



A Lifeline to Cancer Support

# Wellspring NEWS

Greater Toronto & Halton-Peel Edition • A publication of Wellspring

www.wellspring.ca

Summer 2011



Halton-Peel

Cancer Exercise

Odette House & Coach House

Nourish

Westerkirk House

## TEMPORARY RELOCATION

### HALTON-PEEL

We are pleased to announce that we will be undertaking the renovation and expansion of Wellspring Halton-Peel. As our architectural plans reach their final phase, we look forward to beginning construction in August 2011.

When the centre reopens in the fall of 2012, it will be close to **8000 sq ft and fully accessible**. We will be adding **new innovative programs** such as *Nourish* and a *Money Matters Resource Centre*. We will also **double the number of available parking spaces** on site. We have had the benefit of the expertise of a green consultant who has advised us on how to make the newly renovated centre as **environmentally friendly and energy efficient** as possible.

In the meantime, for the safety and comfort of our members, we will be relocating all of our programming during the construction.

On August 2<sup>nd</sup>, Wellspring will open the doors of our new temporary location at **1148 Winston Churchill Blvd** in Oakville. We welcome everyone to join us for a sneak preview of the new location on July 27<sup>th</sup> or 28<sup>th</sup> from 10 am - 2 pm.

Please note that our phone number will remain the same – 905.257.1988.

CONT'D on page 2



1148 Winston Churchill Blvd.  
Oakville, ON L6J 0A3

### ODETTE HOUSE & COACH HOUSE

Information pertaining to the potential sale of the Odette House property, and the program relocation plan in that event, will be coming soon. Both property sale and relocation planning are a lengthy process, and we appreciate your patience.

#### SUMMER 2011 HIGHLIGHTS

Wellspring Updates	p2
Scotiabank Toronto Waterfront Marathon	p2
Wellspring's You Can Connect is now on Facebook	p2
IRONDames	p3
Ribbons of Hope 2011	p3
Mississauga Marathon	p3

## WELLSPRING UPDATES

### OTTAWA

Wellspring would like to wish the Ottawa Regional Cancer Foundation well in its plans to open a survivorship centre for individuals and families living with cancer in Ottawa. As the Foundation has opted for a focus that is different than that of Wellspring, it will not be part of the Wellspring network.

### HALTON-PEEL



Stephanie and Sarah recently raised \$163.81 through organizing a community snack stand for Wellspring Halton-Peel in honour of 2 neighbours and Wellspring members.

# Wellspring Halton-Peel Temporary Relocation CONT'D from page 1

Our new temporary location can accommodate all programs, volunteers and staff, with the exception of Cancer Exercise. To continue this program, the Peter Gilgan YMCA (410 Rebecca Street) in Oakville has very kindly offered us space in a private room. Exercise will continue to be offered at Wellspring Halton-Peel in July and at our new temporary location in August. We will launch our new series of Cancer Exercise at the YMCA in September.

Please note that you may find some extra activity during the month of July while we pack up the centre and prepare to make the transition to the new location. We will appreciate your patience and flexibility during this time.

If you have any concerns or questions regarding our relocation, please do not hesitate to contact either Judi or Susy at 905.257.1988.



**Peter Gilgan YMCA**  
410 Rebecca Street  
Oakville, ON L6K 1K7

Cancer Exercise at the YMCA starting in September.

## Save the Date ...

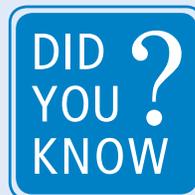
On **Sunday, October 16th**, Wellspring will once again be participating in the Scotiabank Toronto Waterfront Marathon.

### Join the Wellspring Lifelines:

- 5 km walk or run,
- 21 km half-marathon, or
- 42 km full marathon.

Registration details are available online at [www.wellspring.ca/torontomathon](http://www.wellspring.ca/torontomathon).

Sign up and become a lifeline to cancer support!



## Wellspring's You Can Connect is now on Facebook?

The *You Can Connect* group continues to share, learn and socialize together online outside of the regular program meetings\*. The Facebook page provides young adults living with cancer an opportunity to get together with their peers regardless of where they live. The *You Can Connect* Facebook page provides updates on local events, relevant blog articles and an opportunity to connect with other young adults in living with cancer in Canada.

*\*If you are a young adult (18-39) with cancer in the Toronto area, come out and visit the You Can Connect program. The group meets the last Thursday of every month at Wellspring Westerkirk House from 6 - 8pm.*



# With Invincible Spirit and Hearts of Gold, the IRONDames strive to reach new goal at Wellspring Halton-Peel.

When Kim Pace was diagnosed with cervical cancer at age 42, she underwent a series of chemotherapy and radiation treatments, optimistic that she would overcome this disease. The prognosis was good. Hers was a cancer that usually responded to treatment.

In Kim's case however, the treatment hadn't worked. After learning the cancer had returned, she opted out of surgery and instead chose to radically change her diet and start an exercise plan.

Her friends rallied around her. They formed an organization called the IRONDames and began to raise money for *Cancer Exercise* at Wellspring – a program that promotes physical activity to restore and improve the well-being of individuals living with cancer.

In August 2009, Kim and 11 of her friends began training for Ironman Canada, determined to raise \$110,000 - enough to support the *Cancer Exercise* program at Wellspring Halton-Peel for two years.

