

CONSTRUCTION TIMELINE BEING FINALIZED FOR '07

A timeline for construction of Wellwood's second, community-based home is in the process of being finalized by the Board of Directors. At present, they anticipate groundbreaking in the spring of 2007 and completion in late-fall. If all goes according to plan, Wellwood's Juravinski House should open its doors at Chedoke before the year's end!

At the same time, we gear up for the redevelopment of the hospital-based site while the Henderson is renovated. There are several phases of demolition and construction, and so Wellwood's hospital site will be moved temporarily to the lower level of the old hospital before it arrives at its final destination just off the new hospital's front lobby.

Look for complete details of both projects in the spring issue of Wellwood Connections.

Accomplishment is when you use your extra strength to help someone else, rather than to get to the top first.
— Donald Ernest Mansell

THE LAST SUPPER...

How do you begin to thank people for nine years of incredible effort – not to mention thousands of dollars and thousands of meatballs?

The 9th annual spaghetti dinner was, we are told, Wellwood's "last supper." The organizing committee has mixed feelings about the announcement, but feels that the event is too draining physically and emotionally to continue.

"I am VERY PROUD of this committee, our kitchen ladies and our volunteers, and we have so appreciated the staff team's support too," says Rosanne Sogan, event co-chair. "We have always been there for one another. We gave it our all and now it is time to put it to rest and have people remember this event fondly. I know that we all have many, many great memories over the past 9 years, but it is official – we have made our last meatball and served our last plate of spaghetti!"

From everyone at Wellwood, thanks – to Rosanne and her co-chair Joan Randazzo, the dedicated members of our planning committee, our sponsors, our incredible team of volunteers, Vanda and the wonderful kitchen team—for the memories, the fellowship, the wonderful food and the fun!



Wellwood has, sadly, served its last meatball. The event was a favorite Wellwood tradition for nine years.

Walk! Run! Join the fun!



The annual Wellwood Walk/Run for Colorectal Cancer Awareness was held November 5. Book October 14, 2007 in your calendars now!



McMaster campus a beautiful backdrop for Walk/Run

Once again, the Wellwood Walk/Run for Colorectal Cancer Awareness was fun and fabulous. This year's event was held November 5, and more than 200 participants joined in the 5K and the 1K kids race.

Next year's Walk/Run is scheduled for SUNDAY, OCTOBER 14, 2007. McMaster's campus should be especially beautiful with the fall colours at their most spectacular...perfect for our walkers!

Please save the date in your calendars now. The organizers promise that this event will get bigger and better every year!

Thanks to our planning committee, volunteers, participants and pledge donors.

THANK YOU also to our incredibly generous sponsors:

- Effort Trust
- Brooks
- Colorectal Cancer Association of Canada
- Runner's Den
- DayNight Pharmacy
- Seldon Griffin Graphics
- 900 CHML
- Toronto Maple Leafs Alumni Association
- The Hamilton Spectator
- Fortinos at Dundurn
- McMaster University
- Boston Pizza
- Liberty Gold
- MacGillivray Chartered Accountants
- The Hamilton Bulldogs
- Myers Apple Farm



EDUCATIONAL SERIES 2006-07

- Jan. 9* **Top Ten Questions to Ask an Herbalist**
with Nancy Winlove
- Feb. 6 **Creative Memories**
with Cathy Fleischman
- Mar. 6 **Dying in the Community**
with the CCAC Palliative Care Team
- Apr. 2* **Lymphedema – An Overview**
with Anne Blair
- May 1 **Ovarian Cancer**
with Hal Hirte

All seminars are held at:
The Spectator Auditorium
44 Frid Street, Hamilton

7:30 to 9:00 p.m.

Those sessions marked are not taking place during the traditional time slot of first Tuesday of the month.*

New to the Wellwood Library:

GOES DOWN EASY

Cancer 101: Straight Talk From Teens

a kit containing a CD and printed materials for teens with cancer

"The Flying Pig WHAT?"

Sponsor Wellwood's marathon team as they run "The Flying Pig" in Cincinnati and attempt to raise \$40,000 in celebration of our Executive Director's 40th birthday!

Supporters can use a direct link from www.wellwood.on.ca or call or visit Wellwood with a donation.



Newsletter Design: Binda Fraser

FROM ALL OF US AT WELLWOOD,
TO ALL OF YOU:

VERY BEST WISHES
FOR THE NEW YEAR

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.

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.



Wellwood
Resource
Centre of
Hamilton

711 Concession
Street, Hamilton,
Ontario L8V 1C3

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**DONATE ONLINE AT
WELLWOOD.ON.CA**

I would like to make a gift to Wellwood's OPERATING FUNDS of a:

- one-time monthly donation of:
 \$25 \$50 \$100
 \$250 \$ _____

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- one-time monthly donation of:
 \$25 \$50 \$100
 \$250 \$ _____

Contact Wellwood for details on naming opportunities for larger gifts.

I will use:
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NAME ON CARD _____
EXPIRY DATE _____
SIGNATURE _____

My cheque is enclosed

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

My gift is in honour 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.