



The Eastford Communicator

The Eastford Recreation Commission proudly sponsors

The 5th Annual

5K

We never Stop Fighting
In Loving memory of

Marilyn T. Krom

September 17

Eastford town hall

10:00 am

All proceeds raised for

Howard Budd

Sign up at Aratrace.com

5k Run/Walk \$22 (**before Aug.18**)
(**Includes race T-shirt**)

5k Run/Walk \$25 (**before Sept.16**)

5k Run/Walk \$30 (**race day**)

Group discounts available upon request
Contact sean@helpseanfightcancer.com



Register on line to make a donation

INSIDE PROFILE: Howard Budd

by Sue Orcutt

We all know Howard Budd as that fixed entity behind the parts window at Bowens Ford Dealership—conscientious, dependable and always ready to greet whoever walked through the door. Because Howard is this year’s recipient of the “We Never Stop Fighting” 5k Race, in loving memory of Marilyn T Krom, I decided to pay a visit to the Budd’s. Howard greeted me from his screened-in porch attached to the garage. It was so good to see him, and my first question to him was, “Where is the van?” Howard had purchased our van many years ago, and it was in his family for many years. I learned that they had given it to a single woman who needed a vehicle. We proceeded into the house where Jacki greeted me with a glass of home-made lemonade. There is a lot I could write about Howard—that he loves to collect and work on John Deere tractors, that he transforms scrap metal into art, and that he fixes automobiles or almost anything, but I thought you readers would want to know his story in regards to his journey with cancer—the beginning, the middle, and how he’s doing now.

The Beginning. Howard was experiencing abdominal pain and a shortness of breath. It was a week after his 49th birthday this January that a CT scan was done. The results showed something suspicious so a biopsy was performed two weeks later. Their world was shattered when they received a phone call from the doctor who informed them that there was a large tumor (about the size of a hockey puck) in Howard’s abdomen near his diaphragm, and small seed-like cancer spots throughout his abdomen. Two weeks later they met with a specialist at Tufts Medical Center in Boston, and he was willing to do what is called a HIPEC wash, and remove the larger tumor, as well as the appendix and any other organs affected by the cancer. The surgery was scheduled for March 4th. Although the surgery was expected to last anywhere from 10-14 hours, Jacki received a call after only four hours. Jacki knew this could not be good news. The surgeon was unable to do the HIPEC wash, nor was he able to remove the tumor due to the spreading of the cancer. Only the appendix was removed, as well as three and a half liters of liquid produced by the tumors. This relieved Howard of a tremendous amount of pain, and he could finally sleep. The official diagnosis was cancer of the appendix, which only affects 600-1000 Americans every year. Howard’s cancer is in the lining of the abdominal cavity, not in the organs themselves. After a week of recovery in Boston, Howard came home to recover further and wait. Chemo couldn’t start until the scar tissues had healed sufficiently. Chemo began on March 23.

The Middle. Howard has just had his 11th treatment. He goes to Day Kimball every other Wednesday, where he always has the same nurse who manages his care and comfort. The best part of the chemo visits is the warm blankets and cranberry juice. Howard and Jacki can’t say enough good things about the oncology department at DKH. The infusion takes five hours. He comes home with a pump that is attached to his port, and then he wears the pump on a neck strap much like a camera, which he leaves on until Friday. Then he goes back to Day Kimball and they remove the pump. “Set free,” in Howard’s words. During the first week, Howard has some nausea, and has extreme sensitivity to anything cold. Despite the heat waves that we’ve been experiencing this summer, Howard wears long-sleeved shirts and jeans. The day I visited him, the temperature was 92 degrees, and it was the first time he had worn shorts. That first week of treatment he is also very tired, taking numerous naps during the day. The second week he feels better, living his new “normal” life. It is this week that you may see Howard driving his jeep around town. The number of chemo rounds that he still needs is undetermined. “We take our body for granted,” Howard says. “It’s a lot of work to keep your body going when you have to do it yourself.” Howard cannot eat any foods. After surgery, he was placed on TPN (total parenteral nutrition) to receive his nutritional needs. Every day about 5:00 pm, Howard hooks himself up for the feeding through the PICC lines that are semi-permanently attached into his arm. The fluid is infused into his body and is pumped slowly into his system over a 14 hour span until about 7:00 am. “The white liquid looks like milk and smells like potato water.” The visiting nurse comes once a week to change the dressing to the PICC lines and to draw blood. The results of the blood work allow the doctors to monitor tumor markers and many other health indicators, and to make adjustments to the TPN (add more calories, etc.). Howard does experience some hunger sensations, but they go away. He misses the social aspect that food provides, and misses the summer foods—corn on the cob, potato salad, etc. To keep his body going, Howard also needs to hydrate with saline on an IV pole, also by way of the PICC lines every other day for three hours.

