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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.

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

[shenderson@wellnessdelaware.org](mailto:shenderson@wellnessdelaware.org)

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

## Kids Coping With Parental Cancer Bring More Than Their Books To School

By Sean M. Hebbel, LCSW, OSW-C

When someone is diagnosed with cancer, many things can influence emotional reaction to the diagnosis: Age of the person, the stage of the cancer, and the treatment plan. If the person has children, there is also concern about how their cancer will impact the children.

While significant strides have been made in cancer treatment, the emotional stress experienced by children who have a parent or loved one with cancer is often overlooked.

The illness of a parent is often devastating for a child. There is a significant opportunity to increase the support and understanding provided in the school environment to ease their confusion, concern and anxiousness.

On April 26, 2005, The Wellness Community-Delaware, in partnership with Hurricane Voices, a breast cancer foundation, was one of three Wellness Communities nationally to offer an all-day workshop, *When A Parent Has Cancer: Strengthening the School's Response*. Held at the Buena Vista Conference Center outside of New Castle and attended by more than 50 teachers, school nurses, school counselors and administrators, the program featured presentations by a physician, a psychologist and clinical social workers who have expertise in working with people with cancer.

The workshop was designed to provide those in the educational environment with a basic understanding of cancer. Participants learned how to understand children's reactions, worries and feelings, and then effectively communicate and create support systems



### Upcoming Programs

**Frankly Speaking About New Discoveries in Cancer Treatment** will be offered in Sussex County this Fall. The program aims to demystify new research achievements for cancer treatment.

**Frankly Speaking About Lung Cancer**, offered this Fall in our Dover facility, will give the opportunity to gather vital resources to make informed decisions and to learn ways to improve quality of life after lung cancer treatment.

**The Patient Active Guide to Living with Ovarian Cancer** will be held in November in the New Castle County facility. Designed for women diagnosed with advanced ovarian cancer, the program emphasizes proactive planning for the sequence of cancer treatment for future episodes of recurrent disease.

**Kids Circle/Teen Talk** is held monthly Saturdays in New Castle County. For specific program dates and times, call TWC-Delaware at 302-995-2850 or log on to our Web site: [www.wellnessdelaware.org](http://www.wellnessdelaware.org)

for students coping with a parent's cancer diagnosis and treatment.

Collaborating with the school system is creating results. Since the program has been offered, inquiries have increased from schools regarding students who have a parent with cancer. We have been able to expand the number of children and families that we serve in our *Kids Circle* and *Teen Talk* programs.

There are many things to consider upon hearing the words, "You have cancer." When this happens, it is reassuring to know that TWC offers a program that addresses one of the most important concerns of a parent with the disease: How can I help my child through this?



**“Wellness Moment” – a seemingly miraculous event that appears to happen spontaneously in response to a need or desire of The Wellness Community - Delaware**

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Dear Friends,

Since the early days of The Wellness Community - Delaware, we have been amazed at how things happen “coincidentally” when we have a need. There have been so many times that these unexpected events have occurred that we invented a new phrase: “Wellness Moment”. Before long, no doubt, “Wellness Moment” will be listed in Webster’s Dictionary along with, “Embedded Reporters,” “The New Normal” and “Raising The Bar” as newly accepted phrases for its latest edition.

The following captures just a few of the many “Wellness Moments” we experienced:

*More than thirteen years ago at a morning organizational meeting, we expressed the desire to have the medical community’s support. That afternoon, Dr. Irving Berkowitz, oncologist, and his wife Candy, called to tell us that they both would like to be involved in forming The Wellness Community – Delaware.*

*We needed a facility in Dover, preferably near a hospital. Bingo! We found a house next to Bayhealth Medical Center, but it wasn’t for sale. No problem. L.D. Shank arranged the deal in days, and we opened our doors in January 2004. We had 611 participant visits that first year. (In March 2005, we had 114 visits!)*

