

## HOPE Board:

### Chair:

- Janet Drysdale

### Vice-Chair:

- Terry Hardy-Wilk

### Secretary:

- Cheryl Klassen

### Treasurer:

- Diane Johnsgaard

### Members-at- Large

- Glenda Knox
- Ron Knox
- Christine Smillie
- Ulrich Teucher
- Pat Zabos



## 16<sup>TH</sup> ANNUAL HOPE RACE FOR RECOVERY:

Wow! Less than two months until Race Day! The 2011 Race for Recovery is dedicated to the memory of two outstanding HOPE volunteers ~

**Kathrine Flaherty and Olga Stefaniuk**



*Kathrine Flaherty, Past Board Chair*



*Olga Stefaniuk, one of HOPE's Founders*



Over the past fifteen years, more than \$854,000 has been raised in the province for Saskatchewan cancer patients. The 2010 HOPE Race for Recovery was a great success raising more than \$72,000, engaging the involvement and participation of more than 70 dedicated volunteers and 250 walkers/runners. This year a goal of \$90,000 has been set.

**Sunday May 1, 2011**

**Walk 2 km or 5 km or participate in a timed 5 km or 10 km run**

**Registration and entertainment 12:00 PM**

**Opening Ceremonies: 1:30 PM with Race Start 2:00 PM**

*Entertainment will include the ABCI Jazz band and the Bridge City Cloggers!*

Be sure to visit our website regularly with updates including downloadable pledge and registration forms, posters, and brochures ~ [www.hopcancerhelpcentre.com](http://www.hopcancerhelpcentre.com)

### NEW THIS YEAR:

The Hope Cancer Help Centre has just expanded its internet promotion by creating a facebook page. Be sure to look us up and "like" our page. Search for us: Hope Cancer Help Centre at: [WWW.FACEBOOK.COM/HOPECANCERHELPCENTRE](http://WWW.FACEBOOK.COM/HOPECANCERHELPCENTRE)

### "THE SKY'S THE LIMIT" ANNUAL RAFFLE:



Plans are already underway for this year's Annual HOPE Raffle. We are extremely pleased to announce that once again those wonderful folks at WestJet have very generously donated the grand prize of a round-trip travel voucher for two anywhere WestJet travels!

*Other prizes include:*

- ◆ Framed print donated by: Collector's Choice
- ◆ Candle lantern donated by: Cheryl Klassen  
*(Independent Consultant PartyLite Gifts Ltd.)*
- ◆ Gift basket: donated by: Creative Compliments Gift Baskets and Flowers

Tickets will be on sale starting in March. You may purchase your tickets from the HOPE Centre, during the Race for Recovery, at selected Saskatoon mall locations, from HOPE Board members, volunteers, and staff.

**Tickets are \$5.00 each or 3 for \$10.00**

The drawing for all prizes will be held during the 2<sup>nd</sup> Annual HOPE Steak Night on Saturday, October 22<sup>nd</sup>, 2011.

For full details, please visit our website at: [www.hopcancerhelpcentre.com](http://www.hopcancerhelpcentre.com)

## 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.hopcancerhelpcentre.com](http://www.hopcancerhelpcentre.com)

## HOPE Hours:

Monday to Friday  
10:00 AM to 5:00 PM  
or contact the Centre  
to arrange alternate  
office hours.





## **MARCH IS NUTRITION MONTH:** ~ Sources: *Canadian Cancer Society and Princess Margaret Hospital Foundation*

### **FEELING TIRED (FATIGUE):**

You may feel very tired or find it hard to be as active as you usually are. This can make it difficult to shop for groceries, prepare food or even eat a meal. Remember that a diet rich in protein and calories can help boost your energy. You can also try these ideas:

- ◆ Eat small amounts of food throughout the day if you can, even if you are not that hungry.
- ◆ Eat when you have the most energy.
- ◆ Be sure to drink plenty of fluids to stay hydrated. Being dehydrated can make you feel tired.
- ◆ Buy healthy but convenient foods. For example, buying pre-cut vegetables to save time and energy when preparing meals.
- ◆ Cook in batches when you have more energy. Freeze in small portions that can be re-heated when you may feel too tired to cook.
- ◆ Ask friends and family to help with grocery shopping and food preparation. You may even be able to have your groceries delivered.
- ◆ Ask your dietitian or social worker about community resources such as Meals on Wheels.

