



HOPE Board:

Chair:

- Janet Drysdale

Vice-Chair:

- Terry Hardy-Wilk

Secretary:

- Cheryl Klassen

Treasurer:

- Diane Johnsgaard

Members-at-Large

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

HOPE Staff:

Coordinator:

- Donna Boyce

Finance Coordinator:

- 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
9:30 AM to 5:00 PM
or contact the Centre
to arrange alternate
office hours.

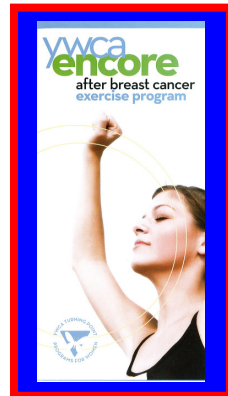


FINDING BALANCE:

The HOPE Cancer Help Centre Inc. is dedicated to enhancing the quality of life for all Saskatchewan cancer patients. HOPE strives to provide the knowledge, tools, resources and services to support patients during their journeys with cancer. Throughout the year, HOPE offers high-quality workshops and presentations to help individuals find a healthy balance of body, mind, and spirit in their lives. *(All upcoming events are posted on the fourth page of each HOPE Headlines newsletter.)*

We are fortunate enough to have a wealth of excellent information and resources available for those whose lives have been touched by cancer – either personally or through a loved one. HOPE is pleased to partner and promote many support organizations, agencies and groups whose missions are to help individuals cope with a diagnosis of cancer.

Fitness on 25th at the Saskatoon **YWCA** has just launched its new **Encore Program**. Encore is a FREE 8-week program designed specially for women who have experienced breast cancer at any time in their lives. Incorporating gentle exercises, relaxation techniques, information, and support, it is safe, fun, and therapeutic.



The exercise program has been designed by medical specialists to target areas that have been affected by breast cancer surgery and treatment. Gentle, but effective exercises improve strength, mobility, and flexibility while warm water in the hydrotherapy sessions relieve affected muscles. The classes provide an opportunity for women to share their experiences in a safe and supportive environment.

Participation is free, is by enrolment only, and medical approval is required.

For further details, please contact:
(306) 244-0944 Ext. 123



Encouraged by the success of last year's presentation, the wonderful women from **Breast Friends** are once again sponsoring an **InspireHealth** workshop:

Friday, October 21, 2011

9:00 AM to 4:30 PM

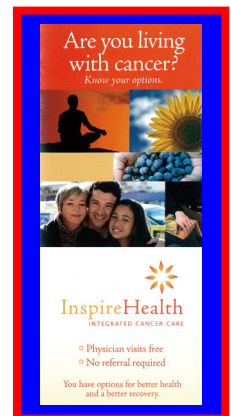
Queen's House

601 Taylor Street West

Saskatoon, Saskatchewan

Cost: \$150.00 for cancer patients

Care partners are encouraged to attend for a fee of \$50.00



A growing body of medical research is confirming that integrated cancer care can substantially improve quality-of-life, reduce the risk of recurrence, and improve survival.

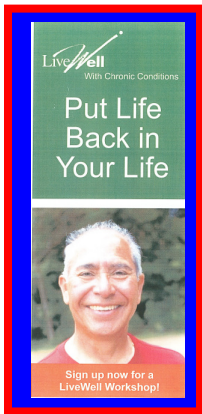
The one day comprehensive workshop you introduce to all aspects of supporting recovery and survival through immune system support, nutrition, exercise, emotional and spiritual support, supplements, and complementary therapies. These are all safety integrated with conventional cancer treatments.

For further details or to register, please call: 1-877-560-4547

www.inspirehealth.ca



PUT LIFE BACK IN YOUR LIFE!



LiveWell with Chronic Conditions is a **FREE** program offered by the **Saskatoon Health Region** for anyone with a chronic health condition such as pain and discomfort from cancer treatment and surgery, diabetes, arthritis, M.S., heart disease, lung disease, depression, etc. Care partners and support people will also benefit from taking part in the program.

Two trained peer leaders meet with groups of up to fifteen (15) participants for two and one half (2.5) hours, once a week for six (6) consecutive weeks. Classes are fun as well as practical. Participants will learn self-management techniques that will help them understand and manage their chronic condition. They will also be provided with an excellent opportunity to give and receive support from others who are experiencing similar health concerns.

