

How to Create a Cancer Care Package

➤ It's difficult to know how to help when you learn that a friend or co-worker has cancer. **Donna Branson**, director of patient and public education at Huntsman Cancer Institute at the University of Utah, suggests creating a care package of useful items:

TOILETRIES

- Hand sanitizer
- **Lip balm** and lotion
- ✳ **Tip**
Steer clear of fragrances, and choose sensitive-skin products.

WORDS OF ENCOURAGEMENT

- Handwritten cards
- **Inspirational quotes** and messages



HOUSE HELP

- Gift cards to restaurants or grocery stores
- Home-cooked meals that can be frozen and eaten later
- Child care or **pet sitting**

EDIBLE GIFTS

- Lozenges and **hard candy** to ease dry mouth
- Ginger chews for an upset stomach
- Favorite candy or snack



STYLISH WEARABLES

- Head wrap for a woman or **hat** for a man
- Small gift, such as a fun T-shirt or fashion jewelry



COZY COMFORTS

- **Fuzzy socks** and a fleece blanket to stay warm during chemo treatments
- Microwave rice pack for hot (and cold) therapy
- Soft, knit cap to keep head warm when sleeping

ENTERTAINMENT

- Movies, books, magazines, music and games to help pass the time
- **Journal** for personal thoughts or to keep track of treatments

THE GIFT OF PRESENCE

"Most important, just be there for the person," Branson says. "Encourage and support him or her." That's the best gift of all.

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cumulation covers six years 1965 70 **Medical and Health Care Books and Serials in Print**, 1986 **Library Journal**
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Office, National Library of Medicine National Library of Medicine (U.S.), 1959 Collection of incunabula and early medical
prints in the library of the Surgeon general s office U S Army Ser 3 v 10 p 1415 1436 Too Poor to Die Amy
Shea, 2025-09-09 Death is the great equalizer but not all deaths are created equal In recent years there has been an
increased interest and advocacy concerning end of life and after death care An increasing number of individuals and
organizations from health care to the funeral and death care industries are working to promote and encourage people to
consider their end of life wishes Yet there are limits to who these efforts reach and who can access such resources These
conversations come from a place of good intentions but also from a place of privilege Too Poor to Die The Hidden Realities of
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 Index-catalogue of the Library ... Library of the Surgeon-General's Office (U.S.), 1959 **Renewing Birmingham**
Christopher MacGregor Scribner, 2002 *Renewing Birmingham* is the first book length study of how federal funding helped
transform a twentieth century southern city Christopher MacGregor Scribner shows that such funding not only aided
Birmingham s transition from an industrial to a service economy but also led to redrawn avenues of power influence and
justice in the city By the 1960s Alabama s largest city faced wrenching changes brought on by economic decline

suburbanization and racial tension Decades in the making these problems pitted old guard politicians manufacturing elites and working class whites against an alternative vision kindled by federal dollars of Birmingham's future Scribner uses the Birmingham experience to trace the evolution of federal grants from extensions of Depression era fiscal policy to instruments of social change As he discusses federal backing of projects ranging from low income housing to the University of Alabama Medical College Scribner also shows how control of the grant purse which once belonged exclusively to politicians came to be shared with bureaucrats and activists local and federal participants and blacks and whites Most important in Birmingham's case debates over spending drew in entrepreneurs in fields as diverse as biomedicine and education real estate and construction This complicated bargaining and coalition building sparked a quiet revolution that had begun hollowing out the core of Birmingham's old order even as civil rights protests cemented the city's segregationist reputation Scribner stresses that the social benefits of Birmingham's economic rebirth reflected not so much a change of heart for the city as an admission that segregation was simply bad for business As a new Birmingham ascended and became less distinguishable from other American cities aspects of its racist elitist past persisted In learning the particulars of Birmingham we come closer to understanding how the South can be at odds with the rest of the country even as it participates in national trends

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