

HOPE Line

CANCER HOUSE OF HOPE NEWSLETTER

FALL 2010

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

THE CANCER HOUSE OF HOPE STRENGTHENING OUR FOUNDATION



bringing us together when we need it most

Have you used the Cancer House of Hope services over the past 13 years? Maybe you came to the Westfield House for a wig or attended a Yoga class with Niti on the deck at the Springfield House. A relative may have found comfort in the All Cancers Support Group or maybe you looked forward to a Reiki appointment each week during your treatment. If you have used any of our services or know someone who has, you are familiar with the value of our programs and services. There are few places locally where someone can receive free-of-charge Yoga, Reiki, wigs or mastectomy bras, to name just a few of our important services.

Attendance at the Springfield House has increased and in Westfield the numbers have held steady. Programs such as Yoga and Reiki continue to flourish while Bereavement in Westfield

and Family & Friends in Springfield remain well-attended support groups. We meet our mission every day; providing hope, encouragement and support to everyone who comes through our doors. The Cancer House of Hope has been and will remain committed to providing services to the greater Westfield and Springfield communities so we can be accessible to all who truly need us.

We need your help. While such services and programs are free to our members, the Cancer House of Hope pays counselors, practitioners, staff and other operating expenses associated with running a charitable organization. Without lights we cannot hold groups in the evening. Without heat the Houses would be closed in the winter. No postage means no newsletter and no thank you letters for donations. Operating revenue is essential if we are committed to keeping our doors open for another 13 years and beyond. Your support is critical to help us pay the bills and fulfill our mission of supporting our friends, neighbors, and loved ones touched by cancer.

The downturn in the economy has significantly affected the Cancer House of Hope. It has been increasingly difficult to raise much-needed funding, as

foundations, corporations and individuals have either scaled back charitable giving or focused on other priorities, such as youth and education. Our organization holds more successful fundraisers than ever before, but much more is needed to meet our long and short-term financial needs.

The work of the House has always been a collaborative effort between the staff, members of the Board of Trustees, our volunteers, and the thousands of people who have utilized our services and programs over the years. While the recession has made our work more difficult, our devotion to our mission and the people we serve has never wavered.

The Board of Trustees recently launched a fundraising campaign to "rebuild our foundation."

Please consider giving a gift to the House, whether it is in the form of a donation, supporting an event or even considering a substantial gift through Planned Giving. These Houses belong to the community – they belong to you. Please help us continue our good work of providing support groups, wellness programs and invaluable services to everyone who may need them – now and in the future.

September 11, 2010

VARIETY SHOW



Saturday, September 11, 2010

Cathedral High School
260 Surrey Road, Springfield
6:30-9:30pm

... musical
entertainment from
the 50's, 60's & 70's

TICKET PRICE: \$25 per person

For tickets call 562-0110 or 782-5500

OFFICIAL MEDIA SPONSOR reminder publications

UPCOMING WORKSHOPS...

WESTFIELD CANCER HOUSE OF HOPE

INTRODUCTION TO SCRAPBOOKING WITH NANCY LAFLAMME

Thursday, November 4, 2010 at 6:00PM

Nancy LaFlamme, a Creative Memories Consultant for over 12 years, will host a workshop on the popular craft of scrapbooking. Attendees will learn how they can create beautiful, long-lasting albums with cherished photos and more.

WHAT NOW? WHEN TREATMENT ENDS WITH NANCY FERGUSON

Thursday, November 11, 2010 - 7:00PM

CHH Counselor Nancy Ferguson will discuss life after cancer treatment and how survivors can best cope with potential issues such as fear of recurrence and adjusting to life and health changes after diagnosis.

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

SPRINGFIELD CANCER HOUSE OF HOPE

LET'S READ TOGETHER" WITH DR. MARY ANN LOWEN

Monday, September 13, 2010 - 6:00PM

Dr. Mary Ann Lowen, Radiation Oncologist at Sister Caritas Cancer Center, will host "Let's Read Together," an opportunity for CHH members to read from and share their favorite poems, book passages, etc. Attendees are encouraged to bring favored writings for sharing and discussion.

