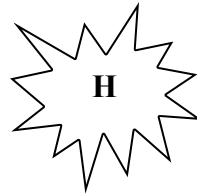


February 2007

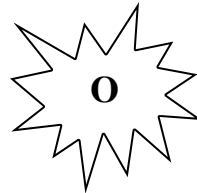
**Please support the following
businesses who donated to
our Fall 2006 Retreat**

A Trusting Touch Hair Salon
Boyd Photo—Prospect
Country Garden Florist—Prospect
Craig & Landreth Cars—Dixie Hwy.
Dairy Queen—National Turnpike
Forest Discovery Center—Starlight, IN
Glenmary Country Club
Hardee's —Taylor Blvd.
Henderson Services LLC
Homemade Ice Cream & Pie Kitchen
Jarfi's Bistro & Catering
Jewelry by Susie Wilson
Kroger Stores
Ladyfinger's Fine Catering
Louisville Slugger Bat Co
Muhammad Ali Center
O'Charley's —Outer Loop
Outback Steak House
 Bardstown Rd
 Signature Dr.
 Highway 22
Oxmoor Center-Mall St. Matthews
Saybak, Wilson & Lingo, Inc
Starbucks—Springhurst Commons Dr.
Stephen Foster Story Musical-Bardstown, KY
Stevens & Stevens Deli
T & T Security—Shepherdsville, KY
Texas Roadhouse—Elizabethtown, KY
Thornberry's Delicatessen
Wal-Mart—Dixie Mall

*Friends
for Hope*



**Cancer Support Group
(502)451-9600
P.O. Box 5575
Louisville, KY 40255**



Friends for Hope Board Members

**President
Ed Causey, Facilitator**

**1st Vice President
Linda Zay, Survivor**

**2nd Vice President
Jeff Bohn, Caregiver**

**Secretary
Lynne Fleming, Survivor**

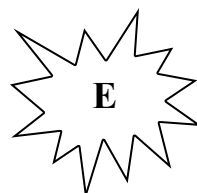
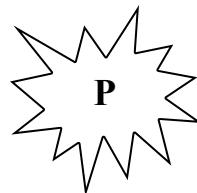
**Treasurer
Bev Cunningham, Survivor**

**Members At-Large
Sheelah Anderson, Survivor**

Rosa Battle, Survivor

Virginia "JuneBug" Head, Survivor

Elizabeth Hoffman, PhD., Caregiver



FFH welcomed 23 new campers at the Fall 2006 retreat!

Nan Abell
Janet Bowling
Sharon Bradley
Sydney Campion
John & Sylvia Cloyd
Penny Edmond
Debbie & Odis Embry
Bill & Jerry Lee Gregg
Dennis & Catherine Grimes
Charlotte Ingram
Kate Joyce
Linda Livers
Jack Morgan
Elisha Murphy
Ed Read
Rosalind Turner
Judy Wallace
Peg Wethington
Michelle Zito

Rose & Susan Goodgine reported there were 47 evaluations returned. A record!

Thanks to all for their input. The retreat raffle brought in \$422 and the exercise equipment \$396. Terrific job!

Friends for Hope needs your help!

If you would like to help in any of the following areas-please call (502) 451-9600 and leave your name and phone number and someone will contact you. Thank you.

- **Decorations**
- **Fundraising**
- **Soliciting donations for raffles, bed bags and/or door prizes**
- **Head up committees or serve on one**
- **Deliver material to physicians offices**
- **Mailings, labels, stuffing envelopes**
- **Help with support group refreshments**
- **Write grant requests**
- **Public Relations & Promotions**
- **Recruitment & Development**
- **Phone contact volunteer**

The volunteer for the phone contact would be the person called by those who did not want to leave their name and number for a call back.

Ed Causey has agreed to handle this position until another volunteer comes forward. If interested, please contact Ed or leave a message on our phone. (502) 451-9600

Thank you.

