

November 2009



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

FRIENDS FOR HOPE HAS OPENINGS FOR HELP ON SEVERAL COMMITTEE'S.

BELOW IS A LIST OF CHAIRPERSONS FOR EACH COMMITTEE.

**IF YOU ARE INTERESTED IN SERVING ON ANY OF THE COMMITTEE'S OR
HAVE INFORMATION THAT IS PERTINENT TO THEM, PLEASE CALL THE**

APPROPRIATE CHAIR PERSON

THANKS

BOARD DEVELOPMENT—MAURICE LEFEVRE—671-0403

PUBLIC RELATIONS—MARDI CROSSER—425-3315

FINANCIAL —NORA SCOTT—812-923-3325

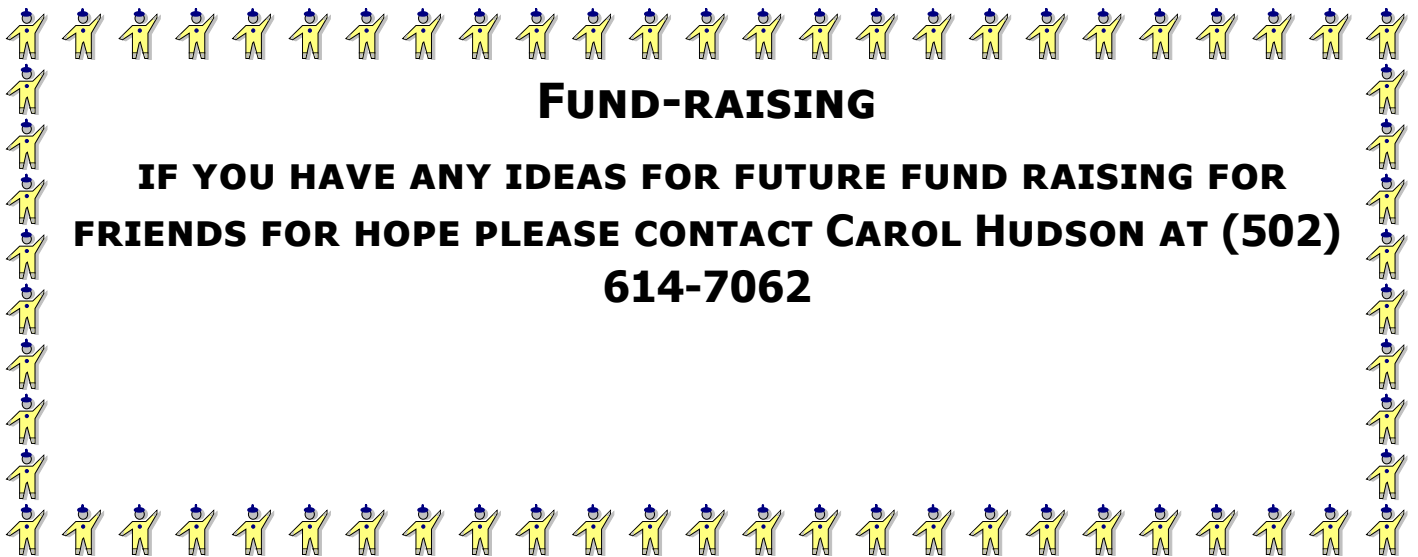
RETREAT—JEFF BOHN—773-4645

SUPPORT GROUP—SHEELAH ANDERSON—636-3396

OUTREACH—BEV CUNNINGHAM —969-7252

FUNDRAISING—CAROL HUDSON—614-7062

NEWSLETTER-VIRGINIA HEAD—348-1020



FUND-RAISING

**IF YOU HAVE ANY IDEAS FOR FUTURE FUND RAISING FOR
FRIENDS FOR HOPE PLEASE CONTACT CAROL HUDSON AT (502)
614-7062**

**PLEASE TAKE THE TIME TO SUPPORT THE FOLLOWING BUSI
NESSES THAT HELP SUPPORT FRIENDS FOR HOPE DURING THE
YEAR AND AT THE BI-ANNUAL RETREATS.**

BLONDIE-HOFFMAN PRODUCE

CHAMELEON HAIR DESIGN

DAIRY QUEEN-CRESTWOOD

HEINE BROTHERS COFFEE

HOMETOWN BUFFET

KAIRER'S

KROGER-MUDD LANE

OUTBACK STEAKHOUSE-BARDSTOWN
RD

OUTBACK STEAKHOUSE-SIGNATURE
DR.

