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Stories of Hope

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We talk a lot about

HOPE

at The Wellness Community. It is, after all, in our mission statement. But, what is hope? How powerful is it? And, above all, how does one get and maintain hope?

Hope is generally thought of as an expectation that a wish or desire will be fulfilled. When cancer is involved, hope would appear to be about cure, about getting better and regaining one's physical health.

But, when looking at examples of hope among the participants at The Wellness Community, it becomes apparent that hope is so much more.

It may, of course, be hope for a cure. But it may also be hope for peace, for vitality, for a better life, for extending life, for quality time with loved ones or, even, for a peaceful death.

There are so many examples of hope here at The Wellness Community.

Twenty-two year old **Gail Smith** was completing her first year of graduate school, when in 1994 during finals week, she was diagnosed with leukemia. She returned home to live with her family while being treated with chemotherapy and later, a bone marrow transplant. Gail never thought she might die. But when two friends who were experiencing a transplant at the same time died within a week's time of each other, Gail realized the seriousness of the threat to her survival. Knowing she needed support, she turned to The Wellness Community, where she found strength and hope in the Young Adults Group. And, strength and hope were to be crucial in the months ahead. Gail received chemotherapy every month for two years, during which she experienced three relapses. Every time she thought she could get on with her life, she was hit again with bad news.

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Gail Smith's strong spirit and bright smile bring hope to many.

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NEWSLETTER EDITOR

Barbara Hoyt

the wellness community
valley/ventura
cancer support, education, hope

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In 1996 she elected to have a second bone marrow transplant, using a chemotherapy that would pass the blood/brain barrier. "What kept me hopeful was always having something to look forward to...a hike, a vacation, dinner at a favorite restaurant, a trip to the Redwoods. I play percussion in an orchestra, and one of my favorite treats was to get dressed up and go see the Los Angeles Philharmonic Orchestra. It gave me hope to focus on the future rather than the present." After a slow but steady recovery she re-entered graduate school. She graduated from California State University at Northridge this year with a 4-point grade average and Master's Degree in speech therapy. She is also proud of her recent accomplishment of climbing to the 3000-foot peak of Boney Mountain, in the Santa Monica Mountains. Gail's story, strong spirit and bright smile give hope to many.

Gail Crawford, a 44-year old woman who is a 2-year survivor of stage IV breast cancer, says she got her hope from The Wellness Community. "I have met incredible people who have gone down the same road. It is miraculous what they have been through. People are looking for better ways to fight cancer, beat the disease and offer support. Because there are so many people who care for you and help you, it makes you want to care about yourself." Gail talks about how the support group at TWC has carried her through her journey. People who love and care share the hard parts with her. Gail in turn, is giving hope to others. She believes that the greatest gift that she can give to others is to share her experiences and give back. For example, she documented her stem-cell transplant

experience and shared it with a woman who was going to go through the same procedure. She wanted to ease some of her fears. There is a light at the end of the tunnel and she wanted the woman to know that she would get through with flying colors (which she did).

"You have to have a hope that is greater than yourself"
-Dolores Rodriguez

Dolores Rodriguez, age 73, breast cancer survivor of 19 1/2 years with multiple recurrences and an *Aliado* (volunteer for the Latino Outreach Program) states, "My oncologist told me 50% of treatment is attitude. 'If you have the right attitude you are going to make it.' At that point I decided I was going to have attitude... the right attitude. And that attitude was hope. If you maintain that attitude, somehow you know the sun is going to rise tomorrow whether you are here or not. You have to have a hope that is greater than yourself."

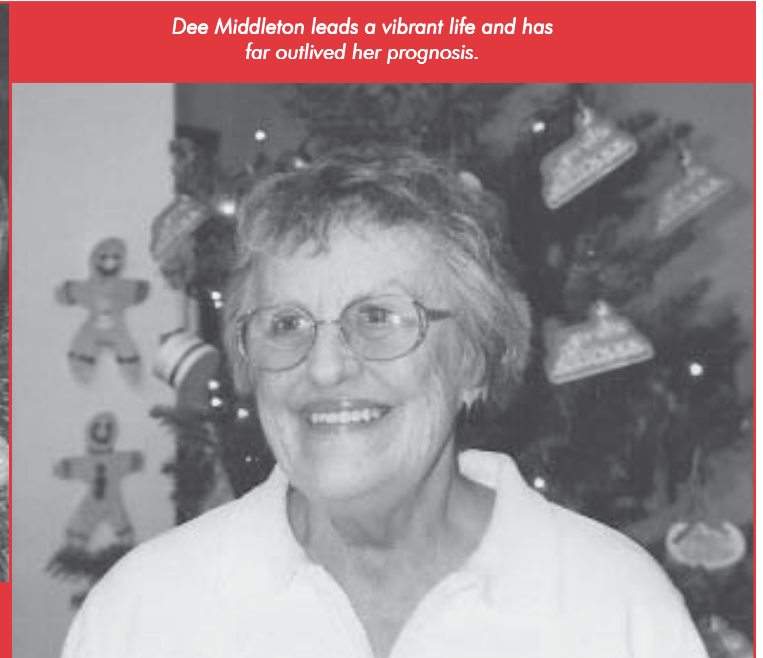
Bob Ferber talks about the advice that he would give to the newly diagnosed. "Cancer is not a death sentence! There is hope! The initial feelings of helplessness, fear, anger and being overwhelmed will change. Go to The Wellness Community! Get support! Get help! Don't do it alone!" Fifty-year old Bob is in remission from leukemia due to his



Gail Crawford believes the greatest gift she can give to others is to share her experience with cancer.



