



O'CONNELL AND BALL HONORED AT DAY OF GRATITUDE

Bob O'Connell of Arvada and Bev Ball of Lakewood were recently honored as 2008 Volunteers of the Year. They were recognized on Sunday, June 22nd at LifeSpark's "Day of Gratitude" held in Arvada. This first-annual event publicly thanked individuals, organizations, and businesses who have supported LifeSpark over the past 5 and a half years.

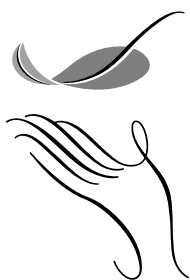
Since 2002 when Bev Ball first joined LifeSpark, she has provided 211 hours of sessions for 12 different individuals with cancer. She has also helped with events, helped with mailings, and served as a Table Captain,

among other activities.

Bob O'Connell, who joined LifeSpark in April, 2004, has provided 219 hours of sessions with 13 different individuals with cancer. Bob has served as a Program Coach, a Site Coordinator, has helped set up at various events, and has helped in so many other ways. We are so proud of these two outstanding individuals!

Others who were recognized included Irene Martin, Bonnie Peiffer, Christine Pfaffmann and Pat Yetman for over 100 session hours, and Bob Birx, Nancy Burns, Sally Carey, Chris Carroll, Jodi Eaton, Nicole Kasemir, Sara Macht, Amy Mak, Lynn Murray, Carrie Niewenhaus, Sandy Priestler, Victoria Quinn-Stephens, Bonnie Rickles, Tsy Schupack, and Steve Shopmaker for over 50 session hours.

Major donors over the past five years included Cancer League of Colorado, Anne and Larry Day, Denver Foundation, Denver Metropolitan Affiliate of the Susan G Komen for the Cure, Gratia in Genere Foundation, Healing Touch International Foundation, Lloyd Symington Foundation, QuaLife Wellness Community, Eleanor Richards, and Wolcott Family Foundation.



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



BRENDA'S STORY

I am Brenda Hernandez, and I was diagnosed with breast cancer in September of 2006. I remember it as a time when

I was completely

overwhelmed with information. The effect was to make me feel tired, angry, lost, and confused. It was just too much to take in.

I noticed a bookmark from LifeSpark and I was familiar with Reiki and energy healing. I am a massage therapist and have friends who studied Reiki and energy healing.

After just one session with my provider, I felt much better and remembered how lovely it was to have other healers lay their hands on me and do their magic. Through my LifeSpark sessions, I was able to get clarity and let go of what was not significant so that I could move on.

I believe I am the luckiest woman to have such access to this type of support! The cancer experience was emotionally draining, but LifeSpark was awesome. Touch during a difficult journey is like having angels walk beside you.

SPOTLIGHT ON RESEARCH

In this study, Healing Touch and therapeutic massage were evaluated for their effect on symptoms of cancer in comparison to caring presence alone or standard care. 230 subjects participated in this randomized study. There was a significant immediate and overall effect for both massage therapy and Healing Touch.

Both Healing Touch and massage lowered blood pressure, respiration rate, heart rate, pain, and total mood disturbance. Healing Touch lowered fatigue, and massage therapy lowered anxiety. Neither modality had any effect on nausea. Caring presence reduced respiration rate and heart rate but did not differ from standard care on any measure of pain, nausea, mood states, anxiety, or fatigue.

The conclusions were that Healing Touch and massage therapy are more effective than presence alone or standard care in reduction of pain, mood disturbance, and fatigue in patients receiving cancer chemotherapy.

Citations: Integrative Cancer Therapies, Vol 2, No 4, 332-344 (2003) Therapeutic Massage and Healing Touch Improve Symptoms of Cancer. Janet Post-White, RN, PhD, FAAN, Mary Ellen Kinney, RN, BA, CHTP, Carol Wilcox, RN, MS, I.J. Lerner, MD, and J. Bernsten, RN, MS.

TOUCHING TOMORROW IS NOVEMBER 20. MARK YOUR CALENDAR!

You are invited to an inspiring and uplifting event! Touching Tomorrow is a fundraising breakfast that is free and open to everyone. This is your opportunity to hear from cancer survivors who have been helped by our program, and to learn more about LifeSpark. We will feature our newly updated video, and you will hear about our vision for the future.

Touching Tomorrow Breakfast

Thursday, November 20, 2008, 7:30 - 8:30 a.m.

Denver West Marriott, 1717 Denver West Marriott Blvd, Golden, CO 80401

Easy access from 1-70, C470, and 6th Avenue. Lots of free parking.

This event is an opportunity to join with others in supporting those individuals who will be facing cancer tomorrow and in the future. Help us ease their journey while supporting holistic care for everyone. Plan to attend, and bring friends and colleagues who may benefit from knowing about LifeSpark.

Touching Tomorrow will start and end on time allowing you to carry out your normal Thursday activities. Register at www.LifeSparkNow.org.

WEBSITE AS RESOURCE

Look to our website for:

- How to enroll in services
- Volunteer opportunities
- Info on Healing Touch
- Info on Reiki
- Reiki & HT research
- Survivor stories
- LifeSpark video
- Events and activities
- Location of sessions
- 2007 Annual Report

www.LifeSparkNow.org



JOIN LIFESPARK AS A REIKI OR HEALING TOUCH

VOLUNTEER: New Providers Seminar is October 17-19

Do you know someone who would like to use their Reiki or Healing Touch skills to help those with cancer? Each spring and fall we train Reiki and Healing Touch volunteers for the Energy Partners program. Providers are matched with individuals with cancer and provide weekly energy therapy sessions. Registration and complete details are available at www.LifeSparkNow.org.

TELL YOUR STORY

LifeSpark is looking for stories about our program. If you or a family member or friend has received services from us, we would love to hear from you. Share your experience about what the program was like for you or your loved one. We use testimonials to help explain what we do, and feature them on our website, at our events, and in printed materials. Call us at 303-425-5670 or email Sandy@LifeSparkNow.org.



NEW! LIFESPARK CLOTHING

Now you can wear clothing with the beautiful two-color LifeSpark logo in embroidery. Choose from a wide selection of shirts, jackets, sports wear, bags, and even towels and aprons. A wide variety of sizes and colors. Visit www.LifeSparkNow.org and click on the LifeSpark store.



LifeSpark
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