



# Wings of Hope Cancer Support Center

Volume 18 Issue 1

January 2010

## A New Beginning in 2010

Eating right . . . exercising . . . these are two ingredients to a healthier you.

Scientists and doctors agree, “**eating right, being active, and maintaining a healthy weight are important ways to reduce your risk of cancer, as well as recurrence**”. At Wings of Hope, we are absolutely certain that THIS is the time, the year, the day for you to begin creating a healthier you.

How do you begin? So many times, we are overwhelmed by the enormity of starting a healthy habit. Or we set goals and start out enthusiastically . . . only to find that our life takes over and the new habits fall to the wayside.

In 2010, our suggestion is that you pick 2 small habits you want to develop and maintain. (Notice, we are choosing to add something, rather than take something away.) For instance, one of your new habits might be:

\*Add one extra vegetable to my diet today

\*Walk an extra half block (or 50 steps) today

\*Make 2 extra trips up the stairs today

\*Sprinkle flaxseed on my morning oatmeal

There are so many ways to become healthier – by taking small steps (choosing just 1 or 2 habits), we have a better chance of succeeding. A new habit takes 6 weeks to make it a part of your daily routine. So pick 1 new (very small) habit, and begin the journey TODAY towards a **new and healthier you**.

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## My Cancer Journey

by Gloria Brennan, Wings of Hope Administrative Assistant and Breast Cancer Survivor

My journey with cancer began much like everyone else's. Shock! Total Shock! Me? How can this be? I'm a little overweight. But not nearly so much as so many others I see. I try to eat a healthy diet and keep my weight consistently the same (or close). I work a stressful job but try to keep my stress level under control. I simply do not understand & no one can explain why I got cancer.

I found out I had cancer about two months after losing my father to lung cancer. I was blessed to be able to help my mom care for him. I had just started a new job and hadn't been there but about two months. Everyone knows starting a new job is stressful enough without the grieving over the loss of my daddy.

Work was very supportive and everyone in my department certainly watched over me. Encouraging me as I went through surgery, recovery, and then chemotherapy. And being there for me emotionally as well as my very low physical times. Even celebrating with me following the end of chemotherapy.

About four months after chemo and the beginning of a New Year 2006, I decided it was time to take back control of my life. The cancer journey

had been controlling me. So I started a weight loss program. With the encouragement of a friend who had met her goal, I began another new journey. My Weight Loss journey took me five months to lose the weight to put me at a healthy weight for me. Through very careful monitoring of portion sizes and a wide variety of healthy foods I was able to reach my goal. I found if I exercised - mostly walking - I was able to lose those extra pounds and got my cardio work out. I could not believe I was actually starting to feel somewhat normal again. However, normal before cancer is so different than after cancer normal. By continuing to eat healthy and exercise I have managed to maintain a healthy weight. By continuing to exercise (walking) my mental and emotional state of mind are managed and controlled by ME. Not the cancer.

I am constantly reminded that life goes on regardless of what we go through. My Cancer Journey has deepened my faith and reliance on my Savior Jesus Christ.

I know we all get lax in taking care of our physical bodies. That is why I am so excited about the NEW Women's Cancer Survivor Exercise Class "Healthy Moves." We all need something to get us motivated occasionally.

### How to Reach Us:

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Council Bluffs, IA  
51503

Phone : 325-8970

Fax: 325-6831

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Please call ahead if  
you plan to visit.







Fall 2009 Participants

### A Time To Heal Programming

Wings of Hope is very excited to have 4 trained facilitators for the *A Time To Heal* program in Council Bluffs. *A Time To Heal* is a 12 week program designed to help men and women regain physical, emotional, intellectual, psychological and spiritual strength after undergoing treatment for cancer. It began as a program for breast cancer survivors,

but has recently been expanded to a program for survivors of any type of cancer. The founders of the program are Dr. Stephanie Koraleski, Psychologist, and Dr. Kay Ryan, Nurse and cancer survivor of Omaha, NE.

Wings of Hope will be offering the new program for **all** types of cancer survivors in the fall of 2010. Watch our newsletter for more details.



### Wings of Hope is getting in shape this winter!

Join us at Wings of Hope and start moving. We are updating our support groups and offering movement and exercise as a part of the support group experience.

**Healthy Moves** is an exercise class for women who are cancer survivors. Wendy Buchholz, Occupational Therapist, will be teaching this fun, therapeutic movement program. This class can help you regain and maintain your range of motion, improve your balance, and **get moving**.

Join us on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month (starting in January), 6:30-8:00 p.m. at the Senior Center in Council Bluffs.

