

Banana Notes

## The Hannah Banana Foundation: Why We're Here?

If you ever wondered "why give"? Let these notes from patients be your answer.

- 香蕉 This gift made my day!
- 香蕉 I thank you for the gift. When I am taking my medication I solve puzzles with a smile.
- 香蕉 Today is the first day that I received a gift and I am having fun.
- 香蕉 I'm deaf and mute and your product helped me get through those lonely nights. Thank you.
- 香蕉 May God bless you and yours.
- 香蕉 The coloring book took my mind off of the chemo.
- 香蕉 I thought this was wonderful. I looked around and others seemed to be happy too. Thank you!!
- 香蕉 Your gift has helped me pass the time during treatment.
- 香蕉 I cannot thank you enough for your generous gift. It made me feel as if I mattered during a time when I wasn't feeling my best. God bless you!!
- 香蕉 Nice to know that people care when you are facing rough times.



Hannah "Banana" Prisand, March 2008.

### The BananaPeel!

Hannah Banana Foundation appreciates your generous and creative support. We're a registered public charity under Internal Revenue Code 501(c)3.

To make your tax-deductible donation, please visit [www.hannahbananafoundation.org](http://www.hannahbananafoundation.org) or mail your check to:  
Hannah Banana Foundation  
353 East 72nd Street, #34A  
New York, New York 10021

Thanks a bunch!



353 East 72nd Street, #34A | New York, NY 10021



Fall/Winter 2009

For Friends of The Hannah Banana Foundation

Vol. 1 Issue 1

## Thanks a Bunch!

Dear Friends,

On the occasion of our first newsletter, we'd like to thank all of you for your support and enthusiasm for the Hannah Banana Foundation as we continue our mission to brighten the lives of chronically ill, hospitalized, and terminally ill patients by giving them therapeutic gifts such as art supplies, toys, journals, and activity oriented books while they're in-care.

**Our gratitude extends to all of you who have made contributions to the Foundation in any way.**

We plan to publish this newsletter twice a year to not only update you on our progress accomplishing this mission and let you know about our fundraising activities, but to raise awareness about what's happening in the world of treatment . . . and to share the thoughts and thanks from those patients whose hospital stays are made just a little brighter through our Foundation's work – and your help and support.

Our gratitude extends to all of you who have made contributions to the Foundation in any way. You all know who you are, and we are eternally grateful!

*Arin Amanda*

**Arin Amanda Prisand – President and Founder**

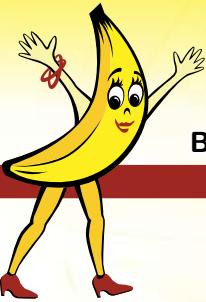
*Anita Lubarsky*

**Anita Lubarsky – Vice President, Board of Directors**



**Top:** Stephanie Eiseman, Alison Snow, Jane Gonzales, Meredith Cammarata, and Linda Brosterman (HBF Secretary and Mt. Sinai Hospital Liaison) giving HBF gifts to Mt. Sinai.  
**Bottom:** Patricia Wells, Administrative Manager, Otolaryngology at Mount Sinai receiving the gift bags of wipe boards.





## First Disbursement Brightens Days for 1,200 Patients!

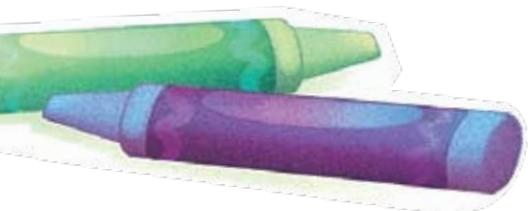
This spring we had our first disbursement of 1,200 gift bags at five hospitals in New York and New Jersey. Filled with "word finds for the healthy mind," pens, geometric coloring books, markers, journals and decks of cards, the bags help patients and their families pass the time and make a difficult time, just a little easier.

We also gave ICU and ENT patients whose ability to speak was compromised wipe-boards, dry erase markers and erasers so they may communicate with their loved ones.

Both patient groups have been communicating with us. Read their feedback on the back cover and share the happiness we have brought to our patients.



**Top Right:** Alexis Prisand and Rebecca Prisand stuffing bags for North Shore LIJ.  
**Top Left:** Arin Amanda Prisand and Liz Friedrich stuffing bags. **Middle Right:** Jack Paterno, Allyson Paterno and Gary Prisand.  
**Bottom Right:** Norman and June Prisand.



