



from the hearth

News and views on caring for each other through cancer

July/August 2018

86 Colborne St. West, Oshawa L1G 1L7

Tel. 905 579-4833 • Fax. 905 579-1204

www.hearthplace.org • e-mail: hearthplace@hearplace.org

Executive Director's Message ~ Andrea Shaw

I just celebrated my birthday weekend with our annual Artists in the Garden event, which I thoroughly enjoy every year. Congratulations and deep gratitude to all the gardeners, artists, musicians, volunteers and our wonderful organizing committee for all your time and efforts and another job well done.

We welcome Donna Barrett-Holmes to our staff as Office Administrator. She will be looking after all accounting processes, donations and tax receipting as well as office supplies and facility management. Her thorough knowledge of accounting practices, and compassionate way of being with people make her a perfect addition to our team.

These hot, humid days put me in mind of summers spent at the cottage and the many rituals that are the stuff memories are made of. I always remember the nights the sky was clear and black when we would all lay on lounges on the deck and stare into the sky to witness the incredible array of stars, the Milky Way and watch for falling stars to make a wish on. We would philosophize on every topic possible, or more often, just lay in silence and awe over the majestic and sacred universe of which we were a small part.

Just as we would watch the tide go in and out, life followed with years that were difficult and others that were joyous and abundant. Health that was good and sometimes not so good. There were marriages, births and there were deaths and endings. Awareness of the impermanence of all things, has made me less fearful knowing that change is ever present just as is a benevolent universe, a loving friendship, opportunities to grow and heal and my deepening gratitude and appreciation for everyone and everything that has come into my life.

I've come to appreciate the truth that joy and sorrow can exist at the same time. I always feel humbled and inspired by the incredible strength and resilience of our members and the healing power of their sharing of experiences, bearing witness and compassionate understanding extended to others.

The random acts of generosity, whether major corporations and businesses supporting our build, proceeds from a family garage sale or the many hands who create quilts, chemo caps, scarves, or heart pillows, have an amazing synergy of love and care that makes Hearth Place what it is and lets us all know that in good times or difficult times, it is still a 'Wonderful World.'

Our Community



Central East
Regional Cancer Program
In partnership with Cancer Care Ontario

Renovations continue to improve your experience at the Durham Regional Cancer Centre!

To better care for our patients, now and into the future, we have begun a number of building renovations. Although you will see some of the work being done, all of the construction projects have been planned to have **no impact** on the quality of your care. The renovations are being done in phases and are expected to be completed in 2019.

We are making improvements to the following areas:

Reception areas

- More seating space
- Better access to receptionists and clerks

Pharmacy

- New automated technology and upgrades for chemotherapy preparation
- Better access for you to drop off and pick up prescriptions

Systemic Therapy Suite

- Better access to the receptionist
- Improved flow of patient care

Rapid Response Oncology Clinic

- More private space for patients

We thank you for your patience as we make these changes. If you have any questions or concerns about this, please contact Debbie Devitt, our Patient Experience Lead at 905-576-8711 extension 6401.



Portacath Protectors are available at Hearth Place. These cushy little rectangles of fabric with Velcro attachments can be used on a car seat belt. They were kindly made and donated for our members use. They prevent pressure and discomfort for both the port and any other incision in that area.

thank
you

In May, Hearth Place received a generous donation of a number of beautifully sewn, colourful fabric "Chemo Kits", containing a variety of items, a water bottle, cozy socks, puzzle books, tissues, soothing lotion, lip balm, pen, pencil, hand sanitizer, and cap, etc. We are delighted to offer these kits to our members to let them know they are thought of, cared about, and wished comfort during their treatments.

This donation came following the joyous occasion of **Zev Kassirer's** Bar Mitzvah, at which the 'kits' were table centre pieces. Thank you to Zev and his family for your generosity, thoughtfulness and encouragement to those who are facing health challenges. **Mazel Tov Zev!**



Event Information

Hearth Place is self-funded through donations and fundraising events.



