

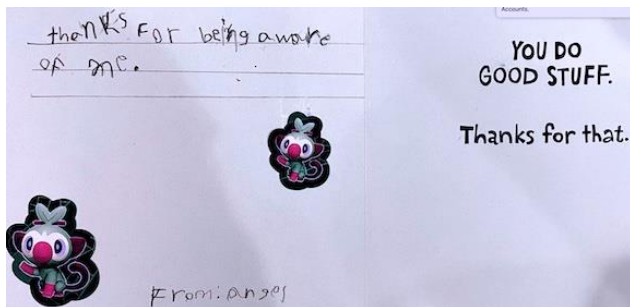
Little Star Foundation "Your Example"

Issue 25 May/June 2021

2021 marks 36th Year Helping Children with Cancer, Families & Communities

Everyday Awareness – Children with Cancer Care About It Too

"Thanks for being aware of me," words spoken by a child with cancer thanking everyone at Little Star Foundation.



I remember the first time someone said to me, "Children get cancer? Are you sure?" I heard those very questions thousands of times during my first decade of helping children with cancer. Now most everyone understands children get cancer. However, awareness issues still exist in pediatric oncology and life in general. People do have difficulty being aware of the plight of others if they never experienced the same suffering. The late spiritual teacher and psychotherapist, Anthony de Mello said, "Wisdom tends to grow in proportion to one's awareness of one's ignorance." At Little Star Foundation we are committed to doing everything we can to increase awareness and help children with cancer and ease the needless sufferings going on in the world. Together we are making a difference and are up for the challenge!

Donate Today!

Your donation matters!
Donate today to improve the lives of children.

Brave, Inspiring and In Memory...

14 year old Garl, diagnosed with bone cancer, & his family need help to pay their rent & utility bills. For Garl's family, precious 6 year old Julia & her family from Wisconsin, & families across the U.S. Little Star Foundation is stepping up to help. Hope you can too. Read Julia & Garl's brave stories in this Little Star Foundation "Your Example" News.



Brave Julia has eye cancer.

Little Star Foundation & founder, Andrea Jaeger, have the same Birthday - June 4th. Over 25 years ago, Rhea from Chicago pictured left, lost her battle with cancer. Bedridden on one of her last days before passing, Rhea said to Andrea during one of their many visits, "Everyone is going to forget me." Andrea promised, "That will never happen. You will be remembered!" In tribute to Rhea, recently passed Hudson, pictured center, another amazing child cancer took the life of, Lindsay from Colorado & every child having lost their lives to cancer - you continue to be in our prayers, hearts & lives. Your beautiful smiles & spirit live on - you are all remembered & loved!

Donate to Little Star at www.littlestar.org

Written by Adriana Solarova



Remember the old saying “The straw that broke the camel’s back?” It really wasn’t the straw that broke the camel’s back. It was the unbearable weight that accumulated before the straw was put in place. Have you ever let all the emotions get the best out of you and wondered why?

Families coping with life altering circumstances on a daily basis, financial struggles and the visuals of the continuously declining health of a child with cancer can be devastating and often accumulates and represses high intensity emotions. Pent-up emotions can be harmful.

Ralph Waldo Emerson once said, "For every minute we are angry, we lose sixty seconds of happiness." This seems like an easy enough concept, right? As with many areas of life, it doesn't seem that simple when in the midst of it. It is easy to think we are dealing with negative emotions and choosing to be happy when on the contrary we may be avoiding them and storing them up.

Repressed emotions refer to emotions that we unconsciously avoid and those don't get a chance to be processed. They can pose risks to both our physical and mental health and anyone around. Repressed emotions might show up as a range of psychological or physical symptoms including anger, stress, anxiety, depression, risk of developing high blood pressure, digestive problems, cardiovascular disease and more. We need to learn how to process them healthily.

While there are many different reasons why we can keep the emotions pent-up, let's remember an important and empowering fact. As challenging and heartbreaking life sometimes can be without having any control over the circumstances, we do have power and are fully responsible for how to react to negative emotions building up. This can be liberating. Below are a few tips from health research journals on how to avoid emotional explosions to prevent causing harmful effects:

Interrupt Angry Thoughts. Thoughts have a significant impact on emotions. The more we repeat negative thoughts in our minds, the angrier and more upset we will become. The next time we notice ourselves in a downward spiral, trying to catch ourselves and imagining pressing “pause” in our mind can help. Also, bringing full attention to what can be seen, heard and felt in the present can help. The more focus goes into being present, the fewer thoughts feed into anger and other difficult emotions.

Prevention. People who go from 0-to-60 quickly often don't realize when stress and resentment are building up. To prevent emotions from getting too high, track emotions periodically throughout the day. That way actions can be taken to promote calmness; like going for a walk, keeping a journal, taking a deep breath, going for a run, doing meditation, hearing or seeing something that brings goodwill joy.

Find a Physical Outlet for Your Anger. High intensity emotions can be stored in the physical body. Learning how to use our body to release these emotions can help regulate our emotions. Exercise and being physically active all help to release stress hormones and balance the chemistry in the brain, helping us feel calmer and more relaxed.

Like most problems, emotional explosions are not the problem but the symptom of other underlying issues. In the end, addressing the underlying issues is necessary to resolve the dangerous habit of repressing emotions. Getting more comfortable with emotions, even the ones that don't feel great, can help navigate the challenges of life more successfully while also improving the relationship with ourselves and anyone else we care about.

