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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.

**Contact us . . .**  
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 302-995-2850  
**Kent County**  
 812 S. Bradford Street  
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 302-734-0898  
**Sussex County**  
 19633 Blue Bird Lane, Suite 5  
 Rehoboth Beach, DE 19971  
 302-227-1155  
[www.wellnessdelaware.org](http://www.wellnessdelaware.org)

Would you like to be notified about upcoming programs and events? Send an e-mail to [shenderson@wellnessdelaware.org](mailto:shenderson@wellnessdelaware.org). If you no longer wish to have the newsletter mailed to you, please call us at 995-2850.

# Battling the Holiday Blues

The holidays are usually a time of joy and celebration. But for someone facing a crisis in his or her life, such as a cancer diagnosis, it can also be a time of overwhelming dread, fear and sorrow.

"I have heard group members recount their cancer journey and say, 'On that first holiday . . . I couldn't stop thinking that this might be my last,'" says Clare Wilson, RN, LPMHC. That's why, she adds, it's important to learn to live for the moment and find joy among the tears.

One way to shake the holiday blues is to participate in a stress-reduction activity like **Mindfulness Meditation**, a technique developed at the University of Massachusetts. This popular program at The Wellness Community helps participants learn to let go of worries from the past or the future and focus on the present. Another stress reduction workshop, **Quiet Reflections for the Holidays**, encourages participants to make time for themselves and focus on the positive aspects of their life.

A sense of isolation can lead to stress, especially for people touched by cancer. That's why getting together with others who are supportive and understanding can help cancer survivors get through the holidays. Possibilities include **Open Art Studio** — no experience necessary — or an evening at the movies with all the free popcorn you can eat. December's movie is "**Edward Scissorhands**."

But people touched by cancer may also be clinically depressed and need professional help, according to Paul Galonsky of the Mental Health Association of Delaware.

Depression can limit the energy needed to keep focused on treatment for

## Stress Busters

### Mindfulness Meditation

Nov. 11, Dec. 9 - 10 AM  
New Castle County

### Open Art Studio

Nov. 11, Nov. 18, Dec. 9, Dec. 16 - 10 AM  
New Castle County

### Coping with Depression During the Holiday Season

Nov. 22 - 6:30 PM  
New Castle County

### Quiet Reflections for the Holidays

Nov. 30 - 3 PM, Dec. 12 - 6 PM  
Sussex County

### Quiet Reflection for the Holidays

Dec. 5 - 6 PM  
Kent County

### TWC at the Movies

"Edward Scissorhands"  
Dec. 22 - 6:30 PM  
New Castle County

For details see our Web site:  
[www.wellnessdelaware.org](http://www.wellnessdelaware.org)

other disorders, such as cancer. Treatment for depression by a mental health professional enhances survival and quality of life, says Mr. Galonsky.

Medications for depression can take several weeks to work and may need to be combined with ongoing psychotherapy. Not everyone responds to treatment in the same way. Prescriptions and dosing may need to be adjusted. No matter how advanced the cancer, however, the person does not have to suffer from depression. Treatment can be effective.

To learn more about depression and cancer, plan to attend **Coping with Depression During the Holiday Season** on November 22, 6:30 PM, at TWC's New Castle County facility.

## Letter from the Executive Director

### Your Financial Support Rekindles the Flame of Hope for People with Cancer and Their Families

*Sometimes our light goes out but is blown into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light.*  
— *Albert Schweitzer*

While preparing to write this article, I am surrounded with stories of havoc and destruction brought on by very severe hurricanes. The light literally and figuratively has gone out for many people who live in the affected areas. As devastating as these images have been, I am comforted by many heartwarming stories of people who are going out of their way to help one another.

People diagnosed with cancer can have their own personal hurricane encounter. They suffer from seemingly endless issues that can include choice of treatment, fear of dying, loss of hair, surgery, radiation and chemotherapy. The rate of depression is up to four times higher and the rate of clinically significant anxiety disorders has been found to be as high as 14 percent.

Through participation in professionally led support groups, educational workshops and mind/body classes available at all three Wellness Community–Delaware locations throughout the state, people affected by cancer learn vital skills to regain control, reduce isolation and restore *hope*. They come to learn they are not alone in their fight — whether for physical, emotional or spiritual recovery. *Together* they regain a sense of control over their lives and ultimately discover that hope is a valuable tool irrespective of the stage of the disease.

We are grateful for the tremendous support we get each year from you, our donors, who invest in the mission of The Wellness Community–Delaware with your generous financial contributions. It is only with your support that we are able to provide our comprehensive program of free supportive services to people with cancer throughout the state of Delaware.

