

HOPE Line

CANCER HOUSE OF HOPE NEWSLETTER

WINTER/SPRING 2011

86 Court Street • Westfield, MA 01085 • 413-562-0110 ■ 946 Plumtree Road • Springfield, MA 01119 • 413-782-5500

Cancer House of Hope merges with the Center for Human Development

CHD

good people
good work

The Cancer House of Hope is pleased to announce an organizational merger with the Springfield-based Center for Human Development (CHD), a nonprofit agency of more than 40 programs that deliver a wide range of social services in communities throughout Western Massachusetts and northwestern Connecticut. Founded in 1972, CHD offers services in the areas of

mental health, youth mentoring, family stabilization, foster care, elder care, early intervention, occupational therapy, intellectual and physical disabilities, homelessness prevention, substance abuse and juvenile justice.

The Cancer House of Hope Board of Trustees voted to merge with CHD, offering CHH the opportunity to tap into various resources for enhanced programming, marketing and overall organizational stability. Cancer House of Hope Executive Director Cheryl Gorski, Administrative Assistant Lauri Scott-Smith and Program Assistant Joan Ryan will become employees of CHD, continuing to work at the Springfield and Westfield Houses.

Support programs and wellness services will continue to be provided in the Westfield and Springfield locations and annual fundraising events associated with the Cancer House of Hope will proceed as planned.

CHD's main office is located at 332 Birnie Ave., Springfield, MA 01107. For a complete list and description of programs and services, please visit CHD's web site at www.chd.org.



Tee it Up for the House

7th Annual Golf Tournament FRIDAY • MAY 6, 2011

The Ranch Golf Club • Southwick, MA

TWO TEE TIMES

7:30AM • 6:30AM REGISTRATION

1:00PM • 12:00PM REGISTRATION

5:30PM COCKTAILS 6:30PM DINNER BUFFET

\$130 PER PERSON

Includes: Golf,
Lunch & Dinner

Sponsored by:  THE RANCH GOLF CLUB

For more information, including sponsorship opportunities, or to have a registration form mailed to you, call Cheryl Gorski, Executive Director, at 413-562-0110 or 413-782-5500.

Live Comedy Show

to Benefit the Cancer House of Hope

Saturday, March 26, 2011

Hosted by Smith and Wesson

Show at 7:15pm Doors open at 6:00pm

The Cedars (St. Anthony's Church) 419 Island Pond Rd. • Springfield

For tickets, call the Cancer House of Hope at (413) 562-0110

or Bob Draper at (413) 747-3259

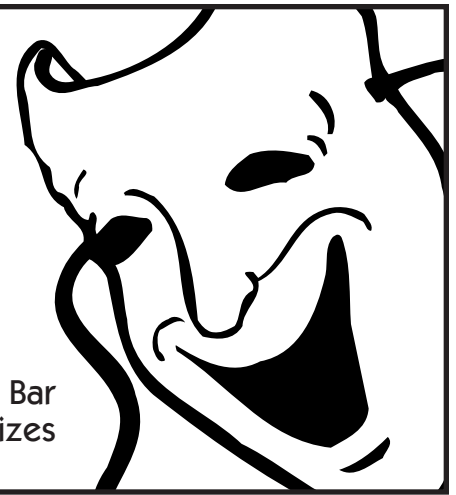
\$30

per person

Includes Hot & Cold

Hors d'oeuvres

Cash Bar
Raffle Prizes



What is Reiki Therapy?

by Annie Knox, RMT

One of the most popular services the Cancer House of Hope offers to cancer patients is Reiki Therapy. Reiki (pronounced ray' key) is made up of two Japanese words Rei, meaning Universal, and Ki, meaning Life Force Energy. Reiki is the gentle, holistic practice of improving the body's own energy flow which may be blocked or depleted. Stress, physical trauma, illness, and emotional factors can disrupt the body's energy balance. Reiki can dissolve energy blockages, and restore a flow that energizes, strengthens, promotes deep relaxation, healing, and peace for the body, mind and spirit.

During a Reiki treatment, the client sits in a chair or reclines on a comfortable table, fully clothed. Using a series of hand positions either on or above the body, the practitioner uses Reiki Source energy to generate flow to where it is needed in the body.

A personal crisis led me to become a Reiki Master. In 2006, I was struck with a severe autoimmune illness, subsequently losing my job. With no medical treatment available, things looked a bit bleak for me. I began Reiki treatments - both self treating and receiving treatments from a friend. Though I still have the disease, Reiki has helped me manage the symptoms - soothing my joints, muscle pain and stiffness and restoring my energy from the chronic fatigue. Reiki helped me return to productive life. Since then, I have treated hundreds of people with a variety of health issues at both the Cancer House of Hope and in my own practice in Longmeadow, The Spirit of Healing.

