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Kent County Happenings

The Wellness Community-Delaware is dedicated to helping people with cancer and their loved ones by providing professionally led programs of emotional support, education and hope as an integral part of conventional medical treatment. At The Wellness Community, all programs are offered free of charge.

Would you like to be notified about upcoming programs and events and receive special web site updates? Just send an e-mail message to

jwilkins@wellnessdelaware.org

with the words "E-mail List" in the subject line. It's as simple as that!

Special Programs Provide Opportunity for Participants to Make a Difference

By Sean M. Hebbel, LCSW, OSW-C

After treatment for cancer, many Wellness Community participants look for ways to "give back" to the Community that provided services to them during their treatment. Some participants enter a Long Term Survivors Group or facilitate "Newcomers With Cancer" Groups and Informational Sessions. Other participants donate their time and expertise by volunteering to serve on committees or to help with our special events and projects.

We were recently asked by the National Coalition for Cancer Survivorship to participate in a pilot project that provides TWC participants a chance to "give back" in a different way. We were chosen as one of three TWC's nationally to pilot the "Cancer Advocacy Now" or *CAN Program*. This partnership program first develops a grassroots network of people with cancer and their families and then provides them with the training and tools to be heard on the national and local level on issues that impact access to cancer care. Recently, 19 people were trained at The Wellness Community-Delaware for this important program. All trainees have an opportunity to join the *CAN Program* and make their voices heard in Congress.

We are also working on an innovative project sponsored by Christ Church Christiana Hundred in collaboration with the Delaware Center for Horticulture (DCH). So far, ten participants and several staff and Board members have been involved in this project. We have built raised beds, filled them with organic soil, and had an interesting presentation on organic gardening by Jonathan Lukens, Community Greening Manager for DCH. Under the watchful eyes of Michael Marquardt and Martha Brown, the novice group of organic gardeners planted tomatoes, polebeans, bush cucumbers and lettuce along with zucchini and pumpkins. The organic garden will be

Upcoming Programs

Frankly Speaking About Cancer Treatment: Take Control of Side Effects with Medicine, Mind and Body will be offered at our Kent County facility in September 2004.

Frankly Speaking About Lymphoma: Special Focus on Non-Hodgkins Lymphoma will be offered in the Fall 2004.

Frankly Speaking About New Discoveries: Newest Developments in Medicine for Cancer will be offered in the Fall 2004.

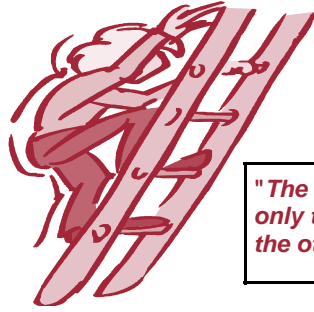
A new educational program for teachers and school counselors on how to respond to families facing cancer will be offered in November 2004. This program will include a physician presenter along with The Wellness Community-Delaware Kids Circle/Teen Talk facilitators.

tended by our participants and other project volunteers (with some help with weeding from a local girl scout troop). A Community Picnic and Harvest Feast is planned for Sunday, September 12th. Everyone will be invited to partake of the culinary feast that Martha Brown (former owner of à la Carte Café) will prepare using veggies from the garden.

By being part of a national organization, The Wellness Community-Delaware has the opportunity to present programs developed by nationally recognized oncology leaders and presented by local specialists in cancer care. As highlighted above, you can see there are many innovative and exciting programs that are being offered in the next few months for people with cancer and their loved ones. Please visit our website for specific schedule information at

www.wellnessdelaware.org.

Letter from the Executive Director



"The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher." Thomas Henry Huxley

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Dear Friends,

The Board and staff of The Wellness Community have had a very busy year. With your support and generosity, we continue to take major steps to provide our state-of-the-art cancer support services to all Delawareans.

