The Beth C. Wright Cancer Resource Center provides comprehensive support services for all cancer patients in our community at no charge, and appreciates the generosity of our donors who make it all possible. Helping patients and their families deal with the complexities of cancer!

Our Mission
To offer hope, knowledge, and support to cancer patients, their families, caregivers, and friends by providing a source of information, social services, and compassion through all stages of the cancer journey.

End-of-Year 2023
Updates and Words of Appreciation

In this issue:
- Message from Executive Director Angela Fochesato
- Thank you for Supporting Beth’s Trees for Hope and the Beth Wright Center
- Beating the Winter Blues with Laughter Yoga
- Happy New Year! Holiday schedule.
- Reusable shopping bag fundraisers.

Celebrate 2024 with Us! Come soar with us in 2024!

With the holidays just behind us and the New Year upon us, we hope that this holiday season is one that you were able celebrate.

In the spirit of giving during this time of year, many people take the time to reflect on what they are grateful for. People often choose the gift of giving upon reflecting on all for which they are grateful.
We are honored to share with you highlights of our many accomplishments throughout the past year. While we are humbled by our achievements, they would not have been possible without the trust and support of our individual and corporate donors, whose generosity enabled us to provide life-changing services and programming available to the cancer patients within Washington and Hancock Counties.

The Beth Wright Cancer Center is a one-of-a-kind resource in Hancock and Washington Counties for those living with cancer and their families. The goal of the center is to help persons with cancer learn about the disease, recognize opportunities for improved health, build a personal support system, and gain a sense of extended family. We are dedicated to serving cancer patients and their families: ranging from those newly diagnosed with cancer, in treatment, in recovery, and beyond. No one wants to hear the word cancer, but if you do, the staff at the Beth Wright Cancer Center offer comprehensive support and care dedicated to your health and healing.

Thank you for your continued support which allows us to say, “Yes, we can help you,” to the many cancer patients, caregivers, families, and loved ones who reached out to us in 2023 for assistance.

When diagnosed with cancer, it can feel overwhelming. There are so many decisions to make and consider. The Beth Wright Center takes pride in helping cancer patients find resources and information that empowers decision-making and helps to relieve the sense of unease. We made progress this past year on updating, as well as creating, new resource guides and pamphlets. These guides will soon be available on the Center’s newly redesigned website, which was launched in July 2023.

Service Update: Integrity, Innovation, Impact—Putting Cancer Patients First in All We Do! Year-over-year. Your support allows us to expand our programs and resources, implement new initiatives to broaden our reach across cancer patient communities, and, most importantly, to assist more cancer patients who have nowhere else to turn.

We are proud to have:

- Offered Transportation assistance funds through our partnership with the Maine Cancer Foundation.
- Linked financial assistance to cancer patients receiving treatments, living with cancer, or life-altering conditions through the collaboration with many of our partner agencies.
- Assisted oncology patients seeking behavioral health services through partnerships with cancer related behavioral health providers.
- Finding Peace in Planning: A new one-on-one program developed in 2023, to assist patients with the hard conversations and planning that comes with the end of life.
- The “Wright” Companion Peer Support Program: The BWC developed a new companion program to help people recently diagnosed with cancer and their loved ones on their journey through diagnosis, treatment, and recovery by pairing them with a volunteer peer companion who has experienced a similar diagnosis and/or has experience caring for a loved one with a cancer diagnosis.
- Home Cooked Healing: is a service of the BWC that provides nourishing medically tailored and appetizing meals for cancer patients and their families in Hancock and Washington Counties during cancer treatment. In 2022, Home Cooked Healing volunteer cooks have prepared 800 meals for 55 individuals in Hancock and Washington Counties. Thanks to funds through our partnership with local agencies, Heart of Maine United Way, and our volunteer cooks.
We are in Washington County!

To accommodate for the growing patient population and need for the services available in the resource center, we expanded resources into Washington County and will work in conjunction with our flagship center, located at 23 Commerce Park, Ellsworth. In both spaces, cancer patient, caregivers, family, and visitors will feel the warmth and knowledge of our compassionate staff and volunteers.

The Beth C. Wright Cancer Resource Center is excited to announce that we have a physical Cancer Resource Center location in Washington County. The newly renovated space is located at 163 Main Street, Baileyville and is a place where patients and their families can find information, support, comfort, and connection at Beth C. Wright’s new location. Services in the new space include patient education, wellness activities, Tele-health, patient navigation, mental health supports, self-care, and materials for comfort. This resource is possible thanks to donations to Beth C. Wright Cancer Resources Center.

“Knowing our patients and their loved ones have a dedicated area within Washington County to seek supports, have a quiet moment, educate themselves on what’s ahead and connect with other people in the cancer community is amazing,” said Angela Fochesato, Executive Director of the Beth Wright Resource Center. “And knowing it is made possible by support from the community is even better.”

A grand opening is being planned, all are invited to help us celebrate and come see the new location.

**Help Us Help Those Who Have Nowhere Else to Turn**

Helping us spread the word is also a critical, and highly valued, contribution to the Beth C. Wright Cancer Resource Center. You can help by spreading the word about the life-changing work we do. Connect with us through our social communities!

