

Mark Glicini Meaningful Growth Foundation

NEWSLETTER

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'Tis the Season of Giving



A Meaningful Update

The National Cancer Institute reports spending over 100 Billion Dollars on cancer research, yet cancer remains the second leading cause of death in America annually. Three out of every five cancer patients and survivors express difficulty affording care. Over 50% of these individuals disclose they are in debt from cancer-related medical expenses. The Meaningful Growth Foundation (MGF) supports patients and their families with **direct** financial aid and resources in a *timely* manner.

Rather than waiting months to years for grants to pass through federal and state levels, our community believes in punctual assistance. Since our inception in January of 2021, we have backed and bolstered cancer patients with more than 60 financial gifts.

So far this year, MGF has continued to grow in all aspects of support. Our fundraising is on pace to increase approximately 10% from last year and our gift-giving, in both the number of gifts presented and the number of unique recipients, has grown by 52% and 71% respectively. With the holiday season right around the corner, we're confident 2023 will end up our strongest year so far and we are looking forward to raising the bar even higher in 2024 and beyond.

A Cancer Story Close to Home – by Jean Glicini, MGF Board Secretary

It was June 3, 2011, my son Mark's Senior Year Prom Night. After seeing him drive off, I, in turn, drove directly to the Emergency Room at Valley Hospital in Ridgewood, New Jersey (NJ). For months, I had been experiencing severe neck pain, weight loss, sweats nightly, dizziness, and fatigue.

I had seen doctors, even getting an MRI which missed my diagnosis by a centimeter, but since I'm an avid tennis player and worked out, they thought I should take it easy. I knew there was something drastically wrong.

The Intern on duty that night felt I had a bad cold since I had trouble breathing, but I insisted on a sonogram. He came back white as a ghost, asking if there was anyone I'd like to call. I had a large mass lying on my left lung, "the size of a grapefruit," causing the nerve pain radiating on my neck. It was a millimeter from hitting my heart, which would cause my heart to fail. At Valley Hospital, I was immediately put on oxygen and pain killers, which had wretched side effects. I received great care there, but needed a specialist as soon as possible.

I was transferred to Hackensack Meridian Hospital in NJ to meet with a leading lymphoma/leukemia oncologist named, Dr. Andre Goy, who had just transferred up from MD Anderson Cancer Center in Texas. After a biopsy of the tumor and my bone marrow, I was officially diagnosed with T-Cell (rapid growing) Non-Hodgkin's Lymphoma (NHL). My type of NHL typically has a four year survival rate of 5 to 10 percent, and a median survival duration of 8 to 10 months when treated with regimens devised for my cancer.

I was transferred to the Critical Cancer Unit at the hospital. I knew it since Code Red, cardiopulmonary arrest, and Code Blue, resuscitation, sirens went off each night with those who may or may not have survived. All the great doctors and nurses explained I would have three stages of aggressive rounds of chemotherapy. I had a port surgically implanted in my arm for all these rounds. Unfortunately, the first stage caused fungal pneumonia, two blood clots, high blood pressure, loss of hair, nails, sight (blurry vision), hearing, smell, taste (metallic), chronic fatigue, bowel deficiency, mouth sores, trouble concentrating, remembering things (also known as "chemo brain"), nerve damage to my feet and hands (neuropathy), and autoimmune disease, which in turn develops life-long problems if one were to survive; especially, my skin, which if hit slightly, bleeds out. I was determined to beat it anyway. I had to live for my family, whatever it takes.

After two months, I was treated at the Hackensack Hospital's John Theurer Cancer Center for daily treatments and then returned home each night. Not only was I to receive chemotherapy injections daily, but steroids, methotrexate, antibiotics, anti-fungal meds, blood-thinner shots, spinal taps, and blood pressure medicine throughout my two year protocol. Thankfully, I was blessed enough to have family and friends who assisted in taking me to and from the center each day, bringing me to numerous doctors appointments, and providing 'Meals on Wheels' for my husband and children. I could never repay their kindness and caring for me.

After two years and in my case, through continuous positivity and God willing, I would survive the ultimate battle, cancer! I knew somehow, if I survived, I would give back for the rest of my life. You see, I was atrophied (without muscle and strength) and could barely walk after being bedridden for so long. Once I could walk and think properly, I became a Certified Personal Trainer only to help cancer patients and/or survivors rehabilitate. I started up the "Live Well" program at the local YMCA in Wyckoff, NJ, which gives them eight weeks of free physical therapy sessions. Of course, when COVID hit our country, I could no longer train indoors.

It was two years ago that my son started the Mark Glicini Meaningful Growth Foundation (MGF) along with my husband, Rich, daughter, Danielle and I, who became the first Board Members of this beautifully, gifted foundation.

The MGF has a vision to establish a community for cancer patients, survivors and their loved ones. Our mission is to stand up for, strengthen, and empower those negatively affected by cancer. And lastly, our purpose is to provide direct financial aid for those burdened by the hardships brought on by cancer.

We have financially assisted fifty eight (58) cancer recipients to date, including those at the John Theurer Center at Hackensack Meridian Hospital, their satellite cancer centers, We Are Here Foundation in Texas, our local church, friends and Friends After Diagnosis in Florida. We're looking to expand throughout the country and we're on track to do so.

