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On the Move in Sussex County!

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!

Fall Program Schedule Focuses on Patient Active Skills

In June 1982, Harold Benjamin, Ph.D., founded The Wellness Community (TWC) in Santa Monica, California. At the center of TWC's program philosophy is Dr. Benjamin's Patient Active© (*Patient Active*) concept which states that, "*People with cancer who participate in their fight for recovery from cancer will improve the quality of their life and may enhance the possibility of their recovery.*" People who see themselves as *Patient Active* believe that they are involved in their fight for recovery along with their physicians and health care team. They also adopt a series of actions, behaviors and attitudes that will improve the quality of their lives and may enhance the possibility of recovery.

Being *Patient Active* is about feeling and acting empowered. It is not just a descriptive term about how you choose to act during the cancer experience. The *Patient Active* concept indicates that people with cancer do not view themselves as a passive "cancer patients" - but rather consider themselves to be a "cancer patient - active". It is your **ACTIVE PARTICIPATION** in the choices you and your healthcare team make about treatment that can improve your quality of life and perhaps enhance the possibility of your recovery. Choosing to be *Patient Active* is not one monumental decision, but rather a series of small, incremental choices that help you regain a sense of control over your treatment and your life in general.

There is no right or wrong way to be *Patient Active*. You decide what is

best for you. Being *Patient Active* means that you take specific steps to learn to make informed decisions about your cancer and its treatment as well as the psychological, emotional, social and spiritual issues that impact your health and well-being.

Among the many stressors that cancer and its treatment can bring, research has shown that there are three particularly challenging psychological and emotional stressors that people with cancer face: unwanted aloneness, loss of control and loss of hope. A meaningful way to reduce these stressors is to participate—along with loved ones and other people with cancer—in support groups, educational workshops, stress management programs and other activities such as those offered at The Wellness Community-Delaware.

This fall, we have many ongoing and special programs to help you become more *Patient Active*. Beginning in September and continuing into November, a series of programs will be offered for those of you who are "Sick and Tired of Being Sick and Tired!" Through poetry, meditative imaging, physical activity, yoga, knitting, visual arts, journaling and movement therapy, participants will learn how to counteract the negative vibes that so often accompany health problems.

In observance of Breast Cancer Awareness month, we will be hosting a variety of workshops which will address specific issues related to Breast Cancer during the week of October 6-9th. The week begins on Monday, October 6th with a discussion on the "The Diagnosis and

(continued on back page)

Letter from the Executive Director

*"There are many ways of going forward, but only one way of standing still."
-Franklin D. Roosevelt*

The Wellness Community-Delaware is going forward: Standing still isn't even in our vocabulary. Just look below to see what's happening.

New Castle County Facility

We continue to enhance and increase the cancer support and educational services at our Wilmington facility. We're outreaching into the community with collaborative programs with the Ministry of Caring and Westside Health.

Kent County Outreach

We have just purchased a "home" near Bayhealth Medical Center where we'll be able to offer even more cancer support, relaxation and educational services. We are collaborating with the Schwartz Center to sponsor a fundraiser on Saturday, December 20th with the Vienna Choir Boys. The Schwartz Center, a beautiful building in downtown Dover, will provide a wonderful venue to publicize The Wellness Community's free services.

Sussex County Outreach

We are beginning the process of holding informational meetings every Monday in Rehoboth Beach, Dewey Beach and Bethany Bay. As a result of these meetings, we hope to have several support groups underway in the near future. We will host our first participant group, "For Men Only...Men Touched By Cancer" at the WSFS branch in Dewey Beach, the fourth Tuesday of every month.

Why is The Wellness Community – Delaware on the move?

Cancer is a major health problem. According to *Cancer Facts & Figures 2000*, men have a one in two lifetime risk of developing cancer, and for women the risk is one in three. The definition of a lifetime risk is the probability that an individual, over the course of a lifetime, will develop cancer or die from it.

Although the incidence rate has decreased in Delaware in the past four years, Delawareans continue to be diagnosed with cancer at a 10% higher rate than the national average. There are more than 11,000 people in Delaware who have cancer with an estimated 4,100 new cases each year.

