

The Michael H. Flanagan Foundation Newsletter 2022/23 | Volume 18

20 YEARS

Dear Friends,

It's hard to believe it's been over 21 years since this journey began...

What started as a way to honor my brother's memory has led to providing comfort to so many patients and families over the past 20 years. It's hard to put into words the gratitude we feel for your support. The struggles these patients face are so real. They have kids. They have bills to pay. They want to provide for the people they love most while enduring Chemotherapy, Bone Marrow transplants, infusions, and all the other battles Leukemia brings their way. Thank you so much for your continued support. ΗH

With much appreciation,



Christine E. Griffin



The Michael H. Flanagan Foundation

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.

CHECK OUT MORE **FROM OUR 20 YEAR CELEBRATION**

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Scan this QR code to see our slideshow from the benefit which includes photos of Mike and highlights our gracious sponsors!





ALL PAWS ON DECK!

We are very excited to announce that we will be introducing an addition of furry friends to our comfort bags... Bob and Dottie! All Paws on Deck, a facility dog program at Tufts Medical Center, is a fabulous resource for all patients. As a proud owner of two golden retrievers, I know what a difference these furry friends can make in our lives. Due to the nature of Leukemia and Lymphoma treatments, many patients can't have in-person visits with Bob and Dottie. We are going to try to bridge this gap by including info cards in the comfort bags as well as stuffed animals!





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POST SHARED ON DECEMBER 24, 2022 BY ALLPAWSONDECK TUFTSMED

Bob and Dottie brighten Tufts Medical Center as a whole. We hope to find ways to share this joy whether it be designating times for the dogs to spend in the MHFF Family Room or just letting patients know this resource is available. Scan the OR code to see Bob in the Family Room and learn more about All Paws on Deck!

Follow @allpawsondeck tuftsmed by scanning the QR Code above

CELEBRATING 20 YEARS!



Numbers to Date

In 2022, we gave 49 grants totaling \$33,630 and in 2023, we gave 57 grants totaling \$46,116! This money goes directly to those who need it most as we hope to relieve stress and add comfort in these difficult times.

Just over a year ago, we celebrated 20 years

of the foundation! We were fortunate enough to be joined by over 120 family and friends to mark the occasion at Pier 52 on a beautiful October night. Over \$22,000 was raised as guests enjoyed music by Fat Free Bob and the duo of John Meehan and Jodie Treloar Sampson, bid on Silent Auction items, and played cornhole by the water!!



Thank you to our generous sponsors and Silent Auction donors as they helped defray the cost of the evening so that all funds raised go directly to patients and families.

RUNNING WITH PURPOSE

Fellow board members Greg Greenberg and Laura Ramsden have used running to honor loved ones and support an important cause - The Michael H. Flanagan Foundation.

Greg Greenberg

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Greg first ran a half marathon to honor his daughter < Brooke, who lost her valiant battle with November leukemia in of 2018. He ran 2 half marathons calling the runs "13.1 for Brooke." Initially, it was a simple act of creating a T-shirt bearing the words "13.1 for Brooke" and embarking on a run in her memory. When it came time for his third, the Providence Half Marathon



in May 2022, Greg had an idea:

"During Brooke's illness, the MHFF had shown incredible generosity towards her, and my family was very appreciative of their support. In 2022, I decided to run again in Brooke's memory, but this time with a philanthropic purpose. I recognized that there were many people eager to contribute to keeping Brooke's memory alive while making a meaningful impact. Brooke's unwavering aspiration to assist others aligned perfectly with this endeavor, making it feel like the right thing to do."

Greg reached out to Christine Griffin to ask if he could fundraise for MHFF. She eagerly agreed and MHFF was instrumental in figuring out the logistics making it seamless for Greg so he could focus on his training.



Speaking of training - Greg is a purist. No rigid, formal training plans, no music - just a commitment to 6 mile runs and a weekly 10 miler. He fortifies with Nuun tablets to add electrolytes as well as a steady supply of bananas for potassium. Race day in May 2022 was extra special for Greg as he

had family and friends cheering him along the route. This run was extra satisfying as he not only honored Brooke but also raised \$13,000 to directly help patients needing MHFF grants.

Laura Ramsden

Laura ran her first marathon in October of 2018 and thought she had qualified for Boston but did not get a bib due to the overwhelming number of applicants. She turned to a friend who knew a charity she could run for - Golf Fights Cancer. What she didn't know until later, was that GFC would allow her to donate all of



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2022-2023

her proceeds to the Michael Flanagan Foundation - a win win! Laura ran Boston for MHFF in 2019 and then again in April 2023. Running became much more meaningful knowing she could actually make a difference for the patients who were not only battling cancer but also facing financial anxiety. In both instances, she raised over \$16,000 for the Flanagan Foundation.

"I was humbled by the generosity of donors and especially grateful because I would read the heartbreaking grants of patients needing funds for electricity, heat, rent, rides to treatment and know that the money raised was going directly to them."