Our annual appeal has been mailed and will be arriving at your home soon. Please consider making a contribution to help us *rekindle the flame of hope* for people in Delaware with cancer.

With warm regards,

Cindy Dwyer  
Executive Director



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# News Briefs

## Trees, Please

As a result of your generous donations, we have a number of beautiful teak memorial benches scattered throughout the gardens of our New Castle County facility. Our next goal is to enhance our arboretum. Many old trees are reaching the end of their life span and we need to begin planting for the future. We'd like to ask you to consider donating a tree to honor or memorialize an individual. You may choose from a list of native species trees. Planting will take place in the spring and fall. Cost will vary according to tree chosen but will generally be about \$500. Contact TWCD staff for more information.



## Santa Wish List

If you are feeling the generosity of the season, here are some things we could use:

- ◇ Digital camera
- ◇ Bigger TV (If Santa brings you a new TV, consider donating your old one to us.)
- ◇ Patio furniture (New Castle facility)
- ◇ Carpet for stairway (New Castle facility)
- ◇ Storage shed (New Castle facility)
- ◇ Blinds for new sunroom (Kent facility)
- ◇ Cherry book shelf and coat rack (Sussex facility)
- ◇ Ice bucket and paper cutter (Sussex facility)



## New Board Members

We'd like to welcome our newest board members.

**Alicia Clark**, Wilmington, is owner of Social Solutions, LLC. Formerly with The Wilmington Metropolitan Urban League, Alicia has a special interest in minority healthcare initiatives.

**Brenda (B.J.) Funderburk**, Rehoboth Beach, is Retail Relationship Manager for WSFS. She was on the Sussex County Advisory Committee before joining TWCD's board and was instrumental in organizing the First Annual Jake's Seafood House Restaurant Golf Tournament in June.

**Dan Kline**, Wilmington, is Vice President of Strategic Development/Support Services, at St. Francis Hospital. He recently directed the hospital's cancer care feasibility study outlining the future direction of St. Francis' cancer care program.

**Toni Lindsay**, Wilmington, is Vice President & Managing Director, Christiana Bank & Trust Company. Toni has been active in a number of community organizations, including Girls Clubs of Delaware and Girls, Inc., and is a crew member for the Kalmar Nyckel.

**Dan Mahoney**, Wilmington, is owner of The Mahoney Consulting Group, a legal services management consulting firm. Before starting his own business, Dan was the architect and former manager of the DuPont Company's award-winning legal cost containment program.

## Best of Delaware Results

Executive Director Cindy Dwyer and Board President Xavier DeCaire received a check for \$26,400 from Carmen Hist, publisher of Delaware Today, at a luncheon at Terrace at Greenhill in Wilmington on October 25. The check represents The Wellness Community-Delaware's share of proceeds as a beneficiary of the Best of Delaware Party last July at Dover Downs Entertainment Center. TWC is grateful to the many volunteers who contributed to the party's success. "This money will allow us to continue providing free programs for people with cancer and their families," Cindy told the group.

**Save  
the  
Date!**

**June 11, 2006**  
**Celebrate TWCD's 10th Anniversary at Conley Ward's in Wilmington**  
**Watch for more details!**

## Chris Reeves' Poetic Journey

When I was diagnosed with metastatic colon cancer more than two years ago, I knew little about the disease, other than it was serious and usually fatal. Since I am smart, curious, and obsessive, I immediately commenced detailed research into cancer in general and into my particular version in particular. This provided two immediate benefits. First, by educating myself, I felt able to exert some control over a situation that too often swirls unfocused. I could both confront and understand my doctors to the point of at least having an intuitive feel for both their competence and concern. Second, the research allowed me to put the reality of my own situation at some distance, to view it more objectively, and to give myself time to incorporate this trauma into my ongoing day-to-day life. One of the by-products of this research was discovering The Wellness Community-Delaware.

I was not the type to share feelings easily with others, nor was I the type to feel much sympathy, but I was smart enough to recognize that doing so was not only advisable but mandatory in order to maintain the positive attitude cancer survivorship requires. So, I joined a support group, skeptical at first but willing to try. I found myself learning; I found myself developing some compassion for my fellow group members, and I found that sharing such a life changing disease made the things we didn't share insignificant. So I listened and I learned.

