

Barbie Braden | Director

Hello, my friends. As this newsletter is being put together, our nation is facing many challenges with the COVID-19 virus. I would like everyone to know that we are taking every precaution that we can at Driven by Heart. Our annual Joy of Life luncheon fundraiser has been rescheduled to June 26, 2020. We have temporarily cancelled all meetings, speaker series, and have closed our office. You can reach us by Facetime, and always by phone, text, or email. We are delivering any items that current Driven by Hearters or newly-diagnosed gals need. Please remember to reach out and stay in contact with loved ones and friends. This is especially important for people who live by themselves. Stay safe, and be healthy.



*Barbie* ❤️



Have you *smiled* today? **Amazon Smile** returns .5% of your purchases to Driven by Heart! Simply search for Amazon Smile, log in to your Amazon account as you typically would, and register for *Driven by Heart* when you are prompted to choose an organization. This is an easy way to help support your local breast cancer community. You can add bookmark to your browser so you don't forget to shop through Amazon Smile. Please share this with friends and family! Every dollar that you return to Driven by Heart allows us to help another breast cancer survivor through their diagnosis, treatment, and recovery.

## ***BE PRODUCTIVE***

**Remember to focus on all of the amazing things about yourself. Be your own cheerleader.**

Get outside every day—even if it's to sit in a chair and enjoy the breeze.

Call a loved one—maybe someone who you haven't spoken with for some time.

Try a new recipe. This could be something as simple as dipping a carrot into peanut butter. If it's new to you, it's new!

Start a journal. What are you thankful for? What are your goals?

Plant something...preferably something you can eat. Tomatoes are a really easy start!

*Driven by Heart* is currently only open by phone, email, and Facetime.

We want to hear from you!

(321)474-6900. [BarbieBraden@DrivenbyHeart.org](mailto:BarbieBraden@DrivenbyHeart.org)

**WHAT THE BLOG?!** We are hard at work to provide you with relevant topics and questions for you to chime in and share your experiences. This is especially important right now given that we are unable to meet in groups. Please check in on the Breast Cancer Blog on our website with your questions and advice for others. Whether you are newly diagnosed, in treatment, or have been out of active treatment for some time, **your experience is valued** and your questions and perspective are helpful. Please share!

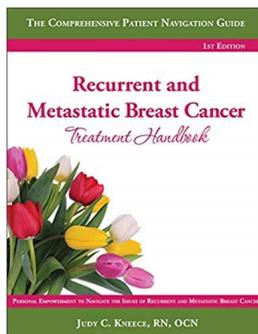


Baby steps still move you forward. Don't let anyone tell you that they aren't a sign of progress.

We often have opportunities for volunteers to help with behind-the-scenes things like stuffing envelopes, wrapping raffle baskets, and other admin things. We also need help with registration, setup, and planning for larger events. Please contact us if you can donate any of your time after restrictions are lifted.



**We would love to have your help!**



We have a new resource for our metastatic gals: *Recurrent and Metastatic Breast Cancer Treatment Handbook*. This is a companion book to Judy Kneese's *The Breast Cancer Treatment Handbook*. In addition, we are working to grow our library to include many different topics. Stop by to check out a book!

## SPEAKER SERIES

Due to the Coronavirus, we are not having outside speakers for the second quarter so that we can abide by CDC guidelines. Instead, we are your speakers!

We will continue to go live on Facebook as long as we remain healthy and the current CDC guidelines remain in place.

Hopefully you tuned in for the FB live event where we talked all things breast cancer and painted and raffled off a nightstand to one of our viewers. There is another FB live stream coming soon; keep an eye on our FB page to join us for another painting and talk session.

**What kind of speakers would you like to see at Driven by Heart?**

If you have any suggestions, please email them to [BarbieBraden@DrivenbyHeart.org](mailto:BarbieBraden@DrivenbyHeart.org)



*Ice Cream—the healthy way!*

### **One-Ingredient Banana Ice Cream**

Ingredients:

1 ripe banana

Directions: Peel the banana. Slice into coins. Freeze solid. Blend in food processor or blender until smooth and creamy. If you are using a blender, pulse, and stop regularly to scrape the chunks down the sides. While this is great by itself, you can also top with things like nuts, a drizzle of caramel, a dusting of cocoa powder, or some chocolate chips.

Watch for emails or updates



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