



Wellwood Connections

The Newsletter of
Wellwood
Resource Centre

www.wellwood.on.ca | wellwood@hpsc.ca | Helping People to Live Well with Cancer | Spring 2008



At Last!

The delays (and the testing of our collective patience) have seemed endless. At long last, the **ground-breaking ceremony and construction of our new location is IMMINENT in the coming few weeks.** The architectural drawings are available for you to review anytime at our Henderson site. This summer, be sure to drive by the site **at the corner of Chedmac and Sanitorium** to check on the progress, or ask at the front desk for an update! Look for a ribbon cutting ceremony in late fall and lots of details in the next few Wellwood newsletters.

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."

— Anne Bradstreet

Spring Fling '08 – Honouring our Volunteers

The following individuals received volunteer recognition pins for their years of service to Wellwood at our annual Spring Fling event, held this year on April 22. Thank you so very much to all of Wellwood's team of volunteers for the gifts of your time and talents. You are appreciated!

Spring Fling Recognition Pins 2008

3 Year

Shirley Bailey
Lucy Costa
Noreen Tinson
Cathie Souter
Kathy Seedhouse
Joline Samples
Tina Salem
Shirley Leclair
Evelyn Keenan
Dayna Barbour
Ann Vandyk
Peter Marsh
Kelly Curwin
Danelle D'Alvise
Susan van Baardwijk
Trish Murphy
Brenda Jordan
Shirley Rowe
Elizabeth Harkin
Olive Wahoush
Bob Philip
Bas Opdenkelder

Nicole Chisholm
Alex Chisholm
Grant Kutshaw
Samar Boursalie
Anna Knibbs
Flo McLaughlin

Lucienne Rowan
Glenys Meredith

10 Year

Maggie Cook
Katie Hodge
Ralph Laidlaw
Sharon O'Connell
Lori Pokaradi
Dianne Dunn
Joyce Lambert
Linda Taylor
Ramona Carbotte
Don Woodside
Stephanie Preston-
Diemert
Heather Greaves
Teri Durney-
Crockford
Donna Reise
Andrea Miller
Belinda Zylstra

5 Year

Dorothy Hamilton
Eileen Holden
Anne Kenny
Glenys Wilson
Wilda Ledden
Norma Petiti
Sally Gaudie
Martha Ronalds
Drew Woolcott
David Angus
Annette Kutshaw
Linda Learn
Heather Ritter
Kathleen Willison
Jennie Owen

The 2008 Commuter Challenge is June 1 - 7.

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

"Having a ball" for Wellwood

McMaster Students Union (MSU) selected Wellwood as one of two charities chosen from a large number of applicants for the proceeds from the 10th annual MSU Charity Ball, held at Hamilton Convention Centre on February 8. A team of Wellwood volunteers pitched in throughout the night, including (l-r) Kristen Salena, Ally Dillenburg-Scur and Nicole Rakowski, whose task was to sell red feather boas to the crowd. Thanks to the MSU, the organizers of the Charity Ball, the student attendees, and our incredible volunteers, who once again gave it their all for Wellwood, and worked on into the wee hours of the morning. We received a cheque for more than **\$16,000** for all their collective efforts.



(l-r) Kristen Salena, Ally Dillenburg-Scur, Nicole Rakowski



(l-r) Rosanne Sogan and Belinda Zylstra



Belinda Zylstra, Wellwood President, thanks those in attendance at the Mac Charity Ball for their support.



