



2008 Update

**Message from our Chair**

Greetings to all of our supporters!

2008 was a year of change for the Wings of Hope Breast Cancer Foundation. After four years of dedicated service, we said goodbye to our former Chair, Noralee Bradley. Noralee's commitment to Wings of Hope positively impacted our Foundation in so many ways during her lengthy term and we were all saddened by her departure. In September 2007, we, Tracy Quon (previous Treasurer) and Kathleen Fraser (previous Director of Strategic Planning) assumed the Co-Chair role for the Wings of Hope Board. We are striving to fill the big shoes left by Noralee. Over the past year, we also said goodbye to other valued Board members, including Sheilagh Langille, Betty Anne Rowe, Dr. Marcy Mintz, and Mary-Beth Eckersley. We appreciate the continued involvement and support these former Board members still provide as well as the many valuable contributions they made during their tenures.

In 2008, the Board focused our efforts on ensuring that your hard-earned donations made the maximum positive impact for local breast cancer patients and their families. In addition to providing financial assistance to breast cancer patients through the Patient Financial Assistance Program, we identified and financially supported a new program - a series of workshops for breast cancer patients administered by Breast Cancer Supportive Care (BCSC). In 2008, Wings of Hope sponsored one workshop series for BCSC. For more information, please read the accompanying article to learn more about this exciting new initiative.

We also supported the Holiday Hamper program again in December 2008, sponsoring the purchase and assembly of food and gift hampers that were delivered to "in-need" breast cancer patients and their families.

We appreciate the many inquiries we have received about our fall luncheon. This year, the Board decided not to hold our annual luncheon and fashion show. Instead, we are pleased to announce the creation of a new fundraising event. Our fundraising subcommittee is currently working

hard to finalize the concept and details for this event. Please check our website regularly as specific information about the nature and timing of this event will be available very soon. We are at [www.wings-of-hope.com](http://www.wings-of-hope.com).

Finally, we feel that we cannot adequately express our gratitude for the continued generous and loyal support that we receive from all of our donors. Please know that your donations make an important difference in areas where few other charities are available to assist. Wings of Hope provides immediate funding for programs that ease the financial and psychological burden of persons living with breast cancer. Our Board is entirely volunteer-based and therefore, your donations go directly to the patients who need them. We are always looking for volunteers so if you are interested in helping us please call or email. We would love to hear from you.

We wish you all the best as we begin a new year and look forward to your continued support in 2009!

Kathleen Fraser  
Co-Chair

Tracy Quon  
Co-Chair

**New Website**

We are excited to announce the launch of our new website! Wings of Hope had the pleasure to work with some extremely talented individuals over the course of the last few months while creating this site. In particular, we wish to extend our sincere thanks to Jai Benteau, Brigitte Lepage, and Dan Sellers for all of their volunteer efforts.

We have a brand new look with updated information as well as the ability to make on-line donations.

Future newsletters will also be on our site as well as information about upcoming fundraising events.

Please check us out at [www.wings-of-hope.com](http://www.wings-of-hope.com)

**Thank-you all for the continued support of Wings of Hope!!**

**Breast Cancer Supportive Care**

Wings of Hope has had the privilege of working with the Breast Cancer Supportive Care Foundation (BCSC) over the last few years.

During 2008, Wings of Hope was able to fund a wonderful program that the BCSC offers.

The Women's Breast Cancer Recovery Group is a 12 week group therapy program facilitated by a BCSC doctor and a psychologist. This group session is for breast cancer survivors who have been out of treatment for at least three months and is by invitation. There is no cost to the participants, and the BCSC usually holds groups twice per year (once in the spring and once in the fall). Each group is limited to 10 people to foster an intimate, therapeutic setting. This Recovery Group is a confidential, safe place for women with breast cancer to come together and express themselves to other breast cancer survivors.

The group meets for 2 hours once per week for 12 weeks. The topics covered during the program are physical recovery, emotional recovery, relational recovery, spiritual healing, and finally a Moving Forward Celebration at Week 12. Each participant receives a workbook to take with them that contains extremely valuable information on each of the topics covered during the program.

One of the goals of the BCSC is to make this program replicable so it can be offered to breast cancer survivors in cities across Canada.

If you would like more information on this program or one of the many others at the BCSC, please visit their website at <http://www.breastcancersupportivecare.com> or call them at (403) 270-2242.

**2009 Event**

As mentioned in the Chair Report, WOH is pleased to announce the creation of a new event for 2009! Details are being finalized so please check our website regularly at [www.wings-of-hope.com](http://www.wings-of-hope.com) or call us at (403) 228-9539.

**Volunteers**

We would again like to extend our thanks to the volunteers who continuously support us at events and on an ongoing basis. If you would like to volunteer with Wings of Hope at an event, on one of our committees, or with the Board please contact us through our website, via mail at the address at the right, or by phone at the number listed above.

**People We've Helped**

**To Wings of Hope,**

Thank you so much for providing me with this unique week (Tapestry Retreat)! It is the first time since my cancer diagnosis that I am able to get in touch with my emotions, to cry, and to share with others who are on the same journey. Our activities were well chosen and will enable everyone to find inner peace and realize one's own strengths. Your compassion and willingness to help cancer patients reclaim their lives and get their souls well again are much appreciated.

Thanks again!

**To All the Special Folks of Wings of Hope,**

I have been overjoyed and most appreciative of the wonderful basket of beautiful gifts you delivered to my door for Christmas. Every gift was so special. I have been deeply touched by this.

Thank you again.

May God truly bless each one of you!

**To Arrange a Gift:**

To make an online donation, please visit our website at [www.wings-of-hope.com](http://www.wings-of-hope.com).

To make a donation by cheque, please fill out this form and send it to us at:

**Wings of Hope Breast Cancer Foundation**

P.O. Box 20199  
205 - 5 Avenue SW BVRPO  
Calgary, AB T2P 4L2

Your tax receipt, along with our deepest gratitude, will be sent to you promptly.

Here is my donation in the amount of: \$ \_\_\_\_\_

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

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

City/Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

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

*Providing funding for programs that ease the financial and psychological burden of living with breast cancer*

