



# PREMIER CARES FOUNDATION

ANNUAL  
NEWSLETTER  
2022

## HEALING TAKES MORE THAN MEDICINE

A competent team of doctors, compassionate medical staff, support from loved ones, and a positive mindset are just some of the things a person needs while in treatment for a serious illness.

While we can't help with treatment, Premier Cares Foundation can help patients maintain a positive mindset and enjoy support from their local community. Individuals who qualify are provided assistance with their most basic and urgent needs so that some of their stress can be alleviated.

By partnering with local community action agencies, the Foundation's Care Fund helps financially-challenged urological and gastrointestinal patients in the Hudson Valley to receive grants for expenses such as transportation, housing, utilities including gas/electric, water, cable/internet, cell phone bills and more.



The 2022 Cars for a Cause Car Show judges, Colin O'Brien, Dr. Salvatore Buffa, Jacqueline Montfort, and Shelby Adrian

This incredible resource is available to residents of Columbia, Dutchess, Greene, Orange, Putnam and Ulster Counties. A wide range of diseases qualify for support including:

- Adrenal Cancer
- Bladder Cancer
- Esophageal Cancer
- Kidney Cancer
- Liver and Pancreatic Cancer
- Stomach Cancer
- Colon Cancer
- Prostate Cancer
- Rectal Cancer
- Testicular Cancer
- Upper GI Tract Tumors
- Urethral Cancer
- In addition, support is available to patients with chronic celiac disease, crohn's disease, diverticulitis, IBS, Ulcerative colitis, bladder control, vaginal prolapse, liver and pancreatic disease, fatty liver disease, and gallbladder disease.

Through successful fundraising events, grants, and donations Premier Cares Foundation has

*"The Care Fund helped me catch up so I can move forward. I have had over 30 operations for urinary disease, colitis, and bowel disease." - Chris M.*



Elizabeth Spira (L) CEO of the Hudson Valley Community Action Partnership for Dutchess County and a member of her team at the 2022 Prostate Cancer Walk.

donated over \$600,000 to local patients who qualify for assistance and we will continue to be a resource for them in their time of need.

If you or someone you know is interested in learning more or applying for assistance, visit [premiercaresfoundation.org/thecarefund](http://premiercaresfoundation.org/thecarefund).

Donations in support of the Care Fund can be mailed to Premier Cares Foundation, PO Box 93, Pleasant Valley, NY 12569 or scan the QR code below to donate online.

*"The Care Fund helped with bills when I was out of work on limited income with my cancer, which took away a lot of stress at a stressful time" - John*

## OUR MISSION

*The mission of Premier Cares Foundation is to provide support, education, awareness, and financial assistance to individuals in our community lacking sufficient funds to address significant urologic and digestive issues including but not limited to prostate and colon cancer.*



## SPONSOR SPOTLIGHT: PROS

Premier Cares Foundation relies on the continued generosity of supporters who believe in our mission and align themselves through sponsorship and volunteerism. Professional Radiation Oncology (PROS) has been a steadfast supporter and partner of Premier Cares Foundation for over over a decade.

PROS has shows a deep commitment to the Foundation's work in helping patients and educating the public about the importance of early detection.

PROS provides patients with integrative care. They bring together all medical disciplines and support services in one place—whatever is needed for the patient. The key technology they offer is IGRT, which provides a 3-D image of the tumor at the time of treatment. Image Guided Radiation Therapy allows for superior precision and ac-

curacy. Patients can even consult an oncology-certified dietitian, and visit with their certified therapy dog.

Thank you, PROS, for your support and dedication!



Jennifer Davis from PROS participating in the 2022 Prostate Cancer Walk with an exhibitor table.

## PROSTATE CANCER WALK

On Sunday, September 18, over 150 people gathered at Eastdale Village in Poughkeepsie, home of Premier Urology, to honor those who have been touched by prostate cancer and raise funds for the care fund.

This year, over \$40,000 was raised and in addition to the Care Fund, will support the Foundation's new Prostate Cancer Health Forum, which is the only local support group for prostate cancer patients.

Special thanks are given to the many generous sponsors, volunteers, participants and John Walker, the

2022 survivor speaker.