By organizing a number of special events, culminating in the successful



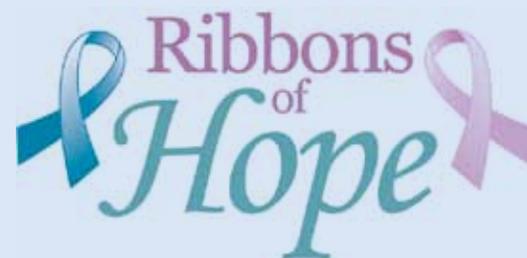
completion of an Ironman in August 2010, the IRONDames have surpassed their goal by raising an incredible \$150,000 to date!

Driven by invincible spirit, compassion, a strong tide of community support and the knowledge that exercise can make a difference, the IRONDames are proud to announce that they will continue their support of Wellspring's *Cancer Exercise* Program!

As Wellspring Halton-Peel embarks on an ambitious \$3 million Expansion Campaign to double the size of the facility, the IRONDames hope to raise an additional \$200,000 to sponsor the expanded *Cancer Exercise* Room at the centre.

To follow their progress or get information on upcoming IRONDame events go to [www.irondames.ca!](http://www.irondames.ca!)

## Ribbons of Hope 2011



In 2006, a group of friends affected by women's cancers decided to get together and stage a fundraiser, channelling their grief, anger and frustration into something positive. They founded the Ribbons of Hope Golf Tournament, now in its sixth year. This incredible event has raised more than \$200,000 in support of Wellspring. In October 2010, their hard work and dedication was acknowledged with the opening of the "Ribbons of Hope Peer Support Room" at Wellspring Westerkirk House at Sunnybrook.

In December 2010, Connie Fitzpatrick, a co-founder of the tournament passed away from breast cancer. The Ribbons of Hope Tournament will honour Connie's memory this year.

### EVENT DETAILS:

**Saturday, September 10, 2011**

Angus Glen Golf Club, Markham

Registration opens at 10:30am

More information and tickets are available at [www.ribbonsofhope.ca](http://www.ribbonsofhope.ca) or by email at [ribbonsofhope@hotmail.com](mailto:ribbonsofhope@hotmail.com) or calling Ted or Luise Bayley at 416.917.3436.

## Mississauga Marathon

On Saturday, May 14<sup>th</sup>, 46 members, volunteers and supporters took part in the Mississauga Marathon in support of Wellspring Halton-Peel and Wellspring Chinguacousy.

Despite the rain, team members agreed that it was a great event! Participants enjoyed the scenic route of the race and are already looking forward to next year.

Special thanks goes out to Yaslyma Ramsankar who organized a team of 21 that raised more than \$3000. The event's top fundraiser was Jean Mohamed who raised an incredible \$1,340, helping to bring the grand total to more than \$10,000.

*Thank you to all participants and sponsors who helped to make the race such a resounding success.*





Wellspring provides emotional, psychological and informational support, free of charge, to individuals and families living with cancer. Wellspring receives no government or core funding and relies entirely on donations in order to offer cancer support programs free of charge. Contributions in any amount are gratefully appreciated. To make a donation, please call a Wellspring centre or visit [www.wellspring.ca](http://www.wellspring.ca)

## Program Registration



Over the past two years, Wellspring has been working to develop a computerized database that will manage our program registration. We have found that the current paper system is no longer as effective as it once was, given the increased number of programs we offer and the ever enlarging

membership. The new computer program will enable our front desk volunteers to be more efficient and have quicker access to program information to serve our members better. The new system will eliminate the need for members to repeat their phone number every time they wish to register for a program and will enable members to request a list of all programs for which they are currently registered.

Your privacy is of the utmost importance to us. The system will be password protected and only specially trained Wellspring volunteers will have access to it.

We will be implementing the new computerized registration system over the summer months.

## Celebrate your Special Occasion with Wellspring

Do you have a birthday, anniversary, wedding or other occasion coming up? Consider making your event even more special by asking that your guests make a donation to Wellspring in lieu of bringing a gift. The funds raised will go towards providing much needed supportive care to the thousands of men, women and children who walk through Wellspring's doors each year.

You can inform your guests of your wishes by including your request on your invitations, indicating that instead of gifts, you would be honoured if they made a donation to Wellspring on your behalf. If you'd prefer, Wellspring would be happy to provide these inserts for you.



In lieu of wedding favours or gift bags, consider making a donation to Wellspring on your guests' behalf. Wellspring can provide personalized note cards and a certificate noting your contribution that you can display at your event.

For more information or to get started, please contact Alex Howell at 416.961.1928 ext. 240 or [alexandra@wellspring.ca](mailto:alexandra@wellspring.ca).

### Wellspring Chinguacousy

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Brampton, Ontario L6R 0L7  
Telephone: 905.792.6480  
Toll-free: 1.877.907.6480  
[chinguacousy@wellspring.ca](mailto:chinguacousy@wellspring.ca)

### Wellspring Odette House & The Coach House

81 Wellesley Street East  
Toronto, Ontario M4Y 1H6  
Telephone: 416.961.1928  
[feedback@wellspring.ca](mailto:feedback@wellspring.ca)

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### Wellspring at Women's College Hospital

76 Grenville Street, Rm. 148  
(off main lobby),  
Toronto, Ontario M5S 1B2  
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[blog.wellspring.ca](http://blog.wellspring.ca)

