



Wellwood Connections

The Newsletter of
Wellwood
Resource Centre

www.wellwood.on.ca | wellwood@hsc.ca | Helping People to Live Well with Cancer | Fall 2009

Grand Opening of Chedoke site anticipated this fall:

Changes also underway at Henderson site

Wellwood's second site at Chedoke — Juravinski House, presented by Hamilton Halton Home Builders' Association — is still under construction. The final date of the grand opening of our community-based site is yet to be announced, but is expected to be in November.

Plans to expand program offerings are already underway. Stay tuned to hear more about our latest initiatives: a Wellwood walking program and a Support Group for Young Women (under 45) with Cancer (babysitting available.)

In the meantime, things are changing dramatically at the Henderson Hospital, with the site redevelopment now well underway. The next phase of construction will see the demolition of the wing that currently houses Wellwood, so our hospital-based activities will be temporarily relocated (to smaller space beside admitting) by January, 2010.

When the redevelopment is completed, Wellwood's hospital-based site will be based right out of the main lobby, the ideal location to ensure that we are easy for clients to locate.

Join the fun

at the annual
1K/5K/10K
Walk/Run:
Sunday,
October 18



Each year, GI surgeon Dr. Wes Stephen and his family participate in the Wellwood Walk/Run for Colorectal Cancer at McMaster University. This year's event will be on Sunday, October 18. Join the Stephens in supporting a great cause, and promoting awareness and prevention of colorectal cancer. Register online at www.wellwood.on.ca.



Olga Augstman: Wellwood's New Manager of Client Care

We are proud to announce the appointment of Olga Augstman as the centre's new Manager of Client Care. Olga has been with Wellwood for eight years, most recently as Administrative Coordinator. With the expansion this fall to two sites, Olga's role has

changed and she will be focusing on meeting the needs of our expanding client base.

On behalf of the Board of Directors and the staff team, congratulations on this well-deserved promotion. Wellwood clients are lucky, indeed, to benefit from Olga's compassion, wisdom, knowledge and experience — as are we all.

Paddlers raise more than \$3000 for Wellwood



Longtime volunteer Donna Reise raised \$3205 in her paddling adventure on the Yukon River. Although her team was not able to complete the full race, they did paddle almost 400 km. Everyone at Wellwood sends their congratulations, appreciation and admiration to the team. Thanks, too, to everyone who sponsored their amazing efforts by making a donation to Wellwood's capital campaign in their honour.

Project Concern supports children's room at house

Project Concern, a program for members of Hamilton Police Service, made a \$10,000 donation to support the furnishing of the children's room at Wellwood's new site at Chedoke. The Project's mandate is to help people in need in this community, particularly children. More than 50% of the members of the police service donate to Project Concern through payroll deduction. An unveiling of the children's room, recognizing the generosity of Project Concern, will take place after the grand opening of the new house.



50/50 Draw Winner Donates His Prize to Wellwood

Stuart Mustill of Patene Building Supplies was the winner of the 50/50 draw at the Hamilton Halton Home Builders' Association (HHHBA) golf tournament on June 23rd. The HHHBA is currently building Wellwood's second site at Chedoke. In an amazing show of generosity, he immediately turned his winnings over to the Wellwood Juravinski House initiative, presenting a cheque for \$1,340 to Jane George, Executive Director.



Educational Series

2009-2010

The following sessions will be held as part of Wellwood's educational series:

October 6 — "What is Hospice?" with speakers from The Dr. Bob Kemp Hospice

November 3 — "Nutrition" with Judy Baxter Foreman

March 2 — "Promoting Patient Involvement in Treatment Decision-Making" with Dr. Peter Ellis

April 6 — "Bogus or Brilliant: Searching the Internet for Medical Information" with Elizabeth Obermeyer-Kostash

All sessions run at 7:30 p.m. and will be held at Wellwood's new home at Chedoke, assuming that it is completed on schedule. (Please call or check online at www.wellwood.on.ca to confirm location of the fall sessions.)

Wellwood needs your support

In this challenging economic climate, Wellwood needs your financial support more than ever. Please consider making a gift to help us to help others.

Donate online at www.wellwood.on.ca

Donate by phone at 905-389-5884

Donate by mail at 711 Concession St., Hamilton, L8V 1C3

Thank you so much.

Wellwood Board of Directors 2009-2010

A warm welcome is extended to Wellwood's incoming Board:

Olive Wahoush, *President*

Trish Nelson-Simmons, *Vice-President*

Erin Podio, *Treasurer*

Consultants:

Rosemary Bland

Jan Kahehti:io

Mary Lou Dingle

Longboat

Carolann Fernandes

Dr. Alejandro Jadad

Lynne Hopkinson

Dr. Denny DePetrillo

Eric Nanayakkara

Barb Love

Monica Quinlan

Dr. Jack Laidlaw

Dr. Jonathan Sussman

Maureen O'Connor

Mervin Witter

Morteza Jafarpour

Wellwood Online

Wellwood will be debuting our new website this fall after ironing out some of the final details. Look for the changes when you visit us in the coming weeks at www.wellwood.on.ca.

If you are on Facebook, please join the Wellwood group account (search for Wellwood Resource Centre to find us most easily.)

Volunteers Needed

Rachel Murphy, Wellwood's new Manager of Volunteers, continues to recruit volunteers for our second site at Chedoke. If you know of anyone interested in supporting Wellwood's programs with the gift of time, she looks forward to hearing from them.

Rachel is also looking for willing volunteers to assist in the Wellwood Walk/Run for Colorectal Cancer Awareness on Sunday, October 18, 2009. To join our race crew, contact her via email at murphyr@hhsc.ca or telephone at (905) 527-4322, ext. 42150.



LACE UP AGAIN FOR A GREAT CAUSE

ON OCTOBER 18, 2009!

Online registration available at www.wellwood.on.ca or look for your registration form in the mail late this summer.

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.