



HOPE headlines ~ Autumn 2013



HOPE Board:

Chair:

- Christine Smillie

Members:

- Dennis Flaherty
- Helen Ferris
- Willa Hanson
- Terry Hardy-Wilk
- Diane Johnsgaard

HOPE Staff:

Coordinator:

- Donna Boyce

HOPE Location:

129 D Pinehouse Drive
Saskatoon, SK
S7K 5W1
Phone: (306) 955-4673 (HOPE)
Fax: (306) 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.



HOPE CANCER HELP CENTRE RENEWAL PLAN:

Hello friends, members and supporters,

I'm writing on behalf of the HOPE Cancer Board of Directors to thank those of you who came out to our Special Meeting of Members on June 19th to talk about the future of HOPE. 20 out of the 26 people who attended voted to allow the board to withdraw \$25,000 from our reserves to give the Board and members a bit more time to do some planning as we try to figure out how HOPE can best serve its mission in the current context of cancer care and support services in Saskatchewan.



Since June 19th, HOPE has launched a planning process with the help of facilitator, Diane Fletcher. Throughout September we conducted interviews with key internal and external stake-holders. We received some excellent feed-back on current trends in cancer care and services and what people feel are our main roles. On September 21st five of our six board members plus Florence Graham, Janet Merrick and Lilah Brehon spent most of the day at Mayfair United Church with Diane Fletcher reviewing HOPE's history, looking at our present situation, and then reading and "theming" the interviews that we had had. The themes were arranged under the headings of "Roles – what are we best in the world at", "Big Questions", "Trends" and "Strategies".

On October 24th we're going to be doing a follow up planning session focused on the issues of our unique role and some of the other "Big Questions". It should be a very interesting meeting and we hope those of you who are interested in being part of this session will join us. We're tentatively meeting at the HOPE office at 10:00 AM. Please let Donna know at (306) 955-4673 if you want to come so we can make sure that there are enough chairs for everyone and enough lunch! Our goal is to have some interesting suggestions for your consideration at our AGM.

Our Annual General Meeting will be held at Rusty Macdonald Library, 225 Primrose Drive on Thursday, November 14th beginning at 6:30 PM. We need to be out of the space by 8:45 PM. We hope you'll plan to attend. The official notice of the AGM and any accompanying material will be sent to you by October 24th.

I also want to let you know Board member Dennis Flaherty has agreed to chair the 2014 Race for Recovery Committee. If you're interested in helping to organize the Race please call Dennis at (306) 242-4889.

Thank you to those of you who helped with our first ever Radio-Thon and to all of you for your ongoing support.

~ Christine Smillie, Interim Chair, Hope Cancer Help Centre Board of Directors

**HOPE is dedicated to enhancing the quality of life
for cancer patients.**



HEALING THROUGH RELAXATION SUPPORT GROUP:

Healing Through Relaxation is a peer-led support group for persons living with cancer. It provides an opportunity to learn relaxation strategies as one copes with a cancer diagnosis and follow-up treatment. The group meets twice monthly at the Saskatoon Community Service Village, 506 25th Street East (room 203) on the second and fourth Tuesday of the month from 1:30-2:30 PM. (*Second and fourth Wednesday commencing January 8th, 2014*).

Participants coping with all cancers are welcome and may be accompanied by a caregiver. Attendance on a regular basis varies due to medical and/or treatment appointments and one's energy level. For some, it is a drop-in activity depending upon their personal healing journey.

The primary purpose of **Healing Through Relaxation** is to assist participant to calm the busyness of the mind . . . to clear the clutter . . . and to slow the body. As well, participants learn it is a safe space where they may choose to share or be an observer. Opportunity is provided to question, explore options or possible solutions as attendees interact with peers.

Each session includes the use of an affirmation – a positive statement that may be supportive during the coming week. As one quietly reflects on the affirmation, the intent is to promote hopefulness, reassurance, renewal and a sense of calmness. An affirmation may be a simple statement, such as, “My body is healing”, “I rest . . . release . . . let go”, “May I gain inner peace”.

Relaxation strategies commence as we rest our hands and feet, loosen any restrictions, close our eyes and still the body in order to focus on our breath. We take in breath deeply and slowly to the lower section of the lungs and with practice we note our mind is less cluttered.

To become aware of tense muscles due to stress or anxiety, we tighten a muscle group, note the tension and then release the tightened muscle group. Facial and upper body tightness may be pronounced during a chronic medical condition and result in discomfort or pain.

Through guided imagery, participants experience another form of relaxation. A script may be quietly spoken that invites the participant to recall a memorable place, a season, a safe journey or an event. It may include a phrase or single word that evokes an image. The intent is to substitute a positive image when our mind or thoughts dwell on “what if?”, “why me?”, “I can't”.

~ For further information, prospective participants may call Florence Graham at (306) 230-3372.

CANCOPE SUPPORT GROUP:

HOPE has launched the new CanCope support group for all cancer patients. The group provides an excellent setting in which patients can talk openly about living with cancer with others who may share similar experiences. By caring and sharing, patients experience a sense of putting the pieces of their lives back together and learning how to cope with the “new normal”.

Apart from having to cope with the physical and medical challenges, cancer patients often face many other worries (such as finances), or feelings and concerns unique to their situations. Patients may find they need help coping with the emotional as well the practical aspects of their diagnoses. In fact, paying attention to the emotional burden of having cancer is often considered a vital part of the patients' comprehensive treatment plan.



