



# from the hearth

News and views on caring for each other through cancer

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March / April 2010

## Director's Message by Andrea Shaw

I've often used the words "providing a community of support" when referring to Hearth Place, however, never have I felt the power of that love and support more keenly and personally than in the past few weeks.

When my little granddaughter, Belle, was rushed to Sick Kids hospital with an abdominal tumour I don't believe I have ever felt that helpless. As a grandma, I wanted to rescue my family, my granddaughter and take away the pain. All I could do was bear witness, give the gift of presence; provide

nourishment in the form of food, a pillow here and blanket there; a toy to distract. Through the incredible love and compassion of my family, friends and my Hearth Place family I felt the power of prayer, the energy of a community of people who opened their hearts to a little 5 year old girl. This is repeated day after day for all our Hearth Place members.

Barbara Streisand sings the song, 'At the Same Time', in which one of the lines says "**Think of all the hearts beating in this world at the same time**". Imagine the power!



## Body, Mind Reflections

A couple of years ago, I was privileged to witness the partial eclipse of the moon. While I could see glimpses of the brilliance lying in the background, there was an eerie, orange shadow covering most of the moon. An hour later, the moon had emerged as brilliant and shimmering as before.

Just as the brilliance of the moon was shadowed temporarily, so too, in difficult times like the cancer journey, it often seems like a shadow that hovers and covers up the best

parts of ourselves. Too often, it is possible to be focused on our limitations and imperfections, our disease, what we have lost. Too often we define ourselves by the hair loss, body changes, and cognitive changes and forget to honour and witness ourselves as the brilliant, shimmering beings we are.

We are pleased to welcome and introduce a new volunteer **Jill Matthews** who will be providing an 8 week wellness program called **Body, Mind Reflections**. This class will include a mix of yoga, meditation, pranayama (breathing practises), body image work and some singing.

**See Page 6~Fireside Chat.**

## Goodbyes and Hello's ~ Staffing Updates

We were very grateful to Bryan Hall who filled in as Evening Receptionist when Frank left last fall. We are now pleased to welcome Brennan Pantalleresco who will be working Monday through Wednesday evenings and Bruce Cuthbertson, who will be working Thursday evenings.

We are very sorry to announce that Cheryl Hayes, our Office Administrator has resigned and we wish her all the best in her future endeavours. We appreciate all the support Cheryl provided over the past three years. Jenny Souch, has assumed the position of Office Administrator while still continuing her duties as Fundraising Co-ordinator. We hope to fill the position of Fundraising and Resource Development as soon as possible and are very grateful to Jenny for doing double duty at the moment.

## Hearth Place Web Site Update



Hearth Place has been blessed with many volunteers who quietly and conscientiously volunteer their time behind the scenes. One such volunteer is Peter Tomblin. It all began in February of 2000 when my assistant Lisa Menzies was trying to find a photographer for our Hamming it up for Hearth Place fundraising campaign. Peter was the chair of the Oshawa Photography Club and when contacted by Lisa, eagerly agreed to take photos of me in a crazy hat with a ham on it. Since that time, Peter has volunteered as a photographer at our Artists in the Garden tours and during our Family Day activities.

Peter then offered to maintain the updates on our web site and for many years now has tirelessly reviewed the calendars and made the updates to the web each month. We are incredibly grateful to him for all his efforts and many hours spent keeping the web up to date.

As we continue to grow and our programs and information began to change very quickly, it became apparent that we needed to revamp the web site to make it more streamlined and easier to find information. We also wanted something we could easily edit and change from the centre. We have been very fortunate to have Adam Zavadovics of Blue Melon Media and his associates donate their services to create a new look and format for Hearth Place. We hope to roll it out in the near future.

While the web updates will be done in house, Peter will continue to volunteer for Hearth Place in his capacity as a photographer for our various fundraising events. Thanks Peter for all your help over the years.