Our many events: Annual Golf Outing, Super Bowl Pool, Virtual Meaningful Mile, dinners, Sideline Swap, our newly created Ambassador Program, Premier Lacrosse League Assists partnership, Media Marketing, Mahwah Lacrosse, and generous donors, have allowed us to provide financially to all of these recipients.

Now that I'm twelve and half years cancer free, I am beyond thrilled to be part of such a wonderful foundation, and look forward to making a difference in so many lives. Thank you for taking the time to learn about my story and I truly hope for so many more to beat cancer. Together, We Can Do This!

- Jean Glicini, Board Secretary (Meaningful Growth Foundation)

Get Ready to Walk a Meaningful Mile!

"I just simply don't know how to thank you for your support and kind generosity in helping me to battle. Sometimes life can take an unexpected turn out of the blue, but sometimes when it happens you just don't know where to go next. And, you were there for me. Thank you again." - Margaret S.

This November, you will have the chance to be a walking light to those who have passed from their battle with cancer, as well as those who, like Margaret and so many others "don't know where to go next." Kicking off on Sunday, November 19th through the week of Thanksgiving, MGF will be hosting its second annual "**Meaningful Mile**" fundraiser.

How can you get involved? When you and your loved ones are ready to take a walk, run or hike, snap a quick photo or record a short video of your meaningful mile. We encourage you to tag our Meaningful Growth Foundation handle on Instagram ([@meaningfulgrowthfoundation](https://www.instagram.com/meaningfulgrowthfoundation)) and announce who you are walking in support or honor of. This person can be someone who has passed, is in remission or is currently battling cancer. Better yet, we are adding a new challenge to the walk this year: *the friends challenge!* By tagging 3 or more friends or family members on social media to participate in a one mile walk, awareness of our community will grow and in turn, our recipients will receive the direct financial relief they are so desperately in need of. Lastly, those who choose to donate financially during our Meaningful Mile event will be entered to win our new MGF apparel!

We cannot thank our donors, sponsors, family members and friends enough who have and continue to support our mission to date. It is because of you, that our cancer community has hope.

1. **Walk**, run, or hike a mile any day, any time this **November 19 – 26th** (*optional*: record your mile with a selfie or short clip - mentioning who you are walking in support or honor of and tagging us on Instagram: [@meaningfulgrowthfoundation](https://www.instagram.com/meaningfulgrowthfoundation))

2. **Challenge** 3 friends to do a meaningful mile by tagging them on social

3. **Donate** for the chance to win brand new MGF swag!

-- You can donate via the QR code below or online: www.markglicini.com/foundation



What is Mark Glicini Up to Now?

Our Founder and President, Mark Glicini, remains devoted to holistic health and peak performance.

This past Summer, Mark completed his eighth season of professional lacrosse – he remains a captain for the Chaos Lacrosse Club in the Premier Lacrosse League. He took part in Team USA Box Lacrosse tryouts (the roster will be selected early next year for the World Championships in September 2024). And most recently, he coached Team USA U-16 Boys Lacrosse to a first-place victory over the Canada and the Iroquois national teams in the Brogden Cup at USA Lacrosse Headquarters in Sparks, Maryland.

Off the field, Mark continues to work as a Mental Performance Coach for elite student-athletes, collegiate teams and executives. His company, Mark Glicini Peak Performance, is trusted by over 50 individual clients and several teams including Marquette Men's Lacrosse, Syracuse & Harvard Women's Lacrosse. To build upon his certifications in sport psychology, he remains a graduate student of Sport & Performance Psychology at San Diego University for Integrative Studies, under the tutelage of Dr. Cristina Versari, former sport psychologist of the NBA.

When he is not on the road, Mark currently resides in West Palm Beach, Florida. Not long ago, he published his 50th podcast episode (check out "Grateful and Full of Greatness" on Apple Podcasts or Spotify to listen and learn more about his most up-to-date endeavors!). Other avenues to follow along: LinkedIn, X, & Instagram [@markglicini](https://www.instagram.com/markglicini). Mark would love to hear from you so feel free to reach out to him directly: markglicini@gmail.com.

President's Notes

Mark Glicini here. Welcome to the Meaningful Growth Foundation (MGF) community!

My purpose in life is to impact people positively so they strive for their potential, lead their own lives, and energize those around them.

As a Mental Performance Coach, a professional lacrosse player, and a forever-student, I have an insatiable appetite to learn from and compete alongside like-minded high performers. My cup runneth over discussing faith, growth and service.

Over the years, I found my calling in Sport & Performance Psychology, which entails the use of insights and strategies to live healthier, more connected, and truly fulfilled. Through our MGF network, my vision is to create a community that communicates, gives and relates through similar values and goals.

That's why I started the Meaningful Growth Foundation. It's been an awe-inspiring start and it's only the beginning. Because of passionate promoters, generous donors, and authentic ambassadors, we are well on our way to manifesting a *meaningful*, sustainable future.

We have engaging events on the horizon. We have a growing Team (more information on this in December!). And we certainly have more recipients to assist...

Stay tuned for updates on our social channels, and never hesitate to reach out to our Board of Directors directly: markglicinimgf@gmail.com —

Check out my [podcast](#), our [donation page](#), and or the [MGF instagram](#) to stay connected to our community!

All in,
Mark



Rich Glicini: Head of Finance | **Danielle Welek:** Vice President | **Jean Glicini:** Board Secretary | **Mark Glicini:** Founder & President