## Second Disbursement to Reach Over 2,000!

This fall, we will complete a second distribution of gift bags and wipe-boards. This time, we will reach 2,100 patients at nine hospitals: Jersey Shore Medical Center, Community Medical Center and Riverview Medical Center in New Jersey; Beth Israel Medical Center, Mount Sinai Medical Center, NYU Medical Center and Weill Cornell-New York Presbyterian in New York City; North Shore LIJ on Long Island and SUNY Downstate Medical Center in Brooklyn. As always, smiles are our main goal! Want to help us reach more patients?

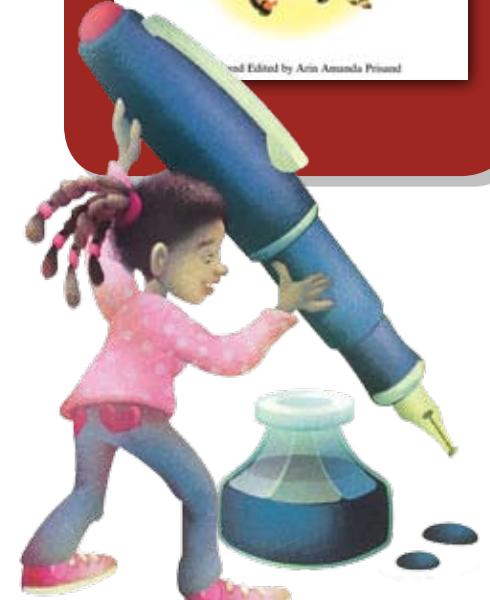
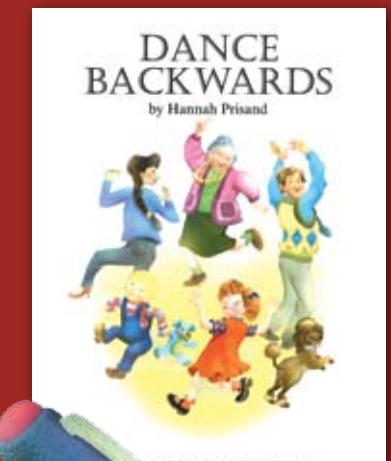
Make a donation at our web site, [www.hannahbananafoundation.org](http://www.hannahbananafoundation.org). To volunteer or become a Hannah Banana Foundation hospital liaison, contact [june@hannahbananafoundation.org](mailto:june@hannahbananafoundation.org).



## Dance Backwards Is Published:

### Give the Gift of Joy This Holiday Season.

We've posthumously published Dance Backwards, Hannah "Banana" Prisand's book of children's poetry. Filled with humor and whimsy, this quirky anthology will warm your heart as you reminisce about happy childhood days. All proceeds benefit the Hannah Banana Foundation. The book is selling well and makes a great holiday gift! To order your copy, visit us at [www.hannahbananafoundation.org](http://www.hannahbananafoundation.org)



## Hannah Banana *Rocks* - Again!

### April 22: Save The Date!

Our second annual rockin' Banana benefit is set for Thursday, April 22, 2010 from 6:30 to 10:00 p.m. at the Canal Room in New York City. Featuring an open bar, hors d'oeuvres, and music by the great U2 cover band, Unforgettable Fire, and 80's favorite Rubix Kube. Party and dance the night away to tunes you know and love. **Tickets are limited, so don't miss out! Tickets go on sale in January on our web site.**

### Be Part of the "Banana Bunch"!

We also need underwriters, corporate sponsors, donations and event committee members for this fantastic and fun event – for a fabulous Foundation! If you can help, please email [arin@hannahbananafoundation.org](mailto:arin@hannahbananafoundation.org)

## Tips From The "Front Line": Some Things That Have Worked For Us!

If you or someone you love is going through chemotherapy, here are some tips that may help. Obviously, we're not doctors – and would never suggest you go against their advice – this is just from our "been there, done that" experience and thought it might help you manage yours:

- 1 **Stay well hydrated.** Drinking lots of water can only improve how you feel during chemo. Your body is working hard, and it may be thirsty.
- 2 **Take a walk.** Exercise is sometimes the last thing you think about during treatment, but simply taking a short walk may really improve how you feel.
- 3 **Contact a friend.** Friends often feel awkward about reaching out to you during treatment. Take the first step, and call a friend. They will be happy to lend support!
- 4 **Read a funny book.** During chemo it can be difficult to focus on anything serious, but a book of light short stories or jokes can hold your attention for short periods or be shared with loved ones.
- 5 **Use moisturizers.** Both men and women find that their skin and lips get extremely dry during cancer treatment. Ask your doctor about the right skin and lip moisturizer for you. Itching or cracked lips only add to discomfort.

Do you have some "Front Line" advice you'd like to share? Email your suggestions to [neenie@hannahbananafoundation.org](mailto:neenie@hannahbananafoundation.org) and perhaps we'll feature them in an upcoming newsletter.