



Wellwood Connections

The Newsletter of
Wellwood
Resource Centre

www.wellwood.on.ca | wellwood@hpsc.ca | Helping People to Live Well with Cancer | Winter 2009

POSTCARDS from Chedoke:

To share the excitement, volunteers are receiving regular email photo updates outlining the progress at the site of Wellwood's highly anticipated second, community-based site: Juravinski House, presented by Hamilton Halton Home Builders Association. Shown are a few favorite snapshots, beginning with the excavator breaking ground last fall, and ending with the most recent picture, taken on January 25. The project is on track but a little behind schedule. Wellwood now anticipates opening the doors by early Summer.



Summer



(Special thanks to volunteer photographer John Augstman, who visits the site on a regular basis.)

Dear Friends of Wellwood:

As with all charities, we face these uncertain times with trepidation and worry, as do many organizations within the not-for-profit sector. Endowment funds are not generating income in this market, which has resulted in a significant decrease in grants, and when economic times are bad, philanthropic gifts are often among the first things a family facing difficult decisions must postpone or eliminate.

So how do you keep a small charity, not only afloat, but sailing forward? How do you navigate the choppy waters, steer clear of the storms, and keep it from being swamped and ultimately, dragged under?

You stay the course. You keep communicating with the crew and the passengers so there are as few surprises as possible. You chart new ways of getting there if you need to.

And, no matter what the weather, you have to put yourself out there on the deck and stay at the wheel. To paraphrase a well known sailing quotation, it is easy to hold the helm when the seas are calm. I remain deeply committed to my post, however rough the waters get.

All is not doom and gloom, despite the economic forecast.

Our new home will be a bright, calm, beautiful shelter from the terrifying storm of living with cancer. It will be a place of hope and healing, laughter and light. Wellwood's clients, and our 200 volunteers who are taking their own wisdom and experience and transforming it to help others, need and deserve this beautiful sanctuary.

Wellwood will always be your safe harbour.

We remain in campaign mode, raising annual operating funds as well as continuing to seek money to complete and furnish the new house. I invite you, as always, to make a gift, or to contact me should you have any questions or wish to provide me with any guidance and advice as we forge ahead.

Thank you for your faith in me.

Jane

K.J. George
EXECUTIVE DIRECTOR

*"The pessimist complains about the wind;
the optimist expects it to change;
the realist adjusts the sails."*

-William A. Ward



Volunteers Needed

With our new, second site opening this year, Wellwood will be expanding our incredible team of volunteers.

Many roles are available at both sites. Please consider supporting those on the cancer journey by donating your time and talents!

To discuss the opportunities, contact wellwood@hhsc.ca or 905-389-5884.

Celebrating Wellwood VOLUNTEERS:

Spring Fling 2009

The economic forecast may be gloomy — but Spring is, indeed, just around the corner.

Please join us as we celebrate the countless contributions of the Wellwood volunteers at the annual Spring Fling volunteer recognition event, to be held this year on April 7. Invitations are in the mail.

This is a wonderful opportunity to catch up with other Wellwood volunteers, to honour your colleagues who are being recognized (for three, five and ten years of service).

CIBC donates \$5,000 to building campaign

As a tribute to their friends at New Horizon Homes (a member of the Hamilton Halton Home Builders Association and a lead partner in the project to build Wellwood's new home at Chedoke,) CIBC recently donated \$5,000 to the capital campaign.

Representatives attended the Wellwood Walk/Run in October to make the presentation. Not only did they bring along a giant cheque, they also rolled up their sleeves and volunteered at the event.

Mark Playfair and Peter Petralito of CIBC distribute medals to the children at the 1K finish line.



PARKING NOTICE

Parking continues to be a tremendous challenge at our Henderson site, as construction takes place on the new hospital, so you are encouraged to allow extra time to seek out a spot. Arriving before 9:30 a.m. makes it easier, as does arriving mid-afternoon or later. We are so sorry for the inconvenience that so many of you are facing.

Wellwood Walk | Run
for Colorectal Cancer Awareness
AT McMASTER • 1K | 5K | 10K

LACE UP AGAIN FOR A GREAT CAUSE

ON OCTOBER 18, 2009!

The planning committee is already working to make this event's 11th anniversary better than ever.

Circle the date in your calendar now and look for a mailing with the summer edition of *Connections*.

Please help us to help others by making a gift to Wellwood.

Donations may be made by;

- credit card, online at www.wellwood.on.ca, or by
- calling 905-389-5884, or by
- cheque, mailed to 711 Concession Street, Hamilton, L8V 1C3.

Many thanks for your continued support.

HENDERSON SITE 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.