

# Wings of Hope Cancer Support Center

## How to Reach Us:

427 E. Kanessville Blvd,  
Suite #202  
Council Bluffs, IA 51503  
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Fax: 325-6831  
www.wingsofhope.org  
Please call ahead if you  
plan to visit.

## SHAKE THOSE WINTER BLUES!

By Carolyn Ettinger

If you have the “winter blues”, you are not alone! Sufferers may experience changes in mood, changes in energy level, lack of motivation, and changes in their ability to concentrate -- particularly during the late fall, winter and early spring. The primary causes of these changes are unstable melatonin (a hormone produced during sleep) and serotonin (a neurotransmitter responsible for mood, hunger and sleep) levels.

If you experience 2 or more of these symptoms each year, you may suffer from the “winter blues”:

- Increased feelings of lethargy;
- Difficulty waking up in the mornings as the days get shorter;
- Difficulty concentrating and thinking creatively in comparison to the summer months;
- Incorrectly blaming oneself for things that go wrong;
- Difficulty performing tasks that normally seem to be easy/enjoyable;
- Increased craving for carbohydrate-rich food like chocolate and sodas.

For those undergoing treatment for cancer, the strong emotional reactions to cancer and the long days of treatment can exacerbate the “winter blues”. Whether you are newly diagnosed, in treatment for your cancer, or a cancer survivor, you may at times experience dips in your moods, decreased energy levels and difficulty concentrating. In addition, all people experience reactions of sadness and grief periodically throughout diagnosis, treatment, and survival of cancer. We encourage you to try some of the remedies for the “winter blues”.

To shake those “blues”, Cornell University has the following suggestions.

1. Exposure to light: Either the sun’s natural rays or light boxes, which emit high intensities of light. (Sunlight exposure releases neurotransmitters in the brain that affect mood.)

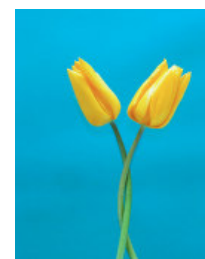
2. Exercise: Aerobic exercise can improve mood AND reduce stress by increasing serotonin levels in the brain.

3. Food Intake: Because carbohydrates are often effective in increasing serotonin levels

in the brain, “winter blues” sufferers may crave junk food. A good strategy to avoid the high-sugar foods is to eat complex carbohydrates, like pasta and rice, and healthy simple carbohydrates like fruits and fruit juices.

4. Sleep Strategies: Try to keep a regular schedule of 8 hours of sleep each night. (Rise and retire at a consistent time.) Also, it helps to have exposure to sunlight in the early morning hours.

5. Professional Intervention: When the winter blues are very severe or if you believe you are experiencing depression, visit your doctor to discuss medication and professional counseling therapies.



**Perhaps the best  
remedy for the  
“winter blues”  
is the coming  
of spring.**

**Happy Spring!**

# 2011 Winter in Wonderland



Beach Bunny Snowwoman  
The Andersen Family

Wings of Hope would like to thank everyone for their participation in our "Winter in Wonderland" fundraiser. We had an excellent response to our financial goal for 2011. The money raised will enable us to give assistance to many cancer patients & their families. Thank you to our host couples: Ron & Pat Andersen, Brian & Lynn Higginbotham, and Bruce & Joni Rasmussen, to our Program speaker, Suzanne Kossow, and to our many volunteers who made this event possible.



