



“Hope is a thing with feathers that perches in the soul and sings the tune without words and never stops at all.”

- Emily Dickinson

Holy Humor

By Dawnelle Neighbors

Recently I had some time off from work. During that time I had the opportunity to catch up on some reading. One of my favorites was a quiet moments with God devotional book entitled “A Coffee Break with God.” I really enjoyed the scripture quote “He who sits in the heavens shall laugh” Psalm 2:4 NKJV.

Those of you who know me would probably say I am one who tries to find the humor in everything. Is laughter theologically correct? We rarely think of a knee-slapping, rib-tickling, belly laugh when we think of being spiritual. Is that God’s perspective?

In Umberto Eco’s novel “The Name of the Rose,” a villainous monk named Jorge poisoned anyone who came upon the one book in the monastery library that suggested that God laughed. Jorge feared if the monks thought God laughed, He would become too familiar to them, too common, and eventually they would lose their awe of Him. Jorge probably never considered the idea that laughter is one of the things that sets us apart as creations made in God’s image.

(Continued on page 2)

I’m a golfer. The people who play with me are probably shocked that I’m making that claim. Even after 20 years I can go weeks without a solid hit. That’s when I call some poor instructor to get things back in line. And every time I go, the instructor tells me how to get back to the basics. Correct posture, good turn, balance, follow through. While my game will never be good enough to quit the day job, I always end up playing better afterwards.

Life can get a little overwhelming when we look at the big picture for too long. We can suffer from analysis paralysis. When that happens, I try to remember to keep it simple and return to the basics. Even if my day looks too busy to accomplish my objectives, I have to focus on the next hour and sometimes just what I’m doing right now.

Another way to keep some attention off the chaos that may occur in my own life is to spend some time being a solution for someone else’s problem. One way to do this is through a basic, simple act of generosity. St. Mary’s Foundation was established to serve some of the most vulnerable people in our community. Consider how you may want to have a powerful impact on a life with an act of financial generosity.



Tom Lilly

This Issue:

On Cover

Holy Humor..... Continued on Page 2
Tom Lilly’s article

Inside

St. Mary’s For Women’s Offers Specialized Therapy for WomenPage 2 and back page
January, February and March Programs.....Pages 6 and 7
January, February and March Calendars.....Pages 3, 4 and 5

Holy Humor

(Continued from front page)

In “Spiritual Fitness,” Doris Donnelly tells us that humor has two elements: an acceptance of life’s incongruities and the ability not to take ourselves too seriously. “The Christian faith is filled with incongruities – the meek inherit the earth, the simple teach wisdom, death leads to life, a virgin gives birth, a king is born in a stable. Many, but not all of life’s incongruities are humorous.”

Humor also helps us to let go of an exaggerated sense of importance to face the truth about ourselves. Anxiety over our own efforts can obscure what God is doing in our lives. “Lighten up” can be good spiritual advice!

How can we renew our sense of humor?

- Be on the lookout for humor. Almost every situation contains some element of humor.
- Spend time with people who have a sense of humor – their perspective will be contagious.
- Practice laughing. Take a 5-to-10-minute laugh break every day.

You can benefit from laughing. Humor requires a sense of honesty about yourself – without arrogance or false humility. Humor has also been proven to be good for your health. Take time to laugh each day – it is good for the soul as well as the body.

Let me also take time to say that we had an awesome Christmas open house! We would like to thank you for all your continued support of our efforts to hopefully make your lives easier, less stressed and to help you cope.

Also, please remember that in the event of inclement weather throughout the winter season, we will cancel classes when the EVSC closes.

2011 Dates for Look Good, Feel Better at St. Mary’s Hope Resource Center

Register by calling the American Cancer Society at 812-475-9244 or 1-800-543-5245, visit their website at www.cancer.org, or call St. Mary’s Hope Resource Center at 812-485-5725. Registration is required two weeks prior to event.

Monday, April 11 (11:00am – 1:00pm)
Monday, August 1 (11:00am – 1:00pm)
Monday, October 10 (6:00pm - 8:00pm)
Monday, December 12 (11:00am – 1:00pm)

St. Mary’s for Women Offers Specialized Therapy for Women

St. Mary’s for Women offers specialized physical therapy for women, including therapies for urinary incontinence and lymphedema/swelling.



Urinary Incontinence

The bladder is a muscle and can become weak and strong like other muscles in our bodies. People have problems related to urinary incontinence for a variety of reasons and often accept that loss of control as “normal” due to aging, pregnancy, childbirth or other reasons. The good news is that in most cases physical therapists have been successful in the treatment and ultimate reversal of this problem.

Physical therapy helps retrain the muscles that support the bladder. Patients are given exercises for strengthening, relaxation and breathing and other education related to diet, medication and skin care.