*We secured a rental facility in Rehoboth Beach and began cancer support programs in January 2005. We discussed the need for funding in Sussex County. A few days later, B.J. Funderburk of WSFS Bank called to ask us if we would like to receive the proceeds from a golf event and auction that she and Tom Roy were planning on June 20<sup>th</sup> at Marsh Island Golf Course.*

*One day in 1999 we discussed the need for a strategic plan. The next day, Len Casey came into our facility looking puzzled. He said he had no idea why but he felt compelled to stop in and introduce himself. He said he was a cancer survivor with an expertise in strategic planning. We told Len, “We know why you’re here!”*

That strategic plan is now in its fifth year, and we continue to monitor our progress in relation to those original goals adopted by the Board. The following is just a snapshot of our 2004 accomplishments:

- **Increased participant visits by 50% over 2003, with a total of 5,739 visits in 2004.**
- **Shared our mission with 32,937 people, an increase of 49% over 2003.**
- **Opened a facility in Rehoboth Beach, making our services available statewide.**
- **Increased the number of participants in Kent County by 200%.**
- **Redesigned website which resulted in an average of 450 daily visits.**
- **Selected as National Wellness Community’s East Coast Training Site.**

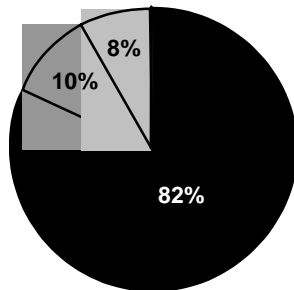
In 2005 we plan to increase the number of participant visits, enhance our existing cancer support programs, continue to develop our web presence, increase our outreach to the disadvantaged, and maintain high standards of professionalism in all areas of our business.

Please join us in supporting the mission of The Wellness Community to everyone in Delaware whose life has been touched by cancer. **Your generosity will help to create more “Wellness Moments!”**

Fondly,  
Cindy Dwyer

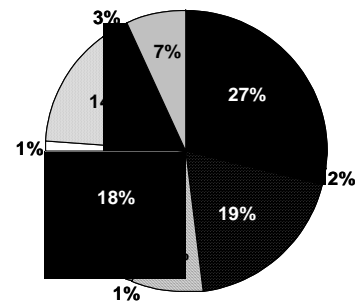
# Statistical Look at The Wellness Community - Delaware

## HOW 2004 FUNDS WERE USED



Program	82%
Fund Raising	10%
Administration	8%

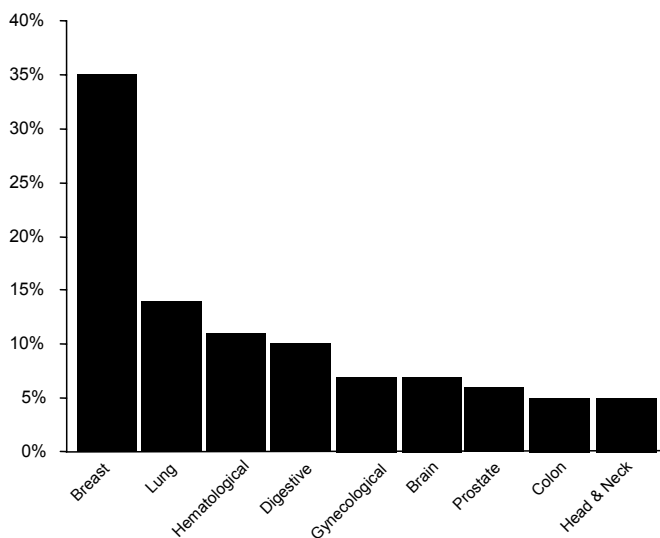
## 2004 HOURS BY PROGRAM GROUP



Support Groups	27%	Stress Management	18%
Nutrition Sessions	2%	Social Events	1%
Networking Groups	19%	Educational Programs	14%
Family Groups	8%	Art Therapy	3%
Kids Circle	1%	Welcome to Wellness	7%

