

## TAKE CARE!

### Allow yourself to enjoy each happy moment.

Self-care is a growing concept that many of us are beginning to embrace. No longer do we associate the idea of looking after ourselves with being selfish. Now we understand that taking time to nourish ourselves is critically important in achieving peace of mind and gives us the strength to reach out and support others.

Many Wellspring programs provide wonderful opportunities to focus on self-care. For example, our **Body/Mind Meditation** program teaches tools to promote healthy thought management and our **Yoga** program helps to enhance the connection between physical and emotional well-being. Coming soon is our new **Nourish** program, a series of practical workshops covering a variety of topics around nutrition and cancer.

As we take time this holiday season to focus on what's really important, please consider making a candle tribute to remember or honour a loved one. The money raised each year from our **Light Up Wellspring Campaign** helps ensure that our no-cost programs and services

will continue to be available for those in need.

#### LIGHT UP WELLSPRING!

Tributes start at \$20 each, but can be made for as much as you'd like to give. Candles are available inside Wellspring, or if you prefer, you can dedicate your candle online at: [wellspringlondon.ca](http://wellspringlondon.ca). Tax receipts are available for donations of \$20 and over.

**On behalf of the Staff, Volunteers and Board of Directors of Wellspring, thank you for the gifts you share with us during this special time of year!**

**Take Care! And warmest wishes for the holiday season.**

*Joanna Meilleur,  
Director of Development*

Charitable Registration # 8642 6129 RR0001

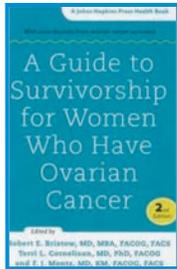
## INSIDE:

- RESOURCE CENTRE
- FOCUS ON MEDITATION
- NOURISH IS COMING!
- EVENT UPDATE
- OUR THANKS!

Wellspring does not receive any government or United Way funding and is not financially supported by the YMCA. All programs are offered at no cost. Donations are greatly appreciated.

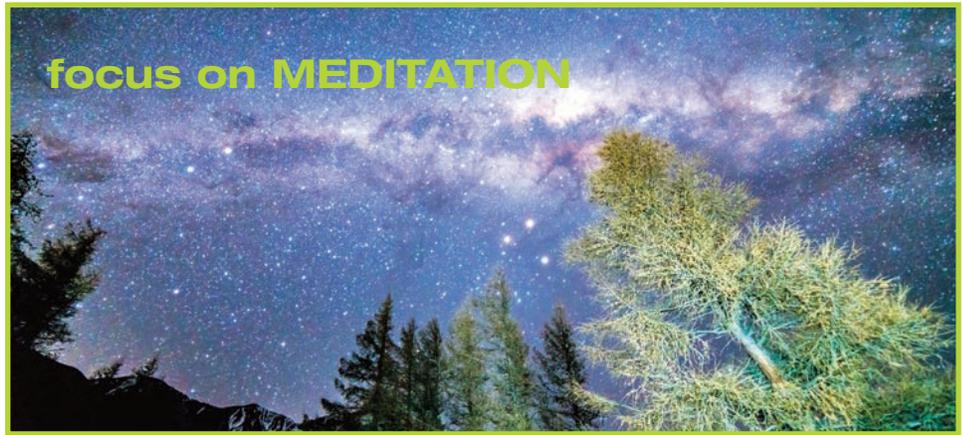
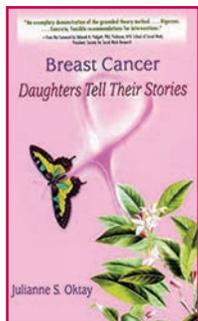
## Resource Centre

Johns Hopkins University Press is the publisher of **A Guide To Survivorship For Women Who Have Ovarian Cancer**. This updated second edition contains detailed information on diagnosis and treatments including surgery, chemotherapy and radiation as well as pain management. But this book also includes the voice of women with ovarian cancer who share their advice on coping with the disease and its treatments.



The Patient Guides from Johns Hopkins are designed to help alleviate anxiety and empower the patient to fully understand treatment options and the **Johns Hopkins Patients' Guide to Colon & Rectal Cancer** is no exception. There are chapters on diagnosis, meeting your treatment team, treatment considerations, side effects of treatment, and maintaining work / life balance during treatment. This concise patient guide also gives advice to the patient about re-engaging in mind and body health after treatment.

**Breast Cancer: Daughters Tell Their Stories** presents the results of a study about the stories of women whose mothers had breast cancer. The daughters express their common fears and expectations during their mothers' illnesses—the genetic risks, death and dying and changes in their relationships. While the daughters' poignant stories will help both mothers and daughters to better understand their experiences with breast cancer, health professionals and counsellors will also benefit from the case studies, tables and appendices.



Meditation has been used for centuries as a means of achieving healthy thought management through the control of thoughts and emotions. Meditation practices can help reduce stress, improve one's capacity to cope and to feel better both emotionally and physically. In this group program, participants will learn mindfulness meditation exercises, with each session providing a focus on a different type or aspect of meditation.

Wellspring's Body/Mind Meditation program is offered on a drop-in basis, Wednesdays and Fridays, 10:30 - 12 noon.

