

At the request of Kristina's family, Cancer Services of Northeast Indiana is continuing the mission of Hope in a Handbag. If you want to be part of offering hope and comfort to women facing breast cancer consider sponsoring Hope in a Handbag. The cost is \$50 for each handbag. It is a gift that will go a long way toward building the sisterhood that no one wants to join, but every woman appreciates.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I would like to underwrite \_\_\_\_\_  
Hope in a Handbag(s) for \$50 each.

Enclosed is my check in the amount of  
\$ \_\_\_\_\_

Make checks payable to:  
Cancer Services of Northeast Indiana  
6316 Mutual Drive  
Fort Wayne, IN 46825



(260) 484-9560 • (866) 484-9560  
[www.cancer-services.org](http://www.cancer-services.org)

Cancer Services is entirely supported  
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SUPPORT FOR  
MASTECTOMY PATIENTS



[www.cancer-services.org](http://www.cancer-services.org)

# How Hope in a Handbag started



Kristina Alderdice was a young stay-at-home mom washing dishes when she noticed a nagging pain near her armpit. Her husband urged her to see her doctor.

Her doctor didn't seem overly concerned, but wanted to do a biopsy

anyway. It was cancer and the kind that wouldn't yield to a simple lumpectomy. Kristina needed to have both breasts and nine lymph nodes removed. She would need both chemotherapy and radiation and wouldn't be a candidate for reconstruction.

It was a lot to take in. She was rarely sick. The diagnosis was hard to believe.

Kristina and her mother, Ellen, launched Hope in a Handbag with seed money from her father, Rev. Vernon Graham. The inspiration came from a similar program in Connecticut. Each Hope in a Handbag contains items Kristina wished she had after her surgery.

Kristina told a friend, "It actually is a way to give back and thank people who were so generous to me. It became a healing thing for me."

During her ten-year fight against cancer, Kristina inspired and encouraged hundreds of women. The contents of Hope in a Handbag are practical and thoughtful items that all women value after surgery. But even more than that, Hope in a Handbag is a way to let women know that they are not alone and that others who have walked this path are reaching out to provide comfort and hope.

## Items you may need when released from the hospital

- Sleeveless cotton undershirt will hold bandages in place (drains can be pinned at the hem)
- Blouse, sweater or dress with front opening
- Slip on shoes or sandals that are easy to get on and will accommodate swollen feet
- A bed pillow to cushion your back during the ride home

## Tips for recovery at home

- Stay hydrated
- Avoid salty or difficult to digest foods
- Keep a memo pad nearby to jot down questions for the doctor and tracking medications — remembering things may be difficult
- Take lots of short walks around the house
- Be prepared to experience a variety of sensations throughout your body. Discuss these with your doctor

