

JZ CARING BOX

GUIDE



THE BOX

This box has two purposes. Initially, it serves to hold and deliver the contents of the JZ Caring Box to you; and after, to be re-used as a "Courage Box" to hold cards, notes etc. you receive from those offering you support and encouragement, and wishing you well.



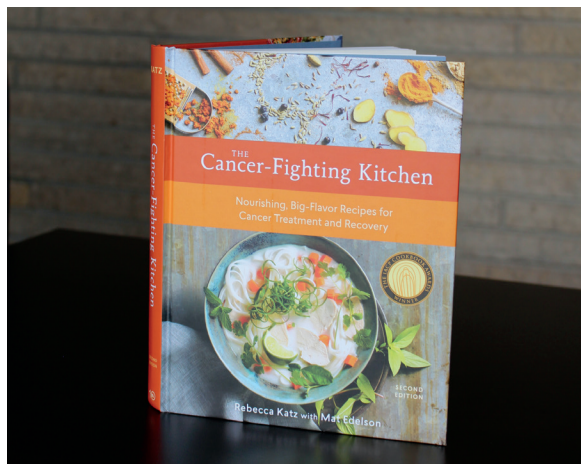
THE BLANKET

During treatment and recovery, you may find that a blanket will help keep you comfortable and warm. From Jonathan Zierdt: "For me, ordinary blankets were plentiful, however, my shoulders were always cold. This custom made larger size blanket (folded in half to cover you shoulders, as I do) is inspired by a prayer shawl I received. It will help keep you comfortable and warm, and is a symbol that you are wrapped in a community of care."



THE JOURNAL & PEN

You, and/or your caregiver, may find this journal helpful for taking notes in your various meetings with medical providers, or capturing your personal thoughts and reflections during your journey.



THE COOKBOOK

This award-winning cookbook features science-based, nutrient-rich recipes designed to help give you a boost and address treatment side effects you may experience. This resource includes a step-by-step guide to help you prepare for all phases of treatment and helps you build a symptom and cancer fighting culinary toolkit.

