

## In memory. . . .

Wellwood is grateful to individuals who have made memorial donations between January 1 and December 31, 2004 in support of our programs and services.

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

### 2004 IN MEMORIAM DONATIONS

Matteo Arnosti  
George Balcan  
Chuck Beaudoin  
Mr. Benson  
Cathy Black  
Karl Blank  
Lucy Boghosian  
Terry Bowden  
Terri Brewer  
Cathy Cameron  
Moran Campbell  
James Ciancone  
Joyce Ciotti  
Egerton Clarke  
Karen Cooper  
Michael Costelloe  
Tom Croft  
Colleen Dawson  
Cathy Day  
Ida Florence Day  
Jean Day  
Katharine Daymond  
Margaret DeHart  
Stephen Duke  
Pauline Dutton  
Chester Edwards  
Tracey Evans-Civiero  
Vincent Fazari  
Martin Feeney  
Marilyn Foti  
Audrey & Jack Gair  
Josephine Gentile  
Gwen George  
Raymond Geraghty  
Lynda Gilbert  
Jan Gill

Giovanna Girolammi  
Maria Gorjup  
Ray Grimshaw  
Emily Halyk  
Marilyn Hannesson  
Margaret Hannon  
Jayne, niece of  
Janet Harrison  
Nancy Hay  
Katarina Hiouaz  
Mother of  
Pierina Ippolito  
Barbara Jennier  
Josephine Jerome  
Philip John  
Claire Johnstone  
Nancy Katz  
Joan Kennedy  
Knot-a-Breast  
Members  
George Kosterewa  
Ed Kowalski  
Cpl. T. Landers  
Christina Leibold  
Michael Ryan  
Levinson  
Jean Little  
Lorraine  
Loved Ones of  
Doris Rumball  
Josephine Mancini  
Elizabeth Matthews  
Brian McCann  
Peter McCulloch  
Russell McDiarmid  
Patricia McQuillan

Ronald McRae  
David Millar  
John Morrison  
Annie Murray  
Audrey Lillian Neill  
Greg O'Connell  
Duane O'Connor  
Albert O'Hanian  
Dan Offord  
Mario Pacenti  
Lorraine Peteh  
Stanley Rainbow  
Barbara Ramsbottom  
Arthur Raven  
Henry Ray  
M. Shimoda  
Elissa Siroonian  
Donna Smith  
David Stevens  
Vera Stevenson  
Diane Stewart  
Beulah Taplin  
Edward Thompson  
Evelyn Thompson  
Andrew Triggerson  
Moe Vandehei  
Joseph  
Vertatschitsch  
G. Virgulti  
Philip Dale Wagner  
Thomas Westran  
Joanne Williston

**In addition, we were also proud to receive a number of donations in honor of the following individuals:**

Eileen Burriss  
Mr. & Mrs. Scott Carrothers  
The Fazari Family  
Cathy Flis  
Jane George  
Mr. R. Howarth  
Jane & Paul Ingrey  
Bob & Mary Koehl  
Kathy Lodge  
Carolyn Milne  
Lori Montcalm  
Maureen O'Connor  
Dorothy Rayner  
Sheila Roach  
Sr. Jude Marie Sweeney  
The Wellwood Staff



*"All through the long winter, I dream of my garden. On the first day of spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirits soar."*

*Helen Hayes*

## WELLWOOD ANNUAL GENERAL MEETING

Tuesday, June 21, 7:00 p.m.

Juravinski Cancer Centre

Lecture Theatre

For information call (905) 389-5884

*Meeting followed by:*



**"One Cup Left"**  
Written and Performed by Debbie Watters

### Notice of ANNUAL GENERAL MEETING Wellwood Resource Centre of Hamilton

The ninth annual meeting of members of Wellwood Resource Centre will be held in Juravinski Cancer Centre Lecture Theatre, 699 Concession Street, Hamilton, Ontario, beginning at 7 p.m. on Tuesday, June 21, 2005, for the purposes of:

- Approving the minutes of the eighth 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 2005-2006 fiscal year;
- Transacting any additional matters, which may properly come before the meeting.



### Wellwood's 8th annual Fortinos Spaghetti Dinner

September 28

4:30 to 7:30 p.m.

