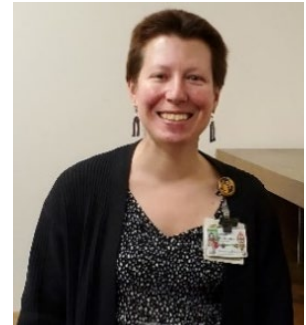




Cheshire Health Foundation

Spring 2023



Rachael Richardson, Cheshire employee and cancer fighter

Dear Cheshire Colleagues,

My name is Rachael Richardson. I have worked at Cheshire for nearly nine years: seven in Rheumatology and the last two in the Float pool. For the past 10 months, I have been battling two different forms of breast cancer (yes, at the same time)!

Recently, I was in Oncology for my 13th round of chemotherapy – I have eight more rounds to go. Frankly, there's a lot I could say about cancer and chemotherapy, but a lot of it would be cliché. I have never been so tired in my life. I lost all my hair. I had little to no appetite (except for McDonalds French fries and Jello).

I am sharing my cancer journey with you because it's something I **need** to talk about. I was 35 when I was diagnosed, which is young. And I have even younger friends who have also been diagnosed with breast cancer. Telling my story is one thing I can do to help educate and care for the people in my life, in my community, and beyond.

Despite how hard this last year has been, the best part has been the people in my life who REALLY stepped up and formed #TeamRachael. I would not have remained as upbeat over these past months without everyone who rallied around me. Which brings me to the reason for this letter: the 3D Mammography Fund.

Cheshire needs a new 3D mammography machine. We scan more than 7,000 patients per year and bringing new, smarter technology here will provide better 3D imaging to find invasive cancers earlier. To date, we've raised 65% of the \$731,000 purchase price for the new machine.

Much like I've relied on #TeamRachael this last year, I am now counting on #TeamCheshire. We really need your help to reach our goal. **Please join me in making a donation to the 3D Mammography Fund today. Every little bit helps!**

I can't thank you enough for taking the time to read this letter. If you've made it this far, please schedule your own preventative maintenance care! Much like we encourage our patients to take care of themselves, we need to be sure and do the same for ourselves.

Thank you,

A handwritten signature in blue ink that reads "Rachael Richardson".

Rachael Richardson
Float Receptionist