



Wings of Hope Cancer Support Center

As any cancer patient knows, treatments and medicine often feel as if they are only targeting and eliminating the disease rather than healing the whole person. Holistic Health focuses on how the physical, mental, emotional, and spiritual elements of the whole body are interconnected in order to maintain wellness. The president of the American Holistic Health Association, Suzan Walter, describes Holistic Health as: “an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of mind, body, and spirit.”

The body has its own natural healing systems that can work together with medical treatments and promote health. Holistic Health includes:

- Conventional therapies, such as surgery, chemotherapy and radiation;
- Complementary therapies, such as massage therapy, counseling, and guided imagery;
- Lifestyle changes, in

Holistic Health:

Promoting Relaxation through Touch

such areas as nutrition, exercise, sleep, and breathing.

Together, these methods can help the body heal itself. In his book entitled Deep Healing: The Essence of Mind/Body Medicine, Dr. Emmett E. Miller says: “True health is much like a beautifully written and performed symphony. It requires many instruments, each playing its correct part, at the right time, and in proper balance with the other instruments. You simply cannot draw a line around a part of the human body and exclude the other aspects of being human.”

At Wings of Hope, we are dedicated to healing the person, not just the disease. We offer therapies that assist and enhance the cancer treatment a person receives through his/her oncology office. Most of our complementary therapies focus on providing social-emotional support and information about lifestyle choices. We offer counseling, support groups, education programs, and survivorship rehabilitation programs. Beating cancer is a journey, and these therapies help patients first accept the realities of their cancer diagnosis, experience and express their feelings about it,

learn tools to heal, and find a “new normal.”

Wings of Hope strives to continue our Holistic Health approach. Some of our newest programming focuses on the energy systems of the whole body. We believe healing occurs best when our bodies are in balance. As balanced and integrated beings, our minds, emotions, bodies, and spirits are interconnected. Dr. Emmett Miller believes healing is about **creating wholeness**. He says in his book: “The only true healing is holistic in nature; that is, affecting every part of our lives.” Research shows that our two newest complementary therapies, Healing Touch and Comfort Touch (Wings of Comfort), promote relaxation for all parts of ourselves.

When our bodies relax, our muscles have time to reenergize and revive, preparing them to support our active and healthy bodies. When our minds and emotions relax, we begin to let go of our usual concerns and focus on the positive path toward healing. When our spirits relax, we release the past and future and live wholly in today. Together, we can strengthen our whole bodies and heal from within.

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.

UPCOMING EVENT FUNDRAISERS for Wings of Hope

Journey of Hope Bike Ride/Walk

September 25, 2011

Wabash Trace Trail 2 pm - ??

More details to be mailed in August.



Wings of Comfort

Wings of Hope Cancer Support Center's new "Wings of Comfort" program was launched on Saturday, June 4 at the Council Bluffs Public Library. The program provides education and training to caregivers of patients who are at the end of life. The training assists caregivers to provide comfort to the ill patient through touch techniques. **These simple touch techniques promote relaxation and relief from pain.** It is a nurturing style of acupressure that can be done in many different settings (home, nursing home, hospital) with the patient sitting or lying down.



(AseraCare, Hospice with Heart, and Hospice of Southwest Iowa), family caregivers, and community volunteers. Patrick Davis, educator and bodyworker, provided the training for the educational session, combining skill development information and hands-on practice. The program will follow-up with monthly meetings that provide opportunities to learn more and practice the techniques in a supportive environment. These touch techniques provide comfort for both the patient and the caregiver.



Nineteen participants attended Saturday's training, including provider caregivers from 3 local hospices

Thank you to AseraCare Foundation and Wings of Hope Cancer Support Center for funding this program. Call Carolyn at 325-8970 for more information.

What Is Healing Touch?

At our Spa Day for cancer patients in April, we were pleased to offer Healing Touch services from two HTI Healing Touch Practitioner Apprentices. **Healing Touch is a relaxing, nurturing energy therapy – one that works with each person's energy field to support their natural ability to heal.** Gentle touch assists in balancing the individual's physical, mental, emotional and spiritual well-being.

There are many benefits to receiving Healing Touch services, including:

- reducing stress
- calming anxiety and depression
- decreasing pain

- strengthening the immune system
- enhancing recovery from surgery
- supporting cancer care
- creating a sense of well-being
- deepening spiritual connections

A Healing Touch International Practitioner APPRENTICE has completed Level 4 coursework in Healing Touch and is participating in a minimum one-year mentorship process with a Certified Healing Touch Practitioner. During the one-year mentorship, the apprentice is required to complete and document 100 hours of healing touch client sessions.

Carolyn Ettinger, Licensed Mental

Health Practitioner at Wings of Hope, has received Level 4 Healing Touch training and has begun her one year mentorship program. She believes that the mind, body and spirit are fully connected and that each individual has amazing self-healing abilities. She will be working to blend guided imagery and counseling with the practice of healing touch. **Carolyn will be providing Healing Touch sessions on the second Tuesday of each month. Please call 712/325-8970 for a one hour appointment.**

Wings of Hope Board of Directors Welcomes Two New Members

The Wings of Hope Cancer Support Center Board of Directors is happy to welcome two new Board members:

Jenny VanSoelen joined the Board in March of this year. She is a marketing consultant for Jones Public Relations. Her knowledge in the areas of marketing, media relations, website development and fund-raising are being put to good use at Wings of Hope.

Debbie Tritsch comes to the Wings of Hope Board from the Council Bluffs Public Health Department. She is active in radon testing for the city. As a support



person to friends, she has developed a good understanding of the needs of cancer patients – assisting them as they travel their "cancer journey".

Jenny and Debbie join a 12 member Board of Directors, committed to establishing a strategic plan for the agency, identifying and analyzing the needs of the cancer community and setting goals, objectives and priorities. Their selfless service to Wings of Hope Cancer Support Center and cancer patients/survivors makes a difference in our community.

A Time to Heal Rehabilitation Program

Wings of Hope Cancer Support Center is pleased to offer the **A Time to Heal** program this fall. The fantastic rehabilitation program is available to men and women diagnosed with any type of cancer, who have completed their initial cancer treatment.

A Time to Heal is a 12 week program designed to help men and women regain physical, emotional, intellectual, psychological and spiritual health after undergoing treatment for cancer. The group meets for 3 hours each week and includes

- stretching,
- weekly instruction on helpful information about healing,
- discussions, and
- training in coping skills such as relaxation.

There is opportunity to ask questions and share growth insights with facilitators, expert faculty, and other survivors. The facilitators for the 2011 class are Marchell Benes, Licensed Social Worker at Alegen Health Cancer Center, and Carolyn Ettinger, Counselor and Program Administrator at Wings of Hope Cancer Support Center.

Classes begin August 30, and meet on Tuesday evenings through November 15. For further information, **please contact Carolyn at Wings of Hope, 325-8970.**

Memorials:

In memory of Pam Green -Rebecca Tangeman

In memory of Liz Krivokucha -Glenn & Gloria Brennan

In memory of Lynn Wilkinson - John Antilety

In memory of Mary Beth Shea -

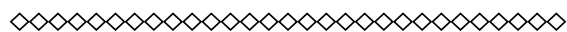
Cheryl Balk	James & Judith Keefer-Martin
Greg & Cindy Dalen	Theresa & Timothy McBride
Raymond & Janis Daugherty	Joe & Mary Lou McGinn
Greater Omaha Horseshoe League	Emma Poor
Dr. Brad & Patti Higginbotham	Jenny Van Soelen
Mr & Mrs. E.P. Kealy	Voni's Hair Fashions-Voni Andersen
Bud & Judy Kilnoski	Jim & Cheryl Winchester
Terry & Sandy Lainson	

Operating Board 2011

Pat Andersen	Michael Knedler
Rose Brown	Annmari 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.



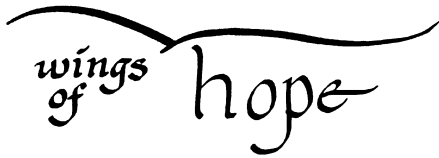
Wings of Hope Cancer Support Center offers support groups, private counseling, patient and family education, community resource referral, patient and family resource library (including books, audio/video tapes), and community educational opportunities.



Cancer Support Center

Volunteers	Cash Donations	Donations:	Items Needed:
Pat Andersen Sandy Bane Marchell Benes Mary Fuxa EQ School of Hair Design Tammy Johnson Joy MYN Massage - Joyce Mynster Sharon McGlynn Peaceful Balance Massage- Tina Huebner DeEtta Wancewic	Roxanne DeHuelbes Joyce Epperson Pat Greenfield Kappa Kappa Iota Beta Conclave Kathy Knott Mary Koch Karen Krabbe Jim Pidgeon Vicki Pospisal Judi Thallas Debbie Walker Bobbe Whetstone	Hope Chest Renewal Room: Janice Aldredge Family Altrussa-Letha Solliday Sheila Bentley Kaye Boyer Bravadas Wig Design Cindy & Jerry Clark Rosie Schlemmer Donna Walker XiPhi Chapter of Beta Sigma Phi	The Hope Chest Renewal Room is in need of sample sized items to put in our Survivor Bags: Journals - medium size Pens Breath mints Small hand sanitizers Crossword or Circle a Word toothbrushes small toothpastes Thank you for your donations of these items!

This list reflects donations received between 4-1-11 and 6-30-11



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

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

Calendar of Upcoming Events:

July

July 5, 2011 Tuesday
6:00-7:30 p.m.

Young Women's Breast
Cancer Support
Wings of Hope

July 8, 2011

17th Annual Golf Tournament

July 11 & 25, 2011 Monday

6:30-8:00 p.m.

"Healthy Moves"

The Senior Center

July 12, 2011

HEALING TOUCH

Call 325-8970 to schedule

July 18, 2011 Monday

6:00-7:30 p.m.

Hope for Tomorrow Cancer
All cancer patients/caregivers
welcome.

Men's Cancer Activity Group
Suspended for the summer!

August

August 2, 2011 Tuesday
6:00-7:30 p.m.

Young Women's Breast
Cancer Support

August 3, 2011 Wednesday

5:30 - 7 pm

Wings of Comfort

August 8 & 22, 2011 Monday

6:30-8:00 p.m.

"Healthy Moves"

Women's Cancer Survivor
Movement Class

The Senior Center

August 9, 2011

HEALING TOUCH

Call 325-8970 to schedule

August 15, 2011 Monday

6:00-7:30 p.m.

Hope for Tomorrow Cancer
All cancer patients/caregivers
welcome.

Men's Cancer Activity Group
Suspended for the summer!

September

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

Young Women's Breast
Cancer Support

September 7, 2011 Wednesday

5:30 - 7 pm

Wings of Comfort

September 12 & 26, 2011 Monday

6:30-8:00 p.m.

"Healthy Moves"

Women's Cancer Survivor
Movement Class

The Senior Center

September 13, 2011

HEALING TOUCH

Call 325-8970 to schedule

September 19, 2011 Monday

6:00-7:30 p.m.

Hope for Tomorrow Cancer
All cancer patients/caregivers
welcome.

Men's Cancer Activity Group
September 27, 2011 7-8:30 -pm

The Senior Center