

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.

"GOH" Ride is May 15

Join us for a new fundraising event for Gems of Hope, in conjunction with Houby Days, on Sunday, May 15. The "GOH" Ride begins at the Sokol Park Pavilion in Czech Village, with two distance options for cyclists based on the Linn County trails.



Open registration and check-in will run from 11 a.m. to 1 p.m. Participants can choose between Ride Option 1, pedaling north to the Cedar Lake loop and turn around at Green Square Park for a 5- to 6-mile ride. Ride Option 2 heads south on the Cedar River Trail toward Ely for a 25-mile ride, with a water stop sponsored by Linn County Trails Association at Tait Cummins Park (4-mile mark). Riders continue on to Wright Bros. and Spanish Road, looping back to Sokol Park (1511 A Street SW).

Czech Village Association is serving as our sponsor. Goodie bags and T-shirts will be provided at the event registration tent on May 15.

To register, visit www.gemsofhope.com or www.GetMeRegistered.com/GOHRide. More questions? Email mbarnes@lynchdallas.com.



This rendering shows the new Sister Mary Lawrence Community Center.

New home for Gems of Hope

Mercy Medical Center is renovating the old Penny Saver building to create an innovative nonprofit community facility.

The Sister Mary Lawrence Community Center on 4th Ave. and 6th St. SE will house several nonprofit organizations: Young Parents Network, Kids First Law Center, Boys & Girls Club, and **Gems of Hope**. We are targeting to be all moved in by the end of June.

With the expanded area, we will be able to facilitate our youth program, "What About Us?" We'll also have space for our monthly board meetings, daytime workshops and special events. Our volunteer teams are looking forward to having ample room to assemble our Gifts of Hope. Our lending library will be housed in our foyer to welcome any visitors. Look for us at our new address 420 6th St. SE, Cedar Rapids, IA.

Check our Web site www.gemsofhope.com for details on our upcoming open house!

Gems of Hope Children's Programming

The next "What About Us?" session is **May 11, 18, 25 and June 1**. Call the Gems office at 393-9681 to register.

Gems of Hope's "What About Us?" support group uses structured activities to help children ages 5-12 to identify, communicate and cope with their feelings.

The aim of this program is to build upon the child's strengths and enhance his/her ability to cope with stress related to their loved one's cancer diagnosis.

"What About Us?" includes four sessions, once a week for four consecutive weeks. The opening hour is the children's group that is facilitated by social workers. After that, the children participate in yoga while the social workers meet with the parents.

"GOH" Golf Tourney set for July 23

Among the Gems of Hope activities for this July you will find a four-person best shot golf tourney. Wildcat Golf Course in Shellsburg, IA, will host all golfers for the benefit of Gems of Hope.

Grab your clubs and join us at 8 a.m., Saturday, July 23. Registration is \$55 per person and will include 18 holes of golf, cart and lunch. Fun prizes and, of course, 'mulligans' for sale!!!

Watch for more details on our website, www.gemsofhope.com.



Tuesday Summer Workshop Schedule

Beading:

May 10 - 6:30-7:30 p.m., Mercy Medical Ctr.

June 14 - 6:30-7:30 p.m., St. Luke's Heart Ctr.

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

(No workshops in August)

Card-making:

May 10 - 6:30-7:30 p.m., St. Luke's Heart Ctr.

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

July 12 - 6:30-7:30 p.m., St. Luke's Heart Ctr.

(No workshops in August)

Beading & Cardmaking:

May 17- 6:30-7:30 p.m., Benchmark Inc.

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

July 19—6:30-7:30 p.m., Benchmark Inc.

(No workshops in August)

Cedar Rapids locations:

Benchmark—6065 Huntington Ct. NE
Conf. room.

St. Luke's Hospital—1026 A Ave. NE.
Heart Ctr.

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



Brooke Fitzgerald (on right) presenting Gems of Hope President Cindy Sale with a donation.

Murphy Memorial Golf Tourney is June 11

Each year, the Murphy family hosts "The Annual Murphy Memorial Charity Golf Tournament" at the Vinton Country Club. The proceeds benefit local organizations that provide a personal touch for cancer patients. In 2010, Gems of Hope was chosen as one of the recipients. This year's 12th annual shotgun-start golf scramble is Saturday, June 11., with two tee times: 8 a.m. and 1:30 p.m. Once again, Gems of Hope is one of the charities benefitting from their proceeds.

To register for this tournament contact: Rick Murphy at 319-472-4397 or 319-389-8089.

Thank you, Murphy family!

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

Check out this story on Gems

About a month ago, we were alerted via our website that the AOK Uniform Company in California wanted to feature us on 'their' Web site.

Each month they feature an 'Act of Kindness' spot on their Web site. AOK chose Gems of Hope to feature in March/April!

To see this story, please go to www.aokuniformcompany.com. Yes, we have gone national again!

**Become a Gems of Hope
volunteer!**

Contact us at

www.gemsofhope.com

or 319-393-9681

St. Luke's to host workshop on Cancer Transitions

Cancer Transitions helps cancer survivors transition from active treatment to life after treatment. It's a six-week series that includes education, nutrition, physical exercise and support.

Join St. Luke's Cancer Care for a free workshop on Cancer Transitions, funded by a grant from LiveStrong Foundation.

For more information, contact Nancy at St. Luke's Cancer Care at 319-368-5672 or visit www.stlukescr.org



Find our Gems of Hope inspirational cards here in Cedar Rapids:

- *Mt. Mercy Bookstore*
- *Mercy Medical Center Flower & Gift Shop*
- *Peck's Green Thumb Nursery*
- *St. Luke's Flower & Gift Shop*
- *Shear Happenings*
- *Visions Hair Studio*

(Also, Blessed by Nature in Aledo, Ill.)

Proceeds help purchase materials for workshops. Thanks!

Visit us at www.gemsofhope.com

Words of Hope printed courtesy St. Luke's Hospital.

