



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.

President's letter

A new year...a new decade!



We have all witnessed the changes happening around Cedar Rapids. Downtown is making progress in rebuilding after the flood of 2008. Our community has come together as neighbors and friends to help each other. Gems of Hope has experienced great support too. Our volunteer base and workshops have continued to grow. We have experienced another very successful year-end fundraising campaign. Mercy and St. Luke's remain invaluable partners to our organization. We are proud to be a part of a city that responds when called upon.

Gems of Hope will be celebrating our fifth anniversary this July. Along with the new decade, we see change on the horizon for Gems of Hope. We are planning to move to a new location and the building that will house our new office, along with other local non-profit agencies, is in the process of being renovated. With a target move-in date at the end of this year, we are anxious to be more visible and accessible in our community.

Although we have gone through adjustments and changes these past five years, **our mission of bringing hope to cancer patients remains the main focus of Gems of Hope.** We want every cancer patient in Cedar Rapids and surrounding areas to feel the support generated in this great community. We thank you for your continued support!

Cindy Sale

President - Gems of Hope, Inc.

www.gemsofhope.com

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



ITC Midwest's Mike Ivester (center) presented this \$5,000 check to Gems' directors Cindy Sale (left) and Beth Hammell in December. The electrical power company's Cedar Rapids office granted Gems' application for the grant, which will help cover costs of our move and renovations to our new office space.

Gems Welcomes New Board Member

Rebecca Jacobs

Gems of Hope welcomes Rebecca Jacobs, Senior Director of Health Promotion, Prevention and Chronic Services at Mercy Medical Center, to the Gems Executive Board of Directors.

Rebecca has long been a leader at Mercy's Women's Center and a key player/organizer in the annual "Especially For You" race.



January elections named new officers: Cindy Sale—president; Kathie Cink—vice president; Sue Wehmeyer—treasurer; Cathy Terukina—secretary. Other board members include Beth Hammell, Eric Allen, Kristin Glockhoff, Aaron Green, Kimberly Ivester, Darla Petersen, Brian Stutzman, Ken Terukina, Christy Thurman and Lynn Widen. Trustees are Dr. Chirantan Ghosh, Scott Jamieson, Cathy Gullickson, Dr. Tork Harman, Karl Keeler and Jana Swenson.

Become a Gems of Hope volunteer!
Contact us at www.gemsofhope.com
or 319-393-9681



GEMS OF HOPE'S TEAM

Gems of Hope team members gathered outside Mercy Medical Center's Hall Radiation Center just before the start of the 18th annual "Especially For You" walk/run on Sunday, Oct. 11. This year's Gems team drew 144 participants. Thanks to everyone for joining us in this remarkable event. Each member's participation helps financially support the EFY fund for free mammograms and breast care services for under-insured women in our area.

UPCOMING WORKSHOPS

Beading—6:30-7:30 p.m. Tuesdays—March 9 at Mercy, March 16 at Benchmark, April 13 at St. Luke's & April 20 at Benchmark.

Card-making—6:30-7:30 p.m. Tuesdays—March 9 at St. Luke's, March 16 at Benchmark, April 13 at Mercy, April 20 at Benchmark.

Benchmark 6065 Huntington Ct. NE.
St. Luke's 1026 A Ave. NE, Rm 163.
Mercy Medical Ctr. 701 10 St. SE, Hall Radiation Ctr.

Support Gems via Stuff, Etc.

Donate gently used items to Stuff, Etc. and ask them to donate proceeds from the sale of your items to the Gems account, #11765.

It's an easy way to recycle old items and support a local, non-profit group.

Stuff, Etc. has two Cedar Rapids locations: 252 Blairs Ferry Rd. NE & 3750 Williams Blvd. SW.

Gems 2009 Letter Campaign Fundraiser Succeeds

We want to thank our community once again for its incredible support that helps keep us afloat. Gems' annual fundraising letter went out in November, and donations exceeded our goal of \$20,000. Your contributions help us with costs for materials to provide patients with our Gifts of Hope, as well as our teen Web site and youth program.

Gems has no paid staff and we appreciate the many in-kind services we're blessed with year-round. **THANK YOU FOR YOUR SUPPORT!**

Gems of Hope Programs—For children & teens

What About Us? This program is designed for children ages 5-12 who have a cancer diagnosis in their family. The next session will be 5:30-7 p.m. on April 13, 20 and 27 at Mercy Medical Center. A light meal is provided, followed by activities and yoga. This group is led by licensed social workers and a trained yoga instructor. Call Gems' office at 393-9681 to register for this free program, or at gemsofhope3@aol.com.

www.cancerreallysucks.org

Explore this informative, supportive Web site designed for teens by teens, seeking ways to cope with cancer in their world. Log in and chat from 9 to 10 p.m. on the first and third Wednesdays of the month. Network with survivors, friends and families nationwide.

