

News & Updates

May 2009



NEW VIDEO TELLS
LIFE SPARK STORY:
ROCKY MOUNTAIN
PBS DONATES
PRODUCTION
Janine White,
Videographer/Editor
at RMPBS spent many

days videotaping LifeSpark people and sessions to create a compelling story for LifeSpark. She was part of the RMPBS production team that donated time and expertise to create our new video, which was showcased at Touching Tomorrow in Nov.

Have you see it? It features cancer survivors, doctors, volunteers, and supporters, and is a great way to share LifeSpark with friends and family. View the video at www.LifeSparkNow.org.



JOSIE'S STORY:
I found out about
my breast cancer in
September of 2007—
First, I had a biopsy and
then a mastectomy.
You hear terrible things
about breast surgery

and I was concerned, but that part was pretty easy. The worst part was how scary it was to have cancer.

I had learned Healing Touch and Reiki years ago at Qualife. So when I was diagnosed I started self-treatment right away. I had been invited to join LifeSpark as a volunteer provider. But when I told them how I had just had a mastectomy they said, "How about being a recipient instead?" I was very glad to be matched with a LifeSpark provider.

The treatments helped: between self-treatments and weekly sessions at LifeSpark it was like double help. I healed quicker and functioned better. I felt more comfortable and at ease. If I was upset, the sessions helped me to calm down. I really appreciated and enjoyed every minute of those sessions.

I also suffer from fibromyalgia and my doctor's only solution has been medications. But through practicing Healing Touch on myself, I have been able to manage my fibromyalgia without drugs.

I recommend Healing Touch and Reiki for everyone and am so glad to know about them. All I can say is "thank you, LifeSpark!" Josie Adolf

SOMETHING FOR YOU

Do you

- * have a nack with people on the phone? Become a LifeSpark Telephone Ambassador. Call Sandy (303-425-5670)
- * find joy in giving mini-Reiki & Healing Touch sessions in public venues? Join the Outreach Team (must be LifeSpark provider). Call Shelley (303-522-6113)
- * create through writing, marketing, or publicity? Help promote LifeSpark in the media. Call John (303-483-1008)
- * excel at stuffing and mailing? Join the Mailings Group. Call Jann (303-279-6457)
- * have a gift for creating events? OR love to cook? Join the Events Committee. Call Ruth (303-794-4720)
- * run or walk regularly? Join Team LifeSpark at the Colfax Marathon. Call Nancy (303-807-1023)
- * have connections with diverse populations? Join the Multi-Cultural Task Force. Call Ruth (303-794-4720).
- * take pleasure in hosting people at your home? Host a Touching Lives event. Call Dory (303-954-8576)

For more information visit www.LifeSparkNow.org or call 303-425-5670.

MEET OUR BOARD:



JOHN ANDERSON
John Wm. Anderson raised his hand at a LifeSpark event in 2008 and has been involved ever since. As the Chief Technical Officer

for Rocky Mountain Public Broadcasting, he worked with RMPBS to donate the production of our new video, and brings a wealth of skills and connections.

John joined the LifeSpark board in October 2008. He has spent 30 years in television engineering and technology, and is also working toward Healing Touch and Holistic Health Practitioner status. He recently was matched with an individual with cancer in the LifeSpark program.



LIFE SPARK
cancer resources

SANDY PRIESTER
executive director

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



TEAM LIFE SPARK RUNS FOR THOSE WITH CANCER

Support individuals with cancer while staying in shape. LifeSpark is participating in the Colfax Marathon, May 17, to raise funds to support those with cancer. Individuals can run or walk, and full marathon, half marathon, and relay teams of 3K, 5K, and 10K are available. The run begins and ends at Denver City Park.

Run for free: Individuals raising funds for LifeSpark will have their entry fees fully refunded. Plus: all donations will be matched, giving donors the opportunity to double their gift. There will be a free pasta dinner on May 16th for runners and walkers. Mile by mile, step by step, each person will be making a difference for those with cancer, while meeting new friends and participating in a great event. Join Team LifeSpark at www.LifeSparkNow.org.

Sign up for LifeSpark ENews (email info@LifeSparkNow.org) and receive short email updates.

DAY OF GRATITUDE: JUNE 14

You, our volunteers and donors, are the heartbeat of LifeSpark. Please come and be recognized. King of Glory Lutheran Church, 10001 W 58h Ave Arvada, CO 80002. Join us at 2 p.m.

TOUCHING LIVES MINI-EVENT

This is a free one hour event designed for small groups that will inspire you. April 22, 7 p.m. at a home near S. Parker Rd and E. Illiff. Bring a friend. Call Dory at 303-954-8576.

JOIN THE FUN AT HEALTH FAIRS, NURSE EVENTS, AND MORE

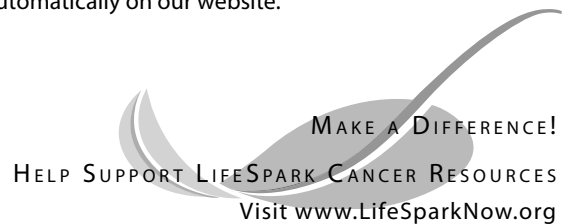
We will be staffing a booth and/or offering mini-sessions at the following events. If you are a trained LifeSpark volunteer, come and join us. Anyone can help at the Colfax Marathon. Call Shelley Poland at 303-522-6113 for details.

- 04/09/09 Mini-sessions for nurses, VA Medical Center
- 04/18/09 9 Health Fair: Scientific Ed & Research Inst, Thornton
- 04/18/09 9 Health Fair: St Anthony Central, Denver
- 04/25/09 9 Health Fair: KOG church, Arvada
- 04/26/00 9 Health Fair: Asian Pacific Center, Aurora
- 04/19/09 Mini-sessions: Healing Life Healing Death: Denver
- 05/17/09 Colfax Marathon, Denver City Park
- 05/19/09 Mini-sessions during Nurses Week; Denver Health

THE CHALLENGE IS ON!

We have until May 17th to raise \$12,000 and receive matching funds. An anonymous donor made a \$20,000 challenge and we are nearing the half way point. Help us to meet this challenge which will keep our finances stable and allow us to support many more people with cancer.

This is an amazing opportunity and YOU can help us meet it. Think outside of the box by making a birthday, anniversary, or other occasion gift in someone's honor or memory. Consider a monthly gift set up automatically on our website.



LifeSpark Cancer Resources

355 S Teller St, Ste 200
Lakewood, CO 80226

Return Service Requested

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Arvada, CO
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