Bob Ferber talks with members of Kids Circle about the dogs he has rescued.



Dee Middleton leads a vibrant life and has far outlived her prognosis.

participation in a clinical trial with Gleevac and, he believes, the support he received at The Wellness Community.

Seventy-year old **Norm Litwak**, retired elementary teacher with metastatic colon cancer in his lungs and liver, became hopeful when he began perceiving his cancer as a chronic illness. A lifelong scuba diver, he sees himself not as a cancer patient who dives but as “a diver who also has cancer.” He continues to enjoy scuba diving as often as possible. He has participated in a weekly support group at The Wellness Community while undergoing the several clinical trials at USC Norris, which he believes, have extended his life.



Norm Litwak is an avid scuba diver.

Dee Middleton was given six months to live more than three years ago. Through participation in standard medical treatment and clinical trials her melanoma metastases to her brain, liver and thorax have shrunk and some have disappeared. She continues on treatment, and lives a vibrant life with her husband, Orwin. They enjoy traveling in the times between treatments and medical appointments.

And then there is **Amelia Prince**, who has lung cancer. She was given 18 months to live seven years ago. She enjoys every day with her large family of great grandchildren, grandchildren, children, husband and circle of friends.

Gail Smith, Gail Crawford, Dolores, Norm, Bob, Dee, and Amelia are representative of the many participants who come to The

Wellness Community to receive and to share hope. Hope is found in the support groups where people struggling with cancer meet and learn from others who have gone before them. Hope is found in the orientation meetings, led by survivors full of life and vitality. Hope is found in empowerment through the knowledge and

information provided formally in workshops and symposiums, and informally in support groups and disease-specific networking groups. Hope is found in yoga, qigong, stress management, and even parties, bridge, and quilting, where participants learn that there is not only life but also quality life after a cancer diagnosis. The Wellness Community is definitely a place of hope.

Harold Benjamin, founder of The Wellness Community, recommends actively cultivating hope by using hopeful and optimistic words about the illness, meeting or becoming aware of ex-cancer patients, and making plans for the future. He states, “With hope comes an improved quality of life. Even for patients who have accepted the inevitability of something other than complete recovery, there can be hope for joy, love, and involvement in life. Just as life does not end with the diagnosis of cancer, life does not end when the possibility of recovery becomes remote.”

-Article by Marty Nason, RN, MN



Amelia Prince was given 18 months to live... seven years ago.

The following books are recommended if you would like to read about hope: [Head First: The Biology of Hope and the Healing Power of the Human Spirit](#) by Norman Cousins, [Remarkable Recovery](#) by Hirshberg & Barasch, [The Science of Optimism and Hope](#) and [Learned Optimism](#) by Martin Seligman.

Strides for Hope

New Orleans. The food! The music!
The marathon?

That's right the marathon.

On February 14, 2003, Marty Nason, Susan Friedman, and I, as well as other friends of The Wellness Community Valley/Ventura, participated in the Strides for Hope Marathon in New Orleans, Louisiana.

Training for our "adventure" began the previous October, and after 16 weeks, race day approached under the threat of rain. Many of us had chosen to do the walk/run half marathon (13.1 miles) within a four-hour time limit, while one runner chose to do the full marathon (26.2 miles) within a seven-hour time limit.

Through the careful planning of Special Events Coordinator Ellyn Wallen, our group arrived in New Orleans in time for the pre-race festivities, which began with a pasta dinner at the Radisson Hotel.

We joined participants from ten Wellness Communities around the country, which was really special, as



An Awesome Experience: Runners from ten Wellness Communities participated in the Strides for Hope Marathon in New Orleans.

most of us had never met before. The race began at 7:30 a.m. at the Louisiana Superdome and wound through the French Quarter, along the Mississippi River, down the Esplanade and through City Park. The full marathon runners continued down Prytania, along the St. Charles River, through Audubon Park and back to the Superdome.

What an incredible way to see New Orleans! And best of all, \$42,700 has been raised to date for The Wellness Community Valley/Ventura. Those of us who attended the post-race reception Sunday evening shared our feelings and experiences about the event and we all came to the same

conclusion - the Strides for Hope Marathon experience was truly awesome. Bright and early Monday morning, February 17, our group headed for home... sore feet and all.

On May 2, 2004, in Vancouver, British Columbia, many of us will be lacing up our running shoes, stretching our muscles and preparing to run once again to raise money for The Wellness Community Valley/Ventura in another Strides for Hope Marathon. Our Strides for Hope Marathon team welcomes new members - think about it! This is an experience that should not be missed.