Each year, we prepare a "State of the Community Report" to compare our progress to our *Five-Year Strategic Plan* that was adopted by the Board of Directors in 2000. The following is "**The Wellness Community's (TWCD) 2003 Report**":

Statewide

- Developed an annual budget and maintained a system of financial controls to insure that TWCD was operated within budget.
- Secured funding to insure orderly expansion and development in all three counties.
- Provided the following programs:
 - Approximately 200 support groups, 120 networking groups, 20 workshops for children and teens, 48 art therapy workshops and 24 bereavement workshops.
 - More than 20 educational programs such as detecting and treating colon cancer, clinical trials, better bone health, and living with prostate cancer.
 - 150 yoga classes, 96 tai chi sessions and 12 mindful meditation groups.
 - More than 15 participant gatherings such as parties, picnics, movies and gardening projects.

New Castle County

- Collaborated with The Ministry of Caring to deliver support services to the elderly poor.
- Provided a virtual support group to Spanish speaking population.
- Initiated a support group for teens with cancer.
- Completed a Bereavement Center for children who have lost a loved one.
- Completed a 3.5 acre handicapped accessible Meditation Garden project.
- Held two successful fundraisers: The Strides For Hope Charity Marathon and the Richard P. DiSabatino Golf Tournament.
- Developed a volunteer base for assistance with future projects.

Kent County

- Purchased and renovated a home in Dover to provide support services.
- Implemented a capital campaign drive and reached 70% of goal within three months.
- Have been designated by Bayhealth Medical Center to provide their psychosocial support programs for people with cancer.
- Increased program participation by 200%.
- Held successful auction and fundraising event, Vienna Choir Boys' performance at the Schwartz Center for the Arts.

Sussex County

- Offered informational and support services to people with cancer and their families in the following Sussex County locations: Bethany Beach, Lewes, Rehoboth Beach and Ocean View.

With your continued generosity and love, we will "move up the ladder" toward our goal of providing support for everyone touched by cancer in Delaware.

Fondly,

Cindy Dwyer

PS: We are in the process of searching for a suitable facility in Sussex County, preferably near the Tunnell Cancer Center. If you have any ideas or suggestions, please give us a call.

Donations & Gifts For The Year 2003

The Board of Directors, staff members, and participants of **The Wellness Community-Delaware** wish to express their gratitude to all of the contributors who provided donations and gifts in 2003. The generosity of our supporters allows us to fulfill our mission of providing emotional support, education, and hope to people with cancer and their loved ones.

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Richard Moudy and Cynthia Dwyer served as support crew and cheered the team on through Stanley Park and along the English Bay!!

2004 Strides for Hope Team



Congratulations to the 2004 Strides for Hope team who raised over \$61,000 in support of The Wellness Community-Delaware! Team members participated in the Adidas Vancouver (British Columbia) Half-Marathon on May 2, 2004. Pictured from left: (Bottom Row): Carol Hiller, Janet Enslin, Gail Lear, Trudy Gola, Gina DeAngelis, (Middle Row): Cynthia deLeon, Cynthia Dwyer, Lise Monty Leary, Event Coordinator Jo Wilkins, Teena Winiarczyk, Coach Paul Schweizer, (Top Row): Ruth Evans, Julie Shaw, Deborah Welch, Joe Sakers



Photo Gallery



Volunteers of the Organic Garden project receive close supervision from The Wellness Community "Hope-a-saurus".



Jonathan Lukens of the Delaware Center for Horticulture and Board Member Martha Brown show how much fun planting an organic garden can be !

Kent County Happenings

By Jan Shallcross

We are so fortunate to have such a wonderful Advisory Committee here in Kent County. Renovations to our new home are complete. A big thanks goes out to everyone who helped us accomplish what we did in such a short time. A huge thanks to Roy Klein and L.D. Shank for lining up the construction and making sure everything was done on time. We are planning our **Grand Opening on Thursday, June 24, 2004 from 5:00-7:00 PM** and we hope you can attend.

Although the inside of the house is completed there are still a few things needed for the outside to make the whole project complete. Please take a look at the items on the list, and if you can help us, give me a call at 734-0898. Remember, your donation is tax deductible!



The Wellness Community Wish List

- Gas Grill (for fun events)
- Patio/Porch Furniture
- Sitting Bench (for outside the house)
- Donations of low growing flowers and bushes to plant in front of the house

Check Out Our Website!



www.wellnessdelaware.org

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