



**Cancer House
of Hope**



Bringing us together when we need it most

www.chd.org/cancerhouseofhope

Sept. – Dec.
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

Springfield House recovers from tornado

Many lives in the greater Springfield area were changed forever on June 1, 2011, when a devastating tornado ripped through parts of Western Massachusetts. Thousands of individual homes, businesses and nonprofit organizations were affected and, unfortunately, the Springfield Cancer House of Hope was in the path of the destructive storm.

The Springfield House sustained property damage with downed trees and branches, most notably by the large oak tree that stood in the front of the house bordering the memorial brick walkway. The tree uprooted and fell onto the end of the roof, deeming the House unusable until it was removed.

"Seeing that house for the first time the day after the tornado was devastating," said Program Director Cheryl Gorski. "I didn't want my volunteers to see this . . . it was too upsetting. Once you were able to look past the downed trees and the large oak tree sitting on the roof, however, you could see that, structurally, the house was still intact and would be okay. We were in better shape than some of our neighbors and my heart went out to those homeowners around us who sustained severe damage."



The Springfield Cancer House of Hope on Plumtree Road after the June 1 tornado.

After tree removal and the reconnection of telephone and cable internet lines, the Springfield House reopened on June 28th, resuming a full schedule of programs and services. Cancer House of Hope members, volunteers and staff were happy to return to the beloved property.

For information about the Springfield House and its programs and services, call (413) 782-5500. The Springfield House is open Monday – Thursday.

The Healing Art of Yoga for Ongoing Cancer Recovery

Celebrating 10 years—Patricia "Niti" Seip Martin



Patricia "Niti" Seip Martin teaches a yoga class at Cancer House of Hope.

In 2001 former CHH Director Keithley Wilkinson asked me to create a program featuring yoga for cancer survivors. Yoga was still on the fringe; however, the health care industry noticed the number of people enjoying the benefits of yoga. I had been looking for a way to bring the gift of Kripalu Yoga, a compassionate form of yoga and mindfulness meditation, to populations that might not otherwise have the exposure or opportunity. I named my program The Healing Art of Yoga for Ongoing Cancer Recovery. The name still says it all – yoga as a healing art for

Find out how you can help! Visit www.chd.org/cancerhouseofhope

See Yoga, continued inside

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Upcoming Workshops

WESTFIELD

"Taking Care of Our Spirit, Too," a workshop with Nancy Ferguson, Thursday, October 13, 2011 at 7:15 p.m. This workshop offers a time to tend to our spiritual feelings and needs while also taking care of our physical selves. The workshop will take place in a relaxed, non-denominational setting where we can explore, seek, "problem solve" and "practice" aspects of our spirituality together.

"Learn to Love Yourself" with Zilkia Escudero, Thursday, October 20, 2011 at 5:30 p.m. In this workshop, participants will learn that loving themselves is the foundation for making positive changes. Every area of life can be improved: relationships, health, career and prosperity.

"Some Time with Caregivers" with Nancy Ferguson, Thursday, November 10, 2011 at 7:15 p.m. Being a caregiver to a loved one can often be a very painful and exhausting experience. This workshop offers caregivers time to relax, hear from others, understand their own feelings and explore ways of caring for themselves and their loved ones.

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

SPRINGFIELD

"Caregivers Hiatus" with Laurel Rancitelli - Thursday, September 22, 2011 at 5:00 p.m. Life Coach Laurel Rancitelli will lead caregivers through relaxation techniques and guided imagery. Afterward, participants may continue sharing their thoughts. The session concludes with your own hand-picked quote for you to focus on and contemplate during the coming week.

"Learn to Love Yourself" with Zilkia Escudero, Thursday, October 13, 2011 at 5:00 p.m. In this workshop, participants will learn that loving themselves is the foundation for making positive changes. Every area of life can be improved: relationships, health, career and prosperity.

"Taking Care of Our Spirit, Too," a workshop with Nancy Ferguson, Tuesday, November 15, 2011 at 7:15 p.m. This workshop offers a time to tend to our spiritual feelings and needs while also taking care of our physical selves. The workshop will take place in a relaxed, non-denominational setting where we can explore, seek, "problem solve" and "practice" aspects of our spirituality together.

