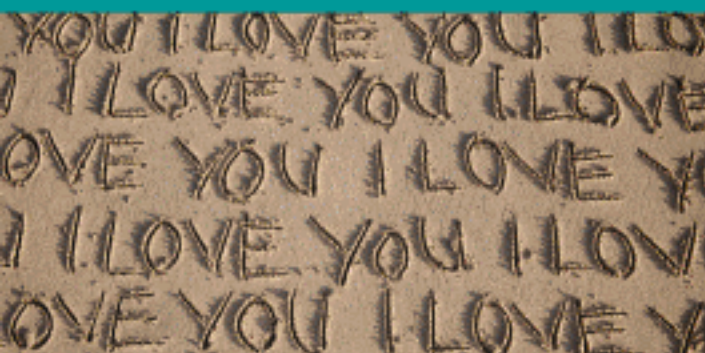


## A MORE INTIMATE LIST

### FOR PARTNERS AND HUSBANDS

There are many personal ways for intimate partners to support a loved one. All tips included within this brochure are appropriate ways to be involved. The tips following are even more personal and are a reminder of ways to make her feel special and taken care of.

Remember to take time for yourself as well. If you are the primary person responsible for her well-being, you are likely to feel overwhelmed from time to time. At these times encourage **help from others and accept offers from those willing to share the load.**



*T*hrough our thoughts, and prayers and acts of kindness, a chain of love is created helping women survive the trauma of cancer....one friend at a time. Helping a woman who has cancer is a sensitive undertaking. Fear of saying the wrong thing, fear of invading privacy, fear of tears often leads to inaction.

Overcome your fears and take action to ease hers. Contact from friends and family actively helps the cancer patient, and lightens the loneliness that accompanies the diagnosis.

Use this daily guide as a way to show you care. Take a moment and select the ways you want to help. Through your acts of kindness, the part you play in helping someone you care about will make a real difference in her life.



### TELL US YOUR STORIES

Let us hear from you. Email us your suggestion of how to help someone you love who has breast cancer. Keep the chain of loving growing and strong. Take action today. You just may find your tip posted online.

### FIND STORIES

Find real stories of survival, struggle and hope told by friends and family.

### FOLLOW US ON TWITTER

[twitter.com/breastfriends](https://twitter.com/breastfriends)

### CO-FOUNDERS

Becky Olson and Sharon Henifin founded Breast Friends in 2000 based on their personal experience with breast cancer. Their not-for-profit organization is growing as a well-known and respected friends and family support network.

### BREAST FRIENDS

14050 SW Pacific Hwy,  
Suite 201  
Tigard, OR 97224

local: 503 598-8048

toll free: 888 386-8048

[www.breastfriends.com](http://www.breastfriends.com)

[mail@breastfriends.com](mailto:mail@breastfriends.com)

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## TIPS TO *Show* YOU CARE



Friends  
& Family  
Outreach

### TIPS FROM THE GIRLS

- HELP WITH HOUSEWORK**  
Call first to see if she is up for company. Don't mention why you are coming or she may say she is fine and doesn't need help. Stop by often and see what needs to be done and then simply do it.
- DELEGATE TASKS**  
Share the responsibility of caring and delegate tasks to other friends who want to help.
- ENGAGE CO-WORKERS**  
If she is a co-worker, purchase a stack of cards and pass them around the office for signatures. Then drop one in the mail every other day or weekly.
- ARRANGE FOR MEALS**  
If she is having chemo or radiation keep track of when and deliver ready-to-serve meals for the family. Coordinate with other friends so meals are provided for the first few weeks following surgery.
- ENTERTAIN HER**  
Ask if you can stop by with a funny movie and some popcorn.
- KEEP TRYING**  
If she declines help keep trying. She might just be having a bad day.
- BE PROACTIVE**  
Don't wait for her to call you first.

For more tips visit our website  
[www.breastfriends.com](http://www.breastfriends.com) or  
follow us on Twitter.



  
*Breast Friends*  
OUR MISSION: helping women survive  
the trauma of cancer...one friend at a time.