## In Memoriam

While it is our hope that entering the new year brings hope and promise to all, we acknowledge the sad beginning of 2010 for some of our members and their families at this time. Our hearts have been touched and inspired by so many of the special individuals who have come to our centre. At this time we honour and mourn the loss of **George Walters, Penny Phinnemore, Maureen Ward, Vivian Callaghan and Debra Scriver**. Our thoughts and prayers are with the families of those whose journey now takes them to the next place. We wish to thank Vivian's family for directing In Memoriam donations to Hearth Place, a generous gesture and continuation of the gifts she shared with us as reception volunteer for many years. We also thank Debra Scriver's family for directing donations in her memory to Hearth Place. The donations will help us to continue to provide **Hope, Encouragement, Acceptance, Reassurance, Trust and Help** for our members.



## Volunteer and Membership Update

The past couple of months have brought some changes at our Volunteer Reception desk, we said goodbye to **Margarita Mitra** and **Tracy Duncan**, and we thank them for their contribution of time and support to Hearth Place; we've welcomed new volunteers **Melanie Baumeister, Bea Northcott** and **Linda Smith** to our Reception team. Melanie is also representing Hearth Place and helping us host the monthly Look Good Feel Better workshops. We wish happy and safe vacations to **Sandra, Cheryl, Tom, Colleen**, and look forward to their relaxed smiling faces when they return.



*We are saddened by the loss of our good friend and volunteer, Vivian Callaghan ~ We will miss her.*



*Remembering Debra Scriver ~*

*Life and death are one thread, the same line viewed from different sides. ~ Lao Tzu*



The **Hearth Place Camp Quality Puppet Team** is happy to have **Denise Czop** join the fun on our team. We have already performed a couple of shows this year and anticipate having many more in the spring. To learn more about the Puppet Shows, and to have them come to a school near or dear to you, please contact Sonja at 905- 579-4833.

## Membership

Our member list is growing daily! What a privilege it is for us to get to know all those who walk through our door, telephone or email us seeking support. Whether visiting our wig boutique, library or wishing to speak to one of us regarding peer, caregiver or grief support, we respect and value the opportunity to share your experiences and to learn how we can help you best. Thank you for all your kind donations and words of encouragement to continue the work we, at Hearth Place, love to do.

**"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." Leo Buscaglia**



## Mark Your Calendars ~ 11th Annual Artists in the Garden ~ Saturday, June 19th 2010

The committee is hard at work organizing the 11th Annual Artists in the Garden fundraising event which will feature gardens in Oshawa, Whitby and Brooklin at a cost of \$10 per person. If you know of any artists, musicians, gardeners and volunteers who are interested in participating in this fun-filled day, please have them contact one of our committee members below:

- For Artists – Donna at [dottiej@rogers.com](mailto:dottiej@rogers.com)
- For Musicians – Melissa at [mbelliveau@kslawfirm.ca](mailto:mbelliveau@kslawfirm.ca)
- For Gardeners – Gerrie at [gwonnacott@rogers.com](mailto:gwonnacott@rogers.com)
- For Sponsors – Janet at [connorsjanet@rogers.com](mailto:connorsjanet@rogers.com)
- For Volunteers – Carole at [cmlkeys@yahoo.com](mailto:cmlkeys@yahoo.com)

## Facility Donations



Our thanks to **Norm Van Duyn** of **Clintar Groundskeeping Services** who is again providing our snow removal. We are very grateful for their generous donation to keep us all safe this winter.



Every few months or so our front door opens and **Shirley Wallis** and **Phoebe Woodill** come in bearing large plastic bags full of wonderful afghans and shawls which they've created and donated for the comfort of our members. Thank you **Shirley** and **Phoebe**, they are admired and put to very good use on a daily basis.



Thank you **Janet Pike** and **Lucienne Depree** for their donation of knitted hats for our members. Please remember that hats and scarves are available free of charge in the wig boutique.



You may have noticed a very kind and helpful gentleman that is often seen up ladders, fixing things or hanging Christmas lights and decorations, and, more recently, cleaning our furnace filter. That would be **Bob Blackburn!** His dedication to Hearth Place keeps us ticking over, running smoothly and warm and cozy. Thanks **Bob!**



## Pink Sensations keep Hearth Place in the Pink

On February 28, the wonderful members of the Pink Sensations Dragon Boat Team spent the day doing a spring clean up of Hearth Place. We are very proud of the accomplishments of this team and for their generous support both with fundraising for Hearth Place and now keeping the centre clean as a whistle.

## Fundraising Notes:

We would like to thank the many individuals and organizations who have made donations and contributions.

