



Wings of Hope Cancer Support Center

Wings of Hope Honors Dr. Michelle Haessler at Annual Dinner

At its annual dinner on Monday evening, Wings of Hope presented the first ever **Ken Petersen Vision Award** to Dr. Michelle Haessler. The purpose of the award is to honor individuals or organizations who have significantly contributed to the vision and mission of Wings of Hope Cancer Support Center.

Dr. Haessler has been involved with Wings of Hope for the past five years, soon after she moved her business, Midlands Radiation Oncology to Council Bluffs. In 2007, she spearheaded the fund-raising efforts for the Hope Chest Renewal Room at Wings of Hope, which provides practical items such as wigs, hats and survivor bags to cancer patients who are receiving treatment.

During the awards presentation, Patti Higginbotham, president of the Wings of Hope Board of Directors, said the Hope Chest Renewal Room has grown to be a vital part of the Wings of Hope mission. "We had no idea when we opened this room how powerful the impact of providing practical, touchable items would be for cancer patients," Higginbotham said. "The

gift of the practical opens the door to patients sharing their cancer journey stories and allows staff to provide psychological support."

Since 2008, when the Hope Chest Renewal Room was opened, Wings of Hope has provided to cancer patients:

- 175 wigs;
- 153 survivor bags;
- 65 relaxation and guided meditation CDs;
- 455 hats, scarves, seat belt covers and blankets.

In addition to spearheading the efforts for the Hope Chest Renewal Room, Dr. Haessler served on the Wings of Hope Board of Directors in 2007 and 2008, and she and her husband continue to support the organization's fund-raising campaigns and events.

Higginbotham said the organization is thrilled to present Dr. Haessler with the first-ever Ken Petersen Vision Award. Like Dr. Haessler, Ken Petersen has been a long-time supporter of Wings of Hope. He became associated with the organization in the late 1990s, and played an integral role in its development.

Petersen served as an active member of the Wings of Hope Board of Directors, including positions such as financial officer and vice



president. Higginbotham said in those positions, Petersen had the unique ability to make connections in our community to ensure that cancer patients in the Council Bluffs area received the best support possible. "Ken has a clear vision of how to meet needs, and the leadership ability to engage others in the fulfillment of that vision," she said.

Petersen recently resigned from the Wings of Hope Board of Directors due to health concerns. At the dinner, he was made a Lifetime Honorary Board Member for his commitment and vision. He said he was "so surprised" by the recognition. "I knew they were going to use my name, but I didn't know they were going to give me an award too," he said. "This is amazing. I'm very honored."

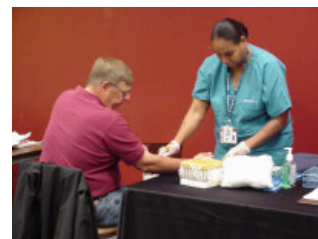
Men's Health Information Breakfast

A Men's Health Information Breakfast was held on September 22, offering screenings for PSA blood draws & blood pressure, as well as chair massages. Health Information was provided by American Cancer Society, HyVee Dietitian, Tobacco Prevention Coalition & Wings of Hope Cancer Support Center.



A big thank you to Mall of the Bluffs for donating space for the event & HyVee - Madison Ave for providing breakfast.

Thank you to Dr. John Okerbloom and Dr. Christian Jones for their professional advice on keeping our bodies healthy.



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.

What Can a Support Group Do for YOU?

At Wings of Hope, we have several support groups that meet on a monthly basis. Our support groups provide a safe and nurturing environment, where cancer patients (and their families) can come to talk about (or just listen) the parts of a cancer diagnosis and/or treatment that are difficult to discuss with family members and friends. In the support group, you meet your peers -- who have also been diagnosed with cancer and received treatment. Recently, one of our support group members shared this letter with Wings of Hope:

I would like to thank Wings of Hope for what they have done for me. I was diagnosed with prostate cancer on December 1, 2010. I went around the house, just plain lost, and not knowing what to do.

