



Actor portrayals

SpringWorks 
CareConnections[®]
Newsletter

Welcome to the newest edition of the
GOMEKLI[®] (mirdametinib) Newsletter!

We hope you will enjoy the New Year theme and find the resources helpful.

SpringWorks CareConnections®

Featured Resource

This edition's featured resource is the **SpringWorks CareConnections Patient Journal**, available for adults and children, designed to help you feel supported and organized while on your treatment journey. Learn more and request your copy by speaking with your Nurse Advocate.

Inside this journal, you will find:



Dateless calendars you can start anytime



Daily planning pages to track appointments, tasks, or routines

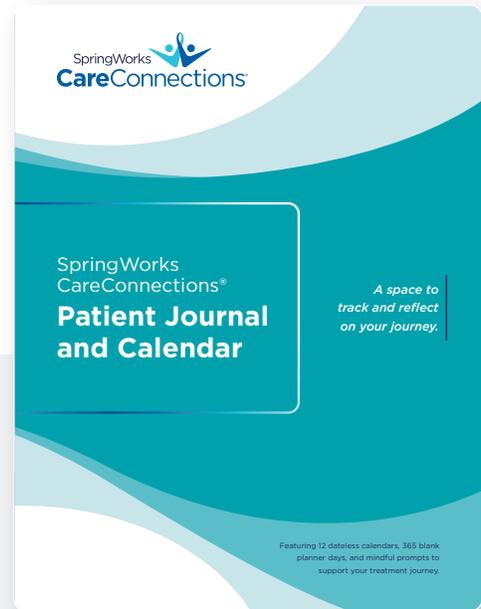


Guided reflection prompts to help you check in with your body and mind



Activity pages to celebrate milestones, moments of gratitude, and accomplishments, no matter how big or small

Every patient's journey is unique. That is why the journal is designed for you to start at any time and use it in a way that works best for you. Whether you jot down daily notes, track appointments, or write about your patient journey is entirely up to you.





For Parents Helping Their Child *Take Their Medication*

Supporting your child with their medication routine helps them in building confidence and healthy habits that can last. With a few positive, simple strategies, medication time can become a calm and reassuring part of your day together.



Support With Understanding

Some days may take extra patience, and that is okay! Acknowledging how your child feels and offering reassurance may help them feel supported, safe, and understood.



Turn Routine Into Reassurance

Pairing medication with familiar daily moments, like brushing their teeth, helps create predictability. Over time, this routine can feel comforting and easy to remember.



Celebrate Every Win

Providing treatment praise, no matter how small, can make a big difference in helping your child feel proud of themselves and encourage consistency with their treatment regimen.



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Make Progress Fun to Look Forward To

Sticker or magnet charts on the refrigerator can make routines feel fun and rewarding. Adding a reward or special activity after a week of consistency can give your child something to look forward to.

Each encouraging moment helps your child feel empowered. Together, you are building a routine and instilling confidence one step at a time.

Acknowledge Yourself

Every step you take toward caring for yourself matters. Even on days that feel ordinary or challenging, the choices you make can help support you during your journey. Prioritizing yourself and continuing to move forward are worth recognizing and celebrating.

Take a moment to recognize the things you do every day to care for yourself, such as



Remembering to take medication as planned



Speaking up for your needs with your care team and support system



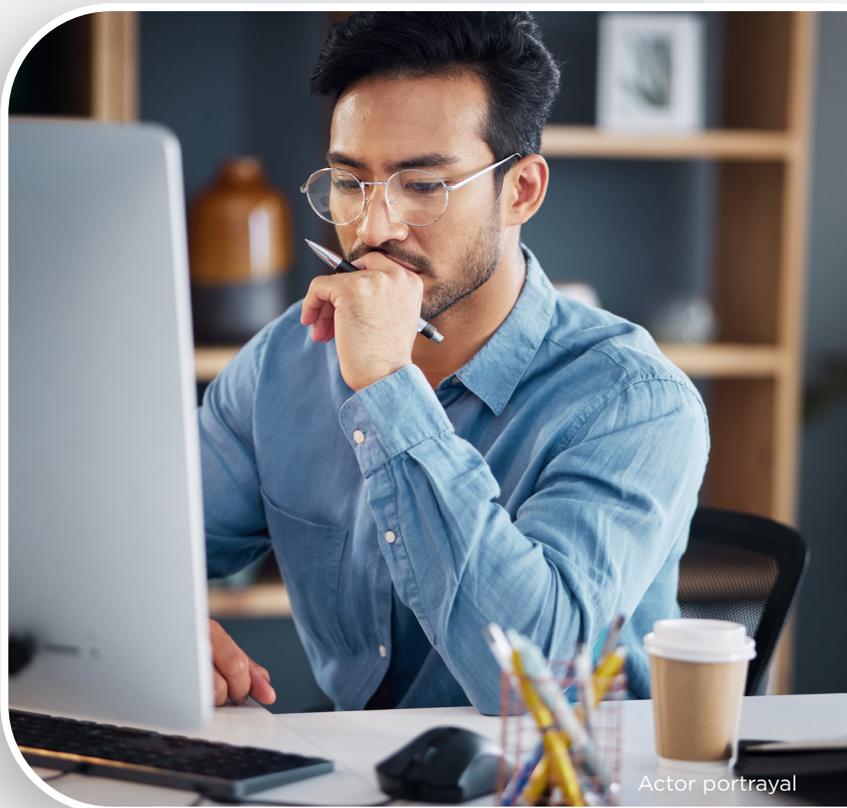
Balancing treatment, responsibilities, and everyday life



