

A Time to Heal – Fall 2011

Wings of Hope Cancer Support Center is pleased to again offer the A Time to Heal 12 week rehabilitation program for cancer survivors this fall. In 2011 we will be offering this fantastic program to patients diagnosed with any type of cancer and their support people, thanks to the generosity of the Jewish Federation of Omaha Foundation and Wings of Hope Cancer Support Center. 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 participant in A Time to Heal.



Contact Gloria or Carolyn at
Wings of Hope Cancer Support
325-8970
if you are a cancer survivor or
caregiver and would like
to attend.

A Time to Heal Benefit Concert

The Nebraska A Time to Heal is having a benefit concert with singer/songwriter Karen Drucker.

Scheduled for Saturday, April 30, 2011 at 7:00 p.m.

Tickets are \$25 ahead of time or \$30 at the door.

To order, email: atimetoheal@ymail.com or call 420/707-1253.

Spa Day!!

Have the cold and dreary days of winter got you down? To remedy those winter "blues", Wings of Hope invites you to an afternoon of pampering! We'll have:

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

Our **SPA DAY** is scheduled for **SPRING TIME** on
Thursday, April 28, 3:00-7:00 p.m.

Call us at 325-8970 for more information.



Relay for Life

The American Cancer Society is sponsoring

RELAY FOR LIFE on Saturday, June 11.

Survivors must order their t-shirts by May 13.

We'll be sending more information in our May monthly calendar.





DON'T FORGET:

Estate Planning Offered to Wings of Hope Clients

Wings of Hope is partnering with the Willson and Pechacek Law Firm in 2011. The law firm will be offering estate planning at NO COST to clients of Wings of Hope Cancer Support Center. Some of the services that are available to clients of Wings of Hope through the Willson and Pechacek law firm include:

1. **Last Will and Testament:** a document that is referred to for dividing assets among named heirs. It is important that this document be completed correctly, so as to avoid invalidation in probate court.
2. **Living Will:** a declaration that allows the individual

to express their wishes and desires regarding whether or not they want to have their life prolonged by artificial means. Also includes the option to make anatomical gifts.

3. **Power of Attorney for Health Care:** appoints an agent to make health care decisions in the event an individual is unable to. (Also known as advance health care directive.)
4. **General Power of Attorney:** Names and authorizes an agent to carry on all business or financial transactions in an individual's name.

5. **Special or Limited Power of Attorney:** Names and authorizes an agent to carry out a particular business transaction for an individual.
6. **Codicil to Last Will and Testament:** Minor changes to an existing will, such as changing the executor, names of spouse/children, etc.

If you are interested in receiving any of these services, please call Carolyn Ettinger at 325-8970. She will make arrangements for you.

Wings of Comfort

Wings of Hope Cancer Support Center is offering a new program to provide education and training to caregivers of hospice patients in Council Bluffs. The intention of the "Wings of Comfort" program is to teach caregivers to provide comfort through **touch techniques** that promote deep relaxation and relief from pain.

We are pleased to partner with Patrick Davis, MA, NCTMB, a skilled educator and bodyworker. As a

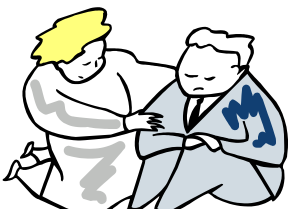
former hospice chaplain and bereavement coordinator, Patrick has supported many families by customizing these proven tools and techniques. He will provide training and consultation for family caregivers, as well as hospice agency provider caregivers.

Our first training is scheduled for **Saturday, June 4.**

Please call 325-8970 for more information.

Wings of Hope 2010 Provision of Services

Thanks to the financial and volunteer support of many of you, Wings of Hope was able to make 1,528 contacts with cancer patients, survivors, family members, and community members in 2010. The services were provided to persons diagnosed with over 25 types of cancer, and included:



- Gas cards and bus passes
- Counseling sessions
- Prescription assistance
- Provision of wigs, hats, blankets, relaxation cd's, and survivor bags to patients undergoing chemotherapy, surgery or radiation
- Support group meetings
- After cancer treatment rehabilitation programs
- Community education programs.

We appreciate your continued financial support as well as your willingness to share information about our services with your neighbors, friends, and family. Word of mouth and other referrals keep us busy, and we appreciate the opportunity to serve those in our communities who are struggling with cancer.