Greenie-The Recycling Snowgirl  
Mayor Tom Hanafan team



Golfing Snowman  
Bent Tree Buddies

## Sponsors for the event:

### Gold Sponsors:

Alegent Health  
Health Forward  
Heartland Oncology & Hematology  
Hematology & Oncology Consultants  
Jennie Edmundson Hospital  
Wal-Mart

### Bronze Sponsors:

Council Bluffs Savings Bank  
Doll Distributing, Inc  
Red Giant Oil Company



Hometown Medical Snowperson  
Heartland Oncology

## MEMORIALS - Thank you for supporting Wings of Hope in memory of loved ones



**In memory of Fiamma Taylor, shown dancing at our 2010 "Winter in Hollywood" fundraiser**

Clyde & Pamela Allen  
Ron & Pat Andersen  
Wayne Anderson  
Dolores Banger  
Carlos Barrientos  
Jacqualine & Richard Borowiak  
John & Lori Brughenemke  
Ronald & Cheryl Burroughs  
Mary Fulton Caffey

James & Katy Camenzind  
Barbara Christie  
Janelle & Kent Coker  
Barb & Karen Collins  
Kristy & David Courter  
Betty Craft  
Thomas & Suzette Dahl  
Ray & Julie Eischeid  
Carolyn & David Ettinger  
Gary & Marilee Fischer  
Robert & Vivian Gregory  
Tracy & Marcia Grimm  
Larry Hackett Construction  
Lynn Halsted  
Berneil Hanson  
Linda Head, MD  
Patrick & Jennifer Hensley  
Marty Huckins  
Muriel Huckins  
David & Marie Huggins  
Jane & Robert Husz  
Jessica Jensen  
Tammy Johnson

Robert Krabbe  
Robert & Terri Krabbe  
Sarah Kramer  
Sarah Lessman  
Dale & Ann Logan  
Louis & Marie Marcuzzo  
Rebecca Masters  
Hazel McGill  
Frances Messbarger  
Lorene Messbarger  
James & Nancy Miller  
Rita Muth  
Constance O'Brien  
Pete & Jane Peters  
Teresa & David Ratekin  
John & Elaine Reid  
Roger & Marina Sawatzke  
Amanda Scott  
James & Cynthia Smedra  
Rachael Smith  
Thomas & Sarah Standard  
Bruce Stuart  
Teresa Valyer

Mallory VanderHelm  
Mary Vanderveen  
Kristi & Dirk Waller  
Steven & Joye Shmuger Wees  
Raymond & Louise Wechsler  
Steven Wechsler  
Bobbe Whelstone  
Ted & Shelly Wickersham  
Bambi Wilson

**In memory of Nancy Whaley:**  
Mark Whaley

**In memory of John Humphrey:**  
Don & Lisa Schwartz

**In memory of Bob Regan:**  
The Regan Family & friends



# Golf

## Save the Date

### July 8, 2011

Bent Tree Golf Club

### UPCOMING EVENT FUNDRAISERS

#### for Wings of Hope

#### Watch for more details

### Journey of Hope Bike Ride/Walk

#### September 25, 2011

Wabash Trace Trail  
2 pm - ??



### West Pottawattamie County Gardner BlueJays 4-H Club

donated heart-shaped pillows to the Hope Chest Renewal Room for the third time. These pillows will be given in each Cancer Survivor Bag. We have received many comments on how comforting the pillows are after surgery. Thank you girls for your service to our community. Pictured receiving the pillows from Nichole Hilderbrand of

West Pott. Co. Gardner BlueJays 4-H is Carolyn Ettinger of Wings of Hope.



### Thank you to our VOLUNTEERS

**VOLUNTEER QUOTE:** "All that we send into the lives of others comes back into our own." Anonymous

Ron & Pat Andersen	Adrienne Geer	Erin Nielsen
Karen Azevedo	Peg Goss	Cathy Nielsen
Marchell Benes & Daughters	Lisa Gronstal	Ken Petersen
Doris Baumfalk	Amy & Ellie Helms	Vicki Pospisal
Glenn Brennan	Brad Higginbotham	Abby Redshaw
Rose Brown	Mary Jo Higginbotham	Dick Scott
Bent Tree Buddies	Patti Higginbotham	Donna Scott
Francis Clark	Donna Hubbell	Karen Stonehouse
Amy Cook	Ann Jones	Debbie Tritsch
Marilyn Erwin	Geri Lee	Linda Vanderwal
David Ettinger	Iva Lee	Gerry Watson
Dr. Steve Feimer	Penny Malcom	Judy Watson
	Ginny Nickles	Dorothy Wright