## PARTICIPANTS TYPES OF CANCER

*Based on 2004 registration*



Breast	35%	Brain	7%
Lung	14%	Prostate	6%
<sup>1</sup> Hematological	11%	Colon	5%
<sup>2</sup> Digestive	10%	<sup>4</sup> Head & Neck	5%
<sup>3</sup> Gynecological	7%		

<sup>1</sup>**Hematological cancer** includes leukemia, lymphoma and non-Hodgkin's lymphoma

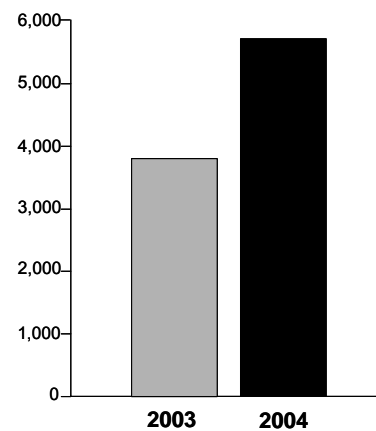
<sup>2</sup>**Digestive cancer** includes pancreatic, stomach, kidney, bladder and liver cancers

<sup>3</sup>**Gynecological cancer** includes cervical, ovarian and other gynecological cancers

<sup>4</sup>**Head & Neck cancer** includes nasopharynx, oral, throat and thyroid cancers

## PARTICIPANT PROGRAM VISITS

*Based on attendance*



2003:	3805 visits
2004:	5739 visits
<b>Percentage increase: 50%</b>	

Program participation at The Wellness Community facilities in New Castle, Kent and Sussex counties includes:

- Educational & Enrichment Programs
- Networking Groups
- Weekly Support Groups
- Relaxation Programs
- Nutrition Programs
- Arts and Gardening Programs
- Kids Circle / Teen Talk Programs
- Social Events

## Donations & Gifts For The Year 2004

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 2004. 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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## Best Wishes to Jo as She Begins a New Chapter of Her Life

It's hard to believe that almost three years have passed since I first learned about The Wellness Community-Delaware. I was so excited to be asked to be the new Marketing and Outreach Director. I knew it would be a fulfilling experience to be a part of an organization that is dedicated to helping people with cancer and their families.

What I didn't realize is that I would experience my own "Wellness Moment." Shortly after I came to work with The Wellness Community, my Mom was diagnosed with lung cancer. But thanks to the support of my co-workers....and the inspiration and courage I saw in our participants and their family members....I found the strength to deal with the challenges a cancer diagnosis brings. Each of you will always be safely tucked away in my memories, and in my heart.

And if you ever want to visit my Mom and me in Clearwater, Florida – give us a call!

Fondly,  
 Jo Wilkins



*The Wellness Community's very own Easy Rider, Jo Wilkins, prepares to ride off into the Florida sunset*

## Kent County Happenings

By Jan Shallcross

A great time was had by all at our First Annual National Cancer Survivors' Picnic on Sunday, June 5<sup>th</sup> at The Wellness Community-Kent County. Lively conversation, good food, great friends and wonderful weather contributed to this day of fun. Next year's picnic promises to be bigger and better with plans already being made.

Summertime is here...and the relaxation programs offered in Kent County can help you feel revitalized during the warm weather. T'ai Chi classes, which will leave you feeling relaxed, are held 6:30 pm Mondays at Milford Memorial Hospital and 5:30 pm Tuesdays at TWC. If you're interested in increasing flexibility and reducing stress, head over to TWC's Yoga class held Mondays at 5:30 pm -- it's great for beginners.

Coming up in the Fall, we have our unique and informative Frankly Speaking programs scheduled and we will start another Bereavement Group in September for those who have experienced the loss of a family member or loved one.

