



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.

TEEN WEBSITE IS NOW 'LIVE'



Announcing our new website, CancerReallySucks.org designed just for teens. Kennedy High School senior Paul Goetzman has done an incredible job developing the site with a team of teens and adult Gems volunteers. The site will help teens deal with the questions and emotions that arise when a loved one has cancer. Teens will be able to post stories about their situations, ask other teens questions, speak with professionals through live chat, and much more. This website was partially supported by a grant from the Linn County Supervisors Witwer Trust. If your business is interested in being a sponsor of this website, please contact us at gemsofhope3@aol.com for more information.

The first live chat, with Lynn Widen, a medical social worker online to answer questions, is scheduled for September 16 from 8:30 to 10:00 p.m.

“What About Us?”

Children who have a loved one who has been diagnosed with cancer often have difficulty coping. Gems of Hope offers a special program entitled, “What About Us?”, a free program that provides support for children with a family member facing cancer.

What About Us? will be held at Mercy Medical Center starting November 5. This is a series of three 90-minute sessions to be held on Nov. 5, 12 and 19 from 5:30-7:00 p.m.

The sessions, designed for children ages 5–12, include a simple meal, and activities that help the children identify and learn to cope with their feelings related to their loved one’s diagnosis. They include a sharing time, crafts, yoga, and snacks. All sessions are led by a licensed social worker and a trained yoga instructor.

For more information, call Gems of Hope, (319) 393-9681.

Expressions of a Cancer Journey

Cedar Rapids
Museum of Art Auditorium
410 3rd Avenue SE
Admission is free to this exhibit
Access through the Education Wing
Fri., Sept. 21, 10:00 a.m.-4:00 p.m.
Sat., Sept. 22, 10:00 a.m.-4:00 p.m.
Sun. Sept. 23, Noon-4:00 p.m.

Survivor Day

Sat., Sept. 22, 10:00 a.m.-4:00 p.m.
Refreshments will be served and a special gift created by Gems of Hope will be presented to all cancer survivors. Judy Modracek, cancer survivor, will speak at 11:00 a.m. and 2:00 p.m.

Be a “Gem”

Elite Home & Cabinets Design
310 Collins Road NE
Open House Tuesday, September 18,
6:00-8:00 p.m.

Join us for light refreshments, card-making and beading. Bring a friend. Browse Elite Home Cabinets & Design’s Showroom!

Sessions at this new location will be every third Tuesday of the month (except December) from 6:30 p.m.-7:30 p.m. in their lower level starting

Gems of Hope Inc. Directors
Cindy Sale, Beth Hammell, Sheila Harman
Officers
President: June Rainbow
Vice President: Judy Armon
Secretary: Lynn Widen
Treasurer: Julie Elias

“Get Checked”

St. Luke’s Breast Cancer Awareness Event

The Cedar Rapids Roughriders will host St. Luke’s Spirit of Women, October 20 at 7:05 p.m. at the Cedar Rapids Ice Hockey Arena. Displays, auctions, both silent and online, are just a smattering of the fun planned. The Pink Ladies hockey team will take the rink at the end of each period.

One dollar of the admission ticket will go to the Spirit Fund, which benefits women who are in financial need for non-medical expenses not covered by insurance. Gems of Hope will be represented with a display table. For tickets, call the Roughriders Hockey Box Office. Come join the fun!

Contact Us
www.gemsofhopenet.org
or
Gems of Hope Inc,
PO Box 11264
Cedar Rapids, IA
52410-1264
319-393-9681



Summer 2007

June

Gems of Hope Benefit

Aeroroot Band and 3rd Street Live donated the music and dance floor at a Gems of Hope Benefit Concert on June 2. The event attended by over 400 people raised \$5,000 - of which 100% went to benefit local cancer patients and their families.

Dr. Ghosh of Iowa Blood and Cancer Care generously matched the funds we raised 1:5. Door prizes were donated by Biaggi's, The Blend, Daniel Arthur's, Olive Garden, Starbuck's, Professional Cleaning Concepts, Marsha Correll, Rick Erickson, The Laughing Lilac, Supper Thyme USA and First Avenue Wine House. Thank you to these businesses and to all who joined us for a fun evening!