-Article by Debbie Wilson



Valerie Woods, Andrea Rapp, and Theresa Howe of The Wellness Community Valley/Ventura cross the finish line at Strides for Hope.

Join Us Saturday June 7 Frankly Speaking about Lung Cancer

8:30 a.m. - 2:00 p.m.
at the Westlake Village Inn
Call to register 805-379-4777



A free program for people with lung cancer,
their loved ones, and healthcare professionals.

Baseball Fever Scores a Homerun for Wellness

The Ronald Reagan Presidential Library was the setting for The Wellness Community Valley/Ventura first annual "Celebrating Life through Sports" fundraiser. The Salute to Baseball event was held in early March and featured the 1909 Honus Wagner T-206 baseball card and "Shoeless" Joe Jackson's Black Betsy bat.

The Honus Wagner card, valued at over 1.2 million dollars and the Black Betsy bat, valued at over a half million dollars are the most valuable baseball card and baseball bat in the world. Other rare and valuable memorabilia from such Hall of Famers as Mickey Mantle, Sandy Koufax, Ty Cobb, Ted Williams, Babe Ruth, and Lou Gehrig were also displayed. Members of the women's professional baseball league graciously volunteered to participate and allowed The Wellness Community Valley/Ventura to exhibit items from their men's and women's league collection.

Under the direction of Board member Keith Gregory, a more than avid baseball fan, this three-day event was organized and executed within a four-month period. Because no baseball detail was left unturned in the weekend extravaganza, hard work was the name of this game!



Keith Gregory hosted the Friday night \$150/plate dinner with special guests Steve Yeager and Jay Johnstone, former Los Angeles Dodgers and World Series champions. The stories Steve and Jay shared about their antics at Spring Training brought roars of laughter throughout. How Tommy Lasorda put up with these two is a feat in and of itself! Jeff Tackett, former catcher with the Baltimore Orioles, and Pepper Davis from the Women's League also were in attendance. Roger "The Peanut Man" Owens entertained the crowd as he threw bags of peanuts across the room with certain accuracy. This was not unexpected, as The Peanut Man has been throwing peanuts at Dodger Stadium for over 40 years. A silent auction and live auction, hosted by Jay Johnstone, was held with all proceeds benefiting The Wellness Community Valley/Ventura.

The exhibit was open to the public on Saturday and Sunday with former major league players hosting pitching, hitting and catchers clinics. Estimated attendance for the weekend topped 1,500 people. We haven't tallied the final score, but the event was a big winner for The Wellness Community Valley/Ventura.

The Wellness Community Valley/Ventura thanks all of the individuals who allowed their memorabilia to be exhibited. Were it not for the generosity of Brian Seigel, owner of the 1909 Honus Wagner card, Rob Mitchell and his sister, Mandy Mitchell, the owners of the Black Betsy bat as well as those who attended, volunteered and helped to organize, this event would not have been the success it was.

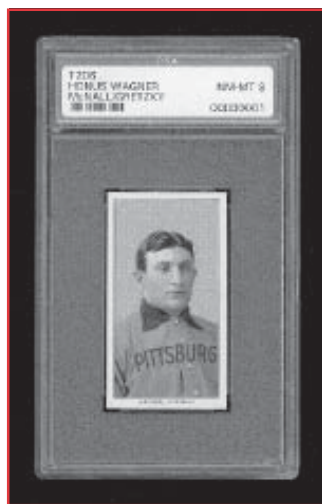
-Article by Debbie Wilson

Former Los Angeles Dodger Steve Yeager with Debbie Wilson, Marketing Director & Program Assistant for The Wellness Community Valley/Ventura.



The 1909 Honus Wagner baseball card is valued at \$1.2 million.

Keith Gregory about to take a swing with "Shoeless" Joe Jackson's Black Betsy bat.



Virtual Wellness Community

Cancer support services are now available anytime, anywhere. Visit The Wellness Community National at www.thewellnesscommunity.org and click on Virtual Wellness Community. Cancer patients find weekly, real-time online support groups facilitated by trained professionals such as our own Anne Gessert. Also available are educational resources, mind-body exercises, and nutritional info.



The Virtual Wellness Community is presented by Amgen and supported by Lilly, GlaxoSmithKline Oncology, and Roche.