- To all who made donations from their toy drives to Hearth Place for our **Kids Care Packages**, we are very grateful!
- **Quilters Cupboard** in Uxbridge raised **\$420.00** through a pink scissor promotion in their store.
- **Gate House Salon and Spa** raised **\$1,000.00** at their 14th Annual Christmas Open House.
- Thank you to the members of "**The Day Ladies Curling**" group at **The Oshawa Golf Club** for their donation of **\$295.00** which we will be using for our children's programming.
- Thank you to the staff of **Creighton, Victor, Alexander, Hayward, Morison & Hall LLP** for their donation to Hearth Place from their "Blue Jean Friday's for Hearth Place. They raised **\$400.00**.
- Thank you to **Investors Group Financial Services Inc** for their donation of **\$400.00**. Victoria McConnell and Darcy Morgan submitted a successful sponsorship application and chose Hearth Place to be the donation recipient. Thank you Darcy and Victoria for thinking of Hearth Place.
- Our thanks to **Jo-Ann Maynagh** for shaving her head to raise funds for Hearth Place. The head shaving took place at **Scotiabank, 800 King St W., Oshawa**. Along with pledges Scotiabank matched the funds Jo-Ann raised through their employee matching program.



Darcy and Victoria



## How Can You Help?

Theme **Dress-up or Dress-down Fundraisers** are easy and simple to organize and fun to participate in. Funds are raised by charging a fee for both participation and non-participation. For instance for those who join in, charge a dollar and double it for those who are non-participants. The theme should take into consideration the business and location where the activity will take place, and not interfere with work output!

Did you know that you can **donate to Hearth Place securely online** through **Canada Helps on the Hearth Place** website at **www.hearthplace.org**? Donate when and how you want! The process is simple, fast, **secure** and convenient. Hearth Place will receive your donation and any special instructions you may have and Canada Helps will have your tax receipt available in a PDF format. Just click on the **DONATE NOW** button! **Giving doesn't get any easier than this!**

## Upcoming Events:

**Hearth Place is self funded through donations and fundraising events.**  
For more event information please contact [Jenny@hearthplace.org](mailto:Jenny@hearthplace.org) / 905-579-4833

### Classic Country Benefit Dance: Saturday, April 17th, 7:00 p.m.

**Classic Country** is hosting a benefit dance to support Hearth Place. Tickets are **\$8.00** in advance or **\$10.00** at the door. Contact **Garry** by phoning **289-252-0936** or e-mail [garry29dec@hotmail.com](mailto:garry29dec@hotmail.com).



### Bridal Fashion Show Benefit: Sunday, May 2nd, 2:00 p.m.

**The Gatehouse Salon and Spa** is hosting a **Bridal Fashion Show Benefit** at **On the Rocks** benefiting Hearth Place. Contact The Gatehouse Salon and Spa by e-mail [gatehouse@rogers.com](mailto:gatehouse@rogers.com) or phone 905-434-6147 for information.

### Pampered Chef Fundraising Show: Thursday, May 6th, 6:30 p.m.

Join Karen MacLeod as she showcases the new items and the old favorites from Pampered Chef. All net proceeds will be donated to Hearth Place. Please RSVP by May 4th by calling 905-579-4833.



### Saturday Night Fever... at the hanger!: Saturday, May 15th, 7:00 p.m.

Presented by the Pink Opal Committee, Venue: Enterprise Hanger, Oshawa Airport  
Boogie on down to the sounds of the 70's during this night of dinner, dancing and so much more! Tickets are \$90.00 each or \$695.00 for a table of eight. Contact Jacqui by phoning 905-434-6741 for more information.

### Hearth Place Golf Tournament: Friday, June 4th

This year marks the 15th Annual Golf Tournament at Wolf Run Golf Course. If you are a previous golfer with the Hearth Place tournament please contact Jenny for registration information before May 1st. New to the Hearth Place golf tournament? Registration will open to new participants on May 1st. Please contact Jenny to have your foursome added to our waiting list. Sponsorship opportunities also available.



