

Healthy news Living

Don't despair
Females regain
lost hair

I'm still but
The room's
spinning

Less is more
Breast reduction

The fight against
Domestic
violence

Who you gonna call?
Odd Job Busters

Black Canyon
Walk in the park



**A lot to be said
for horsing around**

Kathy's Care Cards designed to be much more than generic expressions of sympathy

Kathy's Care Cards was founded by a nurse from Westerville, Ohio, while she was training for the Race for the Cure. During her training run through Sharon Woods Park, Kathy was thinking about several of her friends, two of whom were nurses, who were dealing with the different stages of breast and lung cancer.

She was frustrated that she could not find cards that were appropriate or said "just the right thing" to send

to these amazing women who continued to work, care for husbands and children, manage

family or friends to support them through health-altering afflictions, seem to have a more positive recovery—especially when these afflictions are dealt with head on and discussed openly, rather than skirting around the issue. That is why it was



also important to her that these new cards actually state the life-altering event in the text or, at the very least, be the undertone with-in the text. The recipient of a Kathy's Care

Card would know that the sender of the card was aware of what disease, disorder or illness the intended card recipient was experiencing.

Kathy shared her idea for the new card line with her friend, Ed, who had lost his wife to breast cancer. Ed's hobby was painting watercolors, and he offered his artwork to her for the first line of cancer cards. Kathy describes Ed's artwork is peaceful, soothing and fun and has utilized his artwork

on the front of the cards in his late wife's name. Kathy was sure that the pictures



would touch others suffering from health-altering conditions in a very positive and encouraging way.

Artists continued to submit work to Kathy to use for her cards. A short biographical sketch of each artist and his or her connection to healthcare appears on the inside of each card. Some of these artists are children and are part of a line of Kathy's Kid's Cards. These cards are designed by kids to give to other kids or adults suffering from a health-altering condition.

Kathy's vision for Kathy's Care Cards extends well beyond the giving and receiving of greeting cards. Kathy has more than 20 years experience in the medical industry and plans to use her card line as a vehicle for promoting health-related education and information. Her web site, www.KathysCareCards.com, provides information about illnesses, diseases and disorders. The web address can be found on the back of

Kathy Boston, left, founded Kathy's Care Cards, a line of cards for people with cancer. She is pictured here with friend Tish Neuhardt, center, a cancer survivor and Kathy's inspiration for developing the cards, and marketing director Kelly Howe.

homes—all the regular things that most women do. It just didn't feel appropriate to send a generic get well card. Kathy felt they deserved more.

Kathy wanted her friends to know that she understood they were battling for their lives. She also knew that the cards she wanted to send them should offer warmth, support, comfort and, most of all, humor. She wondered why she couldn't find a card that touched her friends in the same way their friendship touched her.

It was on this run that the idea for Kathy's Care Cards was born. Kathy was inspired to write cards that recognized these women's strength and determination while fighting a life-threatening disease.

As a nurse, Kathy knew from her experience that patients who have

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