



### Warm & Comforting...

#### Slow Cooker Curried Carrot-Apple Soup

- 8 medium carrots, peeled and chopped
- 1 onion, chopped
- 2 apples, peeled and chopped (*Granny Smith or Honey Crisp work well*)
- 1 clove garlic, crushed
- 1 teaspoon curry powder
- 1/4 teaspoon salt
- 1/8 teaspoon allspice
- 1 cup chicken or vegetable broth
- 1 cup milk, (*dairy or non-dairy*)
- Chopped fresh cilantro, sour cream or yogurt for garnish



*This Carrot-Apple Soup is packed with Vitamin A and valuable antioxidant nutrients, and is also a good source of fiber and protein. A warm bowl of comfort & good health on a chilly winter day!*

Recipe courtesy of Simple Nourished Living.

#### Preparation

- Ideal slow cooker size: 4-Quart.
- In a slow cooker, combine the carrots, onion, apple, curry powder, garlic, allspice, salt and broth.
- Cover and cook on LOW 8 to 10 hours or until carrots are very tender, and easily split with a fork.
- With an immersion blender, carefully puree the soup until it's silky smooth, being careful not to splatter yourself with the hot soup. (*You can also do this in a blender, in batches, again being careful and holding down the lid to avoid being burned by rising soup*)
- Stir in the milk. Ladle into bowls and sprinkle with cilantro, or add a dollop of sour cream or yogurt.

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# CANCER CONNECTS

Winter 2019



...for the journey

Providing free programs and services to help facilitate the cancer journey for patients throughout CNY.

We empower cancer patients and survivors via connections to community resources, support & guidance.

## STAY HOME FOR CANCERCONNECTS ENJOY THE MOST STRESS-FREE FUNDRAISER OF THE YEAR!

Everyone's favorite fundraiser returns on Monday, February 11<sup>th</sup>, 6-9pm! Put on your comfiest PJs or your stretchiest yoga pants, and Stay Home for CancerConnects!

Be our guest in the comfort of your own home! This year, we are focusing on self care! We are less able to handle the stresses that come our way when we're already depleted by physical and emotional exhaustion. Or, put in a more positive way... we are more resilient and better able to handle life's stress when we are feeling our best both physically and emotionally. A massage, a yoga session or other forms of pampering revitalize you inside and out. Taking time out to maintain self-care has physical, emotional and social benefits: We are healthier, calmer and are able to be a better friend to others when we take the time to care for ourselves.



So join us for this year's **Stay Home for CancerConnects** and enjoy a relaxing and stress-free evening while supporting cancer patients in CNY! Step away from work responsibilities and your to-do list. Lounge on the sofa with a good book or your favorite TV show, or curl up in bed and journal, call an old friend to catch up on things, or fill the tub full of bubbles and soak—however you choose to spend your evening off, do something rejuvenating, and enjoy every moment! Replenish your soul for a little while...all while helping us raise much needed funds for our free programs and services for people on their cancer journey.

Join us on our Facebook page for a few weeks leading up to **Stay Home for CancerConnects** to take part in discussions about self care and relaxation! Then, on February 11<sup>th</sup>, check in with us on Facebook and let us know how you're pampering yourself, and you'll be eligible for some fun prizes!

### 5 Totally Free Self-Care Ideas



- (1) **Watch something funny.** Think the "I Love Lucy" episode in the chocolate candy factory or any favorite comedy show.
- (2) **Go for a walk.** By yourself, with someone else... doesn't matter. Fresh air, sunlight, exercise!
- (3) **Listen to music.** Play it loud, play it soft. Just play whatever music makes you happy and soothes your soul.
- (1) **Take a nap** on the next Saturday you find yourself with a spare hour or two. Don't worry about what "needs" to get done... just enjoy a lovely nap and take care of You!

*An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly."*



-Unknown

## ENJOY THE GREAT OUTDOORS! SNOWSHOEING FOR MIND & BODY WELLNESS

These short days can affect our psyche; seasonal affective disorder, also known as seasonal depression, is a real thing. Nearly 5% of the population is affected and women tend to see higher incidences than men. Fortunately, there is a remedy and it can be found right outside your door!

Snowshoeing is the perfect medicine for the winter blues! Snowshoeing can change your entire relationship with winter, and exercise outside helps in alleviating common depression and replacing it with a healthy and wholesome alternative to visiting the gym. The best part is, you get to do it all in the beautiful outdoors! Research shows that activities like snowshoeing provide an excellent cardio workout and build balance, agility, and strength. The other big plus... They get you outside, even when it's extra cold out. Studies reveal that time in nature can increase vitality, boost resilience, and stave off depression.