Lastly, it doesn't mean it has to do be done all on our own. Reaching out for help can provide us the necessary resources. Let's remember reaching out also teaches our children that everyone needs help sometimes.

Follow

Andrea Jaeger and Little Star Foundation on [Facebook](#) and [@littlestarfoundation](#) on [Instagram](#).

 Posts include news inspirational devotions, special tributes & pictures.

Your donation will help bring important Long-Term Care, Better Quality of Life Programs & Emergency Care support to children with cancer. Donate today. Thank You!



Andrea Jaeger's Little Star Foundation helps ease the suffering and trauma of children with cancer and their families and children in need.

Adriana who is part of Little Star's Team graduated with BA in Business Management & Masters in Physical Therapy, was a college & professional tennis player & helps Garl, Julia and other children w/cancer in Little Star Foundation's year round programs in 38 states & worldwide.

Garl, from Arizona, was a normal 14 year old sports loving kid when his knee started causing pain. His Mom took him to the doctor & was told numerous times, "Growing pains," "torn ligament." Mother's intuition kept pursuing & eventually a "Your son has bone cancer," was diagnosed. A joint replacement surgery & long term chemo were scheduled. Garl's dreams of becoming a football player are over, but we can cheer him on & help ease the financial & emotional suffering Garl & his family are enduring so a full life can still be lived and enjoyed.

From a hospital region where Little Star has been helping children with cancer for decades:
 "Evelyn was born at 37 weeks, weighing 2 lbs 12 oz. Her case was transferred to Palliative Care. She recently had a tracheostomy & G-tube surgery to make going home eventually a possibility. Evelyn is vent dependent. The family is spread thin emotionally & financially due to the Mom's job loss during Covid & relying only on dad's income while mom is with Evelyn in the NICU. There are significant needs from gas, tolls, medical bills & additional financial expenses swiftly coming in to prepare the home for Evelyn to go home-- power back up generator (vent dependent), home health nursing supply storage, appropriate crib, ... Any assistance or encouragement you can provide would be a huge blessing."

More on Julia's eye cancer story on the next page. Since all programs are provided free of charge to families Little Star Foundation relies on the generosity of others. Help if you can. Families like Garl, Evelyn, Julia's and families in 38 States send "Thank You!" as well. Your heartfelt notes and financial support are greatly appreciated and improving and saving lives. Sending you virtual hugs of gratitude and excitement that together we are improving, easing the suffering and even saving children's lives.

"We appreciate the hard work you, your staff and volunteers do," Doug and Emily.

Hi There!

*Please accept this donation
 in honor of my aunt's 90TH
 Birthday - She would be thrilled
 to know she helped families in need.*

"The work you do is important," Joanne and Cyrus.

**You can help!
 Donate what you can.**

Ways to Donate:

- You can donate any amount securely online at www.littlestar.org
- Want to send a check? Little Star's address:

 Andrea Jaeger
 Little Star Foundation
 174 Watercolor Way
 Suite 103 B343
 Santa Rosa Beach, FL 32459
 800-543-6565
- Ask Your Family, Friends, Company to match your Donation.
 * contact Andrea Jaeger/Little Star directly at info@littlestar.org or at 800-543-6565
- Share this Issue of Little Star's Your Example.
- Donate any amount in celebration of or in memory someone dear to you.



www.littlestar.org



Together we can help Julia's family & Julia, pictured on the front page & left.

Julia's family endured hardships even before her eye cancer diagnosis having 2 months of delays to even get in for an appt. Chemo treatments and medical procedures have been a constant for Julia for the past 4 years. Julia's family travels from Wisconsin to New York City every 4-6 weeks for her tests and chemo. It's expensive. More gas, hotels, travel expenses. The family has often arrived after 17 hours of driving to find motels closed due to the pandemic. Additionally, every time 6-year-old Julia goes to the doctor for cancer treatments, she has to brave having tests up her nose to the back of her throat to test for coronavirus. The fear & discomfort she endures seems almost unbearable for a child who has already lost her right eye and 70% of the vision in her left eye to cancer. Julia's older brothers, Jack age 10 and James age 9 are doing their best to help their little sister. In talking to Julia's amazing Mom, Jessica, she shared how heartbreaking, exhausting and financially devastating it has been for the past 5 years of Julia's cancer journey, and how grateful they are that Little Star Foundation is helping with financial support, other Program assistance & prayers. We welcome yours too.

Inspiring Cheer: A proud store owner shares Little Star's 2021 Wall Calendar made by the talented Adriana Solarova, highlighting amazing children of Little Star Foundation & inspiring art.



Celebrating 36 years of Little Star Foundation - History & Award Winning Programs!

I am excited to be part of an upcoming neuroscience symposium regarding complex pediatric patients with neurological, behavioral, and psychiatric diseases and disorders. Every day is an opportunity to make an important difference! Thank You God for 36 years of Little Star Foundation. Please bless us for the next 36 years - I am ready each and every day!



It has been a different few years-here is candle lighting & wish making energy, birthday cheer, hope, joy, being aware & celebration for all.

Left: On the pro tennis tour I loved helping children in hospitals, street corners & schools.



Together we celebrate 36 years of Little Star Foundation's mission to provide long term care and a better quality of life to children with cancer, their families and communities and children in need. It is exciting to continue Award Winning Programs making an important difference together!

Go to www.littlestar.org and Donate today to improve and save lives.

A Happy and Blessed 2021 to you!

With great appreciation, Andrea Jaeger – President Little Star Foundation

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