



# Wings of Hope Cancer Support Center

Donations to Wings of Hope Cancer Support Center may be sent to :

Wings of Hope  
427 E. Kanessville Blvd.  
Suite 202  
Council Bluffs, IA 51503

## Cancer and Your Diet

By Carol Reeder, Licensed Dietitian

Cancer causes us to look at our lives differently and diet is one area that we may decide to change. Studies have shown that a healthful diet--one that includes whole grains, beans and a variety of fruit & vegetables can help to fight cancer. Scientists have identified naturally occurring compounds in plant foods called phytochemicals that may offer a front-line defense against cancer. Phytochemicals may help to remove cancer causing substances from the body or delay progression of cancer. A single tomato or orange contains hundreds and perhaps thousands of phytochemicals. Therefore, eating the whole food is preferred over taking pill forms of phytochemicals.

Ways of increasing phytochemicals:

- 1) eat a variety of vegetables--at least 3 servings/day.
- 2) eat more fruit--at least 2 servings/day.
- 3) eat more whole grains--bread, rice, barley.
- 4) eat more beans--navy beans, kidney beans, lentils.
- 5) add herbs and spices--garlic, oregano, basil.

## Diet Changes and Real Life

By Carolyn Ettinger

Kim inspires me. She is a real life example of someone who has slowly and steadily **changed her eating habits for the better**. I have watched, and am learning from, her example.

I first met Kim and her husband, when she was diagnosed with breast cancer. After she completed her treatment, she began searching for ways she could make better life choices. She signed up for the *A Time to Heal* classes offered by Wings of Hope Cancer Support Center. Through the 12 week rehabilitation program, we talk about nutrition, exercise, spiritual growth, and stress management. Kim almost immediately began experimenting with making changes in her life. She and her husband have embraced several of these life changes and are experiencing the benefits in how they look, how they think, and how they feel.

After our classes ended, I saw Kim at a meeting and she shared her excitement for the dietary changes she was making. Kim says, "I was inspired by Carol Reeder". Carol is a Jennie Edmondson dietitian, who is one of the instructors at *A Time to Heal*. Kim began to change her diet (and that of her family) by easing into it slowly. She claims that the process has been "really easy". She started by NOT buying junk food, and loading up on fresh veggies and fruits. "When we're hungry, we eat, so we might as well make it healthy. Now we reach for fruits, or carrots and celery dipped in low fat Ranch dressing." Kim is introducing one new fruit or vegetable into her diet each week. Sometimes, she and her family like

the new texture and taste and it becomes a regular in their diets. Kim has been looking through her grandmother's old recipe books to find new ways to cook the vegetables and fruits, as well as experimenting with her own original recipes.

She dropped pork from their diet completely, and they are eating less red meat also. Instead, they are eating more fish (lots more fish) and chicken. She has also gradually added more whole grains. Some weeks, Kim bakes her own whole grain bread.

The end result?? Kim says she feels better and has lost 25 pounds. She has a few tips for all of us:

1. Make changes slowly over a longer period of time.
2. Be creative: try a new fruit or vegetable each week.
3. Add one fruit or veggie to each meal.
4. Allow yourself to have one day a week, where you can eat a pizza (or whatever) guilt-free.

It helps to have others who are also eating more healthily to support you. Exchange recipes and talk about the changes you are making in your diet.

Kim has taken ideas and made them into reality -- applied them in her life. I am amazed by the changes she is making, and by the end results. She has allowed her cancer diagnosis to be a catalyst for change, and her life is better for it. Most of all, her enthusiasm is contagious . . . I think I'll grab an apple on my way out the door.

### How to Reach Us:

427 E. Kanessville Blvd. #202

Council Bluffs, IA 51503

712)325-8970 Fax: (712)325-6831

[www.wingsofhope.org](http://www.wingsofhope.org)

Please call ahead if you plan to visit the office.

### Wings of Hope Staff:

Program Administrator

**Carolyn Ettinger**

Administrative Assistant

**Gloria Brennan**

# Winter in Hollywood: Dancing With The Stars



Professional Dancers:  
Fiamma Taylor & Zach Mesenbrink

Wings of Hope would like to thank everyone for their participation in our “Winter in Hollywood: Dancing With the Stars” fundraiser. We had an excellent response to our financial goal for 2010. The money raised will enable us to give assistance to many cancer patients and their families. Thank you to our host couples: Deb Bass & Dan Ozaydin, Rick & Joan Crowl, and Charlie & Melissa Narmi. Special thanks to Zach Mesenbrink, Professional Dance Instructor from DC Centre. Our Dancers: Jennifer Chleboun & Theresa Martin, and Fiamma Taylor. To our Oral Program speaker: Sharon McGlynn. And to our many volunteers who made this event possible.