What does Reiki Therapy actually do for you? You may experience feelings of peace and gentle relaxation or feel soothing warmth, pulsations of energy, tingling, and subtle movement as the muscles let go of tension. Your breath may deepen and slow on its own. Some clients go into deep relaxation similar to a meditative state, others actually fall asleep. Most people with pain feel it ease or cease entirely. Cancer

pain and negative side affects from chemo and radiation diminish or disappear. The effects of Reiki are cumulative, meaning successive treatments help to increase and sustain the benefits.

I have also found that Reiki helps with diseases and conditions that are exacerbated by stress or are inflammatory in nature, such as migraine headaches, fibromyalgia, neuropathy, joint pain, stiffness, fatigue, symptoms from Lyme disease, side effects from dialysis, autoimmune problems, back pain and neck pain. It's the best possible therapy for anyone with issues from high stress, anxiety, demanding job performance, to any of life's challenges and it's drug-free invaluable.

There is no down side to Reiki. It is gentle enough for anyone and can be used in conjunction with any other type of medical intervention or treatment with no contraindications. It gently supports and balances the body to promote healing and recovery on every level - physical, mental, emotional, and spiritual.

Reiki is gaining acceptance within the medical community as a supplemental therapy that complements medical treatment and improves patient care. Some hospitals are incorporating it into their roster of services. Local oncologist Dr. Phil Glynn stated that he feels Reiki is an important component to cancer care for pain management and distress management and has cited countless patients who have relayed to him the benefits they have received.

The Cancer House of Hope has collected many testimonials from patients who have experienced and benefited from the Reiki Program. These voices are a powerful advocacy for the program.

Given the record of successful patient outcomes, it is my hope that this article combined with personal testimonials, will help enlighten patients, families, communities, corporations, and grant funding sources, to the critical importance of utilizing and funding Reiki programs.



UPCOMING WORKSHOPS...

WESTFIELD CANCER HOUSE OF HOPE

CAN IT REALLY BE TASTY, SIMPLY & QUICK? - PART 2: HEALTHY EATING WORKSHOP WITH NANCY FERGUSON

Thursday, February 24, 2011 at 7:00pm

Learn how to incorporate more whole, healthy foods with good flavor into your daily life and lower your stress levels. (Snow Date - Thurs. March 10th at 7pm)

ACS LOOK GOOD FEEL BETTER

Monday, February 28, 2011 from 3:00 - 5:00pm

LGFB is a free program that teaches beauty techniques to women who are actively undergoing cancer treatment; to help them combat the appearance-related side effects of radiation and chemotherapy. All participants must currently be in treatment. To register, contact ACS at (413) 493-2118 or the Westfield House at (413) 562-0110.

TO REGISTER: PLEASE CALL THE WESTFIELD HOUSE AT 413-562-0110

SPRINGFIELD CANCER HOUSE OF HOPE

"THE BENEFITS OF EXERCISE WHILE RECUPERATING" WITH LYN HOPKINS

Thursday, March 10, 2011 at 6:00pm

Lyn Hopkins, who conducted the Lebed - Dance & Movement program at the Springfield House, will discuss the benefits of yoga, cardio and strength training during recovery.

CAN IT REALLY BE TASTY, SIMPLY & QUICK? - PART 2: HEALTHY EATING WORKSHOP WITH NANCY FERGUSON

Tuesday, March 29, 2011 at 7:00pm

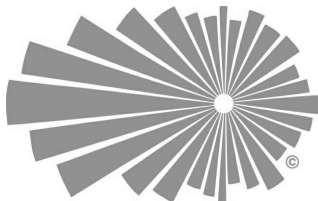
Learn how to incorporate more whole, healthy foods with good flavor into your daily life and lower your stress levels.

"CALMING AND STRENGTHENING" - A MIND/BODY WORKSHOP WITH NANCY FERGUSON

Tuesday, April 19, 2011 at 7:00pm

Learn, practice and understand simple techniques that can help calm, focus the mind and make you feel stronger and more centered.

TO REGISTER: PLEASE CALL THE SPRINGFIELD HOUSE AT 413-782-5500.