We need your help.

As we continue to expand our services, increase our participation and reach more people with cancer in Delaware, our need to raise more funds increases as well.

Within the next few weeks you will be receiving our annual solicitation. Please consider responding generously. On behalf of the many people who benefit from The Wellness Community - Delaware, thank you in advance for your kind consideration and generosity.

Together, we can move forward with love and support for all people with cancer in Delaware.

Fondly,

Cynthia C. Dwyer
Executive Director

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Kent County Happenings

By Jan Shallcross

The Wellness Community is growing by leaps and bounds! We have just purchased a home in Kent County. This lovely two-story home will be located closer to the hospital and provide us with more space in which to offer our state of the art programs. Our new facility will allow us to provide our programs and services to anyone who has been touched by cancer, and to do so in a more homelike setting.

While this home has lots of charm, it does need some TLC. We are currently looking for someone who might donate the cost of updating both of the already existing handicapped accessible restrooms. The house needs to have a new HVAC system installed and new windows, as well. If you or your company would be interested in helping us, your gift is tax deductible.

And don't forget, tickets are still available for The Wellness Community – Kent County's first fundraising event that will be held at the Schwartz Center for the Performing Arts on Saturday, December 20th. This special holiday event includes a cocktail party, silent auction and a performance by the *Vienna Choir Boys*. For tickets or for sponsorship opportunities, please give me a call at 302-734-0898.

The Wellness Community-Delaware and Wilmington Trust would like to invite you and your family to a special holiday program to be held at the

Schwartz Center for the Performing Arts

on Saturday, December 20, 2003 at 8:00 pm

Featuring the Vienna Choir Boys

Silent Auction and Cocktail Party begins at 6:00 pm

Special activities are planned for the children to include Santa's Secret Workshop for holiday shopping!

The money raised by this fundraising event will be used to support programs and services provided by The Wellness Community-Delaware in Kent County.

Advance Tickets now available!

Adults \$55.00 Students (18 years and under) \$15.00

For more information or to purchase tickets, contact Jan Shallcross at (302) 734-0898.

Our House Needs Your Help to Make it a Home!

Hardwood Floor Refinishing
Handicapped Bathrooms
Paint
Gas Fireplace
New HVAC System
New Windows
Rugs
Porch / Patio Furniture
Small Stove with Cook Top
Microwave
Fax Machine
Copy Machine
Reception desk
Small tables



A perfect setting for our new home located across the street from Bayhealth Medical Center (Kent General) on the corner of Bradford and Hope Street in Dover!

Staff Spotlight:



CAROL
HILLER



As the latest new-hire to the Wellness Community Staff in June, my history here is limited to the past three months, but my journey here started many years ago.

The beginning of my journey into the cancer world started nearly 35 years ago when my dad was diagnosed with colon cancer. At the time, we were shocked and terrified that he wouldn't live to see his next birthday. We learned all we could as quickly as possible about the disease and its treatment. Information was very limited at that time, compared to all that is available to us today on the news and the Internet. Here was this man in the prime of his life being told that his best shot at survival was major surgery and a colostomy. Those were tough words for all of us to hear, but we were determined to find a way to give him the best possible chance of survival. At that time, I remember praying to God that if he would spare my dad, I would repay the debt someday down the road. As the years passed by and my dad recovered and returned to a full life once again, I never forgot that promise. He went on to live another 30 years. He used to say to me that after that experience, whatever else life had to offer him was just icing on the cake. In the end it was Alzheimer's that took his life, not his cancer.