### 5th Annual Ride for Hearth Place: Sunday, June 6th, 9:00 a.m.

Get your two-wheeled motors running and join the **Ride for Hearth Place**. Traveling a new route this year from Mackie Harley Davidson in Whitby to Isaiah Tubs in Picton for a fabulous lunch! Contact organizers Audrey and Jamie MacInnis at [macinnis71@hotmail.com](mailto:macinnis71@hotmail.com) for registration information and plans for the day.

### Artists in the Garden: Saturday, June 19th

Join us as we showcase gardens in Clarington, Oshawa and Whitby, and fantastic artists and musicians. Visit all the gardens, or just the ones in your community, the choice is yours. Tickets are \$10.00 in advance or \$15.00 at the gate.



# Durham Ski for Hearth Place

## Sponsors

The 15th Annual Durham Ski for Hearth Place was a winter wonderland despite the lack of snow in Oshawa. Craigeith Ski Club had flurries all day which had our skier's enjoying the fresh powder on the slopes. **Many thanks to you all!** Due to your participation - skiers, sponsors, donors and the planning committee - collectively you have raised over **\$8,000.00** for Hearth Place!

**Bus Sponsors: \$1,000.00**



**THE SHANDEX GROUP**



### Thank you to our planning committee for their hard work and continued commitment to Hearth Place:

Bob Alexander	Cathy Morison
Brian Callery	Charlie Morison
Jim Corrigan	Brian Pritchard
Chris Davies	Bruce Smith
Erin Irish	Jenny Souch

### Thank you to:

Mike Souch for volunteering his time for the day.  
Shirwood Food Service Ltd. for the discounted dinner price.  
The Oshawa Golf & Curling Club for the use of their parking lot.  
David and Jacquie Sims for hosting us at Craigeith Ski Club.

### Thank you to our Volunteer Massage Therapists:

Christine Elste-Whitby Massage Therapy Clinic  
Amy Hickey-Harmony Health, Oshawa

**Ski Race Sponsors: \$500.00**

H. Kassinger Construction Ltd.  
Roberts, Marlowe, Jackson, Jackson & Associates, Chartered Accountants

**Breakfast Sponsor: \$300.00**

Marigold Ford Lincoln Sales Ltd.  
TD Commercial Banking

**Breakfast Donations Courtesy of:**

Algoma Orchards Ltd.  
Metro, Thicksen Rd N, Whitby  
Tim Hortons, Brooklin

**Goodie Bag Donations Courtesy of:**

Lorpen North America, Inc.  
Marigold Ford Lincoln  
The Shandex Group  
Cathy MacAskill, Zija Distributor

**Door/Raffle Prizes Courtesy of:**

Bob Alexander  
BDO Canada  
CIBC Investment Services  
Class Act Dinner Theatre  
Craigeith Ski Club  
Creighton, Victor, Alexander, Hayward, Morison & Hall LLP  
Christine Elste, Whitby Massage Therapy Clinic  
Imagine That Art Gallery  
Lakeridge Links Golf Club  
Lovell Drugs Ltd.  
Dr. David MacAskill, Optimal Life Chiropractic  
Cathy MacAskill, Zija Distributor  
The Mackie Group  
Jack McCarnan, C.L.U.  
Charlie Morison  
Ontario Philharmonic  
Scotties  
Valentino's Grande Salon  
Whispering Ridge Golf Club  
Wyeth Consumer Healthcare Inc.



Attendees at Ski Day



## Information Evenings

Call 905-479-5833 or email [Meredith@hearthplace.org](mailto:Meredith@hearthplace.org) for information or to register.

### **Fireside Chat with Jill Matthews: Wednesday, March 10th, 7:00 p.m.- 8:30 p.m.**

Join Jill Matthews in the Alger room, where she will introduce **Body, Mind Reflections**, an 8 week programme at Hearth Place in the Spring. The concept of **Body, Mind Reflections** is to help cancer patients accept their new or different appearance and mindset. The evening and future programme will include a mix of yoga, meditation, pranayama (breathing exercises), and body image work. **Body, Mind Reflections** will commence weekly on **Wednesday, May 5th, from 7:00 p.m.- 8:30 p.m. for 8 weeks**. Enjoy an experiential opportunity during the Fireside Chat, ask questions and learn more about this healing work.