23rd Annual Golf Fore Hearth Place

The 23rd Annual Golf Fore Hearth Place Golf Tournament took place on June 1st at the Wolf Run Golf Course. The sun was shining, participants were smiling and everyone had a great time! Golfers were able to take part in on-course competitions, have a golf pro tee off for them on hole 17, and play on a beautiful course. After golf, everyone enjoyed a delicious beef dinner, received a door prize, and had the opportunity to bid on over 100 silent auction items. **In the end, the day raised \$38,925 to support the programs and services at Hearth Place!**

We would like to thank all of our sponsors and prize donors, as the day would not have been possible without them. Thank you to the planning committee for putting on such a fun and successful day: Bob Alexander, Neil Bocking, Al Densham, Robert Gawne, Gary Kindree, Bobby McBride, Dave McKay, Charlie Morison, & Edward Steel

To view photos from the day please visit: www.hearthplace.org/golf



19th Annual Artists In the Garden-Garden Tour

Saturday, June 16th, was the 19th Annual Artists In the Garden-Garden Tour. Participants toured eight beautiful gardens around Oshawa and Whitby. In addition to the wonderful plants and features, each garden also had local musicians playing a variety of music, and local artists showcasing their various mediums of art. Each artist also donated a piece of artwork and these were auctioned off in a raffle near the end of the day. **In the end, the day raised \$13,200 to support the programs and services at Hearth Place!**

We would like to thank all of our sponsors, gardeners, musicians, artists, photographers, and volunteers as the day would not have been possible without all of you. Thank you to the planning committee for putting on such a wonderful and successful day: Donna Arnold, Lila Conkie, Janet Connors, Judith Crowell, Veronica Kerr, Carole Keys, Sharyn Little, Mary MacInnis, Tanya Mustachi, Jan Richmond, Kathie Steffler, & Gerrie Wonnacott



Event Information

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HEARTH BEATS & FRIENDS SPRING CONCERT

Many thanks to:
Father Paul Massel
Father Andrew Ayala
P.A.G.E. 4
Whole Lotta Lovin'
Hearth Beats Choir
Diane Mantha
Lisa Heitzner
Colin Rowe
Rev. Keith Callaghan, Holy Cross Parish

Your talent & support raised \$4586.00

Artists in the Garden Plant Sale

The 8th Annual Plant Sale, hosted by the Artists in the Garden committee, was held in the Hearth Place parking lot on May 12th. A variety of plants including perennials and annuals were available for sale, all donated by supporters.

Through sales and donations the Plant Sale raised **\$1960.00** to contribute to the total raised for Artists In the Garden for 2018! Thank you to those who donated and those who purchased. A big thank you to members of the AITG committee, especially Lila Conkie, who put the day together.



FOURTH ANNUAL FAMILY FUN
Spaghetti Dinner

FUNDRAISING DINNER IN SUPPORT OF HEARTH PLACE CANCER SUPPORT CENTRE

DINNER, KIDS' ACTIVITIES, ENTERTAINMENT FOR THE WHOLE FAMILY

AJAX CONVENTION CENTRE
550 BECK CRES., AJAX

SUNDAY, OCTOBER 28, 2018
Doors open at 5:00 p.m.
LAST DAY TO PURCHASE TICKETS THURSDAY, OCT. 18
\$10 CHILD (3-12yrs)
\$25 ADULT
CHILDREN 2 AND UNDER FREE

FOR TICKETS OR MORE INFORMATION:
WWW.HEARTHPLACE.ORG/SPAGHETTI

Students Win \$5,000 for Hearth Place!

Congratulations to Alexus, Reagan, Jazlyn, and Breanna who won the first Brooklin High School Youth and Philanthropy Initiative competition raising \$5,000.00 for our children's programming. The students had to visit Hearth Place for research and then present in front of a panel as to why they felt Hearth Place was deserving of the \$5,000.

Thank you girls!