*"Wellspring offers a tranquil atmosphere full of supportive people. They are here for you if you want to open up but they will also respect your silence if you are not yet ready."* Member, Sarah

## NOURISH... Coming Soon!

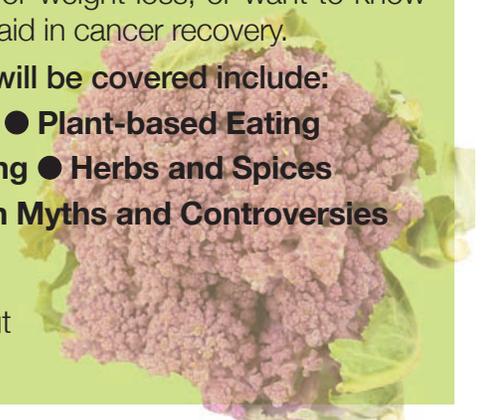
**Nutrition is important at any stage** of the cancer journey. Coming very soon, Wellspring's new "Nourish" program will provide many different sessions on cancer and nutrition using the latest research to teach the fundamentals of good nutritional practices for cancer patients and in some instances, will include cooking demonstrations, food sampling and take-home recipes.

You might think about attending a Nourish program if you are experiencing side-effects of treatment that make eating difficult, have trouble managing weight gain or weight loss, or want to know more about how healthy eating can aid in cancer recovery.

**Some of the Nourish topics that will be covered include:**

- **Beans, Peas, Lentils and Grains**
- **Plant-based Eating**
- **Breast Cancer and Healthy Eating**
- **Herbs and Spices**
- **Super Healthy Foods**
- **Nutrition Myths and Controversies**
- **Nutrition and the Caregiver**

Stay tuned for details as they roll out in the next few weeks!





Thanks to ROTARY CLUB OF LONDON HYDE PARK for putting on a fabulous 9 + Dine for Wellspring. Special thanks to Wellspring Member Melissa and Volunteer Bobbie.

**Board of Directors**

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Thank you to everyone who participated in our 14th Annual Boardwalk's Walk! Together we raised over \$75,000 for Wellspring! Congratulations and a huge Thank You to **Bunty's Bunch** (our winning F&F team); The Tumournators; Ashley's Perky Peeps and all the other wonderful Walkers, Teams, Sponsors and Volunteers who came out in support of our signature fundraising event. Congratulations and special thanks to top fundraising individuals, **Lynn Danby**; Barb MacDonald and Ashley Mitchell. Tremendous thanks to Boardwalk Rental Communities for your ongoing Title Sponsorship!



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If you would prefer to receive your copy of the Wellspring News via email, please send us an email including your full name and address to: [mail@wellspringlondon.ca](mailto:mail@wellspringlondon.ca)



**The XIX Annual Battle of the Bands for Wellspring, March 1, 2019**

Last March we surpassed the ONE MILLION DOLLARS raised over this event's history! Special thanks to **Adam Bain** of Bain Wealth Group for being the driving force behind this fabulous event! Join us again on March 1/19 at the London Music Hall as we continue the legacy. Tickets available in January online at: [wellspringbattle.ca](http://wellspringbattle.ca).

**A VERY SPECIAL THANK YOU** to all the individuals and groups who host events on our behalf. Many do so every year and have raised significant funds for Wellspring. We are truly grateful to all of you for your wonderful donations!

- Friends of Wellspring
- Theresa Carriere & the ONERUN Team
- Sandi DeMelo & Curl for Wellspring Team
- Kevin Parker's Fish Fry
- Christina St. Clair & Haymach Staff

- Hangar 9
- LHIN Labyrinth Walk
- Valerie Hobson & Catherine Heighway, Winter Solstice Meditation
- Ashley & Lauren Mitchell

**Stay Connected!**

Don't forget to follow us on Social Media for program updates, weather closings and the latest on events at Wellspring!

- Facebook: **Wellspring London and Region**
- Twitter: **@wellspringLdn**
- Blog: [www.blog.wellspring.ca](http://www.blog.wellspring.ca)
- Website: [www.wellspringlondon.ca](http://www.wellspringlondon.ca)



## With Gratitude!

Wellspring is grateful to have been awarded financial support from several foundations this past year. Our deepest thanks to the following Foundations:

Gerald C. Baines Foundation

Richard and Shelley Baker Family Foundation

Mitchell and Kathryn Baran Family Foundation

Wilf and Jean Bell Foundation

CIBC

Patrick Hodgson Family Foundation

London Community Foundation/Jack Nichols Family Fund

London Life

Brian and Heather Semkowski Family Foundation

Takla Foundation

Westminster College Foundation

## Our Thanks!

There are so many individuals and groups who generously contribute to Wellspring each year. We are deeply grateful for all you do to support us!

Every year, several groups organize and hold special events for Wellspring. Thank you for all the time and effort that you put into making these events so successful and for helping to raise awareness for Wellspring!

Special thanks to all the businesses who make Wellspring part of their annual budgets.

We are truly grateful for the on-going support of our monthly and Circle of Life donors. Your generosity is overwhelming!

To the hundreds of individuals who make donations to Wellspring each year ... Thank you! You are the heart and soul of our organization. Your gifts make our work possible and make the difference in the lives of our members!



CAMI presents Wellspring with \$5,000 Sponsorship!

The Wellspring Experience

“ what lovely and generous programs are available at Wellspring,

for those of us who have been challenged with cancer.

Thank you to all who continue to make it run so lovingly and with such care.”

Wellspring Member, Bonnie

Wellspring provides a wide range of cancer support programs and services, at no cost, to meet the emotional, social, psychological and informational needs of individuals and families affected by cancer.

Wellspring is a registered charitable organization that does not receive any government funding and relies on donations for daily operations and programs. Tax receipts are issued for donations of \$20 and over.

## Yes! I'd like to support Wellspring London

382 Waterloo St., London, ON N6B 2N8 519.438.7379

Enclosed is a donation of \$ \_\_\_\_\_

A Charitable tax receipt will be issued automatically for gifts of \$20 or more.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ P.C: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cheque enclosed (payable to Wellspring London and Region)

Visa  Mastercard

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

I am interested in becoming a Monthly Donor

I am interested in learning more about Legacy Giving