



A mother-daughter bond is honored

■ Mother diagnosed with cancer; daughter Emily, 10, takes over

by Jennifer Kivioja
Staff writer

Lisa Hochstedler never expected her daughter to take on some of her roles as a mother. But when she was diagnosed with breast cancer last year, her daughter unselfishly stepped in to help.

Hochstedler's 10-year-old daughter, Emily, held her hand through her illness and helped to take care of her.

"She was the reason I would get out of bed each day, thus making me stronger. She was my reason for beating cancer and she helped me more than she will ever know," said Lisa.

After almost a yearlong ordeal, Lisa wanted to honor her daughter. So, she nominated her as a Star cancer caregiver through The Wellness Community's Star Campaign.

According to the Wellness Community Web site, the Star Campaign is a national effort by The Wellness Community to honor family members, friends, health care professionals, social workers and others

AT A GLANCE

Emily Hochstedler, 10, has been honored for stepping up to help when her mother, Lisa, was diagnosed with breast cancer.

who provide support and care to cancer survivors.

The campaign is designed to enable those affected by cancer to recognize and honor those who have guided them through their cancer journey.

In addition, every month, one Star and a cancer survivor will be highlighted on the site.

Lisa saw a commercial about the Star Campaign and knew that this was a perfect way to honor Emily.

Emily was 100th Star cancer caregiver recognized in the campaign and was the standout star for the month of August.

"I felt honored and thought, 'that's cool,'" Emily said.

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Emily Hochstedler wraps her arms around her mom, Lisa, expressing how happy she is that her mother beat cancer. Lisa nominated her 10-year-old daughter as a Star cancer caregiver through The Wellness Community's Star Campaign.

Photo by Jennifer Kivioja

COMMUNITY

Girl, 10, steps up when her mother gets cancer

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Lisa is a registered nurse in an emergency room and was used to being a caregiver and watching people around her deal with crisis. But when a crisis hit her, she said it was difficult to deal with.

"I was devastated. I'm usually a calm person and I'm usually the person who has to deliver bad news. So, when I was told I had cancer I had a complete break down," she said.

Lisa was diagnosed on Sept. 18, 2006, with stage 3A breast cancer.

"My first concern was as a single mom, how was I going to tell Emily," she said.

It was a hard conversation, but she had to tell her daughter.

"I was very sad because I was afraid of my mommy

dying," said Emily.

Afterwards, they decided to leave the house and drive somewhere to get some ice cream.

"The very first song that played on the radio was Bob Marley's song 'Three Little Birds.' It became our song, because the chorus says 'don't worry about a thing, cause every little thing gonna be all right,'" said Lisa.

Shortly after being diagnosed Lisa underwent surgery to remove five tumors from her left breast and eight lymph nodes from her right breast.

Then, from Nov. 9, 2006, to March 23, 2007, she underwent aggressive chemotherapy, and May 14, 2007, to June 19, 2007, she was given radiation.

Through all of this, Lisa said that Emily would fix her something to eat and get her a cup of tea every night. "She

did such a wonderful job doing things for me," Lisa said.

"You don't realize what a 10-year-old is capable of doing," Lisa said.

In addition to Emily, Lisa received help from her parents, sisters, sister-in-law, family and friends.

When all of this began, Lisa was given seven necklaces by a nurse. Each necklace had a letter spelling out journey and she gave a necklace to each of her caregivers.

"They became my journey girls," Lisa said. "It was amazing. You don't know what type of support you have until you're in need," Lisa said about the support she received from friends and family.

Today, she says, "I'm now cancer free."

She is now getting her life back together and the Emily just started fifth-grade.



Emily Hochstedler proudly gives her mother, Lisa, a kiss for this photo that they took while Lisa was going through chemotherapy. Emily helped care for her mother when she underwent chemotherapy.

Photo submit

Lisa said that for those who are just beginning their battle, "take each day as it comes and that it will get better. It seems

likes a never ending battle, but there is a light at the end of the tunnel."

To honor someone for the

Star Campaign, visit www.starcampaign.org.

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