Church of the Resurrection  
821 Upper Wentworth at Mohawk

### 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.

## A NEW RESOURCE:

**Cancer Rehab Inc.** is a new not-for-profit organization that opened its doors in January. Open on Tuesdays and Thursdays, **Cancer Rehab Inc.** offers an outpatient 10-week rehabilitation program which includes educational sessions, physiotherapy and interval training exercise for individuals diagnosed with cancer. The program is available at a cost of \$10 per month to cover the gym fee. Located in southwest Hamilton, those interested can call **905-529-2882** to make an appointment.

### The 2005 Commuter Challenge

takes place from June 5 – 11. Please take part in this environmentally-friendly initiative by walking, riding, taking the bus or car-pooling to Wellwood if possible.

### Recommended Reading:

*“The Caregiver’s Book: Caring for Another, Caring for Yourself”.*

By James E. Miller

This book is an easy read with lovely photos to accompany it. It includes reflections, insights and guidance on the role of caregiving.

### Our volunteers attended the following training in 2004:

- Social Accounting Workshop: Calculating the Value of Volunteers
- Ontario Self-Help Conference
- Lessons Learned from SARS
- Working with Vulnerable Populations
- Awareness, Education and Intervention Strategies on the Issue of Suicide
- Therapeutic Touch Level 1
- Ovarian Cancer Symposium

## COMING EVENTS

**May 19** The Ostomy Association annual general meeting will take place at 8:00 p.m. at Sacred Heart Community Centre on Poplar Avenue.

**April 5** Using Herbs for Health: Taking a Closer Look with Dragana Skokovic-Sunjic, part of Wellwood’s educational series. Begins at 7:30 p.m. in Henderson Hospital auditorium.

**May 3** Seven Steps to Health: The Latest Information on Preventative Measures with Dorothy Verboom, part of Wellwood’s educational series. Begins at 7:30 p.m. in Henderson Hospital auditorium.

**June 21** Wellwood presents One Cup Left, a fabulous one-woman play about living with cancer starring Debbie Watters. The presentation will follow Wellwood’s annual general meeting at 7 p.m. in the lecture theatre of the Juravinski Cancer Centre.

**Sept. 28** Wellwood’s 8th annual Fortinos Spaghetti Dinner, 4:30 to 7:30 p.m. at Church of the Resurrection, 821 Upper Wentworth at Mohawk.

*“Is it so small a thing  
To have enjoy’d the sun,  
To have lived light in the spring,  
To have loved, to have thought, to have done...”*  
*Matthew Arnold*

### 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).

## SERVICE PIN RECIPIENTS 2005

Wellwood expresses sincere appreciation to the following volunteers for the gifts of their time and talents over three and five years, and extends that thanks to all of our more than 195 active volunteers for all that they do for our clients. These are presented at Wellwood’s annual volunteer appreciation event, held this year on April 21.

### Spring Fling 2005 Recognition Pins

#### 3 Year

Marie Jose Avaria  
Sandra Bereza  
Diane Branch  
Anne Chisholm  
Debbie Crawford  
Rita Dalton  
Diane Denardis  
Tammy Fletcher  
Glenda Hailes  
Donna Hamilton  
Hal Hirte  
Madeline Jemison  
Linda Kraan  
Mark Matthews

Sharon Matz  
Helen McKercher  
Pam Medeiros  
Solly Morelli  
Jeanette Morelli  
Angela Murphy  
Rose Murphy  
Jane Purnell  
Betty Richardson  
Joanne Sisson  
Helen Szollosy  
Mike Teng  
Sophie Tynski  
Sr. Rita White

#### 5 Year

Laura Bonilla  
Joel Bottum  
Maureen Brown  
Marilyn Duguay  
Ann Durham  
Kim Farrow  
Nita Farquharson  
Binda Fraser  
Lisa Gallant  
Mary Gibson

Barb Hartnett  
Gertrud Jorgensen  
Betty Kindy  
Justin Kominar  
Pat Murphy  
Nettie Pawliw  
Paul Pawliw  
Elke Roberts  
Flora Spencer

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 \_\_\_\_\_

CITY \_\_\_\_\_

PROVINCE \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_

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 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.