Hearth Place Kicking Cancer for Kids Inside Ride

BENEFITING CHARITY

EVENT DATE NOVEMBER 4, 2018

EVENT TIME 10:00 AM

LOCATION OSHAWA AIRPORT ENTERPRISE AIRLINES HANGAR

LOCAL SPONSOR FER PAL

REGISTER OR DONATE: WWW.HEARTHPLACE.ORG/INSIDERIDE



- Thursday, August 23rd, 12pm start
- Black Diamond Golf Club
- Fee is \$125/golfer

Includes: Green fees with cart, BBQ lunch, Steak dinner, door prizes for every golfer, & on-course competitions
To register contact Larry Schrader at Black Diamond GC
1-888-932-2005

This year's tournament will support:
Hearth Place Cancer Support Centre, Bowmanville Hospital, Special Olympics ON, & Touch Children's Home-Uganda

Thank You to Our Third Party Events!

Scotiabank®
Title Sponsor

Swing for Hope
3rd Annual
Charity GOLF
Tournament

In support of
Hearth Place Cancer Support Centre

THURSDAY, SEPTEMBER 13, 2018

DEER CREEK GOLF & BANQUET FACILITY

New this year!

Great new location, earlier start time, fun hole activities, mix & mingle reception and lots of prizes!

REGISTRATION \$175 per person
\$700 per foursome
Includes golf, cart, mix & mingle reception and dinner

Registration: 10:30am
Shotgun Start: 12:00pm SHARP!
*Lunch will be available for purchase

TO REGISTER: Email Lynda at Lwalker@durhammortgage.com

Clothing Sale

Thank you to Jacqui Van Belleghem and Monique Lea who raised **\$4,000** to support the programs and services at Hearth Place! This was done through the sale of ladies' new & gently used clothing over 2 separate weekends in Oshawa and Clarington. Thank you ladies!



Ladies Night Charity Event

Thank you to the ladies of the Durham Celtic Supporters Club. Their 70s & 80s Disco themed charity night raised **\$1,425** for Hearth Place!



- Denise Ganz held a yard sale on June 8th. Thank you Denise for raising \$340 for Hearth Place!
- Declan & Ashton (and their parents) held a yard sale on June 10th. Thank you Declan & Ashton for raising \$75 for Hearth Place!



CHANTELLE

Thank you to Chanterelle Bistro who donated 100% of the sales from their desserts the week of Mother's Day. In total they raised **\$1,651** to support Hearth Place!!

THE SOCIETY OF ENERGY PROFESSIONALS IFPTE LOCAL 160

Paint Nite

Thank you to the women's committee of the Society of Energy Professionals IFPTE Local 160 for hosting a fun Paint Nite and donating the proceeds from the evening to Hearth Place. They raised **\$600** to support programs and services offered at the centre!

Valentine's Candy Grams

Thank you to the following schools who sold candy grams for Valentine's Day to raise money for Hearth Place!

Meadowcrest P.S.—\$529

Chris Hadfield P.S.—\$740

PUP Day at R.S. McLaughlin S.S.

For nearly two decades the students of R.S. McLaughlin S.S. have held a fun day called PUP Day to raise funds for Hearth Place! We are so grateful for their dedication to supporting us year after year and are very thankful for the **\$6,600** raised this year!

"Wish You Were Here" Dave Gow Memorial Golf Tournament

Congratulations to Jennifer Gow and her team of friends and family for raising **\$7,025** for Hearth Place during their "Wish You Were Here" Dave Gow Memorial Golf Tournament! This was their 4th and final year of the tournament and we are so thankful for all they have done to raise funds and awareness for Hearth Place over the last 4 years.



Calendar Girls

The Ajax Community Theatre put on "Calendar Girls" with shows from April 19-28. The Theatre offered an information table to Hearth Place in the lobby at each show. Through donations made by patrons of the show **\$1,613** was raised to support Hearth Place!



Father's Day BBQ

Thank you to Graziella Jewellery who hosted a Father's Day BBQ on June 16th at their Oshawa store, catered by Chef Jeremy Tebby. Proceeds from the BBQ raised \$380 to support Hearth Place!



