

Little Star Foundation “Your Example”

Issue 24 March/April 2021

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

Every 3 minutes a child is diagnosed with cancer worldwide

It was in the 1980s when I was excited to start my first official volunteer position at a children's cancer hospital. Besides receiving my badge and uniform I was told over & over, "It is ok if you don't make it a day. This work is sad, depressing & heartbreaking." I was in charge of delivering mail & sitting with kids who didn't receive mail or visitors. Eventually, hospital staff found me as they did at my children's hospital visits I did on my own time on the pro tennis tour. Hospital workers always said, "We don't understand the laughter coming from this room. What are you doing to make the children laugh & have fun? We want it to continue."

To be fair to what the hospital workers warned me about, yes, pediatric oncology work can be heartbreaking beyond words. But when called to help -it is meant to be.



Donate Today!

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

In the first year of a child's cancer diagnosis, families on average experience a 40% loss in income

5 year old Haylee from Nebraska shares her a brave smile despite a recent cancer diagnosis. In 2021 Haylee's family and families across the U.S. dealt with devastating cancer diagnosis and bills piling up are sending financial assistance applications to Little Star Foundation. Together - help will be on the way.



Donate to Little Star at www.littlestar.org

Written by Adriana Solarova



When connecting with several struggling families such as Haylee's family who have been affected by life altering circumstances, it is often apparent these families are under a tremendous amount of stress.

Considering today's ongoing pressing issues, it is easy to get caught up in the negative cycle creating stress and tension in our body and mind which can lead to further serious health problems.

The good news is, there are ways we can learn to manage stress and with practice minimize the initial "fight or flight" body's response.

Most of us are aware stress releases stress hormones into our brain which are the same ones that trigger your body's "fight or flight" response. For example, our heart races, our breath quickens, and our muscles are ready for action.

This response was designed to protect our body in an emergency by preparing us to react quickly. But when the stress response keeps firing, day after day, it could put our health at serious risk.

Often, we may not be able to have control over the current negative circumstances affecting us which are causing stress reactions in our mind and body. However, **we do have** a choice and power to shift our perspective, thoughts and how we are going to respond and act in those circumstances.

Helpful tips on how to manage stress:

Accepting the scenario and adapting. We can avoid a lot of stress. We can plan ahead, rearrange our surroundings and attempt to change our situation for the better. For example, instead of feeling frustrated that we're stuck at home, look at it as an opportunity to bond, relax and finish projects we did not have the time and space for prior. The waiting line is too long? Read or listen to a favorite book, music, podcast. However, some problems can't be avoided. For those situations, try a different technique.

Practice thought-shifting. Stop gloomy thoughts immediately. Refuse to replay a stressful situation as negative and shift to positive thoughts.

Learn from own mistakes. There is value in recognizing a "teachable moment." For instance, we can't change the fact that procrastination hurt our end result, but we can make sure we set aside more time in the future.

Adopt a mantra. Create a saying such as, "I can handle this," and mentally repeat it in tough situations.

Exercise. Even with stay-at-home orders in place, an outdoor exercise that follows the social distancing guidelines is encouraged. Go for a walk or run, or workout outside. Even though the gyms are closed, there are many resources posting workout and exercise tips online. Check them out!

What can you do for someone else? Studies have also found that those who think of others are happier. This is our moment to make someone's day with a "thinking of you moment." No matter how we feel, we always have the power to help someone else feel better. Help someone else feel better by sending them a text, email or a written note with a positive message.

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

Follow

Andrea Jaeger and Little Star Foundation

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Daily 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.

Donate today.

Thank You!



Since all programs are provided free of charge to families fundraising is critical. Little Star Foundation operates on the generosity of others. Your donation is vital in improving and saving lives.

On behalf of all the children, families and communities in need and with cancer benefiting from Little Star Foundation Programs, a heartfelt thank you to you.

Lindsay was diagnosed with a brain tumor very young; after Lindsay's recent passing, her Mom shares...

Hi Andrea,

Thank you for your very thoughtful and heartfelt words. Lindsay loved her movie nights with you and Adriana. She looked forward to them and said sometimes you never got to the movie, just spent the time talking. Continued on the next page, Lindsay and her family's request.

Lindsay's best friend, Amanda Hisaw from Chicago, shares next.

Andrea,

Thank you so much for your kind, thoughtful and personal email. I am so thankful for your words and the relationship you shared with Lindsay.

I plan to run the Chicago Marathon again in 2022. I deferred my qualified entry to that year as I was scheduled to run it in 2020....then COVID!! I was thinking that maybe when the time comes, I can run in honor of Little Star Foundation and my buddy, Lindsay. I would love to fundraise for your incredible Foundation!!!

Thank you again for the sweet email. I am sorry for your loss and pray that God blesses the work you do every day to help soooo many!

Lots of Lindsay "hypothetical virtual hugs!) to you,
Amanda



www.littlestar.org

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.

Amanda's donation came with these words, "In Honor of my sweetest & most hilarious "bud" Lindsay Belt. May others be inspired by your courageous optimism in the face of battle. I love you!" Priceless best friends, Special Amanda, left, is pictured with incredible Lindsay, just days before Lindsay passed.



The stories we could share daily about families we are helping thanks to your support would fill libraries. **Your help is needed!**

Above: David from CO, diagnosed with a brain tumor starts chemo this month. His family is requesting prayers and financial support.

Lindsay Belt's Mom's sharing continues in Lindsay's obituary. "In lieu of flowers, the family is requesting that a donation be made in Lindsay's name to Little Star Foundation, 174 Watercolor Way, Suite 103, B343, Santa Rosa Beach, FL 32459 www.littlestar.org

Lindsay has had a close friendship with Andrea Jaeger, the founder of 'Little Star Foundation' from the very beginning of her fight with this unrelenting disease. Right up to the end, she & Andrea had virtual movie nights. Everyone at Little Star Foundation has always been so supportive and loving to Lindsay and our family."

Dear Andrea and Staff,

I recently received a "stimulus" check, which I really don't need. Of the several charities/non-profits I donate to annually, I have just a few who are favorites: One of 'em being Little Star. So how could I not contribute some of this extra money to an organization dedicated to caring for kids with cancer, (and their families)?

In the Jewish religion, of which I am a member, the number, 18 is special. It's a symbol of Life. Since you are embarking on your 36th year – a multiple of 18 – I'm enclosing a check for 10 times 18.

Please keep up your good work.

"With Great Appreciation",

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
174 Watercolor Way Suite 103 B343, Santa Rosa Beach, FL 32459 info@littlestar.org