

# Wings of Hope Cancer Support Center



JANUARY 2017

## The Pathways of a Cancer Journey Carolyn Ettinger

There are so many aspects to the cancer journey because there are hundreds of types of cancer, different treatment options for each of those different cancers, and a wide variety of tools that contribute to your health. Because each of us is unique, how our bodies, minds, and spirits respond to the experience of cancer is also unique, and so our journeys look different. We will each respond to our cancer with our own choices.

At Wings of Hope, we try to meet each person exactly where they are and provide them with emotional support. This means we accept YOU and YOUR choices, and become companions for whatever pathway you are taking.

Having said that, there are some feelings that seem to go with the cancer journey. These are a few of the feelings some people experience:

- FEAR: You might be feeling fear of cancer, of treatment, of the future, of dying, for your family, of financial challenges . . . and the list goes on and on.
- UNCERTAINTY: You may experience uncertainty because what you were is no longer, and you're not sure of what the future will look like. OR perhaps because you're waiting on test results. Uncertainty can come because we don't know how our bodies will respond to treatment, or what will happen if we choose not to have treatment. So much of this experience is unknown or at least, not known yet.

- VULNERABILITY: I hate this one! That feeling of powerlessness, or being open to unknown hurts – both physical and emotional. It's sometimes difficult to be the person accepting help from others, to be the vulnerable person, when we are used to being the strong one.

Then comes what many name "survivorship" – what I consider figuring out your life after diagnosis. Again, this is challenging. In the words of breast cancer survivor Nancy Stordahl (who wrote the book, "Cancer Was Not A Gift and It Didn't Make Me a Better Person"), "there is only one way for you to figure out your life post-diagnosis – your way."

As we traverse the unknown and the challenges of a cancer journey, it helps to figuratively hold hands with others. As a survivor, I have experienced many of those difficult emotions and struggled with the meaning of life after diagnosis. I had people along the way who held my hand and walked beside me. Their companionship continues to support me as I work to create and live my life. If Wings of Hope can be one of your support systems, please give us a call. We would like to be there for you as you choose your path and move forward in this journey called life.

*wings  
of hope*

**How to Reach Us:**  
**[www.wingsofhope.org](http://www.wingsofhope.org)**  
427 E. Kanessville  
Blvd., # 202  
Council Bluffs, IA 51503  
712-325-8970

**Office Hours:**  
Monday– Friday  
8:00 am to 4:00 pm  
**Hope Chest Renewal Room**  
8:00-12:00  
Walk-ins are welcome,  
but it is a good idea to call ahead.

# Women Helping Women

## Tend & Be Friend: A Self Care Gift

Special thanks to our speaker Ann Jones

### Friends & Supporters



### Volunteers, Soup Makers, and Donations

Mary Jo Higginbotham	Rosemary Dermody
Kayci Brennan	Karen Hockom
Kathy Knott	Gloria Brennan
Lori Hytrek	Patti Higginbotham
Judi Thallas	Marchell Benes
Renea Kuhn	Ann Jones
Deb Kennebeck	Lupe Martinez
Joey Smith	Teri Wilson
Donna Scott	Lillian Cusick
Kathy Noble	St. Patrick's & St. Peters
Dave Geiger	Altar Societies
Suzette Juel	Bloom Works
	HyVee Bakery

### Mom's & Daughters



### In Kind Donations

Altrusa Club  
 Bloom Works  
 Catherine Devoll  
 Jeff & Janice Gubbells  
 HyVee Bakery Madison Ave  
 Kathy Knott  
 Teresa Rice  
 Pam Rihner  
 Barb Wood  
 Judy Brunow

### Volunteers

Mary Jo Higginbotham  
 Peggy Goss  
 Jan Ryan  
 Linda Vanderwall  
 LaVina Peters  
 Dick & Donna Scott  
 Bob Krivanek  
 Judy Watson  
 Geri Watson  
 Ginny Nickels  
 Barb Hough  
 Gloria Brennan  
 Joanne Kenealy

### Cash Donations

Bethany Presbyterian Church  
 Board of Deacons  
 Bethany Presbyterian Church  
 Circle 4  
 Patti Higginbotham  
 Laurie Lambert  
 Kanesville Alternative Learning Center  
McDermott & Miller Blue Jeans Day  
 Pat Andersen  
 Ashley Wulf  
 Terry Jo & Kevin Ryan  
 Gerard Beal  
 Phillip Anstine  
 Ken & Jacqueline Kluck  
 Ana Maria Vargas  
 Bryan & Jodi Decker

## Winter in the Nifty 50's



Oh yeah ! Fun, food, fantastic music, and the 50's!  
 Wear your coolest 50's garb, and brush up on your 50's Trivia.

We will have a rockin' good time.

February 11, 2017, Mid America Center, Council Bluffs

Tickets are \$75.00 per person/ Table of 10 for \$ 750.00.

All proceeds go to Wings of Hope.

## Wings of Hope Cancer Support Center

Offers support groups, private counseling, patient and family education, community resource referral, patient resource library, Healing Touch, caregiver support, and community education opportunities.

## Mission Statement

We recognize the diagnosis and treatment of cancer has a tremendous emotional and physical impact on the patient and family.

Wings of Hope Cancer Support Center assists those with cancer at all stages of their illness and helps family and friends cope with cancer in their lives.

