



## **Tiffany Dunn** *Guest*

### **How has Kin been beneficial during your cancer journey?**

My cancer journey will continue to the end of my life as I have stage IV metastatic cancer. Kin affords me the ability to take advantage of services that I feel are so important to keeping your mind and body strong during treatments, without the cost.

A cancer diagnosis and the treatments cause lots of stress. Kin is an environment which makes me feel stress free. I'm receiving intangible support that someone needs going through all the scans, chemo, and radiation treatments. It's a safe place to talk, share stories, and be yourself (not defined by cancer).

### **What services have you enjoyed at Kin community?**

Kin offers so many unique services that I have been able to take advantage of: Reiki, reflexology, yoga, nutritional counseling, group therapy, massage, sound healing yoga, date night (dinner prepared by a local chef), and chiropractic care.



## **Robin Pepe** *Therapist*

### **Talk about what motivated you to join Kin and donate your services?**

I have personally experienced being a caregiver to both my parents who have had cancer. When a family member is affected by cancer, you feel so helpless and overwhelmed. When I was approached to be a mental health therapist at Kin, I could not say "yes" quickly enough. I thought, here is my opportunity to help others who are going through some of the hardest challenges of their lives. It was my way of giving back and honoring my parents.

### **How important is it to seek mental, physical, and social support while navigating cancer?**

It is everything! The mind-body connection is imperative as is social support. Self-care is fundamentally an essential part of happiness and health. Those who feel supported during challenges have a better sense of well-being, and in turn they begin to thrive.



## **Leslie Carson** *Yogi*

### **How important is it to stay active while navigating cancer?**

I believe feeling a sense of empowerment to take actions to participate in your own healing is critical. And having a community that offers therapies beyond what is available through standard Western

medical protocols gives Kin guests so many options to explore.

### **How do you feel Kin, and particularly yoga, positively impact local cancer patients?**

Yoga is an ancient practice that guides us toward the inner self, the part of us that is unchanging and pure joy. Cancer patients can really benefit from that connection to the part of themselves that is not "sick" but is simply the Self, with a capital "S", that they have always been and always will be. I hope it is a little respite of inner peace to balance and nourish them as they go through their journey with treatment.



## **Kristina Fenimore** *Director of Kin*

### **Can you share details about Kin's unique programming?**

We have very robust programming that continues to evolve each month, mostly due to the community reaching out to us offering a special service and/or talent they want to share with our guests.

To date, we've offered 1,823 free services that range from workshops and events to private appointments and classes. Our guests benefit from cooking demos with local chefs, professional singer Jenny Lee Stern singing Broadway tunes, The Boardhousewife teaching charcuterie classes quarterly, Diane Kistler encouraging our guests to be silly through Laughter Yoga, The Moravian Tile Works Museum opening their doors to let our guests "play with Clay", and so much more.

Just last week, I had two massage therapists come on board who will donate their time once a month as well as a new acupuncturist who joined Kin. Over 50 practitioner and instructors provide services!

I want those who are battling cancer in Bucks County to know they are not alone. They have a place at Kin and our entire community ready to support them.

## Bucks County Embraces KIN WELLNESS AND SUPPORT CENTER!

By Keith Fenimore, with contributions from Tiffany Dunn, Leslie Carson, Robin Pepe, and Kristina Fenimore

People come to Kin for integrative services, for counselling, and for fitness; and sometimes they just come for a hug. Kin Wellness and Support Center cares for over 275 local guests (cancer patients) and their caregivers across Bucks County.

"I didn't want to get cancer, but I did. I didn't want to need Kin, but I do. And I don't know what I would do without it," says a Kin guest.

From inception, the goal was to "be there" for people in treatment and recovery and to help ease the burden of their cancer journey.

"I was Humpty Dumpty, and Kin helped put me back together," says a guest who, before Kin, was isolated in her recovery.

What started out as a concept hinged on services has now shifted. Kin has been molded by its guests into what they need it to be—a community-driven, peer-to-peer support center with amazing services.

At Kin, the guests rule the roost. The staff listens and facilitates. This model is unique and empowering. The support and services are being built around real needs and direct requests. Kin's focus is on addressing the whole person—the emotional, physical, and social.

We've learned it is the small things that are really adding up for people in a big way. "The second I turn off my car in front of Kin, I sigh," says another guest. "Hearing the chimes by the front door, reading a chalk message on the sidewalk, being greeted by Sunny (the resident labradoodle), and just simply feeling the loving energy when I walk in...makes me happy and relaxed. Kin is my bright spot in what is a bit of a dark time."

What would Corinne think? Corinne Sikora was the inspiration for Kin. While fighting brain cancer, she had the idea that a place should exist where people battling cancer (and their families) could receive a full range of holistic services and not have to pay for them. The idea was that people could go to one location for all the non-medical support they needed, when they needed it most.



So, we built it. After our nonprofit asked for support from the community, hundreds of people donated, and local companies sponsored our efforts. Over \$200,000 was raised in a matter of a few months.

Within 10 months, Kin went from an idea to a fully realized 5,000-square-foot facility. Over 40 companies came together to renovate Kin, while residents of Bucks County donated and purchased items off Kin's registry from \$5 sponges to \$5,000 treatment tables. Through this support, Kin has emerged as an innovative holistic alternative to a more traditional approach to non-medical cancer care.

Robin Pepe of Resilience Therapy Group has been with Kin for over a year offering one-on-one counselling weekly. "I've learned when you give back, you receive so much more than you could have ever imagined. I leave Kin feeling a sense of warmth, love, and belonging that words cannot describe."

When it came to finding practitioners and instructors to administer care at Kin, we didn't have to find them; they found us. These private practice practitioners and instructors are all kind at heart and wanted to find a way to use their talents to help the greater good and give back. Kin's roster is now over 50 people strong and growing. The demand is real, and Kin is always on the lookout for certified experts in the integrative, counselling, fitness, and yoga space who want to lend a hand (or two).

People will often ask "How can I help?" To keep all this goodness on tap, Kin is in constant need of donations, as the nonprofit is 100% donation funded. Kin's hope is that people within the community will feel compelled to keep their charitable giving local.

The Catricks family made a significant donation early on when Kin was just an idea. "We were passionate about keeping our donation local and impacting the people we see at the market and on the sidelines of our kids' games," shares Executive Board member Nancy Catricks.

This year, Kin will host a Be Kind 5k and 1 Mile Fun Run (April 15), The Bucks County Spa and Salon Self-Care Month (May 6 to June 6), The Kin Be Kind Golf Classic (June 19), and Casino Night (September 8). If you would like to participate or perhaps plan your own event to benefit Kin, please call 267-544-5981 or email [hello@welcometokin.org](mailto:hello@welcometokin.org).



Kin's Official Greeter  
**Sunny**

