



Jonathan Sutley, Volunteer

Our volunteers come from many different walks of life. What binds them together is a shared compassion for and an experience with cancer. Jonathan, one of the evening volunteers, knows the impact of a cancer diagnosis in a family, having been a young child when his opa passed from cancer. "The circumstances around my Opa's passing are the most vivid memories I have of my childhood, and they've been the driving force behind my pursuit of a career in healthcare," says Jonathan. That compassion and experience allows members to feel they can open up to volunteers like Jonathan. "I've had new HopeSpring members bring up very intimate details about their cancer journey and share such a significant fight in their life with me. I find that openness admirable." Volunteers give HopeSpring a vibrant, teamwork-oriented atmosphere and the relentless drive to make it a haven. "I would encourage anyone to volunteer with HopeSpring. I would also encourage them to keep an open mind and to approach their position with humility. As a volunteer, you'll be privy to experiences that

you may not appreciate in the moment, experiences that will positively affect you and your outlook and help you consider chronic illness with newfound respect." Jonathan leads a busy life as a graduate student in healthcare. "Being a part of HopeSpring has helped give me a sense of purpose. It's a good reminder that there are reasons for me to continue my education and that in the end I'll be contributing meaningfully as a healthcare practitioner. HopeSpring keeps me focused and grounded."

Honour someone special with a gift to HopeSpring in their name

Honouring someone special in your life through a gift to HopeSpring is a thoughtful way to celebrate a milestone or pay tribute to the life of a loved one. Thank you to: Judy & Lorne Abrams, David Ackerman, Barney Barbeau, Joy Becker, Cecile & Tom Clancy, Rob Daniels, Annette & Henry Dekker & Tensen, Elementary Teachers Federation - Waterloo Region, Franklin Friendship Circle, Bob Gazer, Tara Jiggins, Grant & Elaine Kalson, John & Marion Lee, Don Linkletter, Cindy Matlow, Linda Matlow, Amber McCorkindale, Les & Francis Miller, Leanne Okum, Marg Oldenburger, Wendy Payne, Crystal Roy, Heather & Matt Sherman, Gloria Silverman Bart, Joan Smith, Gayle Spetter, Beatrice Spiegel, Helaine & Gary Stoller, Patricia Strachan, Sylvia Stutz, Aranka Udvar, Liz Vitek, Patricia Waters, Erwin & Barbara Weinstein, Lloyd Weiss

Masthead



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CANCER SUPPORT CENTRE

NEWSLETTER
03/2016

Ordinary People... Extraordinary Gifts

Few of us ever dream of making a donation to our favourite charity that could transform it. Most people's generosity is limited by their income. But bequests, gifts of insurance, gifts of stock, charitable annuities and other forms of planned gifts are typically made from a person's assets, rather than their income. Consequently, these special types of gifts can have a much greater impact on the charity that receives them.

Most people while living might be able to afford an annual gift in the hundreds or thousands of dollars. By comparison, a planned gift can reach into five or six figures. Sometimes, even into millions of dollars.

Simply put, planned giving allows ordinary people to make extraordinary gifts.

Planned gifts can take many forms. The most common planned gift is a bequest – something you leave in your will for your charity. This can be a set amount or a percentage of your estate or, sometimes, a gift of residue i.e. what's left after your estate pays taxes and other beneficiaries. Eighty to 90% of all planned gifts in North America take this form.

Gifts of insurance can also have a great impact on a charity. You can donate 'paid-up' policies that you no longer need or, if you prefer, buy a new policy, and make the charity the beneficiary of it. In this instance, your premiums are actually tax deductible. Insurance is a very effective way of making a planned gift to a charity, as it is not subject to probate or any taxes.

Stock can be donated to a charity directly as well, through a broker. This allows you to make a gift without selling the stock, and triggering capital gains taxes, making the gift eligible for a 100% tax credit.

There are other more sophisticated forms of planned giving, including charitable annuities, charitable remainder trusts and other tax-smart forms of planned gifts. These tend to be more desirable for people with very large estates, who may be facing large tax bills.

With careful estate planning, it is actually possible to preserve more of your wealth for your heirs. Tax-smart giving offers donors a chance to be incredibly generous, while leaving their disposable income intact.

HopeSpring can work closely with you if you are considering making a planned gift to us. We can provide things like sample clauses for your will and/or illustrations of how planned gifts can be structured to take advantage of tax laws, while maximizing your philanthropic wishes.