### **Information Evening with Ann DiMenna, Physiotherapist: Thursday, April 15th, 7:00 p.m.- 9:00 p.m.**

#### **'Lymphedema: Triggers, Risk Factors, Travel and Research'**

Anne will present an educational evening, focusing on Lymphedema, Prevention and Management. She will review current research, talk about risk factors, travel, exercise and triggers. She will give a brief overview of treatment and discuss the active vs. maintenance phase of treatment.

## Programme Information



**Art Therapy** will re-commence with an eight week programme on Tuesday evening, **April 6th** and will conclude on **May 25th**. The start time is **7:00 p.m.**, through to **8:30 p.m.** Susanne Watson-Bongard will work with you to explore wellness, self understanding, care and healing. No artistic ability is required, just a willingness to express yourself. **Pre-register now! Call 905-579-4833 or email [meredith@hearthplace.org](mailto:meredith@hearthplace.org) for information.**



**Kid's Connection:** For children who have a loved one with cancer. The next 8 week support group will be held on Thursday evenings, April 8th for 8 weeks. Facilitated by a Play Therapist, the children, through play will receive validation of their feelings, learn coping skills and have a feeling of inclusion.

**Please call 905-579-4833 or email [meredith@hearthplace.org](mailto:meredith@hearthplace.org) for more information.**



**BRCA 1 and BRCA 2 Positive Peer Support Group: 1st Thursday, bi-monthly, commencing April 1st, 2010, 7:00p.m.-8:30 p.m.** This support group which is exclusively for those who have a positive diagnosis as a carrier of the gene mutation, will meet bi-monthly commencing **April 1st, 2010**, and accept new members at any time. There will be opportunities to share experiences, receive support, exchange information and gain practical knowledge. The group is co-facilitated by a trained peer counsellor and Social Worker, and supported by a Genetic Counsellor. **For more information, contact Meredith @ [Hearthplace.org](http://Hearthplace.org) or call 905-579-5833.**



**Young Hearts Support Group:** Comprises 8 sessions for young people with cancer, aged 25-40. This group meets on the 2nd and 4th Wednesday of the month. Co-facilitated by 2 social workers, group members have the opportunity to share experiences, learn from and support each other.

The current session will be completed on April 28th. The next session is planned for early summer and a third session will be in the fall. **Call 905-579-4833 or email [meredith@hearthplace.org](mailto:meredith@hearthplace.org) for more information or to be added to the wait list.**



**We are all delighted to welcome Carolyn Kennedy to the Hearth Place family.** Carolyn is, amongst many other things, a life coach and will be facilitating **'Bouncing Back'**. The workshop will comprise **8 weekly sessions** commencing on **April 5th**. Some of you may know Carolyn from Yoga classes that she leads in the community. **'Bouncing Back'** is a workshop that provides a forum to discuss the many issues associated with returning to work following a leave due to cancer treatment. It is important that each participant makes a commitment to attend each session for individual and group benefit. **Space is limited to 12 participants.**

**Please call 905-579-4833 or email [meredith@hearthplace.org](mailto:meredith@hearthplace.org) for more information or to pre-register.**

## Community Donations



**Mikayla Nisperos** has been growing her hair for four years in order to donate her ponytail in honour of her nana **Julie Noakes**. As she left, Equilibrium Salon and Spa, where she had her hair cut, she said "See you in four years". We send donations of hair to one of several organizations who use the donated hair to make wigs for cancer patients.



Sonja Shepherd  
and Peter Abramczuk

**Ginger Bread House Draw:** Created by Sue's Sweets, Whitby and commissioned and donated to Hearth Place by Peter Abramczuk of City Homes, the Ginger Bread House Draw was a popular event for Hearth Place members. The winner of the draw, which took place on December 21st, 2009 was Maria Fairfield. Maria is our Monday morning reception volunteer and has helped at Hearth Place for a number of years.



