



HopeSpring
CANCER SUPPORT CENTRE

NEWSLETTER
04/2015

Helping Us Go from Good to Great



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wellspring
Grand River

From Good to Great.

On January 1st, 2016, HopeSpring Cancer Support Centre will become WELLSPRING GRAND RIVER. After 20 years of providing GOOD quality services, we are ready to make the move to GREAT; evidence-based programs that have been scientifically proven to lessen the burden of cancer.

As an affiliate of the Wellspring network, we will have access to the very best information on how to help cancer patients, their families and friends, and caregivers cope with the effects of cancer.

As we move forward, and take the next exciting step in our history, we truly hope that our donors will continue to show their faith in our mission, and support the incredibly important work we do.

Your generosity has helped to sustain us for two decades. As you know, we don't charge for any of our programs and services; neither do we

receive any government funding. We are 100% reliant on donations from the community to make ends meet.

Cancer is often a 'journey' of sorts, with many twists and turns, opportunities and challenges. For HopeSpring, our move to become Wellspring Grand River is the next leg of our journey – one that we will make hand-in-hand with our members and our supporters.

For more information about our transition to Wellspring Grand River, please visit hopespring.ca/good_to_great.



Joy's Story

I had volunteered at HopeSpring a few times when it was at the Allen Street location many years ago. In March of 2012, my father was diagnosed with stage 4 cancer and I knew we as a family needed to come to HopeSpring. I knew about their programs and the support they could offer us. I have two children and I was concerned at the time about them losing their grandfather. It was the first loss in our family that was close to us. HopeSpring was able to support them as we went through the whole cancer journey and the passing of my father and into the future. Less than a year after my father was diagnosed, I was diagnosed. HopeSpring was a real safety net for our family that was already in place. My diagnosis was a shock because I was out of the country when I was diagnosed with stage 4 cancer. I needed surgery immediately. The fact that I'm sitting here today is a miracle. Knowing HopeSpring is there for my family - it's almost

impossible for me to put into words how invaluable HopeSpring has been for our family.

HopeSpring is important on our journey as we regroup again and continue on with our lives. A place where you can have one on one attention has been invaluable to my family. With cancer, you're dealing with the physical, but you're also dealing with mental, emotional and spiritual aspects. It challenges you on all those levels. At HopeSpring, we have an array of tools that address all those levels. Eliminating that feeling of being alone is the greatest impact that HopeSpring provides.

I have brought people who have been recently diagnosed to HopeSpring and walked through the initial tour with them. I introduce them to the support staff and get them involved. No time is too soon to find support. They have nothing to lose and everything to gain by coming here.



Individual Relaxation Therapies

One of the pillars of wellness is the concept of stress reduction. One of the many ways that HopeSpring brings that about is by offering individual relaxation therapies to all of our members. These offerings include reiki, therapeutic touch and new with the Winter 2016 session, massage therapy.

Reiki, pronounced “ray-ki”, is an ancient healing technique. It is a treatment in which healing energy is channeled from the practitioner to the patient who is sitting or lying quietly to enhance energy and reduce stress, pain and fatigue. Reiki is a simple procedure, consisting of calm and concentrated touching, with the practitioner focusing on healing and giving energy to specific areas on the receiver’s body.

Therapeutic touch is a healing technique designed to help restore the body’s natural and healthy flow of energy. The treatment delivered by a certified volunteer practitioner provides a relaxing experience

and improved sense of well-being.

Our newest offering, traditional massage therapy is given by a Registered Massage Therapist to reduce both anxiety and stress. When first introduced, this service was only provided for our caregivers. We are happy to announce that our massage therapy is now being offered to both patients and caregivers. Patients will be asked to get a signed authorization from their oncologist. Caregivers will be asked to complete a medical form on their first visit.

In all three modalities, our members speak of a feeling of profound relaxation and comfort after a treatment. They feel refreshed, renewed and better able to manage the day to day stresses that come with a cancer journey.



Dianne, Volunteer

I had been thinking of doing some volunteer work for some time, and happened to see an ad in the KW Record looking for volunteers for a few organizations. The one that stood out was HopeSpring Cancer Support Centre. I had several friends and a few extended family members who fought with cancer. Some won, some lost. I thought that I found where I wanted to donate my time. I have met so many wonderful and courageous people who come through the doors at HopeSpring. The gratitude expressed by so many members really makes me realize how valuable the centre is, with our various programs and resources. The thing that stands out to me since becoming a volunteer here is just how many people and families in this area are going through cancer diagnoses, treatment, and the whole change in life as an individual and as a family. This disease can be so devastating to extended family members... children, parents, siblings, etc. The challenge for me is to be able to listen to each individual and not compare one person's reaction and feelings to how another member is dealing with their situation. Everyone is an individual, and has their own way of working through the challenges

presented with the diagnoses and treatment. That is where HopeSpring and the volunteers come with whatever support we can give through our programs and support groups. I would very much encourage anyone to apply to volunteer here. What I find most amazing is that each time I leave HopeSpring from my reception shift, I feel that I gained more than I gave. It is a very rewarding way to spend time and give back to this wonderful community that we live in.



Anita, Office Administrator

Anita is most often found in the back of the admin space, head down in front of the computer. As the Office Administrator, she is responsible for anything IT, handling donor receipts, writing communication pieces, maintaining our webpage and social media and coordinating with fundraising events. The staff and volunteers can rely on having all the day to day materials close at hand that let them focus on our members.

Anita is married to her wonderful husband, Paul and has a pre-teen that is growing like a weed. She's an unabashed geek in everything she does. Besides making the office hum, she enjoys knitting, quilting, reading and has been known to direct a play or fifteen.

Masthead



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Volume 1, Issue 4 – Published 4 times a year

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