### **HELPFUL HINTS FOR YOU:**

- ◆ Take snacks with you when you are away from home for periods of time because of treatments or doctor's appointments.
- ◆ Use dessert plates instead of dinner plates. Smaller portions are easier to tackle. If you are still hungry, go for seconds.
- ◆ Keep ready-made snack items in easy reach. Trail mix, dried fruits, cheese and crackers, pudding, and ice cream are a few ideas to add to your shopping list.
- ◆ Take a short walk around the neighbourhood. A little exercise and fresh air stimulate your appetite.
- ◆ If you feel too tired to eat, take a few minutes to rest before mealtime.
- ◆ Listen to your body. Do you seem to have better appetite in the morning or later in the day? If it is in the morning, have a hearty breakfast and then snack on some smaller items in the afternoon and evening.
- ◆ Distract yourself while you eat. Watch TV, listen to the radio, read a book, call a friend, or play a game. It is surprising how many calories you can sneak in before you notice.
- ◆ Mix it up . . . have breakfast for dinner or dinner for breakfast – whatever works for you. It still provides good nutrition.
- ◆ Satisfy cravings. A favorite food or treat may wake up your appetite.



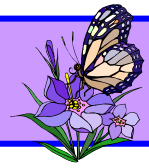
### **HELPFUL HINTS FOR THE CARE GIVER:**

- ◆ Spend a little time attractively arranging the food on the plate. Something that is pleasing to the eye will make food seem more appetizing.
- ◆ Examine the environment. Soft lighting, a new tablecloth, pretty plates, humorous salt and pepper shakers, lightly scented flowers, candles, and relaxing music may make it more enjoyable to dine.
- ◆ As concerned as you may be, try not to force your loved one to eat. This can make a small appetite disappear very quickly.
- ◆ Make food available – a tin of nuts on the coffee table, a few peanut butter cookies at the bedside, a portable refrigerator filled with favorites next to the couch.
- ◆ Pleasant aromas may stimulate the appetite. For example, freshly baked bread, simmering stews, roasted vegetables and grilled foods. Make sure the aromas are not overpowering, as this will have the opposite effect.



**NOTE:** HOPE will be holding its Annual Nutrition Workshop on Saturday, March 12<sup>th</sup>. Full details may be found by visiting the HOPE website at:

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



## SETTING THE SCENE:

### BRING HARMONY HOME:

Science recognizes the correlation of environmental influences to health and how stress may compromise the immune system. While anxiously waiting in physicians' offices, hospital waiting and treatment rooms cancer patients, their families, and care partners do not always find those spaces portray compassion or warm welcoming atmospheres.

We continually strive to make the HOPE Centre as inviting and welcoming as possible. Over the years we have moved things around, added decorative touches here and there, refreshed the resource lending library, been the happy the recipient of beautiful furniture donated by Cameco, added curtains to the windows, and so on. A few weeks ago, when Bridget Saraka from Zen Solutions offered to drop by to provide a free demonstration on how Feng Shui can improve the quality of life within the workplace, we jumped at the chance. Be sure to drop by the Centre to check out the changes!

Since March is Nutrition Month, Bridget graciously submitted the following article on how to incorporate Feng Shui into the heart of your home – the kitchen.

### FENG SHUI FOR THE KITCHEN:

Feng Shui recognizes the kitchen as a space of celebration of life, love and family. It is a space that nurtures our health and inspires our creativity; it is a sacred space to honour all things dear to us. Therefore, in a space that feeds our hearts and our minds it is imperative to edit the space of all items that do not serve life's current circumstances and free surfaces of seldom used gadgets.

Feng Shui analyzes a kitchen for safety issues such as knife sets placed on counters, ease of flow, task lighting and use of space.

