



HOPE HEADLINES

DECEMBER 2008



MESSAGE FROM KATHRINE FLAHERTY, CHAIR

HOPE BOARD OF DIRECTORS:

HOPE Board:

Chair:

- Kathrine Flaherty

Members:

- Janet Drysdale
- Audrey Hall
- Murray Hall
- Carol Gutiw
- Ulrich Teucher

My first two-year term on the Board of HOPE has come to a close. I must say the time has flown by quickly and it has been anything *but* uneventful!

The past twelve months have certainly been an exciting transitional period as we tried to discern HOPE's path for the foreseeable future. In keeping with the feedback we received, we chose to hire two part-time employees to carry out our many tasks, namely **Donna Boyce, (Office Coordinator)**, and **Anne Coleman, (Administrative Assistant)**. This has proven to be a sound decision indeed. Anne (who previously worked on a casual basis, chiefly doing data entry related to the Race for Recovery) is loyal, dedicated, and a stickler for detail. Donna is hard-working, well-organized, and compassionate, and has been a wonderful addition to HOPE. Both are flexible and delightful to work with!



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HOPE Staff:

Coordinator:

- Donna Boyce

Administrative Assistant:

- Anne Coleman

HOPE Location:

300-506 25th Street East
Saskatoon, SK
S7K 4A7
Phone: 955- HOPE (4673)
Fax: 955-4678
Email:
hopesaskatoon@sasktel.net

Website:

www.hopercancerhelpcentre.com

HOPE Hours:

Monday to Friday
11:00 AM to 5:00 PM
or contact the Centre
to arrange alternate
office hours.

HOLIDAY OFFICE HOURS:

The HOPE Cancer Help Centre office will follow the seasonal hours set by Saskatoon Community Service Village as follows:

Closing

12:00 noon
December 24th, 2008

Reopening

Friday morning
January 2nd, 2009

Anne and Donna will be enjoying some quality time with their families. However, they will be checking the voice mail system and responding to important messages. For a more immediate response, please contact 244-4889 or cell number: 381-9894.



NEW SUPPORT GROUP FORMED:

GREAT NEWS! The recent highly successful Stress Management workshop brought about the formation of a new support group designed to help anyone facing a diagnosis of cancer. Workshop participants formed such a strong bond and identified a need to continue to meet, share and support each other.

More great news! Stress Management facilitator, Ron Lawford has graciously offered to lead the new support group.

The group's first meeting will be held:



For further details or to register, please contact the HOPE Centre at 955-4673.



HOPE YEARLY PROGRAM CALENDAR:

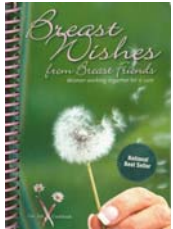
To assist with promotion, budgeting, and fundraising, a yearly program calendar is being developed. The following schedule is a work-in-progress and subject to change. Please refer to future Newsletters or Bulletins for full details:

Date:	Event:	Description:	Facilitated by:	Cost:
Saturday, February 7th	“Onion Workshop”	Using writing as a healing tool, participants will learn how to record their personal journeys.	Kelly Wiese, noted Saskatoon author	\$10.00 for lunch
Saturday, March 14th	“Foods That Heal – and What the Heck is an Anti-oxidant, Anyway?”	Nutrition workshop focusing on the conflicting information out there	Heather Whittick, Registered Dietitian	N/C
Mondays, May 4 th , through June 15 th (evenings)	“Live Well With Chronic Conditions” 	<i>How to:</i> Monitor your condition; communicate with your health care providers and family. Improve your exercise and eating habits, handle current work, home, family and other responsibilities. Manage stress, frustration, anxiety, poor sleep, pain, etc.	Saskatoon Health Region: To register, please contact: 655-4437	N/C
Friday, May 29 and Saturday, May 30th	Annual Lymphoedema workshop	To accommodate as many participants as possible, the same workshop will be offered on two consecutive days. Participants will gain a better understanding of lymphoedema and how to manage its effects through manual lymphatic drainage techniques.	Jan McFarland, Registered Physiotherapist	\$10.00 for lunch
Saturday, June 13th	Heart Unfolding	Getting in touch with your inner being.	Patricia Barclay	N/C
Friday, September 18 th to Sunday, September 20 th	Weekend Retreat	Will provide a “time out” for those presently dealing with cancer – whatever stage in their life journey. Caregivers and family members welcome (must be 19 years of age or older to attend).	HOPE Cancer Help Centre and various professionals in their fields.	\$100.00 Includes 2 nights lodging plus meals and snacks





GREAT GIFT IDEAS FROM HOPE:



BREAST FRIENDS COOKBOOKS:

All three editions of these great cookbooks are available from the HOPE office @ \$20.00 each.



HOLIDAY TRANSIT ECLIPSE CD:

HOPE Volunteer Dale Holaday is just one of the many talented local artists featured on this delightful holiday music collection. The CD was recorded live on

December 10th, 2006 at the Third Avenue United Church in Saskatoon. Available from the HOPE office @ \$15.00 each.

In addition to these two featured items, HOPE has a great selection of items for sale. These include beautiful hasty notes especially designed by one of HOPE's founders, Marie Thiesson, HOPE butterfly pins designed by noted local artist Gail Adams, and much, much more. All proceeds from the sale of these items will greatly assist HOPE carry out its mission to help cancer patients throughout the province. Please consider the gift that gives twice when planning your holiday shopping lists.

MAKING SENSE OF ILLNESS: YOUNG ADULTS' EXPERIENCES OF SERIOUS ILLNESS

An invitation is extended to young adults and their family members to participate in research about the experiences of a serious illness.

Researchers at University of Saskatchewan are seeking young adults between the ages of 19 and 39 years who have been diagnosed with an illness such as cancer, HIV/AIDS or other serious illness, and family members to take part in a research study. The study will use photography and interviews to learn more about how that illness affects their lives and to gain a better understanding of what it means to be ill during young adulthood.

It is hoped that the information shared may lead to future benefits for other young adults (and their families) who may experience a serious illness.

For full details, please contact Meridth Burles at: (306) 665-1314 or email: mcb142@mail.usask.ca.

** Please note, you are under no obligation to participate if you telephone or email for information.*



HOPE TO TAKE THE LEAD AND PROVIDE A DIRECTORY OF SUPPORT SERVICES OFFERED TO CANCER PATIENTS AND THEIR CAREGIVERS/FAMILIES:

Once again, HOPE has been fortunate to obtain the services of a Social Work practicum student to assist with a special project. Starting in January, Terry Hardy-Wilk will begin gathering resources on support services available for cancer patients. Out of Terry's research, a comprehensive directory will be compiled. The resulting directory will greatly assist HOPE in referring cancer patients and their caregivers/families to the appropriate support service or program. There is a wealth of information out there. Unfortunately, no one has the time or expertise to tap into that wellspring. In addition, Terry will help develop resources and/or support groups if enough needs are expressed.

Terry's research will also place HOPE in a great position to participate in the new 211 program when it comes to Saskatoon. What is 211? It is an easy to remember three-digit phone number providing free, confidential, multilingual access to information about a full range of community, social, health and government services. Just as 911 now means access to emergency services, 211 is the pathway to these non-emergency human services. All 211 calls are answered by live operators, certified information specialists who assess each caller's needs and link them to best available services and programs, 24 hours a day, seven days a week. A user-friendly version of the comprehensive, continually updated 211 database for each community or region can also be accessed on the Internet. The program is not yet available in Saskatchewan. Although it may be a few years before 211 arrives, the United Way is fundraising to bring this vital innovative program to our province.

**BOARD CHAIR'S MESSAGE:** (**continued from page 1 . . .*)

Our Board of Directors will look a little different in 2008-09. **Carol Janzen** and Doug **Klughart** are retiring after a number of years of dedicated service. Two new members will be joining us: **Carol Gutiw** and **Ulrich Teucher**. We are grateful to Carol J. and Doug for their faithful work, and look forward to working with Carol G. and Ulrich!

You may be interested to know that **HOPE** is gaining a greater profile in our community, and has been asked to make presentations to other groups. In the past year these have included: Aboriginal Grandmothers at the Community Clinic, Third Ave. United Church UCW, and Curves "Ladies' Night In". We now have a terrific (and user friendly) PowerPoint presentation to assist with the presentations. We are looking for folks who might be interested in helping **HOPE** in this way. Training would be provided; so please give this opportunity some serious thought!

HOPE's Board also decided this year to join the other agencies in the Community Service Village to participate in a year round advertising campaign with Rawlco Radio/C95. The idea is to raise public awareness of all the Village agencies throughout the year - instead of simply the time leading up to our major fund-raisers. By pooling our resources, we are getting much better value for our advertising dollars. So be listening for Village – and **HOPE** – ads on C95!

It is easy to be proud of my association with **HOPE**. **Not only** do we continue to organize and present high-quality, informative, and restorative workshops and events that are not available anywhere else in our community, **not only** do we have an inviting, welcoming drop-in centre with great staff and a terrific lending library, **not only** are we able to continue to support researchers at the U of S who are expanding our knowledge of cancer-related, quality-of-life issues, **but we are also able** to provide financial assistance to people facing cancer – folks who literally have no place else to turn.

Last year, through the generosity of our supporters, **HOPE** allocated **one-third of its budget** to the Client Assistance program. 60 families received approximately \$30,000 in funding. For example, we helped a teen-age boy get from class to class in his high school by renting a scooter for him. We prevented a woman from being a prisoner in her own home by providing a wheelchair lift so she could get up and down the nine steps into her house. We helped an older man recovering from prostate cancer surgery by paying for prescriptions to deal with radiation burns. We paid for childcare and vehicle repairs and cordwood. We covered unpaid utility bills and we helped exterminate bedbugs. Some requests were large – we paid for airfare for a man to go to Vancouver for required treatment that wasn't available here in the province. However, some were truly humbling – \$20 for a bus pass for one individual, \$20 for a long distance phone card for another, \$12.80 for taxicab fare for a third. This gives one pause, and I find our clients' stories and our ability to respond to them (albeit sometimes only in a limited way) cause me both to feel sad but also fortunate indeed to be able to help.

HOPE is a team made up of staff, volunteers, plus compassionate and generous souls in our community. Together we are making a difference in the lives of people dealing with cancer.

