

Light Up the Room

Fall Newsletter



A Story of Care...

One of my fondest memories about my mother is watching her get ready for work in the morning. I would wake up and go into my parent's bathroom and watch my mom carefully put on her make up and do her hair. All the while we would talk about everything from boys, to life, to school, to the dreams we had. I learned so much from my mom while she would get ready in the early morning hours.

When my mom was in the hospital, my father helped her maintain her daily routine of putting on makeup. It was amazing to watch my mom smile and look so relieved to have this daily habit done for her. It was a something that my mom loved to do each day; it was her time, and it once again became my special time with my mother.

One day my mom expressed to her friend Janet that she didn't feel like a "woman" in the ugly blue hospital gown she had to wear everyday. It was heartbreaking. My mom, who

was the most beautiful woman inside and out, didn't feel good about how she looked. Janet and I talked and figured out a way to make my mom feel like a woman just by performing a few minor adjustments on some night-gowns.

Janet took store-bought ladies' nightgowns, cut the back down the middle and placed ribbons that could be tied to keep the gown secure when my mom put them on. They looked like hospital gowns, except they had a feminine touch. With the soft cotton of a nightgown and the alterations Janet so artistically made, it was a hospital gown any woman would be happy to wear. It was feminine; it was perfect for my beautiful mother.

The day my mother first saw the gowns was like Christmas morning. She was so happy to have a feminine hospital gown. It was a joyous moment for my mother, Janet,

and me. It reminded me of watching her get ready in the morning. It was not about the makeup, the hairstyle, or the clothes she wore that day it was about how she felt. It made my mother strong, and it made her feel pretty.

In view of our experience and seeing firsthand the emotional boost our Mother felt during her stay in the hospital, the Light Up the Room Foundation is starting a tradition of giving the same to those in need. We will give a three pack of "Running Angel" women's hospital gowns to women cancer patients in need. For those who have the financial wherewithal we ask that you purchase the gowns on line so that we may continue to help those in need who cannot afford this luxury when it is most needed. If you know of a female cancer patient who could use this type of support please send an email to AngelGowns@lightuptheroomfoundation.org with your request. If you would like to purchase, please visit the AngelsShopToo.org on our website

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NYC Marathon Fundraiser

The Light Up the Room Foundation established in memory of Karen Rust has recently celebrated its one year anniversary. This past year has been an amazing journey as we have experienced an outpouring of love and support from so many people; we truly could not feel any more blessed. While the pain of losing our wife, mother, and friend will never fully go away, we gain

comfort in knowing that we continue to do Karen's work to the best of our ability.

The most gratifying achievement from this past year was running the 2009 NYC Marathon for the Light Up the Room Foundation. It was definitely one of the most spiritual and satisfying experiences of our lives.



Brandon

The \$7500 dollars we were able to raise went directly to Melanoma research through Jacks Melanoma Fund. With this in mind, my Dad and I could not pass up the opportunity to compete again and run in the 2010 NYC Marathon.

We have decided to focus this year's energy on running for the NF Endurance: Children's Tumor Foundation. The Children's Tumor foundation is dedicated to improving the health and well-being of individuals and families affected by neurofibromatosis (NF); NF encompasses a set of distinct genetic disorders that causes tumors to grow along

various types of nerves. For more information on neurofibromatosis and the NF Endurance fund please visit www.ctf.org.

My dad and I are currently in the midst of training, and have been pounding out 15+ mile runs on Saturday's. Many times, these training sessions seem much tougher than the actual marathon as your adrenaline is not as high and you don't have the support of a couple hundred thousand people along the streets of NYC. I certainly am looking forward to "New York, New York" blaring from the speak-

ers as we head out to the Verrazano Bridge at the start of the race; its only a month away!

At this point, we are less than a third of our way in our fund raising effort and, would truly appreciate any sort of support. We know these are tough times but, I can not stress enough how your money will be going to an extremely worthy cause. To donate please [click here](#).

Once again, thank you all for the continued support.



Tom

Running Angel T-Shirt

To support our efforts to raise funds for the NF foundation for each donation of \$50 or greater will receive an "I Run with an Angel" tee shirt. This is a limited offer until November 10th. Join us on race day by showing your support with your own "I Run with an Angel" tee shirt. The shirts come in sizes small to XL in either white with black lettering or black with white lettering. When placing your donation please forward a email with your size requirements. We appreciate

your support for our cause and the energy we need on November 7th....race day. To donate please follow the link below:

[AngelsShopToo](#)



Show your support
Wear a
" I Run With An
Angel " Tee



Light Up the Room Foundation

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