



THE Michael H. Flanagan FOUNDATION *newsletter*

COURAGE * INTEGRITY * FAITH

OUR STORY

The Michael H. Flanagan Foundation was established by the Flanagan family in 2002 in memory of this young man, who at the age of 19 was diagnosed with leukemia. Michael strived to live his life with courage, integrity and faith during his three and a half year struggle with leukemia which included two bone marrow transplants. He received the very best in medical and nursing care at both The Miriam Hospital in Rhode Island and the Tufts Medical Center in Boston.

Bone marrow transplant patients spend weeks and sometimes months in isolation while they struggle with complications and wait for their new immune system to develop. After witnessing Michael's time in the hospital, his family decided to establish this foundation as a way to keep his memory alive and to support other patients facing the same difficult journey. It is the mission of the Foundation to provide comfort to these patients and their families during this very challenging time.

The Michael H. Flanagan Foundation is a 501 (c) (3) charitable organization. Find out more at mikesfoundation.com.

*As you grow older, you will discover that you have two hands,
one for helping yourself, the other for helping others.*

-Audrey Hepburn

FROM THE DIRECTOR

Dear Friends,

Here is our newsletter to share with you all that the MHFF has accomplished this past year to fulfill our mission of providing comfort. For close to 14 years, we have been a part of patients' lives and each year we are filled with gratitude for this opportunity we treasure. Our years of service to leukemia and bone marrow transplant patients and families is only possible because of your unwavering support.

Our November 2014 benefit raised funds exceeding \$34,000 – a new record! A video produced by board members, Diane Ballou and Kirsten Davis gave all who

attended a peek into all that we do. They say pictures are worth a thousand words so you can imagine the effect that a video has...check it out to see for yourself!

MFF Video

www.youtube.com/watch?v=zKLUMucf9Po

Thank you for your tremendous and consistent support. Patients and families can count on us because we are able to count on you!

With much appreciation,

Christine
Christine E. Griffin

2014 | 2015 | BLESSINGS

love 
YOUR
melon



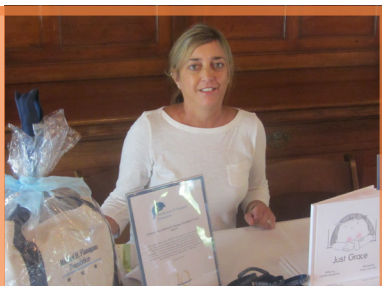
Love Your Melon Partnership

We LOVE that we can put these in our Comfort Bags! Thank you for this incredible donation. We're proud to be the recipients of their "Buy-One-Donate-One" program. Check out their story. Love Your Melon is a buy one give one 501(c)3 non-profit dedicated to improving the lives of children battling cancer.

loveyourmelon.com

Cancer Survivor Day

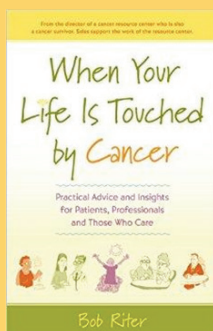
MHFF had a table at Lifespan Comprehensive Cancer Center's Cancer Survivor Day. This was held at the Roger William's Casino. We learned about the values of olive oil and will be presenting a lunch and learn workshop with Dr. Mary Flynn this winter. We also heard from author Bob Riter and have begun to use his book as a resource to share with families.



Pictured above is Karin, one of our 3 Board members who also happen to be cancer survivors.

Tufts Medical Center

Looking out our Family Room window at Tufts Medical Center to a sunny Boston Sky! It has been a comfortable spot for a Hematology/Oncology Caregivers Group on Fridays...an hour of conversation, support and lunch for families and friends of patients on the Oncology Floor.



When Your Life is touched by Cancer by Bob Riter

I wrote the book to help people have conversations about cancer with their doctors and with their caregivers. Sometimes, cancer is a big elephant in the room and people just don't know how to talk about it.

"The writing distills the author's personal experiences as a cancer survivor who, as the director of a cancer resource center, has also listened to hundreds of other survivors tell their stories. The book is stripped bare of thudding statistics and academic jargon, situating us in the realm of everyday language where most of us actually live. And it captures the reality of a complex and varied illness experience with compassionate good humor."

-Dr. Kate Scannell, Bay Area News Group.

Ronald McDonald House Dinners and MHFF BOD

We have had 2 opportunities to provide dinner at the house with family members from our Board and it has been a wonderful experience...one we will continue! There are many opportunities available all the time at RMH, so please visit their website if you are interested in helping such a great organization.

What is the Ronald McDonald House?

Each year over 250 families stay at the Ronald McDonald House of Providence and an additional 1,200 enjoy the comforts of the Family Room. They support families with children from birth to 21 years old who are hospitalized or receive major medical treatment at nearby hospitals.

The Ronald McDonald House of Providence provides programs that directly improve the health and well-being of hospitalized children and their families. Their programs allow families to spend additional time with a sick child, help ease financial burdens, provide a sense of normalcy and keep families together during times of medical crisis.