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:

August 4–October 27, 2011: Yoga for Core Strength & Breathing:

Tuesdays & Thursdays 2:30–3:45 p.m., Springfield House

Thursdays 5:30–6:45 p.m., Genesis Spiritual Life Center, Westfield

November 1–December 15, 2011: Yoga for Restoring Energy

Tuesdays 10:30–11:45 a.m. & Thursdays 2:30–3:45 p.m., Springfield House

Thursdays 10:30–11:45 a.m., Genesis Spiritual Life Center, Westfield

September 2011

Westfield Programs
BLUE

Springfield Programs
RED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NOTE: Living w/ Recently Diag. and What Now? Will meet on an AS NEEDED basis.</p>	<p>5 HOUSES CLOSED FOR LABOR DAY</p>	<p>6 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>7 5:45 Cancer Conquerors 5:00 Family & Friends</p>	<p>1 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</p>	<p>2 10am-1pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>3</p>
<p>4</p>	<p>5 HOUSES CLOSED FOR LABOR DAY</p>	<p>6 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers</p>	<p>7 5:45 Cancer Conquerors 5:00 Family & Friends</p>	<p>8 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>9 10am-1pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>10</p>
<p>11</p>	<p>12 5:30 Tending to Your Spirit Springfield House Open until 4 pm for Walk-ins</p>	<p>13 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 5:00 Melanoma Group 6:00 pm NO All Cancers</p>	<p>14 5:45 Cancer Conquerors 5:00 Family & Friends</p>	<p>15 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 NO All Cancers 7:00 NO Family&Friends 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>16 10 am-1 pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>17</p>
<p>18</p>	<p>19 Westfield and Springfield House Open Until 4pm</p>	<p>20 6 pm Bereavement 6:30 pm Relaxation 10:30 Mom's Group 2:30 Yoga 6:00 pm NO All Cancers</p>	<p>21 5:45 Cancer Conquerors 5:00 Family & Friends</p>	<p>22 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 NO All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki</p>	<p>23 10 am-1 pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>24 WORKSHOP: 5:00 Caregiver's Hiatus (Springfield) 9/22</p>
<p>25</p>	<p>26 5:30 Tending to Your Spirit Springfield House Open until 4 pm for Walk-ins</p>	<p>27 6 pm Bereavement 6:30 pm Relaxation 2:30Yoga 6:00 pm All Cancers</p>	<p>28 5:45 Cancer Conquerors 5:00 Family & Friends</p>	<p>29 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>30 10 am-1pm Reiki SPRINGFIELD HOUSE CLOSED</p>	<p>REIKI is by APPT for people in treatment. Call Either House to make your 1st appt. today.</p>

October 2011

Westfield Programs
BLUE

Springfield Programs
RED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Westfield and Springfield House Open Until 4pm	4 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00 pm All Cancers	5 5:45 Cancer Conquerors 5:00 Family & Friends	6 3-6pm 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	7 10am-1pm Reiki SPRINGFIELD HOUSE CLOSED	8
9	10 Westfield and Springfield House Open Until 4pm	11 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 5:00 Melanoma Group 6:00 pm All Cancers	12 5:45 Cancer Conquerors 5:00 Family & Friends	13 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki	14 10am-1pm Reiki SPRINGFIELD HOUSE CLOSED	15 WORKSHOP: 5:00 Learn to Love Yourself (Springfield) 10/13
16	17 5:30 Tending to Your Spirit Springfield House Open until 4pm for Walk-ins	18 6 pm Bereavement 6:30 pm Relaxation 10:30 Mom's Group 2:30 Yoga 6:00 pm All Cancers	19 5:45 Cancer Conquerors 5:00 Family & Friends	20 3-6pm 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	14 10 am-1pm Reiki SPRINGFIELD HOUSE CLOSED	22 WORKSHOP: 5:30 Learn to Love Yourself (Westfield) 10/20
23	24 Westfield and Springfield House Open Until 4pm	25 6 pm Bereavement 6:30 pm Relaxation 2:30 Yoga 6:00pm All Cancers	26 5:45 Cancer Conquerors 5:00 Family & Friends	27 3-6 pm Reiki 5:30 Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki	28 10 am-1pm Reiki SPRINGFIELD HOUSE CLOSED	29
30	31 5:30 Tending to Your Spirit Springfield House Open until 4 pm for Walk-ins					

NOTE: Living w/ Advanced Cancer, Recently Diag. and What Now? Will meet on an AS NEEDED basis. Please call for info.

