



Save the date! The 2010 Ovarian Cancer 5K will be held on Sunday, September 26 at Cobbs Hill Park.

Thanks to the generous support of sponsors, volunteers and runners, the 2009 race raised over \$30,000. Cancer Wellness Spa uses this money to provide welcome diversionary services to patients receiving outpatient medical treatments at the Golisano Children's Hospital and at the Highland Hospital Infusion Center. We are especially grateful to our major sponsors, Hunt Real Estate (Columbus Division) and Paychex. Thanks to all who worked so diligently to make the race successful. We count on you too – join us again in September, 2010.



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From the Executive Director

Rebecca Sumner, Ph.D



I'm honored to serve as Cancer Wellness Spa's executive director. Our organization works to make a difference in the lives of patients while they receive needed outpatient medical treatments.

Our founder, Eileen Grossman, modestly says that it "started with a bridge game," but I suggest that it's much more than that. Social psychologists, physicians and sociologists know that people who live in isolation, who lack the meaningful supports that connected human relationships provide, are less healthy, less happy, and less satisfied. Robert Putnam's *Bowling Alone: The Collapse and Revival of American Community* (2000) discussed the various sorts of networks that constitute what he and others refer to as social capital. Putnam's discussion of "bonding networks" is especially relevant to the work of Cancer Wellness Spa.

Bonding networks provide the solidarity and mutuality that are essential to getting through difficult times. Putnam discusses how these networks have changed over time and have, in so many instances, become weaker since the 1970s.

Cancer Wellness Spa is an exception. Many of the distinct measures of Putnam's social capital imbue everything we do: civic participation, mutual trust, altruism, workplace networks and informal networks. Local businesses donate because they care; they support their employees who wish to volunteer. Small groups of friends volunteer together because they want to make a difference. And the whole system is based on mutual trust.

Patients striving to get well put their trust in all those they meet in a treatment setting. Our

donors put their trust in us to provide amenity services that make the experience of a medical treatment a little better. Without the support and generosity of a strong network of committed volunteers and donors, we wouldn't be able to accomplish any of it.

Thank you for allowing me to be a part of such a special and significant organization.

2009 was a year of wonderful change and progress, and we look forward to working with you and our many partners in 2010. Please follow our progress on our website, www.cancerwellnessspa.com, and feel free to contact me at cancerwellnessspa@gmail.com. I hope to hear from you.

Patient Spotlight

"Cancer is just a speed bump in my life," says Amy Harvey, whose ovarian cancer was discovered last summer, five months before her 37th birthday.

Naturally, she was scared when the search for the cause of an insistent cough turned into this unexpected diagnosis. Her mother, a three-time breast cancer survivor, gave her the advice she has lived by ever since, "Give yourself one minute every day to feel sorry for yourself, then get on with your life."

Amy underwent a complete hysterectomy followed by a difficult course of chemotherapy and radiation treatments. She refers to her husband, Peter, as her "rock" and their young son, Benjamin, almost five, as her "pebble." As she recovered from surgery, little Benjamin did his best to help - he brought her water and helped put her feet up, for example. At one point, after she had lost most of her long, curly locks, Benjamin told her it made him sad that Mommy didn't have any hair. After that, she always wore a scarf or wig.

Along with the support of Drs. Angel and DuBeshter, the Highland Hospital nurses, her mother, and her "rock and pebble," she appreciates Cancer Wellness Spa's role in her recovery. Her six treatment cycles lasted for eight hours one day, five or six the next. A manicure helped break up the time. So did chatting with the manicurists, even when she didn't need her nails done again so soon. The daily food deliveries —

especially Great Northern pizzas and Bruegger's bagels — were a fresh, welcome treat. All these gestures from Cancer Wellness Spa volunteers helped her maintain the positive frame of mind that is her trademark.

With her treatments at an end, Amy hopes to get back to her work as a rental consultant for Rustic Village Apartments. She'll keep taking care of Benjamin, traveling with Peter, cooking, attending board meetings at Temple Beth El, and enjoying her many friends.

