

"If winter is slumber and spring is birth, and summer is life, then autumn rounds out to be reflection. It's a time of year when the leaves are down and the harvest is in and the perennials are gone. Mother Earth just closed up the drapes on another year and it's time to reflect on what's come before."

Mitchell Burgess



New Program Offering

Wellwood presents 7-Style Tai Chi Qi Gong, which will be available in 10-week sessions on Monday evenings starting in November. In 7 steps, instructor Bas Opdenkelder combines Tai Chi and Qi Gong together to create a form that is both easy to learn and graceful. Call or email Wellwood to register.

Are they just GOOFY?

Hot on the heels of last year's successful New York City marathon fundraiser, that goofy executive director of ours, Jane George, heads off to the Chicago marathon on Thanksgiving weekend, and will follow that by taking on the Disney GOOFY Challenge.

What is the Goofy Challenge, you ask? The Disney Marathon offers a Mickey Mouse medal for the 26 mile course, and the Donald Duck medal for the half-marathon. But if you do BOTH, you get GOOFY!

She will be joined by some remarkable volunteers, affectionately known as the Wellwood Dream Team.

Once again this year, they do it all in the name of Wellwood. To sponsor the team, please call 905-389-5884. (Donations can be made by cheque, VISA, MasterCard or American Express.)



Special thanks to the team members, Belinda Marazzatto, who will run Chicago, and Susan and Chuck van Baardwijk, who will run both Chicago and Disney. All proceeds will be directed to the Wellwood capital campaign.

LIVE WELL

Hilton Silberg, owner of DayNight Pharmacies, sent us this photo and the following note:

"Just to let you know Wellwood is always in my thoughts. As you can see from the picture my green Wellwood band is prominently displayed on my arm as I emerged from the mud baths at the Dead Sea in Israel last week. Actually you would not believe how many people overseas noticed and asked me about the band! Great colour choice!"



The popularity of Lance Armstrong's LIVE STRONG™ bracelets has inspired a wave of similar bracelets for charities across the country. Wellwood encourages you to LIVE WELL with our lime green bracelet, selling for \$4. They have sold so well that we have had to reorder. Available at Wellwood, Bryan Prince Bookseller, Litzen's Sports in Dundas, the Runner's Den (Westdale and Mountain locations), and all DayNight Pharmacies.



WELLWOOD WALK/RUN AT MCMASTER

Sunday, November 6, 2005

Best "Effort" Kids Run for Cancer9:30 a.m.
5K Walk/Run10:00 a.m.

Promoting Awareness and Prevention of Colorectal Cancer and Supporting Wellwood

Registration forms (mailed with the fall newsletter) are also available at The Runner's Den. For information, or to register online, visit www.wellwood.on.ca



Sunday, November 6, 2005

Best "EFFORT" 1K Kids Run for Cancer (9:30 am)

5K Walk/Run (10:00 am)

Promoting Awareness and Prevention of Colorectal Cancers and Supporting Wellwood

McMaster University RUNNER'S DEN EFFORT TRUST

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.

EDUCATIONAL SERIES

Sponsored by Ortho Biotech and The Spectator

All sessions run 7:30 to 9 p.m. and will be held at Henderson Auditorium, with the exception of the October Labyrinth Walk.

October 4 – **A Labyrinth Walk with Wellwood** with Ralph Laidlaw, at Ryerson United Church (842 Main Street East, Hamilton)

November 1 – **Wellwood Program Fair** featuring a sampling of the Centre's services

December 6 – **Nutrition: Tipping the Scales During Treatment** with Pam Piotrowski

January 10 – **Chemo Fog** with Dr. Richard Tozer

February 7 – **Immunology/Toxicology** with Dr. Sam Mukherjee

March 7 – **Native Healing Practices** with Janet Hill

April 4 – **Panel discussion on Life After Treatment: The New Normal**

May 1 – **Prostate 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.

THANK YOU SO MUCH 8th Annual Spaghetti Dinner Sponsors

GOLD SPONSOR:



Your Supermarket with a Heart is proud to support Wellwood and its clients.

SILVER SPONSORS

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Vine and Partners
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BRONZE SPONSORS

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Sweet Paradise Bakery
Tim Horton's - Steve Kennish

INDIVIDUAL SPONSORS

Emily & friends
Traci Kinrade
Lisa Schuurman
Vanda Sciallo

The Spaghetti Dinner Committee would like to express special appreciation to Shirley Brims, and to Wellwood's wonderful team of volunteers, including our student volunteer servers (representing Mother Teresa School and Brebeuf High School.)



If you prefer to donate online,
please visit
www.wellwood.on.ca

Recommended Websites



www.ahwsontario.ca

Aboriginal Health Access Centres offer culturally appropriate primary care to Aboriginal families and individuals.

www.hamilton.myeloma.org

This site offers information and support from the newly- formed Multiple Myeloma group located in Hamilton.

Worried about our equipment? Concerned about a service or program?

At Wellwood, we have a policy of open communication. Our staff and volunteers want to ensure the very best of care goes to you when you most need it. If you have a concern that you can't express in our regular evaluations, please tell us about it; whether staff or volunteer.

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 of
Hamilton

711 Concession
Street, Hamilton,
Ontario L8V 1C3

NAME _____

ADDRESS _____

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PROVINCE _____ POSTAL CODE _____

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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:
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Contact Wellwood for details on naming opportunities for larger gifts.

I will use:

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SIGNATURE _____

My cheque is enclosed

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

My gift is in honor 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.