## EVENT SPONSORS

### **Gold Sponsors:**

Alegent Health  
Hematology & Oncology Consultants  
Jennie Edmundson Hospital  
Walmart

### **Silver Sponsors:**

Midlands Radiation Oncology

### **Bronze Sponsors:**

Anytime Fitness  
Doll Distributing

## 2009 Event Sponsors:

Our first fundraiser of 2009 was Fiesta: Winter South of the Border held in February. We also had a Golf Tournament in July and Journey of Hope Bike Ride/Walk in September. You can see pictures of these events on our website—[www.wingsofhope.org](http://www.wingsofhope.org).

**These events would not be possible without the support of our Event Sponsors:**

Alegent Health	Brad Higginbotham, D.D.S.
Ameristar Casino Hotel	Heartland Oncology & Hematology
Anytime Fitness	Hematology & Oncology Consultants
Francis & Betty Clark	HyVee - Madison Ave
Council Bluffs Savings Bank	Jennie Edmundson Hospital
Council Bluffs Surgical	Midlands Radiation Oncology
Doll Distributing, Inc	NE/IA Radiology Consultants
Endless Trail Bike Shop, Inc.	The Event People
Grease Monkey	Union Pharmacy
	Walmart

# Thank You!

The Three Amigas - Junior Wings Warriors entered the Winterfest Ice Fishing Derby in January 2010. They constructed a pink tent in honor of their adopted grandma who was diagnosed with breast cancer. The Three Amigas gave their 2nd place winnings to Wings of Hope Cancer Support Center. Thank you to The Three Amigas for your donation.



## Donations and Memorials

### **DONATIONS:**

Catholic Daughters Court  
St. Anthony #330  
Jr Wings Warrior –Ice Fishing  
Nancy Kealy  
Dr. Ed & Maureen Murray  
Roger & Beth Phipps  
Becky Smith  
Norm Wehmer

### **MEMORIALS:**

Anne Marie Aita  
in memory of George Aita  
Jack & Gerada McCoy  
in memory of Linda Ramsey

Clyde & Carolyn Peck  
in memory of Naomi Hartzell  
Rita Waltrip  
in honor of Karen Waltrip  
Teri Wilson in  
memory of George Bridesbaugh

### **FUND-RAISER DONATIONS:**

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Richard & Emily Dick  
Richard & Jen Elliott  
Virginia Nelson

Danny & Marilyn Newland  
Margit Paulsen  
Frank & Beth Pechacek  
John & Elaine Poulos

### **ANNUAL CAMPAIGN DONATIONS**

**FRIEND:**  
Charles & Joan Berner  
Mark & Dannette Eveloff  
Lucy & RB Graeme  
Dennis Higginbotham in  
memory of Bob Higginbotham  
Patricia Keneally  
Larry & Kathleen Mahan

Cheryl Miller  
Barbara Neal  
Jim Pidgeon  
Judi Thallas  
Emmet & Susan Tinley

### **SUPPORTER:**

Kathryne Cutler  
Brett & Carrie Ryan

### **ADVOCATE:**

Kevin & Paula Woodard

### **BENEFACTOR:**

Kathy Knott

# Wings of Hope Cancer Support Center

## Mission Statement

We recognize the diagnosis and treatment of cancer have a tremendous physical and emotional impact on the patient and family.

Wings of Hope Cancer Support Center assists those with cancer at all stages of their illness and helps families and friends cope with cancer in their lives.

### 2010 Operating Board

Pat Andersen	Michael Knedler
Bonnie Bolte	Kathy Knott
Rose Brown	Annmarie Marsh
Francis Clark	Ken Petersen
Patti Higginbotham	Brett Ryan
Ann Jones	Kelsy Young

### 2010 Resource Committee Members

Sandy Bane	Marchell Benes
Ellie Bleicher	Lisa Gronstal
Karen Stonehouse	

**Wings of Hope Cancer Support Center** offers support groups, private counseling, patient and family education, community resource referral, patient and family resource library (including books, audio/video tapes), and community educational opportunities.

### A Time To Heal offered in fall of 2010

Wings of Hope Cancer Support Center is thrilled to offer an expanded model of the *A Time to Heal* 12 week rehabilitation program this fall. For the past 2 years, we have facilitated the *A Time to Heal (ATTH)* for breast cancer patients. This year, with the support of several grants, we will be offering this fantastic program to patients diagnosed with any type of cancer and their support people.

