

News & Updates

Fall/Winter 2006

DENVER HEALTH IS NEWEST MEDICAL PARTNER

This fall, LifeSpark began a relationship with Denver Health Medical Center, (formerly know as Denver General Hospital). This hospital serves a large low-income and diverse population of individuals whose first language is not English, and we are adapting the Energy Partners program to work successfully with this important group. We are translating materials into Spanish and are seeking multi-lingual volunteers who can serve as interpreters for the program.



According to Barbara Schwendler, Cancer Resource Center Coordinator “We are excited and deeply grateful to LifeSpark for providing their special services to our patients and staff. We are looking forward to a long and beneficial relationship between our organizations.” In addition to patients, LifeSpark volunteers have provided Reiki and Healing Touch sessions to 27 staff members as a way of giving them a first-hand experience of the program.

Other locations for LifeSpark sessions include Swedish Radiation Oncology in Englewood, Foothills Hospital in Boulder, HealthLinks in Boulder, St. Barnabas Episcopal Church in Denver, and Green Mountain United Methodist Church in Lakewood.

For LifeSpark enrollment information please call 303-425-5670 or visit www.LifeSparkNow.org.

MY STORY, BY KRISTY GREENWOOD

I was on a non-stop schedule, and had really run down my body. My mind was bouncing all over like a ball in a pinball machine. Then, on April 5, 2006, everything changed. That is the day I learned I had breast cancer.

I knew immediately that I had to make some changes. I called a halt to everything that was not supporting me, and I also began cancer treatment.

In the days immediately following chemo, my body would be so achy and sore that even getting dressed was painful. At the same time, I love the human touch and needed it as much as ever. A friend told me about LifeSpark and when I called, they matched me right away. The sessions provided warmth and the connection of human touch, and eased the achy pain. There were many days when I came into the room feeling anxious, uneasy, and teary and without exception, an hour later I was walking out with a sense of calm and peace. I will be forever grateful and supportive of this program.

In editors note: Kristy will be speaking at some of the Touching Lives events. Meet her and hear more of her story by attending one of these events.

MARTIN HONORED FOR REFERRALS

Meet Irene Martin, Healing Touch provider and volunteer since 2003. She has been matched with six people in the Energy Partners program and has worked at three different sites.

Irene sends many people to LifeSpark and was recently honored at LifeSpark’s provider support group. As a dental hygienist, Irene sees dozens of dental patients each week. And when the subject of cancer comes up, she is in a position to discuss LifeSpark and to make referrals. “Just about everyone I meet has a loved one with cancer or knows someone with cancer. This program takes the sharp edges out of the cancer experience.”

CAROL LINDROOS THANKED

After years of service both as an advisor and trainer, Carole Lindroos is leaving LifeSpark. Carole has been with us since we first created Healing Buddies at QuaLife in 2001, and has helped us shape and refine the training weekend for new providers.

We will miss her energy, her incredible stories, and her astute awareness. Join us as we honor Carole on Nov. 29, from 5-7 p.m. at the home of Ed and Ruth Muhr, 4731 W Lake Circle N, Littleton, CO 80123. Everyone is welcome.



LIFE SPARK
cancer resources

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HEALTHLINKS CLINIC IS VALUABLE BOULDER PARTNER

LifeSpark's Energy Partner's program (formerly called Healing Buddies) has been offering services in Boulder since 2003. Originally at Boulder Medical Center's oncology offices, the sessions moved to HealthLinks Clinic in early 2005. "HealthLinks is a wonderful site", says Amy Mak, Reiki volunteer in the Energy Partners program. "It's professional, quiet, warm and welcoming. There's plenty of parking and the location is easy to access from Foothills Parkway."

Owner Trudy Turvey explains why she supports LifeSpark. "This program is another way for individuals with cancer to cope with their diagnosis and treatment. Many who have sought LifeSpark services say it helps them feel more in control, relaxes them, and is healing them on a deeper level." Offering services since 1999, HealthLinks Clinic is a cancer rehabilitation and exercise center that offers physical therapy, exercise evaluation and training, and certified lymphedema management. Their new space at 3434 47th Street, Ste 105 (near Valmont and Foothills Parkway in Boulder), features big windows and new state-of-the-art exercise equipment.

HealthLinks is hosting a free Touching Lives event for LifeSpark on November 9 from 6-7 p.m. To attend this event, register on line at www.LifeSparkNow.org.

NEW WEBSITE

Thanks to A Way of Wellness Productions, LifeSpark has a newly upgraded website, complete with photos, and new capabilities.

Now you can sign up for events, make a donation, enroll, or just enjoy. Find out for yourself at www.LifeSparkNow.org



TOUCHING LIVES - AN EVENT THAT WILL TOUCH YOU

You are invited to attend Touching Lives, a free one-hour event that will connect you with LifeSpark, its mission, vision, and its work. Learn how this group of 40+volunteers is changing the way that cancer patients are living with and surviving illness. Learn what energy therapies are, and how LifeSpark uses them to support individuals with cancer. Warning; you may decide that you want to get involved! Register at www.LifeSparkNow.org for any of the following:

- Nov 9, 6 p.m., HealthLinks Clinic, 3434 47th St, Ste 105, Boulder, CO 80301
- Nov 12, 11:15 (following worship), Green Mountain United Methodist Church, 12755 Cedar Dr, Lakewood, CO 80228

- Nov 13, 5:30 p.m., Corporate Office Images, 355 S Teller St, Ste 200, Lakewood, CO 80226
- Dec 5, 5:30 p.m., Corporate Office Images, 355 S Teller St, Ste 200, Lakewood, CO 80226
- Jan 10, 2007, 6 p.m., Divine Physics, 6500 S. Quebec St, Ste 200, Centennial, CO 80111



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