WHAT NOW? WHEN TREATMENT ENDS with NANCY FERGUSON

Wednesday, September 29, 2010 - 7:00 p.m.

CHH Counselor Nancy Ferguson will discuss life after cancer treatment and how survivors can best cope with potential issues such as fear of recurrence and adjusting to life and health changes after diagnosis.

CONNECTING THE GENERATIONS IN YOUR FAMILY: AN INTRODUCTION TO LEGACY WRITING

Monday, October 18, 2010 - 5:00PM

Join Certified Life Coach and Legacy Workshop Facilitator, Karen Knight, as she helps us celebrate and document what is most important in our lives: cherished memories, people and events that have shaped us, lessons learned, gratitude, and hopes for the next generation. Legacy Writing is a gift from the heart, more valuable than any of your material possessions. No writing experience is required. Visit her website: www.LifeLegacyCoaching.com

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

**CHH COOKBOOKS
NOW ON SALE**

\$15 Each • 3 FOR **\$40** • 4 FOR **\$50**
5 FOR **\$60** • More than 5 - **\$15** Each

**STOP BY THE CANCER HOUSE OF HOPE
TO PICK YOURS UP TODAY!**

PROGRAM CHANGES

Tending to Your Spirit, formerly Exploring Spirituality, will meet every other Monday at the **Westfield House**, starting September 13th at 5:30PM.

Healing Art of Yoga for Ongoing Recovery - Westfield (Genesis Center), Fall 2010-Spring 2011, starting in NOVEMBER: 10:30AM Thursdays.

Healing Art of Yoga for Ongoing Recovery - **Springfield House**, Fall 2010-Spring 2011, starting in NOVEMBER: 2:30PM Thursdays and 1:30PM Saturdays.

All Cancers at the **Springfield House** will meet weekly on Tuesdays at 6:00PM instead of Wednesdays.

Bereavement will no longer be offered at the Springfield House. For those in need of Bereavement group counseling, it will continue to be available weekly in Westfield on Tuesdays at 6:00PM.

FUNDING UPDATES

Westfield Bank has given a grant award of **\$4,000** to support the Healing Art of Yoga for Ongoing Cancer Recovery program.

Smith and Wesson Hosts Comedy Night for the Cancer House of Hope

Smith and Wesson hosted a Comedy Night at the Cedars in Springfield on April 10th, with all proceeds benefitting the Cancer House of Hope. This first-time event was a resounding success, raising \$13,000 for CHH programs and services. Comedy Night featured three entertaining comedians from Teddy B Comedy, various fundraising games, and an impressive raffle. Our sincere thank you to **Bob Draper and his colleagues** at Smith and Wesson for their hard work and commitment to making this event a success. Smith and Wesson has become a valued partner with the Cancer House of Hope, and we sincerely appreciate all they have done to raise much-needed funds for our organization.

The Ranch Golf Club Hosts Another Successful Annual Tee It Up Fore the House Golf Tournament

The Ranch Golf Club in Southwick was the draw for more than 198 golfers when it hosted the 6th Annual Tee it Up Fore the House Golf Tournament on May 7, 2010. Morning and afternoon sessions were offered, making it the most successful CHH golf tournament ever. The event raised more than \$20,500 for Cancer House of Hope programs and services.

The 2011 Tournament will take place on Friday, May 6th at the Ranch. Stay tuned for more information in the winter newsletter!