The Wellness Community Valley/Ventura Victors Circle 2002

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Seyma & Milt Bernstein
Marilyn Bernstein
Inez Beye
June & Bud Bickford
In honor of H. Bickford
Natalie Bido
In memory of Alber Bierman
Dicky & Sondra Biggs
Betty Bildner
In memory of Helen Birdwell
In honor of Raymond Bishop
In memory of Mildred Blackman
In memory of Dudley Blake
Bud & Robin Blate
Karin Blau
Ann Bledstein
Hal & Ruth Bloom
Gary & Bonita Blume
In honor of the Bond's anniversary
Michael & Lisa Bondelli
Nancy Booth
Joyce Boucher
In honor of Joyce Boucher & the Tuesday Group
David & Wendy Bowes
In memory of Alice Braunstein
Tom & Betty Breneman
Fred & Juli Brewster
Irene Bright
In memory of Salvatore Brindisi
Phyllis Brindle
Howard & Sharon Brody
In honor of Carol Brownow
In memory of Sophie Bronstein
Robert & Barbara Brooks

In memory of Robert Broomfield
Deborah Brownstone
Robert & Ann Buschelman
In memory of Alfredo Cabello
The California Endowment
In honor of Margaret Campbell
Canoga Park Women's Club
Canwood Physical Therapy
Renee Capriola
Todd Cardona
In memory of Anselmo Cardona
Michael & Marilyn Carpenter
Pat Carreli
Carr's Truck Repair
In memory of David Cartwright
Chris Case
In honor of Janet Case
Tamara Celi
Marie Cheever
Kathleen Christensen
In memory of Martin Cirrincione
Adrienne Clark
Mary Claybaugh
In memory of John Clement
Kenneth & Maxine Cleveland
In memory of clients
Patricia Cobleigh
William & Trudy Cohen
Susan Cohen
In honor of Susan Cohen
In memory of Mary Cohen
David & Brigitte Cohn
Karen Cole
Aaron Cook
In honor of Glen Couli
Susan Cox
Laura Crary
In memory of Carolyn Curran
Harriet & James Curtis
Nicole & Michael D'Amore
In memory of David Davids
In memory of Doris Davis
Alice Day
Heather De La Vega

Annette Drake
Roberta & Richard Dreher
Richard & Claire Drewes
Stephen Dreyer
In memory of Frances Driscoll
Darryl & Linda Easter
John & Linda Edison
Frederico & Karen Egea
Margaret Ekstedt
Laurie Elberger
Neil & Martha Elmouchi
In honor of Ellen Endi
Jack & Ilene Engel
Robert & Carolyn Engel
In memory of Ann England
Donna Enochs
Equity Commercial
Tad Erickson, D.D.S.
Jackie Ericson
Eva's Needlework
Emily Everly
In memory of Renette Ezralow
Arthur & Florence Faber
Fairway Fashions
Mary Ann Farber
Sheila Faye
In memory of Barbara Feese
Jerome & Ruthann Feingold
In honor of Charice Feingold
Daniel & Debra Feldman
In honor of Bernie Feldman
Toni Feld-Parker
Maria Felix Ryan
Samuel & Faith Fellman
Beverly Firestein
Kris Fisher
William Rivian Fishkin
Margaret Fitzgerald
Valerie Fitzharris
Roberta Fleischer
In memory of Sonia Fleiser



Janet Fleming
Maureen Floberg
Sam & Judith Foruz
Fradin & Tani
Ken & Shirley Francis
Ronald & Judith Freeman
Fremont Bank
Donald & Beatrice French
Barbara Friedman
Sylvia Friedman
Stanley Friedman
Fletcher Friedman
In memory of Sharon Friedman
In memory of Friends
In honor of Friends
Karen Fultz
Murray & Eileen Gaer
Judie & Don Gahagan
Dr & Mrs. Dennis Galanter
Bruce & Valerie Galasso
Boyd & Kay Garner
Sharon Gaskill
Carol Gates
Robert & Madeline Gebhardt
In memory of Peter Geiger
In memory of Geller & Reisman
Harriet George
Ann Gerace
Karen Gerds
Richard & Barbara Gertzman
In honor of Madeline Giberson
Jennifer Gilly
In memory of Joe Gilly
Ann Gish
Irving & Sylvia Glasser
Martin & Tina Glatt
Deanna Glenn
Miriam Goebel
Mitch Golant
Barry & Rosalie Goldberg
Lenore Goldfisher



Sara De Leon
In honor of Peter Debear
Mary Ann & Frank DeBiasio
Sandy Delatorre
In memory of Elizabeth Dennis
Dermatology of Westlake Village
George Dern
In honor of Sherry Dern
John & Sandra Deutsch
Betsy Devore
Sonja Dieters
June Dillon
In honor of Joanie Dillon
Maria DiMaggio





Gloria Karasick
 Hershell & Phyllis Katchen
 Machiko Katusday
 Joan Katz
 In memory of Walter Kaye
 Mary Kemper
 In memory of Adrienne Kent
 In memory of Tom Kent
 John Ketterman
 Warren & Dottie King
 Bradley & Kacey Kintscher
 Mervyn & Darlene Kirshner
 Rondi Kitchen



Goldworks

In memory of Nita Gollub
 In honor of the Goodman's anniversary
 William & Joan Gootnick
 Hershel & Linda Gordon
 Mark & Rita Gorman
 Judith & Vernon Gossen
 W.C. & Jo Ann Goth
 Paul & Kendra Gow
 Mr. & Mrs. Matthew Graham
 In memory of Thomas Graham
 Granada Hills Church of

