

2005 IN MEMORIUM DONATIONS

Thank You

Wellwood is grateful to individuals who have made memorial donations between January 1 and December 31, 2005 in support of our programs and services.

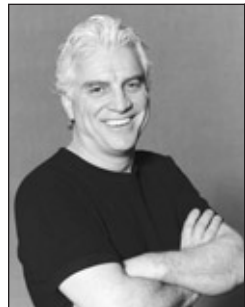
As spring blooms around us, we honour the memories of the following individuals in whose name donations have been received, with grateful appreciation for their lives and legacies:

Patricia Adams	Nick Genovese	Minnie Murray
Sam Albano	Josephine Gentile	Eleanor Nichols
Myra Baillie	Gwen George	Lino Nusca
Eleanor Basadur	Raymond Geraghty	Greg O'Connell
Marjorie Baskin	Lynda Gilbert	Ed Orzel
Chuck Beaudoin	Shelagh Gill	Arthur Raven
John Beechey	Mrs. E. Grande	Ruth Rowan
Ruth Belch	Julia Gzik	Rose Rowbottom
Federicka Benton	Edith Hanna	Frances G. Roy
Lee Biagoni	Anne Habinski	Teresa Mae Royle-Hall
Joy Binns	Kyle Hoult	Dr. E. Sargeant
Cathy Black	Jack Hourigan	Florence Scime
Sarah Ann Boutcher	Robert Howarth	Elissa Siroonian
Dina Bracco	Karey Jamani	Angus Somers
Val Brown	Lawrence Jukes	Elaine St. Jean
Christina Carter	Carol Keddie	Diane Stewart
Sheila Cheeseman	Joan Kennedy	Anne Marie Tait
Mary Ciancone	Knot-a-Breast Members	Edward Thompson
Joseph Ciccone	Barbara May Kosterewa	Andrea Toepell
Elvira Colalillo	Ed Kowalski	Sylvia Torrance
Gardner Cooper	Evelyn Kupferschmidt	Andrew Triggerson
Donna Corriveau	Don MacKenzie	Denise Vallaincourt
Michael Costelloe	Frank Mancini	Clibby Verrian
Eleanor Craney	Stan Maraszkiwicz	Giuseppe Virgulti
Caroline Crossman	John Marazzato	Lillian Waller
Myrna Deverson	Nora E. McCardeel	Michael John Walsh
Margaret Devitt	Jean McCracken	Marjorie Whitman
Janet & Milton Edwards	Peter McCulloch	Lillian Wignall
Margaret Edwards	Donald McPetridge	Janet Williams
Nick Elliott	Pat McQuillan	Joanne Williston
Tracey Evans-Civiero	Ronald McRae	Allan Wilson
David Farraway	Gary Millar	Larry Wolfe
Paul Fawcett	Giorgio Montesanto	John Wright
Vincent Fazari	Mrs. Murdoch	Tim Wristen

Wellwood is also grateful to individuals who have made donations between January 1 and December 31, 2005 in honour of the following individuals:

2005 IN HONOUR DONATIONS

Leo & Dianne Dunn	Helen Stalford
Jane George, Bruno Salena & Family	Richard Tozer
Jan Gill	Mary Jo Valeri
Charles & Margaret Juravinski	Susan & Chuck van Baardwijk
Knot-a-Breast Members	Wellwood Afghan Program
Kathy Lodge	Wellwood Volunteers & Staff
Lori Montcalm	Lorraine & Jack Lynn & Andy
Maureen O'Connor	Pat & Larry Todd
Carol Rand	Tracy & Derek
Dorothy Rayner	Trish & Mark
Donna Reise	
Ken & Janice Shearer	
Josephine Simioni	



Wellwood's 8th 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.)

VOLUNTEER OPPORTUNITIES:

There are numerous volunteer opportunities at Wellwood. We are looking for therapeutic touch and reflexology practitioners in particular at the moment. Please call Norma Frankoff at 905-527-4322, ext. 42664, for information on how you can share your time and talents with Wellwood.



Program Highlight:

Meditation

Offered in a group setting, this five-week program provides ongoing learning and opportunities to practice skills that can be used beyond the classroom setting. Participants will be introduced to mindfulness meditation, practice for mental calming and physical relaxation.

To register for the next series, running Monday mornings, please call 905-389-5884.

"GOOFY" DREAM TEAM RUNS 2.5 MARATHONS FOR WELLWOOD

Wellwood's Goofy Dream Team is celebrating the completion of its two-and-a-half marathons (105 km) fundraiser.

Hot on the heels of their successful run at the 2004 New York City Marathon, the group hit the pavement again to raise funds for Wellwood's capital campaign.

They warmed up with the Chicago Marathon (42 km) last Thanksgiving weekend, and then followed up with the Disney "Goofy" Challenge, running a marathon AND a half-marathon (63 km), the first weekend in January.



"It's official...we're Goofy!" jokes Jane George, Wellwood executive director and a member of the team. "I guess you have to be in order to run that far."

Joining Jane in Chicago were Chuck and Susan van Baardwijk, as well as first-time marathoner Belinda Marazzato. Chuck was "goofy" enough to join in on the Disney challenge too. Although the actual races totalled 105 km, hundreds more were logged in training runs.

Donations to honour the team's accomplishment are still gladly being accepted. Contact Wellwood at 905-389-5884, wellwood@hhsc.ca or online at www.wellwood.on.ca.

Notice of ANNUAL GENERAL MEETING

Wellwood Resource Centre of Hamilton
The tenth annual meeting of members of Wellwood Resource Centre will be held in Henderson Hospital Auditorium, 711 Concession Street, Hamilton, Ontario, beginning at 7 p.m. on Tuesday, June 20, 2006, for the purposes of:

- Approving the minutes of the ninth 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 2006-2007 fiscal year;
- Transacting any additional matters, which may properly come before the meeting.

VOLUNTEER RECOGNITION Wellwood's annual "Spring Fling" volunteer appreciation event

will be held this year on April 25 at MacNab St. Presbyterian Church (same location as last year). Watch your mailboxes for invitations.

The 2006 Commuter Challenge takes place from June 4 to 10.

Please take part in this environmentally friendly initiative by walking, riding, taking the bus or car-pooling to Wellwood if possible.

EDUCATIONAL SERIES

Henderson Auditorium,
711 Concession Street, Hamilton
7:30 to 9:00 p.m.

Apr. 4 Life After Treatment:
The New Normal
Panel Discussion

May 2 Prostate Cancer
with Dr. William Love

Thank you to our series sponsor, Ortho Biotech.

"Just do it" for Wellwood!

**1K/5K at McMaster
Circle Sunday, November 5, 2006
on your calendar!**

Lace up those sneakers, collect sponsors and win fabulous prizes. Check www.wellwood.on.ca for updates, online registration and pledge forms.

New to the Wellwood Library:

"Cancer is a Word, Not a Sentence"
by Robert Buckman

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 of 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.