Patients will **not** be asked to undress, and will spend time talking to the therapist to get a thorough history of the problem. The therapist will complete an evaluation to determine muscle weaknesses, imbalances and, with the patient, determines the appropriate treatment plan. Patients are then seen for follow up sessions (frequency of these appointments will be determined at the time of the evaluation.) The appointments are approximately one hour in length.

Patients need a signed order from their physician for physical therapy evaluation and treatment. Have your physician’s office call **Dawnelle Neighbors** at 485-4YOU (4968), and she will be most happy to schedule an appointment for you.

Lymphedema

Lymphedema is an abnormal accumulation of fluid (swelling) in the arms or legs. It is sometimes problematic following radiation, surgery or other trauma in which lymph nodes are removed or disrupted.

Physical therapy assists with decreasing the amount of swelling in the arms and legs. Several techniques are used including hands-on drainage techniques and wrapping with bandages. The goal is to reduce the swelling and educate the patient and family on how to maintain this reduction of swelling. Often, a custom-fit garment will be made (a sleeve or stockings) that the patient wears to maintain the progress made in therapy.

(Continued on back page)

Hope Resource Calendar

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Closed	4 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	5 Massage 9:00 Tai Chi 12:00	6 Yoga 11:45-12:45 Massage 1:00	7 Bridge 1:30 PM	8
9	10 Knitting 12:30	11 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	12 Massage 9:00 Tai Chi 12:00 Support Group 5:30 pm	13 Yoga 11:45-12:45 Massage 1:00	14 Bridge 1:30 PM	15
16	17 Knitting 12:30	18 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	19 Massage 9:00-3:00 Tai Chi 12:00 Drum Circle 6:00	20 Yoga 11:45-12:45 Massage 1:00	21 Bridge 1:30 PM	22
23	24 Knitting 12:30	25 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	26 Massage 9:00-3:00 Tai Chi 12:00 Support Group 5:30	27 Yoga 11:45-12:45 Massage 1:00	28 Bridge 1:30 PM	29
30	31 Knitting 12:30	31 L&L Grief or Depression? 12:00				

*St. Mary's for Women offerings include
Massages & Facials, Therapies for Women.
Call 485-4YOU (4968) for pricing and appointments.*

*All programs are free and will be at the Hope Resource Center unless stated otherwise.
Reservations are required for all programs, please call 485-5725.*

Hope Resource Calendar

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	2 Massage 9:00 Tai Chi 12:00	3 Recreational Drumming 10:30 - 11:30 Yoga 11:45 - 12:45	4 Bridge 1:30	5
6	7 Knitting 12:30	8 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	9 Massage 9:00-3:00 Tai Chi 12:00 Support Group 5:30	10 Recreational Drumming 10:30 - 11:30 Yoga 11:45 - 12:45	11 Bridge 1:30	12
13	14 Knitting 12:30	15 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	16 Massage 9:00-3:00 Tai Chi 12:00 Drum Circle 6:00	17 Recreational Drumming 10:30 - 11:30 Yoga 11:45 - 12:45	18 Bridge 1:30	19
20	21 Knitting 12:30	22 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00 Canvas & Conversation 2:00	23 Massage 9:00-3:00 Tai Chi 12:00 Support Group 5:30	24 Recreational Drumming 10:30 - 11:30 Yoga 11:45 - 12:45	25 Bridge 1:30	26
27	28 Knitting 12:30					

*St. Mary's for Women offerings include
Massages & Facials, Therapies for Women.
Call 485-4YOU (4968) for pricing and appointments.*

*All programs are free and will be at the Hope Resource Center unless stated otherwise.
Reservations are required for all programs, please call 485-5725.*

Hope Resource Calendar

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	2 Massage 9:00 Tai Chi 12:00	3 Yoga 11:45-12:45 Massage 1:00 L&L Treatment of Colorectal Cancer 12:15 - 1:30	4 Bridge 1:30	5
6	7 Knitting 12:30	8 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	9 Massage 9:00-3:00 Tai Chi 12:00 Support Group 5:30	10 Yoga 11:45-12:45 Massage 1:00	11 Bridge 1:30	12
13	14 Knitting 12:30	15 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00 Canvas & Conversation 2:00 - 4:00	16 Massage 9:00-3:00 Drum Circle 6:00 Tai Chi 12:00	17 Yoga 11:45-12:45 Massage 1:00	18 Bridge 1:30	19
20	21 Knitting 12:30	22 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	23 Massage 9:00-3:00 Tai Chi 12:00 Support Group 5:30	24 Yoga 11:45-12:45 Massage 1:00	25 Bridge 1:30	26
27	28 Knitting 12:30	29 Massage 9:00 Yoga 11:45-12:45 Healing Touch 2:00	30 Massage 9:00-3:00 Tai Chi 12:00	31 Yoga 11:45-12:45 Massage 1:00		

*St. Mary's for Women offerings include
Massages & Facials, Therapies for Women.
Call 485-4YOU (4968) for pricing and appointments.*

*All programs are free and will be at the Hope Resource Center unless stated otherwise.
Reservations are required for all programs, please call 485-5725.*

January Programs

What: **Support Group**
St. Mary's Hope Resource Center hosts a support group for women with cancer that meets every second and fourth Wednesday from 5:30 PM – 6:30 PM. Please call ahead at 812-485-5725 or 1-877-580-3883 to obtain our schedule.