So it is no coincidence that four years after having had my own breast cancer experience, I should end up in such a wonderful, healing environment as the Wellness Community. Little did I realize when my job was downsized in April of this year that my "New Beginning" would be here in an environment about which I have so much passion. The biggest battle I had to face in my own recovery from the disease was the emotional aspect. Doctors can treat our disease, rehabilitate our bodies, give us new parts, educate us about the best ways to cut our chances of recurrence, but nothing prepares you for the emotional roller coaster that comes with the diagnosis of Cancer and all the fear that goes with it. Once I had finished my chemo and radiation in the fall of 1999, there was a huge void to fill. I had been checked and X-rayed and examined for nearly 9 months on a weekly basis . . . and all of a sudden, no one was looking

at me or my blood or my body for weeks at a time! I had to dig deeper into my own strength than I had ever been challenged to do before in my life. My spiritual journey began a long time ago, but this was the ultimate challenge. Could I ever feel safe again in my own body? Would the cancer return again in another shape and form? How could I cope without burdening my family with my fears? Thank God, I have a wonderful support system of friends and family who have seen me on my best day and at my most devastating moments. One of the greatest gifts I received early on was a friend who came to be with me the day of my diagnosis and promised that no matter how tough it got, she would be there with me for the long haul. Those are the friends you need and value when this big "C" happens in your life. The love and support of those around me was so overwhelming that at times I was totally overcome with gratitude!

I remember reading one of my many books early on in my treatment that challenged me to "look for the gifts in your diagnosis." And my response was, "Are you crazy? There are no gifts in this!" But I was wrong again, for the gifts have been many. I don't have enough room to explain them all, but here are a few:

One of my big fears in surgery was that as an asthmatic, my body would overreact to the anesthesia. After all I had been through, I wasn't about to die from an asthma attack in surgery! But, there was a greater plan in place and believe it or not, three times I went to surgery and *every time* the same nurse was on duty. She said that she never worked on Saturday, but the Saturdays I needed her, she was there. I am convinced this was no accident.

Another wonderful experience I recall was when I was scheduled to start my radiation therapy. It didn't feel wonderful going down the hall to the area marked "Radiation/Oncology", but I encountered this wonderful woman named Mary, who I would soon learn received her treatment just before me each day. This was her second time around. She knew the ropes and immediately began to share with me her experience and hope. She didn't know what an angel in disguise she was for me, and we still keep in touch. I really had nothing to fear, because she was there to make the way for me. Hopefully, I will be able to do the same for others someday.

Others who have traveled this journey and experienced the world of cancer will know immediately what I am speaking about. What I have learned and continue to learn is that we are all in this together. We can all heal together in whatever shape or form and we can learn how to really live. Cancer gives you new vision to see things in ways you never could before. You notice the sunsets, the birds, the changing of the trees, the beautiful hair on the baby's head in the grocery store, the smell of everything around you, the sound of music

that permeates your soul and lifts your spirit in ways you never knew before. You appreciate the uniqueness in all those around you without any great desire to change them, because it just doesn't matter any more what they do. It only matters what I choose to do. I get to choose on a daily basis, what I want my life to look like today. What a great gift! I don't do anything I don't really want to do. My focus is in draining as much love and laughter out of each day that is possible. By doing so, I will have no regrets that I didn't use this time to the max. On beautiful sunny days when the sun is not too hot, I get in my car and drive to the beach, set up my umbrella, take out a book and just enjoy the ocean. No big deal, but such a gift, just to have the option to be able to choose. I spend time with my 4 grandchildren and smell their hair, touch their beautiful little bodies and realize that Life is

So Good Today! My life is so rich because of this experience. I have been given new eyes to see the world because of my cancer. Yes, there *were* many gifts in my cancer experience; it just took awhile for me to see the value in what they brought to my life.

The Wellness Community is my new home and a place to hang my hat, hopefully for a long time to come. The transformation that takes place here on a daily basis in people's lives is such an amazing thing. We see people with cancer and their families come in the door burdened with worry and concern. By being part of a group, they can share their innermost feelings, and in doing so, reclaim their sense of hope and happiness. This is a place of healing and new life for all of us. It is not how you die that counts, it is how you Live each day.

- Carol Hiller

the **DICKIE DiSABATINO** Golf Classic

The Wellness Community-Delaware would like to thank the 132 golfers, and all of the sponsors and contributors who supported the 2003 Dickie DiSabatino Golf Classic on July 21, 2003 at the Bidermann Golf Club. Thanks to your generosity, we raised over \$45,000 for cancer support programs and services. Your continued support is greatly appreciated!