For more information about planned giving to HopeSpring, please contact me directly at (519) 742-1544, extension 101, or by e-mail to gerard@hopespring.ca.

As always, we are grateful to you for your continued support.

Sincerely,



Gerard Seguin
Executive Director

Shuchanna’s Story

In 2012 I was diagnosed with cancer. My life turned upside down. Although I had the best medical care, and had wonderful support from family and friends, I realized that I needed more help to get me through this crisis. I wanted a competitive edge against cancer that would help me heal on a physical and emotional level so that I could be completely well. I had heard of cancer support centres in other cities and looked for one in my own region. That is how I discovered HopeSpring. This organization had a number of essential programs that helped me succeed in my battle against cancer. Following surgery, I was advised to take Tai Chi, in order to help rebuild my muscles and thus strengthen my body. I started to exercise throughout my treatment and ended up recovering sooner and returned to work sooner. I enrolled in HopeSpring’s nutrition program so that the food that I purchased, prepared and ate gave my body the best chance of combatting the

disease both during and after treatment. Just having the knowledge of how to treat the various side effects of chemotherapy through food was empowering. Healthy eating is now a cornerstone in ensuring my best health. HopeSpring also offered an innovative Better Sleep program. For me, it changed the course of my recovery. A cancer diagnosis can rob a person of effective sleep, through anxiety and the physical depletion of energy. Through the Better Sleep program, I was able benefit from rest, rejuvenation and recovery, in the midst of a stressful period. I taught the techniques to my husband and we both were able to worry less and sleep better. Now that I have recovered, the strategies are just as beneficial. Stress Management is an important part of one’s health journey from diagnosis to wellness. I benefitted significantly from using the wonderful services of HopeSpring’s Cancer Care Coach, who effectively helped me to navigate the labyrinth of despair, distress, and demoralization that accompanies a cancer diagnosis. More than a “pep talk”, my coach was able to assist me on a deep level, and the results were transcendent. I was able to find “me” once again, to not only survive, but thrive. I am back to work, I live, laugh and enjoy life again with my family and friends. I recently completed my first triathlon. My cancer coach helped me to rebound from my illness and approach life in a measured and realistic manner.



Support is our middle name

When our founder, Dan Blasutti, was facing cancer, he realized there was a need for those in the community facing cancer to be able to receive and give support to one another. Cancer can lead to feelings of isolation and a desire for a safe place to address the difficult emotions that can arise. HopeSpring has developed many support options to address the needs of the community. Members can meet others facing similar circumstances and learn how they’re dealing with the new challenges in their lives. When people first come to HopeSpring, often they want an opportunity to talk privately about what is happening. We offer an individual support program for patients and their family members or caregiver with our trained support volunteers. Short term counseling is available with our Cancer Care Coach for more advanced difficult issues needing personal attention from a social worker. We also offer short term counseling for parents and their children with a certified Child Life Specialist for difficult issues experienced by children and teens. Our women’s support group has been a popular and effective tool for women facing cancer where they can discuss everyday life events, share tips and discuss strategies for coping. Professionally led, this group has been an excellent social circle for women facing cancer. 2016 saw the launch of our new Men’s program. This program provides an opportunity for men who are patients in active or post treatment and men who are caregivers to meet with each other for information gathering, networking, and conversation about their experience with cancer. The men find an increase in overall well-being, while gaining information and reduction in

anxiety and depression. Members ask us for specialized support groups and we respond thanks to your generosity. In 2015, we introduced the ovarian cancer support group. In it, women share their concerns about the impact of living with ovarian cancer. Professionally facilitated, the group offers education, information on resources, and caring support. Launching in October of 2016, HopeSpring is proud to host the first Canadian thyroid cancer specific support group. We have formed a new partnership with Thyroid Cancer Canada, providing quarterly support meetings with a professional facilitator. Given that thyroid cancer is one of the most prevalent forms of cancer, we’re looking forward to a good relationship with Thyroid Cancer Canada. This newest partnership continues the tradition HopeSpring has of partnering with cancer specific community groups to expand the access of support for our members. In addition to Thyroid Cancer Canada, HopeSpring provides support services through Prostate Cancer Canada Network, Ontario Parents Advocating for Children with Cancer, Lymphoma Canada, Aplastic Anemia and Myelodysplastic Association of Canada and online through Cancer Chat Canada. Thanks to your support, HopeSpring is able to provide many different forms of support to those who are facing cancer. With a reduced sense of stress, an increased quality of life and the knowledge that they are not alone, our members find friendship, community and coping skills in our support programs.