Happy Birthday, Gems!

Two years ago, Gems of Hope was founded to encourage and inspire those who were experiencing cancer. It has grown to a non-profit organization that has impacted thousands of patients and their families. The true "Gems" in this organization are the hundreds of volunteers who give of their time and talents in so many ways. Gems of Hope has been the recipient of many generous donations, grants, and continuous support from Cedar Rapids and the surrounding communities.

We sincerely thank you all!

Relay for Life

With two teams participating in 2007 American Cancer Society's Relay for Life for Linn County, Gems of Hope Inc. raised over \$7300.

Relay for Life celebrates those who have survived cancer, remembers those who lost their lives to cancer, and raise funds to help fight it

Rockwell Steps Up

Thirty members of the Rockwell Collins Craft Club contributed their time to design Gems of Hope cards. The club also presented Gems of Hope, Inc. with a \$100 check. We thank them for their time, talent and their donation.

July

Gems Co-Director Honored

Co-Director of Gems of Hope, Sheila Harman was honored as one of Cedar Rapids' hometown heroes at this year's Freedom Festival Tribute to Heroes-luncheon. Speaking



Sheila Harman

at the luncheon, Harman defined a hero as "a person who lets God's goodness flow through them, a person that lives beyond himself." She also recognized all of Gems' volunteers and the success they have achieved, touching the lives of thousands of survivors.

Pedaling Hope Across Iowa

A team of cyclists representing Gems of Hope, Inc. participated in RAGBRAI (the Register's Annual Great Bike Ride Across Iowa) "pedaling hope across Iowa." During the weeklong ride they handed out specially designed Gems of Hope cards to other riders and cancer survivors.

In Cedar Falls and Independence, Gems of Hope volunteers staffed a booth alongside the American Cancer Society where they sold commemorative cards with serenity circles especially designed for RAGBRAI. Over \$425 in proceeds was donated to the American Cancer Society. Thank you to the American Cancer Society for their support and to the Gems volunteers who donated their time to make this possible.

Especially for You Women's Race Against Breast Cancer

Join Us!

Be a member of a Gems of Hope team
October 14 in Cedar Rapids.

Get your registration form at Mercy Medical Center, 701 10th Street, SE.

Learn more about the race at
www.mercycare.org/.services/women/

Expanded Availability

You can now purchase our Gifts of Hope at Mayo Clinic in Rochester, MN. The money received from these sales comes back to Gems of Hope, Inc., where the funds are used to continue providing hope to patients in Linn County.

Purchase your Gifts of Hope locally at:

- Mercy Medical Center Flower & Gift Shop
- St. Luke's Women's Health Center
- Enzler's Gifts & Leather Goods
- Pizazz Salon & Spa
- Basket Bow-Tique
- Prairiewoods Retreat Center
- Broomin' Sisters (Palo)

Or online at www.gemsofhopenet.org

Beading Workshops

Beads & Beyond

4316 Center Point Rd NE
Cedar Rapids, IA 52402

Sunday, Sept. 9, 1-2:30 pm
Sunday, Oct. 14, 1-2:30 pm
Sunday, Nov. 11, 1-2:30 pm

Mercy Medical Center
10th Street SE
Hall Radiation Center
Conference Room

Tuesday, Sept. 11, 6:30-7:30 pm
Tuesday, Nov. 13, 6:30-7:30 pm

St. Luke's Nassif Heart Center
1026 A Avenue NE
Schwartz Center

Tuesday, Oct. 9, 6:30-7:30 pm

Card-making Workshops

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Elite Home Cabinets & Design
310 Collins Rd. NE

Tuesday, Sept. 18, 6:30-7:30 pm
Tuesday, Oct. 16, 6:30-7:30 pm
Tuesday, Nov. 20, 6:30-7:30 pm

Beading and Carding Workshops
will not be held in December