Amy & Jessica Dubb head out to the fairways with sponsorship tee signs.



Miss Delaware, Erin Williams joins Cocktail Party hosts Verino and Midge Pettinaro in welcoming Dana DiSabatino Lascelles and Andy DiSabatino.



Jack Kotula, current Chairman of the Board for The Wellness Community-Delaware, poses with a photo of Dickie DiSabatino. The annual golf tournament honors the memory of Dickie, who served a vital role as a member of the founding Board of Directors.

Tournament Results

1st Place Low Gross (63)

- Leonard Iacono
- Andrew Pennington
- Gus Diabiasi
- Harry Simeone

1st Place Low Net (47)

- Rick Deadwyler
- Anthony Wright
- Hugh Campbell
- Jim Wheeler

Longest Drive

- Dave Winfree
- Bonnie Metz

Closest to the Hole

- Dave Smithburger
- Betsy Rawls



Jo Wilkins, Tournament Director, smiles at the end of a fun day with Gail Lear (Finance Director), Bob Needles (Super Volunteer), Cynthia Dwyer (Executive Director) and Susan Dubb (Board Assistant Treasurer and Event Planning Committee. Oh, and she's also the Mom to those wonderful girls pictured above!).



After a competitive day of golf, the Cocktail Party offered food, fun and an opportunity for fellowship!

Get fit as you train for the experience of a lifetime and help people with cancer find hope!



The Challenge Ask anyone who has run or walked a marathon—it is the experience of a lifetime! With the right attitude, commitment and solid training program, anyone can complete a marathon. But Strides for Hope is about more than completing a marathon. As a member of our dedicated team, you will be raising money to help cancer patients find hope at **The Wellness Community**, a national non-profit organization providing free emotional support, education and hope to people with cancer and their loved ones.

The Program Team members receive a comprehensive training program in our unique group environment, led by an experienced training team. The program is designed for all experience levels from the novice walker to the seasoned runner. Team members receive free airfare, three nights hotel accommodations in Vancouver and paid marathon or half marathon entry in exchange for raising a specified amount of money to support people living with cancer. Fund raising materials and assistance are provided.

Your Inspiration As you begin this challenge, your inspiration is knowing that your commitment will support people with cancer at The Wellness Community as they face their own personal challenge of living with cancer. You can participate in honor or memory of someone you know who has been touched by cancer or we can partner you with someone who would be honored to serve as your inspiration. **If you are a cancer survivor**, participate to celebrate your survivorship while providing hope and inspiration to others living with cancer.

The Adidas Vancouver International Marathon, May 2, 2004 Who could ask for a better location for the ultimate marathon experience!



Considered to be Canada's biggest and best marathon, the course is mostly flat and spectator-friendly. The city's cool 50 - 60° spring weather make it just right for a spectacular marathon experience.

Vancouver is the largest city in the province of British Columbia and the third largest city in Canada. It is surrounded by water on three sides and is nestled alongside the Coast Mountain Range. Vancouver is home to spectacular natural scenery and a bustling metropolitan core. Join The Wellness Community-Delaware Strides for Hope Team and we promise you the experience of a lifetime!

What a Great Experience!

"Along with my wedding day and the birth of my children, I include completing the marathon as one of best experiences in my life. I felt such a sense of personal accomplishment and I'm so glad that I could raise money to help people with cancer find support at The Wellness Community."

"My Dad and I walked the marathon together to celebrate his cancer survivorship. Having him alive and healthy today and spending time training together was the greatest gift. It was such an incredible feeling to walk across the finish line side by side. I will always cherish the time we spent together as a part of the Strides for Hope team."

"Our Strides for Hope team met as a group of strangers but quickly became friends and true teammates. It is with them that I share one of my greatest life memories."

the wellness community
delaware



Join Our Strides for Hope Team!

Strides for Hope Marathon Teams are forming across the country in several cities to participate in the Vancouver International Marathon. By becoming a member of The Wellness Community-Delaware Strides for Hope Team, you will also be part of a much larger team of runners and walkers from Wellness Communities across the United States. Last year, over 175 team members from sixteen Wellness Communities participated. Our Delaware team generally consists of 10 to 15 team members. This year, however, our goal is to attract team members from the entire state!