When: January 12, 26

What: **Healing Drum Circle for HOPE**

Presented by Fred Corbett

When: Wednesday, January 19
6:00 PM – 8:00 PM

Agenda: Join Fred Corbett as he facilitates a healing drum energy circle to all those who would like to participate at the Hope Resource Center. All are welcome. **Program is free. Space is limited. Registration is required by calling 485-5725.**

What: **“Yoga For You - For Individuals Whose Lives Have Been Touched by Cancer”**
Presented By: Helen Emge Shymanski, CYT, RYT, Interdisciplinary Yoga Instructor

When: Tuesdays – January 4, 11, 18, 25
Thursdays – January 6, 13, 20, 27
11:45 AM – 12:45 PM

Agenda: Rejuvenate, relax and recover. Take this opportunity to be introduced to a gentle body movement and awareness class; improve flexibility, tone muscles and experience effective breathing techniques to ease tension and reduce stress. **Classes are free. Space is limited. Registration is required by calling 485-5725.**

What: **Knitting for Hope**

Come and de-stress! Join the group and have fun while knitting together.

When: Mondays – January 10, 17, 24, 31
12:30 PM – 2:30 PM

What: **Tai Chi** Presented by Mike Goebel

When: Wednesdays, January 5, 12, 19, 26
12:00PM – 1:00PM

Agenda: Join us for this holistic system of exercise and meditation - an ancient, evolving practice that includes healing posture, movement, self massage, breathing techniques and meditation. The exercises are simple, yet can have profound results. All ages, shapes and sizes welcome – including those in wheelchairs. Everyone can do Tai Chi exercises.

What: **Playing Bridge**

Come and join our Bridge Club. We can always use more players. The club meets every Friday afternoon.

When: Fridays – January 7, 14, 21, 28
1:30 PM – 3:30 PM

What: **Lunch & Learn: “Is it Grief or Depression?”**

When: Tuesday, January 25
12:00 – 1:30 PM

Presented by Marilyn Williams, Director of Pastoral Care at St. Mary's. All are welcome. Program is free. Space is limited. Registration is required by calling 485-5725.

February Programs

What: **Support Group**

St. Mary's Hope Resource Center hosts a support group for women with cancer that meets on the second and fourth Wednesday from 5:30 PM – 6:30 PM. Please call ahead at 812-485-5725 or 1-877-580-3883 to obtain our schedule.

When: February 9, 23

What: **Recreational Drumming for HOPE**

Presented by Dawnelle Neighbors

When: Thursday, February 3, 10, 17, 24
10:30 am – 11:30 am

Agenda: Join Dawnelle Neighbors as she leads an hour of drumming and guided imagery.

What: **Yoga For You . . . For Individuals Whose Lives Have Been Touched by Cancer**

Presented By: Helen Emge Shymanski, CYT, RYT, Interdisciplinary Yoga Instructor

When: Tuesdays – February 1, 8, 15, 22
Thursdays – February 3, 10, 17, 24
11:45 AM – 12:45 PM

Agenda: Rejuvenate, relax and recover. Take this opportunity to be introduced to a gentle body movement and awareness class; improve flexibility, tone muscles and experience effective breathing techniques to ease tension and reduce stress. The classes are free. Space is limited. Registration is required by calling 485-5725.

What: **Healing Drum Circle for HOPE**

Presented by Fred Corbett

When: Wednesday, February 16
6:00 PM – 8:00 PM

(Continued on page 7)

February Programs

(Continued from page 6)

Agenda: Join Fred Corbett as he facilitates a healing drum energy circle to all those who would like to participate at the Hope Resource Center. All are welcome. Program is free. Space is limited. Registration is required by calling 485-5725.

What: **Tai Chi** Presented by Mike Goebel
When: Wednesdays, February 2, 9, 16, 23
12:00PM – 1:00PM

Agenda: Join us for this holistic system of exercise and meditation - an ancient, evolving practice that includes healing posture, movement, self massage, breathing techniques and meditation. The exercises are simple, yet can have profound results. All ages, shapes and sizes welcome – including those in wheelchairs. Everyone can do Tai Chi exercises.

What: **Playing Bridge**
Come and join our Bridge Club. We can always use more players. The club meets every Friday afternoon.