### Operating Board 2011

Pat Andersen	Michael Knedler
Rose Brown	Annmarie Marsh
Francis Clark	Ken Petersen
Patti Higginbotham	Brett Ryan
Donna Hubbell	Debbie Tritsch
Ann Jones	Jenny VanSoelen

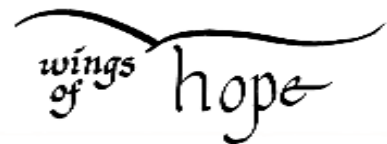
### 2011 Resource Committee Members

Sandy Bane	Kathy Knott
Marchell Benes	Karen Stonehouse
Lisa Gronstal	

### 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.

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.



Cancer Support Center

### Donations:

#### Hope Chest Renewal Room:

Rose Brown  
Geoff Christensen  
Cherry Hansen  
Jean Nelson  
Rosie Schlemmer  
Janet Sutherland  
Giles & Debbie Whitney

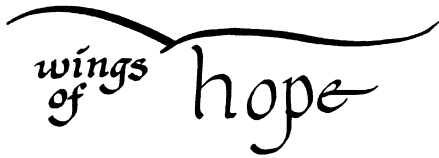
#### Cash Donations:

Kristen & Jimmy Gerjevic in honor of Martha Pruitt

### Items Needed:

**The Hope Chest Renewal Room is in need of some items to put in our Survivor Bags:**

Journals  
Pens  
Kleenex (pocket size)  
Small hand sanitizers  
Crossword or Circle a Word  
Small toothpaste  
Thank you for your donations of these items!



Non-Profit org  
U.S. Postage  
PAID  
Omaha, NE  
915

427 E. Kanesville Blvd., Ste 202  
Council Bluffs, IA 51503  
www.wingsofhope.org

## Calendar of Events

### April

April 5, 2011 Tuesday  
6:00-7:30 p.m.  
Young Women's Breast  
Cancer Support  
Wings of Hope

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April 11 & 25, 2011 Monday  
6:30-8:00 p.m.  
"Healthy Moves"  
Instructor: Wendy Buchholz, OT  
The Senior Center

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April 18, 2011 Monday  
6:00-7:30 p.m.  
Hope for Tomorrow Cancer  
All cancer patients/caregivers welcome.

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April 26, 2011 Tuesday  
7:00-8:30 p.m.  
Men's Cancer Activity Group  
The Senior Center

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**SPA DAY**  
**April 28, 3-7 pm**  
**Wings of Hope**

### May

May 3, 2011 Tuesday  
6:00-7:30 p.m.  
Young Women's Breast  
Cancer Support  
Wings of Hope

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May 9 & 23, 2011 Monday  
6:30-8:00 p.m.  
"Healthy Moves"  
Instructor: Wendy Buchholz, OT  
The Senior Center

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May 16, 2011 Monday  
6:00-7:30p.m.  
Hope for Tomorrow Cancer  
Support group for all types of cancer &  
caregivers.  
Wings of Hope

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May 17, 2011 Tuesday  
7:00-8:30 p.m.  
Men's Cancer Activity Group  
The Senior Center

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### June

June 7, 2011 Tuesday  
6:00-7:30 p.m.  
Young Women's Breast  
Support Group  
Wings of Hope

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June 13 & 27, 2011  
6:30-8:00 p.m.  
"Healthy Moves"  
Instructor: Wendy Buchholz, OT  
The Senior Center

\*\*\*\*\*

June 20, 2011 Monday  
6:00-7:30 p.m.  
Hope for Tomorrow Cancer  
Support group for all types of cancer &  
caregivers.  
Wings of Hope

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Men's Cancer Activity Group  
will resume in September