Religious Science
 Kaaren Grant
 Thomas & Joyce Green
 Harold & Jane Greenberg
 Barbara Greenstein
 In honor of John Gretzinger
 Mickey Grewe
 Elsie Grigsby
 In memory of Mal & Reggie Groover
 Bernard & Sue Gross
 Rufus & Merle Gruber
 Barbara Guerin
 M. Guriel
 Harold & Ellen Gurstein
 Gilbert & Carol Gwaltney
 Barbara Haley
 James & Melinda Halls
 Jon & Joy Hamilton
 Peter & Gertrude Hanigan
 Susie Harmon
 In honor of Sierra & Sher Harp
 Joy Hart
 Mary Hart
 David & Wilma Hass
 Terrece Hatcher
 Nicole Hay
 Cynthia Heister
 In memory of Marjorie Heister
 Beth & Brittany Hensley
 Steven & Christina Henteleff
 In memory of Susan Hersh
 Max Herstein
 Antoinette Hicks
 Stanley & Ethel Higgins
 David & Marlene Higgins
 Dr. & Mrs. John Hill
 Marian Hill
 Jill Hillary
 In memory of Violet Hockett
 Tracy Hoff
 Mary Hoffman
 Jeanette Hoffman
 In honor of Jeanette Hoffman
 In memory of Gertrude Hoffman
 In memory of Mary Hogan

In memory of Larry Holer
 Dan & Lee Holloway
 Robert & Janice Holloway
 Susan Holmes
 In memory of Linda Holstein
 Henry & Paula Honus
 In memory of Carolyn Horn
 Edith Howe
 Gordon Howe
 Kevin & Deborah Huang
 Bud & Julie Hubbard
 In memory of Mary Hubbard
 Linda Hull
 In memory of John Humphreys
 Clark Hunter
 In memory of Terri & Evelyn Hutchinson
 Linda Hutchinson
 Mark Hutchinson
 Lisa Hutson
 Edward Iborg
 In memory of Iceland parent
 Loyal & Laura Idsol
 Joyce Ingersoll
 Shirley Israel
 J. Moyer
 Edward & Jean Jacobs
 Walter Jacobson
 Lynn Jacobson
 In memory of Norm Jacobson
 In honor of Daniel Jacoby
 Art & Kathy Jarvis
 Patricia Neal Jensen
 Penny Jensen
 Paul Johnson
 Don & Sally Johnson
 Mike Johnson
 Carol Johnson
 In memory of Hazel Johnson
 Peggy Johnston
 Bill & Andrea Jones
 James & Janice Jones
 Claire Jurgens
 In memory of Myron Kahn
 Michael & Ana Maria Kamrath
 Sandra Kane

Jere & Judith Kitzmiller
 In memory of Kein & Taxe James
 Smadar Knobler
 Arthur Kobal, D.D. S.
 Carolyn Kopp
 Toivo & Dorothy Koski
 Joan Koteles
 In honor of the Kovac's anniversary
 Jared Krackov
 In honor of the Kramer's anniversary
 Kristy's Keepsakes
 Richard & Maureen Kronman
 Terri Kuhlmann
 George & Sonja Kung
 Kenneth & Anita Kuzas
 Lawrence & Nancy Kwiatkowski
 Mr. & Mrs. Lee Kysar
 Lucien Lacour
 Hal & Cindy Ladin
 In honor of Dee LaFlamme
 Kelly Lampert
 Lea Landeen
 In Memory of Carl Lane & Rose Barclay
 Robert & Sharon Lang
 Nonie Lann
 James & Carol Lantz
 Gordon & Marjorie Larsen
 Teresa Larsen-Melgar
 Rene & Linda LaSalle
 Alan & Agnes Lathrop
 Anne Lavin
 In memory of Polly Lavintman
 Shirley Layton
 Jerry & Roberta Leavitt
 Richard Lee
 Brett Lee
 Christina Lee
 In memory of Marcia Lee
 Charles & Mary Jane Lees
 Martin & Edith Lehrer
 In memory of Ruby Lemor
 Marvin & Janice Lender
 Don & Sharon Levine

In memory of Meyer Levine
 Beatrice Levinson
 In honor of Ruth Levinson
 Frances Libardi
 In memory of Joseph Libardi
 Teresa Lima
 In memory of Mort Lit
 Lauren Lohenberg
 In memory of Skip Lombardo
 Zabelle Lorenzen
 Douglas & Marilyn Lorenzen
 Linda Love
 Carol Ann Low
 Mary Ann Lowe
 Elliot & Lorraine Lubin
 In memory of Hope Lucere
 In honor of Lucy & Ethyl
 In memory of Annette Lund
 Dwayne & Pamela Lurz
 In memory of Roberta Luse
 Barbara Mackey
 Paul & Gerry Mackie
 Arthur & Claire Macofsky
 Mah Jongg League
 Mary Jane Majors
 Lorraine Malden
 Joan Mandell
 In memory of Brent Mangum
 Melvin & Adele Mann
 Jacqueline Marenstein
 Donna Marks
 John Marshall
 In memory of Gregory Marshall
 Leah & John Marthens
 In honor of Marty & Beth
 Jan Mason
 Florence Mason
 Sara Matt
 In memory of Evelyn Matt
 Susan Mattoon
 In memory of Eric Mattoon
 Betty Mazaheri

