



HOPE HEADLINES

JULY 2009



HOPE Board:

Chair:

- Kathrine Flaherty

Members:

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

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

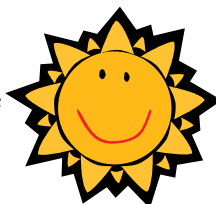
Website:

www.hopcancerhelpcentre.com

HOPE Hours:

SUMMER HOURS

Monday to Friday
10:00 AM to 4:00 PM
or contact the Centre
to arrange alternate
office hours.



RACE FOR RECOVERY 2009

The 14th Annual Race for Recovery was a great success! The HOPE Cancer Help Centre extends a huge **"THANK YOU"** to the runners, walkers, volunteers, sponsors and prize donors who contributed to this year's Race for recovery on Sunday, April 26th. The monies raised, **more than \$40,000 in pledges alone**, will support HOPE programs, which assist Saskatchewan people living with cancer.

"SPECIAL THANKS" go out to our delightful honorary chair, Sheila Coles, the Race for Recovery Committee and to the many volunteers who contributed their time, talents, and skills in stuffing envelopes, marshalling, training new runners, soliciting prizes, cooking, timing, face painting, counting cash, taking registrations, running errands, and myriad other tasks to make the 14th Annual Race for Recovery an overwhelming success. HOPE appreciates your enthusiasm, commitment, and continued support.

And last, but certainly not least, congratulations go out to Irene Gareau (IM Events) for coordinating this year's Race. She is a true joy and a pleasure to work with!

Please visit the HOPE website at: www.hopcancerhelpcentre.com for full details.

CORPORATE PRIZE WINNERS 2009:

Congratulations to this year's Race for Recovery Corporate Team, the Emergency Room Nursing staff at St. Paul's Hospital. The dynamic team raised \$1,800! The members were presented with a beautiful oil painting by local artist Valerie Borycki.

Featured in the photograph are from left to right: HOPE volunteer Liz Dziadyk, SPH staff members: John Larmer (Manager), Renee Fortugno, (Clinical Educator), Angela Hammerlindt (RN) and Ruth Fikloma (RN).



A challenge is issued to other groups for next year's Race for Recovery.

RACE FOR RECOVERY 2010

Be sure to mark your calendars for the 15th Annual Race for Recovery Sunday, April 25th, 2010

As the date draws nearer, please visit the HOPE website for further details.

www.hopcancerhelpcentre.com





AUTHOR, AUTHOR!

HOPE is pleased to announce that not one, but two of our members have written books about their personal journeys with cancer.

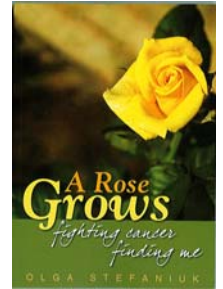


Olga Stefaniuk
HOPE founder and author

“A Rose Grows . . . Fighting Cancer, Finding Me”

Olga Stefaniuk, one of HOPE's founding members, will be on hand to personally autograph her heartwarming book about her courageous battle with breast cancer, *“A Rose Grows . . . Fighting Cancer, Finding Me”* at McNally Robinson Booksellers (3130-8th Street East) on Friday, August 7th, 2009.

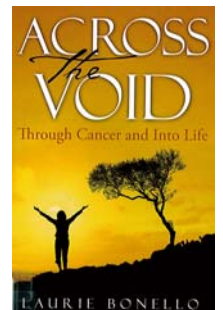
Her book may be borrowed from the HOPE Resource Library, or purchased from the HOPE Cancer Help Centre. A portion of the proceeds from the books sales will be generously donated to HOPE to help carry out its vital work assisting cancer patients throughout the province of Saskatchewan.



“Across the Void - Through Cancer and Into Life”

New HOPE member, Laurie Bonello has also written a book about her experiences when faced with a diagnosis of breast cancer. Laurie will be signing her book, *“Across the Void – Through Cancer and into Life”* on Thursday, July 9th at McNally Robinson Booksellers. Laurie has graciously donated two autographed copies of her book to the HOPE Resource Lending Library and will also direct a portion of the book sales profits to HOPE.

Congratulations and thank you to these two strong courageous women. They are inspirations to everyone.



COMMUNITY RESOURCE BINDER:



Terry Hardy-Wilk
*Social Work
Practicum Student and
HOPE Volunteer*

Great news! The outstanding community resource binder developed by HOPE Social Worker practicum student, Terry Hardy-Wilk has been completed. Her exhaustive research and attention to detail resulted in a comprehensive 107 page listing of all known resources for Saskatchewan cancer patients and their families. The binder is already proving to be a valuable asset for the HOPE Centre and our clients.

It was a pleasure having Terry serve her practicum with HOPE. Her sunny, cheerful disposition, attention to detail, knowledge, vitality, and compassion were greatly appreciated. While her busy schedule of studies makes it impossible for Terry to be at the Centre on a regular basis, she assures us that she will always be there to lend a helping hand.

Thanks Terry!



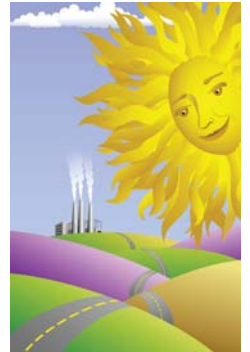
HOPE . . . fosters healing and support for people facing cancer.



MESSAGES OF HOPE:

Throughout the year many *HOPE* volunteers, members, and clients share their stories and thank the Centre for providing valuable support for them as they travel on their journey with cancer. We would like to share with you a portion of a beautiful testimony received from a family *HOPE* was pleased to be able to help:

*“As I sit here and think of all the unexpected blessings our family has received, it is almost impossible to put our gratitude into words. When it seemed there was no one to turn to for help, through various people, the **HOPE** Cancer Help Centre was brought into our lives.*



Our family has always struggled to get from day to day. On December 24th, 2007 we were informed that my husband had terminal cancer. Upon receiving this news, we were devastated. How would we make it now? I felt such unreal pressure. I knew I couldn’t go out to work due to my own health problems . . . My husband became more determined than ever to keep on working. However, due to the many trips and appointments to Cancer Clinic, blood work, and trips to the hospital for CT scans, etc., he just was not feeling well (and could not work). All these things seriously affected our income.

*The **HOPE** Cancer Help Centre assisted our family on several occasions; including financial support to provide us with a Christmas we will always remember! We had decided and discussed with our children that we would not be celebrating Christmas - simply because we needed help just to keep the roof over our heads. Paying the rent seemed far more important. However, thanks to **HOPE**, for weeks our children kept saying that that was best Christmas we ever had!*

*We have received many blessings from **HOPE** and for these are eternally grateful.”*

SUPPORT GROUPS:

HOPE facilitates or provides resources for several peer support groups. The groups are led by volunteers who have travelled their own personal journeys after receiving a diagnosis of cancer.

Groups:

- CanCope**
- Livestrong Support Group**
- Lymphoedema Support Group**
- Ovarian Cancer Support Group**
- Prostate Cancer Support Group**
- Relaxation and Meditation**



NOTE:
*Most groups have recessed for the summer vacation season. For further details on fall start up dates, etc., please contact the Centre at: 955-**HOPE** (4673).*

**“Carpe diem!
 (Seize the day)**
 ~ Horace



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UPCOMING EVENTS:

Although the summer months usually mean things travel at a more relaxed pace, at the HOPE Cancer Help Centre the pace never seems to slow down!

Please be sure to take note of the following activities and events:

RAFFLE: HOPE is holding a super raffle with the final draw to be made at the Monster Mash Halloween Dinner and Dance. Grand prize for the raffle is a travel voucher for two anywhere WestJet flies!

Tickets:

**\$2.00 each or
3 for \$5.00**



are available through the Centre,
at the Co-op Brunches, and from HOPE members.

SUNDAY BRUNCHES AT THE CO-OP:

Fundraising Brunches will be held at 8th Street and 33rd Street Co-op locations **Sunday, September 13th, 2009** from 10:00 AM to 2:00 PM @\$5.99 a plate (\$1.00 from each brunch purchased will be donated to HOPE).

MONSTER MASH: The Ladies Chapter of the Saskatoon Progress Club has graciously offered to coordinate a dinner and dance with all proceeds going to HOPE. **Date: Friday, October 30th, 2009** at the Travelodge. **Details to follow.**

WEEKEND RETREAT: The Annual Weekend Retreat will be held **Friday, September 25th through Sunday, September 27th** at the Queen's House of Retreats. Be sure to visit the HOPE website for full details.

www.hopcancerhelpcentre.com

WINNERS WALK OF HOPE FOR OVARIAN CANCER



**Sunday, September 13th, 2009
at Rotary Park!**

Pledge Sheets are in and
can be picked up at the
HOPE Cancer Help Centre.

This year's Pledge Sheet includes a picture of Barbara Leptizki, the Co-founder of the Saskatoon Ovarian Cancer Support Group, who lost her battle in January.

Funds raised across Canada at this event, go towards ovarian cancer **research**, Ovarian Cancer Canada **programs** for women with the disease, in addition to **education** and **awareness** programs for well women and health care professionals.

The **WINNERS WALK OF HOPE** is an opportunity for women and their families touched by ovarian cancer to come together to celebrate life, and to give one another hope and inspiration. Winners Walk of Hope sites are organized and hosted by dedicated volunteers across Canada. Though Ovarian Cancer Canada staff support each local Walk committee, this remarkable event would not be possible without the initiative and enthusiasm of all of our devoted Walk volunteers, who are also Survivors.

THE HOPE LOGO:

We are often asked about the significance of the stylized HOPE umbrella and butterfly logo.



The butterfly is symbolic of the metamorphosis people go through upon being diagnosed with cancer. The transformation brings with it renewed hope.

Networking, partnering, sharing and caring are symbolized by the arms of the umbrella, linking to one common focal point. Our focal point is to work toward the well-being of people living with cancer, while sheltered in the comfort zone of the umbrella of HOPE where everyone is welcome.

Now you know . . .

HOPE . . . fosters healing and support for people facing cancer.