2007 IN MEMORIAM DONATIONS

Wellwood is grateful to individuals who have made memorial donations between January 1 and December 31, 2007 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:

In Memory

Franca Alfano
 Patricia Armstrong
 Lillian Arno
 Chuck Beaudoin
 Mamie Bridgman
 Eileen Burris
 George Herald
 Buscilla
 Janet Chandler
 Tracey Civiero
 (Evans)
 Patrick Michael
 Convery
 Enrico Corsini
 Lloyd Corson
 Phillip Cracchiolo
 Eleanor Craney
 Angela D'Onofrio
 Vito Daleo
 Margaret Davis
 Lorraine Dedo
 Frank DeNardis
 Iris Dennis
 John DeRoches
 Stella Drabik
 Nick Elliott
 Vincent Fazari
 George Fleming
 Providence Fuller
 Gwen George
 Raymond Geraghty
 Jeanette Sanderson
 Godsland
 Shirley Goemans
 Maria Gorjup
 Walter Gregus
 Donna Lee Hamilton-
 Crabbe
 Margaret Hanna
 George Hawkins
 Otto Hermann
 Joan Hooper
 Robert Howarth
 Mary Kelly

Mr. & Mrs. Laycock
 Winnifred Llewellyn
 Dr. Lawrence
 Loopstra
 Loved Ones
 Chesley MacDonald
 Rosemary
 MacDonald
 Mary Martinello
 Kathryn Mason
 Dr. Nora McCardell
 Ellen McKay
 Ronald Ray McRae
 William Mitchell
 Florence Moher
 Winnifred Moore
 Joseph Morrison
 Evelyne Nash
 Wayne North
 Greg O'Connell
 Duane O'Connor
 John Peak
 Betty Richardson
 Irene Roberts
 Alice & Jerry Roth
 Elissa Siroonian
 Margaret Smuck
 Robert South
 Sadie Spencer
 Marie Speziale
 Diane Stewart
 Maureen Stroud
 Gerard Templeton
 Edward Thompson
 Andrea Toepell
 Larry Tofani
 Abi Uchidda
 Giovanni Valeri
 Michael John Walsh
 Colum Gilbert Ward
 Margaret Ward
 Kathy Whiteford
 Joanne Williston
 Tim Wristen

"The best thing one can do when it's raining is to let it rain."

— Henry Wadsworth Longfellow

2007 IN HONOUR DONATIONS

Wellwood is also grateful to individuals who have made donations between January 1 and December 31, 2007 in honour of the following individuals:

In Honour

All cancer patients Larry Sceviour &
 Rachel Dickenson staff
 Kathy Lodge Gloria & Carl
 Lyn Lundy Spaziani
 Jeanette Morelli Linda Taylor
 Dorothy Rayner Susan & Chuck van
 Donna Reise Baardwijk

"Be like the flower, turn your face to the sun."
— Kahlil Gibran

Finding peace in cottage country

Cottage Dreams Cancer Recovery Initiative is a registered charity that offers recent cancer survivors the opportunity to spend a week at a private, donated cottage to reconnect and rejuvenate with family and friends after successfully completing treatment.



For over a century, Canadian families have been finding peace, tranquility and inspiration in cottage country. Cottage Dreams was created with this in mind. Founded in 2003, Cottage Dreams has since expanded to include families from the Golden Horseshoe area. Wellwood is pleased to be a key partner in the program's expansion. Wellwood's own volunteer, Ann Vandyk, has been trained to conduct interviews with candidates in a safe and personal setting at the Wellwood location. To date, she has completed 13 successful interviews for families who will be enjoying cottages this summer. For information visit www.cottagedreams.org.

Fast Fact:
 Wellwood has just given
 away its **8000th** afghan!

Notice of Annual General Meeting

Wellwood Resource Centre of Hamilton

The twelfth annual meeting of members of Wellwood Resource Centre will be held in Room 3E26 at McMaster University Medical Centre (third floor, between the red and yellow sections), beginning at **7 p.m. on Tuesday, June 17, 2008**, for the purposes of:

- Approving the minutes of the eleventh 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 2008-2009 fiscal year;
- Transacting any additional matters, which may properly come before the meeting.

Everyone is welcome!

LACE UP FOR A GREAT CAUSE ON



OCTOBER 19, 2008!

Register online at www.wellwood.on.ca or look for your registration form in the mail this summer.

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!

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.