## □ GET THE WORD OUT

Send her contact information to friends, co-workers and colleagues encouraging frequent phone calls, greeting cards, e-mail and notes. Send frequent updates.

## □ CHIT-CHAT

Phone just to chat.

## □ TAKE HER A TREAT

Drop by with a milkshake or bakery treat.

## □ SEND HER A GIFT CERTIFICATE

Donate (or take up a collection to purchase) a day of housecleaning or window washing. Give her a gift certificate or take her for a manicure and pedicure.

## □ DROP OFF A DOORSTEP SURPRISE

Cut a bouquet of flowers and leave them on her doorstep with a cute card.

## □ PLAN SHORT OUTINGS

Plan lunch or movie dates so she has something to anticipate, with the caveat that you will gladly reschedule if she is not up to it.

## □ DOUBLE A RECIPE

Drop by with a meal for her family.

## □ SHAMPOO HER HAIR

Or massage her bald head with lotion.

## □ GO WIG SHOPPING

Try on crazy colored hair.

## □ CHAUFFEUR FOR A DAY

Take her to appointments, her church service, or to a peaceful garden.

## □ GIVE A HAT PARTY

If she has lost her hair due to chemo, give her a hat party with creative or humorous handmade or store-bought hats.

## □ SHARE A HOBBY

Knit together, or create a joint craft project.

## □ READ ALOUD

Read a favorite book to her.

## □ PRAYER CHAIN

Add her to your church's prayer chain. Some church groups also send personal cards and notes.

## □ ARRANGE FOR A DAY OF CHILD CARE

Arrange for a babysitter, or bring her children to your home for an afternoon.

## □ ASK FOR HER "TO DO" LIST

Complete her chores and errands.

## □ GROCERY RUN

If you are on your way to the grocery store call her and ask her what she needs.

## □ BE A COMPANION

Accompany her to her doctors' appointments or chemotherapy to serve as a second set of eyes and ears in addition to a hand to hold.

## □ GUEST OF HONOR

Invite her to your house for a special luncheon and use your fine china, good silver and beautifully presented food.

## □ HELP WITH THANK YOUS

Offer to help write notes or return dishes.



## □ WRITE LOVE NOTES

Leave her simple notes, or detailed love letters about future plans together.

## □ PHYSICAL TOUCH

Touch her often to let her know that she is still attractive.

## □ TAKE HER OUT

Take her out on dates, keep in mind her "best" time of day which may be morning, noon, or evening and plan accordingly.

## □ HELP OUT

Help out more around the house asking her how she wants the jobs to be done.

## □ BRING HER FLOWERS

Bring her flowers often; a single bloom, a lively bouquet, a live plant.

## □ MUNDANE CHORES

Scrub the toilets, especially on the days she receives chemotherapy.

## □ HELP HER HEAL

Keep in mind that chemo and other treatments can compromise her immune system. Do the laundry and change bed sheets often for health as well as a fresh, clean feel.

## □ ENGAGE FRIENDS AND FAMILY

Encourage friends and family to stop-by or to help with baby-sitting so that she can rest or so that the two of you can be alone.

## □ PLAN DINNER

Pick up take-out food and serve it with cloth napkins and candles. Lots of candles.

## □ AROUND THE HOUSE

Wash her car. Fix the leaky faucet. Buy a new dishwasher. Pay the bills.

## □ PAMPER HER

Bring her a cup of chamomile tea or coffee, along with a lap robe and her favorite book.

## □ TREAT HER

Treat her to a luxury massage or a facial.

## □ LISTEN

Listen to her without judgement or advice. Even if her cancer cannot be fixed, her response to it can be understood.

## □ AROMATHERAPY

Fill the bathtub with aromatherapy salts, surround it with candles and provide soft music. Allow her all the time she needs to relax, while you take care of the house and children.

## □ CALL OR TEXT HER OFTEN

Contact her often throughout the day to share funny experiences and remind her that you love her.

## □ LOVE AND SUPPORT HER

Let her know that you are here to stay and that you will love and support her forever.

## □ MAKE PLANS FOR THE FUTURE

Decide together on something special to do when she finishes treatment.

