Benedictine Health Foundation's
Rosemary D. Gruner Memorial Cancer Fund
A helping hand for cancer patients and their families

Benedictine Health Foundation's
Bike FOR Cancer Care
A helping hand for cancer patients and their families

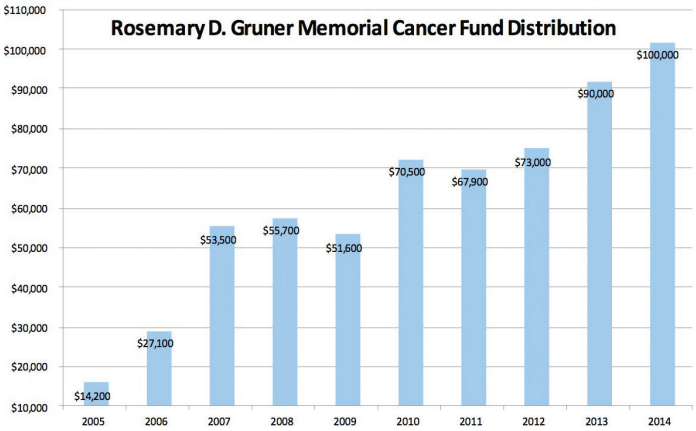
Spring/Summer 2014

SAVE THE DATE
Sunday, September 21, 2014

CELEBRATING 11 YEARS
of helping over 1000 families in the Mid-Hudson Valley

Working in partnership with the Benedictine Health Foundation, our family established the ***Rosemary D. Gruner Memorial Cancer Fund*** in 2004 to provide for individuals and their families who are facing financial challenges while receiving cancer treatment.

As you can see from the chart below, in our first full year of providing financial assistance, we distributed $14,200 in gift cards to patients for the purchase of nutritious food and/or fuel to access cancer treatment. By 2013, assistance climbed to a staggering $90,000. This year, we are on pace to distribute $102,000. Our hope is to provide peace of mind to cancer patients so they can focus on their physical, spiritual and emotional well-being.



From the beginning, our goal has been to raise money and keep it local to support cancer patients in our community. This commitment holds true today. So many of our friends and neighbors are fighting cancer, and struggling emotionally and financially. We are honored to help them during this critical time, and will continue in our mission, *"to aid in the treatment, care and support of cancer patients in need while undergoing treatment."*

Each year, we have a post **Bike for Cancer Care** meeting with the Benedictine Health Foundation to review what worked and what we can improve upon. This year, to assist our riders and attract new riders, we have implemented an online registration and fundraising program, **Friends Asking Friends**, highlighted on page 2. This new system will enable our riders to develop individual and team fundraising pages – you will be amazed on how quickly you can reach your fundraising goal by asking friends and family members for support in just a few clicks.

Our second initiative this year is to focus on building team participation. We will be hosting a team rally on June 11th at Keegan Ales in Kingston. If you are interested in becoming a Team Captain, please contact Barbara Klassen at bklassen@benedictinehealthfoundation.org or call (845) 334-3186. At the rally, our top fundraising teams will share creative ideas on how to build a team and raise money by making it fun and engaging.

We have raised the bar this year to build on our past success, we hope you will too. Make this the year you not only ride with us, but also exceed your personal fundraising goals!

Every $500 raised helps cover the expense of food and transportation for a cancer patient and their family each year. For many, this is a life changing means of support. From our family to yours, thank you for helping us provide a helping hand to cancer patients and their families.

Dan Gruner
On behalf of the Arsenault, DiDonna and Gruner families

Benedictine
HEALTH FOUNDATION
Supporting the Benedictine Spirit of Compassionate Care

A vital component of the Benedictine Health Foundation's work is the ***Rosemary D. Gruner Memorial Cancer Fund.***

Rosemary D. Gruner

The Fund provides financial assistance for residents of Ulster County (regardless of where they receive treatment) and neighboring Mid-Hudson Valley Counties (receiving treatment from a facility within Ulster County). Patients who meet the financial guidelines (annual household income of less than $50,000 for families or $35,000 for single), and are receiving treatment (such as radiation or chemotherapy) for a current cancer diagnosis are eligible to apply.

Each eligible patient receives $500 annually in the form of gift cards to Hannaford Supermarkets to purchase nutritious food, and/or to Stewart's Shops to purchase fuel to access cancer treatment.

For further information or to request an application, please contact Bernadette Rexford, Development Manager, at (845) 334-3017 or visit us online: ***benedictinehealthfoundation.org***

The Mission of the* Benedictine Health Foundation *is to raise and distribute resources to support quality and compassionate healthcare that improves the physical, psychological and spiritual well being of those that are vulnerable and underserved in Ulster County.

To become involved, please contact Barbara Klassen, Executive Director, at (845) 334-3186 and please visit our web site, www.benedictinehealthfoundation.org to learn more about the Foundation's work.

Bike for Cancer Care
Friends Asking Friends

Peer to Peer Fundraising Tools to help you Meet or Exceed Your Goal!

Whether you join the Team Challenge or ride individually, **Friends Asking Friends** allows you to ramp up your fundraising efforts and tell your friends, family & co-workers *why you ride!*

Friends Asking Friends is packed with tons of great tools for fundraisers:

- Create individual and team fundraising pages.
- Send fundraising appeals via popular social networks and communicate progress.
- Fundraise on the go with Fundraising-with-Friends mobile fundraising for iPhones and Android devices.
- Track fundraising progress with cool thermometers and team competition features.
- Keep an eye on the "competition" with top fundraiser, team lists and fundraising milestones.
- Keep track of who hasn't donated yet and who you need to thank for supporting you.
- Process donations and pledges online.

