



# Wellwood Connections

The Newsletter of  
Wellwood  
Resource Centre

www.wellwood.on.ca | wellwood@hpsc.ca | Helping People to Live Well with Cancer | Spring 2010

## WELCOME HOME

April saw the beginning of our move to Wellwood's Juravinski House, presented by Hamilton Halton Home Builders' Association — the second, community-based site for Wellwood. This beautiful, bright home is located at 501 Sanatorium Road, at the corner where Sanatorium meets Chedmac and Rice, on the lovely grounds of Chedoke.

Permission for occupancy was received officially in the late afternoon of April 6.



Immediately, the staff team went into planning mode for the Housewarming Party on the afternoon of Sunday, April 18. It is still not too late to visit the gift registry at The Bay if you would like to drop by with a little housewarming gift. (See [www.wellwood.on.ca](http://www.wellwood.on.ca) for an online review of the registry.)

Wellwood's grand opening will be held on Monday June 7. All are welcome. Please look for your invites in the mailbox, or visit Wellwood online for information.

## WITH CHANGE COMES...MORE CHANGE

They say that, with change, comes opportunity. At Wellwood, with change...we get more change! While we move into the new house, we are also moving at Henderson.

We are in the midst of the painful process of managing the scheduled reduction in space and service at the Henderson Hospital site of Wellwood, which will continue for the duration of the construction of the new and improved hospital.

After all the dust settles on Concession Street, we will be in space off the main lobby. But, for now, we will be making do with a small suite in the hallway beside Admitting.

Flexibility and patience are hallmark characteristics of Wellwood's volunteers, clients and staff team, so we will exercise both as we await our long-term space in the new hospital. We continue to be grateful to our incredible friends at Sacred Heart Community Centre on Poplar Street, without whom Wellwood would never have been able to meet the needs of our ever-expanding client base and would also not be able to manage the next two years.

*"Whatever good things we build end up building us."*

Jim Rohn

Our apologies and a great, big thank you to **KOROL CONSTRUCTION**, sponsor of the Wellwood Walk/Run for Colorectal Cancer Awareness, who was accidentally omitted from our listing in the Winter edition of the newsletter.

## 2009 IN MEMORIAM DONATIONS

Wellwood is grateful to individuals who have made memorial donations between January 1 and December 31, 2009 in support of our programs and services.

As spring blooms around us, we honour the memories of the following individuals in whose names donations have been received, with grateful appreciation for their lives and legacies:

Patricia Armstrong	Paul Fawcett	Ross Martin	Olga Spanier
Roland Arnold	Vincent Fazari	Elizabeth Matthews	Pat Stedman
Eric Augstman	Roger Flear	Ivan Mavec	Randy Steele
Richard Babin	Marge Foreman	Trudie McLaughlin	Diane Stewart
Chuck Beaudoin	Elda Foster	Ronald McRae	Gerard Templeton
Karl Blank	Lyn Fountain	Jack & Jean Mitchell	Edward Thomson
Alfonso Borsellino	George Frank	Gwen George	Chip Trueman
Bob Boyle	Gwen George	Raymond Geraghty	Paolo Valerio
Grace Boyle	Raymond Geraghty	Janet C. Gill	Louie VanBaardwijk
Eunice Brooks	Janet C. Gill	Myrna Goldhar	Gerald Vervaeke
Arlene Burns	Myrna Goldhar	Maria Gorjup	Irene Walker
Terri Campbell	Maria Gorjup	Marjorie Greene	Robert Walker
John Chamberlain	Marjorie Greene	Teresa M. Hall	Michael John Walsh
Concetta Cino	Teresa M. Hall	Christine Herron	James Ward
Eleanor Craney	Christine Herron	Yvonne Hollin	Chester Waxman
Verna May Davis	Yvonne Hollin	Dora & Robert Howarth	Margaret Weisz
Susan Deadman	Dora & Robert Howarth	Elizabeth Hunt	Thomas Whitley
Kay Dempsey	Elizabeth Hunt	Judy Kamula	Larry Wolfe
Madeline Dickie	Judy Kamula	Betty Kindy	Tim Wristen
Garret Doyle	Betty Kindy	Lorne King	Bob Zwolak
Veronica Ernest	Lorne King	Jackie King	
Gabriel Evanik	Jackie King	Nino Lico	
Tracey Evans	Nino Lico	Bradley Liptrot	
	Bradley Liptrot	David Somers	

## 2009 IN HONOUR DONATIONS

Wellwood is also grateful to individuals who have made donations between January 1 and December 31, 2009 in honour of the following individuals:

Denny DePetrillo	Donald Manseau
Sharon Fazari	Maureen O'Connor
Lisa Gallant	Zack Paikin
Jane George	Dorothy Rayner
Maria Gorjup	Donna Reise
Barb Hartnett	Les & Betty Reynolds
Knot A Breast Team	Frank Silvestri
Kathy Lodge	Wellwood Staff & Volunteers