OUTBACK STEAKHOUSE-
BROWNSBORO RD

SIMTECHS, INC

SPEED ART MUSEUM

STEPHEN FOSTER MUSICAL-
BARDSTOWN, KY

THORNBERRY'S DELI

TONY BOOM BOYZ

TURKEY JOE'S

VALUE MARKET-IROQUIOS MANOR

INDIVIDUAL DONATIONS

DENISE BARTHOLOMEW

SETH BUIE

DEE CARPENTER

DONNA DEDAS

VIRGINIA HEAD

SUE KUNASCHK

PAM MAHDAVI

BARB STEELE

NIKKI TAYLOR

SALLY WHITE

BETTE WILLIAMS

**THE FOLLOWING MADE MONETERY
DONATIONS TO THE RETREAT**

COOK'S LOCKSMITH

HENDERSON SERVICES

MH EQUIPMENT

AMY CROSSER

CHUCK DUGGINS

BOB ADELBERG

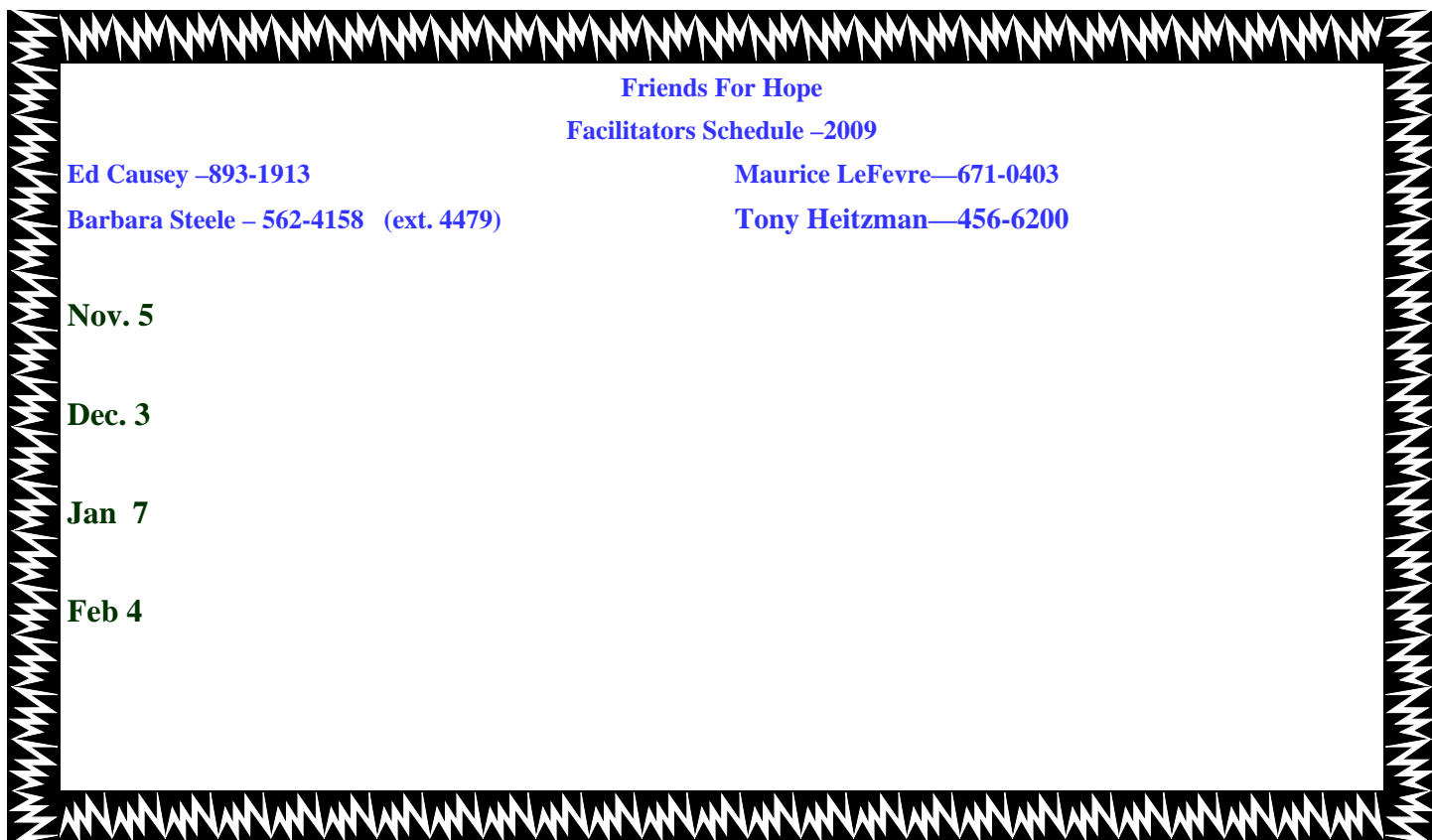
Thanks to Donna Dedas of A Trusting Touch Hair and Nail Salon for the materials donated to Carl Logsdon for the beautiful wood items he has made for special raffles at the retreats. Not only has she donated the materials but has sold the tickets in her shop prior to the retreats.

