

WORDS OF HOPE

A PERIODIC NEWSLETTER FOR CANCER PATIENTS, THEIR FAMILIES AND FRIENDS

Gems of Hope Inc. is a non-profit organization dedicated to bringing hope to cancer patients and their families.

Happy 5th Anniversary, Gems of Hope!

July 2005 marked the beginning of Gems of Hope bringing hope to cancer patients and their families. Gems of Hope, Inc. was inspired by Tory, a Cedar Rapids girl who was nine years old at the time. Tory's mother was in treatment for cancer and Tory wrote daily notes of encouragement and left them where her mother could see them.

With a mother who recognized the impact of Tory's gestures, the idea to extend the reach was born. Tory's mother, Sheila Harman, and her two friends, Cindy Sale and Beth Hammell, put the vision in motion. With determination and an unwavering belief that hope, optimism, and spirituality can promote healing, the women tapped into a variety of resources to connect the young organization to the community.

Today, Gems of Hope has grown to an organization guided by more than two dozen volunteers, in addition to countless individuals who perform the primary tasks of making the inspirational cards and jewelry that will ultimately be given to people dealing with cancer. In addition, programs have also been designed for children and youth who have a family member battling the disease.

For more information about Gems of Hope, including beading workshops and locations of distribution, visit the website at: www.gemsofhope.com or call 319-393-9681.

(Check out our revised logo above, courtesy Tammy Stines, honoring our five-year anniversary!)

What About Us? Group to meet this fall at Mercy

Gems of Hope's **What About Us?** group will meet again this fall. The group offers free sessions for kids ages 5-12 who have a family member diagnosed with cancer.

The group met in July, thanks in part to the Linn County Board of Supervisors' Witwer Trust Fund. St. Luke's Hospital hosted the three consecutive Tuesday evenings, including a light supper, kids' activities and kids' yoga.

Call the Gems of Hope office at 319-393-9681 for exact dates and also to register. Maximum 10 children: First come, first served.

Join Gems for Ladies' Night Out

Girlfriends, unite! Call a friend and join Gems for our second annual "Ladies Night Out" 6-8 p.m. Tuesday, Oct. 19 at Lindale Mall (room to be announced).

This will be in lieu of our Benchmark workshop. We'll provide a card and jewelry workshop, display about Gems and door prizes. Snacks and fun, guaranteed!

Tuesday Fall Workshop Schedule

No August workshops.

Beading:

Sept. 14 - 6:30-7:30 p.m., St. Luke's.

Sept. 21 - 6:30-7:30 p.m., Benchmark, Inc.

Oct. 12 - 6:30-7:30 p.m., Mercy Medical Ctr.

Card-making:

Sept. 14—6:30-7:30 p.m., Mercy Medical Ctr.

Sept. 21—6:30-7:30 p.m., Benchmark, Inc.

Oct. 12—6:30-7:30 p.m., St. Luke's.

Oct. 19—6-8 p.m., Lindale Mall. Beading & card-making.

Cedar Rapids locations:

Benchmark—6065 Huntington Ct. NE. Conf. room.

St. Luke's Hospital—1026 A Ave. NE. Room 163.

Mercy Medical Ctr—701 10th St. SE, Hall Radiation Conf. room.



Gems of Hope booth volunteers at Cedar Rapids' Farmers' Market sold cards and jewelry, plus Gems' new fabric totes (\$3) and purple shirts (\$10). Available at the Gems office and the Sept. 18 Farmers Market.

Visit us at www.gemsofhope.com

Especially For You Race is October 10th

This year is the 20th anniversary of the EFY Breast Cancer Race and the Gems of Hope team is hoping for 200+ members. Help us reach our goal!

Register today. Invite your friends and family to join us. Remember—your support means free mammograms and breast-care services to area residents.

Contact Jane Simoson at 319-929-5551 or mcsimo@mchsi.com for more information and registration forms.

Check out the crowd! This shows just part of the participants in the 2009 EFY Race Against Breast Cancer.



St. Luke's to host "Yoga on First" Aug. 28

St. Luke's Hospital will host an outdoor yoga class Saturday, Aug. 28, in the parking lot of St. Luke's Center for Women's and Children's Health, located between 10th and 11th Street, on First Avenue.

Check-in is 8:30 a.m. for the 9-11 a.m. class. Registration is \$25, or \$30 the day of the event. Call 319-369-7395 or visit www.stlukescr.org to register.

The class is open to anyone, beginner or experienced yoga student. Bring a yoga mat or towel.

All proceeds go to benefit St. Luke's Cook Cancer Wellness Program. Thanks to Fusion Studio for supporting this event.

Support Gems with lunch at Ohnward Bank

Invite your co-workers, friends and neighbors to join you at Ohnward Bank & Trust, 1211 Edgewood Rd. SW, 11 a.m.-1:30 p.m. Thursday, Aug. 19. Bank staff members will grill burgers in their parking lot for your free-will donations. Contributions benefit Gems of Hope and the Anna Purna Ghosh Foundation.

Thanks, JFK Student Government!

Twice a month for the past two years, these students have made cards for Gems and supported us with fundraisers, as well. This spring, Gems surprised them with a donut party. Each student could make a special card for someone. Then, surprise—we gave each student that special card to take home.

We are grateful for their contributions and support. Thanks also to advisor Joe Benedict, a great Gems advocate.

Did you know....

That www.cancerrealsucks.org web site has two live chats twice a month? The first and third Wednesdays each month, the live chat room is open for all teens to network with each other. Log on from 9 to 10 p.m. CST .



Gems of Hope

Office Hours

Mon.—Tues 1—4 p.m.
Weds. 9 a.m.—12 p.m.
Thurs. 1—4 p.m.

Check out books from the Hope Library.
 Schedule a presentation & workshop for your organization.
 Call 393-9681.

Located at Mercy Medical Center



Visit us at www.gemsofhope.com

Words of Hope printed courtesy Mercy Medical Center