GO TO
www.bikeforcancer.org/FriendsAskingFriends
LINK AND REGISTER TODAY!

Thank you for your support!

WHY I RIDE

Matthew Van Aken

"The annual **Bike for Cancer Care** has been a special event on my calendar for the past nine years.

I started riding in this event when my employer and friend, Bob Lacouette, was diagnosed with cancer and undergoing treatments. Riding in honor of Bob has been a privilege. Sadly, cancer took Bob's life in 2006. Bob was the founder and owner of New York Communications Co. (NYCOMCO) in Poughkeepsie.

The **Bike for Cancer Care** gives me an opportunity to combine my joy of riding with raising money to help cancer patients, while honoring a very special person who is greatly missed by everyone at NYCOMCO."

Matthew Van Aken

WHY WE SUPPORT

Anita Williams Peck

"There are many reasons that I support the **Bike for Cancer Care** annually to benefit the ***Rosemary D. Gruner Memorial Cancer Fund***. First, I have known a member of the Gruner family my entire life. Helen Foley, a guest at Williams Lake Hotel (our family-owned business for over 78 years), married Al Gruner who was a summer employee at Williams Lake in the early 1940's. It is now four generations later, and this family is still very much a part of my life.

I am also a cancer survivor since 1995. I traveled daily for 10 weeks from Stone Ridge to Kingston for radiation. Fortunately, I did not live a great distance from where I received treatment. Some patients have to travel 50 to 100 miles a day for treatment, and with the cost of fuel, transportation is very expensive. The Gruner Fund issues gas cards to those who cannot afford these expensive trips.

The money raised from the Bike for Cancer stays in our local community. Recipients of the Fund are residents of Ulster County or they receive treatment in Ulster County.

The diagnosis of cancer is very difficult to cope with, and a solid support system can do wonders towards recovery. It is very important to me to be a part of that support. By assisting financially, I can help the patient to focus on their health and not on the dollars it takes to receive and get to treatment."

Anita Williams Peck
Hudson River Valley Tours

Hannaford Supermarkets

"Hannaford is a proud supporter of the Benedictine Health Foundation and sponsor of the **Bike for Cancer Care** because we have a shared vision in making sure the most vulnerable in our communities are cared for and stay healthy. The Benedictine Health Foundation's financial assistance program through the ***Rosemary D. Gruner Memorial Cancer Fund*** means that patients that would otherwise go without a meal or miss an appointment because of financial insecurity are given support to stay on track with their treatment. The Benedictine Health Foundation is a true leader in quality and compassionate care and Hannaford is proud to stand by them in their service to Ulster County residents."

Molly Tarleton
Regional Community Relations Specialist
Hannaford Supermarkets

WHO WE HELP

Kristin Flynn

Thank you to the ***Rosemary D. Gruner Memorial Cancer Fund*** for the support I am receiving in the form of Stewart's gas cards. The cards are helping me with all the extra mileage costs incurred travelling to daily treatments for breast cancer.

I never imagined that I would be the recipient of this generous Fund. Only a year and a half year ago, I was happily standing at the bike ride registration handing in pledge money that I had raised to ride the 50 mile loop of the **Bike for Cancer Care**.

I am an avid cyclist and fundraised for the ride at my workplace. I was so happy to let everyone know on Monday morning that I had finished the ride and improved on my previous 50 mile time. Little did I know that in the near future I would be coming to the Fund to ask for assistance—thank you for being there!

I hope to be out on the ride again soon raising money for others that need support.

Kristin Flynn

OUR LOCAL COMMUNITY

"I want to let you know how invaluable the ***Rosemary Gruner Cancer Fund*** is. The program alleviates stress for people who don't know where their next meal will come from or how they will buy gas for their cars to get to their doctors appointments. I know firsthand how stressful it is. Receiving this assistance has been a godsend and lifesaver for me. I'm on a fixed income and it is very difficult to make ends meet. I'm ashamed to say that I have resorted to going through our recyclable containers in my development for deposit bottles to redeem just to have a couple of dollars for gas.

I hope the Rosemary Gruner fund will continue to help people like me. It has eased the hardship I have encountered since my diagnosis of stage 4 metastatic breast cancer to my bones and now to my liver. I am eternally grateful for your help."

Marilyn Whaley

Benedictine Health Foundation
105 Mary's Avenue
Kingston N.Y. 12401
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Sunday, September 21st

Benedictine Health Foundation's
Bike FOR Cancer Care
A helping hand for cancer patients and their families

BENEDICTINE HEALTH FOUNDATION'S
11th Annual Bike for Cancer Care

To benefit the *Rosemary D. Gruner Memorial Cancer Fund*

The event will start and finish at Dietz Stadium in Kingston, NY where riders and volunteers will enjoy live music, breakfast and lunch provided by Hannaford, ice cream from Gillette Creamery, and the awards ceremony. *A great day for the entire family!*

The event offers a variety of routes for riders of all skill levels.

- Youth Bike Rodeo (Ages 5 – 10): 10:00am - noon
- Round Robin Ride (Family Friendly Biking Inside Dietz Stadium): 11:00am
- 12 Mile Ride: 10:30am
- 25 Mile Ride: 10:00am
- 50 Mile Ride: 8:30am

This is a great day for a great cause, please join us!

JOIN THE TEAM CHALLENGE

Recruit your Friends, Family, and Co-Workers (Team riders can participate in any distance ride.)

Sign Up Today! Visit **www.bikeforcancer.org** to register, develop your *Friends Asking Friends* Fundraising Page, sponsor a Mile Marker in *Honor or Memory of Someone you Love,* learn more about the Fund, and get all the event details.

Volunteers are the key to our success on the day of the ride—please call the Foundation office at (845) 334-3017 to sign up.