YOUNG WIFE & MOM WITH CANCER CHECKS OFF BUCKET LIST WITH HELP FROM HOUSTON-BASED NONPROFIT AND RESTAURATEUR

HOUSTON – January 24, 2020 – This week marked the first of many “bucket list” checks for Erica and Charlie Nowell, thanks to B&B Butchers & Restaurant and A Shelter for Cancer Families. Encouraged by their friends, cancer patient Erica and her husband Charlie started creating a family “bucket list” of things they would like to do. This week, they checked off the first of many experiences they plan to have as Erica continues to fight Ewing’s Sarcoma.

Originally diagnosed with sarcoma cancer as an adolescent, the now 31 year old Erica has since taken the world by storm: graduating from Katy High School and the University of Texas at Austin, marrying the love of her life, having three healthy babies and completing graduate school to become a nurse practitioner at the very hospital that saved her life 14 years ago (not necessarily in that order). Having worked side by side with the colleagues who are treating her for her now recurrent Ewing’s sarcoma, Nowell takes nothing for granted. For more than 13 years she remained in remission until in her third pregnancy, she started to experience back pain. Thinking it was pregnancy related, neither Erica nor her doctors thought anything about it. Three months after delivering baby Sara, and with the back pain unresolved, eventually a scan would reveal a mass. Without hesitation, Nowell’s care was transferred to MD Anderson Cancer Center and the journey to save her life for the second time began.

“Treatment has been different for me now as a clinician, wife and mother. I know so much more and the stakes are higher” says Erica. “So I wasn’t all too surprised when my best friend and colleague Dr. Dejka Araujo encouraged me to create a ‘bucket list’ to make the most of my time here even with cancer.” Nowell shared Araujo’s recommendation with friend and A Shelter for Cancer Families’ founder Missy Bellinger. A few days later, Bellinger presented Erica with a couple’s bucket list book. “When Erica told me that eating dinner at B&B Butchers was on her list, I knew it would only take an email to our friend Ben Berg and a much needed date night would be confirmed,” says Bellinger. “What I didn’t know was that Ben and his team at B&B Butchers would pull out all the stops creating a special one of a kind experience including a private tour with Berg himself and swag to take home.” Erica said “it was the best meal that Charlie and I have ever had together and it couldn’t have come at a better time.” This week, Erica’s team at MD Anderson will be revisiting her treatment plan. In the meantime, the Nowell family is wasting no time in planning to tackle more experiences on their “bucket list”. If you would like to help, please email A Shelter for Cancer Families at info@cancerfamilies.org and put Nowell bucket list in the subject line.

About A Shelter for Cancer Families (ASCF)
A Shelter for Cancer Families is the only organization of its kind providing free tangible support to ALL families seeking cancer care in the Texas Medical Center (TMC) in ways that honor each family’s time, privacy and dignity. Housing support is based on what out-of-town families affected by cancer need when seeking cancer care in the TMC. Navigation services (offered to both families from Houston and those from out-of-town seeking cancer care in the area) help families navigate the cancer landscape, make sense of medical jargon and explore options. Celebration support enables families to celebrate what is important to them in the midst of the cancer journey. For more information, contact info@cancerfamilies.org or visit www.cancerfamilies.org.

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