In memory of Dough McCarther
 In memory of Gary McCarthy
 Phoebe & Tom McCutcheon
 In memory of Frank McIsaac
 In memory of Joseph McIsaac
 Don & Evangeline McNair
 Cherrill McWilliams
 Richard & Charlotte Mead
 Ron & Shelly Melnick
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 James & Corrine Michel
 Byron & Sandra Middleton
 Dee & Orwin Middleton
 Curtis & Jean Miller
 Richard Miller
 In honor of Sharon Miller
 Donald & Agatha Miller
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 Hal Minsky
 Frank & Martha Miser
 Irving & Roslyn Modell
 Hansen & Marilyn Modue
 Mr. and Mrs. Larry Monson
 Gayle & Thomas Montes
 Robin & Susan Moore
 Peter & Jean Moore
 Wade & Melinda Mordue
 Keith Morrison
 In memory of Bob Morrison
 Dee & Gene Morrow
 In honor of Margaret Morse
 In memory of Michael Most
 Carol Mullen
 Michelle Munds
 Roy Murphy
 In memory of Elaine Murphy
 Marty Nason
 John & Ruth Newton
 In memory of Perry Nice
 In memory of Robert Nixon
 Dan O'Brien



Bob & Florence O'Brien
 David & Betty O'Connor
 Diane Opp
 Mark & Michelle Orkin
 Alice Osur
 Maryana Palmer
 Cynthia Pardee
 In memory of parents
 In honor of Ken Paris
 In honor of the Paris wedding
 Han & Linda Parks
 Park Place Management
 Jane Parker
 In honor of Participants
 Pasta Concerto
 In memory of Margaret & Pat Patrick
 Richard & Bertha Patterson
 Dorothy Paul
 Terry & Valorie Paulson
 Donna Peddicord
 In memory of Lori Penick
 In memory of Peter Peralta
 Nancy Peterson
 In memory of Evelyn Peterson
 In memory of Petro family member
 Delio Piantino
 Harold & Dee Pinchot
 Nancy Piscitelli
 In memory of Sam Piscitelli
 Bernard Pollack
 In memory of Fred Poor
 Barbara Porter
 In memory of Henry Post
 George & Valerie Potter
 Carol Powell
 Susan Prather
 Robert & Barbara Price
 Juris & Elizabeth Priedkalns
 PTS Furniture
 Shirley Radding
 Phillip Ramsey
 Kathleen Rasmussen
 Larry Ray
 In honor of Ruth Raymond
 Lydia Reed
 Fred & Marilyn Reed
 In honor of the Stewart's anniversary
 Gail & Sorel Reisman
 Neil & Sherry Richman
 In memory of Bernard Riman
 Jim & Linda Robertson
 Jim & Jerry Robertson
 In memory of Eunice Robertson
 Michael & Mary Roche
 Richard Rogge
 Robert & Sharon Rosen
 Daniel & Jill Rosen

In memory of Milton Rosen
 Mitch Rosenberg
 In memory of Betty
 Rosenblatt
 Alfred & Claire Ross
 Patricia Ross
 In honor of Leo Rotberger
 Bettee Rotenberg
 In memory of Rollie Roth
 Norma Runyan
 Evelyn Rutiz
 In memory of Sam Rutiz
 Michelle Safer
 Patricia Sage
 Sylvia Sailer
 Sailview Associates
 Maurice & Diane Sancer
 Richard & Eleanor Sanes
 Gloria Schmaling
 Jerry & Geri Schneider
 Rita & Jerry Schneur
 Schriber & Associates
 Alan Schultz
 Nell Scruggs
 Antonio & Mary Seminara
 Sempra Energy
 Jonathan Severn
 Scott & June Sewell
 Irene Shabazi
 Carl & Merlyn Shack
 Vladimir & Shari Salkevich
 In honor of Bonnie Shaw
 Debra Shelford
 Gerald Shepard
 In memory of Diane Shepard
 Joy Sheppard
 Marvin & Marilyn Short
 Matt Shumway
 Carol Shycoff
 In memory of Alan Shycoff
 Robert & Joyce Siberling
 Carol Silberman
 In memory of Clara Silverman
 In memory of Diane Silverman
 Albert & Barbara Simons
 Carla Simons
 Harold & Barbara Singer
 In memory of Robert Sinner
 Bill Sippel
 In memory of Ruth Sirois
 Harvey & Janet Sklar
 Lyn & Carol Skolnik
 Peter & Audrey Smart
 In memory of Prudence Smart
 Douglas & Harlene Smith
 Stephen Smith
 In honor of the Sneider's anniversary