As for training, Laura needs structure, fuel, and lots of music to stay motivated so she relied on a Hal Higdon training plan, Nuun's, Maurten Gels, bananas, and a very diverse Spotify playlist (from Taylor Swift to Cake to Kenny Rogers to Abba to the Bee Gees) to get her through the miles. Melissa Etheridge's cancer anthem, "I run for you" was on constant rotation as a reminder that whenever the miles were long or the hills too high, she had to push through because running is easy compared to the battles those fighting cancer are facing - especially when financial hardship is involved.

DATE 8/1/2023 TO THE MICHAEL H. FLANAGAN FON \$ 20,000.00 TWENTY-THOUSAND DOLLARS AND 00/100 LAURA RAMSDEN e a Mc Au BOSTON MARATHON PROCEEDS 123456789 :123456789 :1001

For anyone thinking about competing for a cause, it would be terrific to consider the Flanagan Foundation. All proceeds go directly to helping patients and their families. Please do not hesitate to reach out to Christine Griffin at christinegriffin@cox.net.

Laura Ramsden

Barrington, RI

2023 TEAM GFC



"It means the world to me that Golf Fights Cancer supports smaller charities directly impacting patients. As a 2nd time Boston Marathon runner for Team GFC, my fundraising dollars are once again being directed to the Michael H. Flanagan Foundation, which strives to provide comfort for those fighting cancer."

> 127™BOSTON MARATHON Jehn Hunceck

EDUCATION ADVANCEMENT FUND 2022

Congratulations to Paige Mullen from Tufts Medical Center and Beth Angell from Roger Williams Cancer Center, our 2022 recipients of the Susan Farley Educational Advancement Fund Award!



This is our 9th year presenting this award. Paige is a Nurse at Tufts Medical Center on North 8 who will further her education. Beth is an Oncology Social Worker who will further her learning of palliative care practices. We were touched by their thoughtful applications and dedication to their profession. Due to the generosity of the Susan Farley Fund, we are hopeful to offer this award to more nurses and social workers every year. We wish you the best, Paige and Beth, and appreciate everything you do to better the lives of patients.

Congratulations to Barrington High School

BARRINGTON HIGH SCHOOL SCHOLARSHIP 2022



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They are the 2022 recipients of the Susan Farley Memorial Scholarship and will pursue Nursing as they begin college this fall. We would also like to thank the dear friends of Sue, Perri Weiss Leviss for her dedication to the details of this scholarship, and Leah Valentine, who presented the awards at BHS Awards Night.

EDUCATION ADVANCEMENT **FUND 2023**

Congratulations to Suzanne Cray, Eileen Seery, Dan Maclellan, Rommie Fulgencio, Hannah Zanni, and Mario Forgione from Tufts Medical Center, our 2023 recipients of the Susan Farley Educational Advancement Fund Award!



Thanks to the generosity of the Susan Farley EAF, we were fortunate enough to award 6 nurses this year. With these funds, nurses will gain their Bone Marrow Transplant Certification for improved patient care in this specialized population. We cannot thank nurses enough for their hard work and hope this award can continue to serve as a token of appreciation!

BARRINGTON HIGH SCHOOL SCHOLARSHIP 2023

Congratulations to Mallory Cox and Hailey Searles, the 2023 Susan Farley Memorial Scholarship Recipients at Barrington High School.



Thank you to Susan's daughter, Caroline Adamson, who presented the awards that evening with a heartfelt speech that would have made her mom so proud, and to Perri Weiss Leviss for her dedication to the details of this scholarship. Good luck to Mallory and Hillary as they pursue nursing in college!

LETTERS FROM PATIENTS

Thank you so much for your generous donation to our family. We have been using this for parking and other expenses as we travel through this journey. We truly appreciate your kindness!



Dear Family, Board, and volunteers,

My family and I are so thankful for your generosity and continued support at Tufts Medical. As a multiple myeloma patient, in active stem cell transplant, I wanted you to know the impact of your kindness. The Family Room, such beautiful natural light flowing in, provided wonderful space for family meeting and time of laughter and comfort. Also, thank you for the kind bag, so many delightful, soft, and great items I have been using.

In love, blessings, and profound thanks!!

Christine,

My wife Diane & I would like to express sincere thank you to the MHFF for their financial grant during our most challenging time as I battle through my cancer diagnosis of multiple myeloma and AML under the care of my Tufts Medical Center medical team. Diana & I are most grateful for MHFF and their commitment to assisting individuals and their families in their time of need and when they are most vulnerable.

Blessed are the givers... And grateful are the receivers

~ Thankfully, Diana <mark>&</mark> Michael R PATIENT

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Here is a small donation to further the efforts of your foundation. Thank you again for my tote bag of comfort as I face my own Bone Marrow transplant.

Thank you so much for your generous donation of \$500 during a very challenging time — Your kindness and financial gift help me a lot.

Christine,

Keep up the good work! My family was here [at Tufts] over Christmas. We all remember the nice room you created where we all met when Jack was ill. Thank you — 13 years after Jack's death.

~ Susan



Family and board members,

Thank you for the \$1000 grant which will allow me to stay at the Neely House after my stem cell transplant. Today is my day +11 and I look forward to all the new opporutnities and days ahead. While here at Tufts, I heard from some staff yesterday that they received awards to help their nursing school. Thank you so much, these are our future and oh so passionate and caring.

Gratitude and thanks on so many levels.

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