The Lance Armstrong Foundation has provided funds for the *ATTH* Program to be expanded to include all cancers, across the country. Last October, Carolyn Ettinger, Wings of Hope Program Administrator and Marchell Benes, Social Worker with Alegent Health Mercy Cancer Center, received facilitator training on this new model. Our training was funded through an AIM Grant Wings of Hope received in 2009.

*A Time to Heal* is a structured program that provides a quality rehabilitation curriculum for post-treatment cancer patients. The goals of the program are

- to improve the quality of life for post-treatment cancer patients,
- to increase patients' knowledge about health-enhancing activities,
- to encourage self advocacy by making patients aware of survivorship issues, and
- to increase the hope and life satisfaction of the participants in *A Time to Heal*.

Wings of Hope will offer this program on TUESDAYS, for 12 weeks, beginning on September 7. Marchell Benes and Carolyn Ettinger are the facilitators. This program is completely free of charge to the patients and caregivers. Funding is provided by the Lance Armstrong Foundation, the Jewish Federation Foundation and Wings of Hope Cancer Support Center.



**Don't forget the  
Wings of Hope  
GOLF TOURNAMENT**

**On July 9th**



**Watch for more details.**

### Spa Day!!

Our 2009 Spa Day was so much fun that we are scheduling another one in May! We invite cancer patients to pamper themselves with:

- hand massages and manicures
- chair massages
- healing touch therapy



We are planning on Tuesday,  
May 11, 3-7 p.m. Call us at 325-8970 for more information.

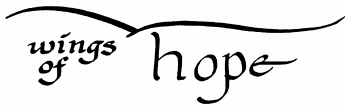
## Our Very Special Volunteers:

Jen Andersen	Jennifer Chleboun	Ann Jones	Zach Mesenbrink
Pat Andersen	Amy Cook	Mike Knedler	Jaymie Nielsen
Vicki Andersen	Colleen Dofner	Paul & Kathy Knott	Erin Nielsen
Karen Azevedo	Virginia Dofner	Iva Lee	Ken Petersen
Bonnie Bolte	Brad Higginbotham	Annmarie Marsh	Fiamma Taylor
Marchell Benes	Lisa Gronstal	Theresa Martin	Kelsy Young
Rose Brown	Patti Higginbotham	Sharon McGlynn	

## Hope Chest Room Donations:



Jane Gebhardt  
Cherry Hansen  
Gina Leise, Aesthetician  
Geri Nelson  
Virginia Stange  
Jill Struyk-  
*Bristoll-Myers Squibb*  
Paula Woods



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# Upcoming Events Calendar

## April

April 6, 2010 Tuesday  
 6:00-7:30 p.m.

Young Women's Breast  
 Cancer Support  
 at Wings of Hope

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April 19, 2010 Monday  
 6:00-7:30 p.m.

Hope for Tomorrow Cancer Support  
 & Breast Cancer Support  
 at Wings of Hope

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April 27, 2010 Tuesday  
 7:00-8:30 p.m.

Men's Cancer Activity Group  
 at The Senior Center

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April 12 & 26, 2010 Monday  
 6:30-8:00 p.m.

"Healthy Moves"

Women's Cancer Survivor Exercise Group  
 at The Senior Center

## May

May 4, 2010 Tuesday  
 6:00-7:30 p.m.

Young Women's Breast Cancer  
 Support - at Wings of Hope

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May 11, 3-7 pm "SPA DAY"

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May 17, 2010 Monday  
 6:00-7:30p.m.

Hope for Tomorrow & Breast Cancer  
 Support - at Wings of Hope

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May 26, 2010 Tuesday  
 7:00-8:30 p.m.

Men's Cancer Activity Group  
 at The Senior Center

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May 10 & 24, 2010 Monday  
 6:30-8:00 p.m.

"Healthy Moves"

Women's Cancer Survivor Exercise Group  
 at The Senior Center.

## June

June 1, 2010 Tuesday  
 6:00-7:30 p.m.

Young Women's Breast  
 Support Group  
 at Wings of Hope

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June 21, 2010 Monday  
 6:00-7:30p.m.

Hope for Tomorrow Cancer Support  
 & Breast Cancer Support  
 at Wings of Hope

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June 22, 2010 Tuesday  
 7:00-8:30 p.m.

Men's Cancer Activity Group  
 at The Senior Center

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June 14 & 28, 2010 Monday  
 6:30-8:00 p.m.

"Healthy Moves"

Women's Cancer Survivor Exercise Group  
 at The Senior Center

**If you know of someone who needs the Wings of Hope services, please call 325-8970.**