



“Serve the Caregiver”

-Jack



Caregiving is Tough. *We're here to help.*



OUR MISSION

Progress, not perfection. These men aren't broken, we aren't trying to fix them.



Give them access to the best ideas.



Bold enough to build a team, confident enough to lead it.



TO IMPROVE THE WAY MEN THINK, FEEL, AND ACT IN THEIR ROLE AS A CANCER CAREGIVER.

Ideal results require ideal behavior.



Jack Jack™

Get connected to a guy whose been in your shoes. You might laugh together, cry together, or just grab a coffee or some beers and, well, shoot the shit.



Are you a guy who's cared for a loved one with cancer? Become a *Jack-to-Jack Coach*



Help! *I'm a Caregiver!*



caregiver EVENTS



Indoor *Skydiving*

“And when you exit the wind tunnel there is a group of Jacks with smiles to match yours, with hands high in the air for celebratory high fives!”

-Chris, Member-



caregiver **EVENTS**



“Jack’s wants to help you find yourself again, to help you feel that lost sense of normalcy.”

Justin Nicolay, Co-Founder

Mini Golf
Throwdown.



caregiver **EVENTS**



Whirlyball.

“I have been a lost puppy on this venture and just the events I attended, especially Whirlyball and the dinner after, you have given me hope that I can get through this!”

-Todd, Member-



Caregiver Klatch

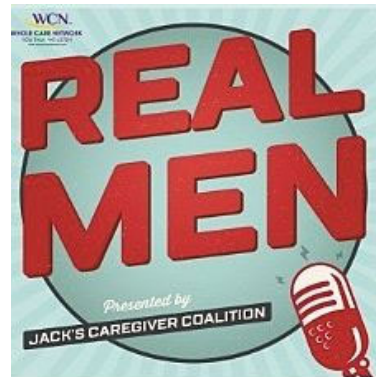


“The Klatch has been very powerful tool to keep me on the rails of life.”

-Jessica, Member-



Our Podcast



Real Men Podcast #9

**Justin
Nicolay**

"You've got your family surrounding you and then, a week or 2 later, everyone leaves; they go back to their lives..."

And then it's like 'oh crap, this is my new life now.' And I would say probably the biggest challenge, aside from going through it, is when you come out on the other side."



Our Blog

[HOME](#)[ABOUT JACK'S](#)[EVENTS](#)[PODCAST](#)[BLOG](#)

bathing the dogs, washing the car - it's all fair game. Don't forget about people who want to send money or gifts. If you like to read, ask for Amazon gift cards. If you have prepared food, post some favorite food items or recipes. People just want to help you. If you publish a list you'll be amazed at how quickly people sign up to help!

3. **This one is the magic suggestion** - Be sure to post something about what NOT to do. For us, that included "no plants/flowers" and "no prepared meals" and "No stopping unannounced". Your friends and family will respect your desires - as long as you let them know.
4. **Update your list regularly** as newcomers will read through these guidelines/lists and your needs will change over time.

Hopefully this helps you get the care you need...and avoid the 'help' you don't. Remember, caregiving is tough. Don't be afraid to ask for help!

Author: Richard Anderson

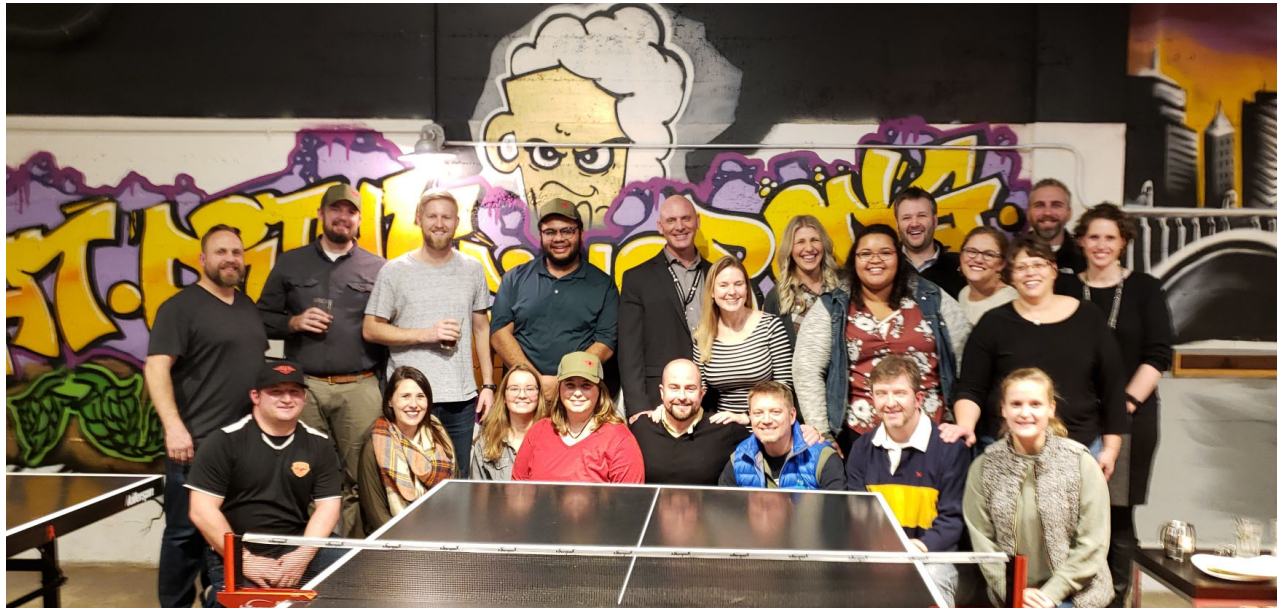
Rich was an inspiring speaker at our inaugural **Kick Ass Brunch Buffet**. An event in which we ate like kings and learned from cancer caregivers kicking ass at caregiving.



Our Online Store



Anyone can join us on our mission by becoming a *Member*



Jack - You're a guy, you're 18 or older, and you've cared for a loved one with cancer.

Jill - You're not a guy, you're 18 or older, and you've cared for a loved one with cancer.

Ally - You've never cared for a loved one with cancer, but you believe in our mission.



“If a man is called to be **CAREGIVER**, he should **GIVE CARE** even as a Michaelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should **GIVE CARE** so well that all the hosts of heaven and earth will pause to say, 'Here lived a great **CAREGIVER** who did his job well.’”

— Martin Luther King Jr.

