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## **The Wellness Community Announces May Star Caregiver of the Month**

**Washington, DC** - The Wellness Community (TWC) announced today that, Julie Heckel, R.N. is May's *Star* of the Month. Julie joins nearly 300 family members, friends, medical professionals, counselors and others who have been honored through *The Star Campaign*, a web-based effort, [www.starcampaign.org](http://www.starcampaign.org), which enables people with cancer to honor and reflect on the caregivers who support them. The campaign is made possible by a charitable donation from GlaxoSmithKline Oncology.

Julie is being honored by her friend, Jayne Collins, a breast cancer survivor. Jayne says that the most valuable aspect of their friendship throughout her cancer was having someone she could talk to. "Julie understood what I was feeling, at times when even my husband could not relate to my experience. It was comforting to have a friend like Julie nearby especially on particularly bad days."

Julie says savoring every good day helped get them through those particularly bad days. "We celebrated milestones during Jayne's treatment, both small and large. At the end of treatment cycles we would celebrate with M&Ms and flowers. And when Jayne finally had her portacath (portable catheter) removed, she kept it until we could celebrate together – by smashing it with a hammer! We laughed, cried and laughed some more as we both took several whacks at it – it was hard to break!"

When Jayne was diagnosed in 2005, Julie was just beginning nursing school. Julie recognizes that there were many competing priorities with school and family, but insisted that she never felt that she was making sacrifices. "There are no sacrifices with caregiving – there are choices. I chose to be there for Jayne when she needed me. Being there for her was important to me, so I just did it. My life found a way to fit around that."

To read more about this month's *Star*, the many other caregivers who are honored by *The Star Campaign*, or TWC's free support and education services, please visit [www.starcampaign.org](http://www.starcampaign.org).

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### **About The Wellness Community®**

Founded in 1982, The Wellness Community is an international non-profit organization dedicated to providing free support, education and hope to people with cancer and their loved ones. Through participation in professionally-led support groups, educational workshops, nutrition and exercise programs, and stress-reduction classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope regardless of the stage of their disease. The Wellness Community provides support, education and hope for people affected by cancer at over 100 locations worldwide including 24 U.S. based and 2 international centers with 73 satellite and off-site programs and online at [www.thewellnesscommunity.org](http://www.thewellnesscommunity.org).