When: Fridays – February 4, 11, 18, 25
1:30 PM – 3:30 PM

What: **Knitting for Hope**
Come and de-stress! Join the group and have fun while knitting together.

When: Mondays – February 7, 14, 21, 28
12:30 PM – 2:30 PM

What: **Canvas & Conversation** presented by Ann Jones, artist and cancer survivor.

When: Tuesdays, February 22 & March 15
2:00 PM – 4:00 PM
Due to all the materials needed, the program will take place at the studio located at 2425 Hwy 41 N, Suite 137. Supplies will be provided. Come and express yourself, relax and destress through painting on canvas and socializing with other survivors. Wear old clothes. All are welcome. Program is free. Space is limited. Registration is required by calling 485-5725.

Hope Resource Staff

Kathy Hall, RN
Executive Director485-4079
Dawnelle Neighbors
Coordinator of Hope/Women's Services.....
.....485-4YOU (4968) or 485-5731

March Programs

What: **Support Group**
St. Mary's Hope Resource Center hosts a support group for women with cancer that meets the second & fourth Wednesday from 5:30 PM – 6:30 PM. Please call ahead at 812-485-5725 or 1-877-580-3883 to obtain our schedule.

When: March 9, 23

What: **Yoga For You . . . For Individuals Whose Lives Have Been Touched by Cancer**
Presented By: Helen Emge Shymanski, CYT, RYT, Interdisciplinary Yoga Instructor

When: Tuesdays – March 1, 8, 15, 22, 29
Thursdays – March 3, 10, 17, 24, 31
11:45 AM – 12:45 PM

Agenda: Rejuvenate, relax and recover. Take this opportunity to be introduced to a gentle body movement and awareness class; improve flexibility, tone muscles and experience effective breathing techniques to ease tension and reduce stress. The classes are free. Space is limited. Registration is required by calling 485-5725.

What: **Knitting for Hope**
Come and de-stress! Join the group and have fun while knitting together.

When: Mondays – March 7, 14, 21, 28
12:30 PM – 2:30 PM

What: **Tai Chi** Presented by Mike Goebel
When: Wednesdays, March 2, 9, 16, 23, 30
12:00PM – 1:00PM

Agenda: Join us for this holistic system of exercise and meditation - an ancient, evolving practice that includes healing posture, movement, self massage, breathing techniques and meditation. The exercises are simple, yet can have profound results. All ages, shapes and sizes welcome – including those in wheelchairs. Everyone can do Tai Chi exercises.

What: **Playing Bridge**
Come and join our Bridge Club. We can always use more players. The club meets every Friday afternoon.

When: Fridays – March 4, 11, 18, 25
1:30 PM – 3:30 PM

What: **Healing Drum Circle for HOPE**
Presented by Fred Corbett

When: Wednesday, March 16
6:00 PM – 8:00 PM

(Continued on back page)

March Programs

(Continued from page 7)

Agenda: Join Fred Corbett as he facilitates a healing drum energy circle to all those who would like to participate at the Hope Resource Center. All are welcome. Program is free. Space is limited. Registration is required by calling 485-5725.

What: Lunch and Learn: Current Developments in the Treatment of Colorectal Cancer.

Presented by Cancer Care

When: Thursday, March 3
12:15 PM – 1:15 PM

Agenda: Speakers: Peter Enzinger, MD, Clinical Director, Gastrointestinal Cancer Center; Lowell Anthony, MD, Director, Gastrointestinal/Neuroendocrine Oncology, Louisiana State University Health Sciences Center; and Diana L Bearden, Supervisor, Clinical Nutrition, MD Anderson Cancer Center.

Lunch is provided. Registration is required by calling 812-485-5725.

St. Mary's for Women Offers Specialized Therapy for Women

(Continued from page 2)

Lymphedema therapy is a commitment. It often takes several sessions and assistance from the patient and/or supportive family member who will receive education and training in the wrapping techniques. The appointments are approximately one hour in length.

Patients need a signed order from their physician to evaluate and treat for lymphedema. Have your physician's office call **Dawnelle Neighbors** at 485-4YOU (4968), and she will be most happy to schedule an appointment for you.

It is always a good idea to check with your insurance regarding coverage of therapy services. Everyone has a different benefit, deductible, etc. Generally, physical therapy is a covered service with a physician's order.

St. Mary's for Women has also developed a presentation about urinary incontinence and lymphedema that is available free of charge for church groups, non-profit organizations and others interested in learning more about these issues.

For more information, or to schedule a presentation, call **Dawnelle Neighbors** at 812-485-4YOU (4968).

Non-Profit Organization
U.S. Postage
PAID
Evansville, IN
Permit Number 1743

3700 Washington Avenue
Evansville, IN 47750
Resource Center
at St. Mary's Cancer Center
Hope