An extra special THANK YOU goes out to the
Kentucky Cancer Program
for their continued support to the
Friends for Hope group.

Friends for Hope would like to extend a huge

THANK YOU

to **Paige Hollinsworth and her staff at the
Outback Steak House on Signature Drive**

for their continued support of our group!

The fundraiser on November 11, 2006 was a smashing success
with 72 in attendance & raising \$1310 for our group!

Thanks to Carol Hudson for coordinating ticket sales.

Survivors Day at Churchill Downs

On Saturday, November 18, 2006- 5 members of Friends for Hope were at Churchill Downs. The three representing FFH were Linda Zay, Jeff Bohn, & JuneBug Head. The Survivors Day was for 18 to 35 year old survivors of childhood cancers. The FFH members were there to lend support to the survivors and to promote our group. There were approximately 30 survivors and their families and friends who attended the event.

Thirteen of the survivors wanted their names added to the mailing list for Friends for Hope. One lucky survivor won our give-away basket which included: a FFH tee-shirt,

- a CD of -"I'm Alive"
- a cancer survivor journal &
- a gift certificate to the
- Spring 2007 retreat

The winner, Lori Doom, was very excited and is looking forward to attending. We are sure she will enjoy the weekend and will be warmly welcomed.

Some of the other groups in attendance included the Mint Jubilee (Barbara Steele), Kentucky Cancer Program, Michael Quinlan Brain Tumor Foundation (Kathy Quinlan), and Windi Brudette-one of our massage therapist, was there to give hand massages.

We would like to extend our sympathies to the families of :

- | | |
|-------------------|-----------|
| Jim Ohligschlager | 10-28-06 |
| Shirley Davis | 11-16-06 |
| Jack Bohn | 11-25 -06 |
| Debbie Badgett | 12-26-06 |
| Phyllis Pena | 1-14-07 |

On March 7, 2007 Deborah Lissom will visit the FFH support group meeting from 7-7:45 p.m. She is a Qigong instructor. Qigong comes from the Chinese origin "CHI" meaning "Energy" and "GONG" meaning "Practice." Qigong helps to increase stamina, flexibility, relaxation and overall quality of life. It is a Chinese art using a series of gentle focused exercises for mind and body. It can be performed in a standing or seated position. She will inform you about Qigong and have time for questions and answers. Debbie takes groups to China twice yearly where she studies with the teachers from the hospitals

Friends for Hope offers a special thank you
to the following who made a donation between September 2006 and January 2007

Additional donations in memory of :

Terry Sue Craig

Alicia E. Wright

Frances Compton (In memory of Terry's Birthday)

Joseph Earl Crosser (Joe)

Friends of Don Crosser:

(Cinde Delamp, Cheryl Henken, June Hockenberry,
Kathy Osbourne, Charlotte Phillips & Janet Willis)

Debra & Edward Orman

Irene Pennell (Steve & Vicky Bright,
Angie & Bryan Clark, Janice & Lindsey Daugherty,
Judy & Phil Blasse & Mike Blasse)

Anna C. Reash

Cheryl & George Tansey

Gene Vowels

Meredith Titus

The Wheat Family

Kristi Wilkinson

Roger & Susan Willis

L.J. Wimsatt

Jack & Bonnie Wright

Jim & Judy Zabel

(John, David, Lindsey, Kiley,
Jeffrey & Jenny, Jamie & Wayne, Jill)

Thomas & Cathy Zabel

Sid & Ann Zabel

Tracy A. Zack

Martha Tarry Simpson, Grandmother

In Memory of:

Jim Ohligschlager

Gerald & Betty Browning

Jerry & Betty Fuelling

Don & Mardi Crosser

Minnie & Tamina Karem & Jeff Johnson

Ed Read & Syd Campion

Wanda Frances & Rita Hayden

Raymond & Eileen Day

Mike & Mary Ann Crume

Nancy Amiung

Amanda Battcher

Janet & David Summers

Charles & Sheelah Anderson

Nancy Haugh

Pete & Missy Daly

Sue Kunaschk

Tony & Judy Heitzman

Martha & Donald Edwards

Edward L. Miller

Rose Goodgine

Anonymous Donor

In Memory of:

John T. Browning

Anonymous Donor

Continued on the next page→

We would like to thank Liz Hoffman for filling our
newsletter production role in the past and to send a
Thank You to Sheelah Anderson and Rose & Susan
Goodgine for giving their time and talent in producing
the last newsletter.