THANKS TO KEVN BLAKE FOR THE GENEROUS GIFT OF \$2225.00 TO FRIENDS FOR HOPE FROM HIS “GOLFING FOR A CURE” CHARITY GOLF SCRAMBLE!!!

AWESOME

Friends for Hope cannot continue without the volunteers that agree to take responsibility for keeping it going . We would like to thank all past and present board and committee members and those not on an actual committee, who have given and continue to give of their time and talents for the good of the group.

THANKS FOR ALL YOU DO!



Friends For Hope
Facilitators Schedule –2009

Ed Causey –893-1913	Maurice LeFevre—671-0403
Barbara Steele – 562-4158 (ext. 4479)	Tony Heitzman—456-6200
Nov. 5	
Dec. 3	
Jan 7	
Feb 4	

REMINDER

If there is a death, please notify Cindy Wilhem, at (502) 426-1053 or 744-7708 for the telephone tree to make calls.

Friends for Hope extends a heartfelt thanks to the following who made a monetary donation to the group since August 2009

IN MEMORY OF LINDA ZAY

Dan Zay

Nicole Taylor

IN MEMORY OF PHYLLIS WILLIAMS

Connie Graves

Peggy & Leo Gadlage

IN HONOR OF BARB STEELE

Joyce Render



*Regina Gallagher &
Allstate Giving Campaign*

*ANNUAL
CHRISTMAS PARTY
DECEMBER 6, 2009
2 PM TO 4 PM
IBEW LOCAL 369
4315 PRESTON HWY
LOU., KY
FOOD & DRINK
PROVIDED
RSVP TO (502)
451-9600
WITH NUMBER OF
GUESTS*

JOIN US AT THE

J. Graham Brown Cancer Center

EVERY FRIDAY—

NO RESERVATIONS

REQUIRED

10A.M. TO 11 A.M.

MEDITATION THERAPY

> BANK ACCOUNT!!!

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today.

>His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

I love it,' he stated with the enthusiasm of an eight-year old just having been presented with a new puppy.

Mr. Jones, you haven't seen the room; just wait.'

'That doesn't have anything to do with it,' he replied.

Happiness is something you decide on ahead of time.

Whether I like my room or not doesn't depend on how the furniture is arranged .. it's how I arrange my mind. I already decided to love it.

'It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life.

Old age is like a bank account. You withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories!

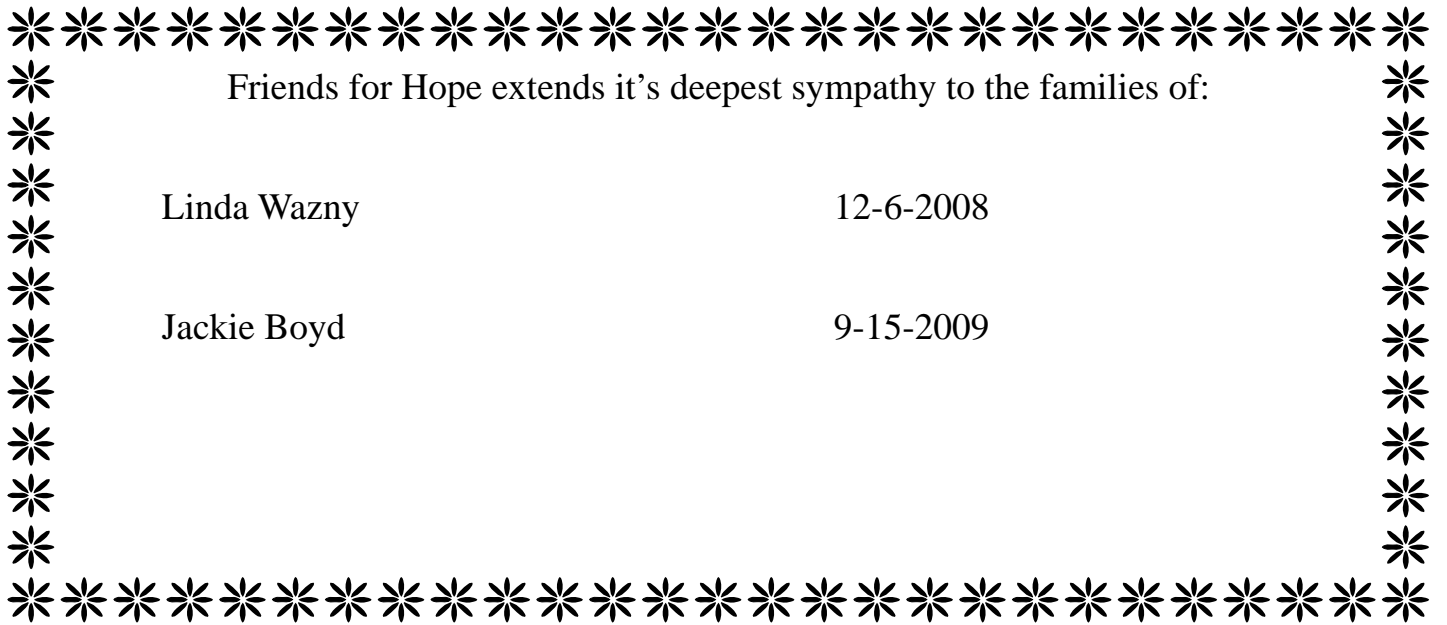
Thank you for your part in filling my Memory Bank.

