

Banana Notes

For Friends of The Hannah Banana Foundation

Vol. 1 Issue 3

Thanks a Bunch!

Thank you for supporting the Hannah Banana Foundation and our mission to spread positive energy to hospitalized adults. We could not achieve our goals without our generous donors and our enthusiastic volunteers. Hannah Banana Foundation has no paid employees and relies on the love, time, energy, and support of our friends.

Many of you participate in and donate to HBF because you remember Hannah "Banana" Prisand - her optimistic, funny, cheerful personality, and you want that to live on. Some of you volunteer because you have visited a friend or family member in a hospital, and you want to improve that experience. You may be a patient who has received a bright yellow HBF Bag, or you could be a nurse who saw first-hand how much your patients enjoyed their HBF gift. Regardless of how you are connected to Hannah Banana Foundation, you understand why we do what we do, and we thank you for believing in our mission.

Jared Shulman delivers HBF gifts to Beth Israel Medical Center



Gary and Normand Prisand Playing Like Kids at the 2011 Benefit



Your efforts and support have enabled us to reach over 15,000 patients at 16 local hospitals since 2008. In the spring of 2012, we distributed gifts to 2,750 patients - that's a lot of sick people, and we cheered them up!

This newsletter shares comments from thankful patients, information about our ongoing programs, and a Save the Date for our next Benefit!

Thanks a bunch!

Arin Amanda Prisand
President and Founder

Lauren Vingiano
Vice President



Elissa Pellegrino and Lauren Vingiano with HBF feedback cards at 2011 Benefit



Arin Prisand finds the banana in Boston, MA!

Banana Notes

Why do we give Hannah Banana Activity Bags and Communication Bags?

Spending time with Hannah “Banana” Prisand in the hospital was eye-opening. So many patients were without visitors, alone and bored. The mission of Hannah Banana Foundation became instantly clear: to bring fun activities to these patients, inspire healing and spread cheer.

What is in the bright yellow HBF Activity Bag?

All carefully selected to be mess-free and hospital friendly!

- Deck of cards
- Journal
- Hannah Banana smiley face pen
- Magic markers
- Abstract coloring book
- Word find to keep a healthy mind

Who receives the Activity Bag?

Seriously ill hospitalized adults 25-80 years of age in palliative care, surgical and oncology units. Hospital volunteers determine who can benefit most from an Activity Bag delivery.

What’s inside the HBF Communication Bag?

Products that enable patients to speak their mind neatly and quickly when their voice can’t.

- White wipe board
- Dry erase board marker and eraser
- Hannah Banana smiley face pen

Who receives the HBF Communication Bag?

Patients whose ability to speak has been compromised by Ear, Nose, and Throat (ENT) surgeries, oncological treatments (cancer), or intensive care unit (ICU) ventilators.

Where does Hannah Banana Foundation currently deliver?

Beth Israel Medical Center (New York, NY)
Brookdale University Hospital & Medical Center (Brooklyn, NY)
Columbia University Medical Center (New York, NY)
Community Medical Center (Toms River, NJ)
Hackensack University Medical Center (Hackensack, NJ)
Jamaica Hospital Medical Center (Jamaica, NY)
Jersey Shore Medical Center (Neptune Township, NJ)
Monmouth Medical Center (Long Branch, NJ)
Mount Sinai Hospital (New York, NY)
North Shore-Long Island Jewish Health System (Great Neck, NY)
NYU Langone Medical Center (New York, NY)
Riverview Medical Center (Red Bank, NJ)
Southern Ocean Medical Center (Manahawkin, NJ)
Staten Island University Hospital (Staten Island, NY)
SUNY Downstate Medical Center (Brooklyn, NY)
UCSD Moores Cancer Center (La Jolla, CA)
Weill Cornell Medical Center, (New York, NY)
White Plains Hospital (White Plains, NY)
Winthrop-University Hospital (Mineola, NY)

In addition to appreciative comments from patients, Hannah Banana Foundation receives thank you letters from the hospitals too,

“The suffering endured by these patients can be unbearable. The gift bags your foundation assembles and distributes can definitely brighten a hospital stay by cheering a patient confined to the hospital. Anything that can generate a smile is indeed therapeutic. Therefore, we were thrilled to receive your thoughtful gift.”

Gary Prisand provides
Community Medical
Center with HBF bags



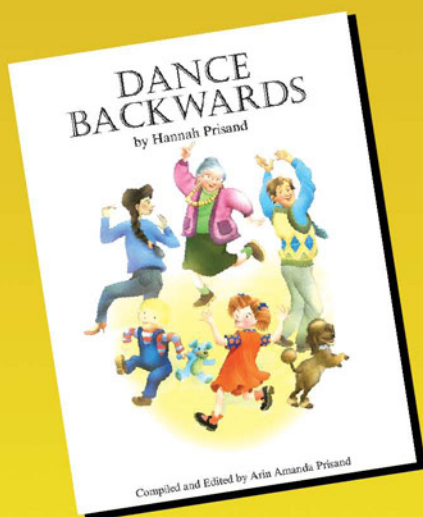
HBF baggie
packing party

Be part of the “Banana Bunch!”

Would you like to get involved? We are looking for underwriters, corporate sponsors, donors, event committee members, hospital liaisons, and enthusiastic volunteers. If you can help, please email arin@hannahbananafoundation.org.