Hearth Place Programs for July and August

Registration is required for all programs.
Please call Janette 905 579 4833 or email
Janette@hearthplace.org

Caregiver Support Group



A support group for anyone who has a loved one diagnosed with cancer. This group will meet bi-weekly beginning on Tuesday, August 7th from 3:00-4:30pm. Please contact us for more details and to be added to the registration list.



Medical Cannabis Educational Presentation

Friday, July 13th from 10:00-11:30am

Michelle Davis from Tweed Inc. will provide an educational presentation on medical cannabis. Topics will include cannabis legislation, the uses of medical cannabis, safe and responsible use and access. Pre-registration is required.



Breathing Space....Pause and give yourself the gift of perspective

This program uses a combination of breath work, mindfulness strategies, meditation, music, healing energy, reflection activities and discussion to allow participants to slow down, nurture themselves and focus on what is most important in their lives. This group will meet on Thursday, July 26th and Thursday, August 23rd from 7:00-8:30pm.

Cancer Connection Drop-In Support Group (Pilot)

This pilot program is aimed at connecting individuals with a cancer diagnosis. This group will provide an opportunity to share your story and ask questions. Come and meet others who are experiencing the challenges of a cancer diagnosis in a safe and supportive environment. This group will be offered on a drop in basis on Tuesday, July 2nd & Thursday, July 19th, and Tuesday, August 7th & Thursday, August 16th from 1:00-2:00pm.

Sharing Circle—Alternate Friday mornings from 10:00-12:00pm

The Sharing Circle is an aboriginal approach to holistic health and wellness. It is an opportunity for anyone who wants to share their life experiences and learn from others about holistic health approaches. It is an interactive and excellent way to connect with others.

Spiritual in nature, the program addresses the emotional needs of all who participate.

Friday, July 13th – Metis Nation of Ontario

Friday July 27th – Feasting our Sacred Bundles

Friday, August 10th – Sweat Lodge Ceremony Teaching

Friday, August 24th – Nurturing our Mind, Body & Spirit

Gynecological Support Group

A new 6 week series of our Gynecological Support Group for women affected by gynecological cancers will begin in July. If you are interested in attending this group please contact us to register. This group will meet bi-weekly on Tuesday afternoons from 1:00-3:00pm beginning Tuesday, July 17th. Come and select topics of interest to you.

Our Alumni Gynecological group will continue to meet on the fourth Thursday of every month from 1:00-3:00pm.

Zumba

**5 week Summer Session begins
Thursday, July 19th from 11:30-12:30pm.**



Zumba is a dance based fitness class suitable for any and all fitness levels. Our class is geared specifically to people who are in or have recently completed treatment and is intended to be a fun and gentle hour where we can dance and laugh together. No experience or dance skills are required! Come join us on Thursday mornings for our summer session.

Coping with Cancer Stress—Healing Journey Level one

4 weeks beginning on Thursday, August 9th from 10:30-12:30pm

Coping with Cancer Stress is a 4 session introduction to the Healing Journey program. You will learn stress management techniques like deep relaxation, thought control, mental imaging, emotional awareness and expression.

****Program Disruptions****

Please note that construction of the new wing is set to begin in late summer. Our parking lot will be reduced and there will be some disruption to our programming as we expand our centre to better meet the needs of our members. Much care has been taken to minimize the impact of the construction, but some noise and rescheduling may be unavoidable. We anticipate a completion date of late fall 2018. Please check our website and social media for regular updates on any program changes. We are excited by the new possibilities for program services that this additional space will allow. Thank you in advance for your patience and understanding. We are working towards serving you better!

For our Community

In Memorium

In Memory of Maureen Zolis, Beverley Coulson, Mary Aldsworth, Joan Robinson, Paulette Racette, Susan Sidaway, Jane West, Alfredo Brusco, Willa Dick, Ralph Sucee, Mark Snow, Keith Effenberger and Bruce Burgess.

Thank you to the families of Joan Robinson, Susan Sidaway and Keith Effenberger, for directing donations in memory of your loved one to Hearth Place.