Scheduling and attending appointments



Finding motivation on days when energy or focus feels limited



Actor portrayal

These actions may feel routine, but they are real accomplishments. Each reflects commitment, courage, and care.

Journal reflection: What is one thing you did recently that supports your treatment journey, even if no one else saw it?



New Year Planning: *Starting on the Right Foot*



The first 100 days of the year can be a meaningful time to build momentum at a pace that works for you. This season, focus on refining what already makes you feel supported.

As you plan for the weeks ahead, consider:

- Building on the progress you made last year even if it felt small or inconsistent
- Closing out unfinished tasks or projects before starting something new
- Identifying routines that help your days feel more manageable
- Setting goals that feel motivating and realistic
- Breaking bigger goals into smaller, more approachable steps
- Using a journal to track appointments and priorities in one place
- Checking in with yourself regularly and adjusting plans as your needs change

Actor portrayal



You don't have to do everything at once. Small thoughtful steps still move you forward.

Post-Holiday *Reset Checklist*

A gentle way to ease back into your days

After the busy holiday season, easing back into a routine can feel refreshing. Use this checklist to help you reset at your own pace:

- Pick one part of your day (morning, afternoon, or night) to gently establish a new routine
- Take a moment to reset how you remember important things (using alarms, notes, tracking in a journal)
- Clear one small space (a drawer, a bag, or a countertop) to create a sense of calm
- Put away holiday decorations at your own pace
- Look ahead at the next few weeks and circle dates that matter to you
- Choose one goal that feels doable, not perfect, for the weeks ahead
- Plan something comforting to look forward to this month
- Revisit your New Year intentions and ask yourself, "Does this still feel right for me?"
- Check in with your body and notice what it needs more of (rest, movement, quiet, connection)

Resetting doesn't always mean starting over. It can also mean continuing with intention. Choose one small task, check it off, and build from there. Momentum grows with each step forward.

Let's Get *Cooking*

ROASTED BUTTERNUT SQUASH SOUP

With the chilly months upon us, few meals warm the body and soul better than a hearty bowl of soup. Aromas of cozy comfort will waft through the kitchen as you prepare this recipe, which will be a star of your table whether served as a side or main dish. Add in the bright orange color and you have a meal that radiates just as much warmth as it is photogenic!

DIRECTIONS

- 1 Peel, de-seed, and cut the butternut squash into chunks
- 2 Preheat the oven to 425°F and line a baking sheet with parchment paper
- 3 Place the butternut squash chunks, 1 tablespoon of olive oil, 1/2 teaspoon salt, 1/4 teaspoon black pepper, and 1/4 teaspoon of cinnamon into a bowl. Mix with your hands until the butternut squash is lightly coated
- 4 Place the butternut squash on the baking sheet, leaving a bit of space in between each chunk
- 5 Bake the butternut squash until tender (about 40 minutes), flipping the chunks halfway through the cooking time (about 20 minutes)
- 6 While the squash is roasting, chop the yellow onion and mince the garlic. Chop the fresh sage and mince the rosemary. Set each ingredient separately to the side
- 7 In a large pot (cast iron works great!), add the remaining 1 tablespoon of olive oil, chopped onion, and remaining spices (salt, pepper, cinnamon, ginger, sage, and rosemary), and cook over medium heat
- 8 Once the onion has softened and become translucent (about 5 minutes), add the garlic and continue to cook for 1 more minute
- 9 Add 4 cups of low-sodium vegetable broth and bring to a boil
- 10 Once the broth starts boiling, immediately reduce heat to low, and simmer while the butternut squash finishes roasting
- 11 When the butternut squash is tender, add it to the broth and remove the pot from the heat
- 12 If you have an immersion blender, use it to blend the soup until completely smooth
 - If you do not have an immersion blender, you can use a traditional kitchen blender. Let the soup cool slightly before transferring to the blender and puree until completely smooth
- 13 **Enjoy!**



Ingredients | Makes 6 servings

- 1 large (~3 pounds) butternut squash
- 2 tablespoons olive oil
- 1 teaspoon salt (more may be added, to taste)
- 1/2 teaspoon black pepper (more may be added, to taste)
- 1/2 teaspoon cinnamon
- 1 tablespoon fresh sage, chopped
- 1/2 tablespoon fresh rosemary, minced
- 1/2 teaspoon freshly grated ginger
- 1 yellow onion
- 3 garlic cloves
- 4 cups low-sodium vegetable broth