I called Wings of Hope and talked to Carolyn. She said there was a meeting coming and asked if I would like to come to it.

Going to that meeting was the best thing I've ever done.

At the meeting, everyone seemed so relaxed and ready, if asked, to help me with all of my questions. No one seemed to be caught up in themselves. It made me feel so good to be able to ask any question and get answers.

Thank you so much for all you've done for me!

We'd love to hear the story of your cancer journey, and how Wings of Hope has helped you.

Your experiences are what keep Wings of Hope focused and offering programs that are of benefit to you and other cancer patients/survivors. If you would like to share, please send your story or experience to Carolyn at carolyn@wingsofhope.org.

17th Annual Wings of Hope Cancer Support Center Golf Outing



Corporate Sponsors:
Alegent Health
Ameristar
Heartland Oncology & Hematology
Jennie Edmundson Hospital
Midlands Radiation Oncology
SilverStone Group



Hole Sponsors:

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- Paula Allen

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Mary Jo Higginbotham

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Ken Petersen

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The Narmi Group

Union Pharmacy

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Beverage Sponsor: Doll Distributing

The Importance of Vitamin D by Patti Higginbotham, RN, ANP, AOCN

Joan Lappe RN, PhD, professor from Creighton University was the keynote speaker at the annual Wings of Hope dinner held on October 3 at Tish's Restaurant. Vitamin D and its importance in cancer health was her topic. This topic continues to raise intriguing questions and Dr. Lappe was quick to point out that there is still much to learn.

Here are some of the highlights from her presentation: Vitamin D has many important roles in our overall body functions. It is thought to be important in regulation of cell growth, bone formation, immune function, and muscle strength. She went on to describe that the cells of the body have Vitamin D receptors that are not allowed

to work correctly if the body's Vitamin D levels are not sufficient.

When we think about cancer processes, it is apparent that these specific functions would seem vital to overall health.

The most significant source of Vitamin D is from the sun exposure. Ultraviolet light triggers the synthesis of Vitamin D. Secondary nutritional sources include salmon, tuna, mackerel, and fortified milk. Vitamin D also can be supplemented in the form of Vitamin D3.

So how do we know if our vitamin D level is adequate? A blood test can provide your Vitamin D level to your health provider. He or she can help you decide whether or not to supplement with this vitamin.

Journey of Hope Bike Ride Walk 2011



The Journey of Hope Bike Ride/Walk 2011 was held on September 25 at 2 pm. A big thank you to all our rider - walkers. This fundraiser will provide monies for Wings of Hope Cancer Support Center to help cancer patients in the Council Bluffs

area. This week has brought an influx of clients to Wings of Hope for wigs, gas cards, misc. items, and medications. Thank you so much for helping us provide for those in need of our services.

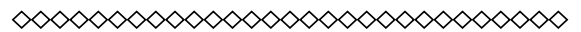


Operating Board 2011

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

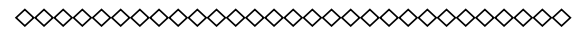
2011 Resource Committee Members

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

Memorials:

Cathy Borsheim
Maple Valley Country Club

Mary Ruth Cox – Scott Cox
Randy Cox

Kathy Rifkin
Vicki McIntosh

Lila Emrich – Lorene Messbarger

Roy Fritz –
Nancy Brightwell
Ronald & Linda Westerhoff

Frances Klosterman
Suzanne Robinson

Brian Lanier
Gaylord Industries/Larry Lanier

Rosie Lee
Iva Lee

Maytie Schafer
Janis Andersen
Helen, Sofia, Kate, Stephanie, Sharyn
Evalyn Crowdy
Virginia Dofner
Kirt & Joan Goldapp
Darlene Gordon
Dr. Dennis Higginbotham
Norma LeClerc
Iva Lee
Margaret Payne
Charlotte Ricke
Heather Waugh