Maria Fairfield

## Program Highlights

**Caregiver Support Group:** Please make a note that the day for this support group has moved to Monday afternoons and the next 8 week session will commence on Monday, March 1st from 1:00 p.m.-2:30 p.m. Sonja Shepherd will be the facilitator. **Please call 905-579-4833 to register for this group.**

**The Healing Journey: Coping with Cancer Stress (Level 1) and Skills for Healing (Level 2)** will be combined again to be a 10 week programme and will commence Thursday, April 15th from 10:30 a.m.-12:30 p.m. Steps towards Spiritual Healing (Level 3) will commence April 22nd, from 2:00 p.m.-4:30 p.m. Prerequisite to join this group is that Level 1 and 2 must be completed. **Please call 905-579-4833 for more information and to register for this group.**



**Hearth Place Book Club: Last Tuesday of each Month:** March 30th is the first anniversary of the Hearth Place Book Club, who meet monthly at 7:00 p.m. The group has read and discussed at least 10 books over the year and plans are to continue into 2010. The maximum group size is 10 and there is still space to join the group. The concept is to have an opportunity to 'talk books' in a social and comfortable setting - there is no pressure to participate in analytical and heavy discussions - but just to talk about what was enjoyable, or not. Books are provided courtesy of Oshawa Library. **Please call 905-579-4833 or email [meredith@hearthplace.org](mailto:meredith@hearthplace.org) to register or for more information.**



### Wish List

*"All the sounds on the earth are like music" ~ Oscar Hammerstein*

Listening to meaningful music is a huge part of our therapies and programmes and all too often we find that there are not enough CD players available when we have multiple programmes running. We are also building a music library and would like to have an IPOD/MP3 player and headsets available for our members if a quiet musical moment may bring comfort and serenity when all around seems hectic and out of control. Often, we are asked, if there is anything specific we may need for the centre and this is an idea that you may like to consider to specifically donate towards. Please talk to Andrea, Meredith or Sonja if you would like to hear more about our plans or if you would like to make a specific donation towards our musical goal. **Thank you so much for considering our needs and requirements.**

### Apple Oat Muffins

Ingredients

Preheat oven to 325°F.



- 1<sup>1/2</sup> cups whole wheat pastry flour
- 1<sup>1/2</sup> cups unbleached all-purpose flour
- 1<sup>1/4</sup> cups quick oats or oat bran
- 1 teaspoon ground cinnamon
- 1/2 teaspoon grated nutmeg
- 1/2 teaspoon salt (optional)
- 2<sup>1/2</sup> teaspoons baking soda
- 2 large apples, finely chopped

1 12-ounce can apple juice concentrate

1/2 cup raisins

In a large bowl, mix the flours, oats, spices, salt, and baking soda. Add the chopped apple along with the apple juice concentrate and raisins. Stir just enough to mix. Spoon batter into nonstick or lightly oil-sprayed muffin tins and bake for 25 minutes, or until tops bounce back when pressed lightly. **ENJOY!!!**

For more recipes check out: <http://www.cancerproject.org/>  
& <http://www.veg.ca/content/>

### Community Corner



The **Canadian Cancer Society** annual **Relay For Life** fundraising event takes place from **7:00 p.m. on Friday June 4th to 7:00 a.m. Saturday June 5th**, at Oshawa Civic Fields again this year. Hearth Place has not had a team entered in the Relay for the past 2 years, to the disappointment of some of our members. **If you are interesting and willing to be the Captain of a Hearth Place team, please contact Sonja at Hearth Place.** For more information regarding the **Relay For Life**, contact the **Durham Unit of the Cancer Society** at [durham@ontario.cancer.ca](mailto:durham@ontario.cancer.ca) or call **(905) 430-5770 or 1 800 668-7830.**



**PADDLES UP SPRING FUNDRAISING DANCE** ~ Featuring "The Carpet Frogs"

Saturday May 1st, 2010, Pickering Recreation Centre, 1867 Valley Farm Road, Pickering  
50/50 Draw ❖ Raffles ❖ Door Prizes ❖ Cash Bar ❖ Light Buffet.

Tickets: \$35 per Person ~ Advanced: \$40 per Person at the Door. Doors Open at 8 p.m.

For Tickets Call Lisa @ 905 743-6270

### US TOO! Prostate Cancer Support Group (Durham Region)

**US TOO!** meets the first Wednesday each month at the French Canadian Club, 707 Simcoe Street South at 7:00 p.m. The speaker on March 3rd will be Dr. Wayne Koll, Radiation Oncologist and on April 7th Dr. Arthur Grabowski, Urologist will be present. To obtain more information or for support please contact Jack Garland at **905-683-0363** or Graham Lockey at **905-438-9593.**

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