The next surprise came as I matured within the group and discovered that relating my knowledge and experience provided benefits for others, both old-timers and newcomers. Gradually, the overwhelming metaphysical purpose of the support group became clear. While at first we learn from the group about how to live

with our disease, we soon develop a responsibility to teach what we have learned to others. In fact, one cannot flourish without the other. And ultimately, for those of us who expect to succumb to our cancer, we learn how to die from those who precede us, and we carry a dramatic obligation to then teach others how to die by the example we communicate,

both in our words and our actions. A support group is an organism that far exceeds the individual participants who come and go, for a variety of reasons. I have no doubt that the nature of the group I belong to reflects the influence of people I have never met, and that my years of participation will continue to shape the effect of the group upon people I will never meet.

The Wellness Community provides a myriad of programs to help us explore not only the facets of our disease but also those activities that bring us pleasure, in a calm environment where one overriding fact of our existences can be set aside. I have participated in many of these, and I hope to participate in many more. One in particular, however, has had an impact on me perhaps equal to my cancer. When I was an undergraduate many, many years ago, I had aspirations of becoming a poet. Things got in the way, so I put that aside for thirty-five years, my muse had dried up. But when I was diagnosed, that muse returned uninvited, and I was compelled to start writing again. The Wellness Community started up a poetry writing workshop that has continued now for two years. In the course of that time, I have had my work read on the floor of the United States Senate and published in literary magazines. A volume of my poetry will be published this fall. Without The Wellness Community none of this might have happened. With The Wellness Community I have become a better person, although given where I started from, that was not a difficult climb.

*To purchase "Voices Over Water," call XLIBRIS toll free at 1-888-795-4274 or go to the Xlibris website: [www2.xlibris.com/bookstore/](http://www2.xlibris.com/bookstore/) and search by either book title or author.*



*Chris Reeves, author of "Voices Over Water"*

### VOICES OVER WATER

*The Collected Early Poems*



C.B. REEVES

## *Poems from Chris Reeves' book, "Voices Over Water"*

### **Autumn Poem**

Gather round me,  
my friends, my families.  
We have common work to do.  
I have neglected the season's chore:  
too much rain, and no heart  
for peeling leaves.  
But now they are dry, ready  
to be swept and blest and burnt.  
It's time to begin the collect.

Go gather leaf by leaf  
and pile them here.  
With this nib, cut from my bones,  
with this ink, drawn from my veins,  
write on each a word  
that you know to be true  
about you or me or us  
or the moon or the silhouette it makes  
of tree limbs shaken bare.

And as the fire swells, around  
we dance that savage dance  
before and beyond intellect;  
where the fire makes of our stripped limbs  
wild shadows thrown against the wood,  
and the smoke rises to rust our eyes  
and fill our heads with incense.  
In that smoke and in those shadows,  
breathes our poem.

### **Death, Diddle Diddle!**

I'm measuring time by star drops now.  
I'm marking the moon by jumping cows.  
Whenever I stop to wait to run,  
my shadow extends to flee the sun.

And should I wake before I die,  
be given another fish to fry,  
by hook and crook of my lover's arm,  
I'll bend an elbow to toast your charm.

They'll send you a note to start the rumor;  
I'd sooner be done than done it sooner.  
So while my death may seem immense,  
listen it giggles to gag nonsense.

*For more of Chris Reeves' poetry, see our Web  
site: [www.wellnessdelaware.org](http://www.wellnessdelaware.org)*

## **Wendi Pedicone's New Book is a Rich Mix of Humor, Hope and Help**

It started with an e-mail — a way to stay connected to friends and family and discourage well-meaning but tiring phone calls. It grew into a book of inspiration and hope: "Hanging Out With Lab Coats."

"It was therapeutic for me," says Wendi Pedicone of her regular e-mail updates chronicling her battle with breast cancer after a diagnosis in August of 2004. As the e-mail distribution list grew, so did the insistence by those who laughed and cried with Wendi every week that she put it all together in a book. Self-publishing seemed the best route to print, so she started her own company, FoxPress.

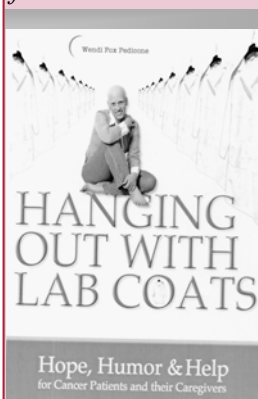
"*Hanging Out With Lab Coats: Hope, Humor and Help for Cancer Patients and their Caregivers*" is filled with inspiring and heartwarming personal stories interspersed with practical information, including a list of resources for patients undergoing breast cancer treatment. The book also includes drawings and photographs to explain treatments and surgery, hopefully alleviating fears and making difficult choices a little easier.