Think you might be interested? Here's how you can find out more information!

The Wellness Community will be hosting information meetings. You'll have the opportunity to meet the coaches and staff, and to ask questions about the training and fundraising. If you decide to join the team, you can register at the meeting. If you have further questions, please contact Jo Wilkins at The Wellness Community - Delaware at (302) 995-2850 or email jwilkins@wellnessdelaware.org.



Please remember The Wellness Community-Delaware this year when you designate your United Way gift. Thank you for helping us provide a community of caring for people with cancer and their families.

United Way Designation Codes

Delaware 9235

Pennsylvania 9659

Another way you can help The Wellness Community-DE is by asking your employer if they have a matching gifts program. It will double your donation!!

Gems and Nuggets from the Library Collection

By Mary Ann Dilworth

Here are some items you may find interesting, useful, or even fun! The colors refer to the section of the bookshelves where they can be found.

Books

There's No Place Like Hope by *Girard* (yellow): Short chapters on topics of vital interest to people with cancer from insurance issues to support groups to survivor's guilt. "Survivor's guilt? There should be no such thing. Instead there should be survivor's anger. We're **MAD** that we all don't make it...yet!"

The Journey Through Cancer by *Geffen* (red): An oncologist's 7-level program for healing and transforming the whole person, told in the context of his personal experiences.

Cancer As A Turning Point by *LeShan* (orange): From the preface - "The primary purpose (of this book) is to help individuals with cancer mobilize their own self healing abilities and to bring them to the aid of their medical program."

Ways You Can Help by *Cooke* (orange): Family and friends of persons who are ill can find creative, practical suggestions for ways to help....beyond a get-well card.

Tapes

Getting Ready by *Siegal* (blue): Dr. Bernie Siegal leads a series of guided visualizations for people who are anxious about surgery, radiation and chemotherapy.

Love Adds A Little Chocolate (yellow): Easy-to-listen-to stories and thoughts about being human.

(continued from front page)

Treatment of Breast Cancer” by Virginia Clemmer, MD., and Darcy Burbage, BSN. On Tuesday, October 7th Jeremy Stephens, PTA, CLT-LANA, will present “Lymphedema: What Is It and How Is it Treated.” On Wednesday, October 8th, Theresa Gilles, MD and Lisa Marshall, OTR, discuss how you can increase your strength and stamina after breast cancer treatment. Sandra Bucay of the Delaware Breast Cancer Coalition, Kate McKenzie of AstraZeneca and the Komen Foundation, and Cathy Holloway of the regional office of the American Cancer Society will address Breast Cancer Advocacy-Giving Back After Treatment on Thursday, October 9th.

In addition to all of our special programs, we continue to offer weekly groups for people with cancer and their loved ones. We offer ten monthly, cancer-specific networking groups. T'ai chi and yoga are both offered twice a week, and art therapy classes are forming continuously. All of our programs and services are offered free of charge!

Each day at The Wellness Community-Delaware, we provide many opportunities for people to develop *Patient Active* skills and take a more active role in their cancer care. Won't you please join us?!

The Wellness Community is coming to Sussex County! Support for people touched by cancer.

How can I find out more?

- ♥ You are invited to attend a one-hour informational meeting. No reservation is necessary. Select a location and time that is convenient for you!

Bethany Bay Club House in Bethany Bay
Mondays at 11:00 AM

Bethel United Methodist Church
129 West 4th Street in Lewes
Mondays at 3:00 PM

WSFS Bank in Dewey Beach
Mondays at 5:30 PM

What will I learn?

- ♥ Techniques to regain control
- ♥ Information about managing cancer and treatments
- ♥ Ways to reduce stress
- ♥ How to be a victor....not a victim
- ♥ How to become *patient active*
- ♥ You are not alone! The Wellness Community will help you in your efforts toward recovery.

Check Out Our Website!
www.wellnessdelaware.org



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