November 2011

Sun Mon Tue Wed Thu Fri Sat

6	7	8	9	10	11	12
REIKI is by APPT for <u>people in treatment</u> . Call either House to make your 1st appointment today.	Westfield and Springfield House Open Until 4pm	6 pm Bereavement 6:30 pm Relaxation 10:30 am Yoga (new time) 6:00 pm All Cancers	5:45 Cancer Conquerors 5:00 Family & Friends	3 3-6pm Reiki 10:30 Yoga-Genesis (new time) 5:30 All Cancers 7:00 Family& Friends 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki	10 am-1pm Reiki SPRINGFIELD HOUSE CLOSED	WORKSHOP: 7:15 Some Time for Caregivers (Westfield) 11/10
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25	26 HOUSES CLOSED IN OBSERVANCE OF CHRISTMAS	27 6 pm Bereavement 6:30 pm Relaxation 10:30 Yoga 6:00pm All Cancers	28 5:45 Cancer Conquerors 5:00 Family & Friends	29 3-6 pm Reiki 10:30 Yoga-Genesis 5:30 All Cancers 10 am-1 pm Reiki 2:30 Yoga 3-6 pm Reiki	30 10 am-1pm Reiki HOUSE CLOSED	31

Ranch Golf Club Hosts Annual CHH Golf Benefit

The Ranch Golf Club in Southwick was the draw for more than 160 golfers when it hosted the 7th Annual Tee it Up For the House Golf Tournament on May 6, 2011. The event raised more than \$15,000 for CHD - Cancer House of Hope programs and services.

The 2012 Tournament will take place on Friday, May 11th at the Ranch. Stay tuned for more information in the next newsletter!

We wish to thank all of our 2011 sponsors:

Eagle Sponsors — ISG, Murray & Glynn, PC, Westfield Bank.

Birdie Sponsors — Advance Manufacturing, Co., Bank of America, Baystate Regional Cancer Program, BNY Mellon, Smith and Wesson.

Lunch Sponsor — New Corner Variety.

Gift Sponsor — Silhouette Silk Screening.

Breakfast Sponsor — Bruegger's Bagels.

Hole-in-One Sponsors — Fran Johnsons Golf & Tennis, Saunders Boat, Teddy Bear Pools & Spas

A heartfelt thank you not only to our golfers, but also the wonderful volunteers who assisted the day of the Tournament. We also offer sincere gratitude to the Golf Tournament Committee: Chairperson Leslie Girand, Cindy Boettger, Pam Culver, Maureen Esposito, Nancy Haase and Phyllis Lewis.



George Ayr, Guy Ronzoni, Mike Barna and Fred Beaugard from Advance Manufacturing Co. enjoy a great day of golf at The Ranch.

Yoga, continued from Page 1

cancer recovery that is ongoing!

In 2010, 125 unduplicated members were served with 183 classes. 1,331 member visits were made – 1,045 of these were breast cancer survivors. Some have been with us since 2001 and new members join each week. HAY has the greatest diversity of age, race, and gender and is the most utilized group program at CHD Cancer House of Hope, according to CHD-CHH program director Cheryl Gorski.

The Healing Art of Yoga for Ongoing Cancer Recovery (HAY) has been a wonderful resource for long-term cancer recovery because of the solid sponsorship since 2001. CHD-Cancer House of Hope and Rays of Hope co-sponsor the HAY at Cancer House of Hope in Springfield and Genesis Spiritual Life Center in Westfield. This September join us to celebrate the 10th consecutive year of HAY with sponsorship by CHD-Cancer House of Hope and a grant from Rays of Hope of Baystate Health Foundation!

Membership and attendance is FREE for those diagnosed with cancer at any time and/or friends and family of cancer patients including those in bereavement. For registration or purchase of Niti's Healing Art of Yoga DVD, call 413-243-1530.

CHD Cancer House of Hope Receives Grant Awards

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

Community Foundation of Western Mass. —\$3,800 for the Healing Art of Yoga for Ongoing Cancer Recovery.

Berkshire Bank Foundation —\$2,500 for the Family & Friends, All Cancers and Bereavement Support Groups.

Westfield Bank —\$4,000 to Reiki Therapy.

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
Secure Residential Treatment
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

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Springfield, MA

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Requested



Lights of Hope

Light a candle for those who have, or have had, cancer.

Join us on Monday, December 5, 2011, at 6 p.m. at the Genesis Spiritual Life and Conference Center in Westfield to view the Luminarias honoring and remembering our loved ones.

I would like to dedicate _____ luminarias at \$5 or more each. Enclosed is my check for \$ _____ made payable to CHD Cancer House of Hope.

My Luminaria(s) are for the following people:

LIGHTS OF HOPE PROCEEDS BENEFIT
CHD CANCER HOUSE OF HOPE

1. To: _____ 3. To: _____
From: _____ From: _____
2. To: _____ 4. To: _____
From: _____ From: _____

Your Name: _____ Phone: _____

Mail or drop off this form with your check (or cash) to CHD-Cancer House of Hope, 86 Court Street, Westfield, MA 01085. Orders must be received by Nov. 30, 2011. For more information, call 413-562-0110.



Cancer House of Hope