I am still depositing.

'Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.





Friends for Hope extends it's deepest sympathy to the families of:

Linda Wazny 12-6-2008

Jackie Boyd 9-15-2009

WE WELCOME NEW MEMBERS

CHERYL & DAVID BRUCE

EILEEN & MARTY CLARY

PATSY ADAMS

FAYE CLARKE

JOHN & BECKY WALLACE

CHARLES & SUE ANN CONLEY

LINDA MUDD

SHIRLEY FRAZIER

DEBORAH BECKHAM

ANGEL MASON

CONNIE WILLIAMS

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 a monthly meeting on the first Thursday of every month from 7:00 — 8:30 p.m.
3532 Ephraim McDowell Drive, Lou., Ky.

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 retreats 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

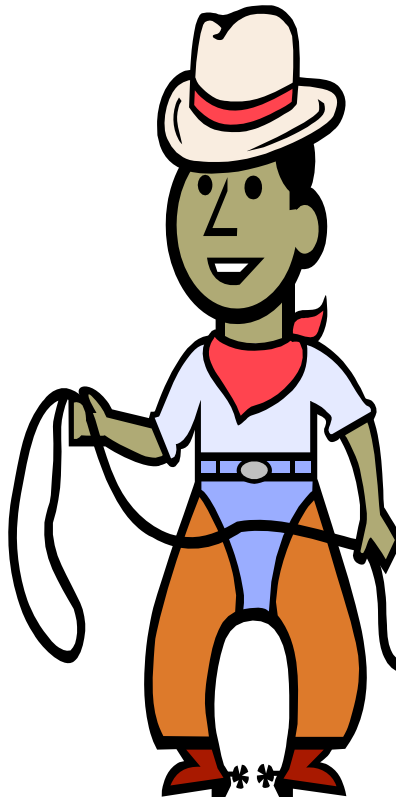
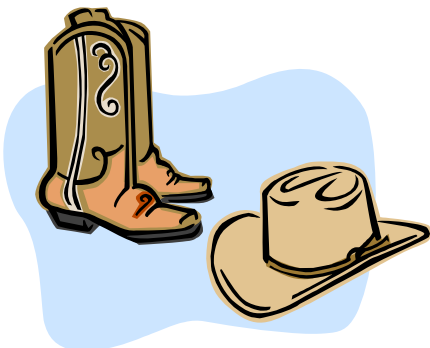
Visit our Website: www.friendsforhopecancersupport.org

KEEP THIS DATE OPEN

The date for the next
Friends for Hope
retreat is

April 9,10, & 11, 2010

It's a Wild West theme



Friends for Hope Board Members

President

Jeff Bohn, Caregiver

1st Vice President

Virginia Head-Survivor

Treasurer

Dennis Grimes-Survivor

Secretary

Nora Scott, RN OCN, Survivor

Members At-Large

Sheelah Anderson, Survivor

Bev Cunningham-Survivor

Carol Hudson, Survivor

Maurice LeFevre,MDiv, Chaplain

Mardi Crosser, Caregiver

Nancy Moudy, Survivor

Angie Ceridan,ARNP

Angie is at the Norton Cancer
Institute and has been an oncol-
ogy nurse 25 years and a nurse
practitioner for 15years