Now Sitting in the living room, I could feel a peace. Although Howard and Jacki are hopeful that the chemo will do its job (which may allow the surgeon to operate, or may eliminate the cancer) they believe in God’s plans. “Whether there is healing here on earth or healing in heaven,” says Jacki, “we believe that God’s ways are higher and His plans are not to harm us, but for us to prosper, and for us to have hope.” Howard and Jacki take one step at a time. The family believes in the power of prayer. Thousands of people are praying for them—a 24-hour prayer chain in the Quiet Corner and around the world. Howard went to El Salvadore in 2008 and then again in 2010 on a missions trip with a group from the Eastford Baptist Church. He is still in contact with those who work at the camp that he helped build, and they are part of the prayer chain.

(continued inside back cover)

INSIDE PROFILE: Howard Budd (continued)

Besides the prayer chain, Howard and Jacki are feeling the love from others through random acts of kindness: providing and distributing bark mulch, raking, bringing over a pot of flowers, paying the electric bill, stacking firewood, putting money into their account to have their furnace cleaned. Howard has his "shop buddies." These are a handful of men who used to come over once a week to hang out in Howard's shop. They would fix each other's cars, lawn mowers, or other equipment; or experiment with something they saw on YouTube. It was this group of men, along with many others, that pulled together and organized the dinner at the church. They now often help with the 'manly' things that need to be done around the house that Howard is unable to do. The shop buddies gathered together the night of Howard's surgery, along with about 20 others, and prayed for him. Their two daughters, Rachael and Julia, live in Woodstock. Since they come home to do their laundry frequently, they are a constant source of support and love, with more hugs and I love yous than before. Their son, Hayden, lives in Gil, MA. Howard and Jacki have noticed that their children have connected more with each other, and they provide overwhelming support.

I asked how they can have such faith, and how they can remain so pleasant. "Who would want to be around an Eeyore?" was Jacki's response. "I don't want to be bitter and angry. Rain falls on the just and the unjust. Why should we be exempt from this?" Besides, they both agree that a lot of good has come out of this. They have had a tremendous amount of support, and realize how many people care for them. Howard and Jacki have been married for 28 years, and in these last six months, they have spent more time together than they ever have. They still love each other, and, better yet, they still like each other. They each have their down times, but so far, they haven't happened at the same time, and they can "pick the other up". Updates from Jacki are being posted on FACEBOOK under PuttPutt's Prayers. All proceeds raised from the 5k will go to Howard Budd. Some

building on September 17th and write out a check. (You can also donate by mailing a check. Make your check payable to: The Marilyn T. Krom Foundation and mail to: Recreation Commission, Town of Eastford, P.O. Box 98, Eastford, CT 06242-see donor form.)

**WeNeverStopFighting Donation Form
Benefits Eastford's Howard Budd
The 2016 5th Annual We Never Stop Fighting
In Loving Memory of Marilyn T. Krom
September 17, 10am, EES**

To:Donate:

Donor Name: _____

Address: _____

City/State/Zip _____

Amount Donated: \$ _____

I wish to register:

Name(s): _____

Address: _____

City/State/Zip _____

Amount: \$ _____

(\$25 per person before 9/16, \$30 race day)

Total Enclosed: \$ _____

Make checks payable to:

The Marilyn T. Krom Foundation

Mail to: Eastford Recreation Commission

P.O. Box 98, Eastford, CT 06242

To register online:

<http://register.aratrace.com/search/event.aspx?id=38097>

:

BRICK ORDER FORM

4 X 8 brick - 16 characters per line

Name : _____

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\$40.00 per brick

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**Saturday & Sunday
Oct. 1 & Oct. 2**

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email valkat@charter.net
Send address, day(s) and hours
and description of sale items

Free Maps
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available
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May 13

Download a map at
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Maps will be updated as needed until Sept. 29

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THANK YOU!
The Volunteer Staff of The Communicator

The Eastford Recreation Commission
& CORIANDER'S
6TH ANNUAL
**CHILI &
APPLE DESSERT
COOK-OFF**
**Saturday
October 8**
Tasting begins at
1:00 pm



Sign up NOW at Coriander

**Eastford Republican Town Committee
Baked Ham and Bean Dinner-All Welcome!
Saturday, September 17**

Nahaco Park
Social Hour 5 to 6 pm
Dinner 6 pm
Tickets \$10
B.Y.O.B.
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