WE WISH TO THANK ALL OF OUR 2010 SPONSORS:

Ace Sponsor: Westfield Bank • **Eagle Sponsor:** Baystate Regional Cancer Program, Murray & Glynn, PC

Birdie Sponsors: Advance Manufacturing, Co., Burns & Farrey, Inc, Hampden Jen-Coat, Inc., , LLC, Noble Hospital Physicians, PNC Healthcare, Smith and Wesson, Western Mass Endodontics, Westfield State College Foundation

Lunch Sponsor: New Corner Variety • **Gift Sponsor:** Silhouette Silk Screening

Breakfast Sponsor: Bruegger's Bagels • **Hole-in-One Sponsors:** 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, Adam Cherry, Pam Culver, Maureen Esposito, Nancy Haase and Phyllis Lewis.



LA FIESTA! Event

Thursday • September 23, 2010

6:00pm-9:00pm

Log Cabin Banquet & Meeting House

Compete Against Cancer

Tennis Tournament

Sunday • September 26, 2010

1:00pm-6:00pm • Enfield Tennis Club

For more information call Cheryl Gorski,
Executive Director, at 413-562-0110 or 413-782-5500.

SEPTEMBER 2010

Bringing people together,
when they need it the most.

“Our attitude toward life determines
life’s attitude towards us.”

- John N. Mitchell

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>NOTE: Living w/Adv. Cancer, Recently Diagnosed and What Now? will meet on an AS-NEEDED basis. Please call the Springfield or Westfield House to ask to speak with a counselor if you are in need of those services.</p> <p>HOUSES CLOSED LABOR DAY</p>		1	2	3	4
WESTFIELD=BLACK SPRINGFIELD=GREEN	5	<p>6PM Bereavement 6:30PM Relaxation 2:30PM Yoga 6PM All Cancers <i>(New Day)</i></p>	<p>8</p> <p>5:45PM Cancer Conquerors 5PM Family & Friends</p>	<p>9</p> <p>5:30PM Yoga @ Genesis 3PM-6PM Reiki (by appt.) 5:30PM All Cancers 7PM Family & Friends 10AM-1PM Reiki <i>(by appt.)</i> 2:30PM Yoga 3PM-6PM Reiki <i>(by appt.)</i></p>	<p>10AM-1PM Reiki (by appt.) Westfield House Open for Walk-Ins, 8AM-1PM SPRINGFIELD HOUSE CLOSED</p>	11
12	<p>5:30PM Tending to Your Spirit <i>(formerly Exploring Spirituality)</i> 6PM Quilting 4PM Lebed 6PM "LET'S READ TOGETHER" WITH DR. MARY ANN LOWEN</p>	<p>14</p> <p>6PM Bereavement 6:30PM Relaxation 2:30PM Yoga 5PM Melanoma Support Group 6PM All Cancers <i>(New Day)</i></p>	<p>15</p> <p>5:45PM Cancer Conquerors 5PM Family & Friends</p>	<p>16</p> <p>5:30PM Yoga @ Genesis 3PM-6PM Reiki (by appt.) 5:30PM All Cancers 10AM-1PM Reiki <i>(by appt.)</i> 2:30PM Yoga 3PM-6PM Reiki <i>(by appt.)</i></p>	<p>10AM-1PM Reiki (by appt.) Westfield House Open for Walk-Ins, 8AM-1PM SPRINGFIELD HOUSE CLOSED</p>	18
19	<p>6PM Quilting 4PM Lebed 6PM Knitting</p>	<p>21</p> <p>6PM Bereavement 6:30PM Relaxation 10:30AM Mom's Support Group 2:30PM Yoga 6PM All Cancers <i>(New Day)</i></p>	<p>22</p> <p>5:45PM Cancer Conquerors 5PM Family & Friends</p>	<p>23</p> <p>5:30PM Yoga @ Genesis 3PM-6PM Reiki (by appt.) 5:30PM All Cancers 7PM Family & Friends 10AM-1PM Reiki <i>(by appt.)</i> 2:30PM Yoga 3PM-6PM Reiki <i>(by appt.)</i></p>	<p>10AM-1PM Reiki (by appt.) Westfield House Open for Walk-Ins, 8AM-1PM SPRINGFIELD HOUSE CLOSED</p>	25
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OCTOBER 2010

“There is no greater agony than bearing an untold story inside you.”
- Maya Angelou

Bringing people together,
when they need it the most.