We are very grateful for the ongoing support of the Durham Region Association of Realtors. Pictured here, is their donation of \$25,488.19 from their Christmas Charity Auction. DRAR is sponsoring our group room in the new addition which will also provide programming for end of life transitioning, vigil planning, legacy making and more. June 20th, DRAR also hosted a golf tournament with funds donated to the project.



Thank you...



Our thanks to the Bowmanville Cuddle Quilters who have been supporting our Pediatric Program for many years, providing beautiful quilts, bags for our Kids Care Packages and much needed funds in support of the many Pediatric programs we offer. The club recently donated \$2,500.00.

AMAZING!

Thank you to those kind and gracious people who have donated blanket, hats, children's supplies, prosthetics, heart pillows, candy, prints, wigs, shampoo and general gifts to the centre. We would like to personally thank Glenda Beaton, Vera Hargreaves, Joelle Clarke, Loise Swagers, Helen Finley, Lakeridge Dental Centre, Chris Lake, Gretchen Huntley and the Get Well Gang, Oleg Volochkov, Joyce Kovack, Anna Proctor, Sandra Fletcher, Dan Tsubouchi, Marlene Hickey, Jenny Bodner, Sharon Risso, Erin Strickland, Marsha Somerville, Sherry LeBlanc, Debra Khouri and Libbie Burns.

*****Please note that due to summer schedules not all of our wellness program run during the summer months. Please check the calendar and the website for our summer wellness classes.*****

With warm thanks

We would like to thank the following organizations for their continuing generous support:

- Davielle Chaput, Market Partner for Monat Hair Products held a facebook raffle raising \$350.00 for Hearth Place.
- The Polish Veterans Ladies Auxillary donated \$300.00.
- S T E Automotive Centre in Whitby donated a further \$631.00, a portion of 2018 emissions testing.
- We received \$462.00 from employees who designated Hearth Place for their United Way of Durham Region donations.
- Hydro One Employees' and Pensioners' Employee Giving campaign donated \$561.84.
- Rogers has instituted an Employee Give Together Campaign where they will match donations made by employees to charities that are special to them. We received \$100.00.
- The partners and staff of Creighton Law participated in workplace dress down days and donated \$1,228.00.
- Our appreciation to Ivan B. Wallace Ontario Land Surveyor Ltd. who donated their services for our upcoming build valued at \$2,500.00.
- Lions District A16 Admin donated \$250.00.
- The Alpha Rho Master Chapter of Beta Sigma Phi donated \$250.00.
- Omemee and District Lioness Club donated \$150.00 towards our Pediatric Program.
- Ontario Power Generation Employees' and Pensioners' Charity Trust Fund donated \$199.00.
- Oshawa Airport Lions Club donated \$500.00 towards our Pediatric Family Support Program.
- A Masonic Youth Service Organization called The Toronto Assembly # 2 – International Order of the Rainbow for Girls teaches leadership skills through community service. We received a donation of \$65.00.
- Residents Council Durham Christian Homes donated \$46.00 from a recent worship service.
- The Durham Celtic Sports and Cultural Club Ladies Night Social Committee donated \$1,425.00.
- Lindsay East & District Lions Club donated \$100.00 for the purchase of a Monkey in my Chair for the Pediatric Program.



Doug Peters before he cut his hair . Thanks Doug!

Thank you to the amazing people who grew their hair and donated it to make wigs for those going through treatment for cancer. A big thank you goes to: Doug Peters, Robert Gunnion, seven year old Briana Marie Ferguson, Alistair Munro and a student from R.S. McLaughlin School, Alyssa Hargrove.



Our thanks to Julie Swagers who made these lovely quilts for our members. Her mom, Betty Reading, knitted the caps and her 86 year old Mother in Law, Lois Swagers, stuffed the hearts. Friend Helen Brydon also made many of the hearts. Thank you for these gifts of comfort.



Thank you to the Court of Brooklin for these beautiful blankets made by the residents for our members.



Groundskeeping and Snow Removal

Thanks to our ongoing suppliers listed below:



Photocopiers and Supplies