One of the greatest advantages of snowshoeing is that anyone can do it at any age. Grandparents and grandkids, families, couples, friends... It's amazingly versatile, accessible, and you can set your own pace. Maybe you love leisurely strolls through peaceful evergreen forests; maybe you enjoy the twinkling of sunlight on fresh snow; or perhaps even seeing the striking beauty of Red Cardinal against the winter backdrop. Snowshoeing can bring you all of this beauty and keeps you in the present moment.

And did you know that you can burn more calories snowshoeing than you can walking, running or cross country skiing at the same pace? Snowshoeing

offers highly effective fitness, burning 420-1000 calories/hour depending on terrain, weight and speed. Beyond that, snowshoeing provides a low impact workout that's easy on the knees. This is because snow acts like a cushion, absorbing shocks and bumps. For health and fitness benefits, snowshoeing is great for you.

**Once you have the gear, it's free - your snowshoes are your ticket to Winter fun!**

### Where To Snowshoe in CNY

**Baltimore Woods Nature Center in Marcellus** offers 6 miles of trails open to hiking & snowshoeing. This is the perfect place to enjoy the peace & quiet of the snow, as no dogs, bikes, skis or snowmobiles are allowed. You can also rent snowshoes at the center.

**Highland Forest in Fabius** is again a top destination for nature lovers—snowshoe rentals are available, & after a nice snowshoe through the forest, you can thaw out in the lodge in front of the huge fireplace!

**We'll see you on the trails!**

Offering 10 miles of trails & 2 miles of Lake Ontario shoreline, the **Sterling Nature Center in Sterling** has snowshoes that you can use for a donation.

**The Montezuma Audubon Center in Savannah** offers snowshoe rentals. If you're hesitant to get out there & snowshoe solo, the Center also plans guided group snowshoe outings!

**Beaver Lake Nature Center in Baldwinsville** has 3 miles of snowshoe trails, plus snowshoe rentals & a warming hut.

## Getting to Know CancerConnects: A Chat with Board Member, Rita Paniagua

### Meet our newest board member, Rita Paniagua!

While she is new to CancerConnects, Rita is no stranger to the nonprofit world in Syracuse. She sits on many boards, including the Alliance of Economic Inclusion, the REDC of CNY, H.O.P.E., InterFaith Works of CNY, NYS Council on the Arts, CNY Arts, and the Syracuse City School District. Through her job running the Community Relations and Engagement Department at Molina Healthcare, Rita reaches out to the community with information about health and wellness. She is passionate about providing opportunities for underserved populations: From increasing job skills, to providing art education, to sharing health and wellness resources, Rita is a force for positive change in Syracuse!

Rita was excited to join CancerConnects, both to connect with more health care professionals, and as a way to better serve the people at the organizations where she volunteers and works. She has already forged a wonderful partnership between Molina Healthcare & CancerConnects: This summer, CancerConnects set up our info/outreach booth at the "Jazz In The City" concerts which were sponsored by Molina; in the Fall, Molina was the Entertainment Sponsor at the October E-Race Cancer 5K & Half Marathon; and over the holidays, through Molina's involvement with the local elementary schools, students from Dr. Weeks School decorated hundreds of paper angels for CancerConnects' Angel Tree fundraiser!

Rita looks forward to translating CancerConnects' literature into Spanish, in order to share our programs and services with a wider population. When she is not working tirelessly to increase opportunities, education and resources for the people of Syracuse, Rita enjoys spending time with her parents, her son & daughter-in-law, and her beautiful 3 year old granddaughter, Gabriella. She was once a professional ballerina, and she still enjoys the arts -one of her current interests is painting with acrylics. Rita is an avid reader as well, and especially loves reading the Bible, as well as biographies about political leaders like JFK, and spiritual leaders like the Dalai Lama. She says reading about spiritual leaders connects her to what's most important, helps her to reach within, and makes her a better person. **Rita's personal motto is, "Lead with love"... and it's apparent in all she does!**



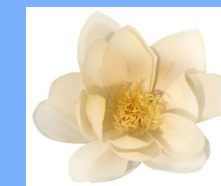
"CancerConnects provides service in a time of need, emotionally and physically... we sustain peoples' hopes."

*Rita Paniagua  
CancerConnects Board Member*

**Welcome to  
CancerConnects, Rita!**

### SAVE THE DATE

**Saturday, April 13th  
"Connecting To Wellness 2019"  
The Wellness Center, Camillus**



**Our delightful, morning event of wellness activities returns!  
\$35 pre-sale tickets.  
Proceeds benefit our patient Complementary Therapy Program.**

*Please remember that in addition to events & foundation support, CancerConnects relies on individual contributions to provide its free services & support to CNY residents on their cancer journey. If you would like to make a donation, please make checks payable to CancerConnects, Inc. CancerConnects, PO Box 2010 East Syracuse, NY 13057.*

*You may also make a donation online at [www.cancerconnects.org](http://www.cancerconnects.org).*

***Your donation stays local and helps folks right here in Central New York!**  
**Thank you for your support!***