



Here are some ways to come alongside your loved one and support her through this hard cancer journey.

Cook a Meal or Send a Gift Card: The everyday tasks of life are overwhelming, so blessing your friend with a meal or giving them a gift card so they can order food is so helpful. (Note: Sometimes there are special dietary needs, so please ask for specific details.)

Organize a Meal Train: One meal is amazing, but weeks and months of meals are life-changing and will help your loved one immensely. (Note: You can manage the meals well by indicating their favorite foods including what they like and don't like.)

Pick up Prescriptions or Deliver Groceries: Leaving the house is hard when you are receiving cancer treatments so offering to pick up and deliver necessary items will alleviate stress for your loved one.

Help with Kids: Depending on the kid's age, this could look like babysitting or offering rides to and from school or other sport activities. I know for me, my friend had young kids, so I helped organize fun events for them over the summer, so she could rest. Loving her kids is a way to express love and care to her.

Give Rides to Chemo or Radiation Appointments: Special time in the car with your loved one is priceless. You can listen to how they are feeling or what they need as well as share words of encouragement. (Note: some people enjoy talking, others want quiet. Be aware of what they need.)

Offer to Stay at the Appointments: The first couple of appointments, your friend may want to talk and visit. But as the treatments start compounding in her body, she may just want to sleep. It is best to ask each time what she needs and honor her wishes.

Assist with Laundry and House Cleaning: Again, everyday tasks can pile up, so you can truly bless your loved one with doing laundry and house tasks. Another way to help is to hire and pay for someone to come every other week to clean their home for a couple hours. It will make such a difference.

Help with Communication: Supportive texts from others are a beautiful gift and at the same time can be very overwhelming for your loved one. A caring bridge site allows you to write a message on their behalf and deliver it to everyone at once. People can then comment on the site and your loved one can read their encouraging words at their convenience and not feel obligated to respond back to each person.

Send a Care Package: I love to gift books—specifically a Christian book that will help encourage and remind them God is faithful even in the middle of the storm. I also like to include a journal and candle.

Lastly, Pray Daily: There is power in prayer! It is a beautiful gift to be a prayer warrior for your loved one!

I hope these ideas help you support your family and friends during their time of need. Love, Jodi