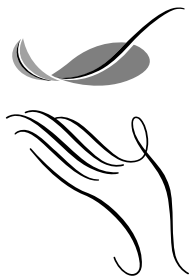


News & Updates

Fall 2007



LIFE SPARK
cancer resources

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LifeSpark Cancer Resources is a 501(c)(3)
nonprofit organization. Contributions are
tax-exempt to the extent provided by law.

KOMEN BREAST CANCER GRANT UNDERWAY

In April, LifeSpark received a grant from the Denver Metropolitan Affiliate of the Susan G. Komen for the Cure Breast Cancer Foundation. The funding is to support underserved and Spanish speaking breast cancer patients in our program. We are working closely with Denver Health Medical Center to implement new procedures that will insure our success with this population. Recently our providers attended Cultural Appropriateness training, and a bi-lingual navigator has been hired to work specifically with this population. We have temporarily restricted the program at Denver Health to breast cancer patients. All other locations continue to serve individuals with any type of cancer.

LIFESPARK LAUNCHES A REIKI AND HEALING TOUCH STUDY

LifeSpark has initiated a study of Reiki and Healing Touch. Launched this month, the study will be conducted with each new LifeSpark participant. The study will investigate the effects of weekly Reiki and Healing Touch on pain, depression, fatigue, anxiety, and spiritual connection. Existing research indicates that Reiki and Healing Touch may reduce side effects of cancer treatment while also improving quality of life. Results will be used to evaluate our program effectiveness and may result in a more in-depth study in the future.

Special thanks goes to Ruth Montague, PhD, Catherine Dingley, RN, PhDc, Dept of Nursing Quality, Outcomes, Research at Denver Health, and Diane Wardell, PhD, RNC, HN-BC, CHTP, CHTI, Healing Touch International Research Director, for their consultations on this project.



MEET AMIE MACKENZIE

I am a single mother of two teenage boys. Two years ago I ran a marathon. One year ago I was diagnosed with a rare and

dangerous cancer which was only curable if I could withstand the highly aggressive treatment. After three months I lost all my hair, 15 pounds (a lot for my tiny body) and all ability to work, walk, and sleep. I lost my confidence and my connection to life.

After my first LifeSpark session I felt an incredible sense of calm and well-being that lasted for days. I went every week and began scheduling my entire week around it. Reiki Tuesday meant that I had a couple of days to schedule anything that required energy. The practice was gentle and powerful in a quiet calm universal way. I slowly regained my connection to life.

I am now two health PET scans into full recovery. I've gained back the weight and my hair is coming back. LifeSpark was the key to healing after a destructive and devastating disease and its equally hideous cure.

SYMINGTON FOUNDATION COMPLETES THREE-YEAR FUNDING

We express gratitude to the Lloyd Symington Foundation of San Anselmo, California for three years of continuous funding. "This foundation has been extraordinary in their personal interest in our people and work" says Sandy Priester, Executive Director of LifeSpark. "Foundaton members have flown or driven to Denver numerous times to meet with us, to hear of our progress, and to support us. They have met volunteers, participants, medical partners, and board members and are equally interested in all. The funding has been invaluable and the relationship with Foundation members has been an unexpected bonus."

Toby Symington, foundaton Executive Director was in Denver in August. He stated "I have rarely come across an organization with such a strong commitment to service at every level. LifeSpark to a remarkable degree exemplifies spirit in action."

SUBSCRIBE TO ENEWS

Keep up with LifeSpark news and events and help us save postage. Subscribe to LifeSpark's ENews. Email info@LifeSparkNow.org and type "Subscribe to ENews" in the subject line.

TOUCHING TOMORROW IS SCHEDULED FOR DECEMBER

Mark your calendar for Wednesday, December 12 at 7 a.m. for Touching Tomorrow, a breakfast fund-raising event. You will be inspired with touching stories, and with facts about the LifeSpark program. It will be held at the Mile Hi Church Event Center in Lakewood and will last one hour.

We are seeking table captains (recruit 8 people to fill a table) and committee members to help organize the event. For more information call Ruth Muhr at 303-794-4720.

TOUCHING LIVES EVENTS CONTINUE

Attend a free one-hour "getting to know us" event that will connect you with LifeSpark's mission, vision, and work. Learn how this group of committed volunteers is supporting new ways that cancer patients can experience wholeness. Register at www.LifeSparkNow.org

- Sep 27, 6-7 p.m. HealthLinks Clinic, 3434 47th St Ste 105, **Boulder**, CO 80301
- Oct 4, 6-7 p.m. Southglenn Library, SE corner University & Dry Creek, **Littleton**, CO
- Oct 11, 6:30-7:30 p.m. Lakewood Library, 10200 W 20th Ave, **Lakewood**, CO 80215

SUPPORT LIFESPARK WITHOUT SPENDING A DIME

Now your internet searches can support the mission of LifeSpark. Use the www.GoodSearch.com search engine and select LifeSpark as the recipient. GoodSearch is powered by Yahoo which means that you get great search results. We will receive a penny for every search you make.



NEW PROVIDERS SEMINAR IS SEPTEMBER 21-23

Each spring and fall LifeSpark trains new Reiki and Healing Touch volunteers for the Energy Partners program. Providers are matched with individuals with cancer and work out of six facilities in the metro Denver area. Weekly sessions are set up by the provider through a new on-line scheduling process, and hours reporting is now on-line as well.

The 18 hour New Providers Seminar begins Friday evening September 21 and continues through the weekend. It is a required training that covers energetic principles of cancer, session protocols, ethics, and psychological issues, and prepares providers for the unique circumstances of this program.

The \$185 fee is 100% refunded after completion of twenty sessions in the program. Those repeating the training can do so at no cost. Registration and complete details are available at www.LifeSparkNow.org in the Energy Therapy Providers section.

YOGA EVENT TO BENEFIT LIFESPARK

Harmony Yoga is hosting a Yoga benefit on Sunday, October 14th from 1-4 p.m. to support LifeSpark. All are invited for yoga, a silent auction, a resource area, and refreshments. All levels classes begin at 1:30 and 3 p.m and survivors and co-survivors are especially welcome.

The benefit will kick-off regular, monthly Yoga for Survivors classes with a portion of the fee benefitting LifeSpark. Harmony Yoga is located at 560 S Holly St., Ste. 17, in Denver. For more information call 303-388-8501.



MAKE A DIFFERENCE!

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