## Spring Fling 2010 Recognition Pins

### 3 Year

#### Afghan Program

Kathleen Bower  
Linda Chau  
Evelyn Ford  
Margaret Hebert  
Ruth Helling  
Leone Martin  
Barbara Smith

#### Clerical

Bonnie Kent

#### Board of Directors

Monica Quinlan

#### Walk/Run Committee

Tom Montgomery  
Colleen O'Hara  
Marlene Weil

#### Knitting Baskets

Jeanne Bourdages

#### Touch Therapy Support

Linda Brown

#### Native Beadwork Program

Linda Jenkins

### 5 Year

#### Board of Directors

Olive Wahoush

#### Office Volunteer

Shirley Rowe

#### Peer Mentor Network

Dayna Barbour  
Peter Marsh  
Ann Vandyk

#### Qigong

Bas Opdenkelder

#### Volunteer Committee

Anna Knibbs

#### Afghan Program

Diane Brennan  
Tina Salem  
Joline Samples\*  
Kathy Seedhouse  
Cathie Souter  
Noreen Tinson  
Evelyn Keenan

#### Walk/Run Committee

Danelle D'Alvise  
Trish Murphy

#### Outreach

Grant Kutchaw

### 10 Year

#### Program Committee

Marilyn Evanic

#### Afghan Program

Ann Durham  
Nita Farquharson  
Marcy Gibson  
Barbara Hartnett  
Gertrud Jorgensen  
Betty Kindy\*  
Pat Murphy  
Nettie Pawliw

#### Peer Mentor

Kim Farrow

#### Website Support

Justin Kominar

#### Newsletter

Binda Traver

#### Art Program

Flora Spencer

*\*Betty and Joline both received their pins posthumously. Our deepest sympathies go to their families and friends, and we express our deepest gratitude for their commitment to Wellwood.*

## Spring Fling 2010 – Honouring our Volunteers

The individuals listed to the left received volunteer recognition pins for their years of service to Wellwood at our annual Spring Fling event, held this year on April 13. Thank you so very much to all of Wellwood's team of volunteers for the gifts of your time and talents. You are appreciated!

Wellwood co-founder Maureen O'Connor received the inaugural design of a new pin that has been created to recognize the coming wave of volunteers who have given an amazing 15 years of service. The dream that would become Wellwood began in the hearts of Maureen and her husband, the late Dr. Greg O'Connell, 20 years ago this year. The pin was designed by metalsmith artist Kim Samuels, a long-serving Wellwood volunteer herself, who also created Wellwood's lovely line of "My Ribbon" jewelry.

**The 2010 Commuter Challenge** is May 30 to June 5. Please take part in this environmentally-friendly initiative by walking, riding, taking the bus or car-pooling (if possible) when you visit either of Wellwood's sites.

## Notice of ANNUAL GENERAL MEETING

### Wellwood Resource Centre of Hamilton

The fourteenth annual meeting of members of Wellwood Resource Centre will be held at our Chedoke site, Juravinski House, beginning at 7 p.m. on Tuesday, June 22, 2010, for the purposes of:

- Approving the minutes of the thirteenth annual general meeting;
  - Receiving and approving the Report of the Directors;
  - Receiving and approving the Treasurer's Report and the Financial Statement;
  - Appointing the Auditors of the Corporation;
  - Electing the Board of Directors for the 2010-2011 fiscal year;
  - Transacting any additional matters, which may properly come before the meeting.
- Everyone is welcome!



## LACE UP AGAIN FOR A GREAT CAUSE

### ON OCT. 17, 2010!

Register online at [wellwood.on.ca](http://wellwood.on.ca) or look for your registration form in the mail this summer.

Free forum for patients, family members and friends

## Cancer and Sexuality: Will it be the way it was before?

### Presented by:

Anne Katz, RN, PhD  
Sexual Counselor, CancerCare Manitoba  
and Professor, University of Manitoba

### Where:

Juravinski Cancer Centre  
Lecture Theatre, 4th Floor

### When:

Tuesday, May 4, 2010 - 7 to 8:30 p.m.

Seating  
is  
limited.

Please **RSVP** with your name and phone number by April 23, 2010 to the Juravinski Patient and Family Resource Centre, **905-387-9711, ext. 65109.**

Hosted by the Juravinski Cancer Centre and Wellwood Resource Centre.

*Supported by an educational grant from Pfizer Oncology.*

## HENDERSON SITE OFFICE HOURS:

MONDAY TO FRIDAY: **9 a.m. to 4 p.m.**  
MONDAY EVENINGS: **6:30 to 8:30 p.m.**  
THURSDAY EVENINGS: **6:30 to 8:30 p.m.**