, the Roebling Bridge, spans the river. A Ferris wheel is visible in the foreground.

CINCINNATI

A daytime photograph of the Chicago skyline. The Willis Tower is the prominent central feature. The city is situated along the Lake Michigan shoreline.

CHICAGO

A daytime photograph of the Dayton skyline. The city is viewed from across a body of water, with a large green park area in the foreground. The skyline includes several modern buildings.

DAYTON