



# Wellwood Connections

The Newsletter of  
Wellwood  
Resource Centre

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

## Spring Fling 06 – Honouring Wellwood’s Volunteers

The following individuals received volunteer recognition pins for their years of service to Wellwood at our annual Spring Fling, held on April 25. Thank you so very much, to all of Wellwood’s team of 200 extraordinary volunteers, for the gifts of your time and talents!



*This year’s recipients of the Wellwood 10-year recognition pin were also invited by the Government of Ontario to a presentation ceremony on May 17 to receive a 10-year trillium pin in recognition of a decade of voluntary service. Warmest congratulations! Shown here are 10-year and trillium pin recipients (l-r) Ann Mohide, Joan Randazzo and Rosanne Sogan. (Ola Norton is absent from the photo.)*

### 3 Year

David Angus  
Pam Edwards  
Sally Gaudie  
Martha Ronalds  
Drew Woolcott  
Dorothy Hamilton  
Anne Kenny  
Glenys Wilson  
Glenys Meredith  
Wilda Ledden  
Norma Petiti  
Annette Kutchaw  
Linda Learn  
Heather Ritter

Jennie Owen  
Marie Schwaluk  
Kathleen Willison

### 5 Year

Dave Barry  
Sheila Capponi  
Chester Capponi  
Mary Lou Collett  
Pearl Drew  
Helen Walsh  
Reta Fleming  
Audrey Kemp  
Joe Kemp  
Maureen Stroud

Jo Treasure  
Janet McDermott  
Brenda Majerovich  
Kim Samuels  
Cate Walker-  
Hammond  
Ann Scott  
Tina Wickenden

### 10 Year

Joan Randazzo  
Rosanne Sogan  
Ola Norton  
Ann Mohide

*If you want one year of prosperity, grow grain.  
If you want ten years of prosperity, grow trees.  
If you want one hundred years of prosperity, grow people.  
— Chinese Proverb*

## Congratulations to Isabelle Harmer



Isabelle Harmer is one of the original members of Wellwood’s founding working group. Now directing her incredible energy and tireless dedication to her passion for the environment, most notably the Niagara escarpment, Isabelle was recently named a finalist in the national Earth Day Hometown Heroes award program. Her efforts and achievements were well recognized by an international panel of 22 judges comprised of community, business and environmental leaders. For more information on the Hometown Heroes award, visit [www.earthday.ca](http://www.earthday.ca).



## Wellwood’s 9<sup>th</sup> annual Spaghetti Dinner

**Wednesday, September 27**  
**4:30 to 7:30 p.m.**  
Church of the Resurrection  
821 Upper Wentworth at Mohawk

Join comedian and storyteller  
Charly Chiarelli, this year’s host, for  
Wellwood’s legendary meatballs!  
(Vegetarian sauce also available.)

## PROGRAM HIGHLIGHT: Reflexology & Therapeutic Touch

Practitioners of Reflexology apply different pressure techniques to the feet. This gentle application of pressure on these reflexes may relieve tension and stress, improve circulation and help to balance the body systems.

Derived from ancient healing methods, Therapeutic Touch (T.T.) attempts to enhance a person’s natural healing ability. The practice involves a graceful sweeping movement of the hands of the practitioner a few inches from the receiver’s body.

The goal of both programs is to elicit gentle relaxation, reduce anxiety and promote comfort. Reflexology and T.T. are suitable for anyone experiencing stress and tension, anxiety, pain or recovering from illness.

Reflexology and T.T. are available at Wellwood by appointment. Call 905-389-5884. All programs are free of charge.





## EDUCATIONAL SERIES 2006-2007

Hamilton Spectator auditorium, 44 Frid Street, Hamilton  
7:30 to 9:00 p.m.

Please note this is a tentative listing. The fall newsletter will contain a list of the final confirmed presentations. Those sessions marked \* are not taking place during the traditional time slot of first Tuesday of the month.

Date	Topic
Tuesday, October 3	Colorectal Cancer
Tuesday, November 7	Labyrinth Walk
Tuesday, December 5	Expressing Your Journey Through Art
Tuesday, January 9*	Top Ten Questions to ask an Herbalist
Tuesday, February 6	Creative Memories
Tuesday, March 6	Dying in the Community
Monday, April 2*	Helping Teens and Children to Cope
Tuesday, May 1	Ovarian Cancer

### WELLWOOD Respects Your Privacy

Wellwood respects your privacy and is working actively towards adhering to all legislative requirements in regards to protecting privacy. If you have any questions or concerns about Wellwood and your personal information, please contact us at **905-389-5884** or via e-mail at [wellwood@hhsc.ca](mailto:wellwood@hhsc.ca).

### New to the Wellwood Library:

**Picking Up The Pieces  
Moving Forward After  
Surviving Cancer**  
by Sherri Magee, Ph.D. &  
Kathy Scalzo, M.S.O.D

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.*

## "Just do it" for Wellwood! 1K/5K at McMaster

On Sunday, November 5, lace up those sneakers, collect sponsors and win fabulous prizes. REGISTER ONLINE AND DOWNLOAD A PLEDGE FORM AT [www.wellwood.on.ca](http://www.wellwood.on.ca).



Olympian Paula Schnurr presents McMaster University president Peter George with a Wellwood medal at the Wellwood 1K/5K, which is held annually on campus.

Newsletter Design: Binda Fraser

### 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.