We appreciate your generosity.

Individual Contributions: **Page 5**

Mark A. Krause	Chester & Lois Estridge
David & Myrna Pfalzgraf	TNT Erectors Ltd
Kevin & Julie O'Brien	Joyce & Edward Render
Regina Gallagher & Allstate Giving Campaign (matching funds)	

**Friends For Hope
Facilitators Schedule
2007**

Denise Hagar – 897-1166

Ed Causey –893-1913

Tony Heitzman— 456-6200 ext. 4479

Bill Stanley –458-2372

Barbara Steele – 562-4158

February	7	Bill Stanley	Humor
	21	Tony Heitzman & Barb Steele	Bargaining
March	7	Bill Stanley	Hope
	21	Denise Hager & Ed Causey	Fear
April	4	Bill Stanley	Grace
	18	Tony Heitzman & Barb Steele	Integrity
May	2	Bill Stanley	Energy
	16	Denise Hager & Ed Causey	Forgiveness
June	6	Bill Stanley	Strength
	20	Tony Heitzman & Barb Steele	Laughter

36 members attended the annual Christmas Party held on
Dec. 3, 2006
at the Electrical Workers Union Hall on Preston Highway, Lou., KY

MISSION STATEMENT

Friends for Hope is a non-profit organization

Created for the purpose of supporting adult cancer survivors, family members and caregivers through
Friendship, love and laughter.

Our mission is to provide support through bi-monthly meetings on the first and third Wednesday of every month from 7:00 — 8:30 p.m.

Trained professionals facilitate these meetings where you can meet new friends, share experiences, and express feelings.

Friends for Hope also offers two weekend retreats, one in the Spring and one in the Fall.

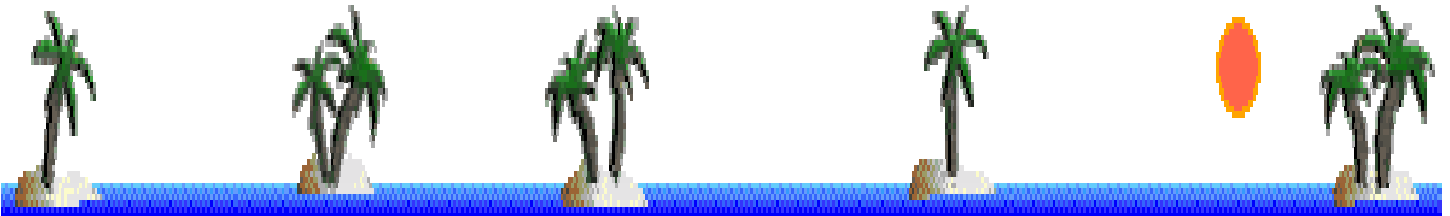
The relaxing, informative and fun-filled camps are a time for those affected by cancer to enjoy fellowship
and support in a beautiful natural surrounding.

Our hopes is to make living with cancer the most positive experience possible.

For more information about *Friends for Hope*

Call (502) 451-9600

Visit our Website: www.friendsforhopecancersupport.org



Aloha

**Relax & Come to
Kavanaugh Island**

**Please save this date
March 23,24, & 25, 2007
for our next retreat.
The theme for the Spring
retreat will be a Luau!
Start practicing your hula
and
be prepared for a great
time!**



**Final Registration for
Spring Camp is
March 16, 2007**

**Last date for
Early Bird Discount
Is
February 23, 2007**