Hannah Banana Rocked the Carnival

Hannah Banana Foundation hosted its third benefit on October 20th, 2011. Our supporters Played like Kids and Partied like Rockstars! We danced with stilt walkers and jugglers, played boardwalk style games, and took home Hannah Banana themed prizes. Thank you to everyone who joined in the fun!



DANCE BACKWARDS - is a humorous and quirky anthology of poems written by Hannah "Banana" Prisdand. This is a great gift for friends and family of all ages. **You can purchase DANCE BACKWARDS on our website: www.hannahbananafoundation.org. Proceeds benefit Hannah Banana Foundation and help us continue to achieve our mission.**

"Hannah Banana Days"

Every year on May 23rd, Hannah Prisdand's birthday, we host "Hannah Banana Days" in pediatric units at local hospitals and Ronald McDonald Houses. Hannah Banana Foundation volunteers deliver smiles by reading poems from DANCE BACKWARDS, doing arts and crafts projects related to poetry, and playing games with the children. We held two Hannah Banana Days in 2012: one at the Ronald McDonald House in New York City and one at Winthrop University Hospital in Mineola, NY. We are looking forward to more Hannah Banana Days in 2013!

Save the Date!

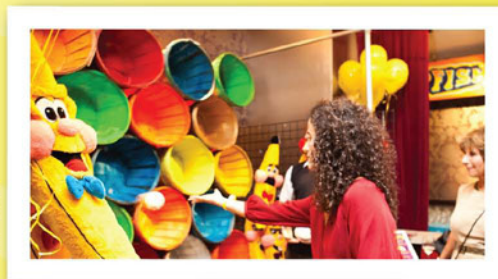
Get Ready to Giggle and Party!



Laughter is the Best Medicine! Our next benefit is Thursday, April 18, 2013 in New York City at the Gotham Comedy Club. Check our website for details on how to get your tickets! - www.hannahbananafoundation.org.



Playing games
at 2011 HBF
Benefit



Tips from the "Front Line":

Some non-medical advice from a survivor and Hannah Banana Foundation friend:

1. **Supplement Your Treatment:** Stay focused on getting better and release negative energy from your body. Reiki, acupuncture, massage, or yoga can help you feel more grounded, relaxed and ready for the next treatment.
2. **Be Healthy:** You are what you eat. Find food that can help strengthen your body and its ability to fight. Green juice or green tea can help put your mind at ease. Check with your doctor for suggestions and before trying anything new.
3. **Busy Your Mind:** Stock up on movies, video games, books, and maybe that TV series you always heard was great but never had the chance to watch. Enjoy and use your Hannah Banana Foundation gifts. The busier you keep your mind when you don't feel well, the quicker the time will pass.
4. **Remember, You Are Not a Statistic:** Doctors, web searches and friends might give you odds, outcomes, or probabilities. Just remember that you are not a number, because willpower and the human spirit cannot be calculated or measured. The power of mind over matter is not a percentage. You are not someone who has come before you - you are unique, and YOU BELIEVE in your ability to survive.

"What the mind of man can conceive and believe, it can achieve."
- Napoleon Hill.

If you know someone who is sick and in need of some Hannah Banana Cheer, please let us know. Send your request for a Hannah Banana Activity Bag to allyson@hannahbananafoundation.org.

Visit us at www.hannahbananafoundation.org




Banana Notes


The Hannah Banana Foundation:

Why we do what we do...

These comments from patients remind us that Hannah Banana Foundation makes a difference.


 "The crossword puzzle was my favorite because it challenged my mind. It's beautiful to let the patient know that they are cared for. I was pleasantly surprised by your gift."
Angela, 62, SUNY Downstate Hospital

 "Everything in your gift bag was wonderful. You made my chemo treatment pass."
Jean, 77, Jersey Shore University Medical Center

 "I am unable to speak well, and the board and markers helped me to express myself. I can write without straining myself. Thank you for helping us patients."
Carmen, 50, Mount Sinai Medical Center

 "It gave me something to do! It was nice to have something to occupy my time. Thank you for the gift!" - **Peter, 71, Community Medical Center**

 "The cards are my favorite because I can use them as self-entertainment. The gifts are useful and broke the boredom. Thank you for providing these distractions to a lagging time." - **Monroe, 77, White Plains Hospital**

 "What a cheerful little gift bag. So nice of you. Thank you! It kept me occupied. I thought it was great, and so thoughtful." - **Deborah, 53, Community Medical Center**

 "It is a beautiful gesture. It will surely keep us smiling. Keep up your beautiful work."
Anonymous, 82, Columbia Presbyterian

 "The coloring book was my favorite part of the gift. I haven't colored in years. I really used to like coloring. The gift brightened my day because I didn't expect anything at all. It was a nice surprise, and I thought it was quite satisfying."
Dwight, 48, SUNY Downstate Hospital

The BananApeel!

Hannah Banana Foundation relies on your support. No one involved in Hannah Banana Foundation receives a salary. Our mission is achieved by the energy of our enthusiastic volunteers. We greatly appreciate your generous support. It costs only \$5 to give a bag to a patient. Hannah Banana Foundation is a registered public charity under Internal Revenue Code 501(c)3.

To make your tax-deductible donation, please visit www.hannahbananafoundation.org or mail your check to:

Hannah Banana Foundation
353 East 72nd Street, #34A
New York, NY 10021

Hannah "Banana" Prisand
March 2008