- ◆ Knives are placed in drawers, out of sight and harm.
- ◆ Pots and pans are also stored in drawers and or pantries; freeing counter space for cleanliness and ease of use.
- ◆ Edit any un-used furniture and storage units. Create a space that is effortless to move through.
- ◆ Lighting is bright and preferably shining on all work surfaces, such as over sinks, stoves, counters and tables used for meals.
- ◆ Everything has a place and lives in its own home. Only items such as coffee makers and toasters are left out on counters.
- ◆ If you can't see the main entrance to the room from the door, place a stainless steel kettle on one of the burners so that you may see a reflection of arriving visitors. This reduces the risk of becoming startled.
- ◆ Introducing herbs and spider plants to the kitchen has many important aspects that promote a balance of health and wellbeing. Plants improve the quality of the air; reduce the effects of the electrical magnetic fields in this space due to the abundance of appliances. Adding plants also helps to soften various hard surfaces, while reducing the attributes associated with the flow of water waste.
- ◆ Place bright organic fruit in a ceramic bowl on the centre of the table to symbolize the simple beauty of the day.



~ Submitted by: Bridget Saraka Certified International Feng Shui Red Ribbon Professional

*Hope is a thing with feathers  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all,*

*The sweetest in the gale is heard;  
And sore must be the storm  
That could abash the little bird  
That kept so many warm.*

*I've heard it in the chilliest land,  
And on the strangest sea;  
Yet, never, in extremity,  
It asked a crumb from me.*



~ Emily Dickinson





## UPCOMING WORKSHOPS, PRESENTATIONS AND EVENTS:

Date:	Event:	Description:	Facilitated by:	Cost:
Saturday March 12 <sup>th</sup> , 2011 10:00 AM to Noon	Nutrition Matters	Good nutrition is vital at every stage of cancer treatment.	Heather Millar <i>Registered Dietitian</i>	N/C <i>Silver collection</i>
Saturday April 9 <sup>th</sup> , 2011 10:00 AM to Noon	Healing Touch	Healing Touch is a relaxing, nurturing therapy. Gentle touch assists in balancing physical, mental, emotional, and spiritual well-being.	Donna Chicoine <i>Certified Healing Touch Practitioner</i>	N/C <i>Silver collection</i>
May 2011 Regina	InspireHealth	Participants will learn aspects of supporting recovery and survival through the use of complementary therapies which may be integrated with conventional cancer treatments.	HOPE in partnership with Breast Friends	Details to follow
Sunday May 1, 2011	Race for Recovery	HOPE's 16 <sup>th</sup> Annual signature fundraising event.	HOPE <i>Volunteers and community supporters</i>	Pledges and Donations
Friday May 27 <sup>th</sup> , 2011 or Saturday May 28 <sup>th</sup> , 2011	Annual Lymphoedema Workshops	This 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, <i>Registered Physiotherapist</i>	\$10.00 <i>For lunch</i>
Wednesday June 15 <sup>th</sup> , 2011	Knowledge is Power	Information on the signs, symptoms and risk factors regarding ovarian cancer.	Ovarian Cancer Canada Volunteers and HOPE	N/C <i>Silver collection</i>
October 2011 Saskatoon	InspireHealth	See above	HOPE in partnership with Breast Friends	Details to follow
Saturday October 22, 2011	Steak Night	2 <sup>nd</sup> Annual fun fundraising event held at the Heritage Inn.	HOPE <i>Volunteers and community supporters</i>	\$20.00 <i>Children: \$10.00</i>
Saturday October 22, 2011	Annual Raffle Draw	Grand prize ~ A round-trip for two to any WestJet destination!	HOPE <i>Volunteers and community supporters</i>	\$5.00 each or 3 for \$10.00

**NOTE:** Participants must pre-register for all workshops and presentations by contacting HOPE at: 955- HOPE (4673) or email: [hopesaskatoon@sasktel.net](mailto:hopesaskatoon@sasktel.net)

**FURTHER NOTE:** Most events are held in Saskatoon unless otherwise stated.