## 2017 Operating Board

Pat Andersen	Ann Jones
Rose Brown	Michelle Kaufman
Francis Clark	Deb Kennebeck
Brian Cooley	Michael Knedler
Rosemary Dermody	Annmarie Marsh
Patti Higginbotham	Jenny VanSoelen
Donna Hubbell	

## Annual Campaign 2016

### Friend:

Louie & Virginia Caparelli  
Dean & Susan Devereaux  
Barb & Jerry Farley  
Beverly Fletcher  
Helen Gearhart  
Kevin & Karen Hansen  
Myrna Headley  
Richard & Elaine Hobbs  
George & Ria Holly  
Evelyn Jacobs  
Deb & Dan Kelley  
Margaret Kilibarda  
Paul Love  
Rob & Marianne Mathena  
Karen McPartland  
Dr. Phillip & Jane Meyer  
Ed & Maureen Murray  
Phyllis Otto  
Russell & Jeanne Pfeiffer  
Jerry & Claudia Quigley  
Dr. Richard & Sally Runge  
Mike & Joetta Skipton  
Charles & Jonette Smith  
Steve & Alba Spitznagle  
Betty Treat  
Linda Vanderwall  
Amber Williams

### Supporter:

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Gary & Nadine DeVoss  
Donn & Jacquie Dierks–  
Family Heritage  
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Christine & James Heuer  
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Penny & Roger Malcom  
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Jon & Constance Narmi  
Greg & Carol Reeder  
Schroer & Associates PC  
Lyn & Wendall Stuntz  
Jenny VanSoelen

### Advocate:

Carolyn & David Ettinger  
Mike & Marie Knedler  
Bob & Brenda Krivanek

### Sustainer:

William Coats Sr.  
Steve & Rosemary Dermody  
Joe & Deb Kennebeck  
Violet Lecuona  
Cynthia McCullough  
Dorothy Murray  
Dr. James & Jane Whalen

### Benefactor:

Brad & Patti Higginbotham  
Tom & Donna Hubbell

### Sponsor:

Denny & Kristy Scott  
Suzanne & Robert Kossow  
Mary Jo Higginbotham

Thanks to each of the contributors to our Annual Campaign. Your donation makes a difference!

## 2016 Annual Campaign

### In Honor or Celebration of:

John & Barb Burns – Bob Kalton  
David & Carla Crosser-Harrington  
Merle Crosser  
Alan & Connie Gardner-Cheryl Keast  
Roger & Margie Graeve-Jeri Johnson  
Walter & Ruth Grimes– Barb Grimes  
E. Anne Medeiros– Marlene Hubbard  
Alison White– Scott White  
Amber Williams-everyone fighting cancer  
Mary Jo Higginbotham– Bob Higginbotham  
Deborah & Lou Cimminello–  
Corinne Magda  
Scott & Sarah Cox– Ruth Cox

### Memorials:

#### In Memory of Jean Geotsche

Forest & Carol Gunter  
Gary Geotsche

#### In Memory of Karen Stonehouse

Tom Stonehouse  
Margit Paulsen  
Thomas & Angela Waples  
Robert Bruhn  
Frankie Burton  
Curt & Tracy Brown  
Dr. Brad & Patti Higginbotham  
Anne Fletcher

#### In Memory of Yvonne Moore

Jean Waters  
Charles & Lynda Shafer  
Burton & Hattie Moores  
Carl Nethers  
Jeanette & Brian Heistand

## Part-Time Development Position OPEN at Wings of Hope

Wings of Hope has a part-time development position open. We are looking for someone with their Bachelor's degree and experience in fund-raising or nonprofits. A description of the position is below. If you know of someone interested, please share this information with them.

The part-time Development Director is responsible for all fund-raising and marketing activities for Wings of Hope Cancer Support Center. Priorities are to diversify funding sources and increase marketing and community relationship-building activities. This position requires effective planning, development, and implementation of strategic initiatives focused on maximizing the overall income potential of Wings of Hope.



Cancer Support Center
427 E. Kaneshville Blvd., Ste 202
Council Bluffs, IA 51503

www.wingsofhope.org

Non-Profit Org
U.S. Postage
PAID
Omaha, NE
Permit 915

Calendar of Events

January

Tuesday, January 10
6:00-7:30 p.m.

Young Women's Breast
Cancer Support
Wings of Hope

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Mondays, January 9 & 23, 2017
6:00-7:00 p.m.

"Healthy Moves:
Women's Cancer Survivor Exercise Group
The Senior Center

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Monday, January 16, 2017
6:00-7:30 p.m.
Hope for Tomorrow Cancer Support
Wings of Hope

February

Mondays February 13 & 27, 2017
6:00-7:00 p.m.

"Healthy Moves:
Women's Cancer Survivor Exercise Group
The Senior Center

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Hope for Tomorrow Cancer Support
Wings of Hope
Monday February 20, 2017
6:00-7:30 p.m.

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"Winter in the Nifty 50's
Fundraiser for Wings of Hope
February 11, 2017
6:30 p.m.
Mid America Center
Hors D'oeuvres!
Silent and Live Auctions!

March

Monday March 13 & 27, 2017
6:00-7:00 p.m.

"Healthy Moves:
Women's Cancer Survivor Exercise Group
The Senior Center

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Monday March 20, 2017
6:00-7:30 p.m.
Hope for Tomorrow
Cancer Support Group
Wings of Hope

Auction Baskets:

Are you willing to do an auction
basket for our "Winter in the Nifty 50's
fundraiser"? Do you know a group that
may donate items toward a basket? If
so call Brenda at Wings of Hope
712-325-8970. I can tell you what
baskets we have and give you some
ideas for baskets we need.

Thank you for your support