



HAPPY NEW YEAR!

By Carolyn Ettinger



Wings of Hope Cancer Support Center

There's just something about a new year that is exciting. Even in the midst of the cold and snow that we experience here in the Midwest, there is a feeling of expectancy, of newness that comes with the first of January.

At Wings of Hope, we have a renewed sense of commitment to offer and provide supportive care to those in our communities who have been diagnosed with cancer. Our commitment stems from our strong sense of **HOPE**. David B. Feldman, Ph.D. outlines conditions he believes are necessary in order for hope to thrive. We need:

1. **Something to hope for:** At Wings, it is our hope that each person diagnosed

with cancer will find the support they need for their journey.

2. **A pathway or strategy for getting there:** The Wings of Hope Board and staff are strategically planning for the future and expanding our programs to better meet the needs of cancer patients in 2011. These plans create the pathway towards our hope of cancer patients finding the support they need.

3. **Motivation or energy to move:** The new year brings us that renewed sense of commitment.

What are your hopes and dreams? There are several ways to nurture YOUR hope – the first thing is to not be afraid to hope. We tend to believe that

if we don't reach our goals, it will hurt worse if we had our hopes up. There is no evidence for that – instead, we are much more likely **to** reach our goals if we **are** hopeful. Secondly, allow yourself to daydream and let your mind and spirit explore your hopes. Wherever we are in our cancer journey, we can find things to hope for. Hope is a perception that accepts reality, and builds on it. Your hope may be hope for a cure, hope for making amends with an estranged loved one, hope for freedom from pain, hope for living a life of meaning.

Discover your hopes, find a pathway for getting there, and gather the energy to walk the pathway. If Wings of Hope can assist you in your journey, please call us. And enjoy this brand new year!

Estate Planning Offered to Wings of Hope Clients

Wings of Hope is thrilled to partner with the Willson and Pechacek Law Firm in 2011. Brett Ryan, a partner at Willson and Pechacek, has served on the Wings of Hope Board of Directors since 2007. At Brett's initiation, the law firm will be offering estate planning at NO COST to clients of Wings of Hope Cancer Support Center.

A person does not have to be wealthy or elderly to do some serious thinking regarding an estate plan. If you own a home or a car or have a checking or savings account, you have an estate. Often, a person with a small or modest estate is most in need of a plan to provide for the proper transfer of that property at death.

There are several reasons for having a will or a trust.

- Most importantly, having a will or a trust allows you to decide who will receive your property rather than leaving that choice to state law.
- Having a will allows you to choose your personal representative and to eliminate

the cost of a personal representative's bond the probate court would require if a probate of your estate is necessary. Without a will, the court will appoint someone as personal representation who may not be the person you would have chosen.

- Having a trust allows you to avoid the probate court system altogether if your trust is created and funded properly.
- Equally important, if you have minor children you can name their guardian in your will or trust. Without a will or a trust, the court may appoint a guardian who may not be the person you would have chosen.

In addition to estate planning, Willson and Pechacek will provide no cost advance directives for Wings of Hope clients. Advance directives are legal papers that allow you to decide ahead of time how you want to be treated if you are

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How to Reach Us:

427 E. Kanessville Blvd,
Suite #202
Council Bluffs, IA 51503
Phone: 325-8970
Fax: 325-6831
www.wingsofhope.org
Please call ahead if you
plan to visit.

Estate Planning Offered to Wings of Hope Clients

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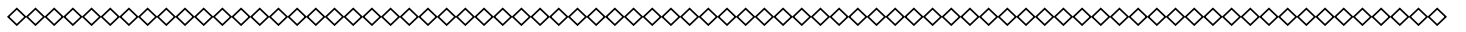
incapacitated and unable to make decisions for yourself. They help your loved ones and doctors know what to do if you can't tell them yourself. Setting up an advance directive allows you to retain control over your medical treatment, removes a potential burden from your family, and makes your wishes known for all to follow.

Some of the no-cost services available to clients of Wings of Hope from 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 Wings of Hope at 325-8970. She will make arrangements for you.



Thanks to the many who donated to the 2010 Annual Campaign!

Friend:

Ron & Diane Anderson
Bruce Anderson
Sandra Bane
Colleen Bartels
Jan & Paul Bass
Dorothy Bennett
Mary Lou Burkey
James & Mary Burns
Dr. James & Laura Commers
Dr. Gary & Nadine DeVoss
Virginia Dofner
Bob & Mary Eicher
Dr. & Julie Eished
Richard & Jennifer Elliott
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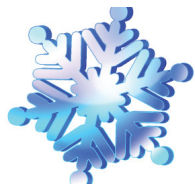


SAVE THE DATE!!

February 12, 2011

Wings of Hope Cancer Support Center's

"Winter in Wonderland!"



Proceeds benefit

Wings of Hope Cancer Support Center

Hors D'oeuvres! Silent and Live Auctions! Beer/Wine Tastings!

Call 712/325-8970 for more information or check out our website at www.wingsofhope.org.

"Holiday Hooplah!"

was held at the Council Bluffs Senior Center on Dec 10 from 5-8:30 pm. We had an excellent turn out of ladies who shopped at the vendors tables offering a variety of items to purchase on the shopping spree. Cider, hot chocolate & cookies were enjoyed while shopping.



2011 Operating Board

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

2011 Resource Committee Members

Sandy Bane	
Marchell Benes	Kathy Knott
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:

Leona Barker	Mary Jo Higginbotham
Doris Baumfalk	Karen Hockom
Gloria Brennan	Iva Lee
Donna Collins	Mary Newman
Colleen Dofner	Ginny Nickles
Mary Dofner	Jeanne Pfeiffer
Sherry Dofner	Dick Scott
Virginia Dofner	Donna Scott
Kris Gardner	Gerry Watson
Peg Goss	Dorothy Wright

Donations:

Hope Chest Renewal Room:

Susie Aikman	Beauty on Broadway
Sheila Bentley	Marcia Buckingham
Kelli Burmeister	Colleen Dofner
Sharon Durham family	Elaine Fenner
Diane Forristall	Donna Mosher
Mildred Rogers	Carolyn Shanon
Milan Shaw	Terry & Mary Shea

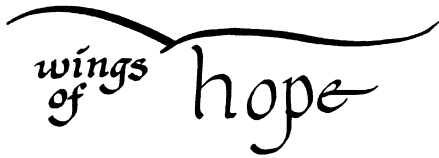
Cash Donations:

CB Senior Center –Zumba Party	Rita Dinges
Elaine Fenner	Judy Reese & Karla

Items Needed:

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

- Journals
- Water bottles (no bottled water)
- Pens
- Kleenex (pocket size)
- Small lotions
- Small hand sanitizers
- Crossword or Circle a Word
- Small toothpaste



Cancer Support Center

427 E. Kanessville Blvd., Ste 202

Council Bluffs, IA 51503

www.wingsofhope.org

Calendar of Events

January

January 4, 2011 Tuesday
6:00-7:30 p.m.

Young Women's Breast
Cancer Support
Wings of Hope

January 10 & 24, 2011 Monday
6:30-8:00 p.m.

"Healthy Moves"

Instructor: Wendy Buchholz, OT

The Senior Center

January 17, 2011 Monday
6:00-7:30 p.m.

Hope for Tomorrow Cancer

All cancer patients/caregivers welcome.

Speaker: Patti Higginbotham

HOPE and Coping with Cancer

January 25, 2011 Tuesday
7:00-8:30 p.m.

Men's Cancer Activity Group
The Senior Center

February

February 1, 2011 Tuesday
6:00-7:30 p.m.

Young Women's Breast
Cancer Support
Wings of Hope

February 14 & 28, 2011 Monday
6:30-8:00 p.m.

"Healthy Moves"

Instructor: Wendy Buchholz, OT

The Senior Center

February 21, 2011 Monday
6:00-7:30p.m.

Hope for Tomorrow Cancer

Support group for all types of cancer &

caregivers.

Wings of Hope

February 22, 2011 Tuesday
7:00-8:30 p.m.

Men's Cancer Activity Group
The Senior Center

March

March 1, 2011 Tuesday
6:00-7:30 p.m.

Young Women's Breast
Support Group
Wings of Hope

March 14 & 28, 2011 Monday
6:30-8:00 p.m.

"Healthy Moves"

Instructor: Wendy Buchholz, OT

The Senior Center

March 21, 2011 Monday
6:00-7:30 p.m.

Hope for Tomorrow Cancer

Support group for all types of cancer &

caregivers.

Wings of Hope

March 22, 2011 Tuesday
7:00-8:30 p.m.

Men's Cancer Activity Group
The Senior Center