In her words, "I'm young and I have a lot of life to live still. I'm not letting cancer get in my way."



Amy Harvey enjoyed chatting with the manicurists that helped her pass the time during her treatments.



Professional Insight



Wendy V. Lane, MS, CCLS
Child Life Coordinator
Golisano Children's Hospital at Strong, URMC

As a Child Life specialist, one of my roles is to help children and their families cope with the fear and anxiety associated with their medical treatments. The Better Day Buddies program, now nearing its 2nd anniversary in the Treatment Center at Golisano Children's Hospital, contributes to this goal. The program provides opportunities for children to engage in creative activities that strengthen self-esteem and independence while they are receiving treatment for their cancer. Better Day Buddies volunteers strive to brighten a child's day by presenting activities with compassion, sincerity, and patience. Most importantly, they let the child be a child during a time that can be overwhelming and fearful.

Preschool and school-age children enjoy the program's variety of creative crafts that Lisa Curwin develops. The children look forward to coming to their appointments because they anticipate what might be waiting for them in one of Lisa's project bags.

Better Day Buddies has donated video gaming systems for the older children. Some of the teens enjoy escaping into their room and relaxing in front of a video game while they receive their treatment. Others take advantage of the meal that Better Day Buddies provides. Patients and families who are in the Pediatric Treatment Center at lunchtime appreciate the flexibility of receiving a hot lunch rather than a sack lunch brought from home. This is one less thing that a parent has to worry about. Magazine subscriptions present current reading materials that Better Day Buddies has carefully selected to suit the variety of ages that frequent the treatment center.

As if these contributions weren't enough, Better Day Buddies periodically brings in professional performers to sparkle the day. Those unexpected "wows" add excitement to the families' stay. Performers share their talent with the audience of patients, families and staff.

The entire Treatment Center team appreciates Eileen and Lisa for their inspiration and for making a dream become a reality. We welcome their volunteers and commend their dedication in seeing that, for each and every day of the program,

someone is here with a smile, ready to welcome a family and to serve them. The comfort of knowing that the treatment center and programs such as this are available for children helps create an opportunity for parents to focus on nurturing their child and themselves.

Thank you, Better Day Buddies, for making a difference in the life of a child and for supporting families in our own community.



In December, Cancer Wellness Spa was pleased to receive a generous donation from Woods Oviatt Gilman LLP. The community contribution program, now in its eleventh year, grew out of the firm's decision to donate to local not-for-profits instead of sending year-end client gifts. Each year, four area non profits are selected. Cancer Wellness Spa is grateful to Woods Oviatt Gilman and to (l-r) Jim McElheny, Kelly Beauchamp, Jack Battaglia and who joined us for the presentation.

2009 Volunteer Appreciation Lunch

Cancer Wellness Spa and Better Day Buddies work are successful due to the efforts of scores of dedicated volunteers. On November 12, 2009, we celebrated the work and generosity of our volunteers and donors. Thank you all for your selfless dedication and your willingness to make a difference!



Founders Dr. Cynthia Angel, Eileen Grossman and Dr. Brent DuBeshter.



Eileen Grossman, founder, and Rebecca Sumner, Executive Director, welcome volunteers and supporters.



Senior Joseph Robach, Nan Hildebrandt and Molly Hildebrandt.

"Lunch is so very helpful when we are getting treatment and it is hard to always go downstairs when my daughter is hungry."

"We have enjoyed the craft projects we have done and my son likes to have something he can bring home. He's a typical 11-year-old boy and likes the video games, too."

"Thank you for making my daughter's stay a more comfortable one!"

"We're very happy with the Better Day Buddies! Thanks for the x-tra special touch and care!"

"Thank you for all you do for the children here. It is greatly appreciated and helpful for the parents."

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Please make your check payable to: The Cancer Wellness Spa of Greater Rochester, and mail it to:
240 Kilbourn Road, Rochester, NY 14618. **(585) 475-8814.**

Thank You!