"This is a story about facing fears, making decisions, living day-to-day, discovering comedy in unlikely situations and ultimately emerging triumphant," she says.

Wendi included a section about her positive experiences as a participant at The Wellness Community-Delaware and plans to donate to TWC a portion of the proceeds. Her book will be available directly from her in November and also at selected local bookstores. The hard cover book sells for \$24.95. The soft cover version is \$17.95. For ordering information, see [www.FoxPress.com](http://www.FoxPress.com).



*Wendi Fox Pedicone is a lifelong resident of Delaware. She lives with her husband and four children in Hockessin.*



# Sussex County Notes

By Kaye Webb

The Sussex Facility has established a Professional Advisory Board (PAB) composed of local professionals involved with the treatment and care of people with cancer. An organizational dinner and informational meeting was held in October at the Sussex facility, with nine Sussex County professionals attending. The new Sussex PAB was set up according to guidelines provided The Wellness Community-National. Members of the Professional Advisory Board are asked to refer patients to TWC and to serve a resource for educational programs and workshops.

“A Professional Advisory Board of physicians, nurses and other professionals lends credibility to The Wellness Community,” says Sean Hebbel, LCSW, Program Director for TWC-Delaware. He spoke to the group following the dinner about TWC’s mission and programs.

Our Basket Bingo and Silent Auction on October 25 at the Elks Lodge in Lewes was extremely successful. We owe a big thank-you to all the volunteers and the many businesses that donated prizes and auction items.

We were recipients of a percentage of the proceeds of a Democratic Fiesta in Rehoboth and were also given an opportunity during the evening to share our mission with those in attendance.

The Roadhouse Steak Joint will donate its proceeds on December 21 to TWCD, so please include lunch or dinner at The Roadhouse on Coastal Highway in Rehoboth after a day of holiday shopping at the beach.

Cindy Redefer, our Sussex facility co-coordinator, resigned to be a full-time stay-at-home mom, though she still plans to be active as a volunteer.

We welcome a new co-coordinator, Lori Watson, who joined the staff just in time to help run the Basket Bingo.

The mother of two teenaged daughters, Lori has been an active community volunteer for many years. Before that, she was in retail. “This a new exciting avenue, and I’m really enjoying it,” says Lori.



**Lori Watson,  
Sussex  
Co-Coordinator**

Bayhealth Medical Center and The Wellness Community’s Kent County facility have recently joined forces to provide support programs for people with cancer. A general monthly support group, open to anyone who has been touched by cancer, will be held at The Wellness Community in Kent County on the third Thursday of each month at 7:00 p.m. A monthly Prostate Group will be held the third Tuesday of each month and will rotate between the Bayhealth Dover and Milford Hospital sites. Our Breast Cancer networking group will be held the last Thursday of the month at 6 p.m. Check out our calendar for our Lung Cancer Networking Groups and weekly Participant Groups. We also have Tai Chi and Yoga in both Dover and Milford.

Our Basket Bingo and Silent Auction, held in October at the Sheraton, netted more than \$5,000. Local businesses donated prizes and auction items. A huge thanks to all the players who participated and our loyal volunteers for all their time and effort in making this event a success! Watch the calendar for our next Bingo in May 2006.

We have some great programs planned for the next several months. On Wednesday, December 7, nutritionist Julie Garey discusses the role that stress plays on the immune system and how you can combat the impact through proper nutrition. Call the office for more details.

# Kent County Notes



**Volunteers help put the finishing touches on TWC’s new all seasons room in Kent County.**

Thanks to the Delaware Community Foundation, the Wellness Community Kent County was able to rebuild the old outside porch and add a warm and cozy all seasons room. This all glass sunroom will be used year round for groups, with heat and air conditioning. Look for many parties to be hosted in our new room!

By Jan Shallcross

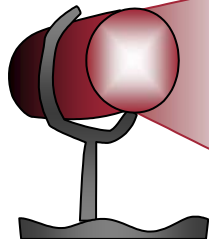
## Board Member Spotlight

### The Power of Print

As vice president of The Wellness Community's board of directors and a leader in the community, Joe Amon supports TWCD in many ways.

He joined The Community News, Inc., in the mid-'90s and has been president and publisher since 2000. The Community News produces five weekly newspapers — the Brandywine East Community News, the Brandywine West Community News, the Hockessin Community News, Greenville Community News and Mill Creek Community News, with a total weekly circulation of more than 60,000. The Community News also produces Better Years, a statewide monthly publication targeted to mature readers. Combined with the Dover Post, the statewide circulation of Community Publications is more than 140,000.