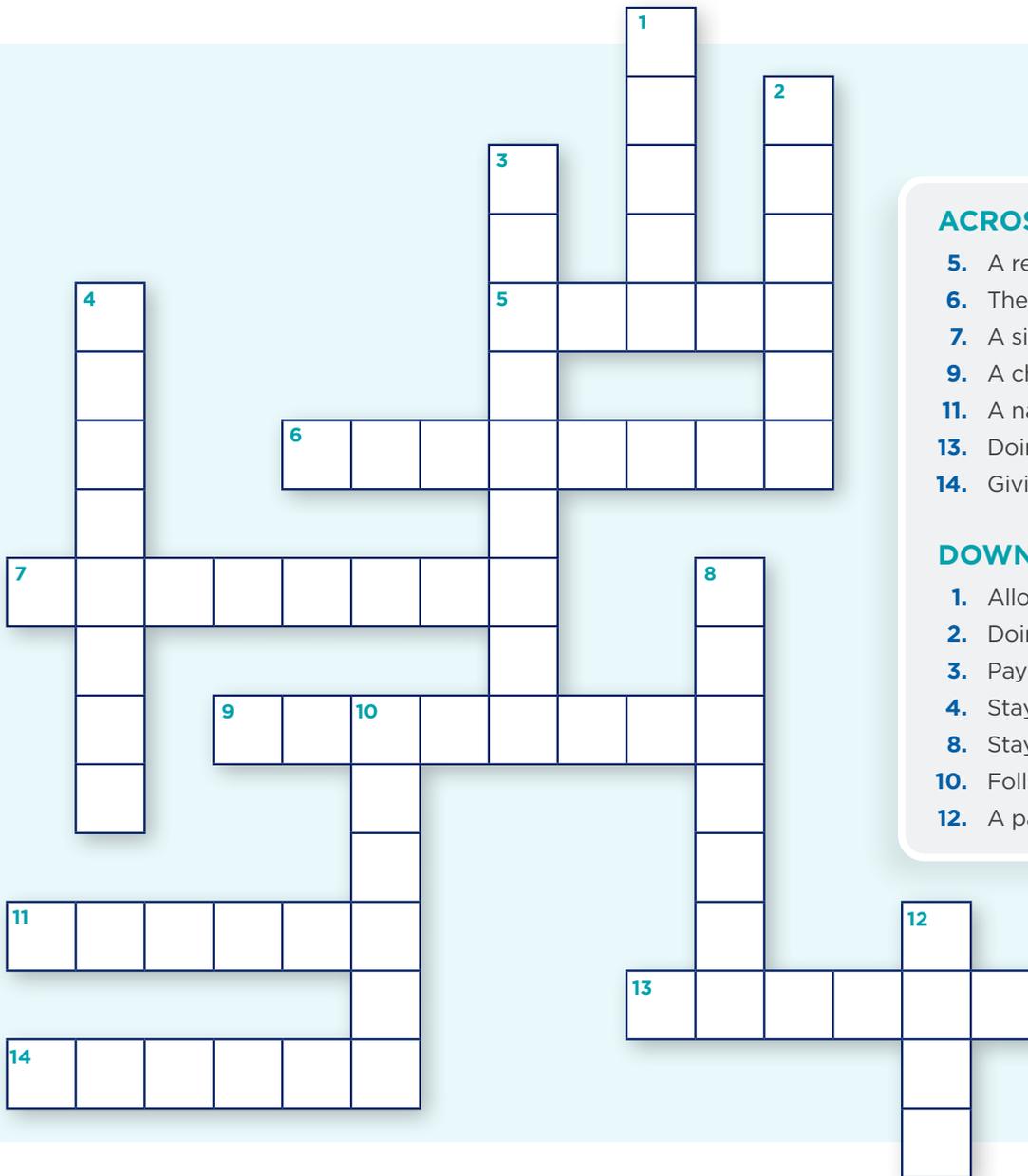
Customize it!

Tasty texture: Top with toasted pumpkin seeds, roasted chickpeas, or flash-fried sage leaves

Creamy contrast: Add a drizzle of light cream, sour cream, or coconut cream



Finding Your *Daily Rhythm*



ACROSS

- 5. A reminder you set for yourself
- 6. The way you organize your time
- 7. A simple action that supports well-being
- 9. A choice you make again and again
- 11. A natural flow to your day
- 13. Doing something without rushing
- 14. Giving yourself room to change course

DOWN

- 1. Allowing space between tasks
- 2. Doing things in a calm, steady way
- 3. Paying attention to how you feel
- 4. Staying focused on what matters most
- 8. Staying present during the day
- 10. Following through, even when it's hard
- 12. A pattern that feels manageable

Across:

5) Alert; 6) Schedule; 7) Practice; 9) Decision; 11) Rhythm; 13) Slowly; 14) Adjust

Down:

1) Pause; 2) Gentle; 3) Awareness; 4) Priority; 8) Mindful; 10) Commit; 12) Flow

ANSWER KEY



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