Wilfred & Mary Snyder
 Elda Soderquist
 Nancy Solomon
 In memory of Daniel Solomon's father
 Robert & Kathleen Sommers
 Michael Sorrells
 In honor of Phyllis Strangeland
 Stanton & Associates
 In memory of Fay Steabaz
 In honor of Gail Steger
 In memory of Jack Steinbrenner
 David & Collette Steinpress
 In memory of Steve & Loni
 Victoria Stevens
 In honor of Jim & Carol Stevens
 Ronald & Dee Dee Stitch
 In memory of Bob Stivers
 In memory of Judith Stockfish
 In memory of Margaret Stowell
 In memory of Ethel Suman
 Sun Pointe Properties
 In honor of survivors
 Mr. & Mrs. Benjamin Susman
 Myriam Swanson
 In memory of Jerome Tajeron
 Nancy Taylor
 Terra Scapes
 In memory of Sari Terry
 Glenn & Martha Terwilliger
 Irwin & Robin Thaler
 Bob & Vera Thau
 The Rendevous
 Karen Thomas
 Danielle Thompson
 In memory of Bud Thornton
 David & Cathrynn Thorsen
 In honor of the Thursday Group
 M. A. Tierk
 In honor of Gee Gee Tierk
 Charlene Tong
 Sara Topal
 In memory of Jack & Lillian Toperosky
 John & Henrietta Towey
 Town & Garden
 Stan & Anne Toyama
 Werner & Irmgard Traub
 In memory of Ruby Traversino
 Lenore Treister
 In honor of TWC staff
 In memory of Irwin Ungerleider
 Dick & Yvonne Van Hoepen
 Kathy Van Slyke

Barbara Vanden Avond
 George & Karolyn Vandon Bossche
 Rudolph & Ruth Villaros
 Charles & Ingrid Vincent
 Doris Vinik
 Anthony & Lorraine Vitagliano
 Christina Voelgler
 Margaret Vose
 Susan Watchtel
 Mr. and Mrs. Leo Wagner
 Carole Waite
 In memory of Bill Waite
 Shellie & Harold Walter
 Marty & Marsha Wasser
 In memory of Arnie Wasserman
 William & Marilyn Way
 We Frame It
 John & Janet Webb
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 David & Ann Wehrkamp
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 Sam Weiner
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 The Westlake Inn
 Westlake Village Car Wash
 Robert & Jo Juana White
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 Jack & Alienne Whitener
 Doris Whittle
 James & Tamme Wicker
 In honor of Judi Weis' birthday
 Michael Wilkes
 Irwin & Sharon Winston
 Jane Winter
 Len Wolff
 J.C. & Virginia Woodward
 In memory of Sheila Woolcock
 Thomas Wuestheroff, D.D.S.
 James & Deborah Yeager
 Cecilia Yoon
 Peter & Valerie Zampardi
 Howard & Shari Zarett
 Phyllis Zerg
 Charles Zoomagian



Debbie Thomas Says "Thanks"

Debbie Thomas writes: "I was diagnosed with lung cancer in May 2002. I had surgery in July, and I was completely overwhelmed with the love and the support that I received from friends and neighbors during my recovery. There are people in your life that you know are there for you, and then there are the surprises. This particular group touched my heart, and each day I thought of them and counted my blessings."

After Debbie's surgery, she decided to show her appreciation to this special group of 12 women by taking them to Madre's (Jennifer Lopez's new restaurant). She mailed out invitations and arranged for a limo.

"I introduced each friend to the others at the table. I told them how each of them had touched my heart. At the end of each introduction, we all raised our glasses together and said here's to (that person's name) heart. I then gave each a little gift box with a heart-shaped bookmark."

"One of my daughters had secretly called each of my guests and asked them to say a few short words about me. She had typed the messages on small notecards, attached ribbon, and tied them around beautiful, long-stemmed pink roses. Throughout the evening, one rose at a time was delivered to the table, and I stopped to read the note. There were a lot of tears that night."

Debbie was very touched by all of the kindness surrounding her. "Even while I was trying to tell each person what was so special about them, I was still on the receiving end. We had such a memorable evening. I was so glad that I was able to touch these women's hearts as they had touched mine."

-Article by Melaree Shaw

300 Volunteers Help Make 11th Annual Holiday Homes Tour A Big Success

The 2002 Holiday Homes Tour welcomed 3,000 people who visited four luxurious Conejo Valley homes. Guests were guided through each home by trained docents who pointed out some of the unique features at each home. Entertainment was provided by various local musicians and groups. Three of the homes featured a raffle with over 80 eighty different items. The big raffle included a trip to Kauai, Hawaii. Gary Farrell donated one week's accommodations in Banyan Harbor Resorts. The big winner was Christina Clark of Westlake Village. A fabulous boutique was held at The Gardens of the World. Over twenty vendors gathered in the mission and resource building to sell items for the Holidays. The Gardens were beautifully decorated for the Holidays and were a wonderful addition to the homes. The Holiday Homes Tour is our signature fundraiser. There were over 300 volunteers who made this event possible. Their personal commitment of time and energy throughout the event had much to do with making the event as positive as it was. We truly appreciate their help in making this event a success.