Joe joined the board after hearing about TWCD's mission from Xavier DeCaire, current board president. Like many members of the board, Joe has been touched by cancer. His wife's sister died of cancer at an early age and his mother died of cancer. He describes TWCD's



board as "a group that is passionate about helping people with cancer." As a member of the Awareness Committee, he shares his expertise in print media. He makes sure that TWCD's activities and programs are well covered in his newspapers and he often donates ad space.

In conjunction with The Best of Delaware Party, he worked out a trade agreement with Delaware Today magazine that resulted in almost \$5,000 worth of donated space in that publication.

TWCD is appreciative of Joe's contributions, as well as the contributions of all our board members.



*Joe Amon,  
Vice President,  
TWCD Board of Directors*

## Record-Setting Fund-Raising Team Trains For P.F. Chang's Rock 'n' Roll Arizona Marathon

Thirty men and women from across Delaware are training to compete in P.F. Chang's Rock 'n' Roll Arizona Marathon and Half-Marathon in Phoenix on January 15, 2006, to raise money for The Wellness Community-Delaware. In addition to a wide age range, team members represent 13 Delaware towns, among them Wilmington, Dover, Felton, Magnolia, Milton, Rehoboth Beach and Millsboro, as well as Landenberg, Pa., and Kennett Square, Pa.

Each year Wellness Communities from across the country select a major marathon to participate in as a fund-raiser for Strides for Hope. The current team is the largest team to represent The Wellness Community-Delaware in a Strides for Hope marathon and one of the largest Strides for Hope teams in the country. This is also the first state-wide team. Each team member has committed to raising \$3,000 for The Wellness Community-Delaware.

P.F. Chang's Rock 'n' Roll Arizona Marathon and Half-Marathon attracts more than 34,000 runners and walkers and features more than 40 rock bands along the course. In addition to team members, a number of

supporters of the Delaware team plan to fly to Phoenix for the race, raising the Delaware contingent to more than 40. Team members are training under the guidance of volunteer Paul Schweizer of Pro Physical Therapy, who has competed in numerous marathons and is co-host of "Youth in Sports" on Comcast Channel 28.

All the money raised by Strides for Hope stays in Delaware to support The Wellness Community's programs in all three Delaware counties. If a Strides for Hope team member asks you for a donation, please be generous. If you'd like to make a donation to the entire team, contact The Wellness Community-Delaware.



*Members of the Sussex Strides for Hope team, left to right: Ronnie Malone, Kaye Webb, Louise White, Isabel Benson and Kay Malone*

# End-of-Year Gifts

*By Don Peloso, Treasurer  
The Wellness Community-Delaware*

As a 25-year survivor of colon cancer, my decision to join The Wellness Community-Delaware Board of Directors was very easy to make. As I think back on my own diagnosis, the level of panic and fear that my wife and I experienced was heightened since we had nowhere to turn. There was no Wellness Community and no one to talk to because at that time cancer was a topic people did not talk about. I survived the ordeal and can now help others through my involvement in The Wellness Community. The fact that The Wellness Community-Delaware can offer the needed emotional support, free of charge, to those experiencing this hideous disease is what truly makes association with this organization so worthwhile.

When I joined the Board, I was also asked to be Treasurer. As such I am very much concerned with raising sufficient funding to pay for all of the programs that are offered. While we do receive grants from corporations and foundations, we still rely, to a great extent, on the generous support of individual contributors.

It is in this regard that I appeal to you today. In addition to our fundraisers, TWCD seeks personal contributions just once a year. Of course, your donations are tax deductible. Please remember to ask your employer if they offer a matching gift program.

While cash is always accepted, as an alternative to a cash donation, The Wellness Community-Delaware would gratefully accept gifts of stock as well. Stock market performance over the last two years may have provided you with some unrealized capital gains. A gift of appreciated stock allows an individual a tax deduction for the full amount of the fair market value of the stock without having to pay any capital gains taxes. However, please be sure to check with your tax adviser before making such a gift.

Another alternative is to designate The Wellness Community-Delaware as a recipient of your participation in your corporation's United Way Campaign. For participants in the United Way of Delaware the code is 9235 and for the United Way of Pennsylvania use code 9659. Please help The Wellness Community-Delaware as we enter our tenth year of providing support to those diagnosed with cancer, free of any cost considerations.

*Check Out Our Website!  
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