**BIG NEWS!** In September 2023, the annual Prostate Cancer Walk is moving to the Walkway Over the Hudson. The Walkway spans the Hudson River from 212 feet above. Stay tuned for more information in the coming months about this event and how you can get involved! Visit [premiercaresfoundation.org](http://premiercaresfoundation.org) to learn more.



The Graham family walked in solidarity in September.



Survivor Speaker, John Walker spoke eloquently about his journey with prostate cancer, the Queen City Dancers put on an incredible performance, and many sponsors such as Janssen Pharmaceuticals met and greeted participants before and after the 1-mile walk through Eastdale.

*Thank you to the Premier Cares Foundation Annual Sponsors*





For many people, a health-related support group may fill a gap between medical treatment and the need for emotional support. Premier Cares Foundation recognized the importance of this need and found that there was not a group like this in the Hudson Valley. So, in 2022, a prostate cancer support group was launched.

This free health forum brings together people who are going through or have gone through similar experiences on their cancer journey. While effective when detected early, the treatments for prostate cancer can be difficult to manage physically, mentally, and emotionally. It provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about prostate cancer and treatments.

Each meeting of this group is held at Premier Urology at Eastdale Village in Poughkeepsie. Groups are mod-



erated by medical doctors and focus on different aspects of prostate cancer.

Current prostate cancer patients, survivors, and family members are invited to join this engaging health forum. Topics for the group may include advancements in clinical research for prostate cancer; the importance of nutrition, exercise, and a positive mind-set; and how to deal with the side effects of treatment.



### Upcoming Prostate Cancer Support Group

Monday, December 12 at 5:30 p.m.  
Premier Urology: 50 Eastdale Ave., North  
Poughkeepsie, NY 12603

The forum is FREE but please RSVP to  
Gia McCormack at [Gmccormack@premiercaresfoundation.org](mailto:Gmccormack@premiercaresfoundation.org)

Group will be moderated by Dr. Evan Goldfisher and feature a presentation by Jason Burt, CFP, CRPC, APMA

Large fundraising events take a massive effort by many dedicated people. Premier Cares Foundation is fortunate to have talented volunteers who are also passionate about our mission.

Danielle Dispensa is the administrative manager and talent acquisition partner at Premier Medical Group - Urology and Gynecology Divisions located in Poughkeepsie. She first heard about Premier Cares Foundation through the Prostate Cancer Walk two years ago and immediately knew she wanted to get involved.

Danielle sees first hand the work that the Foundation does and the patients it helps. She said, "It is incredibly important for patients to get preventative screenings and the Foundation spreads awareness of just that."

Danielle has been instrumental in planning many of the Foundation's fundraising events and plays a critical

role in managing key aspects of the events. You can find Danielle greeting participants at the Prostate Cancer Walk or welcoming them to the next Car Show in June!

In her spare time, Danielle enjoys cooking and spending time with her family. She encourages anyone looking to help local patients in need, to attend one of the Foundation's events.

Finally, Danielle adds, "volunteering is more helpful than you know!"



Danielle Dispensa.

### VOLUNTEER SPOTLIGHT: DANIELLE DISPENSA

## CARS FOR A CAUSE

This year Premier Cares Foundation, together with Eastdale Village and Friendly Honda, launched a brand new event: Cars for a Cause. Held on Sunday, June 5, Cars for a Cause showcased over



100 classic and unique automobiles, a variety

of community organizations, businesses, and food trucks. Hundreds of people attended the event which raised over \$40,000 for the Foundation.

**Mark your calendar!** The 2023 Cars for a Cause event will be held on Sunday, June 4 from 10 a.m. until 1 p.m. at Eastdale Village in Poughkeepsie.

## WELCOME NEW BOARD MEMBER

Premier Care Foundation is delighted to welcome its newest Board Member, Shelby Adrian. Shelby is the Director of Marketing and Commercial Leasing for Kirchoff Companies. She brings a wealth of knowledge to the Board including business strategies, marketing and promotion, event planning and community relations.

Ms. Adrian has previously served as an event committee member for the Prostate Cancer Walk and Cars for a Cause

Car Show. She is a Hudson Valley Native and is involved with many local organizations including the Dutchess County Regional Chamber of Commerce.



Shelby Adrian.



## BOARD OF DIRECTORS

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