



Wellwood Connections

The Newsletter of
Wellwood
Resource Centre

www.wellwood.on.ca | wellwood@hhsc.ca | Helping People to Live Well with Cancer | Fall 2006

Program Highlight:

PEER SUPPORT

Sharing the Wisdom and Experience



Wellwood will share the wisdom gathered from the experience of those who live and work with cancer to ease the journey for all.

Wellwood peer support programs bring together those of us who have lived with cancer so that we may assist and support each other as we deal with the many psychological, informational, physical and spiritual issues that arise as a result of being on the cancer journey.

Wellwood has formal support programs for:

Advanced Diagnoses or Recurrences
("Living Well with Cancer")
Gynecological Cancers
Breast Cancer
Caregivers
Teens (Online)
Young Adults (Online)

Services for:

- Children
- Parents
- Bereavement
- Workplace
- Advocacy

...as well as one-on-one peer mentorship.

Wellwood welcomes its new Board of Directors:

Belinda Zylstra, President
Olive Wahoush, Vice-President
Ann Scott, Past-President
Mark Matthews, Treasurer
Diane Branch
Mary Lou Dingle
Carolann Fernandes

Hal Hirte
Jim Hoult
Bob Philip
Trish Simmons
Kathleen Willison
Andrea Miller, ex officio
Jane George, ex officio

*It is better to light one candle than curse the darkness
- Confucius*

Wellwood
WALK Run
FOR AWARENESS
1K/5K
AT McMASTER

Sunday, November 5, 2006
Best "EFFORT" 1K Kids Run for Cancer (9:30 am)
5K Walk/Run (10:00 am)

McMaster University
Promoting Awareness and Prevention of Colorectal Cancer and Supporting Wellwood
EFFORT TRUST
For Information:
WELLWOOD - (905) 389-5884
www.wellwood.on.ca

**REGISTER ONLINE AT
www.wellwood.on.ca**

Registration forms available at Runner's Den,
Running Room, the YMCA, all DayNight
Pharmacy locations, and Wellwood.



EDUCATIONAL SERIES 2006-07

- Nov. 7 Labyrinth Walk with Wellwood
with *Ralph Laidlaw at Ryerson
United Church*
842 Main Street East, Hamilton
- Dec. 5 Helping Children and Teens
Cope with Cancer
with *Linda Waterhouse and
Jane Cassano*
- Jan. 9* Top Ten Questions to Ask a
Herbalist
with *Nancy Winlove*
- Feb. 6 Creative Memories
with *Cathy Fleischman*
- Mar. 6 Dying in the Community
with *the CCAC Palliative Care
Team*
- Apr. 2* Lymphedema - An Overview
with *Anne Blair*
- May 1 Ovarian Cancer
with *Hal Hirte*

All seminars (except Nov. 7) are held at:
The Spectator Auditorium
44 Frid Street, Hamilton
7:30 to 9:00 p.m.

* *NOTE:* These sessions marked with an asterisk are not taking place on the traditional time slot of the first Tuesday of the month.

Out of consideration for our fragrance sensitive clients, we respectfully ask that you please refrain from wearing scented products when you visit Wellwood.
Many thanks.

Wellwood Resource Centre 9th Annual Spaghetti Dinner Wednesday, September 27, 2006

Thank You

- to our wonderful team of spaghetti dinner volunteers;
- to Vanda Sciuillo and her amazing team of kitchen staff;
- to our hosts Charly Chiarelli and Sunni Genesco;
- to our student servers (representing Mother Teresa, St. Jean de Brebeuf and Blessed Kateri Tekawitha Schools);
- to our sponsors; and
- to everyone who attended, for their support and presence.

9th Annual Spaghetti Dinner Sponsors

- Fortinos Supermarket
- Phillips Jewelers
- K-Lite FM & Sunni Genesco
- Charly Chiarelli
- Vanda Sciuillo & Friends
- Andres Wine
- Bombardieri Uniforms and Linen Rentals
- Dalesio's Food Market
- E.D. Smith & Sons Ltd.
- Emily & Friends
- Fire Code Maintenance & Consulting Ltd.
- First Choice Haircutters
- Flat Roofing
- G. T. French Paper Ltd.
- Italpasta
- Lucy Torres
- Nardini Specialties
- Halton Naval Veterans Association
- Reta Fleming
- Romeo Falasca
- Rycott Wholesale Foods Ltd.
- Seldon Griffin Graphics Inc.
- Sweet Paradise Bakery
- Tim Horton's - Mr. Kennish
- Vine & Partners LLP, Chartered Accountants
- Vineland Estates Winery
- Y-NOT Flowers, Custom Design by Kim
- Knights of Columbus Council #1454
- St. Eugene's Catholic Women's League
- St. Luke R.C. Parish

Newsletter Design: Binda Fraser

New to the Wellwood Library:

GOES DOWN EASY

By Elsie Mecklinger with The Princess Margaret Hospital Dietitians
Recipes to help you cope with the challenge of eating during cancer treatment

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.



Wellwood
Resource
Centre of
Hamilton

711 Concession
Street, Hamilton,
Ontario L8V 1C3

NAME _____

ADDRESS _____

CITY _____

PROVINCE _____ POSTAL CODE _____

TELEPHONE _____

**DONATE ONLINE AT
WELLWOOD.ON.CA**

I would like to make a gift to Wellwood's OPERATING FUNDS of a:

- one-time monthly donation of:
- \$25 \$50 \$100
- \$250 \$ _____

I would like to contribute to Wellwood's CAPITAL CAMPAIGN a:

- one-time monthly donation of:
- \$25 \$50 \$100
- \$250 \$ _____

Contact Wellwood for details on naming opportunities for larger gifts.

I will use:

VISA MasterCard

AmEx

CARD NO. _____

NAME ON CARD _____

EXPIRY DATE _____

SIGNATURE _____

My cheque is enclosed

Please make cheques payable to: Wellwood Resource Centre of Hamilton.

My gift is in honour of: _____

in memory of: _____

Please include a note with the name and address of the individual to whom you wish Wellwood to send notification of the donation.