Ronald McDonald House
PROVIDENCE

These blessings to others were a direct result of your support.

...Thank You!

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Flat Bread Company Providence November 24th, 2015

Mark your calendars...Thanksgiving week... before Turkey time, take a pizza break on Tuesday November 24th at Flatbread Company Providence! A portion of all pizza sales that evening will go to MHFF. There will be a raffle and lots of fun!



Equipment for Patients, Thanks to Your Support!

This year MHFF provided 5 exercise peddlers to complete North 8's request for a set in each patients' room, 4 mini refrigerators for patients' rooms, a Playstation 4 for **RI Hospital's Oncology unit**, 8 massage chairs going to **Miriam Hospital, RI Hospital, Hasbro Children's Hospital, Newport Hospital, and East Greenwich Cancer Center.**

Holiday Events this past winter included funding toiletry bags for patients on the oncology floor at **RI Hospital** after a suggestion from the nurses that it is a treat for patients to have nice shampoo, soap and lotions as opposed to the hospital supply. We couldn't agree more as many of those items are in our comfort Bags for leukemia and BMT patients. Miriam patients were given gift cards to Target or Walmart if they were to be in hospital over the holiday and wanted to be able to share holiday cheer with their families and be able to buy their children or significant other a small gift. Tufts patients on North 8 BMT floor received a cozy hat and gloves on Christmas morning.

What goes into a MHFF Comfort Bag?

- Custom made canvas bag
- Gentle skin wipes
- Soft toilet tissue
- Dove unscented soap
- Soft Kleenex
- Chapstick
- Ava Anderson Non Toxic baby lotion
- Gel eye mask, can be used cold or hot
- Journal with pen
- Light read, currently using A Teaspoon of Courage
- CleanRest sealed pillow and small blanket
- Playing cards
- Banagrams
- Puzzle
- Stress ball
- Soft, colorful Gecko companion
- Turtle Fur fleece cap
- Soft toothbrush
- Queasy Drops hard candy
- MHFF Brochure
- Calming Tea

**When customized there are often CD players, toys, iTunes cards, t-shirts, PJ's, movies and other items added as well. They are shipped all over the country upon request.*

Currently they are stocked at **Tufts Medical Center, Boston, Rhode Island Hospital and Miriam Hospital.** Over 80 Comfort Bags distributed to patients at **Tufts Medical Center, Boston, Rhode Island Hospital, The Miriam Hospital, Mass General,** and 16 requests for CB's that we shipped to Cancer Centers in California, New York, Ohio and Maryland. We were also happy to customize a few for some pediatric patients.



WE THANK YOU!

Thank you for your generous support. We raised over \$35,000 from our Fall Benefit and various donations throughout the year. This list includes gifts received and processed between August 1, 2014 and press time. Gifts received after will be included in next year's listing. Great care has been taken to ensure accuracy of all names. If an error has been made, please let us know by calling 401-369-1740 or email christinegriffin@cox.net and accept our sincere apologies.

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Many thanks to our generous sponsors for helping us make this evening possible!

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- Caroline & Steve Tortolani
- Chris & Mary Elleen Patton
- Paul & Navyn Salem



In Memory of...

Thank you to the following individuals for their thoughtful donations.

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~ Carrie Carbone

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Samuel Swidley
~ Mr. & Mrs. Michael Flanagan

Special thank you to Alex Giannakos for his help with the design and update of this newsletter.

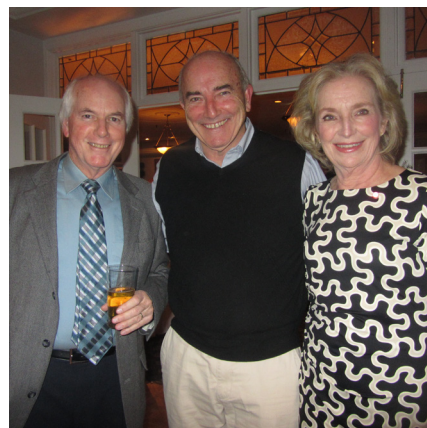


Thank you to Aly Vetromile, Barrington High school sophomore, for her help with behind the scenes MHFF work.



Top Ten facts about 2014 Fall Benefit

1. One great event on Friday November 14th at RI Country Club, enjoying festive food stations and music by Fat Free Bob.
2. 215 family and friends come together for a special cause to create an evening of wonderful energy spurred by hope.
3. 3 rooms of incredible decorations created by Crafters of Barrington to illuminate the night and carry the theme of Thanks & Giving throughout the space.
4. Multiple cases of wine generously donated by Mark Gasbarro of Gasbarro Wines of Providence. Thank you!
5. Countless Fun Photos from our 14 year old photographers
6. Priceless world premiere of MHFF Video
7. Most exciting Silent Auction yet due to amazing donors! An electric bike, artwork, custom jewelry and gourmet dinners are just a sampling!
8. \$11,000 raised through Silent Auction and Raffle
9. \$7,300 donated by generous sponsors
10. \$34,000+ raised to further our mission and help patients and families. Thank you!!



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