Here’s how you can help us make a difference in the life of a patient in need today!

1. Create a Facebook fundraiser to commemorate a birthday, anniversary, or other special occasion.
2. Hold a fundraiser event for BWC.
3. Join the BWC Fundraiser Committee.
4. Spread the word about the important work we do by sharing your Beth Wright story.

**Sincerely,**
Angela Fochesato
Executive Director

---

**Thank You!**

We wish to thank every one of you who came out to support our 2023 “Beth’s Trees for Hope” event.

We appreciate everyone bringing your
Christmas spirit to the start of this wonderful season.
Sending a HUGE thank you to our community who donated decorated trees, to our sponsors: Maine Coast Mall, Wallace Event, JL Huntley Plumbing & Heating, Merrill Furniture, Ellsworth Elk Lodge, Coastal Maine General Contracting, Dennis J. Mason, Darren Richardson Electric's, Ellsworth Rotary, VFW, and friends and families who attended the event, and for those who purchased raffle tickets to win one of the gorgeous trees. Awesome job students. Thank you so much for your community spirit and commitment to making this event possible.
Special thank you again to First National Bank and Maine Coast Mall (Jared) for collaborating with us on this amazing event! Our dedicated board of directors, our staff, our committed volunteers and your support have enabled us to help members of our communities of Down East Maine overcome the challenges of a cancer diagnosis. Congratulations to our winners! We are happy to announce that we raised over $15,000.
We could not make this the event what it has become without your participation, donations, and support.
Enjoy the photos of the 2023 Beth’s Trees, and we “Hope” to encourage you to participate next December so we can enjoy 30+ trees and raise more funds in 2024!

Beating the Winter Blues with Laughter Yoga

The Beth C. Wright Cancer Resource Center is happy to welcome back Chris Chapman as she leads Beating the Winter Blues with Laughter Yoga, a special session to start the new year. All are welcome to join us online on January 9, 2024, from 9 am to 10 am for this virtual event.
What is Laughter Yoga and what are the health benefits? Laughter Yoga works with the breath, while bringing child-like playfulness into one’s life. We turn off the analytic part of the brain and let the fun begin! There are many benefits for everyone that chooses to practice Laughter Yoga no matter what age. By practicing prolonged laughter, the body chemistry changes and it gets the feel-good endorphins moving thought out the body, which in turn can assist in lowering blood pressure as well as creating a positive state of mind. The shared laughter builds a strong sense of community. Wear comfortable clothing that is easy to move in and have a glass of water nearby.

Chris Chapman, Certified Laughter Yoga Leader has been practicing Laughter Yoga since 2010 and became a Laughter Yoga Leader in May of 2012. During this time, she had the opportunity to laugh with many wonderful people while expanding her community and looks forward to sharing the joys of laughter with you all!

This free event will be online via Zoom and is open to all.

For more information or to register for this event and receive the link call the Beth C. Wright Cancer Resource Center at 664-0339 or email: info@bethwrightcancercenter.org. To register online go to: www.bethwrightcancercenter.org.

The Beth C. Wright Cancer Resource Center's office will be closed on January 1 for New Year's Day.

We are taking a break from regularly scheduled classes, meetings and appointments December 18, 2023 through January 1, 2024.
Wishing you a happy, healthy 2024!

Two ways to support the Beth C. Wright Cancer Resource Center in the new year!

Purchase a reusable shopping bag from Hannaford or Shaws Supermarket in Ellsworth and our organization receives $1 for each bag.

Here’s To Another Year of Making an Impact!

What better way to ring in 2024 than buying a reusable $2.50 Community Bag at our selected Hannaford store? This January, when you purchase either bag pictured, $1 will be donated to our organization.

hannaford.givelocal.com
Community Bag Program

Here’s To Another Year of Making an Impact!

What better way to ring in 2024 than buying a reusable $3.00 Give Back Bag at our selected Shaw’s store? For every bag purchased this January, $1 will be donated to our organization.

shaws.givelocal.com
GIVE BACK WHERE IT COUNTS
Reusable Bag Program

You Can DONATE to Beth C. Wright Center by using CLYNK!

Thanks to Hannaford’s Community Cash program, it’s easy to donate your bottle and can refunds to the Beth C. Wright Cancer Resource Center.
Hannaford uses a redemption company called CLYNK, which makes it simple for recyclers to designate a charity as the recipient of their can and bottle deposit donations.

- Stop by the Center to pick up a green CLYNK bag. It will come with a UPC symbol affixed to the bag identifying BWC.
- Fill the bag with redeemable bottles and cans.
- Simply return the bag (with the sticker on it) to the CLYNK redemption station at the Ellsworth Hannaford and all of the bottles and cans you return will be added to our account balance.

You can pick up your CLYNK bags at the Beth C. Wright Cancer Resource Center, 23 Commerce Park, Ellsworth. For more information call: 207-664-0336 or email us at info@bethwrightcancercenter.org.

For more information about this organization and the services it provides with details on programs and classes go to: www.bethwrightcancercenter.org
The Beth C. Wright Cancer Resource Center is located at 23 Commerce Park, Ellsworth, Maine, 04605. Contact us at 207-664-0339, or email: info@bethwrightcancercenter.org.