We will also hold a monthly Prostate Cancer Networking Group. Other programs planned include Networking Groups for lymphedema, breast and



*Relaxation programs -- T'ai Chi, Qigong and Yoga -- are held at all three of The Wellness Community facilities in Delaware. Above, participants in New Castle County practice T'ai Chi, a technique developed by the ancient Chinese to integrate mind, body and spirit.*

colorectal cancer, an acupuncture program, as well as a few requested programs: Life After Cancer Treatments and The Benefits of Exercise. Kids Circle, designed to help children who have a loved one with cancer, will also be included in our program schedule.

Watch for our September / October calendar of activities -- it will be filled with vital cancer support programs.

The Wellness Community-Delaware is becoming well known in Sussex County. Since we opened in early 2005 in Rehoboth, the news is spreading of our programs and support groups for people with cancer and their loved ones.

We offer a participant group in our new facility on Thursdays from 1-3 pm facilitated by Ken Johnson, LCSW. Ken continues a weekly Cancer Support Networking group every Wednesday from 6-8 pm held at Mariners' Bethel United Methodist Church in Ocean View. On the second Saturday of each month, Being Young with Cancer meets from 10 am to noon in the Sussex facility and is facilitated by Clare Wilson.

Many mind-body relaxation classes are taking place with more to come in the near future. We also are offering Writing for Wellness, a journaling workshop for people affected by cancer and their loved ones on Wednesdays in July and



### Stop in to see us!

*TWC's new Sussex County facility is located at 19633 Blue Bird Lane, Suite 5, Rehoboth. We're directly behind the Crab Barn, off Route 1, in the Century Plaza. We'd love to show you around!*

## Sussex County Happenings

August from 5-6 pm. Journal writing has been shown to boost immune systems, lower blood pressure and to have a lasting effect when practiced regularly. The group will be led by Beth Joselow, MA, MS. Beth is an author and teacher of writing who has a psychotherapy practice in Lewes, Delaware.

Workshops on nutrition are in the planning stages along with other new networking groups and educational programs. Please let us know of your interest in any other topic.

The Wellness Community-Delaware is very appreciative of the support of the Sussex community. Fundraisers such as the First Annual Jake's Seafood House Golf Tournament allow us to offer our the free cancer support programs. Also many thanks to The Freeman Foundation for the F.A.C.E.S. Grant, to FINS Fish House & Raw Bar on Rehoboth Avenue for donating a percentage of their first month's sales, and to all those who supported our grand opening on April 21 by sponsoring honorary balloons.

Please visit the Sussex facility on Tuesday, Wednesday or Thursday from 9 am to 5 pm or call Kaye or Cindy at 227-1155.

By Kaye Webb & Cindy Redefier

# People Helping People

*By Gail Lear*

All of the programs and services offered free of charge by The Wellness Community are made possible through the generosity of people and organizations. There are a number of ways that you can help us to continue and expand our programs:

- ▶ Send a donation in the envelope that is included in this newsletter.
- ▶ Designate a payroll deduction donation to The Wellness Community-Delaware through your workplace's charitable campaign:
  - ▶ **United Way of Delaware - Designation #9235**
  - ▶ **United Way of SE PA - Designation #9659**
  - ▶ **State Employee Charitable Campaign - Designation #70094**
  - ▶ **Combined Federal Campaign - Designation #3001**
- ▶ Donate shares of stock to The Wellness Community.
- ▶ Make a major gift to our endowment which will provide income for many years to come.
- ▶ Include The Wellness Community-Delaware in your estate planning.



*Members of the Weekly Participant Group gather in TWC's garden in New Castle County. Weekly support groups for people with cancer and their support persons are the heart of The Wellness Community.*

For families who have lost a loved one to cancer, a donation to The Wellness Community-Delaware "in lieu of flowers" can go a very long way to providing valuable services to other people with cancer as well as their family members.

*For additional information on making a gift to TWC, contact Gail Lear at 302-995-2850.*

**Check Out Our Web Site!**  
**[www.wellnessdelaware.org](http://www.wellnessdelaware.org)**



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