

This Just In

A recent study by Lorenzo Cohen, Ph.D. found that participation in a yoga program during breast cancer treatment improved the participant's quality of life. The study, presented to the annual meeting of the American Society of Clinical Oncology, found that patients reported significantly improved physical function and general health, as well as significantly less sleep-related daytime dysfunction.



To experience the benefits of yoga for yourself, come to the classes at Ann's Place. Joe Gillotti leads a yoga class on Tuesday evenings at 5:45 PM. For those unable to make the Tuesday class at Ann's Place, Rochelle Schwartz provides yoga classes offsite on Monday and Thursday evenings. To register for either class, call Ann's Place.

If there is enough interest in a daytime yoga class, Ann's Place will offer a third session starting in November. The class will be held on Tuesdays from 12:30 – 1:30 and will be led by Marc Howard, RYT. Marc is a certified teacher of Kripalu yoga, which is a unique way to integrate body, mind and spirit. He is a member of the Kripalu Yoga Teachers Association and has trained at the Kripalu Center for Yoga and Health in Lenox, MA. For more information, call Ann's Place at 203-790-6568.

Many of our participants are also finding that Reiki is a wonderful way to release blocked energy flow and reduce stress. Reiki master practitioner and licensed mental health counselor Paula LeFebvre offers a calming atmosphere and scenic wooded view to our clients by appointment on Wednesday and Thursdays.



Energetic Volunteer Coordinator Needed

A Volunteer Coordinator is needed at Ann's Place. You should have experience working with volunteers and managing a variety of people. This is a volunteer position itself and requires two half-days a week from December through May and the equivalent of two full days per week during special event season from June to November. You will need competent computer skills, including Word, Excel and Outlook.

You should enjoy working with people of all ages. Your creativity, problem-solving, organizational and writing skills will be wonderful assets, as well as your ability to work as a team member and independently as a manager/leader.

Please send us a letter with your resume noting why you would enjoy volunteering for this work to Sue at suen@annspace.org. Previous event experience is a big plus.

The Summer Retreat

On July 29, Ann's Place held its annual summer retreat for survivors at the beautiful Mercy Center in Madison, Connecticut. The day was a great success, offering participants a chance to share their strategies for living with cancer, and to learn new skills and make new friends.

The day started with a session on guided imagery with Lynn Buttner, and included several popular breakout sessions:

- Reiki, with Paula LeFebvre and Alison DePinto
- Movement & Connection with Alison DePinto
- Memoir Writing with Irene Sherlock
- Horticultural Therapy with Dave LeFebvre
- Conversation Group led by Lynn Buttner

The clinical staff at Ann's Place is beginning to plan the next retreat. Feel free to call them with your ideas about when and where it should be, and what sessions should be included.

Many thanks to the volunteer facilitators, and to the New Fairfield Community Thrift Shop and Ralph Manfredi, Chiropractic Physician, for their partial underwriting of the retreat costs.

Tribute to the Construction Industry Marks Start of Construction of Ann's Place

The board and staff of Ann's Place, The Home of I CAN Cancer Support Services, recently acknowledged the generous contributions made by members of the construction industry for their new home on Saw Mill Road at Exit 1 in Danbury.



Pictured Left to Right are:

3rd Row (top): John Doyle, John Tarr, Paul P. Dinto, Ron Cassalla, Kevin Byrnes, Ed Barrett, Vic Anderson, Jerry Libruzzi, Peter Coffin

Middle Row: Tim Gunn, Craig Metz, Robert Santo, Basia Pontello, Joseph Madar, John Cunningham, Bill Shannon

Front Row: Wilda Hayes, Brad Ognelia, Tom Klucik, Susan Chabot

Not Pictured are: Stephen Quaranto, Michael Weiner, Nabil Takla, Leroy Diggs, Vincent Giordino, Richard Kent, David Nurnberger, John Farnham, board members and staff.

A Winter Wonderland

From November 17 through 19, the Starr Ridge Banquet and Conference Center in Brewster, New York will be transformed into a winter wonderland for the 4th



Annual Festival of Trees and Traditions. The popular event is an important fundraiser for Ann's Place, The Home of I CAN.

This year's Festival includes a variety of fun activities for every member of the family. Here are some of the highlights:

Digging for Diamonds

Here's your chance to reach into a bowl filled with jewels to see if you can find the real diamond from Jewelry Designs!

Get a jump-start on all your holiday shopping at **Ann's Boutique**.

At the **Quilter's Corner** you can find beautiful hand-crafted items to decorate hearth and home.

Children ages 3 and up can drink tea from a china cup and be entertained by area storytellers at the **Teddy Bear Tea**.

Generous area merchants are donating items ranging from gift baskets to a *Cartier* watch for our **Raffle**. Come try your luck!

The Festival kicks off with a Preview Party on Friday, November 17. This festive night includes, the lively tree auction and raffle, cocktails and hors d'oeuvres with live entertainment by Steve Blake and the Swing Commandos. It's the party to launch the holiday season! Admission is \$75 per person.

The Festival is open to the public from 10 AM to 6 PM on Saturday, November 18 and Sunday, November 19. Admission is \$10 for adults and \$5 for children & seniors, payable at the door. The Teddy Bear Tea is \$15 per seat.

To sponsor a themed tree, contact us as soon as possible. Each year, scores of trees decorated by community volunteers enchant the public with their beauty, whimsy, humor and nostalgia. There is also room in our program book to honor or memorialize a loved one.

For reservations or more information, check out our website at www.annsplace.org or call the office at 203-790-6568.



Ladies Golf Tournament

The 11th Annual Ladies Golf Tournament was held on Monday June 19th at the Richter Park Golf Course in Danbury, CT. Thanks to the generosity of the players, the sponsors, the advertisers and the business owners who donated raffle prizes, the volunteers, and the service providers, the Tournament raised over \$30,000 for Ann's Place.



Diane Busse led a strong team to low net victory with a score of 126. Her team included Joyce Curran, Lisa Delzio and Jamie Hill, shown accepting the Jackie Neves Cup from Casandra Neves. Congratulations to the

winning foursome and to the other winners on the course and at the raffle table!

A special thanks to the Tournament Committee for all of their hard work and good humor. Diane Busse and Marcia Izzo were the tournament co-chairs, and the committee included Sue Borodenko, Judy Cohen, Janet Duffy, Kathy Durgy, Helen LaJoie, Roma Landry, Jane Matthew, Pam McLaughlin, Lisa Neves, Betty Swan and Beth Yanity. Your dedication helps us provide hope and support to people living with cancer throughout the year.



It was the best of times; it was the worst of times

Ann's Place is pleased to announce that it will be hosting a memoir writing workshop this fall. The workshops will be held on Saturday mornings from 10:00 AM to 11:30 AM beginning October 14 and running through November 4. The class will meet in our offices.

The workshop will be led by well-known author Irene Sherlock. Irene teaches at Western Connecticut State University. She is a produced playwright, and her poems and essays have been printed in a variety of publications. She is also a contributor to WSHU and National Public Radio. Irene holds an MS in Marriage and Family Therapy from Southern Connecticut State University, and MFA in Creative Writing from Goddard College and an MA in English from Western Connecticut State University.

Registration is required, and space is limited. Please call our offices at (203) 790-6568 to reserve your space in this exciting new workshop.