The **Men's Cancer Activity Group** is being offered on the 4<sup>th</sup> Tuesday of each month (also starting in January). Men who have had any type of cancer are invited to have some fun, playing Wii Sports. People of all skill levels can pick up and play any of the games. We're looking forward to some lively competitions. Join us on January 26<sup>th</sup> at 7:00 at the Senior Center in Council Bluffs.

2010 Operating Board	
Pat Andersen	Bonnie Bolte
Rose Brown	Francis Clark
Patti Higginbotham	Ann Jones
Michael Knedler	Kathy Knott
Annmarie Marsh	Ken Petersen
Brett Ryan	Kelsy Young
2010 Resource Committee Members	
Sandy Bane	Marchell Benes
Ellie Bleicher	Lisa Gronstal
Karen Stonehouse	



### Mission Statement

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

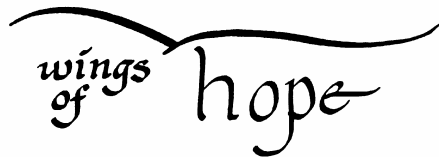
Wings of Hope Cancer Support Center assists those with cancer at all stages of their illness and helps families and friends cope with cancer in their lives.



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.



Volunteers:	Items Needed:	Donations:	Memorials:
<p><i>Rose Brown</i>  <i>Colleen Dofner</i>  <i>Mary Dofner</i>  <i>Adrienne Geer</i>  <i>Peggy Goss</i>  <i>Ellie Hanstein</i>  <i>Amy Helms</i>  <i>Mary Jo Higginbotham</i>  <i>Gerry Lee</i>  <i>Dick &amp; Donna Scott</i></p>	<p>The Hope Chest Renewal Room is in need of some items to put in our survivor bags:</p> <p>Journals                      Water Bottles                      (Please no bottled water)                      Pens                      Kleenex (pocket size)                      Small Lotions                      Small Hand Sanitizers                      Crossword or Circle a Word                      Small toothpaste</p>	<p><b>Cash Donations:</b>                      Nikki True                      Cutler-Meyer-O'Neill-Woodring Funeral Home</p> <p><b>Hope Chest Renewal Room:</b>                      Bravadas Wigs                      Colleen Dofner                      Community of Christ Church                      Myrna Headley                      Nancy Kealy                      Mary Lou Kellar                      Marie Larchick                      Kendra Martin                      Joni Rasmussen                      Leisha Spracklin</p>	<p><b>In Memory of Arlene Crinland</b>                      Marianne Hilderbrand  <b>In Memory of Mary Dinovo</b>                      Marcia Keith  <b>In Memory of Dr. Huesing</b>                      Marianne Hilderbrand  <b>In Memory of Joanne Lefebor</b>                      Jeanette Sandbothe  <b>In memory of Alex Morrow</b>                      Mary Morrow  <b>In Memory of our Mothers</b>                      Mike &amp; Joetta Skipton  <b>In Memory of Lois Richter</b>                      Dr. James &amp; Laura Commers</p>



**Cancer Support Center**  
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 Council Bluffs, IA 51503  
 www.wingsofhope.org

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 Omaha, NE  
 Permit 915

## Calendar of Events

### January

January 5, 2010 Tuesday  
 6:00-7:30 p.m.  
 Young Women's Breast  
 Cancer Support  
 Wings of Hope

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January 18, 2010 Monday  
 6:00-7:30 p.m.

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

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

Men's Cancer Activity Group  
 The Senior Center

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January 11 & 25, 2010 Monday  
 6:30-8:00 p.m.

"Healthy Moves:  
 Women's Cancer Survivor Exercise Group  
 The Senior Center

### February

February 2, 2010 Tuesday  
 6:00-7:30 p.m.  
 Young Women's Breast  
 Cancer Support  
 Wings of Hope

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February 15, 2010 Monday  
 6:00-7:30p.m.

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

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February 23, 2010 Tuesday  
 7:00-8:30 p.m.

Men's Cancer Activity Group  
 The Senior Center

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February 8 & 22, 2010 Monday  
 6:30-8:00 p.m.

"Healthy Moves:  
 Women's Cancer Survivor Exercise Group  
 The Senior Center

### March

March 2, 2010 Tuesday  
 6:00-7:30 p.m.  
 Young Women's Breast  
 Support Group  
 Wings of Hope

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March 15, 2010 Monday  
 6:00-7:30p.m.

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

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March 23, 2010 Tuesday  
 7:00-8:30 p.m.

Men's Cancer Activity Group  
 The Senior Center

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March 8 & 22, 2010 Monday  
 6:30-8:00 p.m.

"Healthy Moves:  
 Women's Cancer Survivor Exercise Group  
 The Senior Center