



May–August  
2011

### CHD Service Areas

Children and Families

Community Resources

Hawthorn Elder Care

Homelessness Prevention

Intellectual Disabilities

Juvenile Justice

Mental Health/Addiction

Social Enterprises

Cancer House of Hope is a program of CHD, the nonprofit Center for Human Development.



86 Court St.  
Westfield, MA 01085  
(413) 562-0110

946 Plumtree Road  
Springfield, MA 01119  
(413) 782-5500

**Program Director**  
**Cheryl Gorski**  
[cgorski@chd.org](mailto:cgorski@chd.org)

## Smith & Wesson raises \$24,000 for Cancer House of Hope



Employees of Smith & Wesson hold up a donation check to Cancer House of Hope for money they raised from the company's annual Game Dinner. A Comedy Night sponsored by Smith & Wesson raised another \$15,000 for the program.

Smith & Wesson awarded **Cancer House of Hope** \$24,000 in proceeds from two recent fundraising events. In February, the company's annual Game Dinner raised \$9,000 for CHH programs and services through the event's successful raffle. The Game Dinner is an annually, sold-out event that takes place at The Cedars in Springfield and this year featured 450 attendees.

The 2nd Annual Comedy Night took place on March 26th, also at The Cedars in Springfield. Attendance increased from last year by more than 100 individuals and 430 people had the opportunity to see comedians Paul Nardizzi, Linda Belt and Carolyn Plummer. Impressive raffle prizes included a kayak, Smith & Wesson bicycle and a fishing trip.

"We are truly fortunate to have Smith & Wesson as such a valued partner," said **Cancer House of Hope** Program Director Cheryl Gorski. "Everyone involved in these events works extremely hard and is very committed to putting on the best event possible. I am always in awe of their dedication and I don't think we could ever thank them enough for everything they have done for us. They are wonderful people I really enjoy working with."

Smith & Wesson is also a sponsor of the Tee it Up for the House Golf Tournament, which will take place May 6th at the Ranch Golf Club in Southwick.

Planning is also underway for the 3rd Annual Smith & Wesson Poker Run, which will be held Saturday, August 27, 2011. **See the back page for more details.**

**Find out how you can help! Visit [www.chd.org/cancerhouseofhope](http://www.chd.org/cancerhouseofhope)**

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Ex Officio

## Upcoming Workshops

### WESTFIELD

**“Calming and Strengthening,” a Mind/Body Workshop with Nancy Ferguson—Thursday, June 9 at 7:00 p.m.** Learn, practice and understand simple techniques that can help calm you down, focus the mind and make you feel stronger and more centered.

**Learn the Benefits of Keeping a Visual Journal with Kristen Luttinen—Thursday, July, 28 at 5:00 p.m.** In this workshop, you will learn techniques and journal prompts to help guide you in starting a visual journal. Visual journaling includes writing and art making in a journal to help reflect upon your daily life experiences. No art experience required. Instructor Kristen Luttinen, M.S. Art Therapy/Counseling, will instruct participants in using techniques such as collage, drawing, and watercolor painting, as well as journal prompts to help guide participants in how to begin a visual journal. Participants will learn about various techniques to assist them in expressing themselves and view examples of visual journals to inspire them.

**TO REGISTER: Please call the Westfield House at (413) 562-0110.**

### SPRINGFIELD

**Breast Cancer Discussion and Q&A with Dr. Steven Schonholz, Medical Director of the Mercy Hospital Breast Center—Tuesday, May 31 at 7:15 p.m.** Dr. Schonholz will discuss general topics specific to a breast cancer diagnosis and take questions from those in attendance.

**Caregivers Hiatus with Laurel Rancitelli—Thursday, June 16 at 5:00 p.m.** Life Coach Laurel Rancitelli will lead caregivers through relaxation techniques and guided imagery. Afterward, you may continue sharing your thoughts. The session concludes with your own hand-picked quote for you to focus on and contemplate during the coming week.

**Blood Cancers Discussion and Q&A, Including New Approaches, with Dr. Richard Steingart, Medical Director of Hematology Oncology at D’Amour Center for Cancer Care—Tuesday, July 12 at 7:15 p.m.** Dr. Steingart will address general topics related to lymphoma, leukemia and other blood cancers, as well as provide an update on new medical approaches.

**TO REGISTER: Please call the Springfield House at (413) 782-5500.**

### Healing Art of Yoga for Ongoing Cancer Recovery Schedule

(Co-sponsored by CHD Cancer House of Hope and Rays of Hope)

Yoga is a powerful healing art in this personalized approach to recovery for recent cancer patients, their family and friends, and those diagnosed with cancer at any time. Cancer participants will learn how to practice yoga and safely modify exercise during and after treatment. Patricia “Niti” S. Martin, BA, teaches at D’Amour Center for Cancer Care; CHD Cancer House of Hope, Springfield; and Genesis Spiritual Life Center, Westfield.