Included in the six week program are:

- Problem solving
- Exercise
- Cognitive symptom management
- Nutrition



For further information regarding class dates/locations or to register, please call **655-2655** – or visit the **Saskatoon Health Region** website at: www.saskatoonhealthregion.ca

NEW WELLNESS CENTRE:

Set in the historic City Park neighbourhood of Saskatoon, the lower level at **McFarland House** offers all disciplines focusing on the mind-body connections that invoke well-being and healing. As distinct from the fitness-oriented approach, yoga classes at **McFarland House** are holistic and individualized.

Something special is happening here. Everything from the labyrinth carved into the heated floor; the elegant stained glass in every window; the rich, vibrant colours, the beautiful hand-crafted fireplace; and the sense of an exciting, inviting space, all speak of the special qualities.

The lower level facility attracts teachers and students who seek to live life fully, with the wholeness and ease of well-being. Leaders with a high level of professionalism, formal accreditation and vision within their respective fields have been drawn to use the facilities for their teaching and practice.

Classes currently offered include:

- Insight meditation with Jennifer Keane
- Cancer Awareness Programs with Patricia Dewar and Marita Goetz
- Gentle Path Yoga with Jean Short
- Breath Awareness with Supported Poses (ideal for cancer survivors) with Patricia Dewar
- Healing Yoga for Cancer survivors with Marita Goetz
- Therapeutic, Iyengar-based Yoga with Sarah Junkin



*McFarland House
716 Queen Street*

For further details, be sure to visit: www.McFarlandHouseSK.com

NOTE: Be sure to check out the HOPE schedule for 2012 workshops and presentations which will be listed on page 4 of the HOPE Headlines December issue.

Several McFarland House instructors have expressed interest in facilitating mini-workshops for HOPE.





“THE SKY’S THE LIMIT” ANNUAL RAFFLE:

Ticket sales are already brisk 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



You may purchase your tickets from the HOPE Centre, during HOPE special events, at selected Saskatoon mall locations, from HOPE Board members, volunteers, and staff.

Tickets sell for: \$5.00 each or 3 for \$10.00

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

For full details, please visit our website at: www.hopecancerhelpcentre.com

Lottery Licence No. RR11-0029



SECOND ANNUAL HOPE STEAK NIGHT:

Buoyed by the success of last year’s Steak Night, HOPE has decided to make this an annual fundraising event for the Client Assistance program.

Why not join us for a casual dining experience with a ton of fun thrown in?



SECOND ANNUAL STEAK NIGHT

Saturday, October 22, 2011

**Heritage Inn
102 Cardinal Crescent, Saskatoon**

5:30 PM Cocktails

6:00 PM Dinner

Silent Auction

Lucky Loonie Draw

50/50 Draw

Cash Bar

\$20.00 per adult or \$10.00 per child

(Chicken available upon request)

**Tickets available at the HOPE Centre,
from HOPE Volunteers, Board of Directors, and Staff**

All proceeds from the Raffle and Steak Night will be directed to the HOPE Client Assistance Program.





UPCOMING WORKSHOPS, PRESENTATIONS AND SPECIAL EVENTS:

Date:	Event:	Description:	Contacts:	Cost:
Sunday, September 11, 2011 8 th St. and 33 rd St. locations	Co-Op Sunday Brunch	Fundraising and awareness brunch. All proceeds to the HOPE Client Assistance Program	HOPE <i>Volunteers and community supporters</i>	\$5.99/plate <i>(ham, sausage, scrambled eggs, French toast and beverage)</i>
Thursday, October 20, 2011 McClure United Church and Holy Spirit Parish 4025 Taylor St.	Prayer Day for Cancer	A day of reflection, presentations, and fellowship 1:30 – 3:30 PM 7:30PM – 8:30 PM	Florence: 374-8148 Kelly: 374-1425	No charge Everyone is welcome
Friday October 21, 2011 Queen's House of Retreats 601 Taylor Street	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 	\$150.00 per survivor or \$50.00 per care partner
Saturday October 22, 2011	Steak Night	2 nd 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 <i>or</i> 3 for \$10.00
Thursday, November 24, 2011 7:00 PM	Annual General Meeting	Special guest speakers Margaret Tompson and Dr. Ulrich Teucher will speak on the importance of sharing "stories"	HOPE Board of Directors, Volunteers, and Staff	N/C

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

YOUR IDEAS ARE ALWAYS WELCOME:

Throughout the year, HOPE sponsors presentations and workshops of special interest to cancer patients, their families, and care partners. If there is a topic you would like to have addressed, please be sure to contact the Centre at: 955- HOPE (4673).

Your ideas and suggestions are always welcome.



**NOTE: The HOPE Annual General Meeting will be held:
Thursday, November 24, 2011
If you are interested in serving on the Board of Directors, please contact:
955-4673.**