*Enjoy the little things, for one day
you may look back and realize
they were the big things.*

~ Robert Brault

CanCope is led by a Debbi Ross, a social worker from Family Service Saskatoon and Terry Hardy-Wilk, who is a HOPE Board Director in addition to being a social worker. The group meets in the Saskatoon Community Service Village, 506 25th Street East (room 102) every first and third Wednesday of the month beginning at 6:30 PM. **Contact (306) 955-4673 for details.**





HOPE BULLETIN BOARD:

THE SKY'S THE LIMIT RAFFLE:

HOPE is holding a truly remarkable raffle - "The Sky's the Limit". As the name implies, the lucky grand prize winner will be jetting away to the destination of his/her choice! With old man winter nipping at our heels, what could be better than spending a few days in a warm exotic setting, or visiting with family and friends during the holiday season?



Grand prize:

- Travel voucher for two - anywhere WestJet flies!

Second prize:

- One-year pass to the YWCA Fitness on 25th

TICKETS: \$5.00 EACH

- Available at the HOPE Cancer Help Centre – 129 D Pinehouse Drive
- HOPE Volunteers, Board Members, and Staff.
- Selected mall venues in Saskatoon

The final draw will be made during the Annual Steak Night, Saturday, November 23rd Mulberry's 124 – 3rd Avenue N. Saskatoon

Licence Number: RR13 - 0409

ANNUAL STEAK NIGHT:

This year's Annual HOPE Steak Night will be held:

Saturday, November 23rd, 2013

Mulberry's
124-3rd Avenue North

5:30 PM Cocktails
6:00 PM Dinner

Meal includes: Steak, chicken fingers, baked potatoes, Caesar salad, mushrooms and onions plus garlic toast

Tickets available from:

- HOPE Centre
129 D Pinehouse Drive
 - Displays at selected shopping malls
- or
- HOPE Board Members and Volunteers



Featuring:

Silent Auction
Lucky Loonie Bidding War
55/50 Draw
Cash Bar
\$25.00 Adult
\$10.00 Child



CONGRATULATIONS HELEN FERRIS:

Helen Ferris, HOPE Board Director has been recognized by Ovarian Cancer Canada with the 2013 Peggy Truscott Award of Hope. The award is a national citation that celebrates and honours the dedication of an individual or group who volunteer in support of the mission of Ovarian Cancer Canada.

In addition to serving on the HOPE Board, Helen is an active volunteer for the Saskatoon Ovarian Support Group. She is a truly remarkable woman.





RADIO-THON FOR HOPE 2013:

HOPE Board members, volunteers were on hand to answer the telephones, speak on-air about the many programs and services offered by HOPE, and take donations when the Saskatoon Media Group radio stations CJWW 600, Magic 98.3, The Bull 92.9 broadcasted live from the Mall at Lawson Heights – from 9:00 AM to 5:00 PM Tuesday, September 17th and Wednesday, September 18th.

Many, many thanks to all who participated and supported the event.



UPCOMING WORKSHOPS, PRESENTATIONS AND EVENTS:

Date:	Event:	Details:	Facilitated by:	Cost:
Twice monthly <i>(see article on page 2)</i>	Healing Through Relaxation	Support group <i>(see article on page 2)</i>	Florence Graham	N/C
Twice monthly <i>(see article on page 2)</i>	CanCope	Support group <i>(see article on page 2)</i>	Debbi Ross and Terry Hardy-Wilk	N/C
October 17 th , 2013 7:00 PM - 8:30 PM	Body-Mind-Spirit Connection	Public Talk Rusty MacDonald Library 225 Primrose Drive	Dr. Rob Rutledge and Timothy Walker Healing and Cancer Organization	FREE
October 18 th – 20 th , 2013 Friday: 5:30 PM to 8:00 PM Saturday: 9:00 AM to 4:00 PM Sunday: 9:00 AM to 3:00 PM	Skills for Healing Retreat	Open to anyone who has been given a cancer diagnosis of any type or stage. May bring a loved one.	Dr. Rob Rutledge and Timothy Walker Healing and Cancer Organization	\$100.00 refundable deposit for those who can afford it
November 14 th , 2013	Annual General Meeting	Rusty MacDonald Library 225 Primrose Drive	HOPE <i>Board of Directors</i>	N/C
November 23 rd 2013 Draws during Steak Night	Annual Raffle Draw	Please see page 3 for full details	HOPE <i>Volunteers and community supporters</i>	Tickets \$5.00 each
Saturday, November 23 rd , 2013 Mulberry's on 3 rd Avenue 6:00 PM to 9:00 PM	4 th Annual Steak Night	Delicious steak dinner, silent auction, lucky loonie bidding war, and a 50/50 draw.	HOPE <i>Volunteers and community supporters</i>	Tickets \$25.00 each

NOTE: Participants must pre-register for all workshops and presentations by contacting HOPE at: 306 - 955 - 4673 or email: hopesaskatoon@sasktel.net.

Your ideas are always welcome. Throughout the year, HOPE sponsors excellent presentations and workshops of special interest to cancer patients, their families and care partners.

We ask that participants refrain from using any scents. Many of our clients are highly sensitive to perfumes, etc.