**Call 413-204-1179 to enroll in either or both of these 12-week series:**

**Yoga for Posture & Balance, May–July,** features grounding weight-bearing movement for lower-body strength and flexibility to improve balance, carriage, and posture.

**Tuesdays & Thursdays 2:30–3:45 p.m., Springfield House (note new day – Tuesday)**

**Thursdays 5:30–6:45 p.m., Genesis Spiritual Life Center, Westfield (note new time)**

**Yoga for Core Strength & Breathing, August–October,** features gentle upper-body strengthening and stretching, and breathing exercise to open the heart and calm the mind.

**Tuesdays & Thursdays 2:30–3:45 p.m., Springfield House (note new day – Tuesday)**

**Thursdays 5:30–6:45 p.m., Genesis Spiritual Life Center, Westfield (note new time)**

# May 2011

Westfield Programs  
BLUE

Springfield Programs  
RED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Westfield and Springfield houses open until 4pm for walk-ins	3 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers	4 5:45 Cancer Conquerors 5:00 Family & Friends	5-3-6pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 7:00 Family& Friends 10 am-1pm Reiki 2:30 Yoga 3-6pm Reiki	6 10 am-1pm Reiki SPRINGFIELD HOUSE CLOSED	7
8	9 5:30 Tending to Your Spirit (Exp Spirituality) Springfield House Open until 4 pm for Walk-ins	10 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers	11 5:45 Cancer Conquerors 5:00 Family & Friends	12 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 10 am- 1pm Reiki 2:30 Yoga 3-6 pm Reiki	13 10 am-1pm Reiki SPRINGFIELD HOUSE CLOSED	14
15	16 Westfield and Springfield houses open until 4 pm for walk-ins	17 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers	18 5:45 Cancer Conquerors 5:00 Family & Friends	19 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 7:00 Family& Friends 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki	20 10 am-1 pm Reiki SPRINGFIELD HOUSE CLOSED	21
22	23 5:30 Tending to Your Spirit (Exp Spirituality) Springfield House Open until 4 pm for Walk-ins	24 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers	25 5:45 Cancer Conquerors 5:00 Family & Friends	26 3-6 pm Reiki 5:30Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki	27 10 am-1 pm Reiki SPRINGFIELD HOUSE CLOSED	28
29	30 <b>CLOSED FOR MEMORIAL DAY</b>	31 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers	7:15 Breast Cancer Discussion with Dr. Steve Schonholz—Spfld (May 31st)	<b>REIKI is by APPT for people in treatment. Call either House to make your 1st appt. today</b>	<b>NOTE: Living w/ Advanced Cancer, Recently Diagnosed and What Now? will meet on an AS NEEDED basis. Please call for more information.</b>	

# June 2011

Westfield Programs  
BLUE

Springfield Programs  
RED

Sun      Mon      Tue      Wed      Thu      Fri      Sat

5	6	7	8	9	10	11
<p><b>REIKI is by APPT for people in treatment. Call either House to make your 1st appt. today</b></p>	<p>5:30 Tending to Your Spirit (Exp Spirituality) <i>Springfield House Open until 4 pm for walk-ins</i></p>	<p>6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 p.m. Reiki</p>	<p>10 am-1 pm Reiki <b>SPRINGFIELD HOUSE CLOSED</b></p>	<p>10 am-1 pm Reiki <b>SPRINGFIELD HOUSE CLOSED</b></p>
12	13	14	15	16	17	18
	<p><b>Westfield and Springfield House Open Until 4pm for Walk-ins</b></p>	<p>6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>16 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 7:00 Family &amp; Friends 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>10 am-1 pm Reiki <b>SPRINGFIELD HOUSE CLOSED</b></p>	<p>June 16th— 5-6:30 pm— "Caregivers Hiatus" Workshop Springfield House</p>
19	20	21	22	23	24	25
	<p>5:30 Tending to Your Spirit (Exp Spirituality) <i>Springfield House Open until 4 pm for walk-ins</i></p>	<p>6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 p.m. Reiki</p>	<p>10 am-1 pm Reiki <b>SPRINGFIELD HOUSE CLOSED</b></p>	<p>10 am-1 pm Reiki <b>SPRINGFIELD HOUSE CLOSED</b></p>
26	27	28	29	30		
	<p><b>Westfield and Springfield House Open Until 4pm for Walk-ins</b></p>	<p>6pm Bereavement 6:30 pm Relaxation 2:30 Yoga NO All Cancers</p>	<p>5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>3-6 pm Reiki 5:30 Yoga-Genesis NO All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p><b>NOTE: Living w/ Advanced Cancer, Recently Diagnosed and What Now? will meet on an AS NEEDED basis. Please call for more information.</b></p>	

# July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>REIKI is by APPT for people in treatment. Call either House to make your 1st appt. today.</i></p>					<p>1 10 am-1 pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>2</p>
<p>3</p>	<p>4 <b>CLOSED</b> <b>for JULY 4th</b></p>	<p>5 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga NO All Cancers</p>	<p>6 5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>7-3-6 pm Reiki 5:30 Yoga-Genesis NO All Cancers NO Family &amp; Friends 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>8 10 am-1pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>9</p>
<p>10</p>	<p>11 5:30 Tending to Your Spirit (Exp Spirituality) Springfield House Open until 4 pm for walk-ins</p>	<p>12 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>13 5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>14 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>15 10 am-1p m Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>16 <b>7:15 Blood Cancers Discussion/Q&amp;A w/ Dr. Steingart — Springfield 7/12</b></p>
<p>17</p>	<p>18 <b>Westfield and Springfield Houses Open Until 4 pm for Walk-ins</b></p>	<p>19 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>20 5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>21 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 7:00 Family&amp; Friends 10 am-1 pm Reiki 2:30 Yoga 3-6 p.m. Reiki</p>	<p>22 10 am-1 pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>23</p>
<p>24 <b>5:00 Visual Journaling w/ Kristen Luttinen —Westfield 7/28</b></p>	<p>25 5:30 Tending to Your Spirit (Exp Spirituality) Springfield House Open until 4 pm for Walk-ins</p>	<p>26 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>27 5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>28 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>29 10 am-1 pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>30 <b>NOTE: Living w/ Advanced Cancer, Recently Diagnosed and What Now? will meet on an AS NEEDED basis. Please call for more information.</b></p>
<p>31</p>						

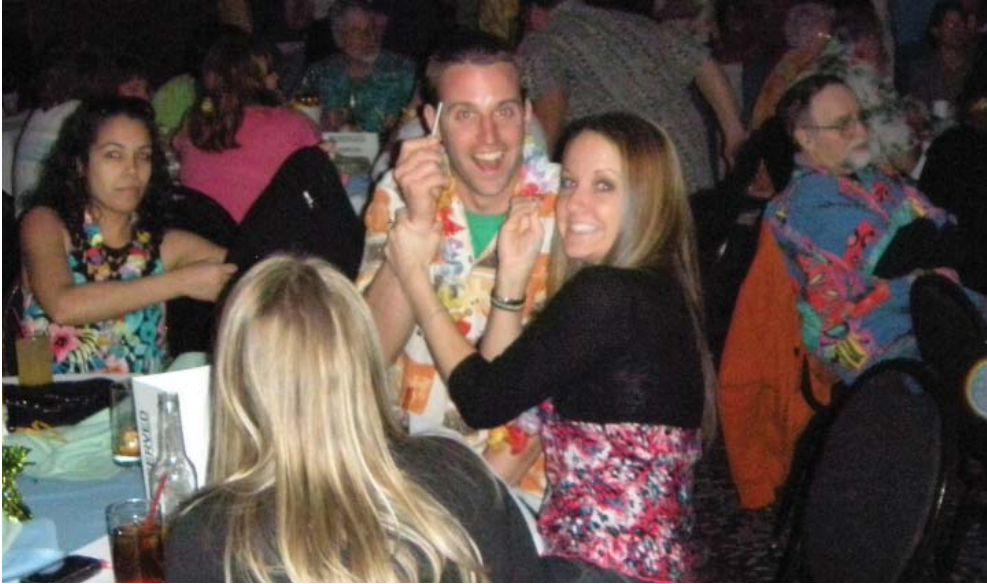
# August 2011

Westfield Programs  
BLUE

Springfield Programs  
RED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p><i>REIKI is by APPT for people in treatment. Call either House to make your 1st appt.</i></p>	<p>1</p> <p><b>Westfield and Springfield Houses Open Until 4 pm for Walk-ins</b></p>	<p>2</p> <p>6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>3</p> <p>5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>4 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 7:00 Family&amp; Friends 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>5</p> <p>10a m-1 pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>5:30 Tending to Your Spirit (Exp Spirituality) Springfield House Open until 4 pm for Walk-ins</p>	<p>9</p> <p>6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>10</p> <p>5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>11</p> <p>3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>12</p> <p>10 am-1 pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>13</p>
<p>14</p>	<p>15</p> <p><b>Westfield and Springfield Houses Open Until 4 pm for Walk-ins</b></p>	<p>16</p> <p>6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>17</p> <p>5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>18 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 7:00 Family&amp; Friends 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>19</p> <p>10 am-1 pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>5:30 Tending to Your Spirit (Exp Spirituality) Springfield House Open until 4 pm for Walk-ins</p>	<p>23</p> <p>6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>24</p> <p>5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>	<p>25</p> <p>3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>26</p> <p>10a m-1 pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>27</p>
<p>28</p>	<p>29</p> <p><b>Westfield and Springfield Houses Open Until 4 pm for Walk-ins</b></p>	<p>30</p> <p>6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>31</p> <p>5:45 Cancer Conquerors 5:00 Family &amp; Friends</p>			<p><i>NOTE: Living w/ Advanced Cancer, Recently Diagnosed and What Now? will meet on an AS NEEDED basis. Please call for more information.</i></p>

## The Cedars Hosts 3rd Annual Cheeseburger in Paradise Bar-B-Que



Attendees enjoy the tropical theme at the 3rd Annual Cheeseburger in Paradise Bar-B-Que Feb. 19.

More than 200 people donned flip-flops and Hawaiian shirts at The Cedars in Springfield for the 3rd Annual Cheeseburger in Paradise Barb-B-Que February 19th. Premiere Jimmy Buffet tribute band Changes in Latitude brought the tropical lifestyle to the event, which also featured an extensive cheeseburger buffet and a raffle.

Cheeseburger in Paradise was the idea of event organizers and sisters Lisa Lemon of Canary Blomstrom Insurance and Barbara Perry of Reminder Publications.

"Our mother passed away from cancer at the age of 38," said Barbara. "We didn't have a lot of money and there weren't any free resources available to help support her and the rest of the family during her battle. This is why what the **Cancer House of Hope** does for Western Mass. families is so important to us. Our mother also loved a good party. We know that each year that we have had this event she has been there with us enjoying every moment."

"Barb and Lisa work so hard on this event and we are so grateful," said Cheryl Gorski, **Cancer House of Hope** program director. "They have been committed to CHH in various capacities and they give it their all. Barb and Lisa get their family and friends involved and it's always a great pleasure working with them."

All proceeds raised by the Cheeseburger in Paradise Bar-B-Que support **Cancer House of Hope's** free-of-charge programs and services.

### CHD Cancer House of Hope Receives Grant Awards

*CHD Cancer House of Hope is the recipient of the following grant awards for 2011:*

**TJX Foundation** —\$5,000 for the Family & Friends and Bereavement Support Groups

**Chicopee Savings Charitable Foundation**—\$5,000 for a new Children/Teens Support Group and the All Cancers Support Group

**Rays of Hope**—\$12,654 to support a portion of CHH programs attended by women with breast cancer

## CHD PROGRAMS

### Children and Families

Big Brothers Big Sisters  
of Hampshire County  
CASA of Hampden County  
Early Intervention  
Family Outreach of Amherst  
Family Support and Stabilization  
Foster Care  
Independent Living Program  
PACE School  
Residential Treatment  
Safety Zone  
Therapeutic Mentoring

### Community Resources

Cancer House of Hope  
Disability Resources  
HIV/AIDS Law Consortium  
Not Bread Alone  
Occupational Therapy

### Hawthorn Elder Care

Adult Day Health

### Homelessness Prevention

Diversion, Shelter & Housing  
Jessie's House  
Single Room Occupancy

### Intellectual Disabilities

Meadows Homes  
Outreach Team

### Juvenile Justice

Adolescent Reentry Services  
Adolescent Treatment Program  
Alternative Lock-Up  
Assessment Program  
Juvenile Justice Supports  
Terri Thomas Girls Program

### Mental Health/Addiction

Adult Mental Health  
Child & Adolescent Mental Health  
Grace House  
Outpatient Behavioral Health  
Services

### Social Enterprises

A New Leaf Flower Shop  
Advance Office Cleaning  
Riverbend Furniture



**Cancer House  
of Hope**

86 Court St., Westfield MA 01085

Nonprofit Org.  
US Postage  
**PAID**  
Permit No. 1475  
Springfield, MA

Return Service  
Requested



## UPCOMING EVENTS

3rd Annual

# Poker Run

to benefit



**Cancer House  
of Hope**

Presented by



**Smith & Wesson**

In association with:

Performance Food Service, Reminder  
Publications, The Young Men's Club of Hadley,  
The Springfield Hog Chapter, Tibby's Harley-  
Davidson

## Sunday, August 28

**Registration:**

**9:00 a.m. to 10:30 a.m.**

**Pre-registration:**

**\$20 per rider, \$10 per passenger**

*(Must be received by Aug. 15)*

**Event day registration:**

**\$25 per rider, \$10 per passenger**

*(Includes lunch, raffles and drawing for a  
Smith & Wesson AR15-22)*

**All vehicles welcome!**

**Ride Starts: Tibby's Harley-Davidson,  
227 Berkshire Ave., Springfield**

**Ride Ends: Young Men's Club of Hadley,  
138 East St., Hadley, MA**

To pre-register, call Bob Draper at 413-896-1154