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10	11 HOUSES CLOSED COLUMBUS DAY	12 6PM Bereavement 6:30PM Relaxation 2:30PM Yoga 5PM Melanoma Support Group 6PM All Cancers	13 5:45PM Cancer Conquerors 5PM Family & Friends	14 5:30PM Yoga @ Genesis 3PM-6PM Reiki (by appt.) 5:30PM All Cancers 10AM-1PM Reiki (by appt.) 2:30PM Yoga 3PM-6PM Reiki (by appt.)	15 10AM-1PM Reiki (by appt.) Westfield House Open for Walk-Ins, 8AM-1PM SPRINGFIELD HOUSE CLOSED	16
17	18 6PM Quilting 4PM Lebed 5PM LEGACY WRITING W/KAREN KNIGHT 6PM Knitting	19 6PM Bereavement 6:30PM Relaxation 10:30AM Mom's Support Group 2:30PM Yoga 6PM All Cancers	20 5:45PM Cancer Conquerors 5PM Family & Friends	21 5:30PM 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.)	22 10AM-1PM Reiki (by appt.) Westfield House Open for Walk-Ins, 8AM-1PM SPRINGFIELD HOUSE CLOSED	23
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31						

NOVEMBER 2010

“Faith is taking the first step even when you don’t see the whole staircase.”
- Martin Luther King, Jr.

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<p>28</p> <p>6PM Quilting 4PM Lebed 6PM Knitting</p>	<p>22</p> <p>HOUSES CLOSED NOV. 22TH-27TH NO PROGRAMS</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>6PM Quilting 4PM Lebed 6PM Knitting</p>	<p>30</p> <p>6PM Bereavement 6:30PM Relaxation 6PM All Cancers</p>				

DECEMBER 2010

“Peace comes from within.
Do not seek it without.”
- Buddha quote

Bringing people together,
when they need it the most.

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26						
27						
28						
29						
30						
31						

Lights of Hope

NEW LOCATION!

LIGHT A CANDLE FOR THOSE WHO HAVE OR HAD CANCER

Join us on **Monday, December 6, 2010** at 6pm 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 the **Cancer House of Hope**.

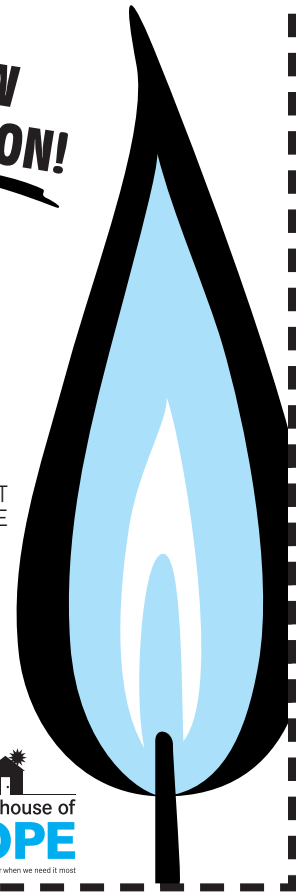
My Luminaria(s) Are For The Following People:

LIGHTS OF HOPE PROCEEDS WILL BENEFIT THE 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 the Cancer House of Hope, 86 Court Street, Westfield, MA 01085. Orders must be received by November 30, 2010. For more information call 413-562-0110.



RETURN SERVICE REQUESTED

HOPE
 cancer house of



CANCER HOUSE OF HOPE
 86 Court Street • Westfield, MA 01085
 413-562-0110
 Website: www.cancerhouseofhope.org
 Email: info@cancerhouseofhope.org

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

bringing us together when we need it most

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