Rays of Hope

A Walk Toward the Cure of Breast Cancer

LEGACY WRITING WORKSHOPS

Free workshop for Breast Cancer Patients and Survivors

Mondays, March 15 and March 22, 4-6pm, Westfield

Weds., March 24 and March 31, 4-6pm, Springfield

Funded by a community grant from Rays of Hope

AN AFTERNOON OF PEACEFUL REFLECTION AND WRITING YOUR VALUES, STRENGTHS, LIFE LESSONS, GRATITUDE AND LOVE

Legacy Writing provides guided, personal time to celebrate your life in a letter to your loved ones that will last forever. Your life is rich with memories, values & beliefs you hold dear, and special people and experiences that have impacted you. A meaningful way to connect the generations in your family, Through the use of writing exercises, writing prompts, and personal sharing, you will create a written document that captures your stories, memories, personal values and beliefs.... a timeless document, No writing experience required! Facilitator: Karen Knight, Certified Life Coach and Legacy Workshop Facilitator,

**TO REGISTER as a breast cancer patient or survivor: call the Westfield House at (413) 562-0110.
Springfield House at (413) 782-5500**

Patricia "Niti" S. Martin, the founder and program leader of the Healing Art of Yoga for Ongoing Cancer Recovery, cosponsored by Cancer House of Hope and Rays of Hope since 2001, wishes to express her gratitude to the circle of support extended to her and her family. Her mother, Janet Seip, passed away from metastasized breast

cancer on November 2, 2010. Niti greatly appreciates the kind words, cards, and the gifts of loving hearts and hands. Those wishing to make a tax-deductible contribution in memory of Janet Seip can send a check made out to either the Springfield or Westfield Cancer House of Hope.

Bringing people together,
when they need it
the most.

JANUARY 2011

“Better than a thousand useless words
is one single word that gives peace.”
- The Dhammapadam

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WESTFIELD: BLACK</p> <p>SPRINGFIELD: GREEN</p>	<p>NOTE: Living w/Advanced Cancer. Recently Diagnosed and What Now? will meet on an AS-NEEDED basis. Please call the Springfield or Westfield House to ask or speak with a counselor if you are in need of those services.</p> <p>SPRINGFIELD HOUSE OPEN UNTIL 4PM FOR WALK-INS</p>	<p>6PM Bereavement 6:30PM Relaxation 6PM All Cancers</p>	<p>5:45PM Cancer Conquerors 5PM Family & Friends</p>	<p>10:30AM Yoga @ Genesis 3PM-6PM Reiki (by appt.) 5:30PM All Cancers 7PM Family & Friends 10AM-1PM Reiki (by appt.) 2:30PM Yoga 3PM-6PM Reiki (by appt.)</p>	<p>10AM-1PM Reiki (by appt.) SPRINGFIELD HOUSE CLOSED</p>	<p>1:30PM-YOGA</p>
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FEBRUARY 2011

“Happiness is when what you think,
what you say, and what you do
are in harmony.” - Mahatma Gandhi

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13	14	15	16	17	18	19
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	<p>HOUSES CLOSED PRESIDENT'S DAY</p>	<p>6PM Bereavement 6:30PM Relaxation 2:30PM Yoga 6PM All Cancers</p>	<p>5:45PM Cancer Conquerors 5PM Family & Friends</p>	<p>10:30AM Yoga @ Genesis 3PM-6PM Reiki (by appt.) 5:30PM All Cancers 7PM CAN IT REALLY BE TASTY, SIMPLY & QUICK? PART 2: HEALTHY EATING WORKSHOP WITH NANCY FERGUSON</p>	<p>10AM-1PM Reiki (by appt.) SPRINGFIELD HOUSE CLOSED</p>	<p>1:30PM-YOGA</p>
27	28					
	<p>5:30PM Tending to Your Spirit (formerly Exploring Spirituality) 3PM-5PM ACS Look Good Feel Better SPRINGFIELD HOUSE OPEN UNTIL 4PM FOR WALK-INS</p>			<p>10AM-1PM Reiki (by appt.) 2:30PM Yoga 3PM-6PM Reiki (by appt.)</p>		

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MARCH 2011

“People don't care how much you know,
until they know how much you care.”

- Anonymous

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27	28	29	30	31	<p>SPRINGFIELD HOUSE March 10th • 6PM The Benefits of Exercise while Recuperating w/Lyn Hopkins</p> <hr/> <p>March 24th & 31th • 4PM-6PM Legacy Writing w/Karen Knight</p>	

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APRIL 2011

“There is nothing either good or bad,
but thinking makes it so.”

- William Shakespeare

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Cheeseburger in Paradise Bar-B-Que

Saturday, February 19, 2011 • 7:00pm-11:00pm

The Cedars
419 Island Pond Road • Springfield, MA

MUSIC BY

Changes in Latitude

The Premier Jimmy Buffet Tribute Band

\$40
per
person

To Purchase
Tickets Contact:

Cancer House of Hope
413-562-0110 or
413-782-5500

Reminder Publications
413-525-6661
Canary Blomstrom
413-789-3995

"Put on your Hawaiian shirts & flip flops and be prepared to have a great time!"

RETURN SERVICE REQUESTED

The Cancer House of Hope receives
ongoing support from Noble Hospital and
Berkshire Bank Foundation Pioneer Valley

Website: www.cancerhouseofhope.org
Email: info@cancerhouseofhope.org

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