Donor Gary Farrell Congratulates Raffle Winner Christina Clark

Debbie Thomas surrounded by family and friends.



Ways to Give Support

eScrip

Shop with your pre-registered credit card or Vons Club card and up to 2% goes to The Wellness Community. Registration is easy at www.escrip.com, or call 805-379-4777 for the eScrip form or more information. Our Group ID number is 7240121.

Attention Federal Employees!

The Wellness Community Valley/Ventura is a member of the Los Angeles and Ventura Counties Combined Federal Campaign (CFC). If you work in Ventura County, you can designate your CFC gift to our organization just by putting down our 4-digit number, 8049, which is listed in the CFC directory. Our number for Los Angeles County-based employees is 3047.

Vehicle Donations

Ventura County - Many Motors 805-383-0207
Los Angeles County - Fundraising Partners 800-203-2940

Furniture Donations

Simply Resale 805-988-4246

Business Contributions

- **Albertson's:** Pick up a *Community Partners* card at The Wellness Community and have it scanned when you buy groceries.
- **Hawthorne Savings**
Hawthorne Savings will give a donation when their customers designate The Wellness Community.

Planned Giving

Please call us regarding Planned Giving opportunities: 805-379-4777.

United Way

You can designate TWC in your United Way contributions by filling in the name and address of The Wellness Community Valley/Ventura in the pledge designation space.

TWC Wishlist - Donated Items

We need the following items. If you can help, donations can be dropped at our Westlake Village office.

- Digital Camera (3.1 megapixel minimum),
- LCD Projector
- Colored or white reams of paper
- Kitchen and bathroom paper and plastic items
- Laser labels, 30 per sheet

Calendar of Events

Call 805-379-4777 to be added to our monthly calendar mailing list or visit our website for a complete list of Wellness Community Valley/Ventura programs.

Weekly:

Orientation led by cancer survivors
Tuesdays, 7pm
Fridays, 10 am

Participant and Family Groups
Ongoing weekly support groups in Westlake Village, Camarillo and Encino
Orientation and interview required.
At various days and times.

Family and Friends Drop-In Group
Tuesdays, 6pm Westlake
Wednesdays, 6pm Camarillo

Programs in Spanish

2nd and 4th Tuesdays, 7pm, Our Lady of the Valley Catholic Church in Canoga Park
Wednesdays, 10am-Noon at L.A. County Olive View-UCLA Med Center, Sylmar
2nd & 4th Thursday, 7:00pm-9:00pm
Santa Rosa Catholic Church in San Fernando
Fridays-10am-Noon at Ventura County Medical Center, Oncology Clinic, Ventura
Workshops & social events, call for details
Spanish Helpline: 1-888-707-9355

Programs in the San Fernando Valley
VBS Counseling Center at Valley Beth Shalom, Encino. Call for dates and times

Relaxation/Visualization sessions
Fridays, 1pm-2pm

Beginning Yoga
Wednesdays, 4:15pm-5:15pm

QiGong
Saturdays, 9am-10am

Bridge Club
Mondays, 1pm-3pm

Quilting Club
Call for dates and time

Monthly:

Gynecological Cancer Networking Group
1st Monday, 7:00pm-9:00pm

Breast Cancer Networking Group
3rd Tuesday, 6:30pm-8:30pm

Brain Tumor Networking Group
1st Thursday, 6:30pm-8:30pm

Lung Cancer Networking Group
1st Thursday, 6:30pm-8:30pm

Leukemia Society Support Group
2nd and 4th Thursday, 6:30pm-8:30pm

Prostate Cancer Networking Group
3rd Saturday, 10:30am-12:30pm

The Wellness Connection
For those beyond the day-to-day fight for recovery
2nd and 4th Tuesday, 6:30pm-8:30pm
1st and 3rd Tuesday, 11:00am-1:00pm

Special Programs:

Mindfulness Based Stress Reduction – 8-week course
Offered throughout the year – call for dates, times and locations

Yoga for Stress Management – 8-week course
Mondays, 11:30am-12:45pm. Call for dates

Frankly Speaking about Lung Cancer
Stepping Back to Take a Closer Look –
Saturday, June 7, 8:30am – 2:00pm. Westlake Village Inn. Featuring Ronald Natale, MD, Diagnosis and Treatment of Lung Cancer, and What's New on the Horizon; Henry Z. Montes, MD, Current Trends in Radiation Therapy for Lung Cancer; Nancy Jo Bush, RN, MN, MA AOCN, Living Well with Lung Cancer: Decision-Making and Symptom Management, and participant survivor story.
Call to register: 805-379-4777

Social Events

National Cancer Survivor's Day
Saturday, May 31, 2003

Teen Rap
For teens with an adult family member with cancer
Group and individual counseling available
Call for dates and time

the wellness community

valley/ventura
cancer support, education, hope

530 Hampshire Road
Westlake Village, CA 91361

The Wellness Community is a national nonprofit organization with the mission to help people with cancer and their loved ones enhance their health and well being by providing a professional program of emotional support, education and hope.

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