Virginia Stange
Lou & Linda Fox

Robbin Westcott
Break Away Bar & Grill

Volunteers:

Doris Baumfalk	Marchell Benes
Glenn Brennan	Francis Clark
Colleen Dofner	Virginia Dofner
Adrienne Geer	Mary Jo Higginbotham
Patti Higginbotham	Marianne Hilderbrand
Ann Jones	Mike Knedler
Annemarie Marsh	Dan McGrain
Ginny Nickels	Carrie Ryan
Beth Scott	Nancy Smith
Letha Solliday	David Tritsch
Debbie Tritsch	Jenny Vansoelen
Judy Watson	Gerry Watson

Cash Donations:

Dr. Patrick Aherns
Juanita & Wendell Auchenbaugh
Nancy Balk
Barnes & Noble Booksellers
Dr. Scott Bomgaard
Roxann DeHuelbes
Cole Grandfield
Steve Grandfield
Jean Gu
Jan Jorgensen
Dan McGrain
Mineola Steak House
Laurie Stogdill
Doris Strong

Doug Struyk
Dr. Michael Zlomke
In Honor:
Janet Richardson - Barb Grandfield
Tom Whitson/Janet Richardson - Rex & Vicki Grote

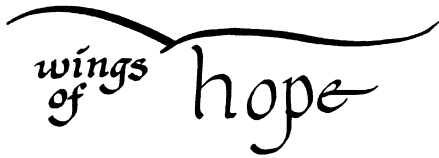
Hope Chest

Renewal Room:

Altrusa International of CB
American Cancer Society
Nancy Braunersrither
Geoff Christianson
Michelle Clements
Connie's Style Salon

Aileen Eatherton
Jackie Finney
Barb Grandfield
Vicki Grote
Cherry Hansen
Dave Hansen
Kathleen Kuhl
Gerrie Lee
Violet Mantzavis
Sharon McGlynn
Cathe McKee
Candy Narmi
Debbie Pierson
Bill & Cindy Push
Pam Standley

This list reflects donations received between 7/1/11 - 10/31/11



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:

November

November 1, 2011 Tuesday
6:00-7:30 p.m.
Young Women's Breast
Cancer Support
Wings of Hope

November 14 & 28, 2011 Monday
6:30-8:00 p.m.
"Healthy Moves"
The Senior Center

November 16 & 30, 2011
HEALING TOUCH
Call 325-8970 to schedule

November 21, 2011 Monday
6:00-7:30 p.m.
Hope for Tomorrow Cancer
All cancer patients/caregivers
welcome.

Men's Cancer Activity Group
November 22, 2011
7-8:30 pm
Wii games at the
Senior Center

December

December 6, 2011 Tuesday
6:00-7:30 p.m.
Young Women's Breast
Cancer Support

December 1, 2011 Wednesday
5:30 - 7 pm
Wings of Comfort

December 12, 2011 Monday
6:30-8:00 p.m.
"Healthy Moves"
Women's Cancer Survivor
Movement Class
The Senior Center

December 14, 2011
HEALING TOUCH
Call 325-8970 to schedule

ALL Cancer Support Group
December 19, 2011 Monday
6:00-7:30 p.m.



January 2012

January 3, 2012 Tuesday
6:00-7:30 p.m.
Young Women's Breast
Cancer Support

Wings of Comfort
Large Group Training
To Be Announced

January 9 & 23, 2012 Monday
6:30-8:00 p.m.
"Healthy Moves"
Women's Cancer Survivor
Movement Class
The Senior Center

January 11 & 25, 2012
HEALING TOUCH
Call 325-8970 to schedule

January 16, 2012 Monday
6:00-7:30 p.m.
Hope for Tomorrow Cancer
All cancer patients/caregivers
welcome.

Men's Cancer Activity Group
January 24, 2012 7-8:30 -pm
The Senior Center