

## 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 25<sup>th</sup> Street East  
Saskatoon, SK  
S7K 4A7  
Phone: 955- HOPE (4673)  
Fax: 955-4678  
Email:  
[hopesaskatoon@sasktel.net](mailto:hopesaskatoon@sasktel.net)

### Website:

[www.hopercancerhelpcentre.com](http://www.hopercancerhelpcentre.com) for supporting the HOPE Race for Recovery!"

## HOPE Hours:

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



## RACE FOR RECOVERY SUNDAY, 26 APRIL 2009



Plans are well under way for the HOPE Cancer Help Centre's 14<sup>th</sup> Annual Race for Recovery. The change of date from autumn to spring has many positive aspects which should enhance the outcome of race. *For example:*

- The weather in April should be better than in October.
- After our unusually long and hard winter, everyone will be anxious to get outdoors to shake off the last vestiges of cabin fever.
- The Race for Recovery will be one of the first races of the year.
- More school participation is expected since the Race will be better placed within the school year.
- April has been designated as International Cancer Month for all types of cancer.
- HOPE's mandate is to provide services for all Saskatchewan cancer patients.

## A MESSAGE FROM THE RACE FOR RECOVERY HONORARY CHAIR:



We are pleased to announce that Sheila Coles, popular host of CBC's Morning Edition, has graciously agreed to serve as the Honorary Chair for the Race.

*"Cancer devastates. When I was 22, it devastated my family by taking the life of my mother. She was forty-five. She didn't get to see her children marry and have children. She didn't get to accomplish many of her own personal goals. It was a life interrupted. Cancer still devastates today, but there are fine organizations - this being one- to help ease the pain in a direct and tangible way.*

*On behalf of all those who will benefit from your passion and your kindness, thanks for supporting the HOPE Race for Recovery!"*

Be sure to dig out those running shoes!

14<sup>th</sup> Annual Race for Recovery

Sunday, 26 April 2009

Registration begins at 12:30 PM

Kiwanis Park

For full details, please visit our website:

[www.hopercancerhelpcentre.com](http://www.hopercancerhelpcentre.com)





HOPE Cancer Help Centre Inc.

# The 14th Annual Race for Recovery

**Walk 2 or 5 km OR Run 5 or 10 km**  
**2 pm Sunday, April 26, 2009**  
**Vimy Memorial Bandshell**  
**Kiwanis Park**



Led by honorary chair, Sheila Coles, host of CBC's Morning Edition  
 "Cancer devastates. On behalf of all those who will benefit from your passion  
 and your kindness, thanks for supporting the HOPE Race for Recovery!"

## Registration

Registration and pledge forms can be downloaded  
 at [www.hopcancerhelpcentre.com](http://www.hopcancerhelpcentre.com)

- Or pick up a brochure at any of these locations:
- The HOPE Cancer Help Centre (955-4673)
  - BRAINSPORT – The Running Store (Broadway)
  - Select Affinity Credit Union Branches

**Is this your first competitive run? If so . . .**

Run for HOPE and Health – a *free* weekly training  
 program (presented by BRAINSPORT and HOPE Cancer  
 Help Centre Inc.)  
 - Training booklet available at HOPE Cancer Help  
 Centre Inc. and BRAINSPORT  
 - Starts Saturday, March 21, 2009 @ 1:00 pm  
 - Meet at BRAINSPORT - The Running Store (704  
 Broadway Avenue)

## Prizes

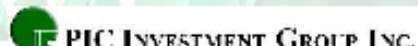
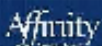
Be eligible to win some great prizes:  
**TOP PLACEMENT PRIZES FOR:**

- Male
- Female
- Age Categories

**TOP FUNDRAISER PRIZES FOR:**

- Individual(s)
- Family
- Corporate/Team
- School Team
- College/University Team

And draw prizes for individuals who raise over  
 \$250 in pledges!!!



**\* NOTE** Registration information, pledge sheets and envelopes are also available from the  
 Running Room located in the Canarama Mall – 14A - 7 Assiniboine Drive in Saskatoon.



**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 beautiful testimony received recently.

*“My life changed suddenly on June 5, 2008. I was diagnosed with stage 2 breast cancer. I felt very alone and didn’t know where to turn – until I found a hidden treasure – the **HOPE** Cancer Help Centre. I call it this because I believe **HOPE** needs more public awareness, also to be known through the Saskatoon Cancer Centre.*

***HOPE** offers a wealth of informative workshops. **HOPE** is caring and always willing to offer anyone help. The Centre has helped me see that I am not alone; it has given me understanding and compassion. I was fortunate to learn about **HOPE**. I feel I have found hope through the **HOPE** Cancer Centre.”*



**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.

<b>Group:</b>	<b>Meeting information:</b>
<b>CanCope</b>	4 <sup>th</sup> Saturday of the month Soft Room (203) Saskatoon Community Service Village 506 – 25 <sup>th</sup> Street East
<b>Relaxation and Meditation</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month Soft Room (203) Saskatoon Community Service Village 506-25 <sup>th</sup> Street East
<b>Ovarian Cancer Support Group</b>	TBA <i>HOPE</i> Meeting Room 300-506-25 <sup>th</sup> Street East
<b>Prostate Cancer Support Group</b>	4 <sup>th</sup> Thursday of the month W. A. Edwards Centre 333 – 4 <sup>th</sup> Avenue North
<b>Lymphoedema Support Group*</b> <i>* This newly-formed group offers information and support to cancer patients experiencing painful swelling after treatment.</i>	Thursday, 07 May 2009 Soft Room (203) Saskatoon Community Service Village 506 – 25 <sup>th</sup> Street East

For further details, please contact the Centre at: 955 - *HOPE* (4673).

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






**IMPORTANT UPCOMING EVENTS:**



To assist with promotion, budgeting, and fundraising, a yearly program calendar has been developed. Please be sure to take note of the following events and register early to avoid disappointment— Spaces are rapidly filling up!

<b>Date:</b>	<b>Event:</b>	<b>Description:</b>	<b>Facilitated by:</b>	<b>Cost:</b>
Mondays, May 4 <sup>th</sup> , through June 15 <sup>th</sup> <i>(evenings)</i>	“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 <i>and</i> Saturday, May 30 <sup>th</sup>	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 13 <sup>th</sup>	Heart Unfolding	Getting in touch with your inner being.	Patricia Barclay	N/C
Friday, September 18 <sup>th</sup> to Sunday, September 20 <sup>th</sup>	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).	<b>HOPE</b> Cancer Help Centre and various professionals in their fields.	\$100.00 Includes 2 nights lodging plus meals and snacks. <i>* Bursaries are available</i>

For further details, please contact the **HOPE** Cancer Help Centre at: 955 – **HOPE** (4673), forward an email at: [hopesaskatoon@sasktel.net](mailto:hopesaskatoon@sasktel.net) , or visit our website at: [www.hopecancerhelpcentre.com](http://www.hopecancerhelpcentre.com)



*“The best and most beautiful things in the world cannot be seen  
or even touched. They must be felt with the heart.”*

- Helen Keller