

Tina Jensen

CREATIVE MARKETING SAMPLES

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A few brands I've worked with



mendtogether

















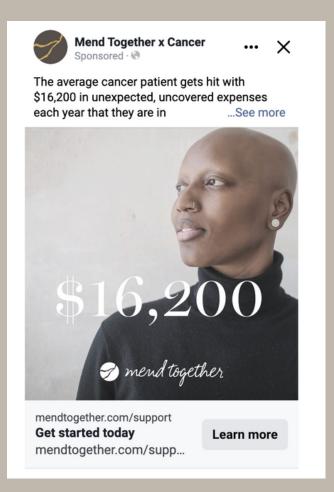


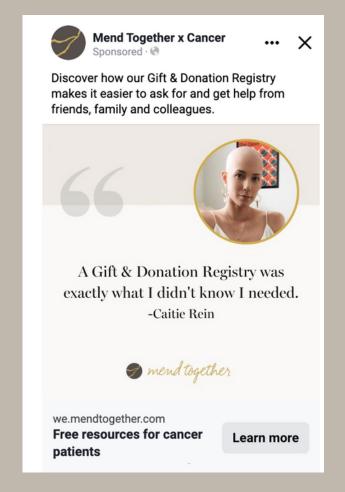




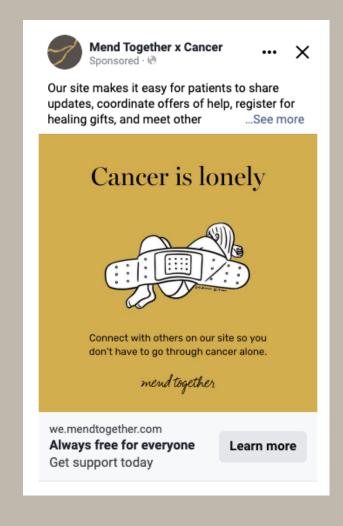
Conceptualizing | Copywriting | Creating | Implementing | Tracking

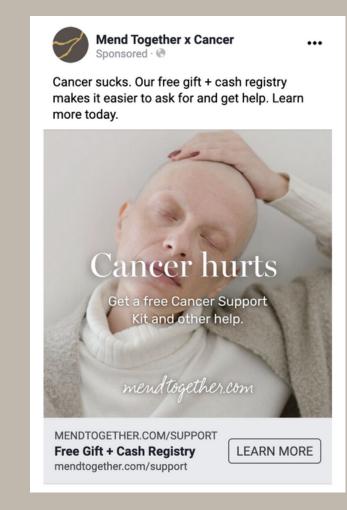
Paid ads

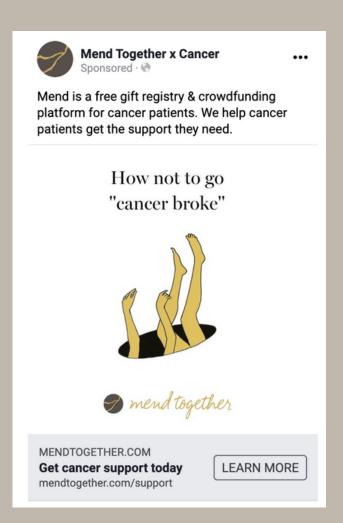












Organic social media















Hello Tina

I created Mend Together to "pay it forward" – passing on the lessons I learned during cancer and helping others who needed support after I was strong again.

Little did I know that I would be back needing support after 3 major surgeries this year.

For this month's newsletter, we are focusing on compassionate ways to create a **circle of help** because we all go through periods of hardship and health.

And the only way we can make it through challenging events is together.

Mend Together Highlights

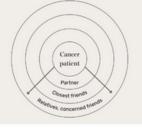


Cancer patients are often unsure of what product might help them heal – or are too tired to research. Explore the <u>healing items</u> that I used – and wished I knew about – when I was going through cancer.

We use the proceeds from our merchandise to pay for the development of our free resources like our <u>Support Communities</u>. <u>Community Journal</u>, and <u>Volunteer Calendar</u> – your purchase helps keep this circle of helping going.

Tips

Circle of Grief

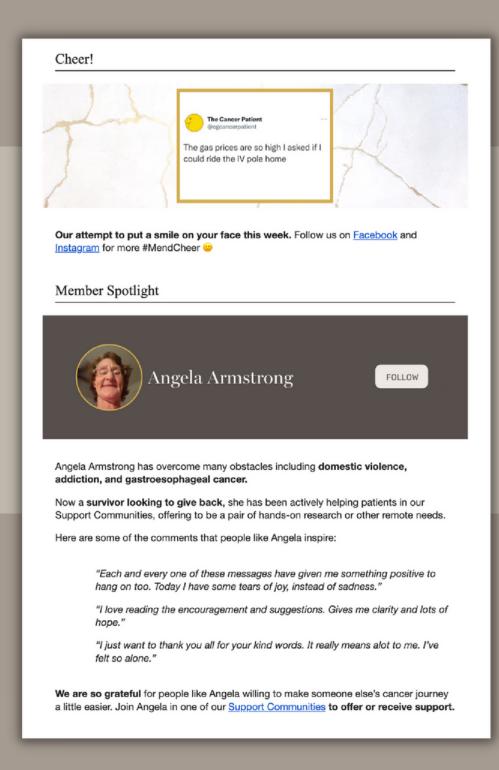


News of someone's diagnosis often creates anxiety, causing us to want to process our fears and concern with those closest to us.

Instead of: Unloading on the patient or their family

Try: Using the "Circle of Grief" model as your guide. Originally conceived for bereavement, this schema coaches us to confide in someone in your circle or farther out, rather than the patient.

Newsletter



Extra Help From Our Partners



Our friends at **Cleaning for a Reason** are devoted to giving back to cancer patients and their families by providing **2 free house cleanings** to anyone going through treatment. If you are going through treatment, we encourage you to <u>sign up for their free services</u> today. Or volunteer!

I hope this information was useful to you or someone you care about.

We Mend Together,

Lisa Lefebvre

Founder/CEO/2x cancer "endure-er"

P.S. You can **pay it forward by forwarding our newsletter** to a recently diagnosed patient or their family to help make their journey easier. We often share information about **free resources for cancer patients** in our <u>Support Communities</u>.



Follow us for insider tips on how to help yourself or a friend:







Please email us at help@mendtogether.com or call us at 212.763.0862.



No longer want to receive these emails? <u>Unsubscribe</u>.

Mend Together 83 Spring Street 4th Floor New York, New York 10012

Article





Don't Ignore Your Stage IV Friend



How to Help Someone with Metastatic Stage IV Cancer

Learning that a loved one has cancer is disorienting. Learning that their cancer is treatable - but not curable - is devastating. Few of us know what to do when we hear of a cancer diagnosis and many of us feel even less equipped to help a friend with metastatic Stage IV cancer.

The uncertainty surrounding your friend's foreshortened future can cause fear, sadness, helplessness, and even survivor guilt. If you are struggling with any of these feelings, here is some information that carhelp you navigate this new world.

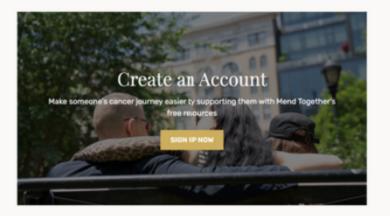
What is Metastatic Stage IV Cancer

Metastatic cancer is the most advanced stage of cancer. It is cancer that has spread (metastasized) from the first tumor site to another part of the body. This can happen weeks, months or years after a diagnosis. Sime people are initially diagnosed with metastatic disease because the cancer wasn't detected before it spread.

For most metastatic patients, treatment is ongoing and focuses on symptom management as well as preventing further spread of the disease. While the median survival rate for someone with metastatic cancer is 35 years, advancements in treatment protocols mean patients can expect to live longer than ever before.

You may feel discouraged with this news, but don't let it debilitate you. Your friend can still lead a fulfilling life during this time, especially with supportive people like you rallying around them. Now that you have a bitter understanding of what Stage IV cancer means, you'll be able to support your friend or family member in a more thoughtful and caring way.

Here are suggestions for how to support someone living with metastatic stage IV cancer:



1. Choose Your Labels Carefully

Simply put, language matters. The words we use carry a lot of weight and if used improperly, can stir up negative feelings.

Use terms like "survivor" or "warrior" unless the patient does. Your friend will live the rest of their life with this disease and will never "survive" it. And not everyone can relate to "fighting" nomenclature.

Listen carefully to the language your friend uses and mirror it. For Example, Mend Together's Founder, Lisa Lefebvre, thinks of herself as a 'cancer endure-er' versus 'survivor'. She says, "I don't feel like I 'survived' anything. I simply endured it. I had no choice."

When in doubt, ask "Is there any language that people use that is hard for you, or that you can or can't relate to?" This will open up a dialogue, ensuring you won't accidentally cause additional pain.

2. Acknowledge the Situation

Are you avoiding your friend because you don't know what to say? The fear and discomfort of not knowing what to do may cause you to retreat, which adds even more pain to a patient's journey. This is not the time they want to be losing friends or family.

Isolate your friend because you don't know what to say.

Pretend cancer isn't ever-present in their life.

Ask "How long do you have to live?" or "What's your prognosis?".

Say "It must be hard to be leaving your (children/partner/family) behind."

"This is hard. I don't know what to say! But I want you to know I'll make sure you don't go through this alone."

"This diagnosis stinks. I'm in this with you every step of the way."

Remember, It's okay to feel awkward. Your friend will appreciate your honesty and would rather hear something from you rather than nothing at

3. Don't Comment on Appearance — Ever

Commenting on appearances can be hurtful for someone living with Stage IV cancer. Many patients report that they look better than they feel during treatments but that doesn't mean they aren't struggling. In fact, most patients suffer from the invisible symptom of fatigue.

Don't:

Say "You look so healthy/good!", warns Maggie Kudirka, a Stage IV metastatic breast cancer patient who recently underwent her 90th maintenance treatment.

Try this:

Maggie advises, "Just ask someone how they are doing or feeling - in general and not about cancer".

For more ideas on what to say (and not say) to a cancer patient, click here.

You or a colleague are dealing with cancer.

Now what?



"Mend Together was exactly what I didn't know I needed."

FOR TEAM MEMBERS, FAMILY, AND FRIENDS

Organize support for yourself or someone you know with cancer



Community Journal

Patients can share updates in a private setting and meet other patients.

Loved ones can stay connected and provide words of support.



Volunteer Calendar

Patients can coordinate offers of help like meals, rides, or prayer calls.

Loved ones can volunteer where support is needed most.



Gift Registry

Patients can register fo healing gifts recommend by medical experts.

Loved ones can choose a gift to send to help with healing

Create an account with code JPM to get a Digital Support Kit, including referrals to free rides, meals, house cleaning and more.

Call or text 212-763-0862 to have us set up your page for you.

GET STARTED

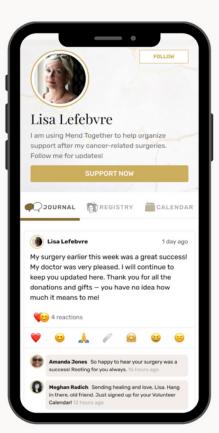
mend together

MendTogether.com

mend together + OTARGET

Get and give support during one of life's hardest moments: Cancer

Have you or a colleague been diagnosed with cancer? It's hard to know what to do next. Our site helps everyone learn what to say, do, and give.





LEARN MORE

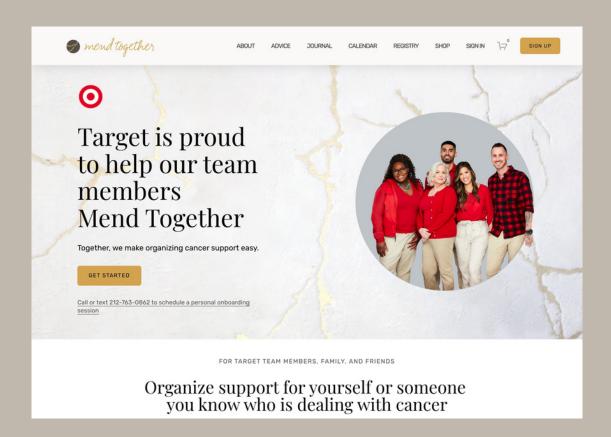
Create an account with code BULLSEYE to get a Digital Support Kit with access to free rides, meals, house cleaning, and more. All Target employees, family, and

Call or text 212-763-0862 to have us set up a page for you.

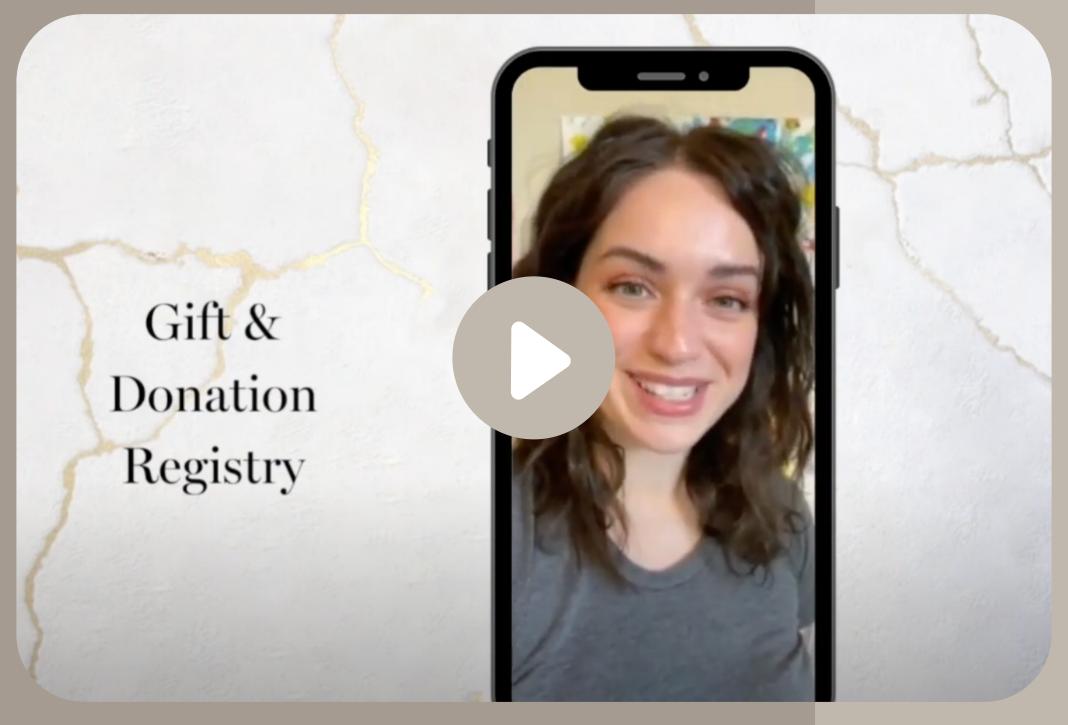


Partnership Collateral

FLYERS + LANDING PAGE



Video



TAP TO PLAY



Conceptualizing | Copywriting | Creating | Implementing | Advocating

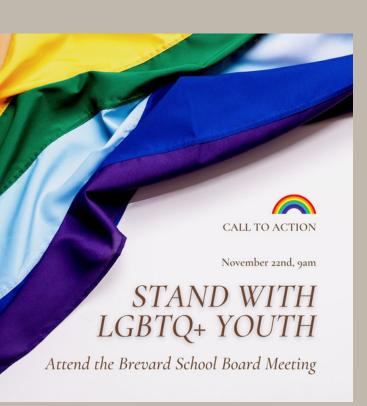


Event marketing





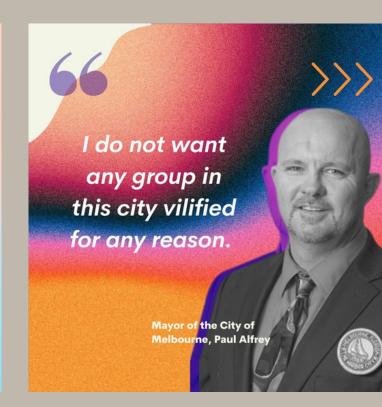
Organic social media











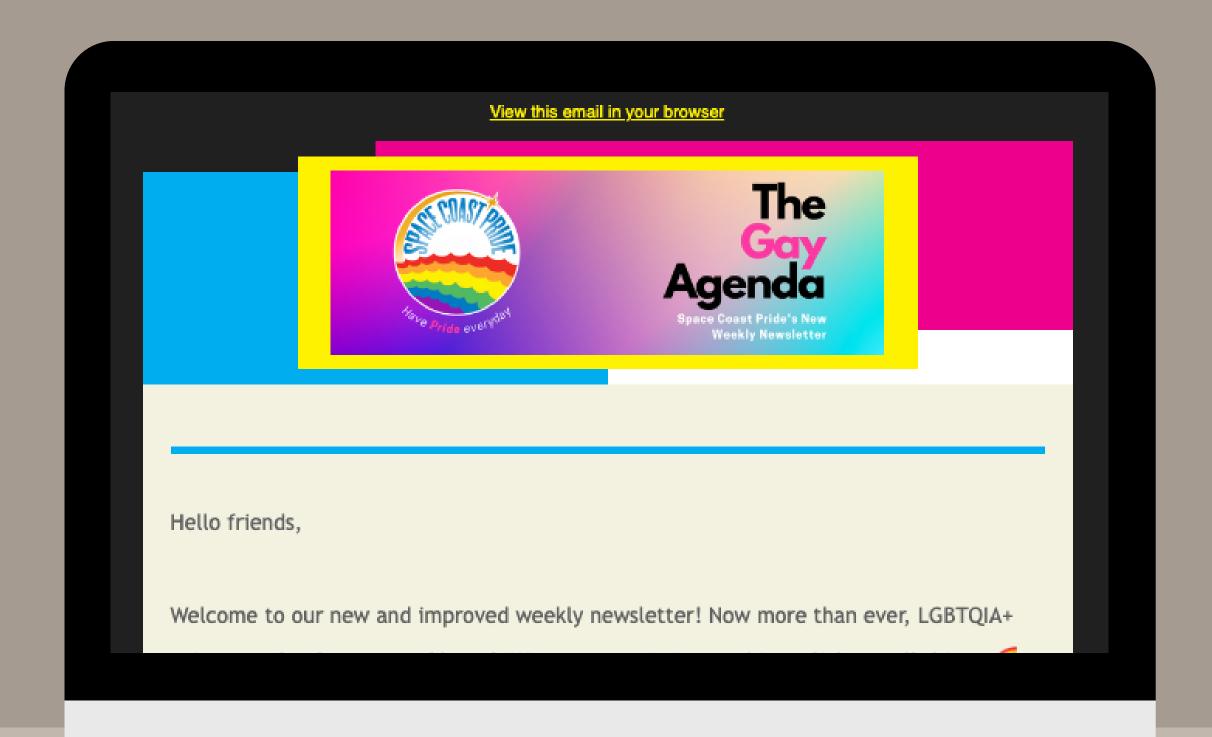








Newsletter

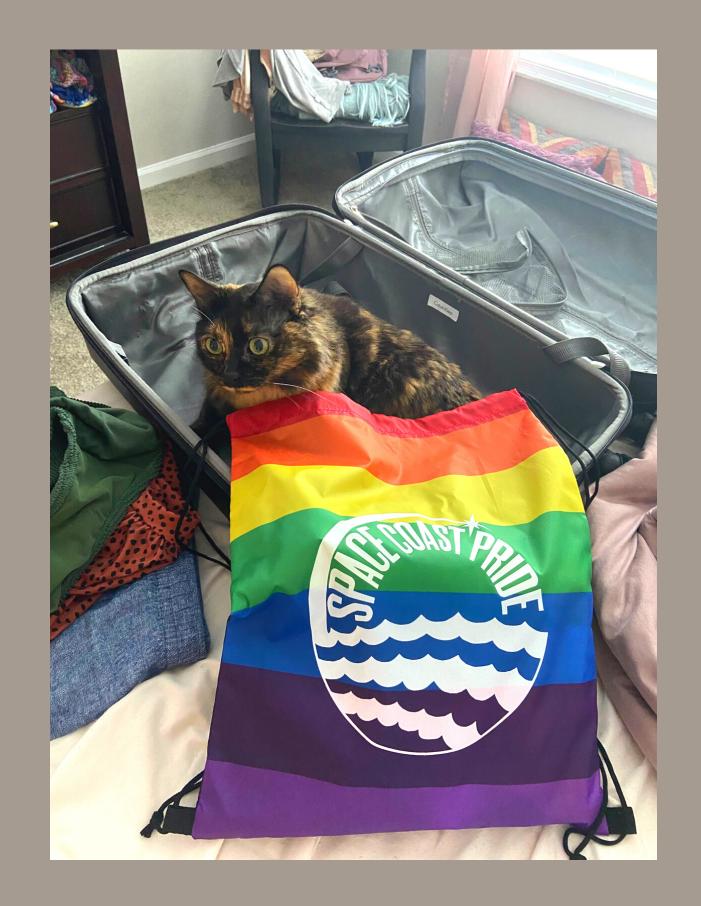


